



# NEWSTRACK

*Autumn 2012*



*A reminder of a great sporting year. Riber Hillside event. Spring 2012*

**Newstrack is the magazine of Derwent Valley Orienteers**

Guest Editor: Turgil Hawp



## Club Contacts

Chairman	John Hawkins	<i>john.hawkins16@mypostoffice.co.uk</i>
Vice Chairman	VACANT	
Membership Secretary	Derek Gale	<i>dg.244@btinternet.com</i>
Treasurer	Claire Selby	<i>claire.gale7@ntlworld.com</i>
Fixtures Secretary	Jen Gale	<i>jg.244@btinternet.com</i>
Coaching and Juniors	Val Johnson	<i>gmjandfam@aol.com</i>
Club Captain	Liz Godfree	<i>liz.godfree@btinternet.com</i>
Committee Members	Ian Hodson Richard Needham	<i>sarah_jane2117@hotmail.co.uk</i>
Buxton rep.	Sue Allard	
Derby rep.	Val Johnson	<i>gmjandfam@aol.com</i>
Chesterfield rep.	Steve Kimberley	<i>lazyorienteer@googlemail.com</i>
Matlock rep.	Judith Holt	<i>jholtcooke@btinternet.com</i>
Junior rep	Amy Kimberley	<a href="mailto:lazyorienteer@googlemail.com">lazyorienteer@googlemail.com</a>
East Midlands rep.	Mike Gardner	<i>mikegardvo@sky.com</i>
Mapping Officer and permanent courses	Mike Godfree	<i>mike.godfree@btinternet.com</i>
Event officials; Planners, controllers Organisers Access Coordinator	Mike Gardner Robert Shooter Sarah Blackburn and Ian Hodson	<i>mikegardvo@sky.com</i> <i>shooterfamily@hotmail.com</i> <i>sarah_jane2117@hotmail.co.uk</i>
Lead Coach Development	Val Johnson Derek Gale	<a href="mailto:gmjandfam@aol.com">gmjandfam@aol.com</a> <i>dg.244@btinternet.com</i>
Equipment Officer Social rep	Paul Wright <b>VACANT</b>	<i>cpstwright@tiscali.co.uk</i>
Newstrack Editor	Sal Chaffey <small>from Apr 2013</small>	<i>sal.chaffey@gmail.com</i>
Web Master General	John Cooke	<i>jholtcooke@btinternet.com</i>
Publicity	Steve Kimberley	<i>lazyorienteer@googlemail.com</i>
Press	Paul Wright	<i>cpstwright@tiscali.co.uk</i>
Welfare Officer	Sue Russell	01773 857318

There are two vacancies - Your Club needs you.

## Editorial

What Oh! Back again by popular demand it's your old mate and mucker, Turgil Hawp, once more guest editor for this illustrious magazine. Chris Owen the previous incumbent has stepped down, but I have great news for you. Ena J Grinfeel\* will edit the first issue of 2013, John Cooke the next and then Sal Chaffey will become the full-time editor after overseeing the 2013 British Middle Orienteering Championships.

Well it's been the best ever Summer, let no-one disagree. It was the hottest June on record and also the wettest. Were we downhearted - An emphatic No. With gold post boxes springing up across the country celebrating our Olympic and Paralympic athletes let's hope some of that the magic gold dust has fallen on our sport. Orienteering is truly a sport for everyone from the very young to those in the autumn of their years. This is sport where you can compete at any level, from novice to expert, occasional runner to regular trainer, reformed couch potato to aesthetic athlete. Each event has more than just one winner. So your New Year's Resolution - Introduce a friend to the Sport whatever their age or ability. This is a sport for all.

\*Turgil can be contacted via Paul Wright on [cpstwright@tiscali.co.uk](mailto:cpstwright@tiscali.co.uk) and Ena may have to hand over to Jen Gale on [jg.244@btinternet.com](mailto:jg.244@btinternet.com)

## Open Meeting invitation

The next open meeting will be at 8-15pm on Wednesday 9<sup>th</sup> January 2013.

### The Bell Cromford *tbc*

47 The Hill, Cromford. DE4 3RF.

Tel 01629 822102.

Parking is on street and sparse. To get to the venue from the Market Place walk up Cromford Hill; The Bell is about 100 yards on the left. The venue is about half a mile from the railway station. Trains from Derby are at 1850 and 1950, return 2144 and 2255. Don't Drink and Drive.

### E by Gum its E Newstrack

You can now have your Newstrack in electronic form. Several of DVO members have opted for this, but it seems as popular as voting for a police commissioner. Green and Sustainability arguments can be made for each option but opting for E-Newstrack can save your club money on production and distribution costs. E-Newstrack will be sent out soon after the publication of the traditional paper copy.

If you would like a copy of E-Newstrack rather than a paper copy then please contact the Club Membership Secretary, Derek Gale. [dq.244@btinternet.com](mailto:dq.244@btinternet.com)

If you still wish to receive the traditional paper copy then you don't need to do anything.

Newstrack will continue to be published on the DVO website a week after publication.

## A word from our chairman



## Motorways and other interesting journeys

I was just musing on my O career to date and between this Newstrack (or e-Newstrack) and the next I will be finishing my journey on the M50 and starting a new one on the M55.

So that is I suppose from Ross-on-Wye for a rather short (34.7 km) journey along the M5, turn left, T junction with the M6 (crikey there are some young drivers here), turn left, proceed in a northerly direction for a few miles, turn left again, and commence my journey on the M55 towards Blackpool, well 18.3 km of the way that is. Interestingly I expect to see a few fellow club members on the way including Mike Gardner and Steve Kimberley – quite surprisingly we will all leave the M50 late on New Year's Eve and start on the M55 early on New Year's Day.

UK female orienteers however have a much more interesting journey from a Supernova remnant in the Aquila constellation about 18,000 light years away, to somewhere near Ealing Broadway, West London, about 130 miles away, a total journey of  $100 \times 10^9$  miles or thereabouts – clearly they will have to get a move on to arrive for 1<sup>st</sup> January.

Looking back to when I was travelling along that long M21, which by many accounts appears to be a figment of my imagination, then the thought of approaching the M55 was just so far away as to be unreachable but here I am getting very close to having to navigate on that very stretch. What a journey and in the blink of an eye.

Can I wish you all a very happy Christmas and particularly to those of you who convert from MX or WX to MX+5 or WX+5 (and all other possibilities) then do take full advantage of again being the youngest in the class, get out there compass in hand and see if you can thrash the others in your new age group with your new found vigour of youth.

Apologies for the above. Just re-read it, must have overdosed on the chamomile again.

Hope to see you all out there thrashing about looking for controls in the New Year – this seems to be my latest 'approach' to our very interesting sport.

Regards

John

## Geomorphology of the Derwent Valley

We as a club are lucky in the variety and type of area that we can use. The majority of our better areas are along the Derwent Valley, hence our name. But is this just a coincidence?

Technical areas are usually either sand dunes, glaciated lowlands, or mined areas. We have some of the latter, where bell-pits were dug to get at mineral ores or coal, and have since collapsed to leave a hollow. The spoil remains as a mound. But we do have a plethora of another landscape type, the landslip, which leaves humps and hollows and marshy places (“confused drainage” in the textbooks).

There are several ‘terraces’ in Crich Chase, the larger of which still slopes back towards the valley side, evidence of rotational slipping. Shining Cliff has only one small area of slumping, Riber Hillside has a large area on the eastern slope, Cambridge Woods has two areas, Hillcarr (below Stanton Moor) is almost entirely landslip, and Lindop has the most obvious and most recent examples on its eastern slope. (Look also for the ‘scar’ above the slippage.) The ‘best bit’ of Eyam, in the far west, is classic landslip country.

Why should we have so many examples? The answer lies in Geology and perhaps Glacial History. Landslips are most common where an impervious layer underlies a permeable one. Water drains through the permeable layer, but not through the one below, so builds up and issues from the hillside in a line of springs. This water can ‘lubricate’ a slippage if the valley side is steep. Most of the slips listed above happened at the bottom of the Millstone Grit series. In the ice age, the Derwent Valley may also have had its sides made steeper by the erosive power of a valley glacier. After the ice has melted these slopes are relatively unstable, and with water overcoming friction, lumps can fall down the valley sides, leaving the landscapes we love to run through.

I always wondered when I’d put my A-Level Geography to good use....

### Professor Waffle

## DVO Success at East Midlands Urban League

DVO took a good proportion of the series prizes at the final East Midlands Urban League event at Ashby de la Zouch with 6 out of the 10 trophies. Almost a clean sweep on the women: Margaret Keeling for Ultra Vet, Liz Godfree for Super Vet, Helen Chiswell for Open and Joanna Goodhead for Juniors.

In the Men’s competition there were wins for Doug Dickinson on Ultra Vet and Ian Parfitt on Super Vet.

Over the 4 events DVO have amassed a collection of Buffs™ to rival the White Rose mugs.

*Ed: To those of you like me who do not know what a Buff™ is, it is an item of clothing which apparently is all the rage; an elasticised tube of material which can be worn as a scarf or a hat. Costing at least US\$20 it is definitely not an everyday item of clothing. As I won’t be worrying the prize committee I think I shall stick to scarf and hat. Congratulations to the winners.*

## A Cautionary Tale

*or why the Elephant left its tracks.*

Most O-mappers do their survey in approximately the same way, using a sheet of waterproof tracing film over the base map. Perhaps the area is to be surveyed for a brand new map or the previous map updated.

The surveyor braves the weather, rain wind, snow, bitter cold or frazzling heat (*A perfect day - Ed*) and flogs up and down hill through bracken, brambles and brashings and occasionally discovers first-hand uncrossable marshes. Although probably walking all day and at the end feeling tired without any running involved.

Not all maps have such a full detailed ground survey. For in approximately 1930 in Britain's Gold Coast colony in Africa (now Ghana, a group of mappers was producing a map of a previously unmapped area, rough country which included seven hills. Six hills were surveyed and plotted on the draft map by which time the mappers were running out of time or perhaps food or just feeling fed up. So they sat down and drew the contours of the remaining hill in the form of an elephant. The map was finalised and printed, including its somewhat fanciful seventh hill and thus remained so until post-colonial times when eventually it was revised with more modern survey methods.

Now you may think this is just a fanciful filler item for Newstrack's pages but I kid you not. This map was exhibited as part of an exhibition of maps at the Derby Quad in 2011.

Perhaps then you may like to ponder when you are lost on the bleak hills of Derbyshire. The light fading as you try to find control 6 in the howling bitter wind on an Eyam hillside or in swirling mists of Carsington. Are all DVO mappers like that? Have they added fictional rocks and water courses, vegetation detail aswell. Did they just survey the 100m contour intervals and fill in the rest in the pub over pint. The answer, my lost friend, is probably yes!

Tony Berwick

## New Club O tops

After a lot of deliberation it is quite surprising to see that DVO has come up with a very pleasing design for the new O top. You can see the design by visiting the club website.

It is understood that the tops are €24 + VAT. NB the VAT rate may that in force in the country of sale. Not sure how much for delivery or currency exchange yet but I guess we would be selling them for under £30 each.

I propose that we go ahead and get a batch of 20 in a mix of sizes (I already have 4 spoken for). There is a size chart at <http://www.sivensport.com/#!chart>

Need a prompt decision if we are to get them for Christmas.

Please contact Mike Godfree - address on p2.

## The Threat to Ash Trees



Confirmed cases in East Anglia signalled the disease's arrival in the UK's natural environment.

Confirmed cases of *Chalara* Ash Dieback disease have raised concerns that the population of all Ash trees are at risk. The Ash (*Fraxinus excelsior*) is the third most abundant species of broadleaf, covering 318 000 acres (129 000 hectares) successful at growing in most landscapes from urban scrubland to exposed uplands.

Ash dieback is caused by a fungus *Chalara fraxinea*.

Symptoms of *Chalara* dieback

- Diseased saplings typically display dead tops and side shoots.
- Lesions often found at the base of dead side shoots.
- Lesions on branch or stem can cause wilting of foliage above.
- Disease affects mature trees by killing off new growth

What should the orienteer do?

- Thoroughly wash all footwear before leaving the area, ensuring that all mud, soil and leaf litter is removed.
- Event organisers may wish to provide water, buckets and brushes at a suitable location i.e. at a point where there is little risk of further contamination.
- On returning home, rinse all boots and shoes in a chlorine/hypochlorite based cleaner (Bleach) or garden fungicide and allow them to dry thoroughly. N.B. Always read the manufacturer's label and do follow the instructions on use and disposal of the product.
- Thoroughly wash and dry all kit and any other clothing that may potentially have been contaminated with fungal spores.
- Clothing and footwear should not be reused for at least 48 hours after drying.

*With thanks to BBC online, The Woodland Trust and BOF.*

## Captain's Corner

Please keep this date free:

Sunday 19<sup>th</sup> February 2013, 1<sup>st</sup> round of Compass Sport Cup.

As yet the venue is unknown as it might depend on the draw but I will keep you informed. This is an event for ALL CLUB MEMBERS, the only event in the 'O' calendar in which everyone can run and support DVO and be part of the complex scoring system. Remember you get a half price run. Watch DVO website for more information.

Advance notice - I will take names for:

- JK Relays Easter Monday 1<sup>st</sup> April, Hambleden near Henley-on-Thames
- British Relays May Day Bank Holiday, Sunday 5<sup>th</sup> May near Dorking
- Harvester Relays Saturday/Sunday 29<sup>th</sup>/30<sup>th</sup> June, Malvern Hills
- White Rose Team Score August Bank Holiday Monday.
- Footpath Relay – to be organised by MDOC probably in June.

Liz Godfree ([Liz.Godfree@btinternet.com](mailto:Liz.Godfree@btinternet.com))

## Sports Personality of the Month



"I had a most unusual series of events packed into a single leg during the recent LEI Ashby-de-la-Zouch Urban event. Leaving control 13 I ran out onto the main street intent on going up a narrow jitty a little way up the other side of the road. There were a series of these (at least five) so I was relieved that it was the first one I would come to. I quickly saw it, shot up it and almost immediately was confronted by a woman sitting on a loo with the door open who, not surprisingly, gave a shriek. There was nothing for it but to press on whereupon the path took a couple of confusing turns that I didn't expect, went round the side of a garden, into another enclosed section and dumped me out onto another street I wasn't expecting. Slightly shaken I ran onto the next junction at which point the driver of a stationary taxi parked by the pavement opened its door straight onto me, which I bounced off. Even more confused now I lost count of which of the exits to the rather confusing junction I wanted and restarted off in the wrong direction whereupon I resorted to my compass for almost the first time ever during an urban event. The rest of the leg proceeded without further excitement. All of that was packed into a mere 188 seconds. I later found out that the jitty I should have gone up was about 10m further along and the mapper hadn't seen fit to map this one....."

Dave Nevell

*The case between Regina and Nevell is scheduled for early next year - Mr Nevell intends to plead "Not guilty". Reporting restrictions have been lifted.*



## *East Midlands Orienteering Association*

### *Development Programme 2012 - 13*

We all know how important volunteer officials are for us to run successful orienteering events and to develop the skills of other orienteers. One key aspect of the development of these officials is for us to put on a regular development programme. In the EMOA we feel that there are significant advantages in doing this at an association level so that we can learn from each other and try to improve the quality of our events across the region.

Over the coming orienteering season we are putting on a programme of sessions for those who are currently active officials as well as those who would like to see whether undertaking such a role is for them.

We have a really pressing need to introduce more people to controlling and mapping but also need more planners and coaches to enable a succession pathway. There is also a need for us to encourage younger orienteers into these roles, perhaps by working with an experienced official as a mentor. Some people are daunted by the thought of taking on what are seen as onerous tasks, whilst many of us get great satisfaction from putting the various bits together into a successful outcome. If we can break down major tasks into smaller parts we are more likely to encourage newcomers into these roles.

In May we ran a successful conference for Planners and Controllers, attended by nearly 30 people. We plan to repeat this for more experienced people next February as well as putting on a similar event for experienced Mappers in December and a programme of events for those new to the various roles or wanting to 'have a go'.

Since I was 'elected' EMOA Development Co-ordinator at the recent AGM I have consulted with representatives from the various clubs as well as those undertaking key roles across the region to make sure we meet the needs of clubs.

If you are thinking of having a go at planning, mapping, controlling or coaching, I hope you will see something to interest you. In addition, coaching courses and awards are available and clubs will continue to put on their own sessions.

We look forward to seeing many of you at a forthcoming session and do contact either your club representative or me if you have any questions.

**Ranald Macdonald (DVO)**

EMOA Development Co-ordinator

r.f.macdonald@btinternet.com or 01629 734307

#### **The Programme of events**

***Saturday 10<sup>th</sup> November – Groby Community College, Ratby Road, LE6 0GE***

Event Safety and Welfare Course (10.00 – 13.00, tutor Chris Phillips) – intended for all Organisers, Planners and Controllers.

**Saturday 8th December** – Groby Community College, Ratby Road, LE6 0GE

1. Event Safety and Welfare Course (09.30 – 12.30, tutor Chris Phillips) – intended for all Organisers, Planners and Controllers.
2. Organisers' Course (13.15 – 16.15, tutor Chris Phillips) – for those new or relatively new to organising.
3. Experienced Mappers' Workshop, (10.00 – 16.00) including Mapping Safety Course (start of morning session, Hilary Palmer) and good cartography and printing (rest of the day, David Olivant/Mick Lucking)

*The Mapping Safety Course is likely to become a requirement for all mappers and we would encourage you to attend at least this part but ideally the whole day.*

4. Grade C Controllers (10.00 – 16.00, tutors Ranald Macdonald, another and Peter Hornsby) – having planned at Levels C & D this is an opportunity to move on to Controlling events at these levels.
5. Coach Update Session (13.15 – 16.00, Hilary Palmer) – for all coaches

**Saturday 9th February 2013** – Groby Community College, Ratby Road, LE6 0GE

1. Introductory Planners' course (10.00 – 15.00, Peter Hubberstey and Mike Gardner) – for those wishing to plan at Levels C and D or refresh their skills in doing so.
2. Experienced Planners' and Controllers' Conference (10.00 – 16.00, Barry Elkington [tbc], Mick Lucking [tbc], Roger Edwards & Ranald Macdonald) – not really for novice Planners and Controllers.

The idea will be to get the experienced planners and controllers to feedback to the novices in the afternoon and to have a short session on mapping issues for both.

**May/June 2013**

1. Novice/Introductory Mappers' Course (2 days, approximately three weeks apart - David Olivant, Rod Postlethwaite, Erik Peckitt, Mick Lucking, etc.)
2. Coach Update Session (1/2 day – Hilary Palmer) – possibly after a local Level D event
3. Grade B Controllers' Course (possibly in conjunction with adjacent regions)

*If you would like more information on these courses contact either your EMOA club representative or Ranald Macdonald, EMOA Development Co-ordinator ([r.f.macdonald@btinternet.com](mailto:r.f.macdonald@btinternet.com)).*

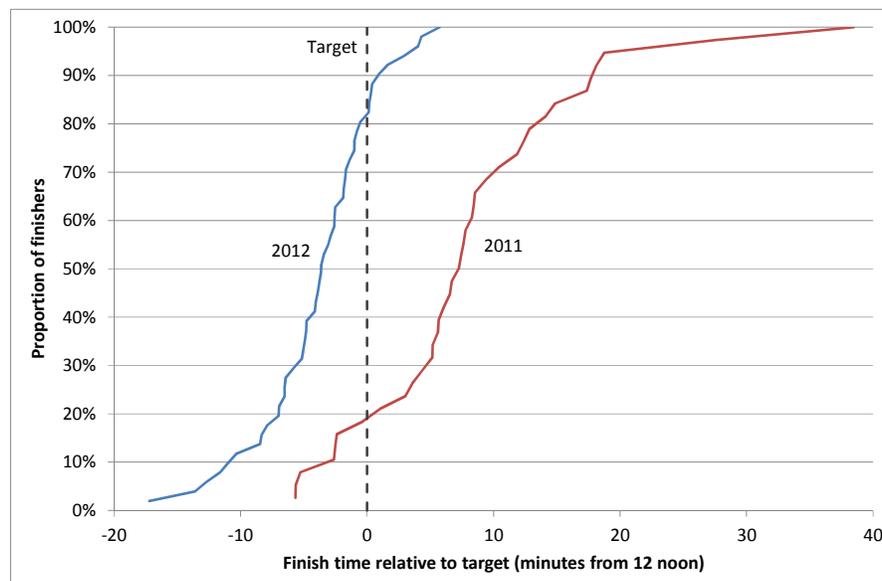
*Further details and applications forms will be on the EMOA website - <http://www.emoa.org.uk/>*

## Club Championship Handicaps – did they work?

First my apologies to anyone who felt, by the nature of their handicap, that they were given an unfair disadvantage. It's impossible to get it right for everybody (I have discovered) and maybe next year you will be the beneficiary when I have collected more data across a wider range of club members. It was a shame that the first finisher was back before the last starter but at least they were in different competitions and it's a shame that there wasn't a close finish at the front, but there were at least plenty of close finishes elsewhere.

Having said all that, Andrew Middleton was the worthy winner. Maybe his handicap erred slightly on the generous side but having reviewed it manually, such was his winning margin, even if I had made any plausible correction to it, he would still have won. It won't be so easy next year Andrew!

I compared the range of finish times this year with what happened last year (see graph). What was pleasing was that the range of times for the middle 80% of runners was almost halved, from about 21 minutes to under 12. The overall range was reduced from 43 minutes to 24 minutes. And for any statisticians out there, the standard deviation was reduced from 7.5 minutes to 4.6 minutes (even after the lone high outlier in 2011 is ignored). The average bias (against the target of a 1200 finish) was 3 minutes 51 seconds early. In 2011 it was 8 minutes and 5 seconds late. Interestingly, the original start times I sent John (before we reduced them to allow for the long grass) would have produced an average bias of about 1 minute 43 seconds past midday (and incidentally a very close finish between Andrew and Sarah) so all in all we weren't far off the right speed calibration.



It has to be accepted that there is a fair bit of natural variation in everyone's performance from week to week so there is a natural limit to how close a bunch finish can be engineered. We are not there yet though. I think the handicapping was considerably disadvantaged by using an area that was much easier technically than most of the areas that were used to set the handicaps up in the first place. On those grounds I would suggest trying to find somewhere a bit trickier next year. And the amount of handicap guesswork ought to reduce - the original start list would have had second-placed Sarah (for whom I had no reliable form) winning by about 15 minutes which would probably have been a bit embarrassing for all concerned.

So, a step in the right direction I think but it would be nice to have a few more competitors next time round (that's myself included), especially if I can convince you that the playing field is just that bit more level than it has been in the past. Next time round – who are the best Orienteers in the club?

**Dave Nevell.**

## Orienteering: A Historical Perspective

### ***We Three Kings of Orient Are.***

St Matthew's gospel describes how the Magi navigated to the place where Jesus had been born by following a star. This early reference to orienteering covers a technique that I must confess I have used in the past, although the problem with stars is that they run very fast and aren't always around when you need them most. It did set me thinking about how orienteering must have been around much earlier than we normally assume as there are many references to it in works of literature and in historical quotations. In the Bible, Proverbs 15:16 is clearly referring to the benefits of a good training programme when it states that "*the way of the sluggard is blocked by thorns, but the path of the upright is a highway*". You can recognise the sluggard by his excuses to not go training from Proverbs 22:13, "*There is a lion outside!*" or "*I will be murdered in the streets.*" Always works for me.

### ***Be not afeard: the isle is full of noises.***

"*Cry HAVOC, and let slip the dogs of war*" (Shakespeare's Julius Caesar) shows how cut-throat those early Compass Sport Cup matches were down in the South East. I think the rules have been tightened up since then. How about this from A Midsummer Night's Dream?

"Over hill, over dale,  
Thorough bush, thorough brier,  
Over park, over pale,  
Thorough flood, thorough fire,  
I do wander everywhere."

Methinks he needed a bit of route choice practice.

### ***This hill, though high, I covet to ascend.***

However, we also have evidence of what must have been quite a spectacular event. Just look at some of the control descriptions from what is clearly a forerunner of the O.M.M, Pilgrims Progress.

City (of Destruction)	Hill (Lucre)
Slough (of Despond)	Meadow (By-Path)
Hill (Difficulty)	Castle (Doubting)
House (Beautiful)	Mountains (Delectable)
Valley (of Humiliation)	River (of Death)
Valley (of the Shadow of Death)	City (Celestial)
(follow tapes through quick sand)	

Courses close 1678

The event was won by Christian, but there were some notable retirements, including Hypocrisy and Ignorance. The pictorial descriptions for this event were particularly explicit and rated 12A certificate.

### ***Orienteering - A brief canter through history***

I am most impressed that orienteering has been seen by some of the great figures of history as playing a significant role in the advancement of civilisation, no less. Listen to what Thomas Jefferson, third U.S. president and author of the Declaration of Independence had to say on the matter. "*Agriculture, manufactures, commerce and navigation, the four pillars of our prosperity.....*" The Irish author and satirist, Jonathan Swift, was similarly moved to state that "*The greatest inventions were produced in the times of ignorance, as the use of the compass, gunpowder, and printing.*" Mapcraft, war and propaganda, what a combination!

Making excuses is as old as the sport itself, and Herman Melville, author of Moby Dick, came up with the following corker; "*It is not down in any map; true places never are.*" I'll have to try that next time out.

Cry Harry, England and St George, blundering Hotspur in Henry IV Part 1 was forced to admit "*A plague upon it! I have forgot the map*". I presume Henry IV Part 2 followed the map exchange. Technical advice is forthcoming from the most unlikely sources. I particularly like what Albert Einstein advised. "*Stand still. The trees ahead and bush beside you are not lost,*" a neat variation on the theme of "don't just do something, stand there." It might just make a good club motto.

Henry David Thoreau (American essayist, poet and philosopher) comes from a different angle. "*Not until we are lost do we begin to understand ourselves.*" I'm not sure I want to understand myself that much in the middle of an event.

Not that everyone wants to admit they've made a mistake. Daniel Boone (American Explorer, frontiersman and legendary hero) quotes "*I can't say I was ever lost, but I was bewildered once for three days.*" That fits a JK weekend nicely. The American poet Anne Sexton was obviously in a tight spot when she said "*Still, I search in these woods and find nothing worse than myself, caught between the grapes and the thorns*". Sure they weren't blackberries Anne? And it would be interesting if anyone had had the same experience as Pablo Picasso who said that "*if all the ways I have been along were marked on a map and joined up with a line, it might represent a minotaur*". Sounds like a load of bull.

A few words now on training. Mark Twain had no doubts that it was very important, not just for the body but for the mind too, as his following words show. "*Training is everything.....cauliflower is nothing but cabbage with a college education*". John F Kennedy saw it as a paramount responsibility of every citizen. "*Our growing softness, our increasing lack of physical fitness, is a menace to our security*". So next time you waver at the door when it's cold and raining, just remember, staying in is a threat to the very fabric of civilisation.

Finally, what better authority do we have to turn to than one of the twentieth century's most prominent thinkers? Draw what you will from this profound thought of Winnie the Pooh. "*Always watch where you are going. Otherwise, you may step on a piece of the Forest that was left out by mistake.*"

Something that all people of Little Orienteering Brain can relate to.

## **Rocky Knoll**

### **Purple Pen for Experts**

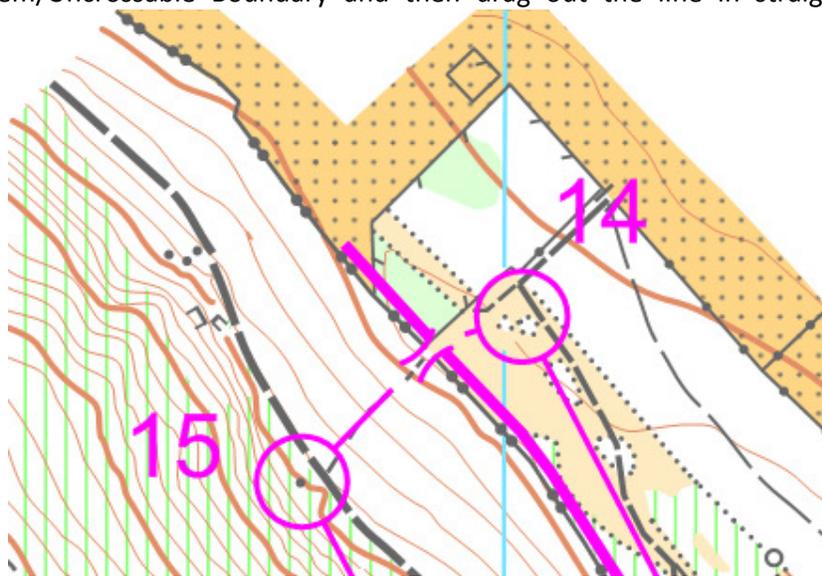
In this last part of the series we look at some of the refinements that ensure a good result and what happens when you want the maps printed for an event.

The final line of the control descriptions describes the route to the finish as "taped route", "navigate to finish" or "navigate to finish funnel". Leaving aside opinion as to whether it should always be taped then what do you do if the simple courses have a taped route but the more technical courses have to

navigate? Unfortunately PP associates the choice with the finish itself. So a bit of lateral thinking suggests that you have two finishes in PP which are actually in the same place but with different options associated with them.

Another issue we have found recently is where two courses share a leg between controls and on one of them the line needs to be broken but it is not needed to be broken on the other one. PP associates the line between the controls with that pair of controls rather than with a particular course so break it on one course and it is broken on the other course as well. Apart from the possibility of breaking the alternative leg on the course that needs the break, at present this looks like one to put on the wish list although we can solve it in OCAD before the printing stage.

Uncrossable fences and walls: If have a wall or fence that competitors must not cross then you need to add the thick purple line to it. It doesn't matter what it says in the final details, there is a correct symbol for it and in its absence (apart from sprint standard urban maps) then competitors can legitimately cross the wall. It usually looks better if the purple line is offset sufficiently to still show the wall or fence symbol. Use Item/Add Special Item/Uncrossable Boundary and then drag out the line in straight



segments. You should aim for this:

You can print maps for checking for yourself and for a low key event that may well be sufficient. But remember that the ink in an ink jet printer will run in the damp and even if it is not raining sweat is a powerful solvent, so you will need to bag them. First set the print area with File/Set print area and (usually) choose 'all courses'. Make sure that the print scale is set correctly (Course/Properties, for each course if the original default is wrong). Then go to File/Print Courses, choose which to print. Most of the club maps are within A4 though some are tight for home printers that have an unprintable margin.

Another issue we have found is that any templates in the OCAD file (which we often used for logos etc.) are not shown or output by Purple Pen. If they are important you will have to arrange to have them copied in before the print stage. There is also a suspicion that prints from Purple Pen can in some remote circumstances be different from the prints from OCAD.

If you have control descriptions on the map make sure they don't obscure any valid route choice when you position and size them. And if you make late changes like adding a line of text which increase the size of the control descriptions you will need to re-check.

For all but the largest events (level A) we now use laser/digital printing. For Level A events we still use offset printing as that gives a sharper result. I have a colour laser printer and access to waterproof paper for small print runs or for larger print runs or larger than A4 we send them to Hassall & Lucking for printing. Although I can normally do that for you it is worth recording the process. In Purple Pen I generate the OCAD files, then in OCAD (and that can be OCAD 10 viewer). I create EPS (Encapsulated Post Script) files to send for printing. In order to check that those files have come out the correct size

there is some free software, GhostView, for opening them. At the OCAD stage it is possible to make odd changes for things that Purple Pen doesn't cope with like putting the control descriptions in two columns.

Mike Godfree

### DVO Events 2013

Saturday 15 December 2012	Farley Moor (Matlock Forest West)	Small Event - Level D White to Orange plus Challenge
Tuesday 1 January 2013	Matlock and Matlock Bath	Street Orienteering Organiser: Richard Parkin
Sunday 27 January 2013	Calke Park	Colour Coded Event - Level C String to Brown Organiser: Paul Goodhead
Sunday 24 February 2013	Crich Chase and The Hagg	Colour Coded Event - Level C String to Brown Organiser: TBC
Sunday 21 April 2013	Stanton Moor	British Middle Championships Level A Age Class related courses Organisers: Sal and Dave Chaffey
Sunday 12 May 2013	Chesterfield Town	Urban event – (EM league) Special Age related courses <i>Watch out for the Superduper ultra vet course.</i>
Sunday 2 June 2013	Cromford Moor and Black Rocks	Colour Coded Event - Level C String to Brown Organisers: Siân and Steve Mead

### A more detailed calendar

Further Information can found on the BOF website.

### December

Sat 1st	Southern Night Champs	Level B	<a href="#">SLOW</a>	SEOA	Esher	Esher	
Sat 1st	LOG Winter Series #3 South Common	Level D	<a href="#">LOG</a>	EMOA		Newark	
Organiser: Sean Harrington Starts 10:30 – 12:00. £3 / £2 Short and Long courses							
Sat 1st	LEI Winter League 5 Watermead	Level D	<a href="#">LEI</a>	EMOA	<a href="#">Watermead Country Park</a>	Leicester	<a href="#">SK602083</a>
Organiser: Glynn Smith. Starts 11:00 – 12:00. £4 / £1. Short, Medium and Long courses							
Sun 2nd	NOC Winter League 3/6	Level D	<a href="#">NOC</a>	EMOA	Colwick Woods	Nottingham	

Sat 8th	MDOC Park Score event	Level D	<a href="#">MDOC</a>	NWOA	<a href="#">Longford Park</a>	Stretford	<a href="#">SJ808943</a>
Sun 9th	HALO Regional Event	Level C	<a href="#">HALO</a>	YHOA	Swinemoor	Beverley	
Tue 11th	LEI Winter League 6 Burbage	Level D	<a href="#">LEI</a>	EMOA	<a href="#">Burbage Common</a>	Hinckley	<a href="#">SP447953</a>
Organiser: Howard Alcock Starts 18:30 – 19:30. £4 / £1. Short, Medium and Long courses							
Sat 15th	LOG Winter Series #4 Greetwell Hollow	Level D	<a href="#">LOG</a>	EMOA		Lincoln	
Organiser: Sean Harrington Starts 10:30 – 12:00. £3 / £2 Short and Long courses							
Sat 15th	LEI Xmas Novelty Score Bagworth Woods	Level D	<a href="#">LEI</a>	EMOA	<a href="#">Bagworth Woodlands</a>	Coalville	<a href="#">SK446081</a>
Organiser: Santa Starts 11:00 – 12:00 Bagworth Working Mans Club							
Sat 15th	DVO Winter League Event	Level D	<a href="#">DVO</a>	EMOA	<a href="#">Farley Moor</a>	Matlock	<a href="#">SK300630</a>
Sun 16th	SYO Regional Event	Level C	<a href="#">SYO</a>	YHOA	<a href="#">Blacka Moor</a>	Sheffield	<a href="#">SK296790</a>
Sun 16th	OD Colour-coded Event & WMOA League 10 Sutton Park	Level C	<a href="#">OD</a>	WMOA	<a href="#">Sutton Park</a>	Sutton Coldfield	<a href="#">SP106954</a>
Sun 23rd	NOC Christmas Event and EM League	Level C	<a href="#">NOC</a>	EMOA	<a href="#">Walesby</a>	Ollerton	<a href="#">SK664703</a>
Sun 30th	EMOA League Event Beacon Hill	Level C	<a href="#">LEI</a>	EMOA	Beacon Hill	Loughborough	

## January

Tue 1st	Matlock Street O	Level D	<a href="#">DVO</a>	EMOA	Matlock	Matlock	
Tue 1st	LEI Winter League 7 Ratby	Level D	<a href="#">LEI</a>	EMOA	<a href="#">Ratby Burroughs</a>	Leicester	<a href="#">SK496062</a>
Tue 1st	WMOA Laurie Bradley Trophy Score Event	Level C	<a href="#">WCH</a>	WMOA		Stafford	
Sat 5th	LOG Winter Series #5 Burwell & Haugham	Level D	<a href="#">LOG</a>	EMOA		Louth	
Sat 5th	MDOC New Year Charity Event	Level D	<a href="#">MDOC</a>	NWOA	<a href="#">Lyme Park - free park entry</a>	Disley	<a href="#">SJ964823</a>
Sun 6th	Aire Regional Event	Level C	<a href="#">AIRE</a>	YHOA	Buck Wood	Bradford	
Sun 6th	HAVOC Belhus SWELL Event	Level C	<a href="#">HAVOC</a>	EAOA	<a href="#">Belhus Woods Country Park</a>	Upminster	<a href="#">TQ564825</a>
Sun 6th	NOC Winter League 4/6	Level D	<a href="#">NOC</a>	EMOA	Vicar Water	Mansfield	
Sat 12th	LEI Winter League 8 Wakerley	Level D	<a href="#">LEI</a>	EMOA	<a href="#">Wakerley Woods</a>	Peterborough	<a href="#">SP960987</a>