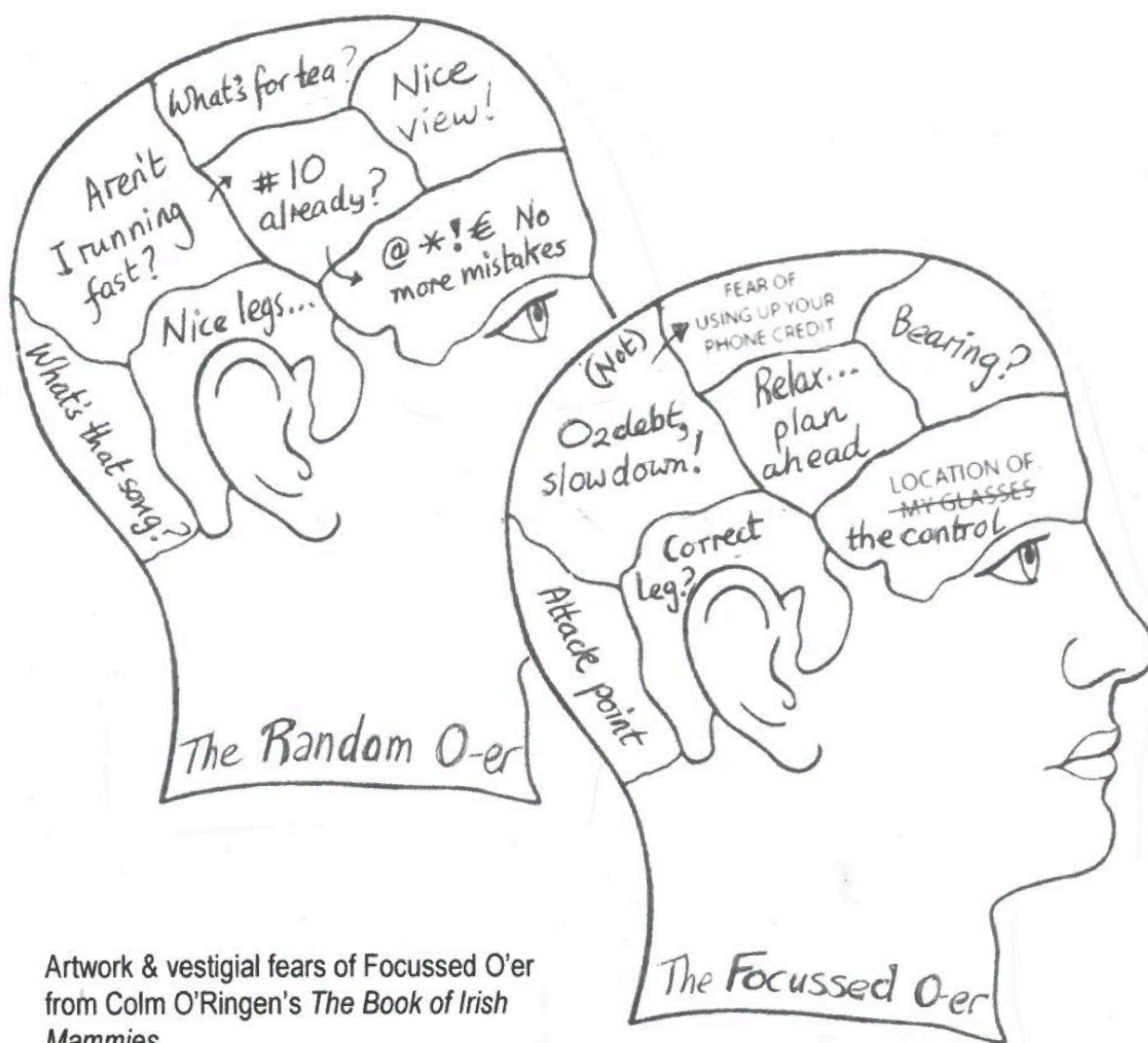




# Newstrack

December 2014



Artwork & vestigial fears of Focussed O'er  
from Colm O'Ringin's *The Book of Irish Mammies*

**Newstrack is the magazine of Derwent Valley Orienteers**  
**Editor: Sal Chaffey (sal.chaffey@gmail.com)**

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## DVO Open Meeting ... Wed 14<sup>th</sup> January

Quarterly club meeting at the Bell Inn, North Street, Cromford. Run at 7pm, Meeting at 8pm – all welcome for both/either! See website nearer the time as we may be changing rooms (not in interior décor sense!).

## Entry cut-offs for Scottish 6 Days, Aug 2nd-8th (bring own bananas)

Age Class Courses			Colour Coded Courses		
Entry Date	Seniors	Juniors/ Students	Entry Date	Course	All Competitors
1 Dec 2014 - 31 Jan 2015	£15	£5	Fixed fee from 1 Dec 2014 to 30 Jun 2015	White, Yellow	£3
1 Feb 2015 - 30 Apr 2015	£16	£6		Orange, Light Green	£5
1 May 2015 - 30 Jun 2015	£17	£6		Green	£10
Entry on Day	£18.50	£6	Entry on Day	All Courses	+£1 to above

## Editorial

DVO has had a busy autumn with Longstone followed a week later by the Club Champs. Congratulations to Malcolm Spencer, Dawn Moore & Matthew Jackson (1<sup>st</sup> man/lady/junior across the line) and Chris Millard & Helen Chiswell (fastest on Long). It was good to see all the blue & gold O tops swarming over Birchen (jam/boulder-field comparisons optional)!

At the AGM in October, Stuart Swalwell was elected chair, having shadowed John for a year as vice chair ... Stuart kicks off Newstrack's new column 'Know Your Team Leader'. Team Leaders, be warned, I will be after you!

The Midlands Champs at Longshaw saw the DVO Machine in action again and attracted over 700 runners. The Far Starters were challenged from the off and it was a big relief to get out onto the moor!

Oakwood was a blast to clear out the November cobwebs on a map that looked like an amoeba. The Level D at Darley Park the following weekend was also a good test of speed v accuracy. (I'm trying hard to up my Number of boxes of contact lenses used from 1 to 2 boxes for the 2014/15 season. They come in boxes of 30, I only use them for orienteering, and only in 1 eye – I think just 30 events a year is a bit sad!)

The inaugural East Midlands Sprint Championships was held on a new map of Abbotsholme School and comprised two very short courses (1.5 & 1.4km) to be run in either order. Eighty-four competed, many of them pupils, and the high

control density and opportunity to consolidate skills made for a super-exciting day. John Duckworth (Men's Champion) ran only 1 leg longer than a minute and one was just 5 secs! And then there were the edible medals :-p

In fact, this issue has *un vrai gout European* with several club members competing in the Euro Cities Tour and making valiant efforts to drain EU port lake ... see inside. The Chaffey's got as far as Dorset (Winchester Urban & November Classic), but this highlighted some navigational issues when I couldn't find my way out of a service station in Oxford, even though I'd lived there for 5 years (Oxford, that is – not KFC on the A34). When it comes to navigation, Dave is definitely from Mars and me from Venus (as in the 1990s relationship counselling book by John Gray). Dave claims to drive and orienteer through innate sense of direction (maybe he uses the Orientation Cream from WSC!) whereas I'm lost without road signs – often sadly lacking in service stations!

Finally, a very warm welcome to recent new members - Bob Smith, Sue Smith, Xian Xanado. Hope to see you all in the results shortly!

Thanks, all, for the great contributions this issue! Items for the next one to me by January 11<sup>th</sup> please.

Sal.chaffey@gmail.com

## DVO's version of the football transfer window

The majority of people in the club are aware that they are part of a valued team that assists with the putting on our larger Level C and above events.

The team system makes the job of the Co-ordinator much easier and has been noted by other clubs as one of the reasons why our events are consistently very well organised. The teams are:

Registration,	Enquiries
DVO Shop	Car Parking
Start	Finish
Download	String Course

But maybe you would like to transfer to another team? Try a different role and meet a new set of club members?

Without making teams too uneven, Ann-Marie Duckworth and Jen Gale will try to accommodate moves between teams until 4th January 2015. The door of opportunity closes before Crich Chase event on the 18th January 2015.

If you are not sure which team you are in just contact us and we can give you the contact details of the team leader.

Ann-Marie ([jasrduckworth@btinternet.com](mailto:jasrduckworth@btinternet.com))

Jen ([jg.244@btinternet.com](mailto:jg.244@btinternet.com))

## For those new to Planning ...

I have been asked to run a planners course for some new planners. I plan to do so early in the New Year. I intend to have 1 evening of 2-3 hours and 1 session at an event to discuss control hanging, positioning etc.

If anyone else is interested in attending then please let me know.

Mike Gardner ([mikegardvo@sky.com](mailto:mikegardvo@sky.com))

## ☆☆ Star Runners ☆☆

Apologies for these being a little behind. Urban events are not included in the handicapping so this explains why there are some events missing. Back in June at Burrough Hill **Dave Skidmore** was best against handicap. The Byron's Walk NOC event in October saw **Louis Forshaw-Perring** and **Joe Uprichard** virtually inseparable on Brown and the following week's event at Bradgate was a good one for **Russell Buxton**. It ought to without saying that **Malcolm Spencer**, first across the line at the Club Championships, was also a recent Star Runner. Well done to all and we'll do some more catching up next time.

## Orienteering at Peak 2015 Scout & Guide Jamboree at Chatsworth

I am co-ordinating the orienteering activity at the Scout and Guide jamboree Peak 2015 to be held on the Chatsworth Estate in July 2015. The plan is to hold ten or so 2.5 hour sessions over the course of the week that will give Scouts and Guides between 11 and 14 years of age an introduction to orienteering including some coaching and completing a course.

Over the coming months I will be working with the Scout and Guide leaders organising the jamboree to finalise arrangements such as maps, equipment and helpers. Karen Bedwell has volunteered to attend each day and lead the sessions but we need additional people to help during the jamboree. We might have a few leaders to help but if there are any orienteers who could also help for one or more days then their knowledge of the sport would be invaluable. Please could you let me know if you'd be available to help for one or more days between 26<sup>th</sup> July and 31<sup>st</sup> July 2015 at Chatsworth Estate?

All adults who attend the jamboree to assist in activities are required to obtain an Enhanced Disclosure/CRB clearance, which will be arranged and paid for by the Scout Association.

Peak 2015 represents a large gathering of young people looking for outdoor adventures. Introducing Scouts and Guides to the sport of orienteering will support the overall activity plan of the jamboree as well as marketing our sport effectively to a large number of young people. For more information about Peak 2015 please see the jamboree website: <http://www.peakcamp.org.uk/>

Dai Bedwell, Tel 01509 265150, Email: [dai.bedwell@btinternet.com](mailto:dai.bedwell@btinternet.com)

## Captain's Corner

A date for your diary. Sunday 15<sup>th</sup> March next year is the Compass Sport Cup heat at Sherwood Pines. For once it doesn't clash with half term so I trust you will all support DVO and turn out. All club members can play their part, as we have proved before numbers count, if only to push down the scores for other clubs. Details on how to enter later when they are available. Next year the JK Relays are at Graythwaite on April 6<sup>th</sup> and the British Relays in the Forest of Dean on Sunday 19<sup>th</sup> April. More information in the next Newstrack or on the web site.

Liz Godfree



## Finnish interlude

**Dave Bennett**

I once read a Swedish orienteer describing how he navigated through a Scandinavian forest, "we don't follow all the features, we just run to approximately the right place and then relocate". That seemed a bit risky to me, but I've just run in the two classic-distance days of the Fin5 event, so now have an idea of why he might have said this.

In the first event I didn't even need to relocate, the controls just appeared, sometimes without me knowing how I'd got there, or before I'd realised I was in the right area. As well as running on a bearing, the forest had a variety of features to follow: distinctive contour features, vegetation boundaries, and line features – drainage ditches, rides and tracks.

But the greatest difference compared to some British events was that the controls were clearly visible, as were the distinct features they were on, so once in the right general area there was no need to relocate as the control could be seen. The contrast to Britain is that here controls are often hidden in pits or behind clumps of indistinct vegetation – that Swedish orienteer's approach might not work so well if you can't see the control or feature until much closer to it.

Another difference which favoured that Swede's style was that the mapping which much less ambiguous than some British areas; the mapper hadn't had to choose which relatively indistinct features to map and which to leave out – everything that was mapped was distinct on the ground, and I never had to wonder whether or not something on the ground would be on the map. Despite not making any significant mistakes, I was close to the bottom of the results, almost twice the time of the fastest runner. I put this down to me navigating far more cautiously than the Finns, whereas they were confident to run much faster knowing that they would have no trouble locating the control once they got near.

After the event I walked up the summit behind the resort complex that was being used for the event centre. For dozens of miles to the horizon in every direction, the forest was broken up only by small lakes. With such a choice it's not surprising the event was using areas that provided ideal O terrain!

At the second event I did make one significant error, losing 10 minutes after stopping short when I was distracted by the rough open area immediately before the control. Had I kept going I would have had no trouble finding it. This put me even closer to the bottom of the results. One novelty at this event was having an anthill as a control feature – the control was next to it rather than on it! I had always wondered why there was an IOF symbol for an anthill (not that I remembered what the symbol was) but in this forest every anthill was mapped and tall enough to be distinct above the relatively low undergrowth.

## Porto City Race

I know some of you don't regard urban orienteering as the true sport (What!? Ed). Much as others regard daytime orienteering as merely training for the real thing – i.e. night events. But if orienteering is about navigation and route choice at speed then urban very much fulfils the essence of the sport. When you add the fact that there are no brambles, barbed wire fences, stinging nettles or stiles then I think you can see the attraction.

Added to which Porto was genuinely hot in early October. In fact at the first event on the Friday evening everyone came back sweating profusely even though just wearing O top and shorts. That first event was a run through the old town in the dark, so steep cobbled alleys and complex decisions. Fortunately we had been able to walk through the area during the



day ably guided by Steve Kimberley so it didn't come as a complete shock. All the streets were lit but you needed a head torch to read the map. We were cheered on by diners eating out in the streets (yes it was that warm!) and some claimed, even encouraged by a slap on the bum! Us oldies having run at 8:30pm didn't stay for the scheduled prize-giving at 11pm. But none the less we were able to collect a bottle of port, 3 tins of sardines, a bag of biscuits and a big cake of soap the next day! That's each as both Liz and I won our respective classes. To be honest there was not a lot of competition, 7 men on Male Ultravet and 4 women on Female Ultravet even though numbers as whole were quite reasonable including lots of people on the "tourist" course.

The next day was a score event with a twist in a large park on the coast in Foz. Porto lies about 5 miles upstream from the Atlantic on the River Duoro and Foz is its smart coastal suburb. Now the twist was that you had to aim for exactly 1000 points. Go over and you lost twice the extra points – so 1005 would net you only 995. And then seemingly as a last-minute thought, because some dibbers only record 30 punches, only your first 30 controls would count. So faced with 47 controls on the map with scores ranging from 5 to 100 there was a lot to keep track of. The right approach that none of us thought of was to sit down at the start for 5 minutes, calculate carefully which 30 controls or less would yield exactly 1000 points, mark up a route to take those in and then run that route. Instead I set off keeping a tally in my head which I lost when I mentally added in a control that I had already been to. So I then had to walk whilst I recalculated the whole lot. It transpired I did get the recount right, as I carefully went to a 15 pointer and 5 pointer to finish off with exactly 1000 but had never realised that in the process I had been to 31 controls. Liz went well over the 30 controls and also came back bleeding from a fall. She was impressed with the first aid treatment but refused a trip to hospital and ignored the advice about not running the next day. Somehow I don't think the format will take off!

There had been a choice of running a conventional relay instead of the score which probably would have been more satisfying. Helen Chiswell ran with her sister and father for a second place (out of 2 teams) in the open medium race which still gave them a bottle of port and packet of biscuits each.

Finally on the Sunday there was the City Race which was the real reason we had gone as this was part of the Euro City Tour (London, Porto, Edinburgh & Barcelona). This was in the old part of Foz. So cobbled alleys again but fairly flat and just a few steps. There were plenty of route choices to make and a lot of discussion afterwards of possibilities. Again we were set off at 2 minute intervals on each course so a good chance of chasing other competitors. Yet again both of us made first place so that only left one problem. How do you get 4 bottles of port, 2 cakes of soap, 4 packets of biscuits and 12 tins of sardines & mackerel back home when you have flown on Ryanair with hand luggage only? Well our answer was to spend £20 to book one hold bag. That took care of the port and some of the sardines. Some of the sardines went into sandwiches for the flight, but unfortunately 5 tins of sardines were found at security in my hand luggage and confiscated as being over 100ml of liquid (which is rather debatable). Personally I think they just recycle them and sell them again in the supermarkets.

So a brilliant weekend with good orienteering, some tourist bits – a river cruise and a tour by ancient tram, good food – the "drunk pears" were magnificent (large pears poached in port). And excellent value, just 17 euros for 3 races, a technical T-shirt, generous prizes and first aid treatment as well.

That left just a few days to prepare for Edinburgh the following Saturday.

## Postscript from Barcelona



And then there was Barcelona to round off the 4 Euro Cities Tour. Arriving late at night went well until we got to our hotel to find my wallet had been stolen somewhere on the Metro. No large amount of money and I was able to cancel all the cards, but we did spend a couple of hours in a Barcelona police station around midnight in order to get a crime number – to no avail as it turned out that the excess on the travel insurance makes it not worth claiming. Ironical really as one reason that put us off going to Brazil instead for WMOC was the crime rate. So we were a bit bleary-eyed going to the sprint event on the Saturday. The assembly for this was in the courtyard of a superbly restored former mental hospital. Green parakeets were making a lot of noise in the palm trees, which perhaps explained the excessively loud music that the organisers were playing. The area comprised a complex of tower blocks with various open spaces. Not particularly technical with limited route choice but there were some steep slopes paved with bricks that were very slippery. Probably the shortest time we have ever orienteered for – less than 9 minutes for Liz and less than 13 for me.

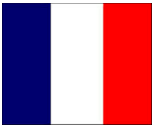
The Sunday City Race started in the Barrio Gotico, continued via La Ribera to finish in the Parc de la Cuitadella. It was a relatively long run to the start triangle and like a lot of people I was 90 degrees out for a while having failed to work out where we had started from. Fortunately we were early enough to be before the bulk of the tourists in the narrow streets – rather like Venice without the water. Being the first Sunday of the month there were long queues waiting outside the museums for their free entry to squeeze past. We finished with a few controls in the park, this time my turn to trip and scrape my knee. Very efficient results display – sufficiently big screen, high enough up for people to see. A long wait for prize-giving, Liz now has a very nice model of Gaudi's multi-coloured ceramic dragon. And very efficiently they had the overall Euro City results so we both have our voucher for free entry to next year's Scottish 6 day as the leading



competitors on Male and Female Ultravets. The only other DVOs to achieve 3 events out of 4 to score were Steve Kimberley 6<sup>th</sup> on Male Super Vet and Anne Kimberley 10<sup>th</sup> on Female Vets.

That left time for some serious cultural sightseeing with a tour of the Casa Mila, Gaudi's famous apartment block, and the rediscovered remains of 18<sup>th</sup> century Barcelona from the time of the War of the Spanish Succession. Followed by a pleasant evening meal sat outside. We had intended revisiting the hills at Montserrat the next day before our late evening flight but violent thunderstorms put paid to that, so we spent much of the time on a train ride to the Costa Brava. Even Spanish trains have signalling problems!

Mike Godfree



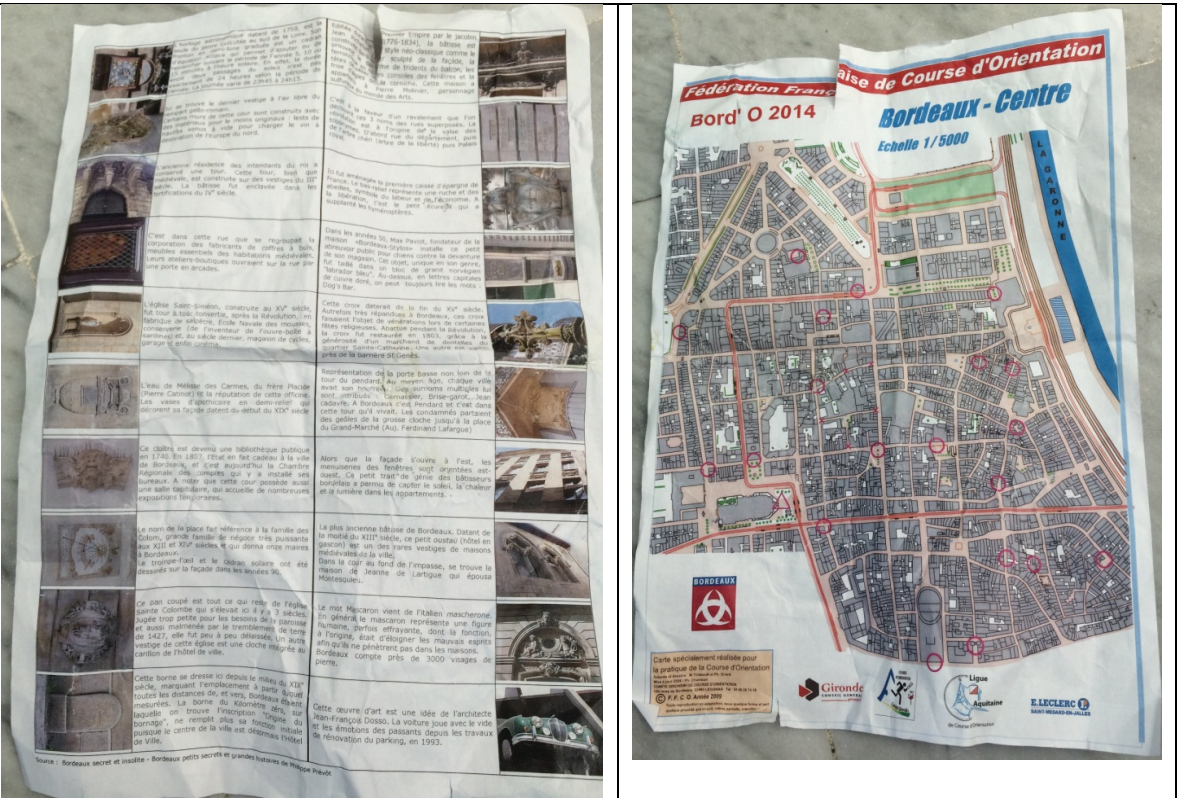
Bord' O



Last month I was just getting ready to leave Bordeaux, France, when I noticed an orienteering kite in the street. Intrigued, I checked it out and it seemed there was street orienteering today. So I headed over and was greeted by the sight of lots of people on roller blades at registration. In fact it was Street Blade O; something that has not yet hit our shores. Luckily that was then followed by plain old Street O. Or so I thought... it turned out there was a French cultural twist to it.

The map looked straightforward enough; a score event around the streets of Bordeaux on the one day a month that the inner city closes to cars. Great idea. But when you got to the control you had to turn over the map and match a photo of an architectural history object with something you can see nearby the control. You could then also read the blurb about the object. Only the French would tie up

orienteering with architectural history. Anyone up for making a similar event for Derby? (project for me when I retire in 39 years – Ed)



One of the controls was a statue marking the cannery where they invented the sardine-tin. Oddly enough, this was the same weekend when Liz and Mike Godfrey won 12 tins of sardines/mackerel in the Porto Night orienteering event in Portugal. Clearly this means European orienteers are very partial to sardines.



Richard Naish  
Orienteering on the Level – 36 hours in Holland!!



It was at the Lakes 5 Days that a flyer appeared for a weekend's orienteering in Holland. After the 400m climb to the start on day 4 the prospect of Dutch orienteering had its appeal!!

A quick visit to Kayak threw up early morning flights to Amsterdam from Southampton, Birmingham and Southend all landing in a 30 minute slot, and surprise, surprise three more flights back late on Sunday all close together as well. Now that Team Cooper is scattered around the country meticulous planning is essential!!

At first we thought train and bike in the Dutch style might be the way forward, but the prospect of a rainy weekend in late October made the offer of Helen's Hertz points very attractive.

So on Saturday 25 October we rendez-voused in Schiphol Airport at just after 9. Our start was a little traumatic – EasyJet had put Rachel's cabin bag in the hold as she boarded in Southend and some light fingered baggage handler had helped himself to her wallet!! Moral: if EasyJet take your bags, make sure you take your goodies. Some hasty calls to cancel cards and we were off in our dodgem car - actually a Citroen C1!!

An hour along the motorways and we were headed South down the by roads to Lunteren. The O was on the heathland areas North of Arnhem, the open parts of this were the drop zone for Operation 'Market Garden' in 1944.

Our abilities in Dutch were severely tested – the final approach road looked to be closed, but we understood not a word, so as there was nothing in the way we kept going!! We wound down the window at the car park entrance, to be greeted in rapid Dutch!! But no worries everybody speaks better English than you!!

Day 1's Event Centre was in the Dutch equivalent of an English country pub. Top local offerings were pea soup and apple slice. A longish 1.5km walk to the start with storm clouds gathering. Views of the forest suggested it would be a bit like Shearwater (nr Longleat) minus the hills!!

It was a middle distance race, so lots of short legs. There were lots of paths full of twists and turns, rough brashings in many blocks, and areas of thicker forest. Most disconcerting were the open areas. We were expecting nothing more than knee high in these areas, but if the surrounding trees were 20m high an open area could include trees at head height!! Apart from that the mapping was pretty good.



**Day 1 1:7500 2m contours – a local custom!**



We finished just as the heavens opened. All finishers got a packet of local waffles – delicious!! We managed a 1 (Helen W35), 4 (Philip M65) and 6 (Rachel



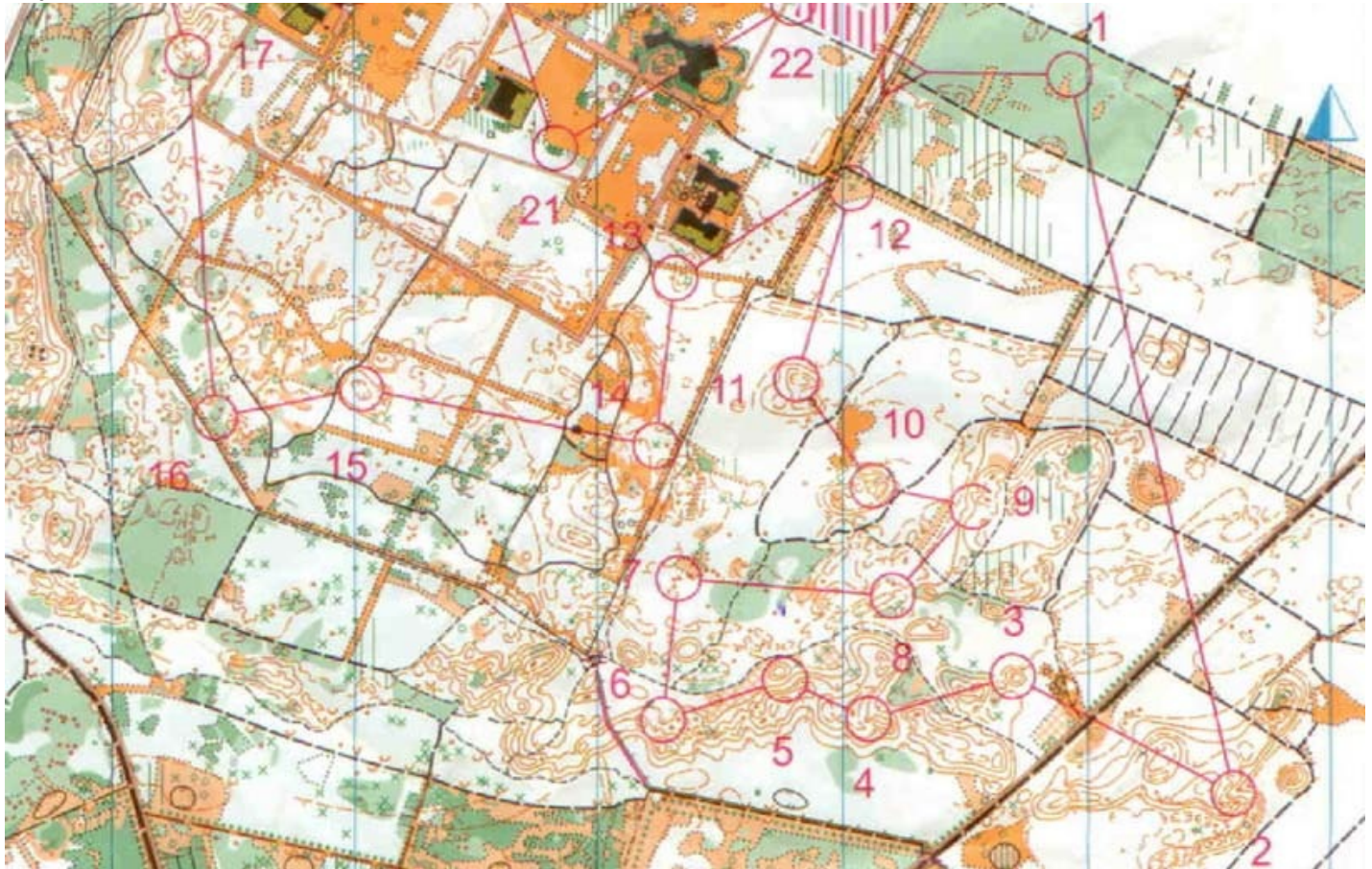
W21).

The wonders of the internet had found us a B&B about 10km away and a stone's throw from the Day 2 Event Centre. A little quirky – hay was provided if you had brought your horse – and we had a room in the farmhouse together with a Pippowagen!! (photo)

With an hour or so to spare early on Sunday we visited Oosterbroek and the Commonwealth War Graves Cemetery – most everything was closed on a Sunday morning in this very conformist area. Day 2 was in an impressive park which was home to a community supporting adults with learning and other difficulties. They ran the café that was the competition centre.

The final details had promised us 'flat and varied forest with some high hills and hillocks - covered with medium to high bilberry bushes'. Well high is relative, but some were certainly steep and there was lots of contour detail, and despite the bilberries, the going was fast.

#### Day 2 1:10000 2m contours



It was certainly more fun the Day 1 and a long distance event to extend the fun!!

Our thoughts of mounting the podium were severely dashed – the locals seemed to know how to run extra fast in this stuff. However we got close over the two days – 4 (Helen W35), 7 (Philip M65), 7 (Rachel W21).



There was free entry to the first Dutch Trail O. Excellent intro for those for whom it was entirely new, with a couple of testing controls for the more experienced.



**Trial O control 6 – a tough one**

**Look – no brakes!**



We headed off to the local National Park – the biggest in Holland. Euro 8 to get in but for that you got a free bike with ‘back pedal’ braking!! We were glad we had brought our helmets – inexperienced sudden braking on our part and excessive speed by the more competent locals were a potent combination. Just over two hours later we arrived back in the gathering gloom – certainly the park would make a splendid O map.

Then it was back up the motorways to Schiphol. Mark up your diaries up for next year – 2 Days of North-West Veluwe, October 23–25, when there will be an equally splendid week end a little to the North of this year’s epic, kicking off with a Friday night sprint race (a packed 36 hours – did you get any sleep?! Ed).

Helen Chiswell

## DVO SI Kit and its security

We are seeing a number of new planners at our events so I thought it would be useful to remind everybody about the SI kit and the means we have to secure it. All the kit mentioned below is kept by me and unless additional pieces of equipment such as hazard tape are required the planners have no need to go to the DVO Garage. Let me know when you want the kit and we can arrange a suitable handover.

The basic equipment consists of a stake, a kite, a number and a control box. The box is labelled on top with a number in the range 101 to 163. In addition there are 2 each of Clear, Check, Start and Finish for the usual single start and finish scenario. If anything different is in your plan you need to let me know as soon as possible as the controls will need work to set them up. As a planner you do not need to do anything to the controls as they will have been set up for you prior to you picking them up from me or the previous event planner.

The controls and numbers are contained in a single bag, the kites in a crate and the stakes come in a pile. To assemble a control site simply place the stake where you have planned it, e.g. the correct side of the boulder, slide the number between the two clips on the stake, place the kite over the stake with a part of the cord trailing over the control base plate, ensuring the number is visible, and then place the control on top, fixing the cord. A very useful thing to have done is to decide on your layout routes and use the ropes in the bag to hold the pre-selected controls needed in the layout order.

The equipment is now so reliable that it seems unnecessary to check the controls are all working in the morning of the event by dibbing each one. However, if you wish to do so there are two dibbers in the top of the black bag that have enough capacity to check all the controls. Incidentally, if you plan to put some of the controls out the night before you need to let the Treasurer know for insurance purposes. On a technical note, the controls are given a 'keep awake' time which is the elapsed time after the last dib before they go into sleep mode. Dibbing will wake them up but it may take 1 second from being in sleep mode as opposed to virtually instant recording when awake. The first runner out on a course may find that they are waking every control which is why on major events the 'keep awake' time is set very high and there is either a pre runner or the controller and/or planner wakes them up. For normal events the time is usually about 30 mins to minimise battery usage. Obviously this means that an early morning visit to a control site by the planner or controller will usually mean that the control will have gone back to sleep before the first competitor arrives.

We are now using combination locks whenever there is a need to secure the controls to prevent vandalism and these come in a separate bag. We have previously used 'Gripples' but they were quite fiddly to do and were prone to breaking. The same wire is used but now has a loop on each end. To secure a unit push one of the loops through the dibber hole after the control site has been created and then secure the two loops together with the combination lock after going round a substantial object. Alternatively, one loop can be fed through the other after going through the dibber hole then round the object and secured to the wire. The latter method gives a slightly longer reach but you need to ensure the dibber hole is clear. The wire in the bag comes in 1, 1.5 and 2 metre lengths but consideration needs to be given to competitor and public safety when using the longer lengths. There are 50 combination locks, all with the same number which I am not publishing here for obvious reasons but the number is in the bag.

Derek Gale 01283 585244 [dg.244@btinternet.com](mailto:dg.244@btinternet.com)

## SPOTM

**@Midlands Champs**, spotted by Zoe Gordon

I was impressed by *Stuart Wick's* graceful pirouetting as he directed cars round the entrance roundabout. We are still looking for a male dancer for 'Chorus Line', Stuart. Are you available?

*Judith Holt* was looking forward to having an extra hour in bed before the event but switched her alarm on just in case she woke up late. Unfortunately, she forgot that the last time she used her alarm clock was for an early morning trip to the airport so she was woken up at 5am!

*Belinda Swalwell* for acting as a negotiator in the Ice Cream Van Wars at the far road crossing and successfully persuading them to leave a gap between the vans for runners!

A *Yorkshireman* coming back to pay his car parking fee to prove that he wasn't stingy. As a Derbyshire lass I were reet impressed by that!

The *petite lady* who came to help the team of strapping men trying to push a campervan out of the mud - with her help they got it moving!

*James Bedwell* for being locked out of his car. I looked after him like my own son - put him in a helper's jacket and bribed him to do a job with a chocolate brownie.

*Tony Gordon* for collecting in the tape from the arena to the Far Start and then getting lost on his way back because there was no tape to follow! (welcome to the Venutian School of Orienteering – Ed)

**@Peak Raid 3** - *Richard Naish* for getting round a 3hr score without noticing number of points per control on front of map ... or descriptions on the back!

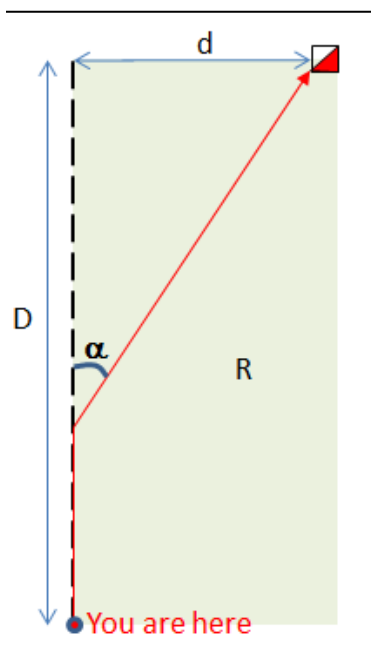
## DVO 2014 events in Wordle



Apologies for any omissions (last minute page filler!)

Create your own Wordle at [www.wordle.net](http://www.wordle.net) - it's fun!





Here's the deal. You are running due north along a long straight track at a constant speed. To your right the terrain is uniformly runnable, but slower than the track by a factor  $R$  ( $0 < R < 1$ ). To be frank, it's all a bit dull and you continue to plod along, wondering what to have for tea, when you are suddenly jolted out of your reverie by the realisation that you are finally approaching the next control. The planner has been kind; visibility is good and you can see the feature that you are aiming for from a long way off. It's decision time. At what point do you leave the track and head off cross-country towards the control, situated distance  $d$  from the track? Put another way, what should angle  $\alpha$  be in order to minimise the time it takes to get to the control?

You quickly note that the time it will take you is proportional to

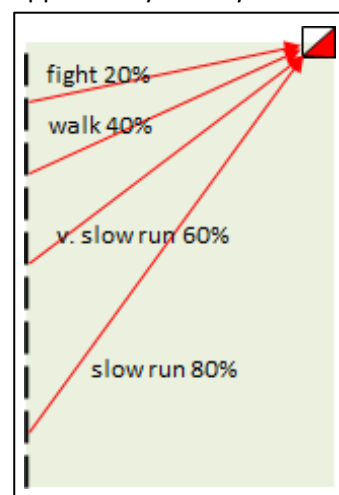
$$D - \frac{d}{\tan \alpha} + \frac{d}{R} \sqrt{1 + \frac{1}{\tan^2 \alpha}}$$

You then deduce that this involves choosing  $\alpha$  in order to minimise the expression

$$\frac{1}{R \sin \alpha} - \frac{1}{\tan \alpha}$$

A rapid piece of mental differentiation follows and the answer pops out. Choose  $\alpha$  such that  $\cos(\alpha) = R$ . Hooray! You figure that the terrain is slow run ( $R=0.80$ ) but your calculations fall at the last hurdle as you seem to have left your trigonometric tables at home on the kitchen table. Close but no cigar!

Notice that the answer  $\alpha = \arccos(R)$  (which means "the angle whose cosine is  $R$ ") doesn't involve  $D$  or  $d$ , so it has universal applicability for any track and any control off the track.



Back to the real world. What does it all mean in practice? Let's assume  $R$  takes one of the following four values: 0.8 (slow run), 0.6 (very slow run), 0.4 (walk) and 0.2 (fight). What does that make  $\alpha$ ? The respective answers are: 36.9 degrees, 53.1 degrees, 66.4 degrees and 78.5 degrees. These are shown on the diagram.

The argument can be reversed; the same routes would apply when leaving the control and joining the track. In fact, since the start of a leg involves a lot less navigational effort than the end of a leg, this advice may be better used in the former context. Navigating into a feature needs to take into account a lot more than just the runnability of the terrain.

The route that an orienteer should take is the same as light would through an isotropic medium. You need to check out Snell's Law. This will also guide you on how to run across several bands of terrain that have variable runnability.

## ... Out-takes

Forwarded by Andy Hawkins who aptly states that this could be set as an entrance exam for GCHQ! And Dave Chaffey is hoping this could be the start of a series ...

**From:** John Hawkins

**Subject:** Re: Thanks for Sunday

Yes I very muc7 enjoyed t7e event. It is tou47 to 4et t7e rankin4 f points from t7ese urban events

T7ank you ... untul t7e next time.

Apolo4ies I spilled tea on t7e mac7ine on Sunday and noe w t7er et7ere are problem s wit7 t7e keyboarde.

Rea4rds

Jo7n

## **No 1: Stuart Swalwell, Club chair**



### **When & where did you start orienteering/join DVO?**

I saw an advert for an orienteering event on a notice board in 1977 and decided to give it a try. When I turned up at the event there were various courses being offered. Course A at 12.8km looked inviting (only about 8 miles!) – I was used to running 10 miles carrying kit - so I signed up. Two and a half hours after starting, I returned!

I had difficulty fathoming out the colours on the map. Where it was Green on the map, there was forest on the ground; but there were white bits on the map which, on the ground, looked like forest to me. Very confusing to a new starter. And then Yellow! What was this? And then the Scale. I'm sure I must have been looking for the first control in the next County.

It was certainly a challenge. But I enjoyed it, despite the time it took me. And that got me into orienteering.

I have moved around the country and abroad, so have been a member of a few clubs. I started with HAVOC in the SE, then GO (Guildford Orienteers), then Verden Aller, SARUM, Herford and back to GO before moving to the Midlands and joining DVO in 1993.

### **Any other family involvement?**

My wife patiently encouraged our daughter Katie to orienteer. This started with String Courses in the New Forest and then shadowing on White and Yellow. Katie and I then had a number of years where we travelled to events together before she left home. Although she has been living in the Bristol area for many years she still regards herself as DVO.

### **Set us a puzzle on part of your earlier background.**

I was No 1 jumper in a stick of eighteen. When the aircraft door was opened the two air despatchers, waiting for the Green light to come on and therefore send me on my way, were from the Iranian Air Force. When and where?

### **What was orienteering in West Germany like?**

Well, a little different! The Germans regarded the Planner as a somewhat devious character who hid controls in the forest. Therefore the way to beat him/her was to work together in the forest. If a control was found, then it was ok to tell everyone within a country mile. Contrast that with the British approach where a competitor will slip into, and out of a control, without giving any help to a fellow competitor.

A big plus in Germany was that events in Spring and Summer would have the first start time at 0800. Yes, 0800! The last person out would probably be 0930. I would be back and eating a bratwurst and drinking a beer around about 1030. Then we would have the rest of the day to do other things. More often than not, they used a local school for Assembly and Registration so we had access to showers and toilets.

### **Have you ever had a Coach?**

No. And it probably shows in my results! I listened to John Duckworth giving a talk this year on preparing for the JK and I realized the thought and preparation a top class orienteer undertakes.

I am hoping to improve my performance next year and would like to be more involved with Ann-Marie, our Development Officer, who has a lot to offer all of us on improving our performances.

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

I'm not a particular fan of urban orienteering. How can you compare running round the streets of Ashbourne with running on Cannock Chase early on a Sunday morning in the freshness of a winter's morning?

But I do accept that we need to offer a variety of terrains to run on. And we do need more areas. So Urban orienteering is welcome and the recent DVO event at Oakwood was very enjoyable. As for Sprint – well I can't sprint for toffee so it doesn't particularly appeal to me.

### What do you enjoy doing when not working/orienteering?

I play golf and I occasionally referee rugby matches on a Saturday afternoon.

### Any dislikes re orienteering?

Listening to anyone moaning or whingeing (loudly) about an event. Ok, I can accept quiet comment. But the few - and I stress it is only a few - who complain loudly, clearly haven't organized or planned an event themselves. Our sport relies on volunteers. I always try to remember that. Volunteers do their best.

One other dislike, if that is the right word in this context, is that I have to use glasses to read the map. A pain. I'm currently trialling one contact lens.

### Most memorable orienteering "holiday"?

It could be in 2015! I have booked accommodation outside Inverness for the period of the Scottish 6 Days which will incorporate the World Champs. We went the last time the World Champs were organized in Scotland and it was excellent. I cannot believe the powers that be have allowed the World Masters' in Sweden to be held the week before which means a number of people will miss the Scottish event.

**Favourite book?** *Birdsong* by Sebastian Faulkes.

### Any thoughts on the role of Chair?

I recognize that I am not someone who has a sound grasp of BOF matters and will rely heavily on the advice and guidance from members of the club who are strong in these areas.

I want to be open to thoughts and suggestions for improvement in all that we offer as a club. If anyone has an input, I'd be grateful if you get in touch.

DVO is a strong club that puts on a variety of events catering for the needs of many different groups. I hope we can continue to do this.

## Upcoming Fixtures/training

See [www.dvo.org.uk](http://www.dvo.org.uk)

Sat 13 Dec	Oker Hill	Training 1-3pm	Richard Parkin	Nr Matlock, DE4 2JQ
Sat 13 Dec	Rosliston	Night event	Ned Needham	DE12 8JX
Sun 21 Dec	Walesby Forest	Level C	NOC	DE22 9NG SK668705
Sun 28 Dec	Spring Cottage	Level C (EML)	LEI	Conkers Visitor Centre DE12 6ND SK303161
Thurs 1 <sup>st</sup> Jan	Ilkeston	Urban Score	Sue Russell	DE7 8DH SK465425
Sun 11 Jan	The Outwoods	Level C (EML)	LEI	Beacon Hill, lower CP, LE12 8ZA SK514159
Sun 18 Jan	Crich Chase	Level C	Paul Wright	TBA
Sun 1 <sup>st</sup> Feb	Bagworth	Level C (EML)	LEI	Bagworth Working Men's Club, Station Road, Bagworth LE67 1BJ SK447081
Sat 7 <sup>th</sup> Feb	Foremark Reservoir	Level D	Mark Goodhead	Near Swadlincote DE65 6EG SK336248
Sat 14 <sup>th</sup> Feb	Calke Abbey	Night event		Near Ticknall DE73 7JF SK355

EML = East Midlands League



# WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 9

More pies, more pints, more parties (MP3)

Officially unsponsorable

## Zombie chaos at EM AGM

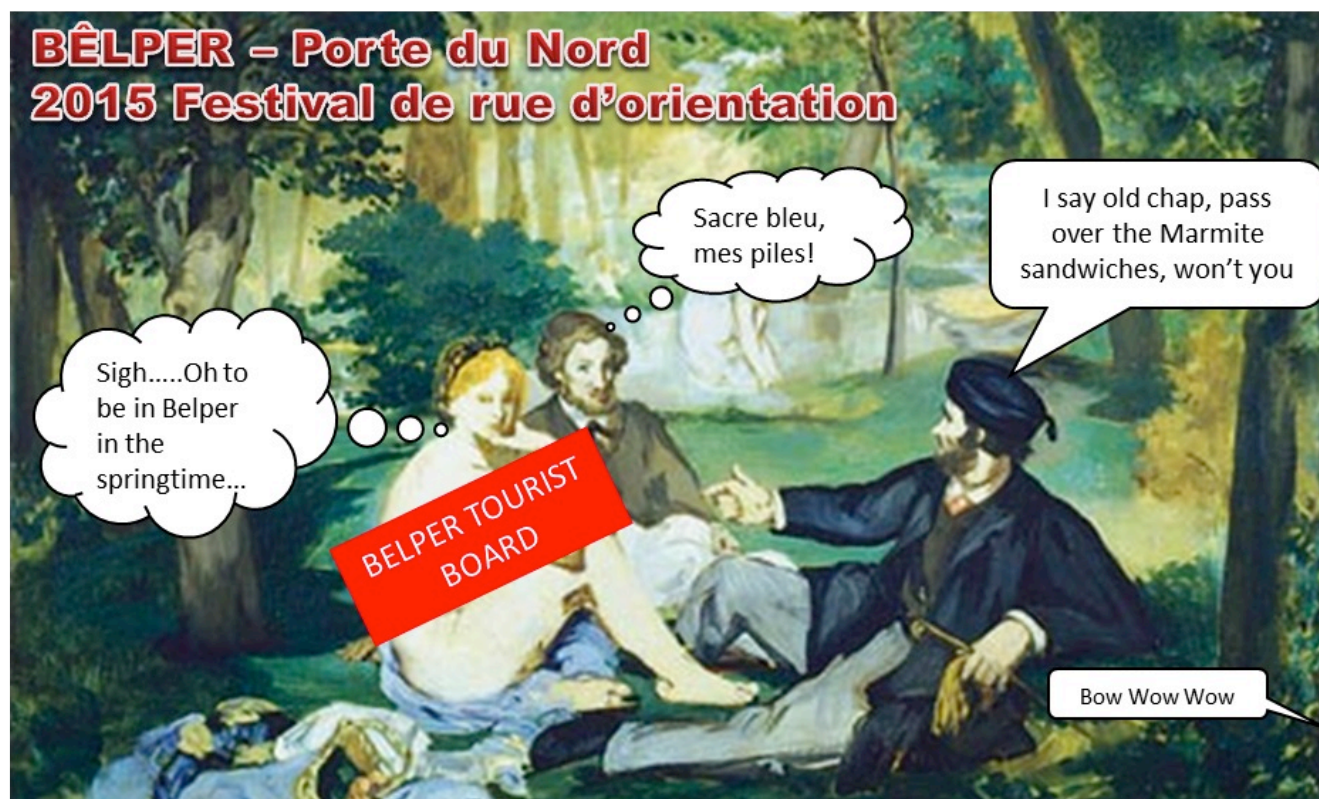
Double booking of room leads to “constitutional issues” (page 666)

Newly elected treasurer and vice-chairman thought to be undead.

“What’s the fuss? Nobody will notice anyway” – pages 92-96

Other news: Belper “not the lamest place on earth” shock - wins Best High Street award from RNIB (page 23 and 24 and 25)

## BÊLPER – Porte du Nord 2015 Festival de rue d'orientation



More artwork from the Belper 2015 advertising campaign – see below

With apologies

### The excitement is palpable....

...writes Justin Twinge, visionary extraordinaire of all things orienteering in Belper. Things are moving on apace for next year's Festival of Street-O as my tick list of to-do items is filled in. Let's have a look:

☒ Advertising artwork (example above). I can't say that I understand it but Belper Tourist Board seems to like it judging by the endorsement it has given.

☒ Festival mascot. This is “Pawtucket”, half orienteer, half potato. I ordered an 8” prototype from the manufacturers – due to an unfortunate mix-up, an 8’ version was delivered to my door. I have to say, this is 8 feet of the most terrifying human/vegetable hybrid that I have ever seen. I am going to donate it to the local library.

☒ Opening ceremony music: What better than a range of Timothy Dalton Bond-era theme songs?

☒ Prize mugs. The High Street one side, Timothy Dalton's face the other. The best of Belper!

☒ Event cocoa – Borrison's have agreed to supply.

☒ The Urban Retraining of Dogs (acronym pending). Adopted by the Council. Guaranteed doo-doo free pavements. That's one in the eye for She Who Cannot Be Named.

☒ 200 big pointy finger arrows (50 left, 50 right, 50 up, 50 down). You never know where you might want to send someone. People are always telling me where to go!

☐ Finance

☐ Officials

☐ Maps

☐ Permissions

So, fantastic progress. Just a few odds and ends to tie up. Must go and re-arrange my map collection.

## The Excitement is Palpable

In the wake of a spectacular advertising campaign featuring the Naked Orienteer, sales of sausages in the region are at an all-time high. Lucrative days indeed for the East Midlands (Pie, Pie, Sausage, Sausage, & perm as necessary) Federation. But what next for our lucky local lycra-less loopholer? It looks like it could be a role in "The Search for K6", the highly anticipated follow-up to Donald MacRanald's controversial award-winning film "Last Control in Allestree Park". Shooting in the locality is to begin shortly and the appointment of Gripple Monthly editor Bob McNut as technical consultant ("special action" scenes) has raised interest to fever-pitch in the normally tranquil environs of south-west Duffield. "It could be a small part, or maybe quite a large part" commented a spokesman (99). "Either way, we feel sure that the Naked Orienteer will fit the bill."

But what exactly is "The Search for K6" all about? Our in-depth investigative roving reporter Miles Piles put the very question to Mr MacRanald himself.

Piles: "But what exactly is "The Search for K6" all about?"

MacRanald (for it is he): "It's about the search for K6."

Piles: "Thank you. Back to the studio."

**Get your loved one that never-to-be-forgotten Christmas present**

**A year's subscription to When Sunday Comes**

*(order before Dec20 and receive a year's supply of free safety pins)*

In the unlikely event of this leaving their parsnips in an unbuttered state then why not try one of our sister publications?:

**Big Lycra Gripple Monthly**

or (new for 2015)

**World of Chutney**

Satisfaction guaranteed

"I was satisfied" – J.T. (Belper)

**Sundays just got better!**

## The Excitement is Palpable

Local orienteers have been left shocked and stunned by the shocking and stunning news that multi-millionaire chutney magnate Sir Branston Smalls has received planning permission to build a huge new pickle plant on Stanton Pastures, arguably the club's finest orienteering terrain after Cromford Rocks.



*Stanton Pastures*

"Words to describe my feelings are difficult to find," sobbed an emotional RDO chairperson, Jonny Hawkeye. "All I can think of is shocked. And possibly stunned."

Our roving reporter Miles Piles tracked down Sir Branston leaving his home with luscious lycra lady Geri Berry at this side. "It all makes perfect sense," he blustered busily. "I know the area the area like the back of my hand. Stafford Parsnips are at the very heart of the North Derbyshire Chutney Triangle and this investment will bring great wealth to my pocket,,,errr, the region. Now get out of my way, I have money to make"

Former land-owners CLOT (the Commission for Lots Of Trees) declined to comment on the matter although a member of staff did say that we were welcome to come and take away as many jars of pickle as we wanted. Please! Now! And an expert speaking from a laboratory at a top-secret location on a hillside near Belper (GTTN) said "Sir Branston Smalls is a very bad man and that's a scientifically proven fact!"

*(Disintegrates psychedelically in the manner of a 1970s Dalek extermination)*

More as this story develops next time.

WE APOLOGISE FOR THE RE-USE OF HEADLINES IN THIS ISSUE. WE ARE AWAITING A FRESH DELIVERY FROM OUR SUPPLIERS.

## The Garage - Shock Discovery at Sawmills

Armed with machetes, mosquito repellent and a supply of Marmite sandwiches, a group of DVO stalwarts led by Colonel Blatchford-Snell set out to explore the unknown upper reaches of the Amber River. (This is not to be confused with the Amber Nectar, an infusion of dock leaves, brambles and elder, which kills 99% of household germs.) Setting out from a road in Sawmills, the team hacked and cut their way forward, through docks, brambles and elder, inch by painful inch. At times like this, one can never lay one's hands on a flame-thrower.

After several hours toiling away, one intrepid explorer decided this was too tame, and set off instead for Loscoe Tip. The remainder of the group tried to talk her out of it, as she was certain to fall off the edge of the world, for nobody had ever come back from there to tell the tale. Thankfully, this was not the case this time, for after several hours Sal reappeared with a traybake. I shall never be rude about Loscoe again.

In the meantime, though depleted in numbers, the team had cleared another ten centimeters towards their intended target, and was running desperately short of supplies. But with the same impressive navigation that meant the two halves of the Channel Tunnel met with only a three inch discrepancy, the team glimpsed a building through the undergrowth. Could it be the rumoured Equipment store of the local O'Runners, a tribe of Irish extraction, thought to be in the neighbourhood, but which no-one had seen for several months?

The last few yards were eventually cleared to reveal the concrete panels of the Grade I Listed building. Someone with more wits than the rest of us had brought a key, just in case, and the door swung open on rusty hinges. It was very dark inside, and it took a minute for our eyes to adjust....

It was a treasure trove of current and former orienteering practice. There were map-boards (ask your granddad) of every colour. Well, Brown, Blue, Green ... at least. There was a thin wooden box, with dividers, for control-card stubs (Wake up, Gran, you remember?). There was a flip-over clock invented by Harrison to claim the Latitude prize (an all-expenses-paid trip to Belper since you ask). Signs with ancient writing on: "Ye Carriage parke", "To Ye Starte", etc. Some even had names of former sponsors (What's a sponsor, Grandpa?). The highlight was several dozen TSB plastic carrier bags. Surely someone had appeared with similar on *Antiques Roadshow* last month?

The team of intrepid explorers stopped to take stock. Should they abandon their original search and instead open a museum? For that they would need a carpark. At present there was only room for two cars.

Oh well, back to the clearance....

Rocky Pitt



## EMUL 2014

## Notable DVO results

This year's East Midlands Urban League had 7 races and was scored on the total points from the best 4 runs (in the same class ... Joanna!). Congratulations to Alan and Helen, winner and 2<sup>nd</sup> in M/W Open class and Doug in M Ultra Vets!

Juniors (16-)								
4	Samuel Davis	M12	2		5	Sarah Duckworth	W14	1
5	Louis Forshaw-Pg	M16	1		7	Joanna Goodhead	W16	1
9	Joe Uprichard	M16	1					
Open								
1	Alan Le Moigne	M35	6		2	Helen Chiswell	W35	5
3	Andrew Selby	M35	3		5	Sal Chaffey	W45	3
11	Mark Goodhead	M20	2		6	Joanna Goodhead	W16	3
Veterans (40+)								
4	Richard Parkin	M45	6		5	Rachel Davis	W45	5
13	Paul Goodhead	M50	4		9	Kim Buxton	W50	5
14	David Vincent	M50	3		16	Anne Kimberley	W50	3
16	Jonathan Cundill	M50	3		22	Ann-Marie Duckworth	W45	1
Super Vets (55+)								
6	Ian Parfitt	M60	5		4	Ruth Ellis	W60	4
7	Russell Buxton	M55	5		5	Liz Godfree	W65	4
13	Mike Gardner	M55	3		7	Val Johnson	W55	3
15	Steve Kimberley	M55	3		12	Margaret Keeling	W65	2
21	John Hawkins	M55	2		15	Judith Holt	W60	1



Ultra Vets (65+)								
1	Doug Dickinson	M65	4		3	Jen Gale	W65	5
5	Derek Gale	M70	5		6	Pauline Ward	W70	2
6	Andy Hawkins	M65	4		8	Margaret Keeling	W65	2
11	David Parkin	M80	5		11	Helen Finlayson	W65	1
17	Dave Skidmore	M65	3		11	Ann Armistead	W65	1
19	John Cooke	M65	3					

## UK Urban League 2014 Results

Not many DVO names appeared in the list ... until I got to the UltraVets, that is! Doug Dickinson was 4th, with Mike Godfree a close 5th and Liz was 3rd. The best 8 of 18 possible runs counted in the results. In 2015, best 7 count.

## UK Urban League 2015

Jan 25th Sun DEE Crewe  
Feb 14th Sat CLYDE Erskine  
May 3rd Sun NGOC Gloucester (part of Gloucestershire weekend)  
May 4th Mon LVO Lisburn (part of Irish festival weekend)  
May 17th Sun HALO Hull Old Town  
May 30th Sat BKO Great Hollands, Bracknell  
June 6th Sat WSX Poole (Dorset weekend with Sherborne on 7 June)  
June 7th Sun AIRE Colton/Leeds (Leeds w/end with chasing sprint 6 June)  
June 28th Sun SMOC Milton Keynes  
July 5th Sun EPOC Elland  
July 12th Sun NATO Newcastle (with sprint relay 11 July)  
Aug 4th Tue S6DAY Forres - numbers may be capped, enter early  
Sept 6th Sun LEI Loughborough  
Oct 11th Sun DEE Chester  
Oct 24th Sat CUOC Cambridge  
Oct 31st Sat BADO Basingstoke (November Classic 1 Nov)  
Nov 1st Sun STAG Cumbernauld (part of Glasgow weekend)  
Dec 19th Sat SO Brighton - and series prize-giving

Fixtures and results for UKUL and sub-leagues can be found at <http://www.oxfordfusion.com/ukul/index.cfm?Org=2>

Also <https://www.facebook.com/groups/urbanracinguk/> is a good group. Recent post gives headcam footage of Oakwood - looks like he really is falling off the edge of the world!

## Nutrition Before, During and After Endurance Exercise

### Dr Steve Faulkner, Loughborough University, 7pm Tues 24<sup>th</sup> Feb

I am currently working at the Diet, Lifestyle and Physical Activity Biomedical Research Unit in the School of Sport, Exercise and Health Sciences at Loughborough University where we are looking at the effect of exercise and diet on health. In particular we are interested in how exercise could be used to reduce the chances of developing diabetes and chronic liver disease. Many of the people that I work with have an extensive background in sports science and human physiology research.

As a result of an autumn run with Dai Bedwell, I was asked if we could put a talk on as part of the EMJOS coaching program. Dr Steve Faulkner (see biography below) has agreed to give this talk about the nutritional aspects of training, competition and recovery for endurance sports such as orienteering. Whilst working here it has become apparent to me that some of the nutritional ideas that were around whilst I was more regularly competing in the longer orienteering and mountain marathon events have changed. I am hoping that learning about current ideas will help all who attend this talk keep running longer and recover more rapidly.

Although this talk was initiated by the EMJOS coaching program it is being opened up to the wider orienteering audience (and beyond) as it will be applicable to all ages. Coaches, parents, siblings and friends are all welcome!

If you are interested in coming to the talk please contact either myself ([a.p.jackson@lboro.ac.uk](mailto:a.p.jackson@lboro.ac.uk)) or Alison Stanley ([a.stanley@lboro.ac.uk](mailto:a.stanley@lboro.ac.uk)) beforehand. This will ensure that we have an appropriately sized room and have sufficient tea and biscuits. We will also then be able to provide you with instructions as to finding the correct building on campus, not necessarily an easy thing to do as those who have done the urban events here will know.

I will also organise a short training run around the campus beforehand, with multiple groups catering for a variety of speeds. This will start promptly at 6pm and will take approximately 40 minutes. There are some toilets to change in after the run if required. Please let me know if you are interested in joining this.

Andy Jackson, DVO

### Dr Steve Faulkner PhD, MSc, BSc

Steve Faulkner has been working in the field of exercise physiology for the last 10 years, with a particular interest in the physiological factors that limit exercise performance. He completed his PhD in the field of thermoregulation and exercise performance (complete July 2012) at Loughborough University. Steve was heavily involved in the design, development and testing of British Cycling's "Hot Pants" as used to great effect in the London 2012 Olympic Games.

Prior to his PhD, Steve has worked as a Lecturer in exercise physiology at Massey University, New Zealand, and completed a Master by Research degree in 2008 entitled "Cellular and Molecular Regulation of Skeletal Muscle Mass."

Away from his research focus, Steve is a competitive triathlete and has competed at all distances from super-sprint to ironman. His debut iron-distance triathlon was Roth, Germany in 2011.

Steve also is able to use his knowledge as an exercise physiologist and apply it to his role as a triathlon coach, helping many athletes achieve their goals and reach their potential.

### Tips from a running nurse: Cramp

Cramp can be the runner's nemesis, especially in longer distances. In the Yorkshire Three Peaks race last year it pole-axed me on the way up Whernside and I had to drink from a puddle when I got to the top! But it can also strike if you stretch in a certain way and the muscles contract and go into spasm, for instance going over a stile or pulling your foot from a bog. As you point your toes, your calf muscle contracts and suddenly ... twang!

Night-time leg cramps are common in older people and these can be nipped in the bud by flexing your foot so it's at 90 degrees to your shin, re-stretching the muscle (dorsiflexion). A massage and a glass of water on the bedside table also helps.

Our parents' generation subscribed to the **lack of salt theory**, which apparently originated from reports of fire stokers on ships. The theory was that the men sweated so much that they became deficient in sodium. Builders on the Hoover Dam were given salty milk to drink and this got rid of their cramp. However this theory is now discredited as sweat has been found to be hypotonic (lower sodium concentration in sweat than in tissue fluid), even among the 'saltiest sweaters'! So, bizarrely, exercise actually increases your body's sodium concentration.

This is probably a good safety mechanism as lack of salt ('hypo-natremia' - natrium is Latin for sodium), initially showing as confusion and clumsiness, can rapidly become fatal. Leah Betts died of fluid overload after taking ecstasy, as did Andy Warhol when given too much fluid via a drip after gallbladder surgery. Some 13% of finishers in the 2002 Boston Marathon were found to be hyponatremic, and this includes those who had hydrated with sports drinks as well as those who had just had water. The take-home point here is that, if drinking lots of plain water, you should have some bites of food in between (the main electrolytes are sodium, potassium, magnesium and calcium – and most foodstuffs contain traces of each). And if you want to be more precise about it, you could weigh yourself before and after your run – if you come back heavier, you've drunk too much. Also applies to pub trips!).

Other than salt, water is lost in sweat - leading to the more modern **dehydration theory** of cramp (with the above caveat for hyponatremia). Researchers measure dehydration by %age of body weight lost, 3% being significant, 5% being serious. In a 2010 study, cramp was electrically induced in volunteer cyclists at the start of exercise and after exercise to significant dehydration. The same number of stimuli were required for each group, and this would seem to disprove the dehydration theory as a *cause* of cramp. Nonetheless, a 1999 study did report that water *cured* cramp faster than doing nothing, as pickle juice faster than water!

However, South African sports scientist Matrin Schwellnus began to wonder about this, thinking, "If cramp is a systemic issue, why don't muscles other than those doing the work go into spasm?" The team proposed that cramp was due to muscle fatigue creating increased nerve excitability, giving us the **altered neuromuscular control theory**. But this imbalance can be corrected by drinking, yes, you've guessed it, pickle juice.

All rather bewildering and I like to be even-handed and take something from each: water, crisps, stretching/massage. I do agree with Martin Hyman's recent letter to CompassSport criticising our "current obsession with drinking" and never bother

taking water on a run shorter than 2 hours. But I do overhydrate before going out and I have a collapsible cup for emergency if I pass a tap.

In our younger days, we would have Complan before any Long O events, just to top up on electrolytes. Now we have Nuun tablets in our water to the same effect. Bananas are a great source of potassium ... and were so sought after by participants in Highland 1999 that the city of Inverness ran out for 4 days!

Sal Chaffey

## Puzzle Page

Dave Nevell

The nieces' ages had a tricky twist to it but was really a logic problem rather than a maths problem so any claimed ignorance of mathematics doesn't wash! The answer is that the Chairman is 50 years old, his wife is 49 and the nieces are 10 and 5. The Secretary is 32.

The Secretary knows his own age so his initial confusion is limited to the only two combinations of age that meet the criteria and cause ambiguity, namely (50,7,7) and (49,10,5) for (wife age, niece1 age, niece2 age). When the Chairman tells him that being the oldest at the birthday celebration removes that ambiguity, he can only be 50 since being any other age means that either he wouldn't have been the oldest or the ambiguity over the wife's age (49 or 50) would remain. All ages are in whole years – if they weren't, the whole puzzle would be unworkable from the start.

I had a very comprehensive correct answer from John Hurley which included information about his own birth, another from Jen Gale (a second attempt mind) and another from Sal Chaffey who enlisted the help of a colleague (very honest, Sal). Others managed the mathematical step but struggled with the logical step. Jane Burgess, Andy Mackervoy, Alan le Moigne and Chris Millard were in this category; guessing at this point was a good idea as there was little to lose. Alan and Chris did and got it right!

With one puzzle to go (see below) this leaves the 2014 competition very close. Like F1, we offer double points for the last round so many people are in with a shout. Here are the leaders.

Jen Gale	6
John Hurley	6
Alan le Moigne	6
Jane Burgess	5
Andy Mackervoy	5
Graham Johnson	4
Chris Millard	4

So far this year we have had combinatorial, cryptic, logic and maths/logic so I make no apologies for having a mathematical one to finish off with. This will give you something to mull over during the Christmas period to avoid total brain shut-down.

## One Man and His Dog

I often go orienteering with my dog Max. He's very energetic and has a good nose for finding the control before me! At last week's event we entered a block of forest together and we could see the control even though it was a long way off. While I progressed in a straight line towards the control at exactly 12 minutes per km, Max dashed off to the flag and returned to me. He did this four times in total, never pausing and at a constant speed. At this point he returned to my side and we continued to the control together at my pace. My pace counting showed that this final section was exactly 81 feet. Later on, I measured the total distance from the edge of the block to the control and found it to be 625 feet. From this I was able to work out the speed Max was running at. What was it?

Answers to me, [dnevell3@gmail.com](mailto:dnevell3@gmail.com) by the January 8th please.