



# NEWSTRACK

## May 2012



DVO at the JK – Relay Day

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

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## Editorial

### Welcome

A warm welcome to the following new members:

Lena Gordon, Derby

Rebecca Hinchley, Matlock

William Hoon, Joanne Walton, Edward, Elizabeth

Lucy Johnston, Derby

Alan Pickering

Rebecca Stephen, Swadlincote

James Watson, Joanna Rees, Edward, Kate, Kirk Ireton.

Whether it's "Hello" or "Welcome Back" we hope you enjoy your time orienteering with Derwent Valley Orienteers. Just introduce yourself at the club tent at any of the club events or come along to any of the advertised club nights, details in Satellite News.

We understand and respect the wishes of those of you who chose to withhold all contact details, but it does make it difficult for us to contact you when we need to. In fact I can't send you a copy of Newstrack (this is like asking for all those missing to raise their hands). If you are prepared to share your e-mail, address and/or

telephone number to allow these contacts, please send them to Derek Gale, [dg.244@btinternet.com](mailto:dg.244@btinternet.com), who keeps the member's list.

**At the moment the member's list is only available to those members with a specific requirement – organisers, planners, newstrack editor etc. We plan to make the list available on the member's only section of the website (so only members signing on with a password will have access); would anyone who objects to having their details on this list please make their views known to the Membership Secretary, Derek Gale, [dg.244@btinternet.com](mailto:dg.244@btinternet.com).**

*Newstrack will now take its usual summer break. In the absence of any other offers Mike Godfree will co-ordinate the next issue to include details of the club champs on September 29th and the club AGM on October 10th. Doubtless YOU will write about your experiences at the summer's orienteering events. Copy to [Mike.Godfree@btinternet.com](mailto:Mike.Godfree@btinternet.com) by 1st September.*

## **Open Meeting invitation**

The next Open Meeting will be held at at the Bell Inn, Cromford on Wednesday 11 July. There will be the usual run at 7pm (not compulsory) followed by the meeting at 8pm.

Come and have your say, or just get to know the faces of the committee.

The Bell Inn is situated on Cromford Hill (B5036) at the junction with North Street, the first turn on the left going away from the A6. Parking either on the hill or in the residential streets opposite. This is your club, come and make your views known.

## **Big DVO Kit Sale at Allestree 10<sup>th</sup> June**

Another reason to come and support DVO at the Allestree level C event on Sunday 10<sup>th</sup> June. The shop will be there with all the items still at the old prices before we start investigating new options.

Come and get extra O clothes, or for newcomers, get your first DVO kit.

# Thought's from the Chair

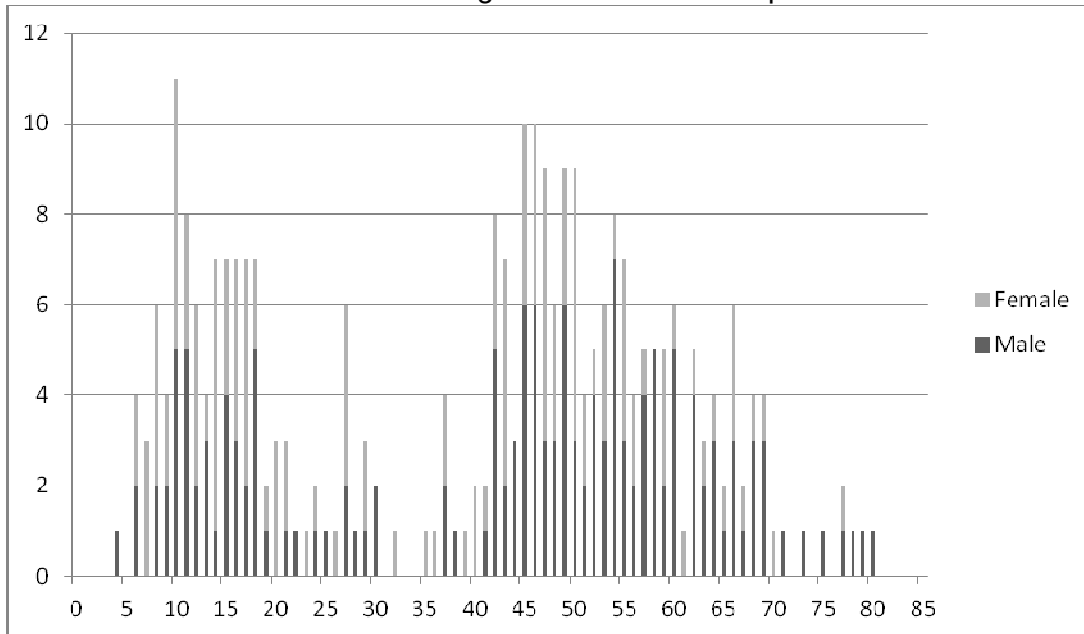
## The Missing Generation

Just a few years ago I can recall attending a meeting at work. Looking round the table, it quickly dawned on me that I was one of the oldest persons in the room. This was a bit of a surprise to me as it seemed that only a small number of years earlier I was quite often at the other end of the age spectrum in such meetings. I put this 'flip' down to probably the well known phenomenon of time passing more quickly as one's age increases and some previously implemented advantageous early retirement policies that many colleagues took advantage of.

So how come when I look at orienteering the same is not the case?

DVO training runs sport a fine body of athletes thrashing up and down the hills of Derbyshire ... here I am still one of the more youthful contingent!

Then have a look at a chart of the ages of our membership ...



This is really (well quite) interesting. It shows the number of members (y axis) at each age year (x axis) and is split male and female – the female are the ones on top in the lighter grey (*as it should be -Ed.*)

I suppose it is reasonable to expect a tail off membership in the higher age years which is shown quite well from about 45 and above. It is also perhaps quite reasonable to expect an increase from a very young age through the teenage period as many children go to events as part of a family.

However the most interesting point to me is that, in our reasonably large club, there are quite low numbers of members in the ages 19 – 42, with the exception of those aged 27 and 37. It is as if there is almost a whole generation of people who have largely missed out on the sport.

## Rip Van Winkle in the World of (DV)O

Red pens, map corrections, master maps, control cards and clippers.

This was orienteering as I found it as a boy in the late 1970s. They called it the thought sport, but they didn't mention the manual dexterity required - and not just for the competitors: in the results tent, patterns of pin pricks had to be checked before your performance could be stapled to a bit of string or a barbed wire fence somewhere near the car park. If you couldn't wait, the official results would drop through your letter box a week or so later. Every so often, the club newsletter would also turn up on the doormat and this is where you'd find the schedule of forthcoming events, the scores in the Galoppen series, and announcements regarding regional squads and relay teams.

I gave up orienteering abruptly in the mid-1980s. I went to sleep, and, like Rip Van Winkle, didn't wake up until twenty-six years later. The world had changed.

Dibbers, downloads, websites, winsplits and routegadget.

The sport was essentially the same, but the means of delivery, the paraphernalia, had been totally transformed. And, I would say, enhanced. Electronic punching has given planners more freedom, smaller areas have been opened up for use. You get a print out of your result straight after your run. You can analyse your split times - everyone's split times! - and trace your route. (I feel the experience is not complete until I have entered my route.) Event schedules, details, entries, and results can all be published, read, and actioned on-line, instantly. This is the world of orienteering as I found it in 2010.

Orienteering is on-line. Outside of the actual events, many people engage with the sport and with DVO via the internet exclusively and they will do so in increasing numbers. In view of this, I would urge an integrated communications policy in which all significant club announcements were published (in the newsfeed) on the website, in addition to print and, in future, social media.

(Thankfully, the terrain is still 'analogue'.)

yours  
Richard Parkin

# ***Job Vacancies***

## ***DVO Event Official Co-ordinators***

After considerable thought, Viv and I have decided to relinquish our roles as Organiser/Event Co-ordinator and Planner/Controller Co-ordinators with effect from the AGM in the autumn.

There are two main roles, though they could be combined:

### **1. Organiser/Event Co-ordinator**

- identify and recruit co-ordinators for all Level A, B & C events
- provide advice and support to event co-ordinators
- receive feedback following events and update the web guidelines, as necessary
- carry out an annual review of the team system, reallocate people if appropriate, and allocate new members to teams

### **2. Planners and Controllers**

- Identify and recruit Planners and Controllers for Level A, B and C events
- Provide advice and support and encourage people to take on new roles
- Maintain a list of event officials for discussion at Fixtures Committee
- Provide feedback to officials following events, not least an analysis of courses, times, etc.
- Monitor changes to BOF Rules, Guidelines and Appendices and let officials know of any changes as well as keeping them up to date on any main issues

Level D events are now largely organised and run by the Community O Co-ordinators. However, there does need to be good communication to ensure there are no clashes and that new officials are brought in to Level D events as preparation for taking on larger roles at Level C and above.

The roles do involve attendance at Fixtures Committee, which meets three times a year.

If you would like to discuss the roles further please do get in touch with either of us – Viv (Organisers/Event Co-ordinators) or Ranald (Planners and Controllers)

#### **Ranald Macdonald**

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## ***Already a Planner or Controller or thinking about becoming one?***

In the last Newstrack there was a notice about a forthcoming conference for Planners and Controllers. This event is also for those who have an interest in these roles and would like to find out more. It is also an opportunity for current officials – whatever your experience – to update yourself on current Rules, Guidelines and Appendices; look at scenarios from recent events; discuss issues/questions you may have.

The day is being co-ordinated by Ranald Macdonald (DVO) and Roger Edwards (LEI) and there will also be a session run by Dave Peel, British Orienteering Events Manager, who gave a very interesting and stimulating talk at last year's Major Events Conference.

It is very important that all officials are up to date and discuss their roles with others as it is mainly in this way that we can continue to put on high quality events at all levels. Things do change from year to year and good practice needs to be shared.

The Conference is being held on **Saturday 26th May**, 10.00 - 15.00 (tea/coffee from 09.30) at Rushcliffe Country Park, A60 (Loughborough Road), Ruddington, Nottinghamshire, NG11 6JS

During the day we will look at the range of different event formats currently being used, including Long, Middle, Sprint and Urban. We will focus primarily on Level C events, but it will also be of interest to those involved with Levels B and D.

Lunch and drinks will be provided if we know by the notification date – late bookers may have to bring their own! There will be no charge for the event as it is being run as part of EMOA's Development Plan activities for 2012.

If you are interested in coming, please let Ranald Macdonald know by Monday 14<sup>th</sup> May - [r.f.macdonald@btinternet.com](mailto:r.f.macdonald@btinternet.com). If there are particular issues you would like us to bring into the workshop, please let Ranald know in advance.

**Ranald Macdonald**  
DVO Event Officials Co-ordinator

# If You Go down to the Woods Today

Rocky Knoll

*(Rocky advises that this cautionary tale is not for the faint-hearted)*

Graham had a late start time at the event. He hadn't meant to but what with one thing and another, including the non-appearance of one of the reliefs, he ended up setting off just as the Start was being cleared away. He wasn't particularly bothered; it was a pleasantly mild winter's day and he was happy to jog round the Blue course and enjoy it in relative solitude. He certainly wasn't going to trouble the leaders that day but, he reflected wistfully, when did he ever? A couple of silly errors delayed him further and by the time he reached the finish, the courses were twenty minutes away from being closed.

After cleaning himself up a bit he found himself being accosted by Tim, the event organiser. "Fancy collecting in a few controls Graham?" Oh, why not? He wasn't in a dash to get away. He assented and Tim passed him a map marked with six control sites. They were close together up at the northern end of the forest. Actually it wasn't strictly the end of the forest, rather the end of the map; the trees carried on further north, up towards the old lime pits, for which they had neither permission to map nor to use. "You can get them as soon as you want" said Tim, "In fact you'd best be quick if you want to keep in good daylight."

It was true, even at quarter to three the evening seemed to be hustling on, being close to the shortest day, and so Graham wasted no time in departing, choosing to stick to the paths as he made his way towards the section of forest in question. It was a shame that the club couldn't use the extra bit of unmapped and intricate terrain; it would make the area large enough to hold a Regional Event. In fact a couple of years ago he had been involved in trying to contact the landowner, who turned out to be a reclusive individual who lived in a cottage that was on the edge of the woodland, set well back from the road. His endeavours had not been a success and even now his recollections of the encounter sent a shiver through him. The man had spoken to him from the shadows of a gloomy doorway so that he couldn't really see his face properly, and was threatening from the start. Graham had tried to explain his position but was sent packing with threatening words he could still remember. "*If you ever set as much as even a foot on my land I'll make sure you never leave again.*" A crank, he had decided, as he beat a hasty retreat, and hadn't given it that much thought. Until today.

He circled through the pine trees, picking up the flags one by one, aware that the light was fading quickly. Far too quickly, he thought to himself. It was only a quarter past three now. Perhaps rain was on the way. He peered up through the branches but it was hard to tell. He was right down on the edge of the map now, with only a couple of flags to collect, trotting beside the fence that bounded the out of bounds area. He glanced over to the adjacent block of wood and gave a start of surprise. There was a control flag clearly visible about a hundred metres away, dangling from some branches, set quite high up. Well it wasn't supposed to be *there*! Tim hadn't mentioned anything about complaints of missing controls so it must have been moved there quite recently by some prankster. He sighed, and set himself to straddle the sagging barbed wire. As he did so he paused, thinking about the threatening old man. "Better be quick then", he muttered as he hitched himself over. It wasn't the most successful fence crossing ever, as he caught his trailing leg and toppled over into some dead bracken. He picked himself up, dusted himself down and then something made him check his watch. The display read 77.34. Most odd! He tried a couple of buttons but the figure could not be erased. Oh well, at least it was only a cheap model.

He trotted off towards the miscreant flag. It was much colder suddenly, with a hint of mist and he found to his astonishment that he seemed to have misjudged the distance, for the splash of orange and white didn't seem to get any closer. He glanced behind and was equally surprised to see that the fence was almost out of sight. The forest here wasn't as he had expected at all, it was quite runnable with no apparent intricate detail. Suddenly he was at his destination. He stared and for a moment burst out laughing. This was no orienteering kite. Rather it was a rather colourful supermarket carrier bag, a piece of litter presumably blown here on the wind. He reached to pull it down, then something made him draw back and leave it.



Graham suddenly felt very uncomfortable. He wanted to get out of here as quickly as possible. The gloom was oppressive, and he was aware that he was shivering for no apparent reason. He turned and ran rapidly back towards the fence, or at least in the direction of it, for it was now out of sight. However, his unease continued to grow rapidly as it stubbornly refused to come into sight. "Idiot, you're going in the wrong direction" he muttered as he stopped and consulted his compass. For the first time, he felt a flutter of concern. The compass confirmed his sense of direction was correct. He pressed on. *Where was the wretched fence?* How far had he come now? All he had to do was to keep going in one direction and he'd surely come out somewhere that he knew. As long as it wasn't anywhere near that lunatic's cottage.

Suddenly a wave of relief swept through him. There was an orienteering control up ahead. It must be one of the remaining two that he had yet to pick up. He must have missed the fence altogether; it was rather ramshackle and presumably it had fallen down in sections. He dashed forward gratefully. It was difficult to describe the sinking and sliding feeling that followed. For the second time in a few minutes he was staring at a tattered plastic bag high in the branches of a tree, and this time he wasn't laughing. More litter! Where the hell was he now? He peered round. The forest looked the same in all directions, flat, featureless, and increasingly obscured by misty twilight. Right! He was going to be more organised this time. He looked at his watch. It still read 77.34. That was no good, he couldn't time himself. The compass was surely OK though. He'd take a very accurate bearing south and walk carefully. He paced it out, counting in his head, checking the compass constantly. This was surely the most perfect straight line he had ever followed in his life. This was foolproof. He'd be back at the car in ten minutes. He'd.....he'd gone round in a circle.

He couldn't have done. But he had somehow. He was back at the plastic bag. This was no third bag, this was unmistakably the same one. He knew it was because he discovered that he'd dropped one of the flags that he had collected earlier on the ground nearby. Blind panic was surging upon him. He fought it, rationalising. Surely someone was playing a trick. Perhaps this was the first plastic bag again, not the second. But how could he be sure that there was more than one bag anyway. He felt sick. One more desperate plan sprang to mind. He paced out about 100m and hung up one of his collected flags. Then he continued in the same direction keeping the bag and the flag in perfect alignment until the bag was virtually out of sight. He then hung his second flag and repeated the process, so that he had definitely marked out all the flags in a perfect straight line. As he hung his last flag he peered forward. It was unmistakable. A plastic bag flapping in the cold breeze. And as he ran towards it something else was unmistakable. The start of a line of other flags stretching out before him. His flags. The ones that were supposed to be behind him. The ones that were behind him and yet.....

\*\*\*\*\*

After that he had little idea of where he was. He just ran. Madly. Anywhere. Anywhere to get away from there, anywhere to stop his panicking thoughts from overwhelming him. How long did he run for? It could have been hours. The forest, uniform, featureless, forever twilight. Always, in one direction, a distant view of a red and white. He slumped to his knees. The old man's words rang in his ears. "*I'll make sure you never leave again.*" This was physically impossible. This was a nightmare. His watch seemed to burn on his wrist. He pulled it off and stared at it.

77.34

7:34

He turned it upside down.

And screamed.

On a lighter note:

## **York Sprint and Middles Weekend**

We drove up to the British Sprints and Middle Distance Champs in York on a foggy Saturday morning and found our way to the University Campus. After totalling 2 mins error in my heat, I was relieved to get into the A Final for W45, but my pre-final lunch of 2 bags of crisps wasn't ideal athletes' fair! The queues for the café seemed to be going backwards and popping off campus in hope of finding a garage seemed more trouble than it was worth! I WILL take proper food to Loughborough next year!

The sun broke through the mist as I jogged up to the Start. Because it was a World Ranking Event, strip maps of the way to the Start were available and I found these really helpful in getting into the map scale. I overheard two M21s chatting about compass use, and one of them said he always used his compass when exiting a point feature but never a building corner as you are generally orientated when running along a building. Crossing the bridge over the lake made for good orientation on the way to #1, ditto the bridges over the A road to #4 and 8.

By leg 9 I was getting tired so I slowed down as it was a complex area where I'd made a mistake in the morning. There was a route choice as to which bridge to take for re-crossing the lake and I went west along the bank. The little loop behind the Finish was really tricky and I didn't want to blow it so after the spectator control I retraced my steps to get #15 as it wasn't obvious where you could get through the buildings. I was pleased to finish in 15:23 having made no mistakes, just hesitations – and was even more pleased to come 3<sup>rd</sup> over-all after a lot of looking at the scrolling results monitors.

On the way to the Holiday Inn we were following our friends/rivals from TVOC who inexplicably went north and we thought 'Ha, poor route choice' only to get a text later saying they were in a Holiday Inn on the other side of the city!

At Strensall I was very wary as the contour interval was 2.5m and there was no climb on any of the courses! I thought I had a good first half but splits comparison showed it to be on the slow side. On the triangular loop near the Finish, I did the wrong side first, punched, realised what I'd done and ran along the hypotenuse twice. Even without that 80 second error I wouldn't have done very well, so didn't feel too gutted to finish 18<sup>th</sup> and be beaten by my rival from TVOC!

*Sal Chaffey*

## **Alternative, sunny JK**

As our girls no longer orienteer and the JK was in a difficult area this year, we decided to go to America instead this Easter (or 'spring break' as the politically correct Americans call it).

Zoe's history GCSE syllabus is the American West in the 1850s so we thought that would be a good destination – spatially if not chronologically!! Her teacher said they were studying the Mormon Trail to Salt Lake City but we couldn't get a direct flight so went to Vegas instead. While we were there we learnt that Brigham Young had sent 30 missionaries to set up a trading post in Vegas in 1855 which is now a national monument that we were able to visit!

We hired a car for the fortnight, which came with a Sat-Nav. We didn't need this for the first week when we toured the National Parks and went rafting, but it came in very useful in LA. I've never driven with one of these before and they are incredibly sensitive, down to the nearest 20 metres or so! Whenever we got the exit wrong (which wasn't often), a resigned voice would say 'Recalculating, recalculating', which would be most useful in O!

To the older Chaffeys' surprise, we really enjoyed Universal Studios on Easter Monday, to the extent that we went again on the Wednesday. We drove 2200 miles in the fortnight and visited 4 states but next year we'll be in the Chilterns for the JK!

*Sal Chaffey*

# Best DVO Results from the JK 2012

## Podium Positions

### Sprint

Rachel Duckworth 2<sup>nd</sup> of 12  
John Duckworth 3<sup>rd</sup> of 100

### Day 2 & 3 Combined

Amy Kimberley 1<sup>st</sup> of 12 in W18S  
Rachel Duckworth 2<sup>nd</sup> of 15 in W10A  
Jean Sellar 1<sup>st</sup> of 2 in W20S

## Top 1/3<sup>rd</sup> of Field

### Sprint

Doug Dickinson 9<sup>th</sup> of 61 in M65L  
Louis Foreshaw-Perring 11<sup>th</sup> of 63 in M14A  
Mike Godfree 12<sup>th</sup> of 79 in M60L  
Judith Holt 13<sup>th</sup> of 57 in W60L  
Stephen Kimberley 28<sup>th</sup> of 112 in M50L  
David Lawson 27<sup>th</sup> of 100 in M45L  
Harriet Lawson 9<sup>th</sup> of 33 in W18Elite  
Nathan Lawson 14<sup>th</sup> of 79 in M16A

### Day 2 & 3 Combined

John Duckworth 17<sup>th</sup> of 94 in M45L  
Louis Foreshaw-Perring 17<sup>th</sup> of 54 in M14A  
Liz Godfree 6<sup>th</sup> of 65 in W60L  
Mike Godfree 19<sup>th</sup> of 86 in M60L  
Judith Holt 14<sup>th</sup> of 65 in W60L  
Ranald Macdonald 7<sup>th</sup> of 28 in M60S  
Viv Macdonald 12<sup>th</sup> of 65 in W60L  
David Parkin 4<sup>th</sup> of 17 in M75L  
Dave Skidmore 5<sup>th</sup> of 20 in M65S  
Andy Sykes 18<sup>th</sup> of 94 in M45L

## Top 1/2 of Field

### Sprint

Ann-Marie Duckworth 43<sup>rd</sup> of 93 in W45  
Sarah Duckworth 8<sup>th</sup> of 19 in W12  
Derek Gale 24<sup>th</sup> of 61 in M65  
Viv Macdonald 23<sup>rd</sup> of 57 in W60  
David Parkin 4<sup>th</sup> of 9 in M75  
Richard Parkin 23<sup>rd</sup> of 56 in M40  
Joe Uprichard 31<sup>st</sup> of 63 in M14

### Day 2 & 3 Combined

Doug Dickinson 38<sup>th</sup> of 79 in M65L  
Ann-Marie Duckworth 34<sup>th</sup> of 73 in W45L  
Sarah Duckworth 9<sup>th</sup> of 23 in W12A  
Ruth Ellis 7<sup>th</sup> of 16 in W60S  
Helen Finlayson 18<sup>th</sup> of 39 in W65L  
Stephen Kimberley 48<sup>th</sup> of 109 in M50L  
David Lawson 32<sup>nd</sup> of 94 in M45L  
Harriet Lawson 11<sup>th</sup> of 33 in W18Elite  
Nathan Lawson 28<sup>th</sup> of 71 in M16A  
Andrew Middleton 41<sup>st</sup> of 86 in M60L  
Gill Milner 4<sup>th</sup> of 8 in W75  
Richard Parkin 19<sup>th</sup> of 50 in M40L

## Relays – Best Placings

11<sup>th</sup> in Veteran Women 165+  
Liz Godfree, Judith Holt, Ann-Marie Duckworth  
13<sup>th</sup> in Senior Men 120+  
John Duckworth, Andy Sykes, Richard Parkin  
18<sup>th</sup> in Women's Short  
Harriet Lawson, Amy Kimberley, Rebecca Perring  
19<sup>th</sup> in Veteran Men 165+  
Mike Godfree, Andy Middleton, Dave Lawson

# DVO Personal Handicap Factors

Dave Nevell

In the last issue of Newstrack I described how Personal Handicap Factors (anyone got a snappy name for these?) could be set up for each club member based on results at local events. These then would be suitable for using at the Club Championships, as well as providing an interesting monitor of performance across the rest of the year.

Since then I have compiled the first list of factors, based chiefly on DVO, LEI and NOC events over the last twelve months. To recap, these are based on all of the events that you compete in and represent your average mins/km in relation to the average mins/km at any event. So for example, if you have a factor of 0.900, and you run at Thieves Wood where it turns out that 12 mins/km is the average for everyone, then you would expect to run at  $12 \times .9 = 10.8$  mins/km. Any better than that and you will find that your factor will drop, any worse and it will rise. A totally average orienteer (averaged across all abilities and all ages) should have a factor of 1.000, whilst the very top elite orienteers might get down as low as .500.

The list shown here is based on all club members who have competed in at least 3 events on courses from Light Green upwards. In addition, since the less technical courses do not reflect terrain speed, there are separate factors for the Orange (O) and Yellow (Y) courses although I have included these in the main list (for that reason a couple of the juniors appear twice). When it comes to the Club Championships, these can be corrected to fall in line with the other factors.

Obviously, as published, the list determines the fastest to the slowest. But don't be discouraged if you are in the lower reaches; no account has been taken for either age or gender. In a future Newstrack I will show how the list can be normalised to account for those two factors and with a bound, some of you at the bottom will be marvellously catapulted towards the very top! That normalised list will most properly address the question "who is the best orienteer in DVO?" But let's progress one step at a time and begin with the personal handicaps. Don't worry if your name doesn't appear yet, there's plenty of time and events for you to qualify and ultimately, for the purposes of the Club Champs, handicaps can be based on as little as a single event.

1	John Duckworth	0.569	54	Louis Forshaw-Perring	0.975
2	Chris Millard	0.595	55	Michael Lindsay	0.990
3	Paul Addison	0.603	56	Kim Buxton	0.998
4	David Nevell	0.628	57	Andrew Middleton	0.999
5	Andy Sykes	0.645	58	Paul Wright	1.001
6	John Hawkins	0.660	59	Sian Mead	1.002
7	Richard Parkin	0.661	60	Ranald MacDonald	1.004
8	Dai Bedwell	0.665	61	Rachel Davis	1.006
9	Steve Kimberley	0.674	62	Helen Finlayson	1.026
10	Robert Smith	0.692	63	Viv Macdonald	1.032
11	Mike Smith	0.720	64	Nicholas Gordon (O)	1.044
12	Ben Crane	0.723	65	Paul Woodhouse	1.054
13	Rachel Duckworth (Y)	0.744	66	Tim Cairns	1.061
14	Harriet Lawson	0.752	67	Stephen Mead	1.075
15	David Clough	0.784	68	Ian Hodson	1.090
16	Mark Spendlove	0.794	69	David Forshaw	1.101
17	David Vincent	0.798	70	Ann Armistead	1.134
18	Sal Chaffey	0.801	71	David Parkin	1.137
19	Paul Goodhead	0.817	72	Joanna Goodhead	1.147
20	Mike Godfree	0.819	73	Cathryn Goodhead	1.150
21	Paul Armstrong	0.823	74	Tony Gordon	1.152
22	Brian Denness	0.826	75	Amy Kimberley	1.165
23	Michelle Mackervoy	0.831	76	Zoe Gordon	1.177
24	Helen Chiswell	0.834	77	Pauline Ward	1.188
25	John Hopper	0.842	78	Joe Uprichard	1.191
26	David Pettit	0.842	79	Terry Peach	1.196
27	Ian Parfitt	0.848	80	Sarah Duckworth (O)	1.204
28	Adrian Northcott	0.854	81	Sophie Gordon	1.227
29	Jonathan Cundill	0.859	82	Kevin Garner	1.229
30	Graham Johnson	0.865	83	Derek Bishton	1.230
31	Murray White	0.866	84	Miles Plaskett	1.232
32	Mike Gardner	0.874	85	Margaret Keeling	1.237

33	Russell Buxton	0.877	86	Sally Newton	1.249
34	Rex Bleakman	0.878	87	Kathryn Spendlove (O)	1.287
35	Liz Godfree	0.881	88	Christine Middleton	1.305
36	Fiona Sellar	0.887	89	Alison Hayes	1.311
37	Robert Shooter	0.890	90	Ray Stuart	1.313
38	Mark Goodhead	0.891	91	Ruth Ellis	1.316
39	Ann-Marie Duckworth	0.893	92	Jessica Selby	1.323
40	Roger Hodgson	0.900	93	Karen Bedwell	1.338
41	Derek Gale	0.907	94	John Cooke	1.341
42	Colin John	0.912	95	Kirsten Williams	1.343
43	Andy Hawkins	0.913	96	Samuel Davis (Y)	1.353
44	Sue Russell	0.920	97	Jen Gale	1.377
45	Kevin Price	0.925	98	Brian Ward	1.423
46	Malcolm Spencer	0.929	99	Barrie Bibby	1.435
47	Doug Dickinson	0.932	100	Susan Allard	1.447
48	Claire Selby	0.939	101	Mark Jones	1.454
49	Martin Farr	0.942	102	Tony Berwick	1.526
50	Dave Skidmore	0.953	103	Roger Keeling	1.585
51	Judith Holt	0.964	104	Nicholas Gordon	1.728
52	Stuart Swalwell	0.970	105	Nick Willmot	1.906
53	Stuart Wicks	0.971	106	Gill Milner	2.316

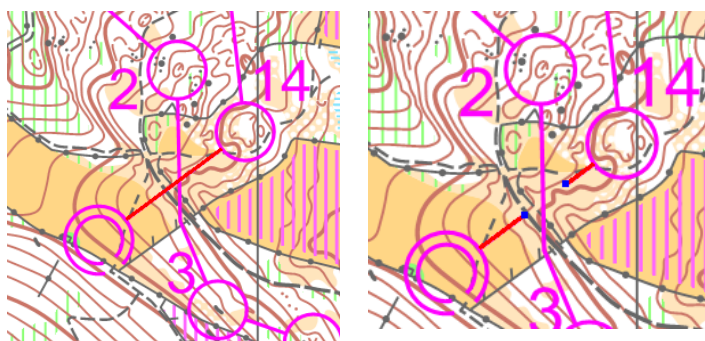
## Purple Pen for Improvers

In the last part we saw how to get started with Purple Pen to the point of starting to draw up your first course. Now we can look at some of the niceties that ensure a good result.

Whilst you can do everything at the screen there are still times when it is worth printing the map to see how it looks. Remember that unless you have a good quality printer then the final maps will look sharper – but don't use that as an excuse for sloppy work. A good printer will still print rubbish! First set the print area, File/Set Print Area. Drag the sides of the diagram to eliminate any surplus wording or notes on the map. You might also need to do this to get within the printable area of your printer. Then use File/Print Courses to print any or all of your courses.

Once you have all your courses and are happy with the planning and your controller is also satisfied with that stage then you can tidy them up. Here is a check list of items to consider:

- Crossovers. It is conventional to break the line between controls where they cross. The second leg is the one to break. Looking at a particular course, click on the line you wish to break so that it is



highlighted in red. Click on the gap tool and drag the resulting cursor from beginning to end of the break you want to create.

- Breaking circles. If a control circle obscures a feature that would assist or confuse a competitor you need to break the circle. Select the control circle (it doesn't matter whether you do it on the All controls tab or a particular course, PP

will apply it wherever that control is used). Again you use the gap tool but this time you click just once in the centre of the gap. One circle can have as many gaps as you like. If you make a mistake you can remove the gap by choosing the control, then Item/Remove Gap, then click on the gap itself.

- Bending lines. Again click on the line you wish to bend. Click on the "Add Bend" tool and click on the line around the middle of the bend you want. Then drag this point to its new position.
- Crossing Points, Forbidden Routes etc –Mandatory Crossing Points form part of the course so click on the control before the crossing point, then go to Item/Add Special Item/Mandatory Crossing Point. Whereas Optional Crossing Points can be added anywhere. Remember to rotate the symbol so that it is at right angles to the wall/fence. Click on it, then choose Item/Rotate. Unfortunately the Forbidden Route crosses cannot be rotated as they should be to lie at right angles to the route, though this can still be done before printing if need be.
- Position of Control numbers – Purple Pen makes a good job of positioning numbers clear of control circles and course lines but you may need to move them so as not to obscure features. Also move them away from OOB areas as they won't show up there when printed. They always look best on a single colour background. This applies to each individual course. You may want to move the numbers on the All Controls map in order to make it more obvious when hanging the controls but take care not to confuse yourself.
- For each course set the desired format of control descriptions as symbols, text or both. If you want the control descriptions on the front of the map then use the "Add Descriptions" button and drag the resulting rectangle to the desired place. Note that this allows you to use very non-standard sizes on the map. You will probably disagree with the default text version of the IOF symbols. You can change these under Event/Customise Description Text.
- Calculate the climb for each course (sorry but this is one thing that PP cannot do) and add it at the correct place on the control descriptions for the course.

- Double check the course lengths against the scales. One useful trick is to set a course with a start and finish on the scale bar of the map and ensure that the declared length of the course is the same as the map quotes for the scale bar. (Which is not to say that the scale bar is correct).
- Always, always look at the event audit report.

Finally some admin items. Again a check list:

- Course Name – Vital, otherwise the start officials will have piles of maps and nothing to tell one course from another. It also enables competitors to check they have the correct map. Go to Item/Add Special Item/Insert Special Text and choose Course Name, then drag the resulting box to the correct size on a blank space on the map.
- Event Number. For BOF registered events the number is in the Fixtures List and it is a requirement that this is quoted on the map. Item/Add Special Item, type the text you want and then drag the box where you want it to go.
- Event Date. As for event number.
- Closing time. Always add text in the same way to give a course closing time.

In the next instalment we will look at some of the tips and tricks for dealing with odd issues.

Mike Godfree

## Competition



This is a photograph of the last DVO team to win the Compass Sport Cup, circa 1987. Six of the team are still current members of DVO, can you name them?

For additional points, 5 of the others are current members of BOF but members of other clubs, can you name them?

Entries to the current editor at [jg.244@btinternet.com](mailto:jg.244@btinternet.com) (just in case someone volunteers to relieve Mike).

## Rocky Knoll Recommends

With the holiday season coming up there are two obvious recommendations. Croeso (the Welsh 6 days) has already exceeded 1400 entries with 24 from DVO. This is an event that has grown in stature over the years. Well worth the trip. Then at the end of August there is of course the White Rose with a feast of races over the weekend and a great holiday spirit. The orienteering is not too serious and of course it will inevitably rain at some time but the camp site is a good way to get away from the Bank Holiday crowds. The Team Score on Monday will be a good club competition, entries to Graham as usual.

For those who chose not to go to the Lakes for the British Championships there is another chance to sample the Lakes with the Twin Peak weekend on 19<sup>th</sup>/20<sup>th</sup> May. Much more accessible being on High Dam near Newby Bridge.

The long Jubilee weekend has a choice of 3 multi-day events but all are a long way. These are the Tamar Triple, South East England and the Scottish Champs and the latter is about as far north as orienteering goes being near Braemar. All 3 of them provide 4 days of orienteering in a variety of formats.

Meanwhile back at home there is a succession of our own low-key events, mainly on Saturdays. Keep an eye on the DVO web site.



## Sports Personality of the Month

The nominations are:

- Steve Kimberly for using his middle distance start time, at the BOC weekend, for the sprint start and being really late as a result.
- Ranald, at the same event, for taking Bramble to the loo with him and leaving her there when he returned. And well-behaved dog that she is, she just lay there and watched him go resignedly.

JK nominations.

- Stuart Swalwell was running short because of a recent injury but then climbed all the way up to the long start at Craig a Barns only to realise that he was at the wrong start.
- David Parkin had had enough of Dunalastair and was aiming to retire when he found a girl with a sprained ankle, but she declined his offer to help her back.
- Ann-Marie got to the first control on the relay (and it was a much longer leg than on many courses) to find she had no dibber, having pulled it off with her cag at the exit from the field. Fortunately when she went back to the start there was a marshal who had retrieved it, but it meant climbing that hill all over again.
- Mike Godfree for being so sure that he must have mispunched at Dunalastair that he went back over a 300m. leg only to realise that he had been right first time.

And

- Paul Wright, for being surprised not to get any entries for the competitions when his real name and/or e-mail doesn't appear anywhere in the issue. (yes, I know Turgil Hawp is an anagram of your name Paul, but I suspect it passed most people by).

## All Orienteering Events\* within 50 miles over the next 3 months and also major events further afield

For further details see either the clubs' website or BOF website

Key: A Major event, B Ranking Event, C Standard Event, D Small Event. For DVO level D events see Satellite News

\*Details and information correct at time of compilation - Please confirm before embarking on the journey.

Dogs are welcomed at only a limited number of events. Please confirm with the organisers if you intend to take a dog with you to the event. In all cases dogs should not be allowed within the competition areas.

Day	Date	Where	Club	Event Standard	Nearest town or location
Tuesday	1 <sup>st</sup> May	Linford Woodland	LEI	D	Leicester
Wednesday	2 <sup>nd</sup> May	Univ Warwick Campus	OD	D	Coventry
Saturday	5 <sup>th</sup> May	Dalegarth		A British Orienteering Championships	Seascale
Sunday	6 <sup>th</sup> May	Heslington Burrows		A British Relay Championships	Kendal
Monday	7 <sup>th</sup> May	Kendal	LOC	B BOC weekend urban event	Kendal
Wednesday	9 <sup>th</sup> May	Bentley Wood S	OD	D	Atherstone
Wednesday	9 <sup>th</sup> May	Bowden Housesteads	SYO	D	Sheffield
Thursday	10 <sup>th</sup> May	Lyme Park	MDOC	D	Disley
Thursday	10 <sup>th</sup> May	Evington Park & Arboretum	LEI	D	Leicester
<b>Saturday</b>	<b>12<sup>th</sup> May</b>	<b>Markeaton Park</b>	<b>DVO</b>	<b>D</b>	<b>Derby</b>
Sunday	13 <sup>th</sup> May	Burnstump Country Park	NOC	D	Nottingham
Sunday	13 <sup>th</sup> May	Kilnsey North	AIRE	B Dales Town & Country Weekend	Grassington
Tuesday	15 <sup>th</sup> May	Lyme Park	MDOC	D	Disley
Tuesday	15 <sup>th</sup> May	Grange Woods	LEI	D	Coalville
Wednesday	16 <sup>th</sup> May	Kenilworth twn	OD	D	Kenilworth
Thursday	17 <sup>th</sup> May	Tunstall & Burslem Park	POTOC	D	Stoke-on-Trent
Saturday	19 <sup>th</sup> May	Bradgate Park	LEI	C	Leicester
Saturday	19 <sup>th</sup> May	High Dam	MDOC	A Twin Peaks Day1	Newby Bridge
Sunday	20 <sup>th</sup> May	High Dam	MDOC	B Twin Peaks Day2	Newby Bridge
Tuesday	22 <sup>nd</sup> May	Martinshaw Wood	LEI	D	Leicester
Wednesday	23 <sup>rd</sup> May	Daventry Country Park	OD	D	Daventry
Thursday	24 <sup>th</sup> May	Lyme Park	MDOC	D	Disley
Thursday	24 <sup>th</sup> May	Aylestone Meadows	LEI	D	Leicester
Thursday	24 <sup>th</sup> May	Wincobank	SYO	D	Sheffield
Saturday	26 <sup>th</sup> May	Oldbury Wells School	WRE	C	Bridgnorth
<b>Sunday</b>	<b>27<sup>th</sup> May</b>	<b>Pavilion Gardens</b>	<b>DVO</b>	<b>D</b>	<b>Buxton</b>
Sunday	27 <sup>th</sup> May	Brown Clee Hill	HOC	B	Ludlow
Wednesday	30 <sup>th</sup> May	Hillfield Park	OD	D	Solihull
Thursday	31 <sup>st</sup> May	Festival Park	POTOC	D	Stoke-on-Trent
Thursday	31 <sup>st</sup> May	Lyme Park	MDOC	C	Disley
Saturday	2 <sup>nd</sup> June	Glen Feardar	MAROC	A Scottish Champs Individual	Braemar
Saturday	2 <sup>nd</sup> June	Exeter University	DEVON	B Tamar Triple D1	Exeter
Sunday	3 <sup>rd</sup> June	Creag Choinnich	MAROC	B Scottish Champs Relay	Braemar
Thursday	7 <sup>th</sup> June	Cademan Woods	LEI	D	Coalville
Sunday	10 <sup>th</sup> June	Sandall Beat	SYO	C	Doncaster

Day	Date	Where	Club	Event Standard	Nearest town or location
<b>Sunday</b>	<b>10<sup>th</sup> June</b>	<b>Allestree Park</b>	<b>DVO</b>	<b>C</b>	<b>Derby</b>
Tuesday	12 <sup>th</sup> June	Macclesfield Forest	MDOC	C	Macclesfield
Tuesday	12 <sup>th</sup> June	Burrough Hill	LEI	D	Leicester
Wednesday	13 <sup>th</sup> June	Elmdon Park	OD	D	Solihull
Thursday	14 <sup>th</sup> June	Florence & Longton Parks	POTOC	D	Stoke-on-Trent
<b>Saturday</b>	<b>16<sup>th</sup> June</b>	<b>Thorpe</b>	<b>DVO</b>	<b>D</b>	<b>Ashbourne</b>
Saturday	16 <sup>th</sup> June		LVO	B VHI Individual	Newcastle
Sunday	17 <sup>th</sup> June	Burbage Common & Wood	LEI	C	Hinckley
Sunday	17 <sup>th</sup> June	Donald Forest	LVO	B VHI Relays	Newcastle
Wednesday	20 <sup>th</sup> June	Swithland Woods	LEI	D	Loughborough
<b>Saturday</b>	<b>23<sup>rd</sup> June</b>	<b>Darley Park</b>	<b>DVO</b>	<b>D</b>	<b>Derby</b>
Saturday	23 <sup>rd</sup> June	Sandringham Country Park	NOR	B Jun Reg Champs	King's Lynn
Sunday	24 <sup>th</sup> June	Sandringham Country Park	NOR	B Jun Reg Champs	King's Lynn
Sunday	24 <sup>th</sup> June	Canterbury	SAX	B Canterbury Urban Race	Canterbury
Tuesday	26 <sup>th</sup> June	Foxton Locks	LEI	D	Market Harborough
Thursday	28 <sup>th</sup> June	Hanley Central Forest Park	POTOC	D	Stoke-on-Trent
<b>Saturday</b>	<b>30<sup>th</sup> June</b>	<b>Swadlincote Woodlands</b>	<b>DVO</b>	<b>D</b>	<b>Burton-on-Trent</b>
Saturday	30 <sup>th</sup> June	Strinesdale	SELOC	D	Oldham
Sunday	1 <sup>st</sup> July	Rufford Country Park	NOC	D	Ollerton
Sunday	1 <sup>st</sup> July	Bordon Heaths	BAOC	B Harvester Relays	Aldershot
Sunday	8 <sup>th</sup> July	Nottingham City	NOC	C	Nottingham
Sunday	8 <sup>th</sup> July	Park Hall Country Park	POTOC	D	Stoke-on-Trent
Tuesday	10 <sup>th</sup> July	Melton Country Park	LEI	D	Melton Mowbray
<b>Saturday</b>	<b>14<sup>th</sup> July</b>	<b>Black Rocks</b>	<b>DVO</b>	<b>D</b>	<b>Matlock</b>
Sunday	15 <sup>th</sup> July	Colwick Park	NOC	D	Nottingham
Wednesday	18 <sup>th</sup> July	Fosse Meadows Country Park	LEI	D	Hinckley
Sunday	22 <sup>nd</sup> July	Gwanas	ERYRI	B Welsh 6 days D1	Aberystwyth
Monday	23 <sup>rd</sup> July	Foel Goch	SBOC	B Welsh 6 days D2	Aberystwyth
Tuesday	24 <sup>th</sup> July	Watermead Country Park	LEI	D	Leicester
Tuesday	24 <sup>th</sup> July	Hafod	WOA	B Welsh 6 days D3	Aberystwyth
Thursday	26 <sup>th</sup> July	Llynoedd Teifi	POW	B Welsh 6 days D4	Tregaron
Friday	27 <sup>th</sup> July	Llynoedd Teifi	POW	B Welsh 6 days D5	Aberystwyth
Saturday	28 <sup>th</sup> July	Aberystwyth	POW	B Welsh 6 days D6 urban race	Aberystwyth
Sunday	29 <sup>th</sup> July	Wollaton Park	NOC	D	Nottingham
Tuesday	31 <sup>st</sup> July	Snibston Ctry Prk	LEI	D	Coalville