



# *NEWSTRACK*

*Spring 2012*

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

Guest Editor: Turgil Hawp



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## Births, Marriages and Deaths

Roger Williamson of the Leicestershire Orienteering Club died on 11 February 2012. Roger was a keen orienteer and for many years organised and administered the annual East Midlands Galloppen, now the East Midland League. We would like to pass on our condolences to Ursula and family.

Neil Dawes owner of Bowmer Rough Farm, Crich, died earlier this month. Neil let DVO have the use of his farm and fields for several events staged on the adjacent Crich Chase and also made many items of equipment for the club in his forge. Most notably Neil was responsible for the brilliant orienteering-themed light display which enhanced the British Night Orienteering Championships in 2004 making it a most memorable occasion. We would like to pass on our condolences to Emma and family.

## Editorial

‘Tis the season to spring into action with DVO

What Oh! It’s your old mate and mucker, Turgil Hawp\*, here again, once more guest editor for this illustrious magazine. Chris Owen your full-time editor hasn’t been the Mae West recently but I am

pleased to be able to tell you that he was soon sitting up in bed taking the lightly boiled egg and giving Matron a hard time. Get well soon Chris this magazine needs you.

Well what is happening in Orienteeringland. Your Spring edition of this bumper fun-filled 24 page publication has a comprehensive list of events for you to plan those diaries. Two annual major events are on the horizon, The JK in Scotland and the British Championships in the Lake District. Both should prove to be highlights of the orienteering year. But beware my tardy friend; if you have not already entered the British Championships be prepared to take a sharp intake of breath. At the extremely high eye-watering entry fee of £19 for the individual day event this lifts up to a whopping £29 if you miss the deadlines. Perhaps the prizes are to be presented by Messrs Hester and Goodwin.

Other delights include learning about the mysteries of the purple pen; Mike Godfree explains all to budding planners and Paul Goodhead recounts his experiences as a first time organiser.

\*Turgil Hawp is the double award winning editor of the "Trotter", club magazine of the Borsetshire Orienteering Group (BOG).

## Welcome

A warm welcome to the following new members:

Anoo Bhalay, Derby

Sally Dipple, Wirksworth

Michel Johnson, Belper

David Nevell, Lugwardine

Karen Peach, Buxton

Malcolm Spencer, Matlock

Chris Watts, Buxton

Jaime Castro, Zoila Alcantara, Santiago and Angie, Derby

Richard Northall and Elizabeth Richardson, Chellaston

Alan, Helen, Euan and Iona Blair, Chesterfield

David and Jean Hall, Wymeswold

Robert, James and Tom Murray, Belper

David and Richard Parkin, Matlock

David Pettit, Hilton

Steve Wadey, West Hallam

Emma Whitehead, Headingley

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

## Open Meeting invitation

The next open meeting will be at 8-15pm on Wednesday 18<sup>th</sup> April 2012.

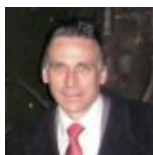
### The Bell Cromford

47 The Hill, Cromford. DE4 3RF.

Tel 01629 822102.

Parking is on street and sparse. To get to the venue from the Market Place walk up Cromford Hill; The Bell is about 100 yards on the left. The venue is about half a mile from the railway station.

## **A word from our chairman**



### **Bags of Orienteering**

I am writing this in early February shortly after having returned from quite a long training run over the hills around Duffield with the first flurries of snow in the air - it was actually just beginning to settle. Overnight we had a pretty large fall and the whole area looks absolutely beautiful. Now despite this wintry bout of weather we are approaching longer evenings, brighter weather and of course one of the more interesting periods in the orienteering calendar.

By the time you read this we will have already competed as a club in the first round of the Compass Sport Cup, hopefully we will have qualified to go to the final although we are up against some tough competition. This is the most well known inter-club competition and is a great chance for the whole club to turn out in an attempt to win. DVO did actually win the competition, twice I think, back in the 80s – so in common with the Eurovision Song Competition it surely must be getting round to our turn again soon!

Over the Easter period there is the annual JK International Festival of Orienteering – one of the major competitions of the year spread over 4 days. This year the competition is to be held in Scotland, so some excellent challenges for navigation against a large international field of competitors and of course guaranteed to be midge free, I think.

A few weeks after the JK is the British Championships weekend - this year to be held in the Lake District – again this will be another multi-day event providing top quality orienteering against the best Britain can muster.

Nearer to home, in fact in Derbyshire, we have the DVO Summer Series. There is a whole range of sessions planned all over the county from February through to November, a bit of a stretch on what I recall as being Summer, however a really smashing effort by all those involved. These are great for beginners and usually have a longer course to tax those who want a longer challenge. Many of these events have been put on by DVO's Community O Groups and I am sure they will be very pleased to see you all. For details of each of the series please see the website.

Then of course we have our regular Wednesday evening runs alternating from Belper and Allestree. These provide a great opportunity to get out for a run with others from the club and generally are five to eight miles in length at a reasonable pace. Often there are two groups so there is a choice you can make about speed and length ... and in a few weeks we will be on the footpaths again for the next six months or so which is great news.

So particularly at this time of year there is plenty of opportunity to orienteer, to train, to keep fit and to socialise with the rest of DVO. We very much intend that all our events and activities provide a warm welcome to all and also very much hope to see you in the near future.

Warm regards

**John Hawkins**  
Chairman

## and now, some words from the Fixtures Committee

### Opportunities for Budding Planners

If you've ever thought you'd like to have a try at planning, here's your chance to have a go at a low level event with lots of support. There are several level D events next year that have still not got planners/organisers. (*See p17. The organiser/planner declared is often a default record.*). These events only have 3 courses, white/yellow, orange and something similar to light green. If you would like to have a go at planning, please contact Jen Gale. [jg.244@btinternet.com](mailto:jg.244@btinternet.com)

#### Jen Gale

Fixtures secretary

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

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

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

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

If there are particular issues you would like us to bring into the workshop, please let Ranald Macdonald know in advance.

#### Ranald Macdonald

Event Officials Co-ordinator

#### Forest Challenge! The orienteering board game for 2-6 players

Ideal for:

Christmas and birthday presents;  
club evenings; prizes for winners of club events;  
teaching youngsters about orienteering and letting them have fun at the same time.

"We had such fun that we immediately had another game . . . We've already got plans to put one of our favourite areas onto the hexagons . . ." "I think it's a brilliant game - the kids love it."

The game includes everything you need to "step over the line" – laminated map, kites, punch cards, "Control" cards, "Advantage" cards, instructions, dice, tokens etc;  
Design a different course each time you play by using the moveable control stickers;  
The map sections can be fitted together in different combinations for more variety;  
Choose score or line orienteering;  
Add even more variety by drawing your favourite terrain on the blank map grids supplied.

You can buy your copy for £7-50 at most NGOC events or through the post (please add £1-50 for postage, cheques payable to NGOC) from Alan

Brown,

10 Brizen Lane, Cheltenham, GL53 0NG. All profits to the Woodland Trust.

Email [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) for further information.



## ***‘Providing high quality events’***

***An EMOA Conference for Planners and Controllers  
and those interested in becoming Planners and Controllers***

**Saturday 26th May 2012, 10am - 3pm**

**(tea/coffee from 9.30am)**

**at Rushcliffe Country Park, A60 (Loughborough Road), Ruddington, Nottinghamshire, NG11 6JS**

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

Through a series of rôle plays, small group and whole group discussions the emphasis will be on the practical interpretation of the BOF Rules, Guidelines and Appendices as they relate to the events with which we are involved. We will use some recent events to analyse the courses and consider planning and controlling issues, including the need to change the map during the process.

We hope to have a speaker who has wide experience of planning, controlling, mapping and advising at national and international level – details to follow.

If you are interested in coming, please let Ranald Macdonald know by Monday 14<sup>th</sup> May 2012:

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

Lunch and drinks will be provided if we know by this date – those booking later may have to bring their own!

There will be no charge for the event. It is being run as part of EMOA’s Development Plan activities for 2012.

The day will be led by Ranald Macdonald (DVO) and Roger Edwards (LEI). If there are particular issues you would like us to bring into the workshop, please let Ranald know in advance.

*Wanting to be green and leave the gas guzzler at home. Access by Public Transport: Trent Barton ‘bus “Ruddington Connection” from Nottingham Railway Station. “Plusbus Nottingham” tickets supplementing rail tickets are available. Reduced price rail tickets when 3 or 4 persons travel together.*

**Ranald Macdonald**

Event Officials Co-ordinator

# Virgin in the Woods or The Experience of a First Time Organiser

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If you have never organised an event before and are wondering just what it involves then read on.

It was a dark night sometime last year that I was approached and asked to organise an event – the event at Crich Chase as it turned out. I glibly said ‘of course’ without thinking too much about what I was letting myself in for. After the initial approach all went quiet for a few weeks – in fact I had almost forgotten about it when emails started dribbling in. Crich Chase, for those of you who went, turned out to be ‘interesting’ for parking with, in the end, 5 car parks being used so the first thing I did was meet with the planners, the controller and Viv Macdonald to have a look at the assembly area. Viv also explained how the team system works and that it actually reduces the work load of the organiser considerably.



Following this meeting the e-mails started to fly, there was much negotiation for the car parks and a long debate about the cost. Fortunately I wasn't really involved in this as the DVO team system worked a treat. By this time I had organised a rule in Outlook to divert any e-mail containing Crich to a 'special' Crich folder in my mail box.

Viv Macdonald, who was superb throughout the whole process, sent me various lists, tasks to do, who was responsible for what, who the team leaders were and so on. This made my job very straight forward as the organiser can pretty much leave everything to the team leaders. That said, there are things to be done, contact the police, order the loos, write a risk assessment and so on but there is always help no more than a phone call or an e-mail away.

A couple of days before the event I made a trip to DVO's very own Aladdin's cave to collect all the equipment, signs, tents etc that would be needed on the day. When the day actually arrived and assembly had been set up, it was really just a case of being around in case of problems because from the organiser's point of view the event pretty much runs itself as the teams take over. Once everybody was down off the area we packed up, took the equipment back to the shed, wrote a few words for the website and that was that! After the event my Crich folder had amassed 154 e-mails!

However, all in all it was a pretty painless experience and certainly one I would be happy to repeat in the future. I have to say special thanks to Viv Macdonald who was superb in helping me through the process, to John Hurley the controller and to Judith Holt and John Cooke the planners who were all equally superb and a pleasure to work with.

Clubs like DVO run largely on good will and the willingness of members to help out though of course this means that 'a few do an awful lot'! So I know that any offers of help to organise an event would be gratefully received and that you would be supported admirably throughout the process. So.....

If you have never offered (or been asked) to organise a DVO event then do volunteer!

## **Paul Goodhead**

*Please do treat the General Kitchener poster with caution. Your club does need you but you will not be consigned to five years in muddy trenches with little chance of survival - Ed*

## Competitions



Last issue's caption competition was won by Dave Bennett. His witty caption was: "A day without exercise ..... is a day with no excuse to eat a Mars Bar".

This month's competition shows Steve Kimberley after completing the Allestree Night Event. What might Steve have been saying?

### Competition 2

The front cover shows a control out on one of DVO's areas. Can you locate it?

### Competition 3

Many years ago DVO controls were marked with a letter and a number e.g. A0 to A9, B0 to B9 etc.

But then an edict came down from the Big O at Darley Dale that we had to get in line and stop using codes of letter and numbers as it was far too difficult for elite orienteers to comprehend and so it was those codes were consigned to history.

However once when at Allestree Park my mate Toby Beeswick was setting out the course but he lost the map. No worries he could remember the course and the order of the controls

- Which code was on the control on the highest point?
- Which code was on the control that looked as if it was heading for Matlock?
- Which code was on the control for the best location?
- Which code was on the control that introduced you to the course?
- Which code was on the control that you visited twice?
- Which code was on the control on the dog leg?
- Which code was on the control that you spent too much time getting to?

## Sports Personality of the Month

The nominations are:

Graham and Val Johnson for getting their car locked in the field at Alderwasley when putting out controls for the Shining Cliff event.

Patsy Gordon aka Sophie for the following:

Mum: (applying plasters on top of tatty bits of Compeed) "I do hope these heels will be all right for orienteering today"

Patsy: "OMG, you're not wearing stilettos are you, darling?"



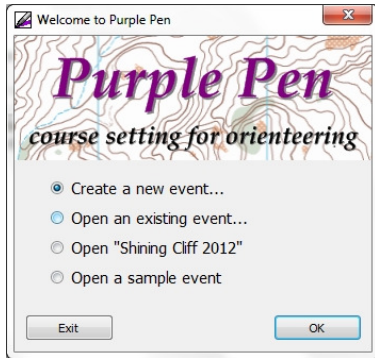
# The Case of the Purple Pen

by Michael J Godfree

## Part the first

Purple Pen has become *de facto* the club standard for course planning. It is more intuitive than OCAD (the combined mapping and course planning software), it is free and it doesn't allow the planner to alter the map (deliberately or accidentally). Like the OCAD equivalent it ensures that any change to a control is reflected in all the courses using that control, it measures the course for you (though not the climb (*much to my chagrin - Ed*)).

First you need to download the software. Point your browser to [purplepen.golde.org](http://purplepen.golde.org), click on download and then on "Download now". Save and then run the file to install the program.

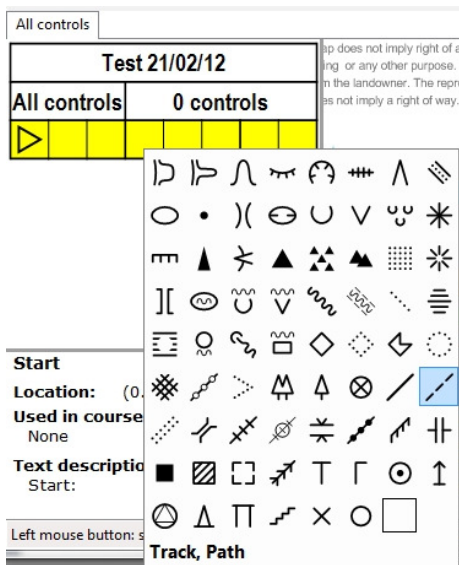
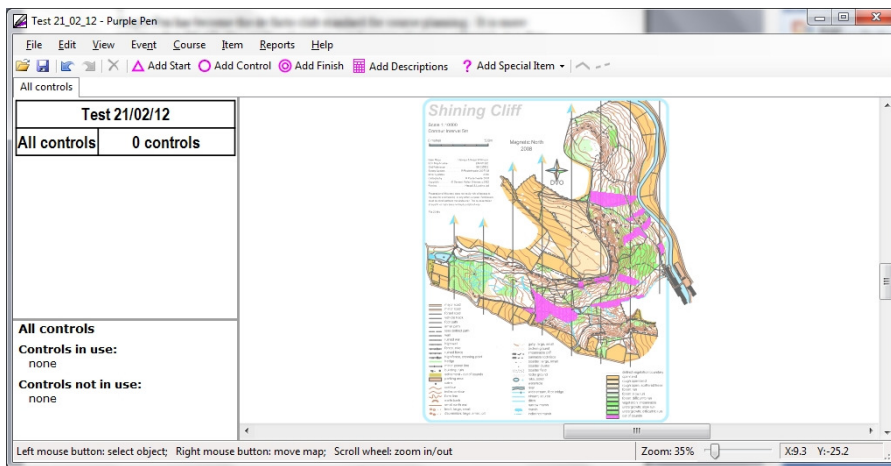


Before you start planning for an event you will need a map file – make sure you have the most up to date one from the mapping coordinator (Mike Godfree). Create a folder and store the map file there. When you run Purple Pen for the first time you will be able to look at the sample event or click on create a new event on this screen:

After giving an event title (which will also be your PP file name), you then need to point PP at the map file you want to use, this will be the folder where you stored the map. PP will work out the scale of the map itself but sometimes the printed scale is different.

You would usually store the PP file in the same folder as the map file.

Then change the starting control number to be 101 (as DVO's controls run from 101 to 160). After clicking Finish you should end up with a screen like this:



As PP says in the status bar at the bottom you can drag the map around with the right mouse button. So long as you have a mouse with a scroll wheel you can zoom the map with the scroll wheel, otherwise you will need to drag the slider at the bottom right. Also notice that there is a Help menu item. The help is extensive and is much more effective than ringing or emailing me. There is very little that we have not found it possible to do.

You will probably now want to add a start and a finish and then some control sites. Click on the Add Start tool and drag the icon over the map to the correct point and click there. Once you have positioned the start you can complete the description.

Click on column D of the control description and you will see a display of all the possible values for that column. As you hover

over each one its text equivalent is displayed at the bottom. If you need a qualifier in column E you repeat the process for that column and so on for the other columns (unlikely for a start).

At this point you can either add controls by using the Add Control tool or go to create a particular course.

From the Course menu choose Add Course

The only thing you might need to add apart from the course name is the second line of the control descriptions. You won't know the climb at this stage. For white, yellow and orange you will change the Description appearance to Text (or possibly Symbols and Text). Worry not; all of these can be changed later.

Now you are ready to add controls to your course. Click on the start (either on the map or in the control descriptions). Then click on the Add control tool and drag over the map to either an existing control site or a new control site.

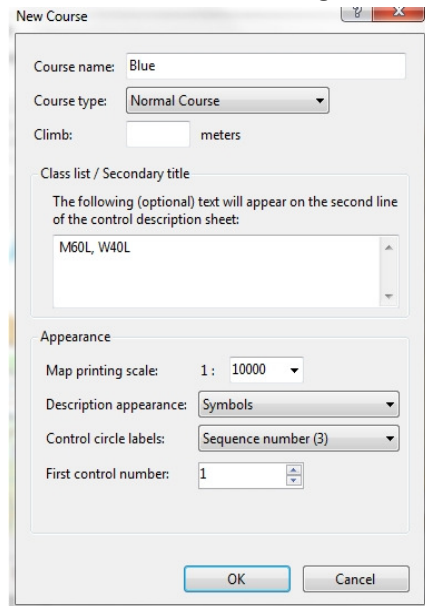
Take care not to control very close to the first. existing control if you are mention the Event Audit. Reports menu. At this stage items that will eventually make sure you don't have probably a mistake.

You should now have two controls and one for the will be sufficient for a first Remember the Help file, possible.

**Mike Godfree**

Mapping Coordinator

*Even an idiot like me got the hang of Purple Pen quite quickly - Be brave - just experiment and see what you can do - you don't have to save your alterations after all - Ed*



inadvertently create a second To help you PP will jump to the close. That is a good point to This is the second item under the you will probably have quite a few need attention. But in particular very close controls that are

tabs at the top left, one for all course that you have started. That lesson to get you started. there is very little that is not

## Rocky Knoll Recommends

The weekend of 10<sup>th</sup>/11<sup>th</sup> March sees the Midland Champs preceded by a Great Malvern Urban race. The Midland Champs is our area championships, it is unfortunate it is about as far south and west as it is possible to be.

The following weekend there is DVO's level D event in Queen's Park Chesterfield on the Saturday with a rumour of an extension out of park and into the streets for the long course and then a HALO Regional event at Caistor, Lincolnshire (Steve Kimberley is controlling).

Then on 24<sup>th</sup>/25<sup>th</sup> March you may just be in time to enter the British Sprint Championships at York University followed by the British Middle Championships at Strensall Common, York. If you have never taken part in a Sprint Championships before then this is a good chance. Two races, the morning race to decide which final and the start order for the afternoon.

On 1<sup>st</sup> April LEI have an East Midlands League event at Martinshaw just off the A50 north of Leicester. The National Forest plantings will doubtless add variety to the old woodlands bisected by the M1.

Easter Weekend will see the aficionados away in Scotland at the JK.

Then on the weekend of April 14<sup>th</sup>/15<sup>th</sup> there is the chance to run on a new DVO map for a level D event on the Saturday at Broomfield Hall (Derby College) before an East Midlands League event at Riber Hillside on the Sunday.

NOC have the next EM League on 22<sup>nd</sup> April at Thoresby near Edwinstowe.

With the light evenings there will be the usual summer events though in April you to run fast to beat the dark. Look out on the British Orienteering website as these tend to appear at the last minute. DVO have decided to major on Saturday for our low key events, again watch out on [www.derwentvalleyorienteers.org.uk](http://www.derwentvalleyorienteers.org.uk) Treat them as training. And keep up the training for the British Champs in May. (If you can afford it - Ed)

This will also be decision time for entering the Welsh 6 day.

**As told to Mike Godfree**

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

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

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

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



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

Day	Date	Where	Club	Event Standard	Nearest town or location
Sunday	4 <sup>th</sup> March	Pwll Du	SWOC	<b>B</b>	Blaenafon
Sunday	4 <sup>th</sup> March	Whitbarrow	SROC	<b>B</b>	South Lakes
Sunday	4 <sup>th</sup> March	Furnace Ponds and Woolbeding	GO	<b>B</b>	Midhurst
Sunday	11 <sup>th</sup> March	Foxley and Garnstone	HOC	<b>B</b> <b>Midlands Championship</b>	Hereford
Sunday	11 <sup>th</sup> March	Arncliffe Wood and Scarfe Wood Moor	CLOK	<b>B</b>	Northallerton
Saturday	17 <sup>th</sup> March	Brueton Park	OD	<b>D</b>	Solihull
Sunday	18 <sup>th</sup> March	Pillar Woods	HALO	<b>B</b>	Caistor (Lincs)
Sunday	18 <sup>th</sup> March	Turinturk West	ECKO	<b>B</b>	Oban
Saturday	24 <sup>th</sup> March	York University	EBOR	<b>A - British Sprint O Championships</b>	Heslington

Sunday	25 <sup>th</sup> March	Strensall Common	EBOR	<b>A British Middle Distance Championships</b>	York
<b>Sunday</b>	<b>25<sup>th</sup> March</b>	<b>Various Locations</b>	<b>Sport Relief</b> 	<b>DVO members have been asked for help at this event</b>	<b>Cromford Meadows</b>
Saturday	31 <sup>st</sup> March	Bramhall Park	MDOC	D	Bramhall
Saturday	31 <sup>st</sup> March	Stoneleigh Park (National Agriculture Centre)	OD	D	Kenilworth
Sunday	1 <sup>st</sup> April	Ratby Burroughs and Martinshaw Wood	LEI	C	Junction 22, M1 Groby
Sunday	1 <sup>st</sup> April	Downs Banks	POTOC	D	Stone
Friday	6 <sup>th</sup> April	Livingston Centre	JK2012	<b>A - Sprint</b>	Livingston
Saturday	7 <sup>th</sup> April	Dunalastair	JK2012	<b>A - Cross Country</b>	Tummel Bridge
Sunday	8 <sup>th</sup> April	Craig a'Barns	JK 2012	<b>A - Cross Country</b>	Dunkeld
Monday	9 <sup>th</sup> April	Newtyle Hill	JK 2012	<b>A - Relay</b>	Dunkeld
Thursday	12 <sup>th</sup> April	Bagworth Woodlands	LEI	D	Bagworth
<b>Sunday</b>	<b>15<sup>th</sup> April</b>	<b>Riber Hillside</b>	<b>DVO</b>	<b>C</b>	<b>Matlock</b>
Tuesday	17 <sup>th</sup> April	Beauchamp College	LEI	D	Kibworth Beauchamp South Leicestershire
Sunday	22 <sup>nd</sup> April	Bentley Woods	OD	<b>B</b>	Atherstone
Sunday	22 <sup>nd</sup> April	Thoresby North	NOC	C	Mansfield
Sunday	22 <sup>nd</sup> April	Stickle Pike	LOC	<b>B</b>	South Lakes (Broughton in Furness)
Wednesday	25 <sup>th</sup> April	Charnwood Forest South	LEI	D	Loughborough
Thursday	26 <sup>th</sup> April	Kibblestone Scout camp	POTOC	D	Stone

Sunday	29 <sup>th</sup> April	Beechenhurst	BOK	B	Lydney Forest of Dean
Sunday	29 <sup>th</sup> April	White Horse	EBOR	B	Thirsk
Tuesday	1 <sup>st</sup> May	Linford Woodlands	LEI	D	Leicester
Saturday	5 <sup>th</sup> May	Dalegarth	British Championships	<b>A - Cross Country</b>	West Lakes Seascale
Sunday	6 <sup>th</sup> May	Heslington Burroughs	British Relay Championships	<b>A - Relay</b>	South Lakes Kendal
Monday	7 <sup>th</sup> May	Kendal Town	British Urban Championships	<b>A - Urban</b>	South Lakes Kendal
Thursday	10 <sup>th</sup> May	Lyme Park	MDOC	D	Disley/New Mills
Thursday	10 <sup>th</sup> May	Evington Park and Aboretum	LEI	D	Leicester
Sunday	13 <sup>th</sup> May	Burntstump Country Park	NOC	D	Arnold
Sunday	13 <sup>th</sup> May	Kilnsey North	AIRE	B	Grassington
Tuesday	15 <sup>th</sup> May	Lyme Park	MDOC	D	Disley/New Mills
Tuesday	15 <sup>th</sup> May	Grange Wood	LEI	D	Coalville
Thursday	17 <sup>th</sup> May	Tunstall and Burslem Parks	POTOC	D	Stoke on Trent
Sunday	19 <sup>th</sup> May	Finsthwaite	MDOC	<b>Twin Peaks A</b>	South Lakes (Newby Bridge)
Sunday	20 <sup>th</sup> May	High Dam	MDOC	<b>Twin Peaks B</b>	South Lakes (Newby Bridge)
Thursday	24 <sup>th</sup> May	Lyme Park	MDOC	D	Disley/New Mills
Thursday	24 <sup>th</sup> May	Aylestone Meadows	LEI	D	Leicester
Sunday	27 <sup>th</sup> May	Brown Clee Hill	HOC	<b>B</b>	Ludlow
Thursday	31 <sup>st</sup> May	Festival Park	POTOC	D	Hanley, Stoke on Trent
Thursday	31 <sup>st</sup> May	Lyme Park	MDOC	D	Disley/New Mills

Please also see DVO's activity programme on the following pages.



# Satellite News

Including the club activities programme and news from the Community 'O' groups

## **Main Club**

Wednesday Night Club Nights/Training Runs 7pm

7 and 21 March,

4 April,

2 and 16 May

BELPER - Johnsons

01773 824754

14 and 28 March

11 and 25 April

9 and 23 May

ALLESTREE - Mackervoy's

01332

18 April

THE BELL, Cromford

Followed at 8-15pm by Open meeting

Trains to Cromford are at 1750, 1850 and 1950 from Derby, and return 2044, 2144 and 2255. Also Trent Barton 'buses, Service TP between Buxton and Derby.

30 May - A Fifth Wednesday Special - the return of Rural 'O'? tba - please visit website.

## **Community O Groups**

### **DVO Buxton**

Please see the club website for details about this thriving group.

### **DVO Chesterfield**

Chesterfield Club nights will restart after a break on Wednesday 18th April just after Easter. The venue will be, as before, St Marys RC High School on Newbold Road, Chesterfield, meeting at their gym close to the western entrance to the school.

Exercises will be a mix of technique and fitness with at least once a month an informal competition to test your skills.

Don't forget the Queens Park event on the 17th March where as well as the shorter beginners courses, more experienced orienteers can practice their quick thinking and sprint orienteering with fast paced racing over a more technical course.

For more details see the website or contact Steve Kimberley.

**Steve Kimberley 01246 280430**

### **DVO Derby**

#### **DVO Derby Community Orienteering**

To 'KICK-START' this initiative the students at Derby University are being targeted. They are being offered three 'free' taster sessions based at the university and Markeaton Park.

These sessions on March 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> will be from 4.00 until 5.30pm. They will be led by Stuart Thomson, a third year student at the university. Stuart is also a qualified orienteering coach.

Natalie Shaw the British Orienteering Federation Participation Manager (East\*) is co-ordinating this initiative. Appropriate advertising and presentations, within the university, prior to the first session will hopefully lead to a successful launch.

Val Johnson and I are helping Stuart and Natalie when required.

If the University initiative is a success the idea is that there will then be a further advertising campaign to open the club to the whole community and existing DVO members. This will offer evening sessions during June, July and August

**Rex Bleakman 01283 733363**

*\* Is this tautology as orientate means "to face east" Ed?*

### **DVO Matlock**

#### **DVO Matlock Community Orienteering Club Nights**

Viv Macdonald's report in the January Newstrack outlined the first 10 months of the Matlock Community O project and ended by listing what we were hoping to do next. This is an update.

Since Christmas we have had 9 juniors and 14 adults including Viv and myself. The largest attendance on any night was 20 when people braved sub-zero temperatures to jog from the ARC to Hall Leys Park where they ran in pairs doing a variety of loops..... (Brrrrh Ed). Since Christmas we have had a set of indoor activities available each week in case of severe weather. Luckily for us there has only been one occasion when hard packed icy snow drove us indoors and there was plenty for everyone to do.

We have set up some recruitment activities aimed at recruiting more families after Easter. Five schools responded to our offer of doing an Orienteering Taster Session after School for Parents and Children. These will happen during March. We will also have an SI string course and a 16 stake grid course at the Primary Schools Cross Country event at Cromford Meadows which is an opportunity to bring Orienteering to the attention of 300 or so children from local primary schools.

We are working on the links between club nights and DVO events by looking at maps in advance and debriefing after the event. One Dad went along to an event to shadow his son and decided he wanted to learn to orienteer as well. Club night members and DVO Members local to Matlock will be working together to put on the Come and Try Orienteering event at Hall Leys on Saturday 18<sup>th</sup> Feb. We are still working on plans for some summer evening events in the local area involving Buxton, Chesterfield and Matlock Clubs. ***If any one feels they could help organise of a short series of summer evening events in the Buxton, Chesterfield or Matlock areas please let Judith Holt know.***

Our taster session at ARC Leisure Centre attracted 17 children and the photographer from the Matlock Mercury. The session was jointly led by me and a Derbyshire Dales Community Coach who has recently done a Teaching Orienteering Course. We hope that the club night can offer some opportunities for DVO members to work towards coaching awards. We are also being offered the opportunity to pilot an Apprentice Community Orienteering Coach scheme. We will report on that in the next Newstrack.

We have a busy programme ahead of us focusing on families but with an increasing number of novice adults coming along. When we are ready for a new challenge we will think about how to attract young people in the 14 – 25 age group.

**Judith Holt 01629 582325**

## Compass Sport Cup

A big thank you to all of you who came to support DVO in the 1<sup>st</sup> round match of the Compass Sport Cup whether you were one of 25 counters or not. This is the only event in the 'O' calendar in which we run and score as a club. Unfortunately the date coincided with half term so we were without many of our juniors, their parents, teachers and others with school affiliations. Others withdrew through illness. You will see from the WCH web site that we were a creditable 5<sup>th</sup> ahead of our East Midlands rivals LEI and NOC, so again miss a chance to run at the final as 3 teams go through. You can always play 'if only' with the results but doubtless other clubs could do the same.

As I had argued strongly in favour of our competing at Walton Chaser's event at Brereton Spurs rather than our designated one in East Anglia I was disappointed to have a smaller turnout than at Beacon Hill last year. It is a long time since the heady days of the 80's when DVO won through to the final and won in 1986 & 1987. Perhaps we could at least make the final again if everyone was proud enough of DVO to come and run. What could I have done differently? How can I encourage more of you to come and support the club?

**Liz Godfree**

Club Captain

Ed: Perhaps you have identified certain reasons in your article. The juxtaposition of half term cannot have helped. In the heady eighties, when DVO was successful in this competition, the emphasis was on the family and it was through the juniors that DVO consolidated their success. In recent years the junior contribution has been much reduced. As well as devaluing the competition this has been detrimental to DVO's performance. A rethink is required to what used to be a whole club competition. Moreover pre-entry and higher costs are not helpful.

## DVO Access Officer/Coordinator

Firstly, thanks to Neil Forrest for the huge amount of work he has put in over recent years as the Club's Access Officer. Neil expressed a wish to give up the post last year and has been arranging the handover.

Thanks also to Ian Hodson who has agreed to take over the rôle from Neil. At our last fixtures meeting in February we discussed the nature of the rôle with Ian and agreed that it is probably better known as the Access Coordinator as this name reflects more accurately what it entails.

However, there is a good case for having two Access Coordinators – one for the North of the county and the other for the South, with a dividing line probably around Belper. Given that Ian lives in Chesterfield I would like to hear from anyone interested in taking on the rôle for the South. If you are interested but unsure you could also contact Neil.

It was agreed at Fixtures Committee that the rôle involves:

- Coordinating and getting permissions from the Forestry Commission for all their areas we will be using in the year
- Checking that individual access negotiators for an area have got permission for events when these have been agreed by Fixtures Committee.
- Helping populate the Club database with more information about areas, parking availability, contact names, restrictions such as bird nesting, etc.
- Supporting the appropriate local club member in negotiating access to new areas.

The rôle is obviously critical to ensuring we have access to areas for orienteering as well as helping to maintain good relations with landowners and other interested parties.



Please get in touch with Randal Macdonald if you think you might be interested in taking on the rôle on [r.f.macdonald@btinternet.com](mailto:r.f.macdonald@btinternet.com).

## Randal Macdonald

Event Official Co-ordinator

Ed: Forestry Commission areas include Shining Cliff where the commission acts on behalf of the National Trust, Matlock Forest (Bottom Moor, Farley Moor and Top Moor\*), Whitesprings (40 acre\* and 70 acre Woods), Cromford Moor.

Top Moor and 40 acre woods are not currently exploited for orienteering.

## DVO - Small Events Programme 2012

(Level D Events)

***Lots of help for beginners and families as well as a challenge course for the more experienced orienteer.***

These events will have **three courses** which will approximate to the traditional colour-coded levels: White/Yellow (beginners), Orange (intermediate) and Light Green (more technical). The LG course can be a suitable different challenge giving the planner the opportunity to be creative.

Competitors will be able to **register and run** from 10.30am until last starts at 12.00 noon.

**Charges:** £3 adult and £1.50 Junior. Bring along a friend no extra charge for non-members.

These small scale events can be planned and organised by one or two people. Ideally people wanting to learn about planning and organising will be paired with an experienced planner/organiser. Planners' and Organisers' notes are available on DVO club website/members section.

Date	Section	Venue	Access Negotiator	Organiser(s)	Planner(s)
Saturday 18 <sup>th</sup> February	DVO Matlock	Hall Leys SK299601	Viv Macdonald	Judith Holt 01629 582325	Judith Holt
Saturday 17 <sup>th</sup> March	DVO Chesterfield	Queens Park SK378707	Viv Macdonald	Anne Kimberley 01246 280430	Daniel Kimberley
Saturday 14 <sup>th</sup> April	DVO Derby	Broomfield SK387402	Rex Bleakman	Rex Bleakman 01283733363	Rex Bleakman
Saturday 12 <sup>th</sup> May	DVO Derby	Markeaton SK335372	Rex Bleakman	Zoë Gordon 01332 835852	Zoë Gordon Tony Berwick
<b>Sunday</b> 27 <sup>th</sup> May	DVO Buxton	Pavilion Gardens SK056733	Ro Cole	Mark Jones 01663 742464	Rhys Roberts
Saturday 2 <sup>nd</sup> June	DVO Derby	Rosliston SK242174	Rex Bleakman	Rex Bleakman 01283733363	Rex Bleakman
<b>Saturday</b> 23 <sup>rd</sup> June	<b>Derbyshire School Championships</b>	<b>Darley Park SK354383</b>	<b>Rex Bleakman</b>	<b>Val Johnson Rex Bleakman</b>	<b>Val Johnson 01773 824754</b>
Saturday 30 <sup>th</sup> June	DVO Derby	Swadlincote Woodlands SK305193	Rex Bleakman	Dai Bedwell and family 01509 265150	Dai Bedwell and family
Saturday 14 <sup>th</sup> July	DVO Matlock	Black Rocks, Cromford SK291555	Viv Macdonald	Viv and Judith Holt 01629 582325	Chris Bourne
Saturday 8 <sup>th</sup> September	DVO Chesterfield	Poolsbrook	Viv Macdonald	Steve Kimberley 01246 280430	Steve Kimberley
Saturday 10 <sup>th</sup> November	DVO Derby	Ilam SK131508	Mike Godfree	Paul Armstrong 01335 342683	Paul Armstrong

This programme of events is correct at the time of compilation (1<sup>st</sup> February 2012)

Any DVO members wanting to stage additional Level D events, or alter the programme, should talk to Rex Bleakman first. This will enable Rex to co-ordinate the programme and update the list for the club website.

If you want to assist the Organiser or Planner, or bring a group contact the Organiser.

**Rex Bleakman** Co-ordinator (01283 733363 or [rexbleakman321@btinternet.com](mailto:rexbleakman321@btinternet.com))

## Why is the DVO symbol coloured like that?



The DVO symbol represents an orienteering flag superimposed on the Derwent Valley. Hence the green and the blue colours on the horizontal bar are not reversed, the blue representing the azure of the tumbling waters of the River Derwent and the green the verdant hills flanking the valley. The founding members of DVO insisted that the name of the club should represent the geography of the area, an area which has now received in part World Heritage Status, rather than its geopolitical nature (i.e. using the county name).

### Level 2 Award in

### Community Sports Leadership

(Sports Leaders UK)

**25 places available**

Community Sports Leadership is a nationally recognised qualification that enables successful students to lead groups of people in sport/activity, under indirect supervision. The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification with no entrance requirements or final exam.

**When:** Every Tuesday for 6 weeks starting 17<sup>th</sup> April 2012  
(NB you must complete all the course to gain the qualification)

**Where:** Greenbank Leisure Centre, Civic Way, Swadlincote. DE11 0AD  
*'Bus Services 16 from Derby and 9 from Burton on Trent.*

**Time:** 6pm – 9pm

Marc Scott  
Play & Club Development Officer  
Sport and Health  
South Derbyshire District Council  
[marc.scott@south-derbys.gov.uk](mailto:marc.scott@south-derbys.gov.uk)

**Cost:** FREE

**You must be over 16 years old to attend**

**Telephone** 01283 228752 or 07989 140977  
[www.south-derbys.gov.uk](http://www.south-derbys.gov.uk)

**Facsimile** 01283 595720

# Equipment Corner

## Using DVO signs

DVO signs are easy to display. There is absolutely no reason to use string to display the signs. Too many times signs have been displayed strung up at drunken angles and twisting in the wind. There is no need for this to occur.

There are information signs which are rectangular and reversible directional signs. Some of the "Orienteering Event" signs are rectangular and incorporate an up arrow. They all have a set of keyholes cut into the sign which can be slotted over a couple of screws. Posts can be used display the signs. Note posts with a blue or red band are reserved for the start signs. Alternatively there are a number of blocks which can be taped to an existing upright such as a lamppost. The sign is then slotted on the block. This procedure allows for relatively rapid placement and removal and once set up remains in position.

## Using a stake



With sign and for starts additional information (note directional signs are reversible)



## Using a block



Answers to Competition 3: K2, A6, A1, L0, B4, K9, L8

## DVO Event Officials 2012-13

This table is partly to keep you informed about who the officials are for forthcoming events but also to give **you** the opportunity to volunteer to take on one of the vacant positions. For level C events and above we use the “team system” so the rôle is more one of a coordinator. Some locations may change depending on whether permissions are forthcoming or there are other restrictions imposed.

If you are interested in filling an Organiser/Co-ordinator vacancy please contact Viv Macdonald on [viv.macdonald@btinternet.com](mailto:viv.macdonald@btinternet.com) and for Planners or Controllers contact Ranald Macdonald on [r.f.macdonald@btinternet.com](mailto:r.f.macdonald@btinternet.com).

Date	Location	Level	Organiser/ Co-ordinator	Planner	Controller
15/04/2012	Riber Hillside/Bow Woods	C	Paul Wright	Brian Denness	David Parkin
10/06/2012	Allestree Park	C	Kim & Russell Buxton	Derek Gale	Colin John/John Hurley
16/6/2012	Peak District Footpath relay	D	Stuart Swalwell	Stuart Swalwell	–
09/09/2012	Longshaw Estate	C	Zoë & Tony Gordon	Ro Cole	John Hawkins
29/9/2012	Clough/Cambridge Woods?	D Club Championships	John Cooke	John Cooke	John Hurley?
7/10/2012	Wirksworth Street O	C	Vacant	Vacant	Mike Godfree
28/10/2012	Carsington Pastures	C	Vacant	Colin John	Mike Gardner
17/11/2012	Hardwick Park Night O	D (night)	Vacant	Vacant	Vacant
25/11/2012	Eyam Moor & Bretton Clough	B	Stuart Swalwell	Paul Addison	Peter Gorvett (SYO)
01/01/2013	Matlock Street O	D	Richard Parkin	Richard Parkin	Vacant
27/01/2013	Calke Park	C	Vacant	Rex Bleakman	Vacant
24/02/2013	Crich Chase	C	Vacant	Vacant	Vacant
21/04/2013	Stanton Moor	A British Middle Distance Championships	Sal Chaffey with Dave Chaffey	John Duckworth	Tony Carlyle (AIRE)
02/06/2013	Cromford Moor & Black Rock	C	Vacant	Vacant	Vacant
08/09/2013	Hardwick Estate	C	Vacant	Vacant	Vacant
13/10/2013	Kedleston Hall	C	Sal Chaffey	Vacant	Vacant
17/11/13 Sun	Shipley Park	B British Schools Championships	Val Johnson	Mike Godfree	tba

## British Orienteering Incentive Schemes

Some of you will have been receiving emails from British Orienteering with congratulations on achieving Navigation and/or Racing challenge awards. These are incentive schemes that are designed to encourage progress in the sport and enable you to track your progress through the colour-coded courses and their corresponding technical difficulty (TD). I have reproduced the explanation from the British Orienteering website below.

### The Navigation Challenge

Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5.

Technical Difficulty (TD)	Colour Coded Courses
1	White
2	Yellow
3	Orange, Long Orange
4	Light Green
5	Very Short Green, Short Green, Green, Short Blue, Blue, Short Brown, Brown, Black

### The Racing Challenge

Members are eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same technical difficulty (TD)) within the following times:

Gold Award.	Participant's time < (Course Length (km) x 12.5) min
Silver Award.	Participant's time < (Course Length (km) x 15) min
Bronze Award.	Participant's time < (Course Length (km) x 20) min

### Receiving Your Certificate

The achievement will be automatically recognised via the results that the clubs upload to British Orienteering. A certificate can be printed by personally logging on the members section of the British Orienteering Website.

(You will of course have to buy your own frames and a laser-light illuminated display cabinet - Ed)

**Derek Gale**  
Membership Secretary

### Current DVO Position

The club membership secretary receives a complete list of all DVO members achievements and for interest I have listed the current status below. The intent is of course to encourage improvement so I hope readers will get a push to do so from this list.

Member	BOF No.	Club	Certificates	Awarded
Alexa Lindsay	530964	DVO	Racing Challenge: Bronze	13/02/2012
			Navigation Challenge *	13/02/2012
Andy Hawkins	120701	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	30/01/2012
Andy Sykes	395331	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	13/02/2012
Ann-Marie Duckworth	238921	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	13/02/2012
Brian Ward	194991	DVO	Navigation Challenge *****	30/01/2012
Cathryn Goodhead	206060	DVO	Racing Challenge: Bronze	20/02/2012
			Navigation Challenge *****	20/02/2012
Claire Selby	393821	DVO	Racing Challenge: Silver	13/02/2012
			Navigation Challenge *****	13/02/2012
Dave Skidmore	424402	DVO	Racing Challenge: Gold	30/01/2012
			Navigation Challenge *****	30/01/2012
David Nevell	472351	DVO	Racing Challenge: Gold	20/02/2012
			Navigation Challenge *****	20/02/2012
David Parkin	149231	DVO	Racing Challenge: Bronze	13/02/2012
			Navigation Challenge *****	13/02/2012
David Vincent	419591	DVO	Racing Challenge: Gold	30/01/2012
			Navigation Challenge *****	30/01/2012
Derek Gale	247852	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	30/01/2012
Doug Dickinson	121151	DVO	Racing Challenge: Silver	20/02/2012
			Navigation Challenge *****	20/02/2012
Helen Chiswell	382461	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	30/01/2012
Helen Finlayson	177871	DVO	Racing Challenge: Bronze	20/02/2012
			Navigation Challenge *****	20/02/2012
Jen Gale	247851	DVO	Racing Challenge: Bronze	13/02/2012
			Navigation Challenge *****	13/02/2012
Joanna Goodhead	713875	DVO	Racing Challenge: Silver	13/02/2012
			Navigation Challenge *****	13/02/2012
John Cooke	262122	DVO	Navigation Challenge *****	20/02/2012
John Duckworth	228971	DVO	Racing Challenge: Gold	30/01/2012
			Navigation Challenge *****	30/01/2012
John Hawkins	217261	DVO	Racing Challenge: Gold	20/02/2012
			Navigation Challenge *****	20/02/2012

Jonathan Cundill	111179	DVO	Racing Challenge: Bronze	20/02/2012
			Navigation Challenge *****	20/02/2012
Judith Holt	262121	DVO	Navigation Challenge *****	20/02/2012
Liz Godfree	222282	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	13/02/2012
Margaret Keeling	294642	DVO	Racing Challenge: Silver	13/02/2012
			Navigation Challenge *****	13/02/2012
Mark Goodhead	208986	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	13/02/2012
Mark Spendlove	453131	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge *****	13/02/2012
Mike Godfree	222281	DVO	Racing Challenge: Gold	30/01/2012
			Navigation Challenge *****	30/01/2012
Nicholas Gordon	466514	DVO	Navigation Challenge ****	20/02/2012
Paul Addison	338141	DVO	Racing Challenge: Gold	20/02/2012
			Navigation Challenge *****	20/02/2012
Paul Goodhead	194071	DVO	Racing Challenge: Gold	20/02/2012
			Navigation Challenge *****	20/02/2012
Pauline Ward	194992	DVO	Racing Challenge: Bronze	30/01/2012
			Navigation Challenge *****	30/01/2012
Rachel Davis	421451	DVO	Racing Challenge: Silver	30/01/2012
			Navigation Challenge *****	30/01/2012
Rachel Duckworth	296533	DVO	Racing Challenge: Gold	13/02/2012
			Navigation Challenge **	30/01/2012
Richard Parkin	372901	DVO	Racing Challenge: Gold	30/01/2012
			Navigation Challenge *****	30/01/2012
Roger Keeling	294641	DVO	Navigation Challenge *****	13/02/2012
Ruth Ellis	424401	DVO	Racing Challenge: Bronze	13/02/2012
			Navigation Challenge *****	30/01/2012
Samuel Davis	108481	DVO	Racing Challenge: Bronze	30/01/2012
			Navigation Challenge **	30/01/2012
Sarah Duckworth	158388	DVO	Racing Challenge: Silver	13/02/2012
			Navigation Challenge ***	30/01/2012
Sophie Gordon	466513	DVO	Racing Challenge: Bronze	13/02/2012
			Navigation Challenge *****	13/02/2012
Stuart Wicks	450751	DVO	Racing Challenge: Bronze	13/02/2012
			Navigation Challenge *****	13/02/2012
Tony Berwick	120631	DVO	Navigation Challenge *****	20/02/2012
Tony Gordon	466511	DVO	Navigation Challenge *****	20/02/2012
Zoë Gordon	466512	DVO	Racing Challenge: Bronze	13/02/2012
			Navigation Challenge *****	13/02/2012



# Sport Relief 2012

Between 11am and 3pm  
Sunday 25th March

In support of Sport Relief, Matlock Rugby Club is hosting an opportunity for you to run / jog / walk 1, 3 or 6 miles.

This will be without doubt one of the most picturesque Sport Relief miles in the country, lapping the beautiful Cromford Meadows, offering splendid views of the Historic World Heritage Derwent Valley.

Plenty of off street car-parking, great viewing points for spectators, mile circuit on grass, 'active' musical warm-ups, staggered start times for six, three and one milers, toilets, changing rooms and washing facilities.

BBQ, hot & cold drinks, bar at the finish and local bands to entertain, pass the time and ease the pain!

## Call for Volunteers

Organising such a large event requires manpower. Matlock Rugby Club welcomes any offers of help from Derwent Valley Orienteers. Help is required between 9am and 4pm for a couple of hours. If you can assist please contact the organisers:

Mark Packard: [packardfamily@tesco.net](mailto:packardfamily@tesco.net)

or

Tim Bestwick: [tim.bestwick@tarmac.co.uk](mailto:tim.bestwick@tarmac.co.uk)

Thank you

## Also please participate and donate

Please see [www.matlockrugby.com](http://www.matlockrugby.com) for additional details

[www.mysportrelief.com/search/event/result?id=1502&location=Matlock](http://www.mysportrelief.com/search/event/result?id=1502&location=Matlock)