



Jake O'Donnell M12, 1st ❖ Rachel Duckworth W16, 3rd

The slick medal ceremony at the British Sprint Orienteering Championships, Bath University, 1st September 2018

Liz Godfree W70, 3rd ❖ Sal Chaffey W50, =3rd



Newstrack is the magazine of Derwent Valley Orienteers

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New Members

Welcome to new club members Mark Dalgarno M50, Ben, Rosie & Edward Stephenson, Nigel Spencer-Maggs M45 and unicyclists Kate Lowndes W21 and Gary Kelsall M45! See you at an event or social soon :)

Editorial

I heard on the radio yesterday that, for the first time since 1982 when longevity statistics began to be kept, life expectancy is starting to fall for both men and women. Unless the obesity epidemic is addressed, future generations won't live to the ages that we are attaining now. Surely a good opportunity nudge our sedentary friends into trying out our sport!

Thank you all for your contributions. Copy date for the next issue is 11th November so it'll be ready for Linacre on the 18th.

Autumnal wishes to all!

Sal

What's inside?



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Congratulations to **Jake O'Donnell M12** and **Rachel Duckworth W16** on becoming 2018 British Middle Distance Champions at Stockhill, near Wells, September 2nd!



🏠 DVO AGM, 10th Oct, The Family Tree, Whatstandwell 🏠

Come along and help vote in some new committee posts and changes to the Club constitution. The meeting will start at 7:30pm, and, after the business part, Mike Godfree will give a demonstration of the new Smartphone app MapRun (see page 7).

Free parking opposite, and extra spaces at Whatstandwell Railway Station. Bar, plus tea & coffee. All welcome!

🏆🏆🏆 DVO Awards & Super, 27th October 🏆🏆🏆

After the event at Alfreton Park, we'll be holding our annual Awards Ceremony and Super for Club members, from about 4pm onwards. Trophies will be presented for best runs at the CompassSport Cup Final October 21st, plus awards for Orienteer of the Year, Junior Orienteer of the Year, Most Enthusiastic Newcomer, Improver of the Year, Newstrack Contributor of the Year, plus the David Parkin Trophy for Services to DVO.

So bring some food to share and enjoy a look back on the orienteering year, as Randal takes a straw poll of your votes for 2018 Sports Personality! We should be finished and tidied away by 7pm. No need to book!



Club Captain's Corner

Before I look forward – as we are all doing! – to the CompassSport Cup Final at Abraham's Valley, on 21st October, I thought I'd record a bit of history before it was forgotten.

British Mixed Sprint Relays – 9th June

There isn't a formal record of what the Club Captain's duties encompass, which means they have a tendency to expand rather than contract. They definitely include organising teams for any event where runners are primarily representing the club rather than just themselves, e.g. the CSC, JK Relays and British Relays. They would probably include this event too if I were ever to attend it. It hasn't really found its niche yet, only a shallow re-entrant (a feeble attempt at an orienteering pun, in case you didn't recognise it; they are an endangered species), possibly because it needs to be packaged with some other event, just as the British Sprint Champs are twinned with the British Middle Champs. This reflects in the numbers taking part – there were only 30 teams across 7 categories at this year's event, but DVO provided two of them (strictly, one and two-thirds), one of which featured in the UltraVets class. Mike and Liz Godfree and Doug Dickinson were defending their 2017 title in Pegswood, north of Newcastle, and finished in second place this time around.

Next year, these Champs will be much better attended because they are being twinned – tripletted? – with the British Champs and the British Relay Champs over the May Day Bank Holiday weekend. If they are to be taken seriously, this is what needs to happen regularly.

White Rose Relays – 28th August



Open category:
James/Grace/Peter



Family category: the O'Donnells

DVO traditionally does well at this event, and this year was no exception. We entered six teams in all (just under 25% of the whole entry), and recorded a First (Michelle Mackervoy, Val Johnson and Elizabeth Bedwell in Women 120+), a Second (Yours Truly, Dai Bedwell and Andy Mackervoy in M160+) and two Thirds (the O'Donnells in the family category, plus James Bedwell, Grace Pennell and Peter Mackervoy in the Open category – yes, we've reached the point where even our juniors are too old to be fitted into a White Rose junior relay team class). Well done to all whose shelves now groan under the weight of a fresh minting of unlimited-edition White Rose mugs.

Perhaps even more importantly, DVO made a clean sweep in the highly competitive White Rose Quiz category, where the Vincents came third, the Johnsons second and the Bedwells first. They didn't even need to resort to counting the safety pins (or was it drawing pins?) in the jar to separate us either.

The White Rose campsite must have been the best ever, being sleeping-bag friendly and granting everyone

Michelle, Val and Elizabeth – 1st in W120+



a fine view of Duncombe Hall over breakfast. The relays were on the same area as Saturday's Middle Distance event and adjoining the campsite field. Maybe it was the feet that had trodden down the vegetation during Saturday that made the difference, but I found the area lent itself better to a relay event than the traditional orienteering format, despite the fact that both events used common controls, often approached from different directions.

I was pleased to see that the relay event avoided the pitfall (another orienteering pun intended) of Control 87 on the Saturday. According to the

map legend this was a 'rocky pit' denoted by a black 'V'; according to the control descriptions it was just a pit. The IOF define a pit, somewhat self-referentially, as a pit or hole with steep sides. What this actually was, was a square, hollow, subterranean (i.e. at or below ground level) two-brick wide column down the middle of which the control had been inserted so it was not visible until standing immediately above it. The unfairness of this control may be gathered from the fact that the winner of M60L took 2.41 minutes to find it, the second (Paul Addison of this parish) 5.46 and the third (me, otherwise I wouldn't be banging on about it) 4.57. Without this control, Paul would have won the course.

Our extreme displeasure at this control may have filtered through to the relay planner because on the Monday, the same control had the kite staked above-ground next to the feature – which was neither a pit nor rocky – so there could be no doubt where it was.

There, I feel better for that.

CompassSport Cup Final, Abraham's Valley – 21st October

As I write this, it looks like DVO's team will contain at least 78 members, exceeding even the numbers who attended the heat. This is a splendid turn-out, and it would have been even better had the event not coincided with the beginning of half-term in some areas.

There are two particular features of our entry, both recurrent themes.

Because it is the final, we have only been allocated 11 start-times in any one class, but we look like entering 21 in the M70+/W60+ Short Green Vets class alone. I've already gone on at length at the short-sightedness of lumping all women of W60 and over with all men of M70 and over, and this provides further grist to the mill. I don't intend to repeat myself, but it has meant that I have not been able to offer a specific advance start-time to numerous people, and not just in Short Green Vets. I'm very sorry about that.

I have re-read the Rules and I see nothing which makes the runs of those on the 'reserve list' any less valid than those who have been allocated start-times in advance of submission of the entry. In theory, anyone on the reserve list could win their course and still score 100 points – even though the gap between these runners and their fellow club-mates will be less than the 20 minutes which separates those with allocated start times. Similarly those with un-pre-allocated (is that a word? It is now.) starts still have the ability to push down and reduce the points of competitors from other clubs. I can't imagine this was the intention of those who devised the rules – otherwise why bother to provide a twenty minute start-time gap? I am pleased to hear that the problem is being addressed and alternative options considered for next year.

The other feature is of course the relatively sparse number of entries in any class younger than M/50 or W45 – although even here the picture is not a bleak one. We have the benefit, this time around, of a number of perhaps less familiar faces who have willingly entered in these classes, and I for one am very pleased to see them.

The great thing about the CompassSport Cup is that it is the only event in the calendar where the whole club competes as a collective to try, if not to win the trophy (which realistically is unlikely to happen), then to register a presence in the results as high as possible. For me, to end up equalling last year's fourth place would be a tremendous achievement. Whether we do this or not, I am confident that everyone will give of their best and, if we fail, it will not be for want of trying.

Get in there!

Graham Johnson, Club Captain

Shop Early for Christmas

Or look smart at the CompassSport Cup Final! Is it too much to ask that every runner wears a DVO top?

I have a stock of O tops, singlets and jackets and I need to place a new order soon before Brexit causes a hiatus. See under Members/Clothing on the web site and that includes a link to the sizing chart. Let me know what you would like. Remember that most of us have found the sizing to be on the tight side.



The O tops are currently £31 (short sleeves) or £35 (long sleeves). Singlets are £17 and jackets are £30 but the next order may differ because of exchange rate and size of order.

For children I can try to arrange second hand deals with other out-grown tops.

Mike.Godfree@btinternet.com



Thoughts for next Summer

- World Masters, Riga, Latvia 5/7/19–12/7/19. See www.wmoc2019.lv
- French 5 Days, Southern Alps between the Ecrins and Queyras National Parks. 7/7/19–12/7/19. See www.o-france.fr/2019-foot/
- Scottish 6 Days, Crieff, Perthshire 28/7/19–3/8/19. See www.scottish6days.com/2019
- Swiss O Week, Gstaad, Bernese Oberland 3/8/19–10/8/19. See www.swiss-o-week.ch/en/

A shame it is not really feasible to do more than 2 out of those 4!



Diary Dates for DVO Anniversary Celebrations in 2019



Celebrations to suit all tastes are scheduled as follows:

1. Friday 10th May – **meal at the Mainsail Restaurant** at Carsington Visitor Centre, with a possible speaker. Email Marg Keeling if interested to help gauge levels of interest: margaret.keeling@mac.com
2. Saturday 15th June – **retro event with pin punches & DIY results at Carsington Pastures** followed by a picnic. Starts from 2pm and will double as the **2019 Club Championships**. Rob Shooter to plan, Organiser needed.
3. Saturday 26th October – **Family Ceilidh at Wirksworth Town Hall**, Viv & Ranald catering. This will double as the **2019 AGM and Awards**.

DVO 50th Anniversary Logo Competition

This year, EMOA reaches its 50th birthday, which will be marked at the East Midlands Championships at the Dukeries on December 16th. LEI's Ernie Williams designed this logo for the occasion.

DVO's 50th Anniversary is coming up in early 2019, and the challenge is to design an anniversary logo, based on the existing DVO logo in some way.

Submissions to Andy Hawkins by the end of October please, and we'll announce or vote on the winning entry in the winter. Good Luck!

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EMOA Regional Training Day, Saturday 24th November Charnwood College, Loughborough

This is a free course for anyone wishing to become a Planner, Organiser or Controller. There will also be a Mappers' workshop, considering changes introduced in ISOM 2017 and latest draft ISSOM specs.

For further details or to book a place, please email Chris Phillips, LEI: onecp47@gmail.com

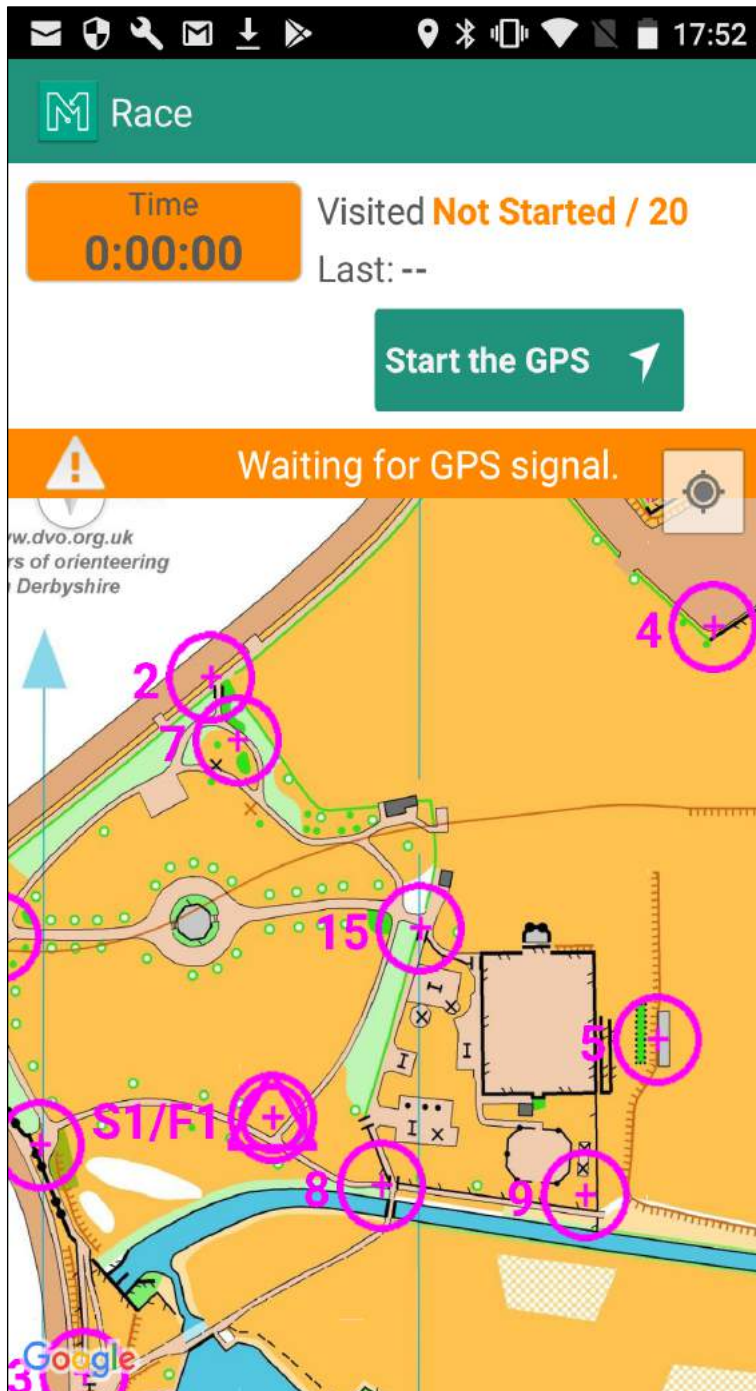


Smartphone Orienteering

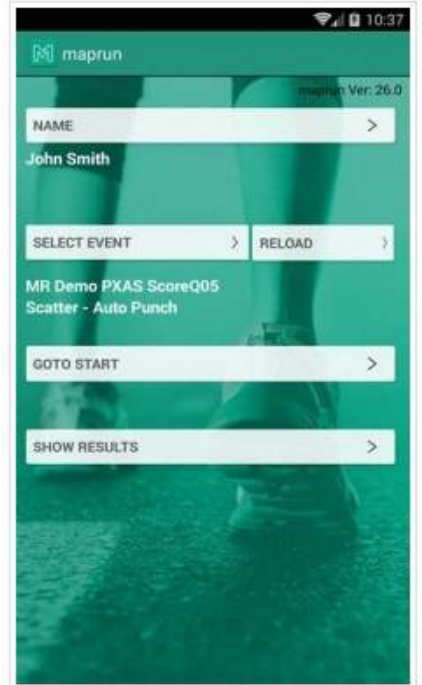
We have had a couple of attempts at self-timing on permanent courses with smartphone apps but so far they have always required some sort of barcode/QR code marker to be put out. Now there is an app that just relies on GPS and proximity to the control to record a time stamp. The great advantage of this for our permanent courses is that damaged and missing

markers are no longer such an issue. And it is possible to set up a full scale event without needing to put out and collect in controls.

You can try it out yourself by downloading the MapRun app from either Google Playstore or the Apple App Store. There are many similar named apps, make sure you get this one. There is a direct link at <http://maprunners.weebly.com/> Then on your phone in the App go to Event



Ashbourne Town Park already set up for MapRun



List, go to the folder MR UK, then MR Derwent Valley and choose one

of the areas. There may be more by the time you read this, but so far I have set up courses at Ashbourne, Staunton Harold and Hall Leys Park, Matlock. For some of them you will need a PIN number from me.

Best to download the event details whilst you have a wifi connection but you don't need one on site. When you are ready press "Go to Start" and the map will open on the phone with your current location shown. Let your phone GPS settle down and approach the start. Press "Start the GPS" when you are at the start triangle and once you are close enough timing will start and the "you are here" blue dot will disappear. Don't go close to the Finish until you are ready to finish. Then you can upload your result and track for the world to see. Depending on your phone you may prefer to use a printed map and just leave the phone in a pocket where you can hear it beep at each control.

Other clubs like NGOC and MDOC have also used the app for events with no controls and you can learn more on their web sites.

Please remember it is a work in progress, both our use of it and for the developer. My expectation is that people using the permanent courses will purchase a map and that will give them the PIN number to get the map in the app.

Mike Godfree

The final at Abraham's Valley on October 21st will be the club's ninth final, thirty years since we last reached this stage in consecutive years. Our overall record in finals is 1st (twice), 2nd (twice), 4th (twice), 8th (once) and 9th (once). This year nine clubs have qualified for the final but this will probably be extended to eleven when the last qualifier has been completed. The complication is that this qualifier was cancelled back in March and so now is going to be scored as part of the Final itself. I am assuming that this will result in BOK and DEVON qualifying. One notable absentee will be OD, who have been perpetual qualifiers since 2005. The venue, or at least the type of terrain, should be quite familiar to us and unlike last year we are not pitched directly against the hosts, as WCH are competing in the Trophy. Once again let's look at the form book.

FVO (5 year record, most recent first: 2nd, 1st, 1st, -, -). Last year BOK put an end to their phenomenal run of victories in both Cup and Trophy which spanned more than a decade. Some of the reason for their defeat may have been down to the 1000 mile round-trip that was required. Travel will be a bit easier for them this year but the Final is firmly in the territory of both SYO and BOK, making it a very hard call to make. If they are fully committed, they can get back to winning ways.

2018 CompassSport Ranking: 3rd. My prediction: 1st.

SYO (3rd, 2nd, 2nd, 2nd, -). Still haven't won since we dispatched them in the heat at Fineshade in 2013. Probably have a better chance than last year but will it be enough? They have a good winning record in this part of the country and have just won the Yvette Baker Trophy so maybe they can reverse their fortunes.

2018 CompassSport Ranking: 9th. My prediction: 2nd.

BOK (1st, 3rd, 4th, 1st, 1st). They won last year in their backyard (i.e. the south-west of the country) but it'll be a lot harder this time round. If they do qualify it will make it a record 14 Finals in a row. FVO will be out for revenge and BOK have never beaten SYO this far north. Completes the trio of clubs DVO will probably have to accept are too good to match.

2018 CompassSport Ranking: 21st. My prediction: 3rd.

LOC (11th, -, 2nd, -, 3rd). Erratic performances in recent years so they may be beatable. Didn't bother putting out a full team last year but are sure to try harder this time round. The best club never to have won the Cup? Can't see them losing that label, but I think they may have enough to pip us.

2018 CompassSport Ranking: 8th. My prediction: 4th.

SO (10th, 7th, -, -, 5th). A big club but they seem to lack the organisation and appetite that is required for success. That's no guarantee that they won't be serious rivals this year and I think like 2013, it might be close.

2018 CompassSport Ranking: 31st. My prediction: 9th.

DEVON (5th, -, -, 7th, -). Hosts last year and will qualify for this year's final whatever happens when the heat is scored as part of the final. Beating them last year was a tough proposition but I expect we will find it easier this time round.

2018 CompassSport Ranking: 15th. My prediction: 8th.

SLOW (-, -, 7th, -, -). Winners in 1993 and 1996 but rarely reach the final nowadays. They did beat us in 2015 though so they are clearly another club with whom we might have a close tussle.

2018 CompassSport Ranking: 29th. My prediction: 7th.

NOR (-, -, -, -, -). This is uncharted territory for the East Anglian club. They have never qualified for the Cup Final before and only WAOC have ever represented the EAOA before. OD triumphed on debut in 2005 but that's not going to happen again. We will certainly beat them.

2018 CompassSport Ranking: 76th. My prediction: 10th.

DEE (-, 4th, 6th, 5th, -). Conquerors of OD in the heat, their best result was 2nd way back in 1984 and they also won the replacement inter-club competition in Foot and Mouth year. They beat us in 2015 and therefore must pose a real threat.

2018 CompassSport Ranking: 26th. My prediction: 5th.

ESOC (-, 9th, -, -, -). One of the teams we beat at Witherslack in 1987 when we defended the Cup. Best result was runner-up in 1991 but rarely travel to the Final these days even if qualified so on that basis I predict they will finish in last place.

2018 CompassSport Ranking: 19th. My prediction: 11th.

DVO (4th, -, 9th, -, 4th). Last year's fourth position will be extremely hard to match and I predict it could be anything from 5th–8th this time round. Good organisation, coupled with combining the event with the Club Champs may well be the “tie-breaker” that sees off most of the potentially dangerous opposition. DEE could be the key club to beat to do better than my prediction.

2018 CompassSport Ranking: 42nd. My prediction: 6th.

Good luck to all taking part and have an enjoyable day.

Truskavets 4 Days, Ukraine

Dave Bennett



So how did I find out that there was an event in Ukraine at Easter as an alternative to the JK? By browsing the event calendar on the ‘World of O’ website (<http://cal.worldofo.com/>) in search of events in countries I had never visited. I wasn't particularly looking for an Easter event, but this one looked like a good opportunity.

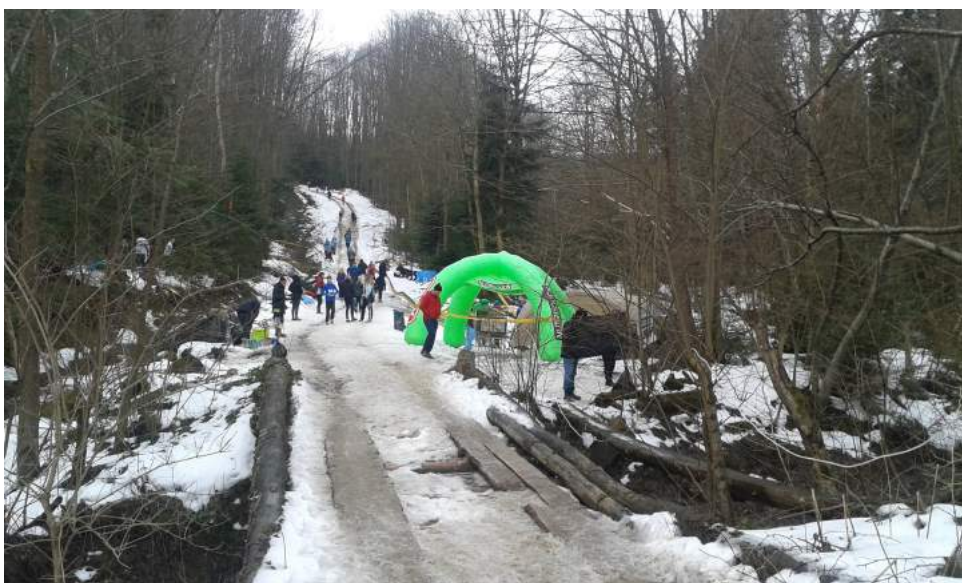
O-Vesna (“O-Spring”) is a four-day event, with Urban, Classic, Middle and Sprint races. I took part in the Classic and Middle-distance races on days 2 and 3. The venue was Truskavets, a town in the foothills of the Carpathian Mountains, that was developed as a spa resort during the 20th century and remains popular as a spa: in the main park there is a pavilion where the waters can be sampled (although I didn't). All events were within walking distance of the town centre, so no event car parks were provided, and most competitors would have been staying in the town given the multitude of holiday accommodation there.



I arrived in town towards the end of the Urban event, which was followed by the Opening Ceremony (photo) held in the main square at the edge of the town park. Each country represented at the event was welcomed, as was each region of Ukraine – although orienteering in Ukraine is organised through clubs, as it is in the UK, in domestic competitions the competitors represent their region, because the regions provide public funding for sport. The ceremony also included the prize-giving for the Urban event, and a raffle draw based on competitors' bib numbers, so that everyone there had a chance to win something. There were also a couple of breaks from the prize-giving whilst a singer performed what seemed to be Ukrainian pop songs. I then had to visit the event office, in the back room of a sports centre, to pay for my online entry and collect my race number – I didn't even need to give my name as I was the only British competitor (and one of only a

handful of foreigners). Interestingly, in the results, competitors' names were shown in their native alphabet, so there was a mixture of Cyrillic alphabet for the Ukrainians, and Latin alphabet for western Europeans.

The Classic event was on a wooded hillside to the south of the town, and the route to the start took us over 550m above sea level and above the snow line, although the temperature was at least 10°C and rose as the cloud cleared later in the day. On the way I got talking to an elite Ukrainian orienteer who spoke good English – he was shocked that in England we have no right of access to most of our forests, to him it was normal to be able to go for a training run anywhere. He also mentioned that the previous year's event had basked in temperatures of 25°C: the transition from winter to summer is quick when it comes. The event had a timed start, and there were separate blocks of times for each age class, e.g. after the block of start times for M21, there were a block of start times for M35, even though courses were different. Maybe this allows each course to have a lot of controls in common without giving competitors the opportunity to follow someone on a different course. And each day there was a maximum time allowed to complete, e.g. for the Classic distance, no competitor could take more than 3 hours, even if they had an early start.



Classic event, route to the start (up the hill from download tent)



Event catering

Once underway, running proved to be physically hard-going. The forest contained a lot of windblown trees and brashings, and ankle-deep snow in places also slowed me down as well as obscuring the less distinct paths. The area was cut by very deep narrow stream valleys, and one long leg crossed several of these. Paths could be followed for parts of some longer legs, but not all. However once in the right place, the controls were easily visible on trestles.



View towards Classic event area across the reservoir

The age profile of Ukrainian orienteers is nothing like that in the UK: the class with most entrants in the Classic event was W14 with 73: I was one of only 8 in M40, and even M60 had only 12. However the juniors aren't necessarily confident or experienced,

and frequently stopped other competitors to ask where they were – and were then surprised to find they were nowhere near where they wanted to be. This seems to encourage Ukrainian orienteers to be unnecessarily helpful, as at one point when I was pondering the map to relocate, another competitor pointed out exactly where I was as he passed, no doubt intending to be helpful although I was actually quite happy puzzling it out for myself!

Catering at the event was provided at a small, unsheltered table by one woman selling hot dogs, caramel sauce in a wafer cone, and tea and coffee. Never one to pass-up an opportunity to try something sweet, I went for the caramel wafer.

The Middle-distance event was at a lower altitude in a flatter part of the forest where the snow had all melted, so easier for running, but with less distinct contour features. At the start kite the only visible feature was a mass of deeply rutted vehicle tracks from forestry work. The tracks were all mapped, but were so churned into each other that they didn't really help for navigation. They were however a distraction when following a bearing as there was often a track heading in *almost* the right direction. There were also a few drainage ditches, and had I not been orienteering I would never have noticed these as man-made features in the landscape. I made a couple of large errors, once when I got confused between two neighbouring junctions of multiple tracks, and therefore turned the wrong way to look for my control: after I realised I must have gone too far it took quite a while to find a feature I could confidently relocate from. The second error was to turn the wrong way when I unexpectedly came to a re-entrant with a small stream: I had been looking for a dry re-entrant, and didn't initially think that the recent snowmelt would have added temporary streams where none usually existed. These errors pushed me down the results, so whilst I had been 5th of the 8 M40 competitors in the Classic event, I was last of the 7 finishers in the Middle-distance – although only by a couple minutes, and 3 others had retired. But as ever when I compete abroad, the cultural experience – of the country as well as the orienteering – was far more important than my final results.



Truskavets town museum

An Argentinian anecdote from Francesco Lari

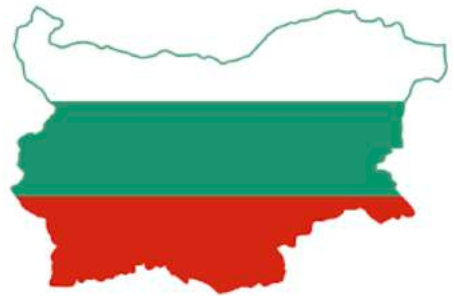
Reading the caption at page 14 of July Newstrack about the opening ceremony of the WMOC with the caption “flags of the countries represented entering in alphabetical order: Argentina (1 competitor)” reminded me of a curious fact that is probably unknown outside of Italy and Argentina. The story begins with two boys from a little town near where I was living in Italy. They began orienteering because their PE teacher was a keen orienteer, and proved to be quite good, sweeping the junior National championships between them. When they were about 18 they grew unsatisfied with the running training programmes provided by the Italian National team coaches, and as I was the coach in our local running club, they asked me to provide them a schedule, so I ended up following them quite closely.



Naturally there was an element of competition between the two, and while one managed to get in the Italian senior team in several world cups, the other was very close but always missing the final cut. So when later on life brought him to marry an Argentinian, he decided that he had a chance of getting to a senior world cup after all. And he became, in 2012, the first competitor that Argentina had at a (senior) Orienteering World Championship. And he probably had a positive effect on promoting the sport there because the chap at the WMOC was not him.

The alternative Lakes 5 Days

As some of you may know, I currently have a sabbatical from work and am spending the time wandering, cycling and orienteering my way around various parts of the globe. In order to kick this little adventure off, I decided to try and find a holiday O-event somewhere in Eastern Europe. A bit of Internet research turned up the Variant



5 Day high up in the Rhodope Mountains of Bulgaria. It was the same week as the Lakes 5 Day, which was a shame, but its website promised some great terrain and 2 long, 2 middle distance and 1 sprint race over the week.

And so it was that we found ourselves heading down the M1 to Luton at 4:30 in the morning for the early Wizz Air flight to Sofia. We had a couple of days to explore Plovdiv (Bulgaria's second city and one with a lot of history) before heading up into the mountains. The event centre was in the pass at the top of the mountain range, a great setting, and, at 1350m, somewhat cooler than Sofia and Plovdiv, which was welcome!

We registered and collected our impressive event o-tops, with a roaring bear on the back.

Day one was a middle distance race, and although the courses were short, there was quite a bit of climb and the times posted in the results were appropriate for a middle distance event. It was raining persistently by the time it was our turn to start. Nonetheless it was still a balmy 22 degrees, so the rain was almost welcome! The area



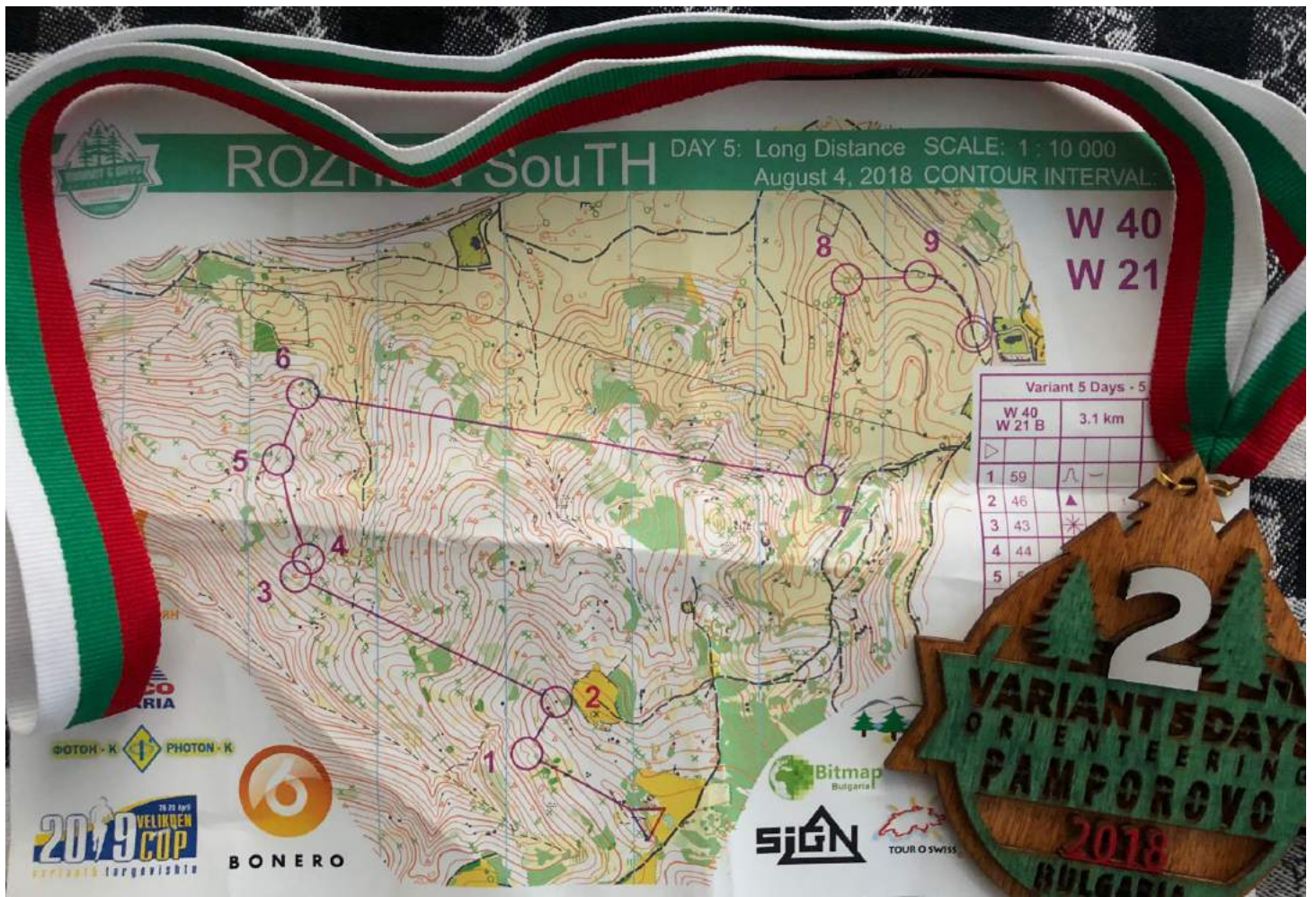
was steep, right from the off, consisting of quite intricate cone-covered mountainsides. I took it easy for the first couple of legs – something to do with the steepness rather than an absolute tactic! The detail on the map was super and you needed some good map reading and compass skills to find all of the controls spot on. I had a super run to start the week, and was pleased to find that I had the lead and by over 6 minutes! There were small wooden medals for the winners each day, so I collected mine and had high hopes for the coming days.

The weather brightened up for the second day – a classic distance, although you might have been fooled by the short course lengths! I made a complete hash of number one, choosing to take the path up the side of the spur. However, rather than head over the spur and into the control, I continued up the indistinct path high onto the spur above the control. Ten minutes later and after several hunts in the wrong re-entrants, I finally found the flag! Control 2 didn't go



much better. I tried to contour round the valleys but the terrain was rough and I ended up on the path above the control. The rest of the course went okay, but I ended up in second place – not irrecoverable but some work to do in the next three days to regain the lead!

Day 3 treated us to an urban sprint race around the Bulgarian town of Smolyan. It's right near the Greek border. Distances were super short – a proper sprint



race! As soon as I picked up the map I could see there was going to be a lot of detailed map reading needed to negotiate the various stairways, alleyways and dead ends. I was going well towards number one, choosing the route directly up the stairs to the road above the control. However, I was distracted by a control in the alleyway immediately before number one and wasted 3 minutes punching this and proceeding halfway to number 2 before I realised what I had done! Three minutes lost in a sprint race is close to disaster!

For Day 4 we were back at the hotel, but this time on the other side of the pass, and another middle distance. We were expecting forested hill sides for the race, but were surprised to find that most of the courses were in the rough open. Visibility was obviously good, but the courses were still tough with lots of changes of direction, ample opportunities for ending up on the wrong contour feature and plenty of "up and over or round" route choices to be made. I had a great run, only losing a few seconds here and there. Overall on the day I was second by 20 seconds. Not a bad result, but not helping me regain my overall lead!

The final day was a chasing start. I was 6:36 down on the leader and so over a 50 minute course there was everything to play for! The course was well planned, and probably the best and most technical of the 5 days. There were several really long legs, providing lots of route choice. I had a near perfect run! I managed to win the standalone Day 5 race, but only by 19 seconds, so not enough to make up the 6 minutes that the leader had over me from Days 1–4. Looking at the splits after the event, I won the race on leg 6 to 7. I was over 3 minutes faster than anyone else. Sadly there is no Routegadget to see where others went, but I chose the route through the open land to the north and then followed the valley up into number 7. I wonder if others choose to go on a more direct route over the hills?

I collected my second wooden medal of the competition, for the overall second place, and also received a tube of Bulgarian rose-scented hand cream – not quite my style but I think my mum liked it!

Overall an excellent 5 days, but which Eastern European country next? Montenegro or Moldova are current favourites for next year. In the meantime however, I hope to find a few orienteering events as I peddle my way down New Zealand. I'll try to provide some Newstrack updates, but for more realtime updates, I am blogging about my adventures at www.twofeetandtwoheels.wordpress.com

Helen Chiswell

WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 28

Now available on vinyl

DVO set to launch new loyalty card

Events mean controls (page 4)

Controls mean points (pages 92-96)

Points mean prizes (back page)

Other news: DVO's new loyalty card slammed "incomprehensible"

What price loyalty: DVO set to scrap new loyalty card

Weather: Callum followed by a dash of Deirdre

It's that time of the year again (again, etc.)

The RumpassSport Cup Final. We'll overlook last year's 4th place as an anomaly and issue an amnesty to all those who put personal glory ahead of the bigger objective of celebrating Real Orienteering. Eighth will do just fine. RDO expects all members to do their duty.

Orienteering back on the Big Screen

Film maker extraordinaire Donald MacRanold, best known for *Last Control* in Allestree Park and *The Controller*, is back with arguably his most ambitious project yet, an orienteering musical. Dance and music in fact. Set in the scattered woodlands of the Charnwood Forest, it is called *LEI LEI Land*. It is the heart-warming story of aspiring elite orienteer Mia and dedicated map-maker and pianist Sebastian, who struggle to make ends meet while pursuing their dreams in a county known for destroying hopes and breaking hearts. With modern-day Woodhouse Eaves as the backdrop, this musical about everyday life explores what is more important: a once-in-a-lifetime love or the victory in the East Midlands Galloppen. Sounds somehow familiar? I guess we've all been there. Premieres at the Belper Gaumont on October 20th.

Some More Film Picks

Manchester by the Sea – The story of a quite disastrous piece of cartography.

The Shape of Water Features – the heart-breaking tale of one man's unsuccessful quest to find a lake in the shape of the late Dale Winton.

Three Billboards Outside Belper, Gateway to the North – Financial backing for the project came from Morrisons. A bit dull, to be truthful.

Call Me by Your Name – Three hours of footage of Start minus 3 call up at BOC has proved an unlikely hit.

Don't forget to change your clocks

Because you'll look a right dork if you don't.

This is a free public service provided by WSC. You're welcome. (Good idea -Ed)

The Orienteer – How It works (continued....)



The boundaries of traditional orienteering have been expanded.

Many fresh formats have appeared. Zombie O is one example of a new genre.

Haggard, drooling blood-splattered figures in tattered clothing lurching through the undergrowth

Or perhaps that was just the recent East Midlands Night Championships.

From the casebook of reporter extraordinaire Miles Piles, WSC is proud to present

The Mystery of Cromford Rocks – Part eight

The story so far: Miles Piles and Alice Treepark have thwarted evil chutney magnate Sir Branston Smalls' plans to infect Cromford Rocks with the deadly Larch Lurch disease in order to obtain the land for a new pickle factory. However, in the process Smalls' henchmen appear to have captured Piles' assistant Robin Wood and are driving him off to an unknown location. We pick up the tale in the forest...

I glanced down at my watch. It was close to midnight and clouds were scudding across the moon as the wind picked up, rustling leaves and creaking branches. Alice slumped down disconsolately. It was the first time I had seen her anything other than full of energy and fire, and I realised how tired I felt too. She looked up. "Poor Robin" she muttered. "He really doesn't like the dark and he's probably trussed up in the boot. Isn't that what the thugs always do when they kidnap people?" I didn't know what to say. This wasn't a typical day in the life of a reporter from the Belper Thunderer. I said nothing for a while, considering our options. There was an overpowering stench of vinegar in the air, our successful means of driving away the weevils and I had an overwhelming urge for fish and chips. "Let's go get some food somewhere," I said finally. "We'll think of a plan when we're not so hungry." An hour later we were sitting in the services on the M1, wolfing down a very late tea. For some reason I couldn't quite pinpoint, I felt it would be safer here than at my flat. Alice and I were probably the two people that were most closely linked to Robin and we could be some sort of target too. Boy, that girl could tuck food away. Alice was on her third cherry and ice cream pancake already. She soon perked up. "Robin won't tell them a thing, Mr Piles" she said. "He's loyal and you can trust him". I smiled at her. "I know Alice. I'm not worried about that. In fact, I'm quite envious, he's probably getting a great story. And please stop calling me Mr Piles, the name is Miles." "Ok, Mr Miles, I'll try to remember. What's our next step? Don't you dare take me home, I'm not going to miss this for the world." I couldn't really disappoint her. After all, she had been the one who had saved Cromford Rocks, if truth be told. I mused. "My hunch is that Smalls will be using BOO HQ as his base for his shenanigans. With BOO Chairman Bob McNut in his pocket, Smalls will have literally taken over the place. I think they may take Robin there. They'll want to negotiate, so I think we have no choice but to go there." It was guesswork, but Alice nodded in agreement. However, things suddenly took an unexpected turn. A third person was approaching the seating area. It was Smalls! He clearly didn't recognise me and wouldn't have known Alice anyway. What was he doing here? It didn't look like he was in a good mood. I signalled to Alice to keep quiet, mouthing "Smalls" to her. She scowled. He sat down with his back to us a few tables away. He put a Costa cup on the table and answered his phone. He clearly wasn't happy. I caught a few phrases. "...vinegar...back to Harwich...useless insects...idiots...just get rid of him...he wants to do a deal?...meet me in the usual place in one hour...idiots!" Alice shifted uncomfortably but I signalled for her to stay quiet. She quickly finished off her last pancake. Smalls texted for few minutes, finished his drink and was off, quickly out of sight. "Come on," implored Alice. "We have to follow." "No wait," I replied. "Too risky, he'll realise in the dark. Give him a moment then we'll go. I know a few short cuts to BOO that his big car won't be able to take. That's where he's heading and we'll beat him to it."

I jumped up to leave but as I did so my foot caught on the chair leg and I went crashing down, wrenching my right ankle as I did. As I struggled up the pain shooting up my leg was excruciating. I could barely put weight on it. With Alice's help we made it to the car but there was no way I was going to be able to drive. Alice took charge. "Get in the passenger seat, Mr Miles, put your seat belt on and give me the keys. I'll drive, you just tell me where to go please." I barely had time to argue and we were off, burning rubber. The next forty minutes were an incredible blur of raw speed. Gripping the dashboard with a mixture of pain and terror, I croaked out directions as we screamed down motorway, minor roads and single lane tracks in the darkness with ferocious pace and expert driving skills. At one point I mistakenly indicated right instead of left and on correction, I vaguely remember a perfectly executed handbrake turn with inches of room to spare. Alice muttered under her breath, a look of deep concentration on her face. "OK," I gasped finally as we approached BOO HQ, "Pull over here out of sight." We screeched a halt. There was no-one else here. We had beaten Smalls. "Where the hell did you learn to drive like that?" Alice looked bashful. "Robin's been teaching me. Please don't tell him. I haven't taken my test yet and he never lets me go any faster than thirty miles an hour". I was speechless. I think my mouth opened and closed but nothing came out. This girl was full of surprises. Then headlights swung around the corner. Smalls? No it wasn't his car. But it was trouble nonetheless. A car full of his henchmen. But where was Robin?

No more room. Don't miss the final instalment of this gripping tale in the next WSC. Subscribe today.

Personal Handicaps and Star Runners



I've updated all of the personal handicaps in preparation for the Club Champs. 117 club members currently have a handicap based on running in at least three qualifying events over the last two years and I will extend this list as appropriate for anyone else who is running at Abraham's Valley, although with less data, your handicap may not be as favourable. The 2018 events that I have used for handicapping purposes have thrown up the following star runners, i.e. those who exceeded their handicap expectations by the biggest percentage.

Over these 2018 races, I would judge the best absolute performance to have been Richard Parkin's run on Brown

Date	Venue	Star Runner	Course
07/01/2018	Strawberry Hill	James Prince	Blue
14/01/2018	Burbage Common	Grace Pennell	Blue
04/02/2018	South Common	John Hurley	Blue
11/02/2018	Bestwood	Kim Buxton	Green
25/02/2018	Cademan	Andy Sykes	Blue
11/03/2018	Canklow	Graham Johnson	Green
25/03/2018	Byron's Walk	Jake O'Donnell	Blue
15/04/2018	Hardwick	Amanda Price	Green
22/04/2018	Castle Hill	James Bedwell	Blue
06/05/2018	Shoal Hill	John Hurley	Blue
17/06/2018	Stanton Moor	Richard Parkin	Brown

at Byron's Walk, based on how he did against everybody else, not just against his own handicap. Likewise Jake O'Donnell's run on Blue at the same event would be my pick for a run by a junior with Rachel Duckworth's run at Canklow being the best by a woman. It would be interesting to know if they agreed with that assessment. Richard's run exceeds anything over the last two years. Now the latest handicaps, expressed as ever by average min/km compared to the "average orienteer".

Richard Parkin	0.573	Paul Goodhead	0.820	Joanna Goodhead	0.972	Grace Pennell	1.188
Chris Millard	0.576	Joe Uprichard	0.820	Stuart Wicks	0.975	Viv Macdonald	1.205
Andrew Powell	0.596	John Hurley	0.821	Liz Godfree	0.977	Robert Shooter	1.205
Dai Bedwell	0.609	Richard Naish	0.832	Andy Hawkins	0.986	Lisa Cooke	1.212
Ben Crane	0.630	Andrew Middleton	0.839	Stuart Swalwell	0.989	Ann Armistead	1.269
David Bennett	0.633	Helen Chiswell	0.851	Derek Gale	0.989	Alexa Lindsay (Y)	1.291
David Newton	0.649	Andy Parry	0.855	Fiona Sellar	1.011	Helen Finlayson	1.292
Andrew Stuart	0.652	Elizabeth Bedwell	0.860	James Bedwell	1.021	Lisa Gale	1.317
Paul Addison	0.665	Russell Buxton	0.865	Rachel Davis	1.053	Pauline Ward	1.317
Alan Le Moigne	0.691	Jonathan Cundill	0.874	Sue Russell	1.054	Anne Cunningham	1.324
Andis Ozols	0.696	Caroline Howells	0.875	Kim Buxton	1.063	Karen Bedwell	1.357
John Hawkins	0.703	Richard Needham	0.879	Ben O'Donnell	1.066	Terry Peach	1.358
Robert Smith	0.711	Roger Hodgson	0.879	Samuel Davis	1.067	Margaret Keeling	1.371
Andy Sykes	0.716	Murray White	0.890	Joseph Turner	1.069	Christine Middleton	1.407
David Pettit	0.719	Mike Gardner	0.890	Dave Skidmore	1.074	Donna Hawkins	1.429
Francesco Lari	0.719	Emily Powell	0.892	Hebe Parr	1.079	Sarah Parkin	1.443
Jake O'Donnell	0.721	Doug Dickinson	0.897	Jane Burgess	1.083	Susan Allard	1.450
David Vincent	0.737	David Turner	0.902	Brian Denness	1.101	Jen Gale	1.462
Dave Chaffey	0.737	Nick Holland	0.902	Steve Hand	1.114	Nicola Hart	1.483
Sarah Duckworth	0.745	Tom Hartland	0.905	Judith Holt	1.121	John Cooke	1.506
Rachel Duckworth	0.757	Chris O'Donnell	0.917	Michael Lindsay	1.126	Nic O'Donnell	1.515
Andrew Mackervoy	0.783	Jenn Gaskell	0.925	Ivan Smith (Y)	1.133	David Parkin	1.523
James Prince	0.784	Malcolm Spencer	0.938	Ranald MacDonald	1.145	Alison Hayes	1.534
Paul Armstrong	0.790	Tony Stirland	0.941	Kathryn Griffiths	1.146	Leo Crown (O)	1.542
Sal Chaffey	0.802	Paul Young	0.948	Sophie Vincent	1.147	Ivan Smith (O)	1.623
Michelle Mackervoy	0.807	Rex Bleakman	0.961	Amanda Price	1.151	Sarah Pennell (O)	1.675
Graham Johnson	0.808	Claire Selby	0.962	Val Johnson	1.156	Tony Berwick	1.805
Mike Godfree	0.809	John Hopper	0.962	Ruth Ellis	1.172	Roger Keeling	1.823
Sally Calland	0.814	Ann-Marie Duckworth	0.963	Jane Stirland	1.187		

The April 2017 Newstrack has handicaps for April 2017, April 2016 and June 2014 so you can assess your long-term trend if you want to. Apologies if anyone has been missed – let me know if that is the case. I would have to conclude that my current definition of the club's "average orienteer" is now a toss-up between Derek Gale and Fiona Sellar, these two having handicaps closest to 1.000. My reference point for this has been Kim Buxton for many years – come on Kim, you can get back there with a few more runs like the one at Bestwood!

Dave Nevell

How many of you know which of your runs are contributing to your current BO ranking position?

Google "British Orienteering rankings", select DVO, and Filter. This gives you a list of all DVO members' best 6 performances over the past 12 months. If you hover over the points, the race name and date appears in a pop-up.

This is useful because you can see how recent your contributing races are. For instance, Dave usually gets 1150+ points for a counting run, but on two occasions he's scored 1200+ points, so if all his runs scored 1200+, he'd rocket up the rankings, to a position below Dave Vincent but above John Duckworth.

On the negative side, the two 1200 pointers are from last year's CompassSport Cup Final and November Classic, so are about to be replaced by more recent runs, but with fewer points...

10 (547)	David Vincent	DVO	1961	M	7255	1218 , 1205 , 1213 , 1209 , 1207 , 1203
11 (553)	John Duckworth	DVO	1966	M	7248	1191 , 1212 , 1220 , 1210 , 1211 , 1204
12 (574)	Andy Sykes	DVO	1965	M	7225	1199 , 1206 , 1203 , 1201 , 1197 , 1219
13 (593)	Andrew Stuart	DVO	1983	M	7210	1184 , 1239 , 1205 , 1192 , 1209 , 1181
14 (606)	Dave Chaffey	DVO	1963	M	7203	1198 , 1213 , 1217 , 1197 , 1186 , 1192
15 (669)	David Pettit	DVO	1984	M		1206
16 (693)	Andis Ozols	DVO	1980	M		1188
17 (743)	John Hawkins	DVO	1958	M	7074	1208 , 1164 , 1168 , 1171 , 1196 , 1167

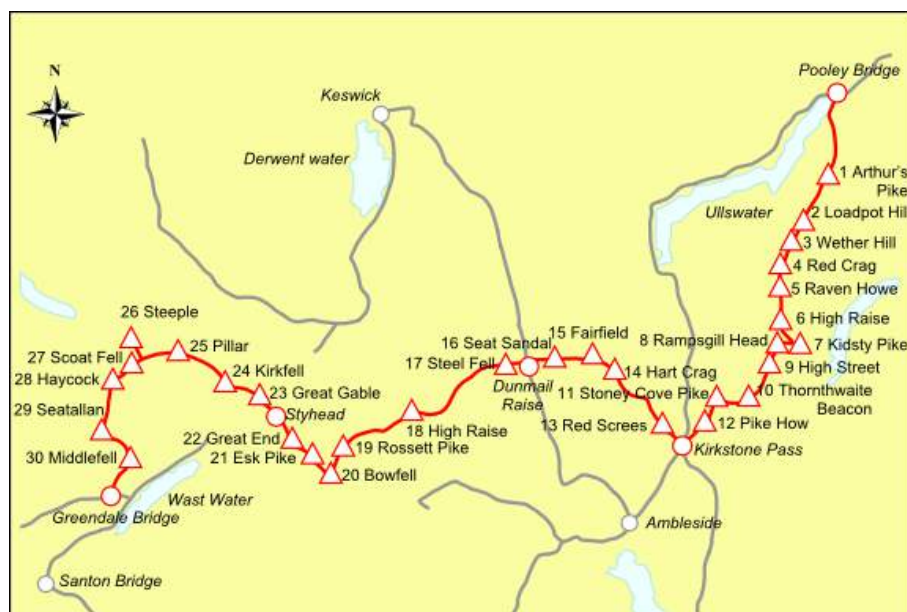
CompassSport Cup Final -
22/10/2017

If you click on a person's name, you can see all their results, right back to 2009. This is easy to access when you're not logged in to BO. If you *are* logged in, click on My results, found under My account, My achievements. The events are listed chronologically, with the six highest scores in bold.

Some clubs upload the points on the same day as the event, which is great for those who don't want to wait for the chirpy BO email that arrives in the small hours of Thursday morning! But if yours is along the lines of "Congratulations Sal, This week you were awarded points in the following events: ... That is your 48th best ranking score in the last 12 months" then you won't be so keen!

Joss Naylor Challenge

Sal & Dave Chaffey



Some orienteers also do a bit of fell-running and the Joss Naylor Challenge is most definitely of the latter ilk! This challenge is for fell-runners over 50 and involves a 48-mile, 30-summit traverse of the Lake District fells from Pooley Bridge to Joss's house in Wasdale, to be completed within a time limit derived from your age and gender:

<https://jossnaylor.blogspot.com/p/blog-page.html>

We spotted in the latest *Fellrunner* magazine that Dave Harrison (formerly of this parish, now of SYO/Dark Peak Fell Runners) completed the challenge this spring "comfortably within his allowed 15 hours".

Dave and I have had our eyes on this challenge for a while now, and plan to have a go in spring 2020, our target being 14 hours. The age handicap is done by age on the day of the attempt, not 'orienteering age'. Would anyone like to join us, either running the whole distance, supporting for one of the three sections, or driving the support vehicle?



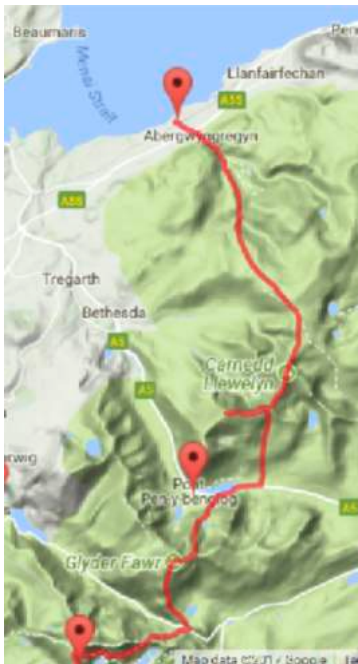
Dave Harrison
with Joss.

There's a great tradition on rounds like this, of people supporting others and then going on to do the round themselves a few weeks later! So beware!!

Welsh 1000m Peaks Race

While on the subject of fellrunning, congratulations to Paul Addison, son Luke, and Roger Hodgson who completed this 20-mile (+7500ft ascent) race from the north coast of Wales over the Carneddau and the Glyders to the summit of Snowdon on June 2nd.

The race has been going for 47 years and was originally set up as an army training exercise, before being taken over in the 1990s by the Gorphwysfa Club. This is a story in itself, because there's some overlap with DVO ... the Gorphwysfa Club is a mountaineering club that informally draws its members from the biology department at Cambridge University. DVO members from Matlock regularly help with race organisation and timing.



Route of the Welsh 1000m Peaks Race
<http://www.welsh1000m.org/index.html>

		Organiser	Planner	Controller
14/10/2018	Grangewood – East Midlands League	Dave Vincent	David Pettit	Doug Dickinson
27/10/2018	Alfreton Park	Sal Chaffey	Dave Chaffey	
10/11/2018	Shipleigh Country Park	Andy Hawkins	Steve Hand	
18/11/2018	Linacre – East Midlands League	Jonathan Cundill	Tony Stirland	Ranald Macdonald
09/12/2018	Oakwood Urban, East Midlands & UK Urban League		Andis Ozols	
01/01/2019	Derby West Urban	Val Johnson	Doug/Mike	
10/02/2019	Birchen Edge	Sal Chaffey	Dave Chaffey	Mark Chapman (SYO)
24/03/2019	Crich Chase		Richard Parkin	Paul Addison
19/05/2019	Calke Abbey		Andis Ozols	
15/06/2019	Carsington 50th Anniversary Retro event	Robert Shooter		
16/06/2019	Allestree Urban			
15/09/2019	British Middle Championships – Chinley Churn	Sal Chaffey	Ranald Macdonald	Chris Burden


Event Officials Needed


Planners and Organisers are needed for our winter & spring events, please contact Ann-Marie jasrduckworth@btinternet.com if you would like to have a go at course planning or organising Support in the role is available from experienced club mates.

A full version of this table appears on the DVO website under **Fixtures/Future Event Officials**, and there you can see if the events are Level D (informal Saturday afternoon events) or Level C (larger East Midlands League events, Sunday mornings). Remember, events cannot run if we don't have officials!

Forthcoming Fixtures

Please check websites of organising clubs before travel. Even for DVO events, there may be changes

 = East Midlands League – best 8 scores from 14 runs (**DVO, NOC, LEI, LOG**)

EMUL East Midlands Urban League – best 4 from 8 runs;  **UK Urban League** – best 7 from 20 runs

UKOL = UK O League – best 12 scores from 24 runs. BOF categories (former Level): **M(A), N(B), R(C), L(D)**

October

Sun 7th **EMUL** **Shepshed Urban, Reg 10–12 noon. Newish map & old town centre!**

Wed 10th **AGM** **Family Tree, Whatstandwell, 8pm**   

Sun 14th  **Grangewood and Top Wood Plantations, Reg 10–12 noon**

Sun 21st **CSCup** **Abraham's Valley, Cannock Chase (£7.50/£4 via Graham).**

Sat 27th **D** **Alfreton Park, Registration 1–3pm at the Cricket Club**

DVO Awards, Club Champs presentation & Social after  


Sun 28th **EMUL** **The Meadows & Trent Embankment, Reg 10–12 noon**



November

Sun 4th  **Silverhill Wood, Reg 10–12 noon**

Sat 10th **D** **ShIPLEY Country Park, Reg 1–3pm**

Sun 18th  **Linacre (hoping for no snow this time around)! Reg 10–12 noon**

Sat 24th **EMOA Regional Training Day at Loughborough, see page 5**

Sun 25th  **Bradgate Park, Reg 10–12 noon**

December

Sun 9th **EMUL** **Oakwood Urban, Reg 10–12 noon. Also UK Urban League!**


Sun 16th **N** **The Dukeries, ***East Midlands Championships 2018*****

Sun 30th  **Ratby Woodlands (just off M1 NW of Leicester), Reg 10–12 noon**

January 2019

Tues 1st **EMUL** **Derby West Urban, Mass Start in Markeaton Park 11am.**

Sun 6th  **Sherwood Forest, Reg 10–12 noon**

Sun 13th  **Spring Cottage, near Ashby de Zouche, Reg 10–12 noon**



Puzzle Page

Dave Nevell

Last month's puzzle involved a careless canoeist dropping his map into a river, continuing on for a further 10 minutes before noticing, turning around and having pursued it, retrieving it at a point 1km downstream from where he dropped it. Since the canoeist paddles at a constant speed relative to the water in both directions, the time between dropping and retrieval must be 20 minutes and so the speed of the river is 1km per 20 minutes or equivalently 3km/h. Interestingly the speed of the canoeist is irrelevant (as long as he goes faster than the river speed) although as John Hurley pointed out, as he approaches the speed of light, relativistic effects will muddy the waters so to speak.

I had some correct entries of which more later. The big news though is that after a conspicuous absence (or maybe not) Andy Mackervoy has resurfaced! Did he fall into the river perhaps? Sadly Andy's answer this time round was not correct but he still gets a point for entering, as does Dave Vincent. Those that qualify for the full two points are John Hurley, Paul Goodhead, Roger Thetford (who rather oddly introduced a frog into the solution), Francesco Lari, Jen Gale and Simon Gale (who would be up for a bit of Canoe-O if we could lay it on).

The Revenge of Symmetric Shrubs

This month's puzzle is similar to a previous puzzle that left a trail of devastation and wrong answers so I have been tempted to let you redeem yourselves. Symmetric Shrubs has been re-mapped and extended to include a new area, shown below. For a training exercise, all that is required is for a pair of runners to start at any path junction and then race against each other around a shape that when completed forms a triangle. One goes clockwise, the other anti-clockwise. How many possible distinct races are there? Read the question carefully! Answers as usual to dnevell3@gmail.com by the editor's copy date. Good luck.

