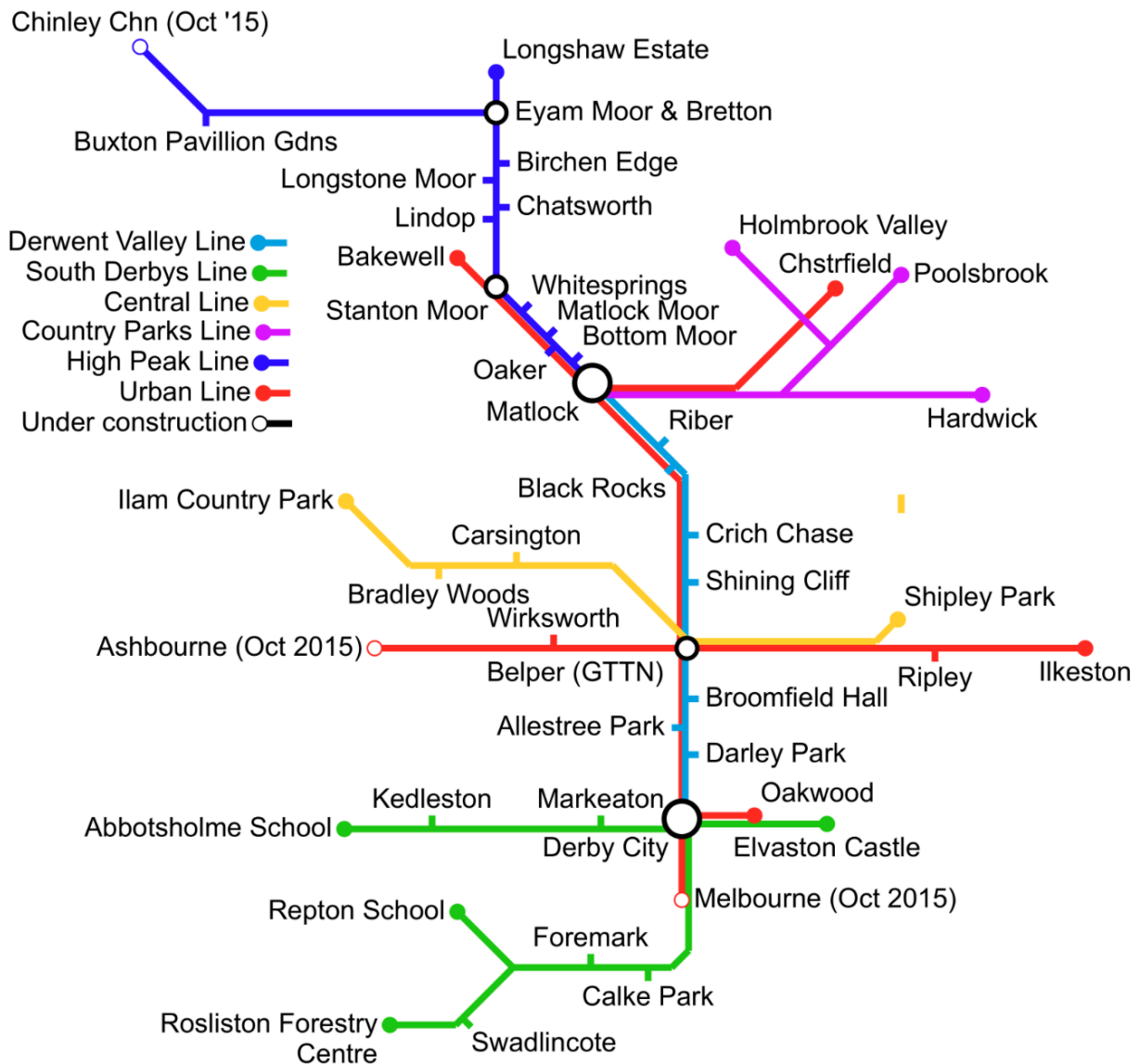




# Newstrack

## January 2015



Tube map produced using <http://beno.org.uk/metromapcreator/>

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

## DVO Club Contacts

Chairman	Stuart Swalwell	stuart.swalwell2412@mac.com
Vice Chair	<b>Vacant</b>	
Secretary	John Hawkins	john.hawkins16@mypostoffice.co.uk
Treasurer	Roger Keeling	rogerjkeeling@aol.com
Fixtures Secretary	Jen Gale	jg.244@btinternet.com
Minutes Secretary	Andy Jackson	
Coaching and Juniors	Val Johnson	Gmjandfam@aol.com
Club Captain	Liz Godfree	Liz.Godfree@btinternet.com
Committee Member	<b>Vacant</b>	
EMOA Rep.	Mike Gardner	mikegardvo@sky.com
Matlock Rep.	Judith Holt	judith.holtcooke@btinternet.com
Junior Rep	Elizabeth Bedwell	liz.bedwell@btinternet.com
Mapping Officer & permanent courses	Mike Godfree	Mike.Godfree@btinternet.com
Event Officials Coordinator	Ann-Marie Duckworth & Jen Gale	jasrduckworth@btinternet.com jg.244@btinternet.com
Controllers Coordinator	Paul Addison	pxaddison@aol.com
Access Coordinator	Vacant	
Development Officer	Ann-Marie Duckworth	jasrduckworth@btinternet.com
Informal Events Programme Coordinator	Ned Needham	ned.needham@ntlworld.com
Equipment	Paul Wright	Cpstwright@tiscali.co.uk
Web master	John Cooke	jholtcooke@btinternet.com
Publicity	Steve Kimberley	lazyorienteer@gmail.com
Press	Paul Wright	cpstwright@tiscali.co.uk
Social Rep	<b>Vacant</b>	
Welfare Officer	Sue Russell	01773 857318

### Editorial

As Dave Nevell says in his review of 2014, we had a flurry of autumn events, but the flipside of this is that I've not orienteered since Stanton Moor! This has allowed me time to plan my debut W50 assault on 4 different O leagues with coloured stickers and an A2 wallchart. Kids, it's Pot Noodle for lunch every Sunday! (We ~~dis-membered~~ de-registered our girls from BOF in 2014 and got a nice valedictorial email along the lines of "we hope they enjoyed their time orienteering". Didn't bother showing them that! New members, pls ignore my diatribe!!).

We have race reports from Brazilkeston, a mass reminisce about New Years' Day events and the usual irreverent wit from WSC. I had fun compiling the Tube map from the list of DVO areas on the Members Area of the website. Apologies for abbreviations and any omissions, it took many drafts! (IT support & general forbearance, thanks to Dave Ch!)

My inspiration came from Simon Garfield's excellent book *On the Map: Why the world looks the way it does*, which has a Tube map of world cities as its endpapers. Harry Beck, a signals office draftsman, devised the modern London Underground map in his spare time in 1931 but it was rejected at first for misrepresenting distances. Eventually adopted in 1933 it soon became iconic, but Beck was only paid a pittance! The Preface of *On the Map* offers the insight "'spam' is 'maps' spelled backward, and maps ... the true opposite of spam, do not arrive unbidden". Profound, eh?

Copy date for the next Newstrack is **19th April** and again it will be colour, so ideal for your JK/other photos & maps. A successful and injury-free MMXV to you all!

Sal Chaffey

Welcome to recent **new members**: Judy Berry, Nigel & Sue Jeff, Karen Hillier, Martin, Susie, Linus & Harper Picker, Andrew & Emily Powell, Georgina Blair, Caroline Howells and Jonathan Payman. See you at an event soon! In the meantime there's an email group for any questions/lift sharing etc. (search for Derwent Valley Orienteers) as well as a Facebook group <https://www.facebook.com/groups/2489600731/>

British Orienteering have a good intro if things get a bit baffling:

[http://www.britishorienteering.org.uk/page/newcomers\\_guide](http://www.britishorienteering.org.uk/page/newcomers_guide)

### Membership renewal for 2015

Many thanks to those of you who have renewed your membership for 2015. Anyone who has forgotten it would be much appreciated if you could renew as soon as you are able ... in part of course to ensure that you receive the next edition of Newstrack. Please follow the instructions on the email prompt from British Orienteering.



### CompassSport Cup

This is the only competition at which we compete as a club rather than individually so I hope you will all turn out for your club. Our heat this year is at Sherwood Pines (NOC) on Sunday 15<sup>th</sup> March. Entry details are currently uncertain but it is possible you will have to enter yourselves via Fabian rather than via me as club captain, watch the DVO web site or the e-group for details. Make sure you enter the correct class as below. Please email me ([Liz.Godfree@btinternet.com](mailto:Liz.Godfree@btinternet.com)) with any queries. As usual DVO will subsidise your run.

Allocated courses for each age class are:

Brown	Men's Open	Short Brown	M20-, M40+
Blue Women	Women's Open	Blue Men	M50+
Green Women	W20-, W45+	Green Men	M60+
Junior Women (Short Green)	W18-	Junior Men (Green)	M18-
Short Green	M70+, W60+,	Orange	M14-, W14-

Last year at Irwell Valley we were second to DEE. After the event Dave Nevell analysed the scores in great detail. The bit that matters most to me and therefore to you is that numbers count. The top 25 scores count towards the club total but last time another 24 DVO runs reduced the scores of the other clubs. So even if you are not one of the 25 you can still be making a valuable contribution to our result. The previous year we made it to the final so with your help that is well within our grasp again. And the final is much closer this year, being near Kendal on Helsington Burrows (British Relays in 2012).

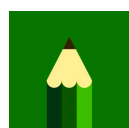
### JK & British Relays

JK 2015 is Southern Lakes with the relays on Graythwaite on Easter Monday (6<sup>th</sup> April).

British Relays are in the Forest of Dean on Sunday 19<sup>th</sup> April.

Names with BOF & SI numbers to me by 10<sup>th</sup> February (JK) and 10<sup>th</sup> March (British) for cheaper entry rates. If you have preferences for team members make sure you all agree and TELL ME by these dates. See the British Orienteering web site (<http://www.britishorienteering.org.uk/page/rules>) for course/class combinations. The club will pay half your entry fee.

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



### For your Diaries ...

Harvester Relays – Saturday/Sunday 27<sup>th</sup> June, organised by WIMbourne.

Footpath Relay – Saturday 27<sup>th</sup> June.

Let me know if you are interested in either of these. Liz

### DVO Weekend Abroad

Returning by popular demand. How about a weekend in Krakow, Poland, combining the tourist attractions of this World Heritage city with two orienteering events on October 10<sup>th</sup>/11<sup>th</sup>? There are no details yet of the orienteering but will presumably be sprint and full length urban events. Flights by Ryanair from East Midlands on Friday evening and back Monday evening and on other days from Birmingham & Stansted. Let me know if you would like me to keep you informed as more details become available.



Mike.Godfree@btinternet.com

### Individual entry cut-offs for major events

**Scottish 6 Days** – cheapest entries end 31<sup>st</sup> Jan, next cheapest 30<sup>th</sup> April, closing 30<sup>th</sup> June

**British Orienteering Champs** – entries close midnight 29<sup>th</sup> March

**JK 2015** – cheapest entries end 31<sup>st</sup> Jan, then close at midnight 6<sup>th</sup> March

\*\*\*\***Open Meeting** Wed 14<sup>th</sup> Jan, The Bell Inn, Cromford 8pm (downstairs room). Run beforehand at 7pm\*\*\*\*

All welcome to both or either ...

## Notes from the Chair

An urban race in Ilkeston on New Year's Day got 2015 off to an excellent start. Thanks to Sue Russell for planning and organizing. Sue decided not to put out the usual red & white flags at each control and just fixed the dibber box to a lamp post/road sign/tree. It meant we were vandal free. If you weren't orienteering, you wouldn't have noticed them. And if you were orienteering, you would see them because, of course, you were looking in the right place ☺

Looking forward, post our event at Crich, I would recommend entering the Midlands Champs on Cannock Chase on Sun Feb 15<sup>th</sup>. Events on the Chase are always enjoyable. Don't be put off by the Champs bit. It doesn't matter one jot what standard you orienteer at, anyone can enter.

One date I would like you to enter in your diary is Sun 15<sup>th</sup> March. Event location is Sherwood Pines – again this area is very orienteering friendly. It is a heat for the Compass Sport Cup and we need as many members as possible to turn out. The format is such that every person can contribute to our final result.

We will be finalizing our Team Members' list at the end of this month. I hope you are placed in a team of your choosing! If you have a specific request, please let us know. And please volunteer to help, whenever you can, by keeping in contact with your Team Leader.

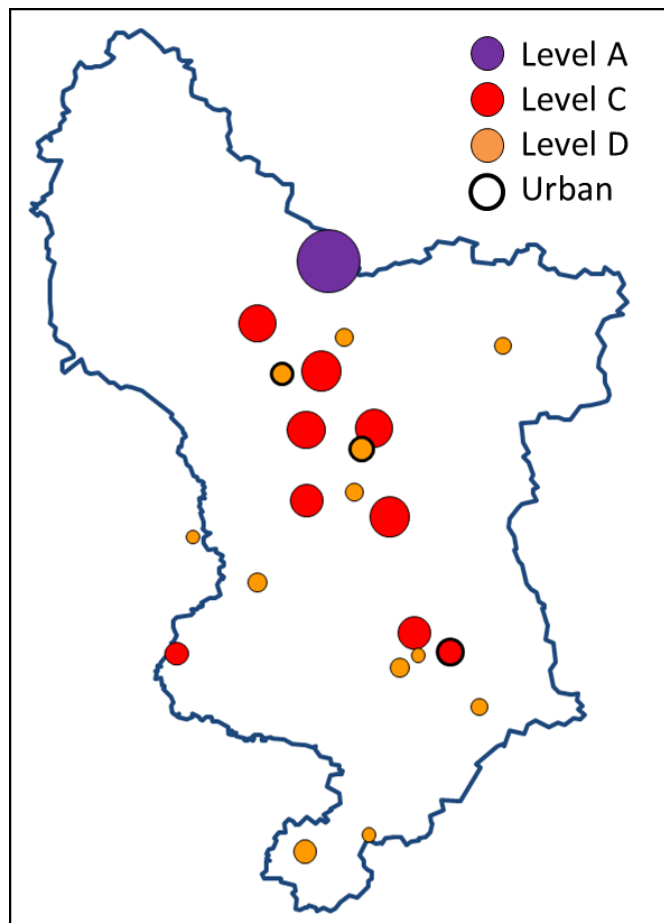
Stuart Swalwell, DVO Chair

## 2014 – Review of the year's events

Dave Nevell

Helped by a veritable rush in the final few weeks, DVO managed to stage 25 events in 2014, which was six more than in 2013. The highlight of the year was the Midlands Championships at Longshaw in October which pulled in an entry of 669. This takes the record of total DVO events up to 576, with many smaller events mainly in the 1980s and 1990s still to be established. The larger events are all known and MC 2014 certainly ranks in the top 15 events (by importance) ever run by the club. In all, under the newish classification system the events came out as follows (2013 in brackets):

Level A:	1	(1)
Level B:	0	(1)
Level C:	9	(7)
Level D:	15	(10)



The areas used are shown on the map. The area of the circle is proportional to the turnout. The circle locations are the advertised grid references. There were three closed events (two schools championships and the club champs) and three of them were urban, matching 2013. Once again there was a single night event. 22 different areas were used, two of which represented new areas or map names (Birchen Edge and Abbotsholme School).

The total turnout for all events combined was 3408, representing an average of 136 per event. This was a decrease of 539 from 2013 although such comparisons are always difficult since they are heavily distorted by one or two big events and 2013 was an exceptional year because of the British Middles and the National Schools Champs.

The average numbers at each of the lower levels were as follows (2013 in brackets):

Level C:	218	(225)
Level D:	52	(58)

So fairly static. There were 10 Sunday events, 11 Sat events and 4 others in midweek (Wednesday). I counted 39 different event officials, a huge jump from 2013, and certainly a few new names amongst them, which is an encouraging sign.

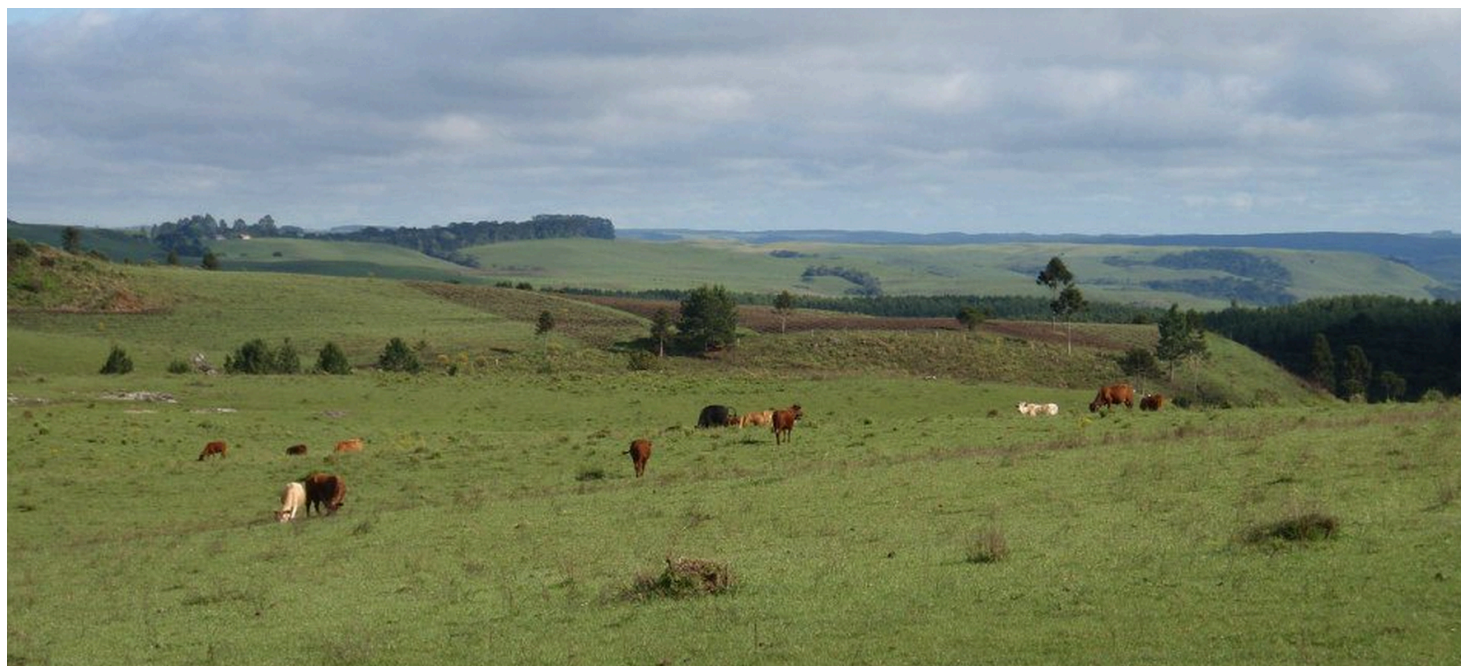
## World Masters Orienteering Champs in Brazil



2014's World Masters Orienteering Championships was the first major international event to be held in South America. Such is the way I plan my holidays that I hadn't even realised the event was happening until the closing date for entries was a week away, and the event itself less than two months away – a few long evenings online followed as I worked out how to get there (out via Rio, back via São Paulo).

The event centre for the long distance races was in the far south of Brazil at Canela, a town about 800m up on a plateau in the Serra Gaúcha hills, with forests on steep slopes down into the valleys. From the event assembly areas the views into the distance were over wide open grasslands with grazing cattle, interspersed with areas of forest. There were three events in the long distance competition, Days 1 and 2 were qualification events and Day 3 the final; the combined results from the two qualification events were used to determine whether competitors ran in the 'A' or 'B' final for their age class. Before I arrived there had been the sprint distance championships comprising one qualification event and the final.

The terrain was gently contoured low hills and shallow valleys. Many of the large re-entrants in the forest had marshy open ground in the bottom, these were good for navigation and relocation. There were lots of line features: tracks, rides and fences, so technically the courses weren't that difficult. The courses had relatively few controls – only 13 controls in 10.2km on day 1 – so had some very long legs with a lot of route choice: typically several route options following line features or contouring round, quite indirect compared to the option of going straight up the hills and down the valleys.



View from Day 1 arena – São Francisco de Paula (could be mistaken for Carsington? Ed.)

The forest on Day 1 was a pine plantation, mainly runnable. One stream valley had sides steep enough that they hadn't been planted, this was thick with undergrowth and open to the sun. Days 2 and 3 shared one forest, a mixture of pine plantations and more natural pine forest which had more undergrowth and a greater variety of trees. There were also small crags and rock outcrops in this forest. Day 2 had a couple legs across open grassland with similar contours to the forest but it also included an area of natural forest with very dense trees and undergrowth – proper jungle? As I ran along the path into this part of the forest it looked a little intimidating, and once off the path, in the dull light of a thunderstorm and the shadow of the tree canopy it was impossible to see the shape of the land through the vegetation, and very difficult to keep to a line when following a bearing. I lost about 20 minutes looking for one control here; fortunately I only had three controls in the jungle, or I might still be there like some bumbling colonial explorer. Returning to the lighter and more open plantation forest was a very welcome relief after this! There was something slightly sinister about pushing through unfamiliar vegetation, not able to recognise which of the plants might snag, scratch or sting, not knowing what

wildlife might be underneath, or what are the birds or animals calling in the tree tops. As it turned out, the plants didn't do any harm at all, so I will declare that the jungle is safer for orienteering than the brambles and nettles of the East Midlands!

The most unusual control site was a distinctive tree – distinctive because it was the **smallest** in that part of the forest.

The most unusual map correction was a rough open area which had been replaced by mature forest since the map had been drawn – the felling planned to take place between the finalisation of the map and the day of the event hadn't been as extensive as expected!



Araucaria trees near the Start, São Francisco de Paula

On Day 1 I was 32<sup>nd</sup> of the 45 finishers in M35, with only South American runners below me in the results. My most significant mistake was losing 10 minutes at one control in a re-entrant by not looking for it carefully enough: when I couldn't see the control from the top of the re-entrant I assumed I was in the wrong place, but had I ventured further in I would have seen that it was behind a tree – not intentionally hidden, I was just looking from too far away. On Day 2 after my jungle experience I was again 32<sup>nd</sup> but did at least beat a Finn by 3 minutes. In M35 it was the top 28 runners from the combined results of the qualification events who ran in the 'A' final, so on Day 3 I ran in the 'B' final, a slightly shorter course than the 'A' final. Part way through my Day 3 run it occurred to me that as I was 4<sup>th</sup> fastest runner in the 'B' final – and had yet to make any significant mistakes – I should be able to make a good placing, and so it turned out: I was 1<sup>st</sup> in the B final and over 8 minutes ahead of 2<sup>nd</sup> placed competitor. Would have preferred to have made it into the 'A' final though!

Half of the 1600 pre-entered competitors were Scandinavian – more Swedes (over 400) than Brazilians (about 300) – and only a handful from other South American countries. The organisers were particularly proud when some of the medals were won by Brazilians. The most popular age classes were 60 and 65, the oldest competitor was an M95; my class M35 had one of the smaller entries. Some of the European orienteering tour companies had offered itineraries including several weeks touring before and after the event, which may have increased the appeal to the newly retired with time on their hands.



(below) Castelinho do Caracol, dating from 1915 when the area was first being settled by Europeans

On the rest day between Days 2 and 3 I visited the Caracol Falls (above), second most popular natural attraction in Brazil after the much larger Iguazu Falls on the Argentinian border. The forest park by the falls had been used for the sprint

distance final a few days earlier, but now it was already being used for a schools event to take advantage of the new map and the local interest in the World Masters.

Finally ... if you go to an event in South America you are welcome to borrow my 'ME' compass; this is balanced for use in South America only (it's not the same as an 'MS' compass balanced for Australia/New Zealand).

Dave Bennett



## New Year's Day in Ilkeston



I can't say that the prospect of running round Ilkeston on a cold, damp day when the pavements had hardly cleared of snow and ice attracted me. I tried to psych myself out of it by saying it would be too slippery etc but it was NYD and I wanted to start as I meant to go on in 2015 – running!

You see this is a big year for me. I will come straight out with it - I change age groups. I leave behind, for just one fleeting year, the likes of Mike Hampton and Peter Gorvett (not to mention Mike Godfree) and ascend into the heady height of M70. I know what you are thinking – Wow is he that old? – He doesn't look it does he? But yes, that time has come. This is my chance.

Now, unfortunately, and through no fault of my own, I have seemed to garner a reputation for chasing around tarmac as opposed to doing the real head-banging stuff. That of getting your legs ripped off by brambles and wallowing in mud after having driven miles into the middle of nowhere to park in a place that simply finding it is a stress. So just to put the record straight I really do enjoy all genres of orienteering except those involving brambles, wind-blown, deep clotty mud, brambles, rocks under slippery vegetation, those frequented by rampaging dogs – Country Park Type -, (have I mentioned brambles?) , thigh deep heather, those ankle scratching little bushes, smelly marshes – and yes there are some distinctly smelly one about – courses built on old rubbish tips, rhododendrons, holly bushes, brambles and courses and events where I don't do very well.

Which brings us back to the tarmac and Sprint and Urban Orienteering thing. It seems clear to me (and I am sure to everyone else) that I just don't do trees etc as well as I do streets. And there it is. But I do enjoy trying to do well and will continue to do so I hope for as long as my body will allow me.

Which, in turn, brings us back to Ilkeston on NYD.

Got lost trying to find the car park but saw Sue (thanks Sue) putting up signs and she pointed me in the right direction – now this happened once before in a race in the rain on Penhale Sands more years ago that I would like to say.

Signed in to do the Middle course – worked out that the 7km Long would be over 10km ... too long for a newly promoted 70 year old ... and so at the top of 11 o'clock we all galloped off. It really was a gallop as we worked out that the 'Long' and 'Middle' courses both had the same first control and that – heard from the pack – its B\*\*\*\*\* miles away – and 'legs' Duckworth was striding out.

It was quite a long way and the pack thinned as we got closer to the road junction. Punched and charged off following the group and ran off the map that I had not yet really looked at.



Half way down the wrong alley looked at the map, turned, ran back and down the right one. At the bottom made a swift left onto a muddy path covered with ice next to a concrete built water course ... scary moment as I slipped towards the edge. Safe through the gap in the hedge and into the scrub at Control 2. That Liz Godfree knows how to 'punch' quickly.

Having got away from the pack running to number 1 I was now at the back of it running to number 3. Proverb – 'He who runs fast had best know where to go.'



All went fine then until leg 6–7 when I failed to notice the gap at the end of the uncrossable fence around the disused tennis courts. From half way down the courts had to turn back and struggled on the outside of the fence through the brambles (Did I mention brambles earlier somewhere?)



My next mistake was to miss the best route leg 7–8 and so having pulled away from the pack up until then found myself at the back again. ‘More haste, better map reading.’ I can hear you saying. Too true.

From there, apart from following Mike G into the wrong alley on the way to number 10, it was fine and, in the end – at last – managed to struggle away from the pack.

The results show that I came 5<sup>th</sup> behind two W21s, one W18 and an M55 I was closely followed in by a W50 and a W65 ... shades of things to come!

Doug Dickinson (DVO – M70)

## DVO New Years' Day Events (touching on the emergence of local Urban orienteering)

Thinking I had never attended a DVO NYD event (but always up for a good list), I decided to compile a quick(ish) retrospect from the DVO website, aided by the Yahoo group on email. When the words ‘snow’ and ‘Hardwick’ pinged in my brain and I remembered that, yes, I had actually attended one in 2002 (Chaffey hillwalking trip can't have happened that year).

Urban took off with the 2001 foot & mouth outbreak, and an event was organised in Derby on March 18<sup>th</sup> by James Allen, aided by his Police map database. Was this the first DVO/EM Urban? A question for another issue!

Participation is higher than competitor numbers show as people often went round in groups – like Sarah Duckworth W2 and dad who unfortunately DNF'd in 2004. Wouldn't happen now! Events were on Jan 1<sup>st</sup> unless stated otherwise.

John Hurley has provided the first 10 years, form “rather limited” Newstrack reporting. Events without competitor numbers are taken from Newstrack fixture lists and (except for 1991) he has no confirmation that they actually took place. John says:

As far as I can trace, the first DVO New Year event was held on 1/1/1989 at Cromford Moor, to coincide with the official opening of the Cromford Moor permanent course by Councillor Joe Gold. This event was 9inimize9 by the Godfree family and attracted 43 competitors, with courses using the permanent course controls. The 16-control score course was won by John Hurley, the 10-control score course was won by Kim Buckley and the 16-control-map-memory course was won by Steve Buckley (in a faster time than me).

Of the DVO events I think the most memorable was Rob Shooter's novelty event in 1992. It was a mass start and the maps were placed face down on the floor. On the whistle, we picked up the maps and turned them over to find – control descriptions and a map of Allestree Park with no controls shown. The game was to run around the park looking for the sites as per the control descriptions, and see which ones had the control flags. After 30 mins Rob did make a master map available for anyone struggling, but only a few people resorted to this. The four people who found all 20 controls without using the master map were Alistair Buckley, Steve Buckley, Kim Buckley and Terry Peach. In the results Rob comments: “When I'm too old to orienteer I shall have memories of Allestree Park, a new year's day and my relief and pleasure in the points scored by all the enthusiastic competitors.” In this context I note that Rob mispunched on the short course at Ilkeston this year.

- 1990 Shipley Park, Godfree family, “over 100” competitors, Score
- 1991 Cromford Moor, Godfree family (op) & John Hurley I, Score
- 1992 Allestree Park, Robert Shooter, novelty score (32) and standard score (45), see below
- 1993 Probably no event. Newstrack reports that the Godfrees attended an event at Sutton Park #Traitors!
- 1994 Shipley Park (Jan 2<sup>nd</sup>) Nick Sibley, Score
- 1995 Cromford Moor (Jan 2<sup>nd</sup>) David Tryner
- 1996 Bottom Moor (New Year's Eve 1995) Sue Russell (o) Val Johnson (p) Tony Berwick I, 75 competitors, score. Val was away on the day and Paul Wright put out the controls.
- 1997 Elvaston, Andy Hawkins
- 1998 Ashbourne Recreation Ground & Bradley Woods, Stuart Swalwell, 58 competitors, Score
- 1999 Elvaston, Dave Walker, 75 competitors, Score
- 2000 Elvaston (Jan 2<sup>nd</sup>) Dave Skidmore, Score
- 2001 Shipley Park (New Year's Eve 2000) Robert Shooter
- 2002 Hardwick Park, Stuart Swalwell, Score (with snow!)  
Wirksworth Urban (Jan 6<sup>th</sup>) Steve Kimberley. Dave Bennett broke his elbow on the ice, see below
- 2003 Shipley Park, Brian & Pauline Ward, 62 competitors, Score and Orange course
- 2004 Hardwick Park, Dave Skidmore & Ruth Ellis, 57 competitors, Score and Orange course

- 2005 Belper (Jan 3<sup>rd</sup>) Johnson family, 42 competitors, Score  
 2006 Wirksworth, Dave Walker & Barry Bibby, 38 competitors, Score  
 2007 Ashbourne, Mike Godfree, 43 competitors, Score. Apparently, many were confused at Control 6 as the clue referred to Xmas decorations that had been prematurely removed!  
 2008 Bakewell, Steve & Sian Mead  
 2009 Melbourne, Dickinsons, 61 competitors, Score  
 2010 Darley Dale, Meads, 38 competitors, Score. Started from DFS car park and one of the controls was BOF HQ!  
 2011 Ripley, Sue Russell, 39 competitors (collect as many post-boxes, phones and lamp-posts as you can!)  
 2012 Wirksworth, Liz & Mike Godfree, 70 competitors, Long/Med/Short  
 2013 Matlock, Richard Parkin, 78 competitors, Long/Med/Short/Short Orange  
 2014 Bakewell, Liz & Mike Godfree, 75 competitors, Long/Med/Short  
 2015 Ilkeston, Sue Russell, 60 competitors, Long/Med/Short  
 2016 Ashbourne, Belper or Melbourne are candidates (depending on availability of new map)!

Mike Godfree adds:

I recall organising a NYD Score at Black Rock last century, but then the West Midlands tradition of the Laurie Bradley Score event took off, which is one reason why some of the list are not on New Year's Day (John Hurley pips you Mike – he remembers going to one of these on 1/1/1976).

2012 was the first time we had a Sprint Standard map with SI punching rather than the "Spider diagram" map with questions/answers which we used from 2001. That was also when I started the idea of a mass start but conventional courses in order to minimize the manpower – not start needed and all finishers back quickly. The same applies to a score but on a typical urban A3 1:5000 map it is difficult to occupy people for even 45 minutes and with a score you have now control over where people will cross roads.

Dave Bennett adds:

I slipped whilst running on an icy pavement after only a couple controls, walked to a few more before deciding I ought to retire as it really wasn't feeling right. A late night operation at the DRI to fix it back together with two screws (which are still in there) was followed by several weeks in a sling. The doctor was incredulous as to how I'd done it as the ice in the city had all melted away a few days before!

## Event Officials Needed

Do you want to organize, plan or control an event this coming year 2015? There are new areas with new challenges, as well as the well-known club areas being used for big crowd pulling events.

Have a look and see if there is an event that fits your wishes and diary. Then contact Jen, Ned or Ann-Marie and we will put your name against the event. If you have any questions do ask us, or we do have a list of mentors who can help with the fine details.

Thanks

Ann-Marie, Jen and Ned

Date	Venue	Event Name	Level	Organiser	Planner	Controller
Sun 26/04/15	Cromford Moor	Level C	C	?	Andy Sykes	John Cooke & Judith Holt
Sun 14/06/15	Chesterfield	EM Urban League	C	?	Steve Kimberley & Jon Cundil	?
Sat 20/06/15	Shipley	Derbyshire Schools & Youth Groups Champs	D	?	?	?
Sat 12/09/15	Darley Park	DVO Informal Event	D	?	?	N/A
Sun 27/09/15	Abney Moor or Chinley Churn	DVO & EM League	C	?	Paul Addison	?
Sat 10/10/15	Carsington	Club Champs	D	Stuart Swalwell	?	N/A
Sun 17/01/16	Eyam (Moor only)	DVO & EM League	C	?	?	?
Sun 06/03/16	?	DVO Level B	B	?	?	?
Sun 25/09/16	Chinley Churn	DVO Level B	B	?	John Duckworth	?

# WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 10

More pies, more pints, more pork scratchings (MP3)

Nobody loves us (like you do)

## So, it's David and Helen do O

Eagerly anticipated new orienteering soap takes the name of most popular names of BOO members (full list pages 92-96)

"Well, what were you expecting? Flora and Seth!" BBC spokesman

We'll bring you all the action as it unfolds in future editions of WSC

Also inside: Big Big Offers for the New Year! Be more Tortoise!

### BELPER – Porten til Nord 2015 Peak Pickles Street Orienterings Festival

Poor chap. Apparently he missed the closing date for cheap entries to the Belper O-Festival

Fascinating. Did I ever show you my verruca?

I feel thick

#### So, Peak Pickles to the Rescue

So, in dramatic developments concerning the 2015 Belper Festival of Street-O, Peak Pickles has emerged with a major sponsorship deal which looks like it will save the ailing multi-day event. Having blown the major part of its budget on advertising artwork (see above), half orienteer/half potato mascots, Timothy Dalton mugs and big pointy fingers, not to mention issues with the obsessive behaviour of its organiser, Jason Twinge who was often unobtainable due to "map collection re-arrangement duties", the future of the Festival appeared to be in some doubt. However, chutney magnate and supremo of Peak Pickles, Sir Branston Smalls, has stepped in. "I love this part of the country", he blustered busily, "I know it like the back of my hand. The people of Blackpool.....err Belper, deserve their chutney....err, orienteering, and I'm going to let them have it".

The sponsorship deal has not pleased everyone. With plans pending for a huge new pickle plant on Stanton Pastures, second only in the region to Cromford Rocks for orienteering excellence, some see this as buying the favour of disaffected local Real Orienteers. So much so that one particularly irate member has spent the last three weeks chained to the entry gates to the threatened area in an attempt to stop any development. Known only as R\*x, he has also been on a liquids-only hunger strike across this whole period. Since the liquids in question are a wide range of products from the local Bad Dog Brewery, R\*x's weight has considerably increased over this period. "We are keeping well clear" opined a contractor, "Mainly on account of the unbearable sound of 98 consecutive renditions of "Fairy Tale of New York". More next time as this story develops.

## So, MP3 – explained here!

So, research has been carried out with great diligence to get to the answer to the question that is on everybody's lips. MP3? More pies, more pints, more pork scratchings. More, yes of course...but just how much more? What quantities of these essential nutrients are required for Real Orienteering? The answer is here. A top scientist (secret, hillside, Belper etc) explains. "Assuming the average orienteer takes 70 minutes to complete their course, using an average of 612 calories per hour, this equates to 714 calories in all, and allowing for the curvature of the earth blah blah blah, err...oh....." (*suddenly disappears in a puff of existentialistic self-doubt*).

Anyway, we have the lab results here.

Pork Scratchings (20g packets):



Pints (ale), a bit squashed:



Pies (pork, largish, hand raised):



Each of these essential 5-a-day foodstuffs will get you round the average Blue course. Or put another way, each of these are the recommended intake following an average Blue course. If you want to munch your way through 23.8 carrots instead then that's your problem, but you'll have trouble ordering them at a post-race hostelry, you ~~pervert~~ (*for goodness sake, don't wind up the root vegetable lobby again – WSC lawyer*).

## So, an apology

We apologise for the quality of headline in this issue. We received a batch seemingly infected by one of the afflictions of modern speech. We can assure you that this will not, like, happen again. (*see me – Ed*)

## So, listening for the discerning orienteer

**X – Ed Sheeran:** So, what a great album! Rootstock is a fantastic follow-up to his first album, First Aid Post.

**The Endless River – Pink Floyd:** Named after an extraordinary piece of mapping on the latest Cromford Rocks map which has had expert cartographers scratching their heads for months.

**Our Version of Events – Emili Sande:** Otherwise known as the BOO website.

**Up all Night – One Direction:** Not about running off the map at the Harvester due to a compass stuck at due south? Chance wasted!

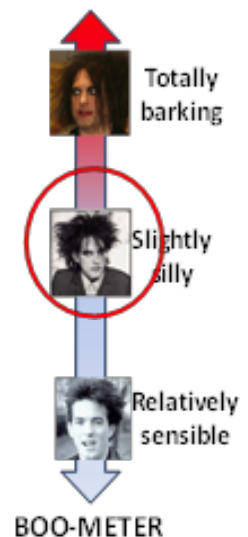
**Red – Taylor Swift:** Not a success, Green (REM) or Blue (Joni Mitchell) are much more interesting. Yellow (Coldplay) is just dull (*take cover – Ed*).

And a bit older.....

**New Boots and Panties – Ian Dury and the Blockheads:** A exploration of things that you can get "under the counter" at Ultrasport. Just go to the stall and say "I am a banana" and see what happens. I think that's what it was.

## So, BOO Watch

So, WSC never fails to be astonished by the ridiculous things that BOO does in the name of "helping" its membership. For example, how about introducing a new drop-down main menu that can't actually be used by normal human beings a couple of days before Christmas and closing down the office for two weeks so it can't be fixed. We say "normal human beings" because if you have lightning fast reflexes that allow you to accelerate the cursor at warp speed across the gap between the main menu and the detached drop down box, then you will be able to access results, fixtures, membership renewal etc. as normal. WSC spent a happy hour working this out and practising, just in case this is not actually an error, but a weird test of intelligence and fitness designed to weed out unsuitable members.



## EML League 2014 Notable DVO results



Congratulations to all participants, the best 8 scores (on the same colour course!) from the 17 events count.

Number of events attended is shown in brackets, As I overtyped this from 2013 I noticed a lot of the Juniors (and some adults!) have gone up a course and remained competitive, so very well done all!

Please check you have points for all the events you have attended (link in table, bottom right)! If any are missing, pls email [Ursula.williamson.orienteer@gmail.com](mailto:Ursula.williamson.orienteer@gmail.com)

The **Prize Giving** will be on **March 1<sup>st</sup> at Ratby at 10am**, with prizes presented by John Hurley. There will be a small plaque for the winner and certificates for the top 3 in each category.

	<b>Male</b>	<b>Female</b>
<b>White</b>		1 Alexa Lindsay (9)
<b>Yellow</b>	2 Ivan Smith (9) 3 Peter McNee (5) 5 Matthew McNee (3)	2 Ailith Smith (7) 5 Monica Dent (2)
<b>Orange</b>	2 Samuel Davis (10) 5 Ben Mackervoy (3)	1 Rachel Duckworth (8) 2 Isabella Edwards (9) 5 Sophie Vincent (2) 8 Grace Pennell (2)
<b>L Green</b>	3 Kevin McNee (4) 6 James Bedwell (4) 11 Nicholas Gordon (2)	1 Sarah Duckworth (9) 6 Sarah Parkin (7) 8 Amanda Price (2)
<b>S Green</b>	2 David Parkin (10) 7 Roger Keeling (9) 10 John Cooke (5) 13 Brian Ward (5)	1 Pauline Ward (8) 2 Christine Middleton (10) 4 Jen Gale (7) 6 Alison Hayes (10) 7 Ann Armistead (5) 8 Karen Bedwell (7) 10 Cathy Goodhead (5)
<b>Green</b>	4 Andy Hawkins (10) 11 Murray White (8) 16 Stuart Wicks (10) 17 Stuart Swalwell (5) 18 Mike Godfree (4) 26 Dave Skidmore (3) 28 Paul Wright (4)	3 Kim Buxton (9) 5 Margaret Keeling (12) 6 Ruth Ellis (12) 7 Jane Burgess (7) 10 Ann-Marie Duckworth (6) 13 Michelle Mackervoy (4) 15 Jen Gale (4) 16 Claire Selby (4)
<b>Blue</b>	1 Derek Gale (12) 3 Andy Sykes (9) 6 Andrew Middleton (7) 9 Michael Lindsay (10) 12 Dave Skidmore (7) 13 Mike Gardner (10) 14 Jonathan Cundill (8) 16 Paul Goodhead (11)	1 Liz Godfree (10) 3 Joanna Goodhead (12) 6 Rachel Davis (12) 7 Sal Chaffey (6) 12 Rebecca Perring (5) 13 Kim Buxton (3) 15 Sally Dipple (3)
<b>Brown</b>	1 John Duckworth (8) 2 Dai Bedwell (9) 3 Robert Smith (10) 5 Richard Parkin (7) 7 Russell Buxton (9) 10 David Pettit (12) 16 Paul Addison (4) 19 Chris Millard (5) 25 Louis Forshaw-Perring (4) 27 Joe Uprichard (4)	2 Helen Chiswell (7)  Full results at: <a href="http://www.emoa.org.uk/league/galoppe/ntable2014.pdf">http://www.emoa.org.uk/league/galoppe/ntable2014.pdf</a>

## 2015 EML counting events

Remember to get your 8 a year – in the same colour for max points!

Date	Venue	Club
Sun 11 <sup>th</sup> Jan	Outwoods	LEI
Sun 18 <sup>th</sup> Jan	Crich Chase	DVO
Sun 1 <sup>st</sup> Feb	Bagworth	LEI
Sun 22 <sup>nd</sup> Feb	Harlow Woods	NOC
Sun 1 <sup>st</sup> Mar	Ratby Woodlands	LEI
Sun 8 <sup>th</sup> Mar	Kedleston	DVO
Sun 26 <sup>th</sup> Apr	Cromford Moor	DVO
Sun 27 <sup>th</sup> Sep	Abney Moor	DVO
Sun 4 <sup>th</sup> Oct	TBC	LOG
Sun 11 <sup>th</sup> Oct	Shirebrook Wood	NOC
Sun 1 <sup>st</sup> Nov	Burbage Common	LEI
Sun 8 <sup>th</sup> Nov	Thoresby North	NOC
Sun 13 <sup>th</sup> Dec	Longstone Moor	DVO
Sun 20 <sup>th</sup> Dec	Bramcote Hills	NOC
Sun 27 <sup>th</sup> Dec	TBC	LEI



Congratulations to David Parkin for winning M80 in this series again! Contributing events for 2015 (including the JK, the Scottish 6 Days & all British Champs races) are at <http://www.ukorienteeringleague.org.uk/page/260> You need 10 to count, but it only works with Elite or Long courses  
More details at <http://www.ukorienteeringleague.org.uk/>

### ☆☆ Star Runners ☆☆

Working out the star runner for the Midlands Champs at Longshaw with 20 courses is so longwinded that I haven't done it – apologies if you felt you had a great run and are being ignored. However, on a slightly more domestic front there have been some notable performances. Best against handicap at Beacon Hill on 30<sup>th</sup> November was **Russell Buxton** on Green and on the following weekend the top runner was **Michelle Mackervoy**, also on Green. Finally at Walesby, on the weekend before Christmas, it was **Karen Bedwell** on Short Green that impressed the most. I haven't scored Spring Cottage on 28<sup>th</sup> December – the weather led to a very low turnout from DVO.

A quick update on the Handicap ratings at the end of 2014. For the first time ever, John Duckworth has been deposed from top spot. Here are the top 20 (3 ranking events to qualify).

1	Chris Millard	0.561	11	Ben Crane	0.676
2	John Duckworth	0.566	12	David Bennett	0.712
3	Richard Parkin	0.593	13	Andis Celinskis	0.771
4	Dai Bedwell	0.595	14	Dave Chaffey	0.772
5	Paul Addison	0.606	15	John Hurley	0.776
6	John Hawkins	0.627	16	Sal Chaffey	0.780
7	Chris Bourne	0.649	17	Andrew Middleton	0.784
8	Robert Smith	0.665	18	Andrew Mackervoy	0.786
9	Mark Goodhead	0.666	19	Helen Chiswell	0.787
10	Andy Sykes	0.674	20	Louis Forshaw-Perring	0.788

Very close at the top. Interestingly, John usually pips Chris in head-to-head encounters. He needs to choose his events more carefully! Sal is top woman but again it's a very close gap back to Helen. Louis is the top junior, moving up rapidly.

## No 2: Andy Hawkins, Start team leader

I first got to know Andy 2 years ago when organising the British Middles and attempting to understand the procedure for the Timed Start. In the end, I just trusted him to get on with it ... and this sums up the role of the Team Leader: an expert in their area and in keeping others in the loop!



*When and where did you start orienteering/join DVO?*

I started orienteering when I was 30, having moved to the Midlands and looked around for a football team of my standard, and they all looked too good. I knew of Tony Berwick through a mutual friend, and arranged to go to an event at Whitesprings, NE of Matlock. I wore football boots (nothing else? Ed) and did a Yellow, and an Orange (no extra fee. Do we still do this for beginners?)

*Highs and Lows of previous roles in DVO?*

In my early days with DVO I enjoyed helping in a different role at each event, but generally I kept my head down.

Not low enough, however, as I was put forward as Relay Day Organiser for JK '91. At that stage I'd never been to a Relay event of any kind, being reluctant to subject any colleagues to my erratic navigation. We had plenty of time to plan the happening however, including hiring a double-decker bus for the computer equipment. Two Lows for other people to avoid: at multi-day events, avoid at all costs sharing equipment with other days – unless of course you're doing the first day. And beware the uncertainty of working with volunteers from another club. For the JK that year, NOC had

done Day 1, DVO had done Day 2, and another East Midlands club who shall be nameless were to provide the manpower for Relay day. I had no idea until the day how many would turn up!

But they all did, so that turned into a High.

*Likes and Dislikes of present role?*

I have enjoyed being team leader for Parking, and now Start. I do like a change every so often. I have had some great helpers over the years, and made some good friends. It is a special privilege to nurture newcomers to the club and to watch them gradually spread their wings.

*Mini-moan?*

I do look back fondly to the days when 'Sunday event' planners had more freedom. For example, I still remember using a brown-only map (i.e. contours, with some rock features?) at Crich Chase, and a few years back LEI had a map (Outwoods?) with no paths marked. Is it EM League rules that prevent this? Would it be so unfair if at, say, one event a year the Brown course had a non-standard map, and at another event the Blue could enjoy this?

*Enjoy new formats?*

As I love being out in the woods, I didn't think I would like Urban orienteering. I probably wouldn't even have gone to one, had it not been to deliver a Clock. I thought I might as well have a run while I was there (Chesterfield), and really enjoyed it, despite my lack of speed.

*What else do you do when not orienteering?*

I spend some time playing (classical) guitar, we have an allotment and four grandchildren, and three years ago we started our own U3A branch.

*Memorable O-holiday?*

Being married to a non-orienteer, I only rarely manage to disguise an O-holiday. There are only so many times one can feign surprise at arriving in the Lakes instead of Charles de Gaulle airport. We did manage one Scottish 6-days (Gatehouse of Fleet), which was very enjoyable. That is, at least, 50% of us thought so.

*Favourite book?/Mystery item?*

For those who haven't yet discovered them, there is a range of crime books – which have also been televised – which often feature orienteers. So often does this happen in the books that, if I ever go to that country, I shall expect control sites such as “Corpse, north side”. Which author, which country?

## **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



We've all been told by our parents to eat our carrots so we can see in the dark. When I Googled the origin of this cliché, the first hit was Ken Jennings' book *Because I Said So!* He found no popular association between carrots and eyesight until the link was discovered by scientists in the 1920s ... and exploited by British WWII propaganda to explain the Allies' bombing accuracy, which was, of course, due to radar! In fact, it's only a half correlation because, while poor vision can be caused by lack of Vitamin A, normal vision cannot be improved by excess of the same..

As you may well have guessed, Vitamin A was the first vitamin to be isolated. In 1912 English biochemist Frederick Gowland Hopkins postulated the existence of an "accessory food factor" (later renamed "vitamin") from an experiment in which groups of rats were fed on an energy-adequate diet plus or minus milk – only the milk group thrived. This fundamental nutrient present in milk he called Vitamin A. Hopkins received the 1929 Nobel prize for Physiology for Medicine for this work – jointly with Christian Eijkman who postulated the existence of Vitamin B from his work on chickens fed on white or brown rice. During the food shortages of WWI, Hopkins found margarine to be lacking in Vitamins A and D compared to butter, and fortification began in 1926. Interestingly, he discovered in 1907 the association between oxygen depletion, lactic acid build-up and the stitch (another column here, I think!). And bonus trivia, one of his daughters married the playwright JB Priestly.

Back to the topic at hand, in 1914 Elmer McCollum (an American biochemist) isolated the health-boosting factor in milk by dissolving it in ether, giving substance to Hopkins' hypothesis. McCollum was dubbed Dr Vitamin in the 1950s and his motto "Eat what you want after you have eaten what you should" is a good one for today!

Vitamin A comes from two sources:

1. Retinoids (the fatty form of the vitamin), found in liver, fish-liver oils and butter. Eating too much of these foods can actually cause Vitamin A toxicity.
2. Carotenoids, carrots, broccoli, sweet potato and dark green leafy vegetables. The body synthesises as much or as little Vitamin A as it needs from vegetable sources, so these "pro-vitamin" foods are altogether a safer bet.

One of the earliest accounts of Vitamin A toxicity comes from an account of an English whaler, one Edward Pellham, who in 1630 became stranded with 7 other sailors on Spitzbergen when the mother ship was unable to come ashore due to ice. Conditions were truly grim. They didn't see the sun for 14 weeks and had one meal a day, apart from Wednesdays and Fridays when they chewed on mouldy whale bones. In February when the sun returned, they killed a polar bear and ate its liver along with the meat. Pellham reports "our very skinnes peeled off". Fortunately they were rescued later in the spring and returned home (unsurprisingly) full of "pious gratitude".

The liver stores 80% of the body's Vitamin A and species that live in Polar regions have a higher tolerance for the vitamin (presumably so they have better night vision during their annual four months of darkness?). During the 1911-14 Australian Antarctic Expedition, Mawson, Mertz and Ninnis embarked on a surveying expedition. Ninnis and his sledge fell down a crevasse, leaving the remaining two short on rations. They were forced to eat their huskies (again including the liver). Metz became increasingly weak and died, Mawson reporting that the skin was coming off his legs. Mawson was eventually rescued the following season, having found a food-depot dubbed Aladdin's Cave before overwintering at the expedition base at Cape Denison.

Pregnant women should not take Vitamin A supplements nor eat liver, and children should not be given supplements of this vitamin. Cod-liver oil capsules contain high levels should not be taken with supplements that include Vitamin A (Seven Seas' capsules have a reduced level of Vitamin A, and are safer for those taking with a multivitamin). One symptom of Vitamin A poisoning is altered bone turnover leading to fractures. It's unusual to be able to overdose on a vitamin, but this is partly because stores remain in the body's fat layer (along with D, E, and K) and are not peed out, as happens with excess B & C.

Night vision relies on the 120 million rods in each of your retinas. They contain a pigment called rhodopsin which is synthesised from Vitamin A. Zinc (found in wheatgerm and other seeds) and iron are also important for tip-top vision.

However, if you were reading this hoping to boost your potential at Calke in Feb, I have a useful carat of non-nutritional advice for you – get a torch! Poor night vision is one of the first symptoms of Vitamin A deficiency but carrots alone will not lead you to that elusive re-entrant!

**Future topics:** The Stitch, The Wall (having attended lecture above), Heatstroke, Sleep, Vitamin I (Ibuprofen) and remaining proper vitamins: E & K, (Flogging Dead Horses? – Dave Ch)

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

### Number 2: **The Yellow Course**

In the last article I looked at the White course, which is planned at Technical Difficulty 1. To recap, this involves routes all along paths and tracks, or clearly indicated taped routes to give the course a bit more shape and interest. There should be no route choice, including at the Start banner, with a control at every decision point, these being no more than 200m apart. It is also considered bad practice to number controls consecutively.

In addition to my own experience, I have drawn on the latest British Orienteering Appendix B on Course Planning and Barry Elkington's excellent advice on Planning Colour Coded Courses.

The Yellow course is planned at Technical Difficulty 2 and represents a clear progression in the use of orienteering skills from the White course. This involves being able to understand the legend, set the map and, most importantly, make decisions where there is no control banner. It is a progression that most youngsters will need to be taught and talked through when being shadowed to give them skills and confidence. It should also be seen as a progression to the Orange course.

**The Good:** A good Yellow course changes directions, has length legs up to a maximum of 350m and involves up to two decision points on a leg but no route choice. The route will be along obvious line features such as paths, fences, large ditches and distinct vegetation boundaries. Controls can be just off the line feature on a distinct feature such as a boulder or knoll but the competitor should then return to the line feature. If a leg involves more than two decisions points, don't just put a control on a path junction but use the opportunity to introduce other features such as vegetation boundaries, boulders or wall junctions on or next to the line feature to get competitors used to recognising different control descriptions.

**The Bad:** Too often the Yellow course is just the White course with a few controls removed and perhaps an additional short loop to make up the distance. For competitors who do both courses at the event this is hardly a great experience. It has also been known for some planners just to reverse the White course, which is equally bad practice.

**The Ugly:** As with the White course, the main aim of the Yellow Course should be for every competitor to complete it successfully, having enjoyed themselves. Large numbers of retirals sometimes occur because an adult planner doesn't see the confusion a complex path junction can cause a junior. Indistinct paths are particularly difficult for young or new orienteers to spot. Getting the balance right between a course being too easy with most of the controls at TD1 and too difficult with a nudge to TD3 is not always easy. Looking at the results, winsplits and Routegadget for a number of events in different terrain is a useful exercise to see where some competitors find a leg easy and others far too difficult.

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

Ranald Macdonald ([r.f.macdonald@btinternet.com](mailto:r.f.macdonald@btinternet.com))

(Ranald's article on White course planning appeared in Newstrack September 2014)

The One Man and his Dog puzzle could be tackled in two ways. By perspiration or by inspiration. One or two of you tried both approaches, possibly at the same time. The inspired route allowed one to solve this in one's head and the catalyst for doing so was recognition that whenever numbers like 81 and 625 pop up in a puzzle (both fourth powers), there's a good chance it won't get too messy. If you spotted that during every dog run (i.e. return trip) the owner advances a fixed proportion of the remaining distance to the control then if after four runs the remaining proportion is  $81/625$ , then after one dog run it must be the fourth root, i.e.  $3/5$ . During that first run it can be simply seen that the dog has to go four times further than the owner, and is hence running four times quicker, at 3 mins per km. Looks easy in hindsight; a classic puzzle in my view.

I won't be cruel enough to separate the sweaters from the eurekaists (well, there should be such a word) but I can tell you that correct answers were received from Paul Goodhead, Jen Gale, John Hurley, Alan Le Moigne and Chris Millard. Sal Chaffey also gave me a correct answer passed on from three colleagues. Andy Mackervoy got pretty close and Jane Burgess's correspondence on the matter led to me to worry about her state of mind over the Christmas break. One or two of you got a bit metaphysical. Let me remind you that we are an orienteering club! And so to the final scores.

Jen Gale	10	Helen Chiswell	3
John Hurley	10	Sal Chaffey	3
Alan le Moigne	10	Terry Peach	2
Chris Millard	8	John Hawkins	2
Jane Burgess	7	Mike Gardner	2
Andy Mackervoy	7	Dai Bedwell	2
Graham Johnson	4	Tim Cairns	2
Paul Goodhead	4	Tom Jenkins	2

So, like last year, a tie and this time a three way one. Well done to all and thanks for taking part. I know there are quite a few others who have go but don't send me a solution – why not enter the January puzzle below which is hopefully not too taxing. The answers are all members' surnames.

### Cryptic Club Members

1. Atheist?
2. SK059735
3. Another child.
4. Mingle O Mingle
5. Aged agriculturist.
6. Support for a king?
7. Very cheap French wine.
8. Gather it contains a note.
9. Certainly not a vegetarian!
10. Part of the legal eagle team.
11. Competes in the wrong country, surely?
12. Sulphur, tungsten and aluminium are fine.

Answers to me, [dnevell3@gmail.com](mailto:dnevell3@gmail.com) by the Editor's copy date please.

## Upcoming Fixtures

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

Sun 18 <sup>th</sup> Jan	Crich Chase	Level C (EML)	Paul Wright	Field behind Hurt Arms, Ambergate. DE56 2EJ Assembly in Cricket Club
Sat 24 <sup>th</sup> Jan (pm event)	Cambridge Woods	Level D	Viv Macdonald	Matlock DE4 2LP, SK260623 Afternoon event – starts 1:30-2:30
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	Paul Goodhead	Near Swadlincote DE65 6EG SK336248
Sat 14 <sup>th</sup> Feb	Calke Abbey	Night event	Tony Berwick	Near Ticknall DE73 7JF SK355240
Sun 15 <sup>th</sup> Feb	Abraham's Valley (Cannock Chase)	Level A Midlands Champs	Walton Chasers	Between Rugeley & Stafford. ST17 0XA. SJ 995210 <b>Entries close 8<sup>th</sup> Feb</b>
Sun 22 <sup>nd</sup> Feb	Harlow Wood	Level C (EML)	NOC	Just south of Mansfield, next to Thieves Wood
Sat 28 <sup>th</sup> Feb	Hardwick Park	Level D/Scouts	Sal Chaffey	Chesterfield S44 5QJ, SK 463637
Sun 8 <sup>th</sup> March	Kedleston	Level C (EML)	Malcolm Spencer	Kedleston Hall DE22 5JJ, SK305412
<b>Sun 15<sup>th</sup> March</b>	<b>Sherwood Pines</b>	<b>CompassSport Cup heat</b>	<b>NOC</b>	<b>Near Ollerton <b>Support your Club!!</b></b> <b>Details from Liz via website/newsgroup soon</b>
Sun 21 <sup>st</sup> March	Broomfield Hall	Level D	Ned Needham	DE7 6DN, SK388399
Sun 26 <sup>th</sup> April	Cromford Moor	Level C (EML)	Andy Sykes (P)	