

Newstrack June 2015



**British Sprints & Middles, May 8th-9th
Aldershot Barracks and Park Wood, Bradenham & Naphill**

Who's Who on the cover ...

Sprints

MW12

- 1 Oliver Tonge BOK
[Rachel Duckworth DVO](#)
- 2 Adam Conway GO
Caitlin Irving WCOC
- 3 Jim Bailey BOK
Anna Harris DEE

M80

- 1 Andrew Gregory MDOC
- 2 [David Parkin DVO](#)
- 3 John Thompson TVOC

Middles

MW56

- 1 Andy Hemsted HOC
Sheila Carey OD
- 2 Peter Gorvett SYO
Hilary Palmer NOC
- 3 [Mike Godfree DVO](#)
[Judith Holt DVO](#)

MW50

- 1 Quentin Harding SROC
Heather Fellbaum MDOC
- 2 Steve Webb AIRE
Woo Allen BAOC
- 3 Neil Crickmore SO
[Sal Chaffey DVO](#)

MW70

- 1 Ian Cooper BKO
Eleanor Pyrah ESOC
- 2 John Collyer SOS
Judith Goodair ESOC
- 3 [Derek Gale DVO](#)
Jenny Collyer SOS

MW12

- 1 Joe Hudd BOK
Caitlin Irving WCOC
- 2 Andam Conway GO
Anna Harris DEE
- 3 Jim Bailey BOK
[Rachel Duckworth DVO](#)

Full weekend round-up of DVO results

		Sprints	Middles
Louis Forshaw-Perring	M16	-	14
Joe Uprichard		-	18
Andis Ozols	M35	6B	9
Richard Parkin	M45	9A	9
Dave Chaffey	M50	12C	51
Dave Vincent		13B	45
Stephen Kimberley	M55	12B	24
Ranald Macdonald	M60	-	52
Mike Godfree	M65	5A	3
Dave Skidmore		7B	12
Derek Gale	M70	3A	5
Doug Dickinson		5A	6
David Parkin	M80	2A	6
Rachel Duckworth	W12	1A	3
Sarah Duckworth	W14	-	5
Ann-Marie Duckworth	W45	2C	13
Sal Chaffey	W50	2A	5
Rebecca Perring		-	24
Susan Allard		-	42
Ann Kimberley	W55	11B	30
Viv Macdonald	W60	-	17
Ruth Ellis		5B	19
Jen Gale	W65	9B	17
Liz Godfree		7A	9
Judith Holt		5A	3

Sprints and Middles – are they really orienteering?

Of 230 DVO members, 65 went to the JK, 35 to the British Champs, 21 to the Sprints, 28 to the Middles. This would suggest that DVO collectively thinks not. However, some club members buck the trend. **Judith Holt** is one of them and here she shares her thoughts about the weekend and wider issues.

All sorts of individual factors affect choice of which to attend ... family events, legs that can't stand the impact of running on tarmac, an antipathy towards the South East and clashes with key football fixtures influence who goes to which events (good thing Leicester won!!).

Sprint is not synonymous with Urban. Theoretically a Sprint race could take place in a forest but Urban terrain offers more micro features and is more spectator friendly. Sprint races are generally run on 1:3 or 1:4000 maps, while 'classic distance' Urban events are on 1:4 or 1:5000. Winning times for Sprint should be 12-15 minutes.

What is not 'proper' about Sprint? To answer this you have to answer the question 'what is orienteering'... locating points ... information (map)... What makes it challenging? Understanding the map, making decisions at speed, moving through terrain ...

I have no problem with people who say they only enjoying orienteering in the context of 'countryside/parkland' terrain (can't call it 'natural' terrain because there is so little that is natural about even our most wilderness terrain – grouse moors, managed forests, landscaped parkland). But that is because of their preference of that type of terrain not because it is 'proper orienteering'.

Some more serious questions about Sprint might be how conventions have built up that make it OK to plan legs so that competitors are running the opposite way around blind corners or so that the challenge is to decipher the convolutions of the course drawing rather than the convolutions of the map.

I have had great fun in the last two weeks at two very contrasting Sprint events. Firstly in Sheffield, challenging hills of course, sprinting across the corner of the park where I take my grandchildren to the swings and getting overconfident when I was sure I would recognise the jitty leading to their nursery. There were a few 'how am I going to get up there' challenges when I could see a control but not the way to reach it. Then at the British Sprints. Special never to be forgotten features – soldier with gun trained on event official doing the call up which let competitors past the barrier into the razor-wire boundaried competition area. Semi-circular hedges (nooo, not the hedges! Ed).



Heats at Aldershot

This brings me to middle distance events. In the World Champs, Middles replaced the Short (1991-2001) in 2003.



What are the characteristics of the middle distance event? There is less emphasis on route choice and more on fine "continuous" navigation - British Orienteering guidelines say "even small mistakes will be decisive". Park Wood, Bradenham & Naphill with its dalmation thickets and random-angled paths epitomised this (see excerpt from Andis' course). Somewhere in the middle between the relentless constant quick thinking of the Sprint and the endurance of a long distance event. Winning times should be in the region of 30 minutes.

Further information can be found at Appendix B to British Orienteering's Rules:

http://www.britishorienteering.org.uk/images/uploaded/download_s/events_appendix_b_2014.pdf It will be interesting to see how

these formats take off in the next few years and if they are successful in attracting more media interest.

Part of Andis' Middles map from his digital map archive at:

http://www.andis.org.uk/maps/show_map.php?user=Andis&map=976

DVO Club Contacts

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Cover story from April Newstrack

HOC's Kerstin Mitchell took this photo and her son Arthur appears with Rachel. She reports in *Ad Hoc* that Thierry Gueorgiou is the most successful male orienteer ever with some 18 world champs medals! His win of Men's Open at the JK even though an M35 is testimony. I quote Kerstin:



Arthur: Come on mamma, this is a chance of a lifetime; we have to ask him what his run-in time was!

Me: Oh Arthur, he has just finished, let's leave him alone. Arthur then proceeds to push me in Thierry's direction, and before I know it I'm standing in front of the French O-god.

Me: Hi! My boy wants to know what time you took on your run-in.

Thierry looks at his splits and replies; 16 seconds. He asks Arthur what his time was and Arthur replies; 18 seconds

Thierry: How old are you?

Arthur: 9

Thierry: Well that gives you 25 years to beat me!

There can be a sport in the world where we can compare run-ins with a professional athlete.

We will never forget this day for the rest of our lives!

(thanks to Dave N for link)

DVO Open Meeting, Wed 8th July

The next Open Meeting is at its usual venue – the Bell Inn, Cromford – at 8:15. There's a run beforehand, leaving at 7pm. Note we are now in a downstairs room that opens onto North Street, not the one upstairs.

Editorial ... and save the date for the Club Championships

Summer feels like a hiatus between the frenzy of the various spring championships, but with the autumn orienteering season still a long way off. The competing overseas thread continues in this issue, with Elizabeth's article on the World School Champs, and the World Championships in Scotland this August (OK: north of Hadrian's Wall!). Randal looks at how feeding back to Planners and Controllers can improve events for everyone, so next time you're gasping at the Finish, spare a few moments to share your impressions with an official! Mike offers some great housekeeping tips on how to improve your performance. Basic but often overlooked - reminded me of the Devil's very wise words in George Bernard Shaw's *Man and Superman*: "Beware the pursuit of the Superhuman: it leads to indiscriminate contempt for the Human".

The autumn Newstrack is always timed to publicise the **Club Champs**. This year it will be held at **Carsington Pastures on Sat Oct 3rd with a "Pot Luck" lunch & Annual Awards Ceremony afterwards at Brassington Village Hall. Copy date is Sept 6th** with a view to distributing at the Darley Park event on the 12th. So have a great summer & let's have tales of your O travels!

Sal (sal.chaffey@gmail.com)

Derbyshire School Champs, Sat 11th July, Shipley Park

ALL DVO MEMBERS!!! Please read, think and act!

Re – Derbyshire Schools and Youth Groups

County Championships

Shipley Park, Saturday July 11th 2015

Do you know of or have contact with teachers /leaders in Schools and/or Youth Groups who you can encourage to enter teams, or send individuals to these championships?

If the answer is yes then please print off the flyer from the club website and encourage them to enter.

Young people are the future for your club.

Thanks, Rex and Val

The event is included in a **normal (open to non-schools and adults) Level D event**, offering White to Light Green. Details of the Schools Champs are at <http://www.derwentvalleyorienteers.org.uk/details/schoolschamps2015.pdf>
Any runners of all abilities from any school welcomed.

Contact Val for details (or if you would like to help) gmjandfam@aol.com



DVO BBQ & Fun Relay Evening – Fri 10th July

Broomfield Hall (Derby College)



Meet 6:30 to 7pm. BBQ 7:30 onwards.

DE7 6DN Meeting point at the cafe on site/ north end of the car parks.

No charge, courses will be copied from Master Maps (just like the old days!), with teams made up on the night.

All ages and abilities catered for - so Yellow course, Medium and Long.

Bring along your own food and drink for the BBQ. We can shelter in the café if it's raining!

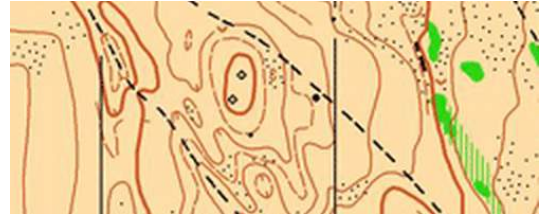
Names to Ann-Marie jasrduckworth@btinternet.com to gauge numbers

White Rose Team Event – Monday 31st August

Time to build up the mug collection again. I will pre-enter teams when I see how many folks have entered the individual days. Let me know if you would like a run by **20th July** please.

Compass Sport Cup Final – Sunday 18th Oct

Helsington Barrows, Kendal. No more details of the actual event yet although the format and area is fixed, but I will be making the club entry. Watch the DVO web site for information as soon as I get it. Please make every effort to support your club at this important event, numbers count. Email me to confirm your entry with BOF number and SI number.



Accommodation has been booked in Kendal Hostel for the Saturday night. Let me know if you would like a bed – there are still plenty left. It should cost about £20 each. It is self catering so I expect we will have a meal together on the Saturday evening.

Liz.Godfree@btinternet.com

DVO Training Session, eastern Lake District, Sat 5th September

Training will be at Eycott Hill, an intricate Borderliners area, aimed at improving navigational skills for Orange to Brown standard orienteers. Map available on Routegadget: <http://www.bl.routegadget.co.uk/rg2/index.php#70>

The Master Plan

Meet at the parking location (details to come) at about mid-day. Walk in as a group to start the sessions by 12:30. Run around until about 3:30 (that will be 3 hours hard brain and body work out!), then we all help collect the controls so we can all leave by 4pm (September gets cold if out on the hills any later).



Meet at a pub for food that evening, eat, drink and laugh. Sleep and then run the Borderliners Level B event on the Sunday, if you wish (Faulds Brow, NW of Penrith).

Names to me by Monday 24th August please, to make sure I have enough maps.

Costs: I will be asking DVO to pay all access fees, but then **£1 per head** to cover some of the printing costs, the rest to be paid for by DVO.

Ann-Marie Duckworth (jasrduckworth@btinternet.com)

You know you're addicted when ...

... You take excessive delight in crossing the shrubberies at Borrison's without fear of disqualification. (There was a note in the British Sprint Final Details that competitors could cross some flower beds because the hostas had already been disrespected, which seemed to annoy Judith!)

... You need to visit the 'wet pit' before your run (a control description for WC in the Swedish Indoor Cup, see April CompassSport)

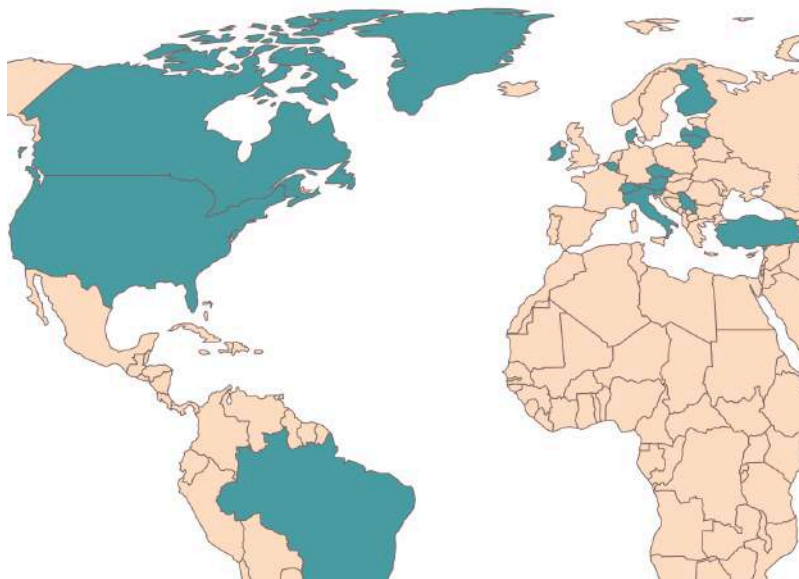
... You go out to prune the linear thicket!

DVO Abroad (continued from April)

Last issue we featured countries where DVO members had competed in 2014 and 2015 and found that **Dave Bennett** beat Liz by 2 countries. I correctly guessed 11 of them and Dave adds: "There lots of quite likely ones I've not orienteered in, including Sweden, Norway, France, Spain, Portugal, so plenty of scope to increase the number!

The 17 (& NTs where reported) are:

Ireland (N&S!)
Belgium (Sept 2004)
Switzerland
Italy
Austria
Czech Republic
Slovenia (Sept 2004)
Serbia (Sept 2011)
Turkey (Jan 2007, event on a boat!)
Lithuania
Latvia
Finland (Dec 2014)
Faroe Islands (Denmark)
Greenland (Sept 2007)
Canada (Sept 2010)
USA (Feb 2002)
Brazil (Jan 2015)



Of these, the one in Latvia was entirely unplanned, I just happened to come across a weekday evening event whilst visiting an open-air museum! In addition I have been round part of a permanent course in Sweden."

Map above, Dave. Did anyone notice that the one from last issue didn't include Greenland? I didn't (until I started putting Dave's countries on). And I've given up trying to find one that includes the Faroes! Map above at <http://freeworldmaps.net/powerpoint/index.html> in case any other avid Club travellers are up for this ... Helen Chiswell, the Macdonalds??

WOCs in the 1990s: the Editor Reminisces ...

Looking forward to the Scottish 6 Days and spectating the World Champs in August, I trawled through my scrapbook collection to reminisce about previous WOCs we'd been to. The first was WOC 1993 in the Hudson Valley, upstate New York. We'd got free flights as it was the year that Hoover did an ill-thought-through promotion offering 2 return tickets to anyone who spent over £100 on a Hoover appliance (our 1st washing machine)!

Yvette Baker (then Hague) won Bronze in the Classic at Surebridge Mountain – Britain's first ever WOC medal. I was out for 2 ½ hours on this day but bizarrely the spectator courses were longer than the WOC ones! Two days later in the Relays at Rockhouse Mountain we watched the Men's fortunes climb: John Musgrave (5th), Martin Bagness (8th), Steve Palmer (5th) then 'Stan the Man' Steve Hale pulling us up to 3rd ... wait, 2nd on the run in (only 16 secs behind the Swiss)!!!!

This was in our TVOC days and we bumped into John and Mary Spence earlier in the holiday at Niagara Falls. By



the time of our next WOC in 1999 we were in DVO and got the great job of handing out drinks to finishers at the Short Race. Yvette now-Baker struck again, this time getting Britain's first (and only) WOC Gold at Cawdor.

Zoe was nearly 3 and had a cute Highland 99 T shirt where the loops of the 99 doubled as Nessie humps. We even got Swedish O-god Jörgen Mårtensson to sign it for her. All I'll say is that she's less keen than Arthur (see Cover story above!).

WOC Short 1999: Yvette shared the podium with Norway's Jørgen Rostrup

Scottish 6 Days, Highland 2015, 2nd – 8th August

WOC 2015, 31st July – 7th August



**WORLD
ORIENTEERING
CHAMPIONSHIPS
SCOTLAND 2015**

**SCOTTISH 6 DAYS
ORIENTEERING
HIGHLAND 2015**



Those new to orienteering may not know that the World Champs are coming to Scotland this year and are being held in conjunction with the Scottish 6 Days, which means that the likes of you and me can run on the same areas as the world greats (let's hope for some skill diffusion!). Dave Nevell's WOC 2015 Preview in April's *CompassSport* looked at our squad's chances of achieving British Orienteering's target of 2 medals and another 5 top 10 places across the disciplines. With much in-depth analysis, he concluded that home terrain gives a 4% advantage so it just may be possible. Follow their progress at <http://www.woc2015.org/> and look out for media coverage. Mike G spotted this snippet on the BBC Scotland Adventure Show: <http://www.bbc.co.uk/iplayer/episode/b05yy7ws/the-adventure-show-20152016-episode-1> The WOC item with Jess and James Tullie is at 33 mins but the whole show is well worth a watch!

The Opening Ceremony is at 16:45 on Sat 1st Aug in Nairn and is followed in the evening by a Mixed Sprint Relay, the 2nd year that this has been included in WOC. The individual Sprint Final is in Forres on Sunday.

The Middles are at Darnaway, a notoriously difficult area, on the Tuesday. The Relays are on the same area on the Wednesday, with the possibility of an RAF flypast! The Long is on the Friday at Glen Affric.

Here are the names to look out for, with Dave's prediction of their best discipline:

Doug Tullie	Cat Taylor L CLOK & OK Linne (Swe)
James Tullie	Claire Ward M Edinburgh Southern OC, OK Tisaren (Swe)
Graham Gristwood L Forth Valley	Hollie Orr Lakeland Orienteering Club
Hector Haines M Interlopers	Ruth Holmes Southern Navigators
Murray Strain Interlopers	Tessa Hill S Harlequins OC, IL Tyrving (Nor)
Scott Fraser S Södertälje-Nykvarn (Swe)	Helen Palmer Lillomarka OL (Nor), MAROC
Alasdair McLeod	Jess Tullie

You can see photos of them in action at <http://www.woc2015.org/info/athlete-photos>

and read about them at <http://runners.worldfo.com/> which includes links to Tessa's and Cat's blogs.

World Schools Orienteering Championship in Turkey



Elizabeth Bedwell, DVO

As part of the English school's team, Elizabeth Mulvaney, LEI, Bethan Clargo, Nicola Northcott, DVO, Irina Ferapontova, DVO, and I travelled to Antalya, Turkey to compete in the ISF World School's Championship in Orienteering 22nd-28th April, 2015. As well as the five of us in the W1 schools category, there were seven other teams of five athletes plus two heads of delegation and ten coaches, including the Loughborough High School coach Andy Smith, DVO, who travelled over from Manchester airport to make up one of the largest teams there. The week involved two competitions and a friendship relay between teams from 21 different countries.

The first day saw a relaxed run-through of the starting procedure & a chance to experience some Turkish terrain as we travelled in pairs around the score style course. The vegetation was excellently mapped and the contours were clear, but rock features proved hard to distinguish from the near constant rocky ground which covered the area. My partner and I chose to visit the more unusual features to see how they would be mapped; one feature we found was a cave, something I have never seen mapped before. As a team we found it was more reliable to follow the contour shapes than any crags or boulders so this would be our plan for the long distance day.

We travelled to the long distance area, Tekirova - Kemer, in buses according to our start times and then had about an hour in 'quarantine' before moving through the warm-up area, where there were a handful of controls and a map drawn by the same person as the actual course. I found that was a great way to get into the map and helped avoid those first mistakes, when you run too fast out of the start before getting in touch with the map properly. The W1 course was a total of 4.8 km.

The area was really nice to run through, except it was very hilly and the hot weather made it tricky. The trees did offer some protection from the sun, though, and I saw very little undergrowth - certainly no brambles!

With the first race completed we were able to enjoy the good weather and the luxuries of the hotel pool. The evening gave each country a chance to show off their culture with a stall filled with maps and delicacies. There was a big queue for the Belgian chocolate! Later on we attended, and performed in, the international concert with each country's team doing a dance or show.

It was definitely cooler for the middle distance race at Beycik - Kemer; we had taken the buses up into the mountains, but nobody was complaining as the breeze was a welcome relief. The start layout was identical and the courses were very similar to the first day with intricate contour details and lots of rocky ground and boulder clusters. The W1 was only 3.6 km and it was really fun. I enjoyed my run a lot, even if it was uphill to the finish.

The final day was the light-hearted friendship relay which had well captured the friendship element mixing people from all countries and teams. Luckily my two teammates both spoke great English so we quickly split up the 45 controls between us and set loops to include the three mandatory controls which we had to visit together. Then, after some confusion in the 360° mass start, there were 700 athletes and coaches running around the streets of the town of Kemer. Most controls were extremely quick except for the mandatory check points which were surrounded by a rather large huddle of runners waiting for their teammates before they could punch and run off. Fortunately we had planned our legs quite well so there was very little waiting around before the finish control which we had to cross holding hands then punch together.

Overall all the week was very enjoyable and a huge thank you has to go to David Brown and Mel Elkington for organising the week and to Andy Smith for leading the Loughborough High School's team.

Sports Personality of the Month

Dave Skidmore was on his way to Springtime in Shropshire. The traffic lights ahead on the A38 were on red. Dave dutifully drove up to the line and to a halt. He was listening to the DVO-regulation station, Radio 4. His stationary position coincided with the turn of the hour. As his mind wandered to the forthcoming events, the pips sounded over the radio. Five short pips followed by a long peep.

Years of Pavlovian training kicked in. Five short pips followed by a long peep could mean only one thing. Dave was on the Start line, raring to go - and off he went! A sudden acceleration coincided with a small niggles of doubt, a niggles that grew to an itch, an itch that exploded into a sudden realisation that he was actually in a car at a red light on one of the busiest roads in the country.

Fortunately, Dave's reactions were quicker than his thought processes and he came to a sudden halt, ten metres over the line, occasioning only bewildered gazes from other drivers, otherwise this might have been a posthumous nomination.

OO7 moments in Gloucester

Derek Gale at Gloucester Docks for his Bond-like jump off a swing bridge that was opening for a boat to pass.

Liz Godfree at Gloucester for beating arch-nemesis Sheila Carey to win Women's Ultra Vets by just 1 second.

The Next Generation (in Wales)

Two nominations from the recent Monday Runners' assault on the Welsh 1000 metre Peaks Race (N coast of Wales to top of Snowdon via the 5 peaks above 1000 metres); map at:

<http://salsultrablog.co.uk/2015/06/07/welsh-1000-metre-peaks-race/>

Luke Addison (M21) had often heard about the Pyg Track or tourist route up Snowdon. He'd not seen the words in print though, and thought dad Paul was just being disparaging about the type of people who walk up it! Until, that is, he walked up Snowdon from Llanberis to meet Paul and came down to Pen Y Pass and saw (a) it was officially signed, and (b) Pig was spelt with a y!

Jack Hodgson (M21) for keeping dad Roger from the pub in Wales by having a Friday evening puncture and not being able to get the wheel off. Jack's job? Automotive engineer for NASCAR!



DVO Training Runs

Mondays

For about 20 years the Monday runners have been meeting in a pub carpark at 6:30pm for a 90 minute fastish run followed by a drink. New faces always welcome, you're not obliged to go every week and depending on injuries sometimes a walk is on offer. Email Andy Mackervoy (who took this pic coming down Bilberry Knoll) for details - roomackervoy@talktalk.net

Wednesdays

A sociable training run from either Allestree in Derby (1st & 3rd Wednesdays of the month) or near Belper (2nd & 4th Wednesdays) – on any fifth Wednesdays something different is planned and from various venues during July and August. This starts at 7pm and involves running on public footpaths in the summer and on roads in the winter – generally for around an hour – after which enjoy a chat and a cup of tea. A range of abilities can be accommodated. Contact mike.godfree@btinternet.com for details.

During the 6 week summer holidays there's a schedule from different club members' houses, again contact Mike.

Wednesdays at Matlock

Matlock O Club meets during Spring and Summer. This provides more orienteering based activities at locations around Matlock – see <http://derwentvalleyorienteers.org.uk/club-nights/matlock-orienteers-club-night/> for more details.



How to improve your orienteering results



It is two days before a major event. Your training has gone well and you are resting now. How else can you improve your result?

1. Read the final details. There can be a lot of information here like distances to the starts. Which course are you running? What is your start time? Plan your journey to get there in time, especially if it is a timed start (remember if you are late for this you are timed from when you should have started).
2. Make up a slip of paper with course, start and start time and put it in your control description holder.

3. Research the area. Get out an old map if you have been there before. Use Routegadget if the area has been used before – remember it might have had a different name in the past. Using the event details you can often work out where assembly and maybe start and finish are this time on an old map.
4. Think about meals on the day. We find this particularly important if starting around lunch time. A snack a couple of hours before running can ensure you don't suffer whilst running.
5. Make sure you pack the right kit. How many people have featured in Newstrack over the years for taking two left shoes?

On the day:

1. Go and see the finish and if possible the last control. Knowing the last control was under the commentary box saved me 10 seconds or more at the British Champs this year as that was a big obvious feature to head for when the control itself was out of sight because of the shape of the ground.
2. Go to the start and see if you can watch other people on your course setting off. Remember there may be several age classes on your course. Of course good planning of the start layout should ensure that this gives you no advantage. If the start is close there may be time to do this before you get ready.
3. There should be maps on display in assembly for major events. Study it.
4. Likewise there should be a start list, do you know the people just before and just behind you?
5. Check you have everything you need before you set off for your run.
6. Warm up if that is part of your routine. Focus on your run rather than talking with your friends. Be ready when your start time is called. There should be a clock but keep an eye on what times are being called.
7. In the start lanes use your compass to think which way to turn the map. E.g. will the top of the map need to be to left or to right?
8. Make sure you have the correct map. Just because you picked it from the course 6 box doesn't mean it is a course 6 map. People have been known to pick up two and throw one back anywhere without the start officials noticing.

On the course:

1. Remember all the things you have been taught. Attack point, traffic light (know when to speed up and when to slow down).
2. You should have a routine at each control. Look for the feature not the flag. When you see the flag, if you are confident it is your control, get the control code in your head. Use the map to see which direction you are going to leave the control in. Just knowing if it is left, right or straight on can speed you on your way out. Check the code and make sure your punch registers. Your routine may only save 5 seconds a control but over a 20 control course that is getting on for two minutes.

Afterwards:

1. Download.
2. Make sure you eat, especially if you are running again the next day.
3. Put compass, dibber, glasses etc back where they belong straight away.
4. Compare your splits with others.

Mike Godfree

The Orienteering Foundation needs you

The Orienteering Foundation is a registered charity, independent of British Orienteering. It was set up from a bequest and is now raising money and giving grants which fulfil the following objectives:

- provide facilities, access and opportunities within the community to encourage and promote orienteering;
- provide capital and revenue support to increase and sustain participation in orienteering;
- strengthen the links between orienteering and the community and harness the potential of orienteering as a force for the good in the community and society as a whole.

The Foundation is looking for the following:

- **Trustees for the Board** which manages the affairs of the Foundation and decides on grant applications made to the Foundation. We aim to get geographical representation across the country. It would provide good personal development for anyone who would like experience as a Company Director or Trustee. This is the opportunity to give something back to the sport and to enjoy seeing the benefits gained by recipients of the grant aid. Most of the business is conducted electronically.

- **Members of the Campaign Team**, who are prepared to approach orienteers and others to raise funds for the Foundation through donations, bequests etc.

If you are interested in either of these roles, please contact Neil Cameron on nm.cameron@btinternet.com or 01684 294 791.

The Good, the Bad and the Ugly - aspects of course planning and controlling

Number 3: The Orange Course

In the last article I looked at the Yellow course, which is planned at Technical Difficulty 2. To recap, this involved a clear progression from the White course, not least having to make decisions where there is no control banner (White appears in Sept 2014 NT; Yellow, Jan 2015).

In addition to my own experience, I have drawn on the latest British Orienteering Appendix B on Course Planning and Barry Elkington's excellent advice on Planning Colour Coded Courses. The Table under Rule 3: Definition of Terms explains the various levels of technical difficulty and is worth referring back to regularly.

The Orange course is planned at Technical Difficulty 3 and represents a further clear progression in the use of orienteering skills from the White and Yellow courses, not least in the use of the compass and interpreting contours. It is a progression that most youngsters will need to be taught and talked through when being shadowed to give them the skills and confidence. It is often the course that novice adults will start with. It should also be seen as a progression to the Light Green course.

The Good: The Orange course is the first level at which competitors can really go off path as they cut corners to go between two line features. For this they will also need basic compass skills to take a rough bearing. A good course will start gently with a couple of TD2 legs to boost their confidence before giving them the opportunity to cut a corner and then aim for a prominent point or contour feature. They will gradually have to make more simple route choices. Relocation on prominent line features will be straightforward.

The Bad: A poor Orange course would not give the competitor the opportunity to make decisions about whether to run round the paths or to use their compass to take a short cut by cutting corners or to locate an off-path control. This would make it little more than a longer Yellow course and build false confidence which will hit them when they meet a genuine TD3 course. They should not be able to get lost between the final control and the Finish!

The Ugly: The Orange course is about building a competitor's confidence and enabling them to go off path into terrain without distinct line features. If a control is well off path, requiring a rough compass bearing to locate it, there must be a distinct collecting feature on which it is located or immediately behind it. I'm sure I'm not alone in finding distressed youngsters on their first Orange course who have become completely disorientated because they have missed their control and there is nothing to tell them when to stop. They may also find themselves amongst brushings, brambles or bracken and not have the physical development to deal with them.

If you have any examples of good, less good/bad or ugly practice, from whatever colour or more generally, send them to me and I'll add them into future articles, the purpose of which is to improve the quality of the events we put on and hence the enjoyment of all competitors.

Ranald Macdonald (r.f.macdonald@btinternet.com)

In April's Newstrack we looked at how between 1936 and 1962 the Ordnance Survey established a nationwide network of pillars in order to facilitate accurate triangulation across the whole country. These trig points, as they have become known, allowed position to be established, but were not used to determine the third dimension, namely height. This was an exercise that was actually carried out earlier in the century using different reference points, and we look carefully enough, we can still find evidence of them right across Derbyshire.

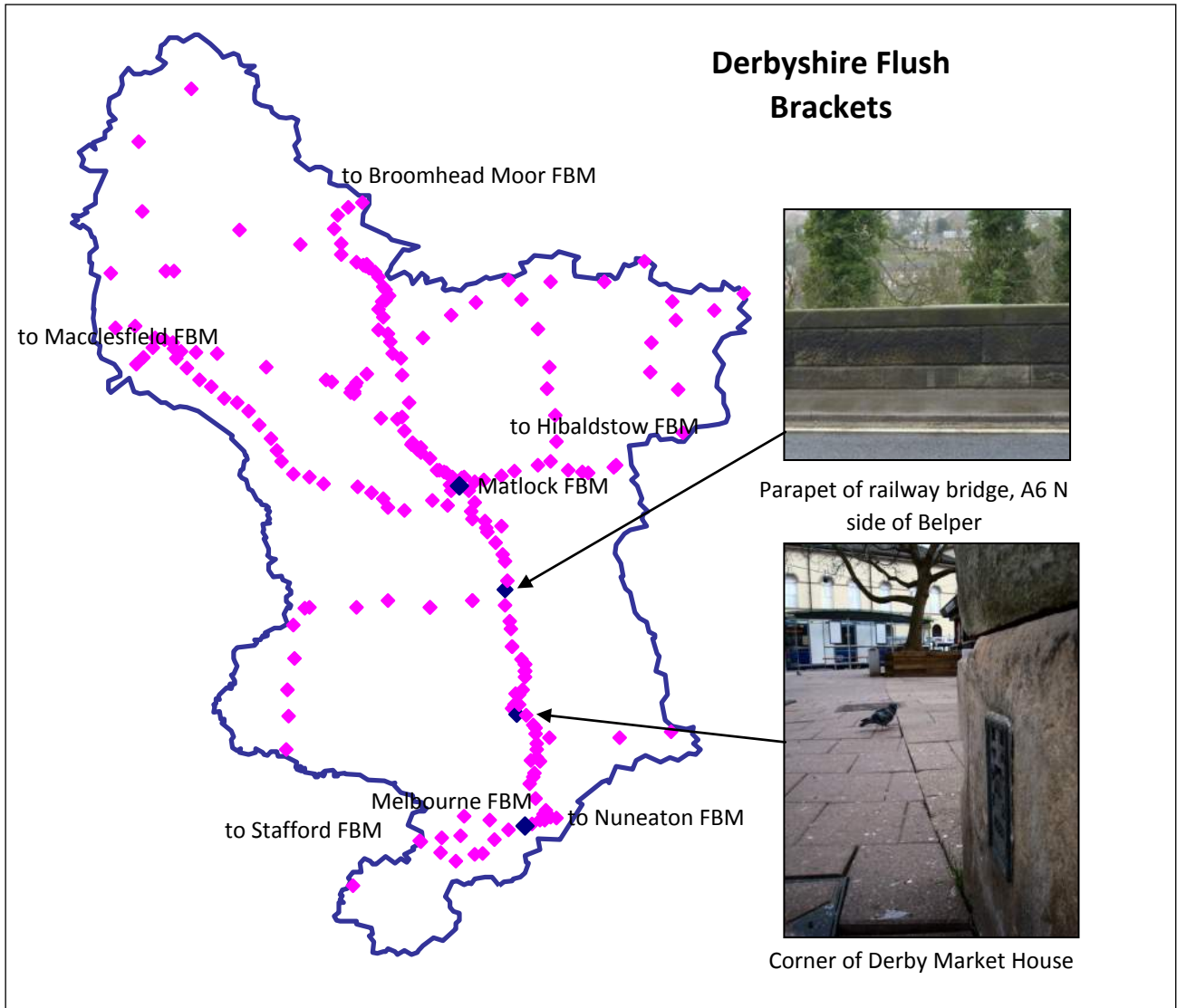
The process of establishing altitude at a particular location, given that altitude is already known at a nearby datum point, is known as levelling. Although first carried out at national level in the middle of the nineteenth century, the Second Geodetic Levelling of England and Wales 1912-1921 was the first to use (rather like trig points) a specially constructed reference network. One of the problems with earlier reference points is that they had a habit of moving! Some points were observed to have subsided by up to 10 feet in mining areas, introducing error that was difficult to resolve. The solution was to set up what were known as Fundamental Bench Marks (FBMs) at approximately 30 mile intervals, each fixed on solid bedrock. These then were the equivalent of the Primary trig points discussed last time, i.e. the network backbone. There were also three Tidal Stations at Newlyn, Dunbar and Felixstowe from where the process of levelling from sea level could begin, with the absolute "zero height" point being defined as mean sea level at Newlyn.

In between the FBMs the Ordnance Survey established sequences (known as levelling lines) of bench marks which were marked with flush brackets. Yes, the same flush brackets that later appeared on the side of trig points, but these were placed mainly on existing walls and buildings. These brackets were mounted vertically and were designed to have another detachable bracket mounted on them which would include a small spirit level. They were individually and uniquely numbered. The gap between each flush bracket was on average no more than a mile. These are small and unobtrusive; it is quite likely you have passed by many of these without ever noticing them.



The actual levelling process working along and between the FBMs and the flush brackets was carried out optically using a spirit level which consisted of a telescope with a crosshair and tube with a bubble in, all mounted on a tripod. When the bubble in the tube level is centered, the telescope's line of sight is supposed to be horizontal. If a levelling staff graduated in centimetres and fractions is held vertically some distance away (never more than 300 feet), then the observer can accurately determine the difference in height between the two locations. This is also done in reverse to eliminate systematic error (but never on the same day!).

In all, there are 207 FBMs across the country, but only two in Derbyshire. One of them you may have seen without realising what it was. Known as the Matlock FBM it is situated outside the gates to Riber Castle. Like many FBMs it is located within small green painted railings. The other one, known as the Melbourne FBM, is on the



Matlock FBM railings

road between Melbourne and Ticknell and is trickier to find as it is usually half buried. What you actually see above ground at any FBM is a short granite pillar but there is actually a much larger underground chamber where the accurately measured level can remain undisturbed. The precision is incredible, considering this was measured using technology from a century ago (the Melbourne to Matlock levelling line was measured between November 1912 and February 2013). If you could read it the plate on the Melbourne pillar reads “Height above datum 374.32 (feet)” but in fact it is officially 374.324 feet.



Melbourne FBM pillar

A good number of these brackets survive – I wonder how many people ever notice them. The Bench Mark Database web site (www.bench-marks.org.uk) contains exact records of these and many other surveying artefacts across the whole country.



(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 12
More pies, more pints, more pork scratchings, more pizzas (MP4!)
Be more Tortoise

Controversy over new club O-top

All tops to be recalled immediately and existing stocks destroyed (page 3)
Hidden message in “squiggles” found to be offensive to 13 religions
Club members go into hiding (p 92-96)
Also: It's true! Takeaway kebabs proven to be best food for orienteering.
Free £10 note enclosed between pages 7 and 8.

Gategate scandal escalates

Sensational evidence of corruption, bribery and cover-up continues to be revealed as the Gategate controversy increasingly makes Sepp Blatter look like Nelson Mandela. To summarise (and you do need to sit up and concentrate now), the orienteering world has been thrown into a state of disarray following the revelation that the purchase of prime orienteering area Stanton Pastures from CLOT (The Commission for Lots of Trees) by the Derbyshire-based chutney magnate Sir Branston Smalls for the purposes of constructing a huge new pickle plant, may have been facilitated by illegal backhanders, orchestrated by the shadowy middle man, Chuck Gaiter. What's more, the mysterious removal of the RDO hunger striker known only as R*x from the entrance of Stanton Pastures to neighbouring Carsington Moor, whilst still attached to the gates that he had padlocked himself to (hence Gategate), has now been definitely linked to emails originating from sources within Peak Pickles, Smalls' company.

Smalls continues to claim complete ignorance of any wrong-doing that may have taken place but his position appears to be seriously undermined by the breaking news that Mr Gaiter had been acting as a secret informer to BOO (The Big Orienteering Organisation) over the last six months due to the fact that his cover had been blown following an alleged incident involving a crate of pickled gherkins and a copy of Big Lycra. There now appears to be no doubt that the purchase of Stanton Moor went through fuelled by much underhand activity. How else to explain the discovery of 5000 jars of chutney on CLOT's premises. Miles Piles reports from the CLOT canteen:

Piles (undercover): *“Can I have a cheese and pickle sandwich please”*

Canteen operative (for it is she): *“Cheese and pickle? Not much call for those sandwiches here. They're*

more of a prawn mayonnaise lot here. Fussy eaters if you ask me. I blame the parents. Need a good slapping. I can do you a wrap that looks a lot like Eamonn Andrews if you want.”

Piles: (sighs) *“OK, that'll do. Back to the studio – oops I wasn't supposed to say that.”*

What more do you want for proof! The latest situation then is that Stanton Moor may well have been saved from development as Peak Pickles lurches towards receivership. On the other hand, The Belper Festival of Street Orienteering, deprived of its major sponsor, will not be taking place. However, it is now rumoured that Belper is on stand-by to host any other sporting events that may come unexpectedly available and is also in line to bid for WOC 2019. And it looks like any future court case involving Smalls may well be the “trial of the decade”. Watch this space.

The Chuck Gaiter File

Just who is the man behind the incredible goings on at BOO, CLOT and Peak Pickles? WSC opens the file on the man casting a big shadow (in more ways than one).



Chuck Gaiter (artist's impression)

Has thought to have been Sir Branston Smalls' “Mr Fix It” for the last seven years.

Before that spent three years employed by CLOT.

Early life in the Erewash ‘hood shrouded in mystery.

Has a degree from The University of

Zimbabwe (BOGOF).

Linked to the Clay Cross Vince Cable Lookalike

Competition scandal of 2008. And also the dodgy dealings behind the Derby Duck Race in 2010. Oh, and if you were wondering how that fire at the Derby Assembly Rooms started.....

His hobbies include vibration polishing and breeding ducks.

And finally, the search for the person who ate all the pies has now been officially called off.

We made most of this up (*Good work – Ed*).

Soap update

The new orienteering soap goes from strength to strength. Last time round we reported on the sensational news that lead character David was on the run suspected of murdering an over-zealous health and safety official with a bag of tent pegs and a handy tree. OR WAS HE!! It turns out that it may just have been part of a dream sequence designed to grab the attention of the viewing public. OR WAS IT!! Looks like the scriptwriters may have been playing games with our minds. Other recent developments include the inexplicable election of a black bin bag to the RDO committee, the discovery of large swathes of a rare mind-altering hallucinogenic plant on a Cromford Rocks, triggered merely by skin contact, and revelations that the Journalist of The Year award for the club magazine may have been rigged. OR WAS IT!! More next time. OR MAYBE NOT!! (*I think that's enough of that now – Ed*).

Portaloo Pandemonium

Attendees of the recent Cromford Rocks event witnessed amazing scenes following an administrative mix up involving the ordering of toilet facilities for the event. “*We have no idea how the extra zero crept in*” grovelled a DVO official. “*Six was probably too many anyway so when sixty Portalooos turned up we literally wet ourselves. In the end we only had room for ten cars in the official car park.*” Despite the congestion, and the somewhat overpowering stench of toilet fluid wafting across the forest, everything went smoothly until the caterer managed to reverse his van into one of the loos, thus setting off a chain of events that has made its way into the Guinness Book of Records (Largest ever Domino Effect – portable toilet sub-category). We are pleased to say that the last few people affected have now been discharged from Matlock Infirmary.

This has been a toilet-humour free article.



Exciting action from The Search for K6

The Search for K6 – Review

Our hastily appointed Media Correspondent, Miles Piles reports. The long wait is over. Donald McRanald’s eagerly anticipated follow-up to Last Control in Allestree Park has hit the big screens at last. The Belper Gaumont hasn’t seen anything like it since Timothy Dalton put in a personal appearance for the first night of The Living Daylights in 1987. “*Ran out of popcorn, we did*” blustered a breathless cinema official, giving it a bit of Yoda. “*Queues right round the block, there were.*”

Back to the film itself. Is it any good? Did they find K6? Did the gripple scenes deliver? And can the landladies of south-west Duffield look forward to a flood of bookings from film buffs eager to sample the spectacular scenes of Allestree Park (Gateway to the Pennines)? (They may be disappointed, some of the promo shots look suspiciously like they were taken in Sweden). I haven’t a clue, to be honest. This copy is being filed from the A&E department of Belper Infirmary, following a disastrous case of mistaken identity in the Gaumont foyer when my signature of an expenses form was interpreted as a response to an autograph request and I was crushed by approximately thirty middle aged women convinced that I was one of the cast. Heady days indeed for the orienteering film industry and expect more from this franchise – apparently it’s only the second of a trilogy.

Wow! Peppa Pig v Shaun the Sheep poll result

We promised a result from last month’s vote on the king or queen of string course characters. The answer, as verified by the British Board for Verification was as follows: Pig, Peppa, Porcine Party 4,567 votes, Sheep, Shaun, (*cont. page 3*)

Tips from a running nurse: Heatstroke and Dehydration

Slightly aware that I've cautioned against over-hydration in this column in the past (thanks, Dave B!), I'm focussing this time on the very real dangers of dehydration. Earlier this year, Dave C and I followed the fate (on Channel 4) of explorer Levison Wood as he walked the 4200 miles along the Nile, from its source in Rwanda, through 6 countries to the Med. When in Uganda, he was joined for a week by Matt Power, a 39 year-old US adventure journalist. The route crossed the Ajai game reserve, and had to cut away from the river to skirt an impenetrable swamp. The group were walking through long grass, giving no shade. It was 45° and, despite carrying extra water, Matt Power began to feel unwell. A banner was stretched between two scrubby trees to create some shade and he rested while the others tried desperately to cool him with their drinking water. Help was called, but by 2:30pm Matt was dead.

Heatstroke occurs when heat gain, through the environment and exertion, exceeds the body's ability to lose heat and temperature gradually rises above 38dgs. Dehydration can be a contributing factor. About two-thirds of the water in your body is inside your cells; the rest is in the spaces between the cells or in your plasma. Fluid can shift between these latter two "compartments". In dehydration, excessive fluid moves from the plasma into the spaces between the cells, causing swelling in the fingers, and – more worrying – the brain, causing confusion, delirium and loss of consciousness.

Signs and symptoms Symptoms of heatstroke include tiredness, nausea and confusion. The hypothalamus in the brain instructs the surface blood vessels to dilate to dissipate heat, so blood pressure will drop and the heart will beat faster to compensate. Fluid and electrolytes are lost through sweat, but this can be an ineffective method of cooling if humidity is high. Moreover, sweating can be impaired if the sweat glands are blocked, as happens in heat rash.

Once body temperature exceeds 42°, the hypothalamus becomes unable to control all the feedback loops that manage temperature, and after just a few hours organ failure and death are likely.

Prevention Loose clothing, pale colours, head-covering, sunscreen, fluids: we all know it! But occasionally we get caught up in the moment or "task fixated" and forget. My only brush with heatstroke was in the 60-mile Ultra Tour of the Peak District in July 2013 – the same day that two soldiers hoping to be selected for the SAS died in the Brecon Beacons. A third soldier died from multiple organ failure 2 weeks later. The inquest recently revealed it would have been "too much paperwork" to reschedule the exercise to a different day, which makes me think that orienteering risk assessments are good in comparison.

I'd set off without a hat and had a somewhat quixotic schedule of 14 hours – simply because that matched the available amount of daylight! Nor had I reccied. I started feeling sick about 10 miles in but plodded on for another 20 miles before retiring at Yorkshire Bridge after 7 hours. I wasn't in danger as Dave donated his T-shirt as a makeshift hat, but the experience shows how a combination of shoddy planning and circumstances on the day can combine to increase risk.



You should drink enough to maintain nice straw-coloured urine. If it's darker than this, you are dehydrated. Solutes are more concentrated, but in extreme cases myoglobin can be present from breakdown of muscle tissue, turning the urine brown.

Upto a litre of fluid per hour can be needed and remember to choose isotonic drinks (containing electrolytes of a similar concentration to body fluids; see Cramp article, Dec 2014) otherwise you risk "water intoxication".

Headgear and clothing can be soaked in streams if you can find any. And running through streams and bogs is a great way to prevent blisters!

A caution to parents and pet owners – even if the temperature is only in the low 20s, a car parked in direct sunlight can quickly exceed 50° inside. The dehydrating effect of alcohol is something else that can predispose – BBQers beware!

Sal on the UTPD

Treatment The quicker the patient is cooled, the better (unlike hypothermia, in which rapid warming risks cooler blood from the extremities going to the core). Put the person in the shade, remove clothing, give cold drinks: water and electrolyte-replacing. Sponging, covering with a wet sheet or ice packs in the armpits or are other possibilities. Immersion in cold water has been proved safe, unless the person is frail. Unlike temperatures caused by infection/illness, you should **not** give Paracetamol.

It would be nice, at least, to have a summer in which we can use some of these precautions, but hopefully not the treatment!

Know Your Team Leader

No 4: Jen Gale

In addition to her role as Event Officials Coordinator (with Ann-Marie), Jen has been on Fixture Committee for 6 years. Husband Derek does Download at most events, and with daughter Claire's family they constitute a DVO dynasty!

When & where did you start orienteering/join DVO?

June 1986. Friends had been on an evening class on orienteering given by someone from NOC whose name escapes me. This was followed up by attending an event at Bramcote and they dragged us along too. We got hooked. To begin with the 4 adults did it together competing with the 4 teenage children (2 of ours and 2 of theirs). Then we split into pairs and eventually went solo; I remember it being very nerve-wracking. I'm not sure exactly when we joined DVO, but I think it must have been later that year.

Highs & lows of any previous roles in DVO?

If we're including officials at events, my low would definitely be the event at Longshaw where Derek and I organised many years ago. It was a joint event with MDOC and we had the VHI to cope with. Very inexperienced organisers, we should have had twice the number of helpers and the people who'd promised to do the String course didn't turn up. So we were trying to run that as well and the final disaster was the local bull deciding to escort his harem through the finish. Picture Derek in bright red waterproofs waving his arms around to divert the bull from the finish.

Highs? The times helpers go the extra mile without being asked and recently the new members who respond very positively to being assigned to teams, volunteering to help without being asked. And of course, as planners, in the days when controls were programmed to turn on before the event, there was the sweet music as we drove out to start putting them out, of 50 or so controls beeping as they turned on. Whew.

Likes & dislikes of your current role in DVO?

I do enjoy finding dates in the calendar for our events and negotiating with fellow Fixtures Secretaries. They're a pretty amenable bunch in the main. But ironically, the hardest part of the job is asking the far too small set of organisers and planners to give up their time AGAIN to officiate at an event. We have to expand the pool and I am working on it, so beware!



Do you enjoy the new formats (Urban, Sprint)?

I love Urbans and Sprints. They're such a contrast to the cross country events and age and arthritis mean predictable surfaces and no steep ups and downs have an appeal. Not that I'd want abandon being out in the hills and woods on the cross-country events, variety is one of the things I love about the sport.

What do you enjoy doing when not working/orienteering?

I spend a lot of time in my garden, it's a bit like the Forth Bridge and I'm losing the battle. I read a lot, enjoy going to the cinema and travelling. Oh and I enjoy puzzles, crosswords, quizzes and look forward to Dave Nevell's puzzle each Newstrack.

Most memorable orienteering "holiday"?

Now that's tricky, a difficult choice, but I think last year's WMOC in Italy probably wins and not all for positive reasons. The first day was a sprint round Zermatt. Magic. And the view of the Matterhorn from our apartment and from various events (when it wasn't hiding behind cloud) was amazing. Then we started on the cross-country part, which involved travelling up on cable cars and running over snow and ice, sometimes with running water below the ice. The views were stunning, but the courses sometimes very scary and decidedly challenging technically and physically. There was something slightly disturbing about finding ourselves marooned at the top at the end of one event because the large gondola they'd used to transfer the large numbers up there had developed an electrical fault! They did get us all down eventually. Mike and Liz, of course, walked down.

Favourite TV show?

I really enjoyed the quiz game Only Connect and for those that followed it, the culmination was it being won by a team of orienteers. I decline to share some of the decidedly non-cultural programs I enjoy.

10 years ago this issue ...

May 2005 has some similarities to the current May: it was a bumper year for JK Relay Teams with Club Captain John Hurley entering 16 at Hopwas near Tamworth. The Women's 165+ team then consisted of Liz, Pauline and Helen and had already won twice before ... fast-forward to this year when Lynden stepped into the breach (albeit in the British). Rumour has it that she was so nervous about running in our crack team that even the Hathersage butcher was eager for an update after her performance at Cannop!

Perhaps the funniest Sports Personality ever was a former W50 who is no longer in the club getting back to (what she thought was) her car and promptly stripping off, then getting a shock when the driver turned round ...

The cover cartoon was:

King Alfred fails to win Wilf's Employee of the Month Award

For newcomers, Wilf's was the best of the event caterers back in the day. They now have a permanent café in the Lakes at Staveley but the outdoor business was taken over by Scott's in 2009, which seemed to flop a few years later. An inside source told Newstrack: "Sadly it turned out [Mr Scott] wasn't the most dedicated caterer, business man or husband!" A lot of orienteers bought Wilf's mugs that entitled the bearer to "Half price brews for life".
Champion!

The Art of Course Planning and Controlling

All planners and controllers would love it if all competitors came up to them at the end of their run and said "That was a brilliant course. I really loved it!"

However, the reality is that people like different types of courses, terrain and styles of planning, meaning that we all see courses in different ways. Personally, I prefer courses that require concentrated navigation, route choice and decision-making with less emphasis on my fitness, or lack of it! Others have a preference for longer legs involving fast running and less technical navigation.

What all planners and controllers would like is constructive feedback so that we can improve what we do to make the courses more enjoyable and challenging to all competitors. Why do you think we hang around at the finish? It's not to suffer abuse and rants ...

Constructive feedback is the key, which is difficult for some people to give and equally hard for some event officials to receive, seeing anything less than fulsome praise as a personal criticism. There are rules and appendices/guidelines that need to be adhered to as they were written by highly experienced orienteers and officials who receive a lot of feedback before they are published. "They are only guidelines, so I can ignore them" is not an excuse for poor practice.

If you think a control is in the wrong place or there is an error in the map, you can ask the planner or controller if they think it is correct. I know it's hard to believe, but it may be you who is wrong! Similarly, whilst a different style of planning may not suit you, it may still be legitimate. Rather than saying "It's in the wrong place" or "it was rubbish", why not ask one of the officials if you can have a chat with them about your course. If done in the right way they should be happy to do so. It's important to remember that we are all volunteers giving up our valuable time to our sport. However, that's no reason not to expect certain standards and quality.

There is plenty of support for both new and experienced planners and controllers (whose roles are outlined in the Appendix below), and others including organisers and event safety officers. These include the latest version of British Orienteering's Rules of Orienteering, the relevant Appendices on Course Planning and Event Safety and Barry Elkington's excellent articles reprinted from CompassSport. All are available on the British Orienteering website. Other useful sources include the International Orienteering Federations' (IOF) Foot Orienteering Competition Rules and Graham Nilsen's notes on Course Planning.

Additionally, DVO and the East Midlands Orienteering Association put on courses for event officials and the EMOA runs an annual conference for planners and controllers, unfortunately attended by all too few DVO officials. A DVO evening for planners and controllers is being organised on Tuesday 15th September.

One aspect of the Controller's role, which is not always appreciated, is that s/he has the final word when it comes to control location and placing, including whether the control is dangerous or too difficult for some competitors. Competitors of a certain age or with stiff hips cannot cross barbed wire fences easily! However, hopefully this will normally be resolved through visiting the site together and, if agreement cannot be reached, looking for an alternative. In the last resort, Rule 15.12 also states that "The Controller may require the Organiser to cancel the event". This power is used only rarely, normally as a result of adverse weather conditions making travel to the event or the courses dangerous or in 2001 the onset of foot and mouth disease.

In my series of articles on planning colour coded courses I have been looking at some aspects of good and poor course planning and how the latter can be minimised, if not avoided. If you have specific examples you would like me to cover, let me have them and I'll anonymise them so as not to cause offence.

Ranald Macdonald

(r.f.macdonald@btinternet.com)

Appendix

What is the role of the planner?

The British Orienteering website says:

Planners are able to plan orienteering courses designed to meet the needs of the orienteers who will participate in an event. The planner's responsibilities include:

- Planning courses in accordance with the guidelines
- Choosing control sites
- Determining the shape and length of the courses
- Ensuring the course will challenge the participants and differentiate between them
- Preparing draft control descriptions
- Placing controls

... and the controller?

There are 3 levels of Controllers (Grade **A**, Grade **B**, Grade **C**) that have slightly different responsibilities. However, British Orienteering's website says that controllers are responsible for:

- Ensuring the standards required for the event are delivered during the organising, planning, delivery and reviewing of the event
- The event and competition rules are adhered to
- Communicating with event officials using tact to influence the decisions the event officials take regarding the event
- Advice to event officials with regard to the potential pitfalls that should be guarded against
- Checking and advising on all aspects of the organisation of the event with the organiser and the planner
- Ensuring that the risk assessment has been carried out
- Ratifying the final paperwork for the event (final courses; course lengths and climbs; map corrections; control code allocations; course description sheets; overprinted maps)
- Providing feedback on all aspects of the event to organisers and planner
- The Event Officials handbook has information to support a controller in their role.

Hints and tips for Planners and Controllers

The Start

Rule 28, The Start, includes the following:

"28.1 The position of the centre of the start triangle (including the start triangle on second and subsequent maps) shown on the map must be on a mapped feature and identified on the ground by a control banner.

28.2 For TD1 and TD2 courses the feature must be a path or similar feature; it must not be at a junction or intersection, as this would require a decision on which way to go without knowing where they have just come from."

For most Level C and D events, where the Start is the same for all courses, this means that the Start must NOT be on a junction. Level A and B events occasionally have two Starts so the rule applies to the Start for TD1 and TD2 courses, though all Starts should still be on a mapped feature.

If you have a Rule you would like reinforcing or clarifying, do let me know.

Ranald Macdonald (r.f.macdonald@btinternet.com)

Forthcoming training and development sessions

Event Safety Course

Tuesday 14th July, 7.00 - 9.30 pm (venue to be announced)

All Controllers must complete this course to be licensed. British Orienteering suggests that all Planners, Organisers and key officials also take the course.

A major focus of the evening will be the completion of risk assessments and how we address issues of risk and mitigation. We will also look at the responsibilities of the major officials, missing competitors and use a series of case studies to bring all the issues together.

We will be sending out individual invitations to those we think need to do the course. However, it is open to anyone so please let me know by Friday 10th July

Planners and Controllers Development Session

Tuesday 15th September, 7.00 - 9.00 pm (venue to be announced)

For a number of years the East Midlands Orienteering Association has been running a one-day conference for planners and controllers. As well as having a guest presenter - Dave Peel, John Duckworth and Barry Elkington in recent years - we have also looked at aspects of planning and controlling, bringing along problems we have encountered and discussing recent changes to Rules and Appendices as they affect our practice. The emphasis has been on practical activities rather than being talked at for a long time. Unfortunately, few DVO members have been able to attend.

Fixtures Committee feels it would be useful to have a similar event for DVO planners and controllers where the emphasis will be on discussing good practice and how we can improve the quality of our events. Participants are encouraged to bring along a particularly good leg from recent events and issues they have encountered from their own planning and controlling. We do not want to personalise it so don't want to name names. However, it is okay to highlight things that have gone wrong for you - as I may do with Shining Cliff last year! I will also introduce a table I use to analyse events I have planned or controlled to see whether I have got distances and times right.

If you would like to attend, please let me know by Tuesday 8th September. Similarly, if you have ideas for topics we should address, let me know by the same date.

Ranald Macdonald (r.f.macdonald@btinternet.com)

Event Officials Needed

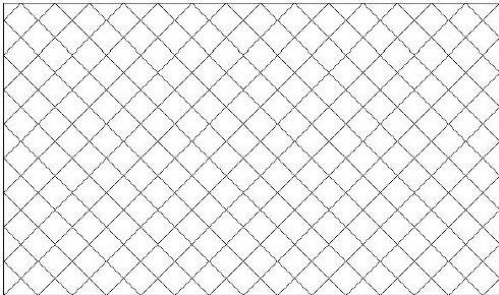
12th Sept	Darley Level D	Planner & Organiser
1st Jan	Ashbourne Score	Organiser
17th Jan	Eyam Moor Level C	Organiser

Please contact Jen or Ann-Marie if you would like to fill one of these slots. Help is available if you've not done it before!

jg.244@btinternet.com

jasrduckworth@btinternet.com

The Bouncing Orienteer puzzle was a four-part question set in a rectangular forest of size 1047m x 731m where an orienteer reached his objective (the final control) after almost 30km of bouncing repeatedly off the boundary fence. The answers were:



- a) At which corner was the finish control? **C (NE corner)**
- b) How many times did he have to turn at the boundary fence? **44**
- c) How far did he run? **29980m (to nearest metre)**
- d) How many times did he reach a point in the forest which he had already visited? **224**

This wasn't particularly easy or elegant. The trickiest part was (d). As you may have gathered, this question is more about highest common factors and lowest common multiples than geometry. Once you realise that 43 is the highest common factor of the lengths of the two sides, it becomes clear that the two key numbers are 17 and 29, the size of the (1/43) scaled down forest. Corner C is reached after running the equivalent of 17 lengths and 29 breadths, which creates $(17-1) + (29-1) = 44$ bounces. The distance can be worked out easily from (b) but the answer to (d) was worked out by most people using a good old-fashioned diagram. John Hurley however produced a "proof" which I cannot reproduce here which basically says $224 = (17-1) * (29-1)/2$, a fact also noted by Paul Goodhead.

Anyway, correct answers were received from Jen Gale, John Hurley, Paul Goodhead, John Hawkins, Andy Mackervoy, Alan le Moigne and (after a bit of a struggle) Sal Chaffey. I think Doug Dickinson also had a stab. Thanks again to all for taking part. Now for this month's challenge.

Mountain Marathon Logic Madness

As is well-known, Lake District Mountain Triallers compete singly and always tell the truth, whilst OMM competitors run in pairs and never tell the truth. Recently a group of EMOA orienteers consisting of Alice, Betty and Clare, together with Roger, Sam and Tom was overheard by an onlooker discussing these long-distance events.

It became clear that of these six people, two couples (each consisting of one male and one female) had competed as OMM teams whilst the remaining two were Triallers.

The onlooker asked three questions, to each of which received a reply.

1. Clare, when asked if Betty had run the OMM with together with Tom, replied "boo".
2. Sam, when asked if he (Sam) had run the OMM together with Clare, also replied "boo".
3. Alice, when asked if she (Alice) had run the OMM together with Roger, replied "hic".

It was also clear that Alice and Tom were not in agreement about whether they were paired or not.

Unfortunately the questioner was new-arrived from a far flung region and couldn't understand the local dialect. He did realise that "boo" and "hic" meant YES and NO respectively or perhaps it was NO and YES!

Having decided what "boo" and "hic" do mean, name the two OMM teams.

Answers to me, dnevell3@gmail.com by the Editor's copy date please.

Summer fell races

June

28 Kinder Trog 16 miles <http://www.t42.org.uk/hayfield/#races>

July

5 Peaker's Stroll 9, 13, 17, or 23 miles <http://www.tideswellmvc.co.uk/peakers-stroll/>
 18 Crich Monument Race 6.5 brutal miles <http://crichmonumentrace.co.uk/>

Aug

2 Peaks Skyrace/5 Trigs 29.7 miles <http://www.peakskyrace.co.uk/>
 2 Dovedale Dipper 26 miles <http://www.rotary-ribi.org/clubs/homepage.php?ClubID=1318>
 6 Chevin Fell Race, 7:30pm 6.3km http://www.runningwithdavid.com/sections/events/fell_races/chevin_hill.html
 8 Full & Half Tour of Bradwell 16 or 33 m <http://wolfspitfellrace.org.uk/index.php/welcome-to-the-tour-of-bradwell-pages>
 30 Rab Mini Mtn Marathon 4hr Score (Lakes) <http://www.minimountainmarathon.co.uk/events.html>
 30 Bradbourne Fell Race 8.9km http://www.runningwithdavid.com/sections/events/fell_races/bradbourn.html

Sept

6 Chevin Fell Race, 7:30pm 6.3km http://www.runningwithdavid.com/sections/events/fell_races/chevin_hill.html
 12 Nine Edges Endurance 20.4 miles http://edalemrt.co.uk/the_nine_edges15.html
 13 Long Mynd O John Bennison Long O <http://www.wrekinorienteers.co.uk/>
 13 Gritstone Grind 35 miles <http://beyondmarathon.com/gritstone-grind/>

Thanks to Zoe Gordon for this tough-looking list!

Upcoming Fixtures

See www.dvo.org.uk

Sun 21st June	Ashby Urban	Level C EMUL	LEI	Ivanhoe College
Sat 4th July	Skegness Urban	Level D	LOG	Evening event
Sun 5th July	Elland Urban	Level C UKUL	EPOC	Brooksbank School, Elland, W Yorks, HX5 0QG
Sun 5th July	Nottingham University	Yvette Baker Trophy Final	NOC	http://www.noc-uk.org/noc.aspx
Sat 11th July	Shiple Park	Level D, includes Derbyshire Schools & Youth Groups Champs	Val Johnson	Ilkeston DE75 7GX SK431455
Sun 19th July	Rushcliffe Country Park	Level D	NOC	Ruddington
Sat 25th July	Willesley	1 hr Score	LEI	Hicks Lodge Cycle Centre, Ashby, DE12 6ED SK328156 11-12 noon
Wed 12th Aug	Ilam	Level D CATI	Mike Godfree	SK134509 10am-3pm
Wed 19th Aug	Longshaw	Level D CATI	Mike Godfree	Chesterfield S11 7TY SK266800 10am-3pm
Sat 12th Sept	Darley Park	Level D CATI	TBA	Derby DE22 1DX SK353383
Sun 27th Sept	Chinley Churn	Level C EML	Sue Allard & Roger Hodgson	Chapel en le Frith SK23 7NP SK028833
Sat 3rd Oct	Carsington Pastures	DVO Club Champs	Stuart Swalwell	Followed by lunch & Awards at Brassington Village Hall 1 til 3pm

EML, East Midlands League EMUL, East Midlands Urban League UKUL, UK Urban League