

NEWSTRACK

NOVEMBER

2003



Great Moments from the Orienteering Archives:

Neville Chamberlain triumphantly brandishes the last control description sheet
at the October Odyssey

NEWSTRACK is the magazine of Derwent Valley Orienteers

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Thoughts from the Chair

The Annual General Meeting took place on Wednesday, 24th September 2003. This started in the usual fashion with the Chair's review of the year (see elsewhere in NEWSTRACK), the Secretary's report, where Steve Kimberley gave an update of the current membership figures, and the Treasurer's report where John Hopper presented the accounts for the year.

I'm always pleased when there are some good searching questions for the Secretary and Treasurer - it not only shows that the attendees managed to keep awake through my report but also that they are keen to play their part within the Club's democratic processes. Fortunately both Steve and John had done their homework and were able to provide the necessary clarifications. Then came the proposed changes to the constitution. These were accepted with only a minor wording change to the Club's ethics policy which provides for a more robust framework to absorb the impact of BOF's child protection policy which is still in preparation.

The following committee was selected for 2003 / 2004. This was largely unchanged from 2002 / 2003 other than that John Hopper was required by the constitution to stand down as Treasurer, having served for three consecutive years, to be replaced by Dave Bennett, and Pauline Ward stepped into the vacant Committee Member role. There is still the need for a Minutes Secretary so if any one would like to volunteer would they give me a call on 0115 9322945. I would just like to take this opportunity to reiterate my thanks to John for he has really been a first class treasurer.

Elected Officers

Chair	Robert Shooter	Treasurer	Dave Bennett
Vice Chair	Derek Gale	Club Captain	John Hurley
Secretary	Steven Kimberley	Fixtures Committee Member	Dave Brodie
			Pauline Ward

Appointed Officers

Social Co-ordinator	Andy Smith	Mapping Permanent	Mike Godfree
Equipment Officer	Tracey Grant	Courses	Mike Godfree
Newstrack Editor	Graham Johnson	Publicity	Viv Macdonald
Minutes Secretary	<i>Vacant position</i>	Development	Ranald McDonald
E Midlands Rep.	Derek Gale	Junior Development	Val Johnson
Coaching Co-ordinator	Val Johnson		

The meeting then moved on to the setting of the budget for the coming year. This stimulated a lively debate. The background was set with the committee proposing a significant loss, since the Club's income would be reduced as it would not be possible to hold a badge event, and it was seen as preferable to dip into the Club's reserves, rather than increase the senior club event entry

fee by about £1.00. A badge event was not being held in the coming year since DVO would be organising the British Night Championships during February 2004 and helping at the JK in April 2004. Both of these required significant commitment but represent minimal income.

There was much debate as to whether we should dip further into the Club's reserves to lower the current club event entry fee by 50p to encourage newcomers within the sport. There were almost as many views on this as there were people in the room (including the divers' meeting – you had to be there) but it was noted that the Club runs an extensive C5 introductory programme with a minimal entry fee targeted at new participants to the sport. The budget was passed and the meeting moved on to Any Other Business which was largely devoted to the tricky issue of the Club publishing named photographs of children either within NEWSTRACK or on our web site. The committee has adopted, for some time, a cautious position in that the Club will not publish any child's picture until the position is clarified by BOF's awaited guidelines, which are being developed in conjunction with Sport England and the NSPCC.

The revised constitution has changed the usual sequence of open and committee meetings I thought it was appropriate to take the first opportunity to publicise the planned meeting dates for the forthcoming twelve months. These are:

Committee Meetings - Tue 11/11/03, Tue 9/12/03
Open Meeting Wed 14/1/04 – venue to be advised
Committee Meetings - Ths 12/2/04, Tue 9/3/04
Open Meeting Wed 14/4/04 – venue to be advised
Committee Meetings - Ths 13/5/04, Tue 8/6/04
Open Meeting Wed 14/7/04 – venue to be advised
No meeting in August
Committee Meetings - Ths 9/9/04, Tue 12/10/04
AGM Wed 20/10/04 – venue to be advised

Finally I ask that you give serious thought about going to the 2004 JK in the Lake District. You will by now know that this event is being put on jointly by NWOA and EMOA, with DVO's contribution being the Day 2 planning and running the three Day 2 starts. This will require considerable support from the whole club and we will need lots of helpers, both before and on the day. Plans are in place to enable all helpers to get a run as well as a free souvenir Tee shirt. Watch this space for further details in the New Year.

Robert Shooter

Riddle Me Ree. Who went to Prague railway station, asked for a ticket for 8 people, was issued with a ticket for 9, thought it was only for 7 and ended up with only 5 people on the train? The answer is Mike Godfree but the explanation would extend Newstrack by more pages than I care to type.

Chair's Report to the AGM – September 2003

Thank you all for coming tonight.

I always envisage the AGM as signaling the end of the orienteering summer and the start of autumn, so this year I've decided to present the annual review as a quick trot through some of the season's highlights.

This time last year the autumn calendar was fairly full with National or Badge events almost every other week, and DVO kicked off by playing our part in hosting a regional round of the Yvette Baker Trophy in Allestree Park; as well as holding the first of four Schools events, the Club Championships and the "long run". Socially things were a little quiet but plans were being hatched by our new social secretary which would soon change all that.

It was a short autumn as the winter chills bit hard during the first week of December as those of you who helped or competed at our Eyam Moor event will remember only too well. The poor weather was quite a disappointment which severely reduced competitor numbers for one of our more interesting areas. But what you lose on one event you gain on another and there was a good turn out for our Whitesprings club event early in the new year. Socially we had our annual dinner, this time returning to Wirksworth Town Hall, with the innovation of allowing any member to submit a nomination for the Club awards. This proved a popular move with several suggestions that the committee could have otherwise overlooked. So I trust you are all thinking about your nominees this year.

Spring started on a warm sunny day at Black Rocks where DVO put on a Local Event in conjunction with the Derbyshire County Council. This event was aimed at new and novice orienteers, so as well as organising and planning we had a number of helpers on hand just to take the newcomers through the entry process and explain what orienteering is all about. This was a really successful event which gained from both the creditability and publicity that the Derbyshire County Council is able to provide. It clearly emphasised the benefit in working with such organisations. Spring also saw the Midland Championships at Chatsworth. Again this was a great success, with DVO being invited back to hold another event in 2004. Competitively speaking we did not do too well at Chatsworth since many of our good runners were busy organising, planning and generally helping at the event. However, we took our share of glory in the East Midland Champs, the JK and the British, and I congratulate the many members who took top ten places in their respective class.

Summer saw the Harvester, the Club Championships and the Summer Series, as well as the final two Schools events. These were all great fun but the Harvester was plagued by flies, the Club Champs plagued by cows and the Summer Series plagued by fiendish challenges that only Mike Gardner could do! Socially there was the comedy night and co-ordinated camping / walks in the Lakes.

So after a year with two grade 3 events, three grade 4 events and 15 grade 5 events, all equating to 2524 competitor runs, we're back at the autumn AGM. But the story doesn't stop here. We start again on Sunday with Bottom Moor, the first of 5 grade 5 events already scheduled for the coming year. This is followed by Stanton Moor in November, the first of 6 grade 4 events. In February we're hosting the British Night Championships and then in April DVO are manning the three starts on day 2 of the JK. And we shouldn't forget that John Duckworth and Steve Buckley have been working in the background planning the JK day 2 courses for the last 3 years.

I think we can look back at a successful year and be proud that we're playing our part in the future of orienteering. I thank everyone who's been involved in this success.

Liz Godfree Gets Her Cap

A question for you. What do you do when you receive a phone call on the Monday evening prior to a DVO event (at which, of course, you have volunteered to help) and are asked whether you are able to run for your country the coming weekend in place of an injured ex-GB squaddie now also W55? With very little hesitation I responded positively to the idea of a trip up north to represent the country of my birth, wearing an England top - 2nd hand, donated by David who now prefers to wear the St. Andrew's cross of Scotland!!

Next problem was how to get to Stirling at such short notice - other England cars being fairly full. Two possibilities were my fellow W55 from West Bridgford or fellow DVO running M50 for the land of his mother. Dave Brodie and I had a good trip north but parted company at Stirling YH when he went in search of the Welsh team and food, and I joined the English team in Pizza Express. We did not ignore one another entirely but I did find the weekend somewhat "clannish" and wondered if I really ought to be speaking to the "opposition".

For those of you who aren't familiar with the Home International scene the weekend comprises of two days of competition - an individual and a relay. Each of the 4 nations - England, Ireland, Scotland and Wales - sends 2 each from M/W40 to M/W60, i.e. 20 people. Therefore, in the individual there are 8 people in each age class, who score 8, 7, 6 etc. points. A convoluted set of rules appears to apply in the relays but each team of 4 comprises 2 men and 2 women with some impossibly complicated handicapping system. 2 short, 1 medium and 1 long leg can be run in any order decided by the Team Captain. Sarah Brown decided on L,M,S,S for each of her 5 teams.

Saturday morning at Devilla (scene of JK and Scottish relays) dawned fair, and early runners ran in sunshine. An excellent commentary by Jason Inman of Forth Valley kept us going while runners were out in the forest. One interesting comment made was that surnames of some Veteran runners were the same as in the current GB squad/Junior Squad/ Development Squad eg Tony Duncan of WCH, father of Jonathan, member of GB's Bronze medal winning relay team.

By running a short leg first, Scotland had the first runner back. England waited with baited breath for the first back on the Long leg - Tim Tett and Clive Hallett only seconds apart. It was only later that we discovered there was no gaffling on either the Long or Medium legs. Scotland had the 1st team back in the Relay but England packed in behind with 2nd, 3rd, 4th and 5th places. With only 3 teams to score England's 2, 3, 4 did better than Scotland's 1, 6, 9, Wales having come 7 and 8. Don't ask about Ireland!

And what about me on my debut? Well, I was running last leg for the 5th team and by the time I went out it was pouring with rain...Stumbling over tussocks, falling into ditches, glasses misted up I found control 2 before 1!! But I recovered and apart from a 90-degree error at the penultimate control, which gave me a fast road run rather than a gallumph through tussocks, I brought my team back in 10th place.

The Individual event on Dumyat (Dum-i-at) was a different kettle of fish. We had seen maps of the area so knew to expect open moorland with rocky features and re-entrants. The south-facing side above Stirling (as viewed from the Castle esplanade on a sunny afternoon) was far too precipitous to use. Sunday morning was overcast with low cloud and resultant low visibility. In the event only the earliest starters (i.e. me) had misty conditions before the sun broke through to give a glorious day with spectacular views of Stirling and the Forth Valley.

My team manager's instructions were to catch the Scot 3 minutes ahead of me and stick with her. I duly did so, spotting her leaving 5 and catching her, plus the Welsh girl 6 minutes ahead of me, at 9. Leg 10-11 was a long one and the Scot and I leapfrogged one another, with the Welsh lass maintaining contact. I was in the lead along a contour path knowing that I would have to ascend at some point. A glance to my right and the sight of the other two suggested I had overshot my path, so should ascend now. To cut a long story short what we took was the scenic route!! After a confab we decided where we were and I descended on my bottom (intentionally) what I had just ascended on all fours! By getting ahead of the other two I completed the course with no further distractions. When the three of us discussed our interesting route choice later, we all agreed that we thought the other two were going the wrong way but didn't dare lose contact with them in case we were the one who was wrong!

Although I'd taken 10 minutes longer than England's other W55, I had overhauled 1 Scot and 1 Welsh, depriving them of valuable points.

Moral: do your own thing and don't be distracted by others even if they have won the British for the past two years.

When runs were completed and scores calculated I discovered that my devious tactics had worked and that I was 2nd on W55 and had scored 7 points; all of which went to ensuring England's victory over Scotland in the Individual as well as in the Relay.

It was a wonderful weekend, a memorable experience, especially at such short notice, and one of which I am very proud. I can hold my head high now and say to my sons, "You're not the only ones to have run for England."

P.S. Mike is embarking on a tough training schedule for next year as he can't find any Welsh or Irish ancestors!

(Congrats to Liz but somehow the idea of her running for England is as unimaginable as, say, Dave Brodie running for Wales. Sorry, what was that? No! You're having me on, aren't you?! – Ed)

2003 – An October Oddity

I've always enjoyed the October Odyssey in the past. Two badge events, back-to-back, it marks the end of the summer and the last camping weekend of the year. I've often given the event a miss when it's been almost over the border but this year was as far south as it could get, Roseberry Topping and Osmotherley, practically North Yorkshire.

Having fond memories of previous runs on Roseberry, I was looking forward to the experience. In fact I found the events like a fluffy puppy; I wanted to gather them up in my arms and smother them with affection but all they did was snarl and growl at me before peeing over my shoes and sinking their teeth into my ankles.

How so? If I was glib and shallow, I would say that there were only two things wrong with these events: the organisation and the planning. I am, so I will.

If you were to draw up a list of those things most likely to annoy competitors, most of them would be present and correct at this event:

1. No final details on the web. Check. Anyone wanting to enter on the day didn't have a clue how to get to the event, where car parking was, what time starts began. Thus Jayne Malley, travelling in ignorance from Ilam, presented herself at Registration at 9.00 am only to be told to go away and come back 2 hours later. We avoided this fate only because Final Details were sent to us in our 'Results' envelope.

2. Misleading Directions. Check. 'Signposted from the A171/A173 junction' should surely mean exactly that, not 'Signposted 200 metres from the roundabout in only one direction so people travelling from the opposite direction can't see it'. Having congratulated ourselves on arriving half an hour early, we found no arrows at the roundabout, took what appeared to be the most appropriate exit and found ourselves in the middle of Guisborough in the sort of traffic and crowds normally only found leaving Pride Park ten minutes before the final whistle. We did finally make it, but only just, our karma severely tested by negative vibes.

3. No advance control descriptions and no on-the-day con-des either. They'd run out already – and we were only middle start times, so, already short of

time, we now had to copy con-des from single sheets flapping in the wind. Same happened on Day 2, but we got there first.

4. Insufficient Maps so they have to be re-cycled. Check. I'm told this happened again a couple of weeks later at another North East event – ominously the British takes place here next Spring.
5. No on-the-day results. Check. It's particularly important on a multi-day event, and easy with electronic punching.
6. Huge queues at Download due to only one station. Check.

The natural goodwill from competitor to organiser and planner can rapidly erode in the face of these impediments. If instead of a litany of problems, there had been only one or two, I would not have thought them worthy of mention, it was the accumulation of them which made the difference.

The planning too was curious. There was a low entry so legitimately, the planners combined a number of courses. I was running only one course above Val. My 13-control course had no less than eight in common with Val's. When you consider that Val was not running as far as me, you are talking of something like ten classes having virtually the same controls (and that does not take into account other courses sharing some of these controls too). In other words there were too few controls out there.

This was compounded - on both days - by another irritating planning habit I have commented on previously. I have no objection to planners planning one course round a particular area clockwise and another course anti-clockwise – provided they use completely different controls. In fact this can make a relatively easy course more difficult because of distractions from competitors going into/coming out of other controls; the recent November Classic is a case in point. But the OO planners on both days repeatedly had the same controls approached by different courses from completely opposite directions. There's no skill in finding a control from which a steady stream of orienteers is emerging in your direction. This reached ludicrous heights on Day 1 when Doug Dickinson's course, and mine and Val's course, had a sequence of no less than four controls in opposite directions!

Then, as if to complete my weekend, I fell victim to the dreaded Control in the Wrong Place on Day 2. Now this obviously shouldn't happen, it does happen every now and again but it's not the end of the world. What I as a competitor expect in these circumstances is a bit of honesty from the planner ('one of the controls was less than satisfactory' isn't good enough – it was at least 50 metres out, a contour line higher up and not even on a ruin!; the controller to his credit came clean) and the erasure of the control from everyone's time so the unfairness is not reflected in the results. Instead the error was admitted but the results allowed to remain unchanged! What! There's not many times I actually know where I am on the map but this was one of them. So confident was I that I was in the right area I spent five minutes scouring it for the control and it was only when I abandoned the search and continued to the next

Local Fixtures – please check before travelling

November 2003

- 16th EM DVO District Event. Stanton Moor, Matlock. SK/242623.
(one of DVO's best areas – not to be missed)
C4 See elsewhere in Newstrack
- 23rd EM LEI Regional Event. Wakerley Woods, Corby. SP/962987.
(an acquired taste)
C3 Organiser: Ian Wells, 01572 755419.
Entries: Thelma Spalton, 31 The Burrows, Narborough, Leicestershire,
LE19 3WS, 0116 275 1255. gerry.spalton@btinternet.com CD: 08/11/03.
£7.00/£2.50. Lim EOD +£1.00. Chq: Leicestershire Orienteering Club, EPS-
SI. String course. CC courses. Dogs on lead. www.leloc.co.uk
- 29th YH SYO Night Event. Blacka Moor, Sheffield. SK/303798.
C4N Hilary Bloor, 01433 650790. Hilary@qlenthorne.freeserve.co.uk
£4.00/£1.00. Dogs in car park only. www.southyorkshireorienteers.org.uk
- 30th YH SYO Regional Event. Blacka Moor, Sheffield. SK/303798.
(Runnable, fast, mainly moorland area; I'll be there)
C3 Organiser: Alan Goddard, 07887 658 447. alanguoddard10@hotmail.com
Entries: Guy & Beryl Seaman, 121 Dobcroft Road, Sheffield, S7 2LT, 0114
236 8263. seagoon1@aol.com CD: 15/11/03. £7.50/£3.00. Lim EOD
+£1.50/£1.00. Chq: SYO. EPS-SI. String course. Lim CC courses - W, Y, O
& LG. Dogs on lead in car park only. www.southyorkshireorienteers.org.uk
- 30th WM POTOC District Event & WM O League. Maer Hills,
Newcastle-U-Lyme. SJ/770393.
(shame there's a clash, because this is well worth a visit too)
C4 John Pigott, 01538 383467. pigottbj@madasafish.com £4.00/£1.50. Full CC
inc Red. Dogs under control in CP and forest.
www.svphus.demon.co.uk/POTOC

December 2003

- 7th NW MDOC District Event. Bosley Cloud, Congleton. SJ/894628.
(small but enjoyable area, well worth the journey; I'll be there)
C4 Jenny Shaw, 0161 445 2900. jennyshaw@tesco.net £3.50/£1.00. EPS-
SI. String course. White to Blue courses only. www.mdcc.org.uk
- 14th WM OD District Event. Wryley Common, Wryley. SK/044061.
(passes muster as a C4, some tricky bits too)
C4 Greta Shields, 02476 419854. greta@btinternet.com £5.00/£2.00. String
course. www.octavian-droobers.org
- 20th WM OD Local Night Score Event. Hay Wood, Chadwick End.
S5N Tony Feltbower, 01926 864465. tony.feltbower@totalise.co.uk £4.00/£2.00.
- 21st EM NOC District Event. Bestwood Country Park, Nottingham. SK/565475.
(reliable C4 area, probably one of NOC's better ones if that's not damning it
with faint praise)
- 28th EM DVO Wirksworth Street Score Event
See elsewhere in Newstrack
- 28th EM LEI Novelty Club Event. Beacon Hill, Loughborough. SK/522148.
(I'll resist the temptation to say: aren't they all?)
C5 Andy Portsmouth, 0116 230 1337. andy.portsmouth@btinternet.com
£2.00/£1.00. Parking £1.00. Dogs on lead. www.leloc.co.uk

January 2004

- 1st EM **DVO New Year Score Event, Hardwick Hall**
(a great way to shake off that hangover)
Organiser: Dave Skidmore. 0115 924 587 Mass Start at 11:00 am
www.dvo.org.uk
- 3rd NW **MDOC Charity Score Event, Lyme Park, Stockport. SJ/964823.**
(I really enjoyed this event last year in the snow. Highly Recommended)
S5 Peter Lomas, 0161 483 4332. peteandrae@zoom.co.uk Free. Dogs in car park only. Mass start 1130.also Yellow course. www.mdoc.org.uk
- 10th EM **NOC Short Races, Rufford Country Park, Mansfield. SK/641647.**
C4S Organiser: David Cooke, 01773 770278. d.cooke4@ntlworld.com
Entries: Joy Cholerton, The Doves, 40 Fairdale Drive, Newthorpe, Nottm, NG16 2FG, 01773 715234. joycholerton@thedoves.fsnet.co.uk CD: 12/12/03. £5.00/£2.50, Family £12.50 +50p SI hire. No EOD. Chq: NOC. EPS-SI. Separate SEF for each day. Early or late start for prologue. Dogs on lead in car park only. www.noc-uk.org
- 11th EM **NOC Robin Hood Trophy Regional Event & East Midlands Championships.** Sherwood Forest, Budby & Bilhaugh, Mansfield. SK/610680.
(flat, fast and furious, it's not exhilarating but it is OK)
C3 Organiser: Bob Alderson, 0115 845 0771. r.alderon1@ntlworld.com
Entries: Joy Cholerton, The Doves, 40 Fairdale Drive, Newthorpe, Nottm, NG16 2FG, 01773 715234. joycholerton@thedoves.fsnet.co.uk CD: 12/12/03. £8.00/£3.50, Family £19.50, +50p SI hire. EOD no surcharge, but limited to map availability. Chq: NOC. EPS-SI. Separate SEF for each day. String course. EOD Lim CC courses - £3.50/£1.50. www.noc-uk.org
- 18th YH **SYO District Event. Gleadless Valley, Sheffield. SK/360834.**
(Never been here)
C4 Kevin Walters, 0114 250 9180. kevin.walters@cancer.org.uk £4.00/£1.00.
String course, Parking 50p. www.southyorkshireorienteers.org.uk
- 18th WM **HOC/BUOC District Event. Sandwell Valley Country Park, West Bromwich. SP/025922.**
C4 Rollo Rumford, 01905 726967. rollo.rumford@btinternet.com £4.00/£1.50.
White to Blue courses only. www.harlequins.org.uk
- 25th EM **DVO District Event. Shining Cliff, Belper. SK/326531.**
(A C4 on a C3 area. What a treat)
C4 John Northall, 01335 370592. Fees TBA. EPS-SI. String course. Parking £1.00. No dogs. www.dvo.org.uk

control that I stumbled across it in the middle of nowhere. As a result I took eight minutes on this control; everyone ahead of me took three. This made only a difference of one place but when that place was fourth instead of fifth for someone who normally congratulates himself on finishing out of the bottom half of the field, you may be able to understand my exasperation.

I remember Homer's Odyssey from Latin classes – yes, I come from an era when people actually studied and were examined in Latin. There was a man who battled ogres, sea monsters, sorceresses and whirlpools, but even he didn't have to put up with this! (though I wouldn't have minded a few scantily clad sirens luring me onto the crags).

Now before you go off, as you probably already have done, to say, oh no, it's him again, always moaning, why does he bother turning up, he never seems to enjoy it etc. etc., my point is this:

I am acutely conscious that orienteering is dependant for its existence on the goodwill of its own competitors giving up their time freely and without reward; I often am one. Organisers and planners of badge events especially will have devoted many hours to putting on the event. However, a badge event implies certain minimum standards, and if you are expecting people to part with £7, £8 or more, and to travel long distances from different parts of the country, you have an obligation to ensure that the event meets those standards. What is the point of spending vast numbers of hours planning and organising if, due to basic errors that can be rectified with just a little forethought, competitors leave dissatisfied and disgruntled?

What if 'd turned up at this event as a novice, and been misdirected, not been able to obtain con-des, had to run on a recycled map, not been able to find a wrongly positioned control and spent ages queuing in the rain to download. Is it likely that I would bother repeating the experience? Sometimes it feels like this sport is almost literally ~~dying~~ on its feet (2 competitors on W35L at Marsden Moor) so these things matter, these things are important. I just do not believe that the point about volunteers excuses errors which are needless, easily preventable and cause irritation out of all proportion to their elemental nature.

It doesn't have to be this way. A case in point is the Marsden Moor event. Yes, there were problems here too – too few minibuses of insufficient size meant long queues and abandoned start times, followed by similar long queues at download due once again to only one station (organisers need to note: a badge event needs a minimum of two). But no-one minded, no-one complained. The minibus miscalculation was an easy one to make, everyone took it in good spirit and enjoyed a fantastic, yes, a fantastic event. Cleverly and thoughtfully planned courses on a rough area combined with beautiful weather to produce a truly pleasurable experience, a highlight of the year. You see, it can be done, so why can't everybody do it?

Extract from a newspaper report. According to the Bishop of Chester, 'Gay people should 're-orientate' themselves by seeking psychiatric help'. Sounds like the good bishop needs to go on one of Val's coaching courses.

More Moray – A Different Perspective

I think Graham must have been to a different Scottish 6 days from me. Six contrasting areas, 3 forests with considerable technical detail and far more runnable than anything we see in the East Midlands, 2 areas of intricate sand dunes and one open area with energy-sapping heather to test your legs. Yes, I found Loch Vaa tough as well but the mistakes were my own. None of the areas was a long drive from the event centre (remember Bowhill from Castle Douglas or Airds Park from Loch Lomond). Assembly areas close to parking with the Finish in assembly and good views from club tents. As far as I know no mistakes on control codes or map overprinting. Yes, some of the course could have been improved upon but would you take on planning 30 courses on an area 200 miles from home? And as every planner knows there can be constraints that competitors are unaware of.

Like Graham, we had missed the Fort William event (2 years previously) so there was a sense of overlap with the last 6 day we had been to 4 years ago. But I think you should remember that in 1999 the 6 Day had been constrained to fit in with the World Championships which had to be run on previously unused quality areas. Think of 1999, rather than 2003, as the 6 days that was out of place in the rotation around Scotland.

I personally know a number of Scots who put in an enormous amount of effort to stage the 6 days and there are hundreds more. I think they deserve their cheap orienteering for the next two years on the back of our entry fees. We will look forward to returning to Aberdeenshire in 2005.

Mike Godfree

Emission Impossible

I'd always put EMIT cards in the same category as the Loch Ness Monster and John Hawkins; my attitude was: I've heard many people talk about them, but until I see one, I won't be sure they actually exist.

But all of a sudden here was my chance at the November Classic to try one out. For those who don't know what I'm on about, EMIT is an alternative system to the familiar Sport Ident dibber, the Betamax to the latter's VHS if you like. It came as something of a surprise to find that South Central have bought into EMIT bigtime as if they are living in a parallel universe to the rest of us, a decision possibly not unconnected to the fact that EMIT's UK base is in Hampshire.

In appearance, the EMIT card is about the same size as a compass, made out of the same type of brightly coloured, thick plastic as children's toys. Roughly rectangular, one side of it contains a window like that of a calculator. This is the big difference from the Dibber; a digital clock on the read-out starts to count as soon as you set off and you not only have a constant reminder of your time, it also tells you what control you're heading for.

Another big difference is that whereas with Ident, the technology is in the unit on the control, the reverse is true with EMIT, you're carrying it round with you. Thus, the argument goes, if the electronics fail, only one competitor suffers, not several courses.

I've become so used to the dibber that it was almost inevitable that I was going to find the new system less satisfactory, although, unlike some vocal objectors who were moaning even before they received their cards, I was at least going to give it a fair chance.

The first decision to make was in which hand to hold the card. A dibber simply slips on the finger, but the size of the EMIT card means you have either to hold it in your compass hand or your map hand (I'm assuming most people have opposite hands for this, I do though I've never really thought about the habits of others). Val went for the opposite option whilst I, being at the extreme end of the left-handed spectrum, opted for the 'all eggs in one basket' technique, which was rather cumbersome and did result in a couple of occasions when I punched with my compass!

There was a dummy control at the pre-Start and Mr EMIT UK explained what was what. The E-card could be used in two ways. You could slot it horizontally onto the unit on the control where it fitted neatly between two lugs on either side, or you could simply ensure that the end of the card touched the end of the unit adjacent to a red light, which flashed to signify a correct punch, whichever option was chosen.

The reasons I found the EMIT system lacking were:

- no matter which way you approach the control with Ident, all you have to do is dib and move on. With EMIT the card can only be matched up one way so, on the law of averages, you are going to approach the control from the 'wrong' way, 50% of the time. V. annoying.
- there was no audible bleep as well as a visual flash. Such an integral part of e-punching has the beep become that I couldn't get used to orienteering without it. Even though the flash told me I'd punched correctly, I couldn't suppress the feeling of uneasiness generated by the lack of audible confirmation.
- apart from the flash you can tell you've punched correctly on EMIT by checking the digital display, but the tell-tale rolling bars only appear after you've punched so instead of moving seamlessly onward with your run you have to keep interrupting it to check.

Having said all this, the download time and printout at the Assembly field was instantaneous so two busloads of orienteers were accommodated with minimum of fuss (and therefore queue). In the end, it boils down to personal preference but the near-ubiquity of Sport Ident elsewhere in the UK means the use of EMIT at Burley Lodge was an eccentric novelty. Rather like a new ride at Alton Towers, it was a memorable, if uncomfortable, experience, not likely to be repeated for some time to come.

A Doctor Writes:

The Dangers of Orienteering.

At the AGM it was suggested that more members should contribute articles to the DVO magazine. Further it was suggested that we should have a regular medical column and it seems that I was the lucky winner of that honour. Clearly to be chosen for such a prestigious column, the editor's brief would be demanding and precise and, on asking what that might be, I was told. "Write about what you want but write a lot!" So here goes, quantity if not quality.

As a relative newcomer to the sport, I am now aware of some of the dangers that we regularly face in training and during events. Ankle injuries, eye trauma attacks by brambles and in my case, risk of death due to starvation if I get lost in the woods and can't find my way out!

Another danger that few of us seem to consider is the sun. This summer in particular has been long and we have continued to enjoy very sunny weather well into October, but how many of us, in preparing for an event, consider the need for applying sun-protection? We might of course think of this when we go on vacation and sit on the beach or at an event on a very hot day in August. What many of us forget is that ultraviolet radiation is present all year around and, though it may peak in July and August, it remains present even when the sky is cloudy and the temperature is low. The clouds may filter out the infrared (which makes us feel warm) but they allow the ultraviolet to pass through. In addition ultraviolet, like visible light, is reflected into shaded areas where you can still burn your skin.

Skin damage due to the sun is becoming increasingly common. The main problems are sunburn, skin cancer and photo aging. I will briefly discuss the last two.

Melanoma can occur at any age but is unusual in children. It can occur within a benign mole or arise from normal skin on any part of the body. It is thought to be caused in many cases by an episode of sunburn. Suspicious features are a change in the size (or the new appearance), shape or colour within a mole. Less worrying features are crusting, itching and bleeding. Typical melanomas show a range of colours within them. The only treatment for them is early excision, the larger they are the worse, the potential outcome and fatality is not rare.

Basal Cell Carcinoma (Rodent Ulcer) is seen quite commonly typically occurring on the face or neck in middle aged or elderly people (Oi! I had one of those last year! – Ed). It is caused by prolonged sun exposure and presents as a small slow growing lump or ulcer not always noticed by people themselves. Unusually it does not spread to distant sites but if left will gradually extend and invade vital structures. It is usually cured by excision but may extend beyond its apparent margins and recur, needing quite extensive surgery that may leave a nasty scar on your face.

Squamous Cell Carcinoma again is caused by prolonged sun exposure and leads to a warty or ulcerated growth on sun exposed skin. It may spread to internal organs and is best treated by excision. Long-term follow up is needed, as there is a risk of recurrence.

Other skin problems such as solar keratoses cause scaly growths usually on the head and hands that may resolve or can progress to skin cancer. The lower legs of ladies are prone to develop scaly red patches called Bowen's disease. This is especially common in elderly ladies who were fed as a child with a popular baby food that contained arsenic!

Photo Aging causes the skin to become blotchy with both dark and pale patches. There is loss of the collagen under the skin, which causes facial sagging and thick skin creases on the back of the neck.

So the message is: keep covered up, wear a hat, use a high factor sunscreen frequently and preferably only do night events! If you have any suspicious spots, get them checked out but remember most will turn out to be innocent.

Please let me know if you have any suggestions for future articles.
david@disneys.freemove.co.uk

Dr David Disney

Next Month: Catching Bubonic Plague at Local Events.

Seriously, thanks to Dave for his thought provoking article - and I thought I only had to worry about sprained ankles. We're fortunate to have the benefit of Dave's knowledge and I hope you'll respond to his invitation.

Change of Event Titles in Fixture Lists

I picked this off the BOF Fixtures List. I'd seen discussions about changing the nomenclature but didn't know it was now Official. If I didn't, perhaps others are in the same boat, though this is possibly a dangerous assumption to make. Whatever, here's the new terminology:

- All C3 Badge Events will be re-titled Regional Events, but will retain the specific event titles (eg. Concorde Chase Regional Event).
- All C4 Colour Coded Events (5 or more CC courses inc Blue) will be re-titled District Events.
- All C5 or C4 Limited Colour Coded Events (4 or less CC courses) will be re-titled Local Events.
- Events that have specific titles not falling into the above categories will remain unchanged, but dependent on level of event (Score, Short, Night etc), they may be prefixed by Regional, District or Local.
- Championships (JK, BOC etc) and National Events remain unchanged.

Letter to the Editor

I was reading Mike Godfree's article about pre-printing maps, and wondering exactly why we are doing this? The only justification I've seen was a comment in a recent exchange that marking maps 'gets in the way of the run'. Hang on, I thought, aren't we orienteers, not runners? Isn't marking up the map quickly and accurately one of the skills involved? Please tell me I'm not the only one to have lost time desperately trying to locate a control on the wrongly circled feature! (you're not – Ed)

If all you want is to run fast round the countryside, why not join a running club? If you get your pre-marked map before the event, or before the time of your run, you've time to weigh up the alternative routes between controls, rather than having to decide at speed on the ground. Yes, rain is a nuisance, but there are map shelters and waterproof pens. There are also events like the recent Bottom Moor with glorious autumn sunshine.

I realise that as a purely recreational orienteer my slant on the sport is almost certainly different from the more competitive badge-eventers, and I freely admit that as a moderately-fit 50 year-old woman I do better on cunning than running, but I would be interested to hear other people's views on this.

Kirsten Williams.

A plea from the computer input team

Life is much simpler in the computer tent if your SI card is already known to the system as that saves (mis)typing your name and details. But a depressing number of your e-cards are not on the BOF database for whatever reason.

So, when the BOF renewal comes please check that your e-card number is correctly shown and if it is not, please take the trouble to fill it in and draw attention to the change.

DVO goes Italian again

Next year the World Master Orienteering Championships (formerly the World Veterans) are in the foothills of the Dolomites in northern Italy from 3rd to 10th July. Remember veteran means M/W35 upwards so most of DVO qualify. Cheap flights by Easy Jet from East Midlands to Venice. If you are interested get in touch and I will put together a club entry. The next closing date is the end of January. There are spectator races for the rest of the family. Why not combine it with a holiday in the Dolomites?

To quote from the brochure "Everywhere typical Alp terrain with detailed open and semi-open areas for the cow pasture and mixed spruce and beech forests". Altitude of race areas is 1200m. – 1700m. If you want to see more, go to www.wmoc2004asiago.org

Mike Godfree

Social Diary

DVO Trip to the Theatre - Thursday 18th December

A Christmas Carol at Buxton Opera House - We have 12 tickets reserved on a reserved seat system so pay at the door but the seats booked, which is very civilised. Contact Andy Smith at robert.smith@pgen.net to book a seat - first come first serve, though we can try to get some more if demand requires.

Crazy Cat's Pub Crawl - Saturday 13th December

In spite of popular demand, there will be a pub crawl again on Saturday, 13th December, meeting in the bar at the Strutt Arms, Milford from 20.00-2030. The course will probably take in the King William and the Holly Bush. A bus service exists back to Derby.

DVO Indoor Games Evening - Saturday 6th March 2004 - 6.30 Start

Here is a chance to prove that DVO members are not just tremendous sports men / women in the forest but also good at indoor games.

Rob Shooter's been busy dredging through the bottom of the toy box and has come up with a selection of both traditional and modern games that will push even DVO's intellect (?), dexterity and sense of humour to the limit. So if you fancy your chances at 5 minute chess, Scalelectric, Minesweeper, Dance Mat, Marbles, Draughts, Funny Faces (that's not fair, some DVO members have an unfair advantage before they start - Ed), Shove Ha'penny, Ludo, Lights Out, Battleships, Beyblades and a miscellaneous selection of logic and dexterity puzzles, then this is the event for you! Just for fun Rob'll keep track of scores so we can see who's our best all rounder.

Kids & Adults welcome.

No closing date just give Rob a call on 0115 9322945 if you're planning to come, or if you need directions to Rose Cottage, Cat & Fiddle Lane, West Hallam, Derbyshire. GR SK431 403.

Future events -

"O" Plus weekend. Tie in the National Event at the Forest of Dean First May Bank Holiday 2004 (Lydney) with a few other activities on the Sat or Monday such as canoeing down the River Wye or exploring the iron mines in Coleford - deep mine exploration with a guide for pre-booked groups - or cycling around the forest or just enjoying the bluebells (before a few hundred orienteers crush them!). Will take numbers (and money!) nearer the time for canoeing and caving, but book it in your diaries now.

Andy Smith, social co-ordinator

Captain's Jog

It's time to start looking forward to 2004 and DVO will be entering teams in the following events:

CompassSport Cup	date tba	
West Midlands Relays	date tba	
British Relays	21 st March	Northumberland
JK Relays	12 th April	Lake District
Footpath Relay	19 th June	Chatsworth

If you wish to run for a DVO team in any or all of these events, you must let me know well in advance.

I hope to be moving to new premises in the near future and hopefully will have new contact details in the next Newstrack.

John Hurley

TRAINING OPPORTUNITIES WITH DVO

MONDAY

1. X-Country run (with headtorches) of approx 1.5hr
Start approx 6.30pm from various venues
Contact Steve Kimberley
2. With Matlock AC
Contact Viv Macdonald for details of meeting places and times

WEDNESDAY

1st & 3rd - from The Johnson's - Belper
2nd, 4th & 5th - from Steve Buckley's - Allestree
Run with small groups, varying distances and speed.
Start at 7pm

FRIDAY

Circuit Training
6.30 - 7.30pm £1.50 a session
Allestree Woodlands Community School, Blenheim Drive, Allestree, Derby.
Exercises for all abilities - work at your own pace.

Club Coaches are always available at events to help with techniques, ring or e-mail Val Johnson if you would like to arrange your personal session.

DVO Dinner / Weekend Away / Annual Awards.

Saturday 14th February 2004 - Hartington Youth Hostel

Commencing 6.00pm with the Annual Awards

Dinner 7.30pm

Meal will consist of Starter, Roast / Vegetarian Dinner, Pudding, Cheese & Biscuits Coffee & Mints

£10 - (NB- no bring your own alcohol this year – sorry)

Accommodation: 2 bed room £32
 3 bed room £41
 4 bed room £50
 6 bed room £71
 or
 Adult £14; U18 £10 (in single sex rooms)

(All subject to availability, they are not reserved)

Breakfast: £3.50

To reserve your place ring or e-mail Val Johnson NOW.
A £10 deposit is required by the hostel for the accommodation

Extract from the Radio Times:

Navigation Street. Every Wednesday evening, omnibus edition on Sunday.
An everyday tale of orienteering folk:

The story so far: Steve is afraid of heights so Ian is having to travel up to point his chimney. Alex still hasn't fixed his shower yet so he's having to use Val's every other Wednesday. Mike and Liz ate something nasty in Prague and haven't really been the same since. Kath is having problems with her knee and may have to give up altogether.

This week:

John has a confession for Joy.

Dave and Brian make an announcement to the world.

Graham gets a pleasant surprise and comes into some money.

Stanton Moor District Event

Sunday 16th November 2003

By car: The event will be signposted from the A6/B5056 junction, 2 miles south of Bakewell, then from the B5056 near Birchover. There will be a parking fee.

Cost: Seniors £4 (DVO or BOF members), £5 (non-members); Juniors/Students £1; Family £9 (DVO or BOF members), £11 (non-members). For White, Yellow or Orange courses, family groups running together pay only one Senior entry fee.

The event will use Sportident electronic punching. If you do not have a Sportident card, you can hire one at Registration for 50p.

Registration: 1000 – 1200

Start: 1030 – 1230

Courses: String, White, Yellow, Orange, Red, Light Green, Green, Blue, Brown.

(Red course especially suitable for runners)

Terrain: Exposed heather moorland with intricate wooded former quarries.
Whistles compulsory, cagoules may also be compulsory.

No dogs allowed on courses. Dogs must be kept on a lead elsewhere.

Organiser: Dave Bennett 01332 298959

Planner: Colin John

Controller: Ranauld Macdonald

Wirksworth Street Event

Sunday 28th December 2003

Shake off those post-Christmas pudding blues, start the New Year's resolutions early or simply train for the New Year's Day Event at Hardwick.

Mass Start at 11.00 am from Wirksworth Market Place.

One hour score.

Adult: £2.00

Junior: £1.00

No liability will be accepted if Dave Bennett (or anyone else for that matter) slips and fractures his elbow again.