



NEWSTRACK

September 2012

Sam Davis
3rd M10A

Matthew
Jackson
1st M12B

Nathan Lawson
3rd M16A

Simon Gale
3rd M40S

Dave Lawson
3rd M45L

Paul Addison
2nd M50L

Paul Goodhead
3rd M50S

Graham
Johnson
1st M55L

Dave Skidmore
2nd M60S



Doug Dickinson
3rd M65L

Brian Ward
1st M75S

Rachel
Duckworth
2nd W10A

Sarah
Duckworth
2nd W12A

Claire Selby
3rd W40S

Ruth Ellis
3rd W50S

Liz Godfree
1st W60L

Jen Gale
1st W65S

Team Score – 160+ 1st Graham Johnson, Liz Godfree, Mike Godfree
160+ 2nd Derek Gale, Rex Bleakman, Steve Kimberley
W120+ 1st Val Johnson, Claire Selby, Michelle Mackervoy
Family (2 parents) 2nd John, Ann-Marie & Sarah Duckworth
“DVO Mug Shot”

Newstrack is the magazine of Derwent Valley Orienteers

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Editorial

As you can see from the front page DVO members gathered quite a few mugs at the White Rose. Several mugs are missing from the photo including the 12 from the team score the next day.

Chris Owen has resigned as the Newstrack editor so we are looking for someone with journalistic ambitions to take the job on. Ideally someone prepared to produce around 5 issues a year and willing to cajole others to write (as previous editors will tell you sitting here expecting articles to land in your Inbox will offer thin pickings). Whilst some would favour only an electronic version others still see merit in a printed version and frankly that does not add much work although obviously it has cost implications for the club.

Robert Shooter is taking over as Event Official coordinator with Mike Gardner responsible for planner/controller training and event quality.

Note the change to the date of the Club Champs followed by the Club Dinner at Tansley Village Hall.

The "Design and win a DVO O top" competition had plenty of entries. There is likely to be a vote at the AGM on a shortlist determined at the September committee meeting.

The final instalment of Purple Pen for Planners has been held over for lack of space but the whole series is now on the DVO web site under Members/Officials Help Page.

Any items for the next issue aimed at November 1st to Mike.Godfree@btinternet.com for passing on to the new editor.

Mike Godfree (temporary editor)

Happy New Year!

I suppose we normally think of 1st January as the start of a new year but of course there are other new years throughout every year. There is the Chinese new year which I think is in Jan or

Feb and varies with the moon, there is the Government's tax year in early April, there are each of our birthdays and then the orienteering season starts in September, although we advance an age class on 1st Jan. Then DVO's new year is I suppose at the AGM in October which I hope you are all looking forward to – I certainly am.

Looking back over this current year DVO has had another very successful year. We are a large strong healthy club with over 300 members. We have put on a good series of events throughout the year from the very successful Compass Sport Cup Final, through to a full calendar of formal and informal events including many through the community O programmes at Buxton, Matlock, Derby and Chesterfield. There are also the regular training sessions on Monday and Wednesday evenings throughout the year – all in all a pretty spectacular programme with loads of opportunities for everyone.

On the performance side of things we have had some notable results – an excellent club result in the Compass Sport Cup by being the best East Midlands club and strategically scoring so that we did not have to go to Scotland for the final. We have an excellent number of Midlands Champions these being Rachel Duckworth, Harriet Lawson, Fiona Sellar, Liz Godfree and John Duckworth – smashing performances by all. British Relay Champions for the W60 class are Liz Godfree, Pauline Ward and Judith Holt ... and just picking up the tickertape from Reuters it appears that ... no wait a minute it can't be ... I'll just check ... well it appears that Graham Johnson has won M55 at the White Rose – no mean feat that! Please accept my apologies for missing any other particularly notable results.

So anyway back to the AGM. This will be held at the Bell Inn in Cromford which is our regular location for open meetings – meeting to start at 8:15pm with a run beforehand at 7pm for those who fancy a few hills. All club members are most welcome and indeed are encouraged to come along, hear what has been happening, participate in discussions and of course vote in your new Committee for 2012-13. It is hard to put into suitable words the level of excitement this can cause.

The Committee for 2011-12 has been excellent – many thanks for all the effort. We will be very pleased to welcome new persons onto the Committee as such, assuming you are interested, then please feel free to contact me if you would like further information about what can be involved. Naturally certain of the posts may be subject to a vote if necessary however we have some posts that are perhaps more suited to someone who would like to 'dip their toe in the water' before taking on a more serious role!

I very much look forward to seeing as many of you as possible at the AGM (the Bell serves a very nice pint of beer by the way) and to the start of hopefully another successful year for DVO.

Regards

John Hawkins (Chairman)

Don't wait to be asked – we also need Games Makers

Just like the Olympics every orienteering event that you take part in requires a number of volunteers in order to stage it. But unlike the Olympics there are no paid officials to back them up. Look around at an event and think how much time is being given by other people to enable you to run. No matter how inexperienced you are you can help at the event. To this end the club is organised into teams (Car parking, registration, start, finish, download etc.) and these teams are used to stage Level C and above events. It would be a great help to the team leaders if you took the initiative and offered to help – you can still run (for half price) before or after helping though in fairness to your opposite number you need to start really early if you are helping later or even run a shorter course than you normally run. If you do not know which team you are in or who your team leader is then contact Robert Shooter

(shooterfamily@hotmail.com) who is taking over from Viv & Ranald as event officials' coordinator. For the low key level D events ring or email the organiser around a week before the event. If you cannot commit in advance then practically every planner needs help collecting controls after the event, this can be useful training as well. Just come to download around an hour before course closing time.

Robert is also taking responsibility for arranging organisers, planners and controllers for these events and Rex Bleakman (rexbleakman321@btinternet.com) is coordinating the series of low key events. Apart from controllers no qualification is required other than enthusiasm, although it is likely that you will have helped at events first. If you have never organised or planned before then you can be mentored. There is plenty of material available on the BOF and DVO web sites to help you. On the BOF site this is via Documents/Events, on the DVO site this is via Members/Officials Help Page

East Midlands Champs – Eyam Moor 25th November

This Regional Event will be the biggest event of the year for the club. Not only is it the East Midlands Championships, it is also the last race in the UK Masters Cup series and a selection race for all age groups for the English team for Interland. So we will need a lot of help to ensure that club members are also able to run. Entries are open now on Fabian. Note that entries are half price for helpers, make sure that you use the Helpers' discount code which you can get from your team leader. It would help greatly if all DVO members who want a run do pre-enter and not use up the limited EOD maps. If in the event your helping prevents you from running you will be refunded your entry fee.

AGM

The club AGM will be held on Wednesday 10th October at The Bell Inn, Cromford starting at 8:15 p.m. (Training Run at 7 p.m.) Turn into Cromford from the traffic lights on the A6, The Bell Inn is at the junction of North Street, the first turning on the left off Cromford Hill. Parking on North Street, on the hill or in the residential streets opposite.

AGENDA

1. Apologies
2. Minutes of 2011 Meeting
3. Matters Arising
4. Chairman's Report
5. Secretary's Report
6. Treasurer's Report
7. Amendments to Constitution – none have been received
8. Election of Officers
 - a. Chair
 - b. Vice-Chair
 - c. Secretary
 - d. Treasurer
 - e. Captain
 - f. Fixture's Secretary
 - g. Committee Member

9. Appointed Officers

The current positions are

Social	Vacant	Lead Coach	Val Johnson
Equipment	Paul Wright	Mapping	Mike Godfree
Newstrack	Vacant	Permanent Courses	Mike Godfree
Access	Ian Hodson	Publicity fliers	Steve Kimberley
Press	Paul Wright	Minutes Secretary	Ann Armistead
Development	Derek Gale	Event Officials	Viv & Ranald Macdonald

EMOA Rep. Steve Kimberley

Junior Rep. Val Johnson

10. Presentation of the Budget

a. Full, Local and Social Memberships fees.

11. A.O.B.

Sports Personality of the "Month"

Going right back to the British Relays in May. Brian Ward handed over his coat at the changeover to his incoming runner only to realise as he set out for the start triangle that his compass was still in the pocket. Fortunately for the glory of the team he successfully completed the third lap without a compass.



"Heanor's Dave Vincent who came fifth on the Brown course" is the caption in the Ripley and Heanor Times. The paper cropped the photo down to just the DVO top wearing runner. Running like a gazelle and a fine advert to the club. He was actually running to the toilets!

Also at the Allestree event Margaret Keeling was running the blue course when she was asked by a member of the public what she was doing. Ever keen to recruit new members Margaret stopped to explain and even gave her part of the map with the club details on.

Dave Skidmore discovered at download at the Aberystwyth urban race that he had omitted a control so went back out to visit it and all the subsequent controls on the final loop and succeeded in getting a new finish time. We still haven't heard if he was any faster the second time round the loop.

The occasion was the Nottingham City Race. Andrew (son-in-law), a non-orienteer had decided to have a go. Jess (granddaughter) wasn't prepared to take part in case someone recognised her, so she offered to help Andrew out. We weren't too sure how this would work, given Jess wasn't going to run and Andrew was. But off they went, and the next thing we know is a phone call from Jess; she's lost. Seems Andrew got impatient waiting for Jess at one of the arranged rendezvous and took off without her, leaving Jess with no map in a part of Nottingham she wasn't familiar with. Andrew appeared at this point and "talked" Jess in.

Having gone to the wrong ferry terminal in Dublin last year, John & Judith excelled themselves this year by turning up at Folkestone en-route to WMOC in Germany to find that their booking was from Calais to Folkestone & back.

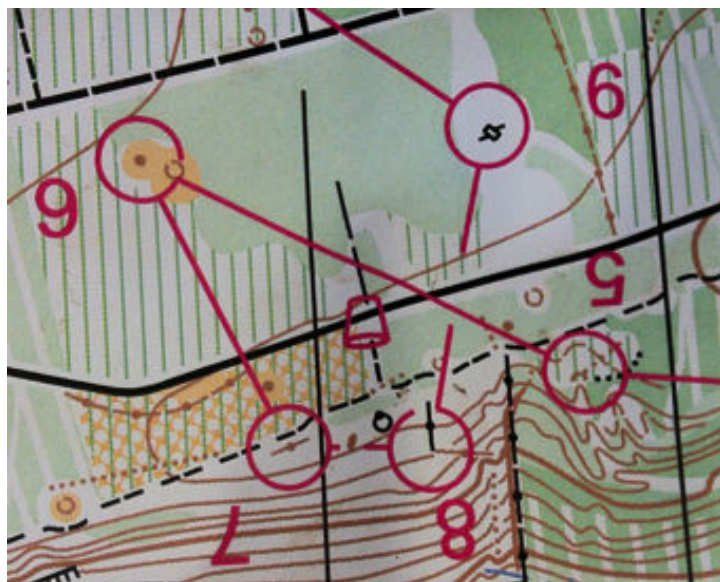
Get your nominations to the editor for the next issue.

Is it 6 or is it 9 ? Classic error on a Classic day at the White Rose 2012

At the recent White Rose competition I found myself, as is often the case, confused. It was on Day 1, in the Classic Races (wonderful name – in fact a 'classic' ... 'classical' one) ... things were going well.

I had negotiated my way from the start (I was at Lilac and Purple) down the perilous bank and along the slope and had just emerged onto the plateau after Control 5 thankful that the climb had not been as bad as I had remembered it to be.

Orienting (orientating) my map to show the route from Control 5 to Control 6 I set off straight across the forest road.



STOP ... where has the red line gone ?

I looked again and could see a line going diagonally from Control 5 to Control 9 but none to Control 6.

Pause ... check ... think ... I had the map upside down showing me my direction of travel and Control 6 and Control 9 were both in my field of vision.

Sorted ... and onward.

Doug

Club Handicap Champs and Club Dinner – 13th October

NOTE CHANGE OF DATE

This year's championships will be held at Longshaw on Saturday 13th October. This is a free event for ALL club members but you do need to enter in advance, there is no Entry on the Day. There will be 4 courses junior (yellow standard), short (2 – 3 Km orange), medium (4 – 5 Km green) and long (6 – 7 Km blue). Entries by email to jholtcooke@btinternet.com with BOF number, SI number and preferred course (the handicapper reserves the right to move you to a more appropriate course). Start times around 10:30-11:30 will be published on the web site with the usual hope that everyone will finish at 12 noon. Trophies for first on junior course, first male and first female across the line, fastest male and fastest female. Parking (pay & display – free for NT members) in Long Pole car park - SK266790 (TBC). Check website for final details nearer the time.

To be followed by:

DVO Annual Dinner and Awards 2012

Saturday 13th October, 7.00 – 11.00pm

Tansley Village Hall (Church Street, Tansley, DE4 5FH)

Food by DVO Catering (*really limited*).

Bring your own drinks.

Entry fees: £6 M/W14 and over, £3 M/W12 and under, plus a salad and a pudding contribution.

All members are invited to attend.

Names to Val Johnson (01773 824754) by 30th September please. Money will be collected on the night.

Calling all DVO Juniors.....Yvette Baker Trophy East Midlands Round

Please support the club and come to the Yvette Baker Trophy Heat to be held at Byrons Walk on the 21st October 2012, organised by Nottinghamshire Orienteering Club. Details can be found at: www.noc-uk.org. All juniors can contribute to the club score.

The Yvette Baker Trophy is the Junior Inter-Club competition for English and Welsh clubs, named after Britain's first World Orienteering Champion, who won Gold in the Short Distance event in Scotland in 1999.

Courses are:

Green:- Any M/W18 or under

Light Green:- Any M/W14- & Any M/W16+
(Who has not achieved a Gold Badge Time at M/W16 at a Level A Event)

Orange:- Any M/W12- & Any M/W14+
(Who has not achieved a Gold Badge Time at M/W14 at a Level A Event)

Yellow:- Any M/W10
Any M/W12
(Who has not achieved a Gold Badge Time at M/W12 at a Level A Event)
Any M/W14
(Who has not achieved a Gold Badge Time at M/W14 at a Level A Event)

Competition Corner

The photo in the May issue from the last time DVO won the Compass Sport Cup generated more interest than usual. The photo is so old that even the original is in black and white. Dave Nevell came up with the complete answer. But Terry Peach was not only able to name all but one of the people but also still had the results on file. The event was at Witherslack in the Southern Lakes (below Whitbarrow Scar) in 1987 and the photo was taken in front of Witherslack Hall. There are 6 current DVO members in the photo: Steve Kimberley, Mike Gardner, Terry Peach, Ian Whitehead, Dave Nevell and (slightly hidden) Tony Berwick. There are 5 who are current members of other clubs: Pete Jones (AIRE), Dave Brodie (POW – and coordinator of the Welsh 6 day), Mike Jubb (HH), David & Chris Godfree (both INT). The other 3 people are Doug Dickinson junior, Paul & John Seaston.



The final scores that day were DVO 139, SYO 130, HH 105 and ESOC 94. The DVO scorers were: Chris Godfree (10 pts), Kim Buckley (8), Tessa Wilkinson (6) on orange, Zoe Wilkinson (12), Judy Buckley (11), Debbie Wilkinson (8) on green, Alastair Buckley (3), David Godfree (2), Ian Finlayson (1) on red, John Seaston (12), Roger Wilkinson (10), Roz Clayton (9) on blue, Tony Thornley (10), Steve Buckley (9), Doug Dickinson jnr (7) on Brown 2, Dave Nevell (12), Ian Whitehead (5) and Pete Jones (4) on Brown 1. Note the need in those days to have two brown courses but only one blue and one green.

As Dave comments “where are the girls?”. Actually I think what happened was that Buckleys and Wilkinsons had already left before the prize-giving.

The results make fascinating reading and amongst the still familiar names are J. Duckworth and A. Priston then running for UMOC (with surprisingly poor results that would not have been any help to DVO)!. Liz completed the red course in just under 2 hours (winner an M15 in 38 minutes!) and Mike was not even allowed to run in the team. Another interesting fact is that despite their poor showing then, David Godfree won M35 this year at JK and Alastair Buckley won M35 at the British Long Distance Champs.

Croeso 2012

The Duckworth family enjoyed the event:

Sarah and Rachel enjoyed the wall to wall sunshine at the Welsh Croeso 2012 (6 days).

Rachel thought the urban race had the most complicated map with so much detail of the Aberystwyth University campus including all the steps on the steep area. Day 1 at Gwanas (high open moor) with the mountain Cadair Idris on the horizon, was the hardest day for navigating because everyone was up on the moor. The W10A (Yellow) course had to use fences, streams and marshes. Great fun in the mud! Counting 4 best runs, she came 2nd to her friend Eve Conway (AIRE). She also collected 2 medals for two winning days.

Sarah enjoyed the urban race because she had to make so many decisions about the route in such a short time. With tough competition from Ella-Rose McCartney (OD) and other girls from Scandinavia and Switzerland, she came 13th [John came 7th on M45L and Ann-Marie came 17th on W45L].

The camping on the nearby school playing field was good in the fine weather. But Sarah and Rachel thought Mum's idea of a day off was not good - taking them off across the nettle fields on a "short cut" to the cliffs above Aberystwyth, walking around the long, hot photo trail game. Overall it was a really good holiday.

World Masters 2012

8 stalwart members (plus 1 spouse) represented DVO at WMOC held in Germany at the beginning of July. Based in the spa town of Bad Harzburg in the Harz Mountains (a mere stone's throw from the former "Inner German Border") all events were within a reasonable driving distance.

The Sprint Qualifier was held in the older pedestrianised part of the town, navigating across the stream (first find a bridge) round narrow streets and parkland before returning to within sight of the finish and a multiplicity of controls to correctly choose from.

First start for the following day's Final was again 1 p.m. and only early runners had dry conditions. The rest of us had to contend with torrential rain and consequently lethally slippery cobbled areas. Once again there was a stream to contend with, narrow streets and alley ways before a steep zig-zag path up to the top of the hill (unavoidable). Standing at the Finish watching early runners I was able to work out my penultimate control and thus save valuable seconds map reading.

Everyone approaches the model event differently. Some charge round as though it was a race, others walk sedately map in hand. But most, I suspect, jog around looking closely at how features have been mapped. Mike and I chose to navigate alternate legs between more challenging control sites. On this occasion almost without exception people headed for the north of the area and the 30m. pillar up which we ascended by a series of metal ladders. Not that we could see much from the summit – just tree tops! But it was worth the effort to compare it to Brimham Rocks with all the other Brits.

If you thought the travel arrangements for this year's BOC were complex you should have joined us for the first Long Qualifier. Park in an enormous flat field, walk 2km to the railway station. Choose between buses all the way or wait for the next train (which would have still left another 2km bus ride or walk). For the return there was an enormous queue to get on buses so we opted to walk the 2km to the station, getting a bit lost on the way, only to find there was a long wait for the special train (steam, metre gauge). Then another 2km walk back to the parking during which we realise that in this direction the buses would have taken us all the way. As for the orienteering there was a lot of rock and some White Rose forest in between.



Long Qualifier 2 was our closest event but because of our approach route we were directed to parking around 3km further on. A shower of rain eased before we started on our run through woods, round reservoirs before the long tedious run across the top of the dam and up the track to the Finish. In the evening DVO met up for a group meal in Bad Harzburg. As ever we were beginning to wonder if nine people was going to be a problem but the chosen

restaurant seemed very pleased to fill a long window table. Afterwards John led us to the Fountain of Youth which appears to feature a naked Prince Charles (crown perched on ears) amongst the cavorting characters as well as a Mannekin Pis in the form of the devil standing on a pile of books in order to pee over the edge, which he manages every minute or so.

After a day's rest/sightseeing/riding steam trains we were all raring to go for the Final. Car parking was around a massive diabase quarry and assembly was very cramped around the edge. Tents were pitched in amongst trees with the DVO banner hoisted aloft. Arriving early (Godfree time) Mike and I climbed the quarry spoil tip with many others to get a bird's eye view of the Finish area and possible approaches. By standing at the Finish as the first runners came through we worked out the direction from which we'd be coming. The only problem was to decide whether the road loop or direct through the woods would be better. In the event Mike followed a pack through the woods and I led a pack the same way. (Remember the wise saying – it is faster keeping the pace up than setting off on your own). As befits a final the area was more complex with a lot of rocky features – only those boulders as big as sheds were mapped. All the climb (165m of it for me) came at the end in one steep uphill section, before the mad dash through the woods to the final control and a run-in that seemed to go on for ever.

With temperatures up to 15 degrees cooler than in Hungary last year we found it much pleasanter to run in and didn't suffer from the sheer heat exhaustion. DVO hosted a sociable tent for friends from NOC and Interlopers. Next year's WMOC is in the Italian Alps 2nd-10th August frustratingly immediately after Moray 2013 so needs to be a choice between them.

Liz Godfree

Handicapping for the Club Championships

Dave Nevell

The Club Championships are on the horizon, Longshaw on the 13th October being the new date and venue. As you may already know, a new handicapping system will be in place this year. It won't affect the format of the race; this will still be a staggered start and first-past-the-post affair but hopefully the extra science that has gone into the handicapping will make it as fair as possible and may even provide an exciting and busy finish.

The latest list of personal handicapping factors follows. This is how they will be used. For the sake of argument let us say that the course that John Cooke plans is predicted to take 50 minutes to complete for an "average orienteer". On the handicapping factor scale this translates to a value of 1.000. So, at the present time it would appear that Kim Buxton best represents an "average orienteer". Let's assume that Kim is allocated a start time of 1210, with an aim of seeing her finish at 1300 (this is an example only – please check the actual time of day that the event takes place at). Now John Duckworth has a handicap of 0.569. This means that he is expected to take only about 57% of Kim's time, i.e. 28 minutes and 22 seconds. Therefore he will be set off at 12 31.38. Slower runners will of course go off earlier. Tony

Berwick has a factor of 1.556 and will go off at 11 42.27 since this translates to a total expected time of 77 minutes and 33 seconds.

This means that start times will be allocated to the nearest second which will keep both you and the start team on their toes! *(Personally I hope we stick to at least 30 second intervals if successive competitors are on the same course - Ed)*

Here are the handicaps as of mid-August for those members who have three ranking events or more. These will be subject to slight change before the Championships depending on the results of events before then. The handicaps used will be capped at 2.000. The juniors may need a little more sorting out as Yellow and Orange have to be normalised with each other. If you are not on the list and want to run then I can work out handicaps from fewer qualifying events although these will tend to be slightly less favourable.

John Duckworth	0.569	Chris Millard	0.595	Paul Addison	0.596
David Nevell	0.600	Doug Dickinson	0.903	Pauline Ward	1.166
Andy Sykes	0.644	Ian Whitehead	0.909	Joanna Goodhead	1.170
John Hawkins	0.649	Russell Buxton	0.917	Zoe Gordon	1.177
Richard Parkin	0.660	Andy Hawkins	0.918	Rebecca Perring	1.187
Dai Bedwell	0.662	Sue Russell	0.921	Joe Uprichard	1.191
David Lawson	0.666	Brian Denness	0.922	Cathryn Goodhead	1.197
Robert Smith	0.670	Rory Sellar	0.924	Sophie Gordon	1.206
Nathan Lawson	0.688	Martin Farr	0.924	Kevin Garner	1.229
Rachel Duckworth (Y)		Ian Parfitt	0.927	Derek Bishton	1.230
	0.688	Derek Gale	0.928	Margaret Keeling	1.237
Ben Crane	0.712	Robert Shooter	0.931	Lorraine Jackson	1.239
Harriet Lawson	0.712	Malcolm Spencer	0.934	Elizabeth Bedwell (O)	1.249
Stephen Kimberley	0.715	Dave Skidmore	0.936	Jane Burgess	1.281
Mike Smith	0.735	Claire Selby	0.939	Kathryn Spendlove (O)	
David Bennett	0.767	Stuart Swalwell	0.947		1.287
David Clough	0.784	Ranald MacDonald	0.962	Jessica Selby	1.294
David Pettit	0.785	Jonathan Cundill	0.962	John Brown	1.296
John Hurley	0.795	Kevin Price	0.968	Jean Hall	1.300
Paul Armstrong	0.797	Andrew Middleton	0.970	Barrie Bibby	1.305
David Vincent	0.798	Judith Holt	0.984	Ray Stuart	1.313
Mark Spendlove	0.799	Michael Lindsay	0.992	Ruth Ellis	1.316
Sal Chaffey	0.801	Kim Buxton	1.003	Sally Newton	1.322
Mike Godfree	0.819	Rachel Davis	1.005	Alison Hayes	1.334
Paul Goodhead	0.824	Stuart Wicks	1.015	John Cooke	1.345
Helen Chiswell	0.824	Tim Cairns	1.024	Samuel Davis (Y)	1.352
Graham Johnson	0.828	Nicholas Gordon (O)	1.044	Christine Middleton	1.366
Michelle Mackervoy	0.831	Miles Plaskett	1.048	Nicola Northcott	1.383
John Hopper	0.842	Stephen Mead	1.049	Kirsten Williams	1.386
Ann-Marie Duckworth		Sian Mead	1.051	Mark Jones	1.399
	0.857	Paul Woodhouse	1.054	Andy Smith	1.448
Murray White	0.866	Ann Armistead	1.058	Susan Allard	1.450
Mark Goodhead	0.868	Sarah Duckworth (O)	1.058	Jen Gale	1.498
Adrian Northcott	0.869	Ian Hodson	1.075	Brian Ward	1.511
Mike Gardner	0.874	Viv Macdonald	1.081	Tony Berwick	1.556
Colin John	0.875	Helen Finlayson	1.096	Roger Keeling	1.585
Rex Bleakman	0.878	Paul Wright	1.097	Karen Bedwell	1.620
Liz Godfree	0.891	David Forshaw	1.114	Nicholas Gordon	1.674
Paul Weller	0.894	James Bedwell (Y)	1.117	Sally Dipple	1.878
Fiona Sellar	0.897	Terry Peach	1.127	Nick Willmot	1.906
Roger Hodgson	0.900	Amy Kimberley	1.132	Gill Milner	2.316
Louis Forshaw-Perring		Tony Gordon	1.145		
	0.900	David Parkin	1.156		

Good luck! – Dave Nevell

How well do you know the Derby Nomads Way?

In 2010 the Derby Nomad Ramblers group decided to celebrate their 75th anniversary by planning a long-distance route around Derby on existing footpaths. The route is 50 miles and is waymarked with yellow and black markers.

It formed the basis for Long Eaton Running Club's 52 mile ultra race, which I completed in June – some of you were doing the Footpath Relay on the same wet and windy Saturday! It's only the 2nd year they've run the race and this year there were 25 finishers plus a handful of teams running it as a 5 leg relay – sadly not enough people on the course to reliably follow!!

The route info was supplied as 50 strip photos from Google Earth and it took me 4 hours to stick these together on A1 card and transfer the route onto 8 bits of A4 1:2500! A marathon of Pritt Stick and highlighter pens!

The Start was in Breaston near Long Eaton, from where it's about 5 miles down to the Trent and Mersey Canal at Shardlow. I reccy-ed this bit and we had a nice afternoon out in Shardlow looking at the tiny Heritage Centre and the canal-side pubs.

From there the route follows the canal to Findern, then up to Littleover and 2 ½ miles along the greenway towards Etwall. The next section (Dalbury to Kirk Langley) I decided to reccy and it's a good thing I did as the vegetation was very high, hiding many of the way markers. In fact, I caved in and decided to take 6 sides of impenetrable route description with me on the real thing!

After that, it was local territory from Kedleston to Duffield and Drum Hill. By Stanley Dale Abbey and Risley I figured I'd be walking anyway so navigating wouldn't slow me down.

On the day...

We had all chosen start times between 6am and 7:30. I opted for 7 with 5 other runners so we set off from Breaston's Navigation Inn in fine weather. The first checkpoint (12 miles) was a mile dogleg away from the canal at Chellaston and I got there in 1hr 52 having a welcome drink and some Jelly Babies. Checkpoint 2 is the Hollybrook Inn at Littleover and I got there at 10:25am. I ran with a Japanese runner who'd come up from London. He'd started at 6am so had lost a lot of time navigating. We walked most of the greenway to Etwall as it was raining and we were tired after 22 miles but then I got a 2nd wind and went ahead. I later heard he retired at Duffield.

The next section via Dalbury was fiddly and slow (e.g. crossing wheat fields that hadn't been trampled even tho' a public footpath, hidden stiles) – but at least it stopped raining! Checkpoint 3 was the Bluebell Inn at Kirk Langley where Dave and Sarah were meeting me with coffee so I had a welcome sit down and a good feed! I'm lactose intolerant so I can't eat any of the lovely cake they had at the checkpoints.

Dave and Sarah ran with me in Quarndon then Dave met up with me again in Dale Abbey. I should have reccy-ed this bit as I missed the start of the path from the A6096 and ended up having to wade through chest high nettles and brambles after running along 3 sides of a field to join it. Lost me 15 mins! Dave found me soon after and we ran together to Checkpoint 5 the Carpenter's Arms at Dale then Dave continued as navigator all the rest of the way, encouraging me to keep running up the hills.

The last bit was lovely - a golf course north of Risley descending at the perfect gradient for tired legs, then what felt like a massive climb up the bridge over the A52, 4 more fields then home! I was pleased with my time of 11 hours 3 mins, 25 mins behind the 1st lady. It was a really friendly race, the best £17 I've spent in a long time!

The problems with navigating have made me resolved to reccy the London to Brighton Race at the end of September – it's 57 miles and I don't want to do any unnecessary ones! Even tho' there are about 120 runners, I've heard it's quite likely not to see anyone for 15 miles!

Sal Chaffey

Strange Goings-On at Hilbert Forest

Rocky Knoll

When I was asked to help with registration at the Hilbert Forest Regional Event I was a little concerned. “We are expecting a big turnout” explained the organiser, Mr Cantor, “and we need to be ready. We shall of course be extending the number of start times available.”

I was somewhat relieved to hear this, and Mr Cantor's preparations were well-founded. As it was, an infinite number of competitors had turned up by 1030 and fortunately we were able to accommodate them exactly since we had an infinite number of start times available. Still, we were totally booked up and we sat back for a well-earned rest. Suddenly panic. A car turned up with one more competitor. We put our heads together and came up with a neat solution. We could easily move the 1030 starter back to 1031, the 1031 starter back to 1032 and so on, and still fit everybody in. After all, infinity plus 1 is still infinity. The late arrival was happy to change quickly and go off at the now free 1030 slot.

No sooner was that sorted when things got a lot worse. A coach turned up and on that coach were an infinite number of eager orienteers. Mr Cantor turned pale. “They look like the sort to turn nasty” he said nervously, dabbing his face with a large handkerchief, “We need to sort this out quickly”. I reassured him. “All we need to do,” I explained “is to shift the 1031 starter to 1032, the 1032 starter to 1034, the 1033 starter to 1036 and so on. I'm sure they'll understand. This will leave an infinite number of ‘odd’ times free to allocate to the new coach. After all, twice infinity is still infinity. We can fit them all in!” A much relieved Mr Cantor agreed and the job was done.

That was pretty tiring and we all sat down for a breather. You can probably guess what happened next. An infinite number of coaches suddenly flooded in, each carrying an infinite number of orienteers all desperate to run in the beautiful Hilbert Forest. Mr Cantor considered searching for his car (sadly parked somewhere in the infinite car park) and escaping before things got really ugly. We weren't going to give up without a fight though. “We can do this” I said. “Let's do the same thing as last time and free all the ‘odd’ times by shifting 1031 to 1032, 1032 to 1034 and so on. After all twice infinity is still infinity. Now we can put each new competitor into the P^{th} start time, where P is the $(B+1)^{\text{th}}$ prime number, B is the bus number and S is the seat number. All we need to do is number the buses from 1 to infinity, and all the seats in each bus from 1 to infinity. It's a doddle. Everybody will have a different start time.” “Brilliant” exclaimed a thankful Mr Cantor and we set to with a vengeance.

When that was sorted out we all sat down and had a cup of tea. Everything seemed to be going smoothly until we received an urgent message from the Start Team. They were getting increasingly concerned about the fact that the courses were due to close soon and they still had quite a lot of competitors yet to begin. We rushed over and checked out the situation. I made a note of the number of runners still milling about waiting to start. It turned out that there were an infinite number (fortunately a countably infinite number or I would have been there all day). There was only one thing for it. “We will have to reduce the start interval a bit” I said. “We'll send the next runner off on the minute, then the next 30s later. After that we'll make it a gap of 15s and so on, halving the interval each time”. Mr Cantor made a quick mental calculation and beamed. “Excellent” he exclaimed. “Let's do it”. There was a frantic blur of activity then amazingly, peace and quiet. All the rest of the runners had been set off in just under one more minute, each with a unique start time. “There'll be some elephant tracks out there” remarked Mr Cantor, and I was inclined to agree with him.

The courses had been well planned and no competitor took more than two hours, allowing plenty of time to collect the controls in. “A great success, if I say it myself” observed Mr Cantor. “Hardly anyone retired (only an infinite number), hardly anyone complained (just an infinite number) and hardly anyone forgot to download (also an infinite number).” It was time to take my leave. There were certain jobs I

really wanted to avoid. The small business of cleaning out the infinite toilets was particularly high on the list. As I made my way out of the car park field (dodging the infinite number of recovery vehicles arriving to help unfortunate drivers who had broken down), I swear I could hear Mr Cantor's imploring voice on the wind. "I just need help with a small job. It won't take long. I will be infinitely grateful....."

David Hilbert (1862-1943) German mathematician and formulator of the Paradox of the Grand Hotel, upon which this tale is based.

Georg Cantor (1845-1918), creator of set theory and concepts of infinite sets.

Hilbert Wood, Kent; a good place to observe bats.

Rocky Knoll

London 2012 – Viv and Ranald's Experiences as Games Maker Volunteers

We had decided early on to apply to be volunteers at the Olympics as well as applying for tickets. We were somewhat disappointed only to get tickets for one event but at least it was athletics in the Olympic Stadium. Following interviews, subsequent acceptance, collecting our uniforms and accreditation, and various training sessions we found ourselves, together with Bramble, on a campsite in the Lee valley for 24 nights. What follows are a number of extracts from an email newsletter we sent out to friends and family every few days during our stay there. If anyone would like the full 12-page version (with photos) or the 20-page large print version, just let one of us know.

23rd July I (Viv) have done two shifts so far - it felt like being the new girl at school on the first day but everyone is relaxed and friendly, including the G4S security staff and the army. From the campsite we have only a 10 minute cycle ride to Eton Manor transport hub where we can lock our bikes and walk about 15 minutes, through security into the Park. The planting continues to impress me - with stunning banks of wild flowers, as well as superb borders and great open spaces for all the pedestrians who will come here.

26th July. I have had a couple more shifts and another one today. More teams are arriving for training in the hockey stadium. GB men and women are 4th in the world, so are on the cusp of a medal. In our free time, we went on the Emirates cable car from Victoria Dock to the O2 arena - great - and then got the train back to wander through the Westfield centre. Excellent food court, a number of athletes wandering around, as well as two policemen with machine guns.

Last night we went to the technical rehearsal of the Opening Ceremony. The Park is looking better each day as they clear up and put in the final touches (such as 1000 picnic tables, some great litter bins - recycling is a key theme here). The marketing is very good - you can't escape the pink and blue logo on everything and the literature about the Park is very well done. And as for the Opening ceremony.....well, I can't say much otherwise I would have to kill you all! The stadium itself is stunning. There were about 60,000 there out of the capacity of 80,000. Danny Boyle came on stage and said the performance tonight was for all the volunteers for the Olympics - a nice touch. It was superb - self-mocking at times, very moving, very British. Eat your heart out Beijing. We were asked to leave at 10.15pm as there were the secret parts of the ceremony which they could not reveal. Watch it on Friday night!

29th July How brilliant was the Opening Ceremony and it got such a good response in the press, which is great. I wonder if Danny Boyle woke up on Saturday morning wondering what he was going to do now. We watched in on the TV in the cafe/bar attached to the campsite. We all dashed out at 8.11 to see the Red Arrows go by at 20.12 and again to see the fireworks above the stadium. I think the TV lost the intense atmosphere of the drumming when they dismantled the rural scene and built the industrial scene - this was so simple and so effective with all the drummers coming in down the stalls where the audience were. When we saw it on Wednesday, they had, of course, left out the crucial bits to keep the surprise. The James Bond helicopter had hovered above the stadium to the 007 tune but of course we

didn't know what would happen!! As for Mr Bean!! Brilliant. I thought the tribute to 7/7 was very moving and it was an inspired choice of people for carrying the Olympic flag and lighting the torch.

I (Viv) had another shift on Thursday. They wanted to practice the medal ceremony and asked for volunteers to pose as the winning athletes. So last Thursday, I won a bronze, silver and gold medal in hockey. Sadly I didn't have my camera with me, so you will have to take my word for it. We walked out onto the splendid hockey pitch, stood on the podium and were presented with our medals - the tray was still covered in protective foam and for the flowers, we got a bunch of broccoli! It is a military exercise to get the spacing right for these ceremonies.

Ranald's first shift ... I checked in yesterday afternoon and was allocated to one of the Coke entertainment teams for the day. They are actors/dancers and go round engaging with the crowds. It was quite tiring but interesting seeing the crowds moving between venues and being asked to take numerous photos and a series of questions such as 'where is the flame now?'

2nd August. Ranald's bit: I've now done four shifts, all of which have involved me being out and about in the Olympic Park for much of the time. Three have been with the Coke teams. There was an advert for performers, 3,000 applied, 1,000 were interviewed and 300 were appointed for a variety of roles. The teams I work with are mainly young actors/dancers/singers who are paid £100.00 per day for the Olympics and Paralympics, working in groups of six. They work hard, though the quality is quite variable. However, they do try to engage with the public and get them involved. Today I had a different job taking what they call 'talent' out to perform in the park. The first group, called Real Ambassadors, was of High School leavers from Connecticut in the US who heard six weeks ago that they could come and had to raise \$70,000 very quickly. They were great fun and attracted large audiences, not least 100+ delegates from the IOC who had come to see what entertainment could provide for the public as this was the first time it had been put on at the Olympics.

Back to Viv ... the 6am shift is a bit tough - getting up at 4.45am. But there is no queue for the shower and I go quietly by the security guard in case I wake him and his guard dog up. Walking into the Park in the early hours is lovely, before all the crowds get there. On our days off, we have cycled (separately) along the Regent's canal to Islington and back through the residential streets - really interesting and hard to believe you are in London some of the time. I went to see the Grayson Perry tapestries on social class and social mobility - brilliant - Google him. We also walk into Hackney with Bramble for the launderette and coffee - I have managed to try out three coffee shops so far - good coffee but ancient rickety tables outside (so they don't get stolen).

5th August What a great few days for Team GB and the medals are flowing in - you can imagine the buzz around the place. Tracey and Ian, our friends from Matlock, were here yesterday and we met up with them before they went off round the Park and their BMW hospitality "tent". Ann and John, other friends from Matlock, are now on the site and are at the athletics tonight; and we had a great lunch today with Marg, Roger, Di and Simon in the champagne and seafood bar, before they went to the Water Polo!

I (Viv) was in the workforce canteen on Friday when Grainger and Watkins won the gold in the rowing and we all stopped eating to watch it and cheer. Last night I was on duty and we switched the TV away from the hockey to see the athletics - three fabulous gold medals. The emergency services in our portakabin were also round their TV and you can imagine the noise - someone then reminded us that we were supposed to be following the hockey. During the "watch" Protocol 4 told me that the "eagle had landed in the eagle's nest", so I guess someone important had arrived.

On Friday, there was the opportunity to watch a couple of men's hockey matches from the VIP seats as they were keen these should be filled. Four of us from Team VCC went to the evening session, along with some soldiers and students, and watched South Africa vs Spain and Belgium vs Korea. A great atmosphere, with some very rowdy Belgian fans.

At the campsite, Bramble has learnt that if she takes her ball to the fence, people walking past bend down and get it from under the fence and throw it for her; very shrewd. She's also got into the habit of speeding up for the latter part of her afternoon walk hoping for either a swim in the river or an early dinner.

8th August. I (Viv) was back on the early morning shift on Monday, on the Sports channel, so I mostly do the back office radio traffic for the teams arriving, whether they are watering the pitch, half time, full time, venue gates opening and closing etc. The busy time is the end of the match - and there are six a day - as that is when 12,000 people are leaving the stadium and children get split from their families - so far, all happily reunited. And we also reunited a crying child with her red and green parrot which had dropped through the stand and the South Africa coach with his radio as he had managed to drop it out of the window of the athletes' lounge high in the stands.

In the afternoon, I had the chance to be a seat filler for the basket ball - these are seats set aside for the Olympic family (coaches, VIPs etc) which are left empty - really irritating if you have tried to get tickets and can't get them but it is a stipulation of the IOC. Each venue is monitoring them and offering them to volunteers. It was a great view and a great men's match - 79 : 73 to France against Nigeria. A lot of the crowd supported Nigeria against France - possibly because of the sniping comments made by the French about our superb cyclists. On Tuesday, we had also the chance for two more tickets and Ranald and I went in to see the women's teams - 75:60 to Australia against China. The entertainment in the Time Outs and Half time at these events is brilliant.

We have both had two days off, so have cycled with Bramble up the Lee Valley again for 20 miles. Our Dutch neighbour calls her "Scramble". After the basketball on Tuesday, we had tickets (paid for this time!) for the main stadium to see the athletics. It was a great atmosphere, even though there weren't many GB athletes taking part. We saw the Bronze medal for the men's high jump go to GB and also saw men's discus, women's long jump qualifiers, women's 100m hurdles final, women's 200m and men's 1500m final. Our friends in Tasmania (who are avid readers of this newsletter) will be pleased to know that we supported the Australian, Sally Pearson, who won the 200m. It was one of Australia's first gold medals - the rumour here is that the Australians had boycotted the Games, as they hadn't got many Golds! The commentary was excellent - it had to keep up with a lot of events all going on at once. And I loved the little remote control cars that take the discus back to the start line! It was also interesting to see the Games makers who put out and collect in the hurdles - a military operation.

A few other facts about the Park - they planted 4000 trees, 74,000 plants and relocated 2000 newts. There is 560 km of cables and 45,000 meals a day are being cooked for the athletes alone. 1233km of fabric were used in the Games makers uniforms.

10th August. The campsite is thinning out now as people have seen their events and are leaving. Although this evening Mick and Angela Lucking from Notts Orienteering Club arrived. They asked how long we had been here - it seems like forever but is actually 21 nights.

My (Viv) shift yesterday afternoon was the hardest I have done. I was on at 2pm and as spectators arrived for the hockey and during the match, it was very hot. I was on two radios - Sport and Medical. The sport channel monitors the athletes arriving, match starting etc and is reasonably steady. But, because of the heat, the medical channel was non-stop. We had 11 incidents in 40 minutes, including a couple of people passing out, child falling over and cutting head, vomiting. I was continually on to the VMM (Venue Medical Manager) who was absolutely brilliant, deploying his staff and dealing with all the cases, including one stretcher case and several people needing wheelchair assistance to the Spectator Medical tents (which were full at one point).

At 7pm I was asked to go to Protocol to be escorted to the Olympic Family Lounge as Nick Clegg was at the hockey and wanted to meet some volunteers. Each manager had nominated a volunteer and, for some reason, the VCC manager had nominated me. There were about 10 of us and, I have to admit, Cleggy is very personable at things like this. He asked about why we had volunteered (one woman had put her name forward as soon as she could as her mother had been a volunteer in the 1948 London Games). He asked about accommodation, so I explained we were staying on the campsite, Ranald was also a volunteer and we had The Dog with us, so it was a family holiday. It was all very jolly.

12th August. We both had our last shifts yesterday. Team VCC gave us a "thank you" certificate and all volunteers got a silver baton, with a letter of thanks from Seb! They are very good at acknowledging the time and effort volunteers have put in. I (Viv) reckon on 100 hours as an average from each volunteer -

if you say £10 per hour (as the rate for grant applications these days) and 70,000 volunteers, that is £70 million of labour!

We went for our last "walk in the Park" this morning and went up the Orbit - it is free for Games makers. A great atmosphere in the queue - they had a lightweight frisbee - if it landed on you, you had to say where you came from and everyone cheered. We also sang "Happy birthday" to some complete stranger. The view from the top of the Orbit was stunning - right across the concourse of the Park and around the London skyline. On our way back from the Orbit, Mo appeared on the balcony of the BBC studio - you can imagine the cheer we all gave. Across the concourse around two dozen Games makers and a dozen soldiers were doing the Macarena dance - it really is quite bonkers here.

So my final reflections - a brilliant three weeks - quite hard work at times because of the long shifts and early starts. None of the worries about transport seemed to materialise. We met people who work in London and they said the last two weeks had been great, as it had been so quiet. Maybe employers will think again about flexi working and its benefits. The atmosphere on the Park was wonderful - smiling faces, very little litter, very few drunks or arrests, huge and biased support for Team GB and why not? My team was a nice mix of people in terms of age, backgrounds, and interests. Camping near the Lee Valley has been great - a very multi-cultural community which has been very friendly.

Ranald: Meeting people in the Olympic Park, those who walk by our campsite and the emails we receive shows that most people, including the naysayers of gloom and despondency, have been won round to see that we can put on a world class event. As Games makers we feel proud to have contributed to this (small tear appears in corner of eye ...). People have always volunteered before the so-called Big Society, whether in sport, in their local communities, with schools and a host of other organisations so we shouldn't really have been surprised that so many came forward to help at the Olympics.

15th August. Thanks for all your responses and welcome comments about our bulletin. We have had a great reaction since we got back. When I walked into Aquabox yesterday, I got a cheer and hug - really nice - I felt I had won a gold medal! I guess that is a positive knock on effect of recruiting volunteers from all over the country - most people will know someone who has been a volunteer and that brings the whole thing closer. The presentations to Games Makers in the Closing Ceremony was a really nice touch.

Ranald and Viv Macdonald

DVO Events

For full information see DVO web site – www.dvo.org.uk

Sat. 15/9/12	Poolsbrook Country Park, Local Event (white to light green) – Steve Kimberley
Sat.22/9/12	ShIPLEY Country Park, Local Event (white to light green) – Rachel Davis
Sun. 7/10/12	East Midlands Urban League – Wirksworth
Wed. 10/10/12	Club AGM, Bell Inn, Cromford 8:15p.m.
Sat. 13/10/12	Club Champs Longshaw (see elsewhere in this Newstrack) – John Cooke Club Dinner, Village Hall, Tansley, Matlock – Val Johnson
Sun. 28/10/12	Carsington Pastures, East Midlands League (white to brown) – Paul Wright
Sat. 10/11/12	Ilam Park, Local Event (white to light green) – Paul Armstrong
Sat 17/11/12	Hardwick Park, Night Event – Andy Sykes
Sun 25/11/12	East Midlands Champs, Eyam Moor & Bretton Clough (white to black), see note elsewhere in this Newstrack – Stuart Swallow

Tip of the Month

At the World Orienteering Champs and similar events competitors are not allowed to see the Finish area but are taken straight to the start. This is because it is perceived to give an unfair advantage to later runners. Whereas us lesser mortals are usually able to go to assembly. So if you possibly can make sure you at least see the finish and last control, even if you cannot wait to see the first runners come, though even better if you can.

Do you receive your own Newstrack?

Now I know you will say “of course – how else would I be reading it?” But there is a point to the question and some of you may be reading the on-line edition. A number of club members have (deliberately or accidentally) ticked the box on their BOF membership application to say they don't wish other organisations to contact them. Unfortunately that means that even the club that you have chosen to join is not given any contact details, email address, postal address or phone number, either. Which means that we cannot send you a Newstrack, or contact you at all. If you fall into that category can you let Derek Gale, our membership secretary, know your contact details please? The club does not pass the details on to anyone else.

Is your correct E-card registered?

Again and again at download we spend time sorting out entries where the wrong e-card number is stored on the BOF database or none at all. I know you write the number on the form but we are not exactly doing data input in the best of conditions so we don't always notice and every little helps. If you log on to the British Orienteering web site (you may of course need to be resent your password), then using the Edit button in the Contact Details box you can check and if need be change the recorded SI card number. Similarly if you give the wrong BOF number on the form, then as well as causing more work, you will not get the ranking points. Indeed if you give someone else's number then they will get the points instead.

BRITISH CHAMPS

After a week of heavy rain and strong winds in Derbyshire it was with a certain degree of trepidation that we set off for the British Champs in the Lake District on the May Day weekend. High entry fees (especially if the 1st cut off was missed) and the prospect of compulsory bussing 2 ½ hours before your start time had put off many people. However, several of the usual stalwarts were there.

Eskdale has mixed memories for those of us long enough in the 'O' tooth to remember the cancelled National Event on Dalegarth when Mike and I had not even left the car before we were informed the event was off. Although one or two managed to start that day others reported how much the stream had risen between their walk to the start and their return. We then had to wait for a tow out of the field. For some reason we didn't go to the re-run of that event but on another event on Mitredale we travelled by the narrow-gauge 'Ratty'.

With memories of the disastrous bussing at the World Masters in 2010 when the Swiss reputation for efficiency had a severe set back we were concerned about the arrangements. A timely e-mail to the organiser got 4 of us travelling together and with the club tent as well, re-allocated to an earlier bus. In fact the bussing went very smoothly with plenty of capacity.

The large flat Assembly Field was quite dry, the sun was shining and DVO had a good spot by the run-in. Early runners on 10B were spotted across the river running along the path and then climbing steeply up through the trees. The route to the start took us along the river before steep climb to the pre-start – ah well that was 100m. less climb on the course! Needless to say the well planned courses started over the brow of the saddle, well out of sight.

We knew the map was fairly blue (I wore sealskin socks) and that there were lots of walls and fences with compulsory crossing points and that the purple overprint for uncrossable boundaries was so faint as to be impossible to see on the run. As befitted the British Championships, courses were long with considerable climb and the 1st control reinforced this. Navigating by marsh and re-entrant I climbed the hill and dropped down into the re-entrant before climbing back out of it again to do some more ups and downs. And so it was all round the course though occasionally I opted for the long run round the bottom. I had a few wobbles on the open moor and found it quite a shock to enter the wood at the end. I tore down the path totally oblivious to the fact that my penultimate control was on a knoll just off the path and had to climb back up to it. It was then a run across the road bridge, over the 'O-ringen' style construction across the wall to the final gratuitous control (some people missed it) before the run-in with its sharp right angle to the finish.

It was a mixed day for DVO with no less than 4 4th places. Well done to Sarah Duckworth 3rd on W12A and Andy Sykes 1st by a large margin on M45S and Brian Ward 2nd on M75S. The general opinion was good courses, on a good area on a good day. A real shame that the course printing on the maps was sub-standard.

The relays took us back almost to Kendal, to Helsington Barrows, an open limestone area, rocky and tussocky underfoot, fast for M21s maybe not for those of us who have more respect for knees and ankles. Based at the former Kendal Race Course car park and assembly were close together. The DVO tent was pitched by the final control – quite useful because no map reading was required after the penultimate control. There was a long run out before going through the gate to the open moor and a final loop in the open field to finish. The advantage of going out in the mass start with younger faster ladies is that you can let them do the fine navigation! However the courses were well gaffled as we twisted and turned across the moor so I wasn't always following the same person – it does help to know who is running your course i.e. W18, W50 and Women's short. I felt I was always at the back so was astonished to hear myself announced as 1st W60 at the run-in – that meant I was ahead of Carol McNeill whom, admittedly, I had not seen out on the course. I handed over to Pauline, before returning to the tent to recover, giving Judith any relevant advice. Pauline ran well coming in ahead of LOC again to set Judith off not knowing how much of a lead she had. We passed an anxious 30 minutes waiting for an announcement of Judith's arrival in the field (the commentary was much better than at the JK which focussed solely on the elites, this time commenting on top 3 placings in all classes after each lap).. Pauline and I were jubilant and supported Judith up the run-in in true elite style, still 1½ minutes ahead of LOC. With Border Liners a further 10 minutes behind them it had been a real tussle – an error by any of us would have meant LOC retaining the trophy they had taken from us last year.

Again some good news for DVO – the Mini Relay of Sarah, Rachel and Ethan Tebbutt of LEI came 4th (though obviously non-comp). And a special mention to Viv Macdonald (W60) who ran W40 with Sal & Ann-Marie bringing them in at 5th place.

The final day of the weekend was the Kendal Urban Race. A misunderstanding over entries meant some folks didn't get the run they were expecting as LOC were overwhelmed with entries on the day. Courses were planned by DVO life member Steve Buckley and took us through housing estates, up and down I don't know how many flights of steps and through the jitties of Kendal town centre. There were plenty of subtle route choices and by the end you were mentally as well as physically exhausted. John Duckworth 3rd M45, Sarah 1st W12, yours truly 4th W60 (again) and Rachel 3rd on W10. Sadly the fine weather broke during the day and first rain fell just as I punched the last control.

It had been a good weekend. The orienteering was excellent, there were some good DVO results, we had met friends from all over the country and we had spent sociable evenings on a pleasant campsite.