

NEWSTRACK

November 2005



Great Moments from the Orienteering Archives
Moses hopes they invent papyrus in time for the
Promised Land O Champs

Newstrack is the magazine of Derwent Valley Orienteers

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Thoughts from the Chair

I will take this opportunity to combine the Chairman's spot at the AGM with the Thoughts from the Chair so my apologies to those that were there.

Looking back over the past year and reflecting upon the state of the Club and Orienteering in general which is what these occasions bring out I find that I am in two minds about the state of everything. The club is financially sound, has a stable membership with some prospects of growth and a cadre of youngsters that may well develop into a force to be reckoned with. However, access to prime orienteering areas appears to be getting more difficult, certainly in our area but it seems to be a widespread problem. Furthermore, attendance at events does not seem to have recovered from Foot and Mouth though I am not sure that can be blamed for what I observe. I recently went to the October Odyssey and found very few people there for a Regional Event weekend and more locally a DEE District event where all the cars were parked in a small field, 200 runners overall. When can anyone recall the 4-500 numbers once common at a 'colour-coded' event?

On the wider front BOF is struggling with the changing funding scene from the government via Sport England and is attempting to bring all Orienteers into the BOF fold, if I can call it that. I applaud this, as by establishing the numbers enjoying the sport we will be much more empowered to call upon the support of the appropriate authorities.

Finally, I must mention the Compass Sport Cup for which we qualified for the final. A strong team from the club went up to Clowbridge to contest the final and despite some excellent runs, and I must mention here Pauline and Helen coming first and second on the Green Vets course, we finished 8th out of 9 (not counting the 61 clubs who didn't make it to the final, of course – Ed). After peering at the results and getting the rule book out I finally reached the conclusion that we do not have enough strong runners to challenge the top clubs. More coaching, more training and perhaps the development of new young talent are what we need.

Derek Gale

Open Meeting

There will be an open meeting of the club at Belper Leisure Centre on Wednesday January 11th, from 8-15pm. The format will follow recent open meetings, i.e. a small number of presentations about a topical subject, followed by open discussion.

Some folk will meet around 7 to go for a run beforehand.

Annual Awards

As mentioned at the AGM, the annual awards for orienteer of the year, junior orienteer of the year, most improved orienteer, most enthusiastic new comer and maybe a few others will be made at the annual dinner in January. See notice elsewhere in Newstrack. Nominations to the chairman, please.

CAPTAIN's JOG

The CompassSport Cup Final was held on a fine but windy day at Clowbridge near Burnley. DVO fielded a team of 51 orienteers of whom two dozen had travelled on the Paul Wright special bus service leaving Ambergate at 0615 and travelling via Allestree, Etwall, Stoke and Knutsford services to arrive at the area at 0900.

Most of the courses were confined to a fairly small area of open moorland and navigation was assisted by the number of competitors and by a lot of distinct walls. This tended to favour the "runners" and it was noticeable that on courses with juniors and veterans, particularly Green Women, the juniors were finishing ahead.

Unfortunately DVO were unable to repeat their 1986 triumph on the same area and we finished in 8th place with 1739 points, only ahead of EBOR (1580). The Cup was won by OD (2082) ahead of BOK (2063) and AIRE (2059) with NOC (2000) in 4th place.

DVO's star was Pauline Ward who won the Short Green course by over 6 minutes from Helen Finlayson in second place. The more mature men did well too on the Green Men with Derek Gale 5th and Rex Bleakman 6th. John Duckworth had a very good run for 7th place in a strong field on Brown less than 3 minutes down on OD's rising star Graham Gristwood, and it was good to see our recent recruits Kate Ruffell and Ro Cole scoring well on Blue Women. The best junior performance was by Alex Whitehead in 14th place on Orange. With the exception of Paul Addison, the Blue Men all had slightly disappointing runs particularly me, although my excuse is the stress of managing the team.

For various reasons we weren't quite as strong in the final as we had been in the regional round earlier in the year, when we finished much closer to NOC. However even with a full strength squad at the final, according to my calculations we would have been unlikely to finish higher than we did. In order to do better in this competition under its current rules we will need to bring in more juniors on the Light Green and Orange courses.

DVO scorers were:

John Duckworth	94	Paul Addison	80	Derek Gale	92
Matt Dickinson	79	Ian Whitehead	65	Rex Bleakman	90
Andy Jackson	72	Steve Kimberley	63	Terry Peach	64
Dai Bedwell	69	Alex Ross	62	Doug Dickinson	52
Robert Smith	58	John Malley	50	Pauline Ward	100
Dave Bennett	56	Mike Godfree	47	Helen Finlayson	98
Kate Ruffell	68	Val Johnson	74	Daniel Kimberley	58
Ro Cole	66	Erin Malley	56		
Sal Chaffey	52	Alex Whitehead	74		

Thanks to SELOC for a well-organised and planned event and a flexible approach to team entries.

My 3-year term as club captain is now up but, before I jog slowly away into the sunset, a postscript on "DVO Joules" with acknowledgement to the Derby Evening Telegraph article "Joule in the crown". The joule is of course the SI unit of energy and is named after the physicist James Prescott Joule who was born in Salford in 1818 and would therefore have been an MDOC member. However his father Benjamin was born in Youlgrove where his grandfather William Joule was an innkeeper and later a builder. The team name therefore incorporates a Derbyshire connection, an orienteering connection and a pun and of course they won. Please consider this as a challenge.

John Hurley

Permanent Course on Crich Chase?

During a recent walk on Crich Chase we found a small wooden square (2 inches square) painted like a red and white O kite and coded with a letter nailed to a tree. It was obvious that an orienteering exercise had been carried out on the chase.

They say that the best form of flattery is imitation but this has rather worrying consequences.

- Having checked with BOF they have no record of this event therefore the event was not insured
- The landowner probably has no record of the event and this could jeopardise our future use of the area.
- The control was not placed in a safe position for novices and newcomers to the sport.
- No O maps have been issued by DVO and so either copyright is being infringed or the map is not of the correct kind.

Such ad hoc events compromise the sport. Crich Chase may or may not be open access but the CROW Act only gives permission to walk on an area. Organised activities still have to be arranged through the established channels. Untrained personnel at uncontrolled events without the landowner's permission can result in the area being lost to the legitimate sport. Anyone who has any information regarding this should contact the club chairman on 01283 585244.

Similar controls have also been found on Bottom Moor in August. The landowner here is the Forestry Commission. To upset this landowner could have significant consequences for more than just DVO.

If anyone on their sojourns finds similar controls please advise immediately. DVO has already lost Chatsworth due to unauthorised use for orienteering.

Paul Wright

Advance Notice of Social Event

Dave Bennett is planning a club "Ghost Walk" through the haunted bits of Derby city centre, on a Tuesday or Thursday in February – watch this space or the e-group for more details.

A Day at the Seaside – MEROC Long 'O'

As a lover of the strange and unusual – just look at my family – I had been looking forward to this event. If a 7 km event is fun then a 22 km must be more than three times as much (mustn't it?).

But first we had to get there. Val and I set off with Rex in Mrs Rex's Mercedes which she'd foolishly allowed us the use of for the day, and I set about the task of finding the whereabouts of Crosby Lifeguard Centre, the site of Assembly. In case I found this job too easy, Rex had thoughtfully provided me with an ancient road atlas dating from before the time that motorways were invented. I'm not saying it was old but instead of service stations, it had stagecoach posts marked on it.

The length of this event was not the only unusual aspect of it. The Assembly and Finish were literally 22 km from the Start and in order to begin the event, we had to travel by MerseyRail. I have rarely felt self-conscious about dressing up at orienteering event in an outfit that Julian Clary would reject as too outlandishly garish because I am comforted by the thought that several dozen people within the immediate vicinity are similarly afflicted with a fashion sense on a par with Vivienne Westwood's. It is a different matter altogether when standing in a station attracting the stares of a bemused public, wondering whether I am the only person in a fifty mile radius dressed from head to toe in canary yellow.

Worse was to come when we disembarked at the other end of our journey, still half a mile short of the Start, the other side of a housing estate. As a group of about twenty of us tramped sheepishly through the mean streets of Birkdale, we looked like an open prison on day release.

Yes, this was Royal Birkdale, scene of countless sporting triumphs of an entirely different nature – although quite which monarch has ever strayed to the west of Liverpool must be debateable. The Start was only a few metres away from the Club House which rather curiously resembled a thirties aerodrome control centre, all curves and whitewash. Having a few more minutes to spare than me, Rex decided to investigate but got no further than the entrance as he'd forgotten to bring a tie.

There are some days when it quickly becomes apparent that you might as well give up, that no matter how hard you try, you're destined for a Gorgonzola of a run. It's rather unfortunate when this realisation hits you half a K into a 22K run. The first part of the course was adjacent to the golf course but sensibly separated by what the map showed to be a fence. Diving into a thicket in a deluded attempt to fashion a short-cut to the first control, I suddenly and bewilderingly found myself on the fairway of the second hole. I don't know who was more surprised me or the middle-aged lady who was just about to wield a nine iron (although given my knowledge of the game, it could have been a mashie-niblick, whatever one of those is).

And thus I claim another World First – the only person ever to have competed at Royal Birkdale – without actually playing golf!

Rex caught me up by number one, Paul Armstrong caught me up by number two and John Armstrong by number three. In fact John Armstrong also caught me up at numbers four, five, six and seven as I insisted on going through the bizarre ritual of trying to find the next few controls by the most circuitous (i.e. wrong) route so as to coincide my arrival exactly with that of John who, somewhat humiliatingly, seemed to have walked there by the shortest possible alternative. I was all for applying for a restraining order by the time I managed to shake him off.

I quickly realised that I had under-estimated this event.. I'd prepared for it by completing a Saunders and a Phoenix where my exposure to the problem of actually having to find a control was minimised by spreading half a dozen of them over 20-odd K. The emphasis had been on the 'Long' rather than the 'O', which was fine by me, the 'O' has always been the bit I've struggled with. In this event, the emphasis was definitely on the orienteering, and the fact that even the winner was going to take 2½ hours was incidental.

I'd rather imagined a stroll along the shore with a brief dive into the dunes every now and again to record a desultory control. It became rapidly apparent that the planner had other ideas as we zagged and zigged across terrain and contours with more twists and turns than an Agatha Christie. All those long lonely days spent on areas like Penhale and Lossiemouth came flooding back. Hours spent in therapy suppressing these memories lay worthless in minutes as I relived the hell of spending hours running round in ever increasing circles searching for a brief glimpse of red and white – at least if I ever found a control – any control please – it was a pretty sure bet that it wouldn't be on any one else's course! By the end of the day, my time roaming the dunes rivalled that of Lawrence of Arabia, but at least he had a camel to guide him.

Previous similar events had the saving grace that they were short. Having travelled 22 km in one direction, I had no option but to keep heading in the opposite one. The agonising sweep for controls was broken very now and then by a new map, six in all, and at one point, by a kilometre run along the shoreline, which was most welcome, a sort of chill-out zone before I resumed my tortuous and tortuous quest amongst the marram grass.

The hours ticked by and in the end, having grabbed an early start time, I took in desperation to shamelessly hanging in the vicinity of where I thought a control might be until some better orienteer – there was plenty of choice – eventually came past. By dint of this technique, five hours after I started, I staggered like Ben Gunn and this article, bereft of all reason and coherence, into the Finish, to find Rex washed, changed and tucking into a Mr Whippy. Thank heaven for Henry Marston, the only one between me and the opprobrium of last place.

There was just time before we left to visit Anthony 'Angel of the North' Gormley's Another Place exhibition, a series of 100 cast-iron figures moulded from the artist's own body sited at random places along three kilometres of the Crosby shore adjacent to the Finish. I was rather disappointed that these were not mapped or that one wasn't a control site; the artist had kindly incorporated an obvious point from which the kite could have been suspended.

Since the event, I've often thought of the experience whilst being subjected to Channel 4's latest American import, where a group of slightly deranged individuals spend hours wandering backwards and forwards from a beach without actually seeming to achieve anything apart from unpleasant flashbacks. The name of the series is appropriately 'LOST'.

Graham Johnson

Paul Addison's Guide to Navigation

After locating the final control of his Kilnsey National Event course by working backwards from the Finish, Paul navigated to the first control of his Malham course the next day, by remembering that it was sited on the other side of the wall to the toilets in the Assembly field.

Club Championships – a competitor's view

This year's club championships were held at Calke Park. The previous year we were at Ilam, and if memory serves me right the last few have been at Carsington and Stanton, with maybe some use of Longshaw. Anybody spot the common link? They are all predominately open areas favouring the runner over the navigator. The problem for me is that whenever we have the club championships on an open area, as soon as someone passes you there is no way you are going to get back past them (unless they have a major aberration). Even if you can out navigate them, they can normally look across, see where you are going and catch up again in no time. At least in a forest you have the ability to out navigate someone without them seeing you.

Another problem of open areas is that you tend to get clumping of runners. Someone catches up and then the two group together as they go the same speed. They can't out navigate each other as they can always watch what the other is doing. When you get a group of fast folk going round together it almost becomes a heads down race, with no need to navigate (with a large group one of them will spot it when they get near and they'll all dive in to the control together). This means anyone just behind them finds it hard to catch up, and the slower ones get caught much quicker. Having been last, or almost last (even with handicap) for the last 2 years I have seen this happening.

I think we need to make the club champs an orienteering event not a cross country race. To do this I would suggest the following:

- 1) Try and find real orienteering areas, ones with woods where it is possible to pass someone without being seen. Areas like Crich, Longshaw, Cromford.
 - 2) Let's bring back navigation in to the courses, having a few different controls so people cannot just follow one another. This does not mean every control would be different, just the odd one so people have to think about where they are going.
 - 3) Why not use electronic punching on a small area like Drum Hill? You could have multiple loops taken in different orders so it is not so easy to follow.
- Just a few thoughts. What do others think?

Mike Gardner

I think we have a volunteer to plan next year's event...;-)

Dai

Solve your Christmas shopping worries

The DVO shop will be at Stanton Moor on 6 November. Our wide range of stock includes;

- Polo shirts – adults £10.50; children's £7.50
- Tops – ordinary £14 and £15; all mesh £19
- Sweatshirts – adult £12; children's £8
- T shirts – short sleeve £4.60; long sleeve £7
- O-trousers - £11.50
- Sale of old O tops - £5

DVO Annual Dinner

This will be on Saturday 21 January 2006, at Wirksworth Town Hall at 7pm

Food by DVO Catering Services but please bring a pudding

Cash bar (the hall's licence doesn't allow us to take our own any more)

Families very welcome

Price of tickets to be confirmed – contact Viv

Social Calendar

At the AGM I was elected Social Secretary and would like to put DVO on the map again for its social events. If you would like to organise any events or have some ideas on the things we could do, please let me know.

Viv Macdonald (01629 734307)

A year without orienteering

Never trust camels! If they're not trying to bite you they provide the most uncomfortable ride in the world. They're also bad for your orienteering...

August 2004 and I was external examiner for a course at the University of Colombo, Sri Lanka. The job involves reading lots of portfolios from university staff taking a certificate to prepare them as university teachers, running workshops on a number of learning and teaching issues, and trying not to feel too guilty about having to work in such a wonderful country – it's a tough job but someone has to do it! As in 2003, when we went to Kerala in southern India, Viv and I decided to go on and spend a couple of weeks in a part of India we hadn't visited before. A number of years ago we had been to Delhi, Agra and Jaipur but this time we decided to go further into the Rajasthan desert to visit Jodhpur and Jaisalmer. The latter is a magnificent inhabited Moghul fort fairly close to the Pakistan border.

Viv was insistent that, as we were in the desert, we had to ride a camel. She started by suggesting an overnight trip but I managed to negotiate it down to a ride to see the sunset from the top of some sand dunes. To cut a long story short, we had a short ride into a local village and without being forewarned by the driver, or whatever you call the guy behind me directing the camel, the aforementioned beast suddenly went down on its front knees throwing me violently onto the saddle pommel. Yes, it did bring tears to the eyes but there was also a crack from the front of my pelvis. And it was a lousy sunset! It also didn't help that our camel drivers decided to race each other back afterwards.

Fast forward several months having been referred by my doctor to a physiotherapist who, after seven treatment sessions, decided I should visit a consultant. Several months later and I eventually had an MRI scan which showed I had cracked my pelvis – no wonder it hurt! So, I couldn't do any load bearing exercises and had by now put on a stone in weight. I was told that if I had been a professional footballer it would have been operated on by now.

Anyway, no orienteering! I kept going to some events with Viv but she started doing fewer events as well. We kept going to major events where, as BOF Vice Chair, I was often called on to do the prize giving – the British Orienteering Championships in Cornwall and the World Cup in Surrey. At the same time I was on four BOF Committees, two of which met on Saturdays and the others during the week. And I was leading the membership scheme proposals – but just don't talk to me about that!

By early September this year I was more than a little frustrated so decided to have a go at walking round some shorter courses. So far I've done two Light Green courses – the first at the National at Kilnsey (where I came 6th out of 17) and Shugborough Park (30th out of 69). I thoroughly enjoyed both, despite the frustration of not being able to break into even the gentlest of jogs as it's still too painful. Next I'm going to have a go at a Green and see if I can still get into the top half just by accurate navigation.

As for my BOF activities well, as some of you know, I resigned a few weeks ago to 'spend more time with my family and club'. Having received a Chair at my University during the summer (I'm now Professor Macdonald, though Viv wants to know when I'm going to get a table to go with the chair), as well as being awarded a £50,000 National Teaching Fellowship and acquiring other responsibilities at work, I was also getting very frustrated at not being able to spend more time on club activities. I've not really planned, controlled or coached in nearly two years and have been Development Officer in little more than name.

So, I'm back with renewed enthusiasm to work for DVO – beginning with organising the District Event at Linacre on 8 January. By the way – I need volunteers for that event!

See you in the forest – I'll be the one walking resolutely between controls whilst others zigzag either side of me.

Ranald Macdonald

Local Fixtures

November 2005

- 6th EM DVO District Event & Yvette Baker Round. Stanton Moor, Birchover, Matlock. GR/243622. Tracey & Ian Grant, 01629 580781. iansgrant@btinternet.com £4.00/£1.00. Family £9.00. EPS-SI. String course. Parking £1.00.
- 13th WM WCH District Event. Birches Valley Forest Centre, Cannock Chase, Rugeley. SK/017171. Dave Thomas, 01785 660687. david@thomasstafford.fsnet.co.uk £5.00/£2.00 SI card hire £1.00 and 50p. EPS-SI. String course. Dogs on leads. www.walton-chasers.co.uk
- 19th EM LEI Winter Night League. Bagworth Woods, Coalville. SK/446081.
C5N Peter Hornsby, 01530 456066. £2.50/50p. EPS-SI. www.leioc.org
- 20th WM HOC District Event. Postensplain, Bewdley. SO/733796.
C4 Charlie Nelson, 01527 545 030. repredditch@blueyonder.co.uk £4.00/£2.00. EPS-SI. String course. Dogs on leads. Parking 50p. www.harlequins.org.uk
- 20th EM LEI District Event. Bagworth Woods, Coalville. SK/446081.
C4 John Cooke 01827 61663. jholtcooke@btinternet.com £4.00/£1.50. EPS-SI. String course. www.leioc.org
- 27th WM OD District Event. Elmdon Park, Solihull. SP/167824.
C4 Graham & Liz Urquhart, 0121-7070511 £4/£2. EPS-Emit. String course.
- 27th EM LOG District Event. Lincoln South Common, Lincoln. SK/979699.
C4 Karl Pickworth, 01526 320136. pickworths@aol.com £4.00/£2.00. EPS-SI. String course. Parking £1.00. Dogs on leads. www.logonline.org.uk

December 2005

- 4th YH HALO District Event. Bishop Burton College, Beverley. SE/985405.
C4 John Chaney, 01482 653152. £3.50/£1.50. EPS-SI. No dogs. www.halo-orienteeing.org.uk
- 4th EM NOC District Event & Yvette Baker Final. Sherwood Pines, Mansfield. SK/606636.
C4 David Cooke, 01773 770278. d.cooke4@ntlworld.com. EPS-SI. (Pre-entry for Yvette Baker, EOD for C4 event). www.noc-uk.org
- 11th YH **SYO Regional Event.** Blackamoor, Sheffield. SK/287805.
Entries: via www.southyorkshireorienteers.org.uk CD: 28/11/05.
£7.50/£3.00. Late online entries until 09/11/05: £8.25/£3.50. Postal entries : Douglas Thomson, 3 Lynwood Close, Dronfield Woodhouse, Dronfield, S18 8QH, 01246 411158. CD: postmarked 28/11/05. £7.50/£3.00. Chq: SYO. EPS-SI. Lim EOD £9.00/£4.00. No string course. Lim CC courses - W to LiG. EOD only £4.00/£1.00. Parking £1.00. Dogs on leads.

- 11th NW MDOC District Event. Bosley Cloud, Congleton. SJ/904637.
C4 Jenny Shaw, 0161 445 2900. £4.00/£1.00. EPS-SI. White to Blue courses only. Dogs on lead in car park only. www.mdcc.org.uk
- 11th WM WCH District Event. Hednesford Hills, Cannock Chase, Hednesford. SK/007126.
C4 Andy Goode, 01785 248634. Andy.goode@staffordshire.gov.uk £5.00/£2.00 SI card hire £1.00 and 50p. EPS-SI. String course. Parking £1.00. Dogs on leads. Parking at Museum of Cannock Chase. www.walton-chasers.co.uk
- 18th EM NOC District Event. Walesby, Mansfield. SK/668703.
C4 Janet Evans, 01636 813058. janet@janetandnick7.freemove.co.uk £4.00/£1.50. EPS-SI. String course.. Parking £1.00. www.noc-uk.org

January 2006

- 2nd EM **DVO New Year Score Street Event Wirksworth, Derbyshire.**
S5 Dave Walker, 01332 574003 or dave@walkerj222.freemove.co.uk
- 7th NW MDOC Annual Charity Event. Lyme Park, Disley. SJ/964823.
S5 Marie Roberts, 0161 439 6435. Free. Donations to charity. EPS-SI. Yellow only. Dogs in Car Park only. Mass start 11.30. www.mdcc.org.uk
- 8th EM **DVO District event at Linaere, near Chesterfield. Organiser: Ranald Macdonald, 01629 734307 or r.macdonald@shu.ac.uk**
- 14/15th EM LOG/RAFO Lincolnshire Bomber Weekend
C4 14th - Long O & District Event. Temple Woods, Bourne. TF/060280.
R5 15th - Relay Event. Twyford Woods, Colsterworth. SK/946238.
Entries: Nigel Paul Hillary, 25 Northern Avenue, Henlow, Bedfordshire, SG16 6ES. nhillaryuk@yahoo.co.uk CD: 31/12/05. Day 1: CC - £3.50/£1.00. Long-O (Pre entry) - £7.00. Lim EOD (Long-O) +£1.00. String course. Parking £1.00. Day 2: Relay £5.00 per team. Teams of 3, Legs approximately 2.5KM, 3.5KM & 4.5KM. Lim EOD +£1.00. Chq: RAFO. EPS-SI. Dogs on lead. www.logonline.org.uk www.rafo.org.uk
- 22nd EM **NOC Regional Event, Robin Hood Trophy.** Clumber Park., SK/622748.
Entries: via NOC website or to Joy Cholerton, The Doves, 40 Fairdale Drive, Newthorpe, Nottm, NG16 2FG, 01773 715234 CD: 07/01/06. £8.00/£3.50, Family £19.00 +50p SI hire. EOD & late entry no fee, but subject to maps. Chq: NOC. EPS-SI. String course. Lim CC courses - £4.00/£1.50. Parking £1.00. Dogs on leads. www.noc-uk.org
- 28th SC **BKO British Night Championships.** Hawley, Camberley. SU/827585.
Full registration pending
- 29th SC **BKO NATIONAL EVENT.,** Cold Ash, Hermitage, Newbury. SU/521733.
Full registration pending

Wednesday Night Runs find a new Venue

Mike Godfree wrote to the e-group in September; "A new regime starts for Wednesday evening training this week. On the 2nd and 4th Wednesday of each month we are running from the rugby club on Haslams Lane, just over the old toll bridge in Darley Abbey (watch the speed humps!)." And lo, we now share the spacious (if a tad steamy at times) changing rooms of Derby Rugby Club. Unfortunately John Bennett didn't heed Mike's warning, and sprained an ankle on the aforementioned speed bumps 50 yards into his run last Wednesday evening! Ouch.

White Rose 2005

Perhaps its part of the job description as Newstrack editor, but I feel compelled to relate my exploits at this year's White Rose...

I'm a relative newcomer to the joys of the White Rose, having traditionally started my autumn season sometime around mid-September over the years. We did dabble with one or two WRs in the mid 90s but with little enthusiasm. Last year's event we really enjoyed because at long last we realised that the event wasn't about orienteering as such but the whole "camping with your mates doing what you enjoy experience." So we set off up the M1 in eager anticipation this August bank holiday.

I guess you're really expecting a litany of disasters after that build up, and there were a few things I'd have preferred different through the course of the event, but I'm almost sorry to say that I quite enjoyed the White Rose again this year. Numbers seemed down quite a bit over recent years, with very few genuine 21s competing on the open classes. The student squat comprised three small tents, rather than the traditional resemblance to a Glastonbury overflow camp, and I imagine the relays were poorly attended despite the new format (we didn't hang around for the mass-start relays as we couldn't work out how you did split starts in this format). However, I think I counted 15 DVO juniors at one point during the weekend, playing some variation on cricket (though 11 heroic English (and Welsh) men down the road in Nottingham might have struggled to recognise the game being played at times), and once again a good attendance by DVO meant that we had a great time.

The planning was OK, given the constraints of the areas. The controlling was a bit iffy, in that the first control on the white course seemed to have been missed off the over prints on day 2, and the dedicated finish for the white/yellow, while a great idea in principle, suffered for being in the middle of nowhere on day 1 – the biggest navigational challenge was finding the assembly field again once you'd completed the course! The organisation held together though, the weather was fair and once again a great time was had by all. (and we all learnt that when Rachel Duckworth says she wants to sleep in the middle of the tent, she *means* it!)

Dai

Marian Seaston

Marian died in September after a spirited battle against leukaemia. We have lost an excellent friend and neighbour. Some long standing members will remember Marian herself orienteering. Amongst the mementoes on display at her funeral was a 1988 Chasers Trophy coaster. Even after she stopped taking part she supported Tony in his work for the club. As well as being a good neighbour for 26 years, it was Marian who encouraged us to try orienteering with our sons, first on a permanent course at Whinlatter and then, typically, when they were running the colour coded competition at the Shining Cliff Regional event in 1986; thereby introducing us to a sport which has played such a major part in our family's life since then.

Mike & Liz Godfree

Misses Dales Diary

Continuing the occasional series recording the travails of a Monday night runner (aka Graham Johnson)...

Week 26 The George at Alstonefield.

I arrive at 19.46 to find the birds have flown. Monday night runners are nothing if not punctual. I go on a solitary run, time to finish at the likely same time as my wandering would-be colleagues. I return at 20.15 to find no sign of them. I go and get changed and wander back. Nothing. After half an hour I give up and go home. Two days later, I find that they'd had an uncharacteristic short run (probably slacking off while Andy Jackson's on holiday) – and were in the pub after all!

Week 27 The Bull's Head at Ashford in the Water

Nothing can go wrong this week. I have a lift with Steve Buckley and we arrive 15 minutes early. We sit in the Sheepwash car park and wait. As 19.40 arrives, with no sign of anyone else, doubts start to creep in. Have I got the right venue? Have they changed it without telling me? – wouldn't put it past them. Inspiration strikes. Using Steve's mobile, I telephone home to find out Brian's mobile number recorded on my own – I knew I'd use it one day – and we ring.

'Where are you?'

'We're in Ashford in the Water'

'So are we. Whereabouts?'

'In the car park, by a round building'

'So are we!'

It is at this point that I notice, two vehicles to my left, a car looking suspiciously like Brian Denness'. It was. Success at last.

(To be continued...?)

Book Review: Feet in the clouds, by Richard Askwith

It was Rex Bleakman who told me to read this book after one long Wednesday evening run in early May. Surprisingly for me I actually remembered the title the next time I was in Ottakers and found it on the sports shelf. This is actually 3 books in one - a diary of the fell running year, the story of the author's 10 year obsession with running in the hills in all its forms, and a series of short cameos featuring interviews with the former leading fell runners.

The style is light hearted and nicely self-knocking, capturing the incredulity that anyone would undertake these challenges, with the obvious and well-expressed enthusiasm that the author obviously has for running in the wilds. Time and again I related perfectly to his logic - why we run, the motivations for those of us who will never win a major event, the appeal of the mixture of disciplines from the 15 minute frantic fell race up a single peak, through long fell/mountain orienteering races and mountain marathons to the draw of an ultimate challenge like the Bob Graham round (though personally I don't ever see myself succumbing to this particular temptation).

Along the way there's a good record of the history of running in the hills, highlighting the tensions and absurdities of the professional/amateur debate that raged for so long in fell running. Even the debate about where all the fit young runners have gone struck a familiar note, echoing concerns expressed in this month's "Thoughts from a Chair". If you've ever run a fell race, chances are it gets a mention somewhere in the text, if only in passing. There are features on some of the classics, that the author relates first hand: Grassmere Guides Race, Burnsall, Borrowdale, Ben Nevis and Skiddaw, with inspiring commentary of historical runs on these courses - Dalziel's epic descent at Burnsall, Eddie Campbell's routes on Ben Nevis, Helen Diaminides' determination on the only ever running of the Dragon's Back through Wales and the life style of the likes of Joss Naylor who'd do a full day's work tending his flock of sheep, walk miles to get to a race, squeeze in a winning performance then walk home. Orienteering gets frequent mentions in dispatches through the mountain marathons and the many common participants in the two sports.

The tone of the book is captured in the frontispiece:

Warning:

The activities described in this book are dangerous and may result in injury or death. Don't try them. Go to the gym instead, or stay at home and watch television.

For those who won't heed this warning, this book is a great read. Thanks for recommending it to me, Rex.

Dai

AGM Notices

At the AGM held at Belper Leisure Centre on October 26th, the following committee was elected/re-elected:

Position	Name	Telephone	EMail
Chair & EMOA rep	Derek Gale	01283 585244	Derek244@tiscali.co.uk
Vice-Chair	Ranald Macdonald	01629 734307	r.macdonald@shu.ac.uk
Secretary	Paul Beresford	01302 751549	DVOclubSec@fsmail.net
Treasurer	Dave Bennett	01332 703830	davebderwent@aol.com
Club Captain	Graham Johnson	01773 824754	Gmjandfam@aol.com
Fixtures Sec.	Dave Walker	01332 574003	dave@walkerj222.freemove.co.uk
Committee	Pauline Ward	01773 850272	pauline@wardw60.freemove.co.uk
Equipment	Paul Wright	01773 856387	cpstwright@supanet.com
Newstrack	Dai Bedwell	01509 260751	daiandkaren@tesco.net
Minutes	Jen Gale	01283 585244	Jen244@tiscali.co.uk
Coaching, Junior Dev.	Val Johnson	01773 824754	Gmjandfam@aol.com
Mapping, Perm. Courses	Mike Godfree	01332 515862 about to change	Mike.Godfree@bosinternet.com
Social Sec.	Viv Macdonald	01629 734307	viv.macdonald@chesterfieldbc.gov.uk
Access	Vacant: Dave Walker interested, but would then need a new fixtures sec.		

Fixtures Secretary's Appeal for Help

I have listed below all of the DVO events we are proposing to promote over the next nine months. However, they will not take place unless we have members to organise, plan and control them. The events for the rest of 2005 are at present well covered, but we now need volunteers for some of the 2006 events listed below.

6 th Nov	Stanton Moor C4	O - Tracy & Ian Grant P - Dave Chaffey C - P Wright
2 nd Jan 06	Wirksworth Street	O - Dave Walker P - Barry Bibby
8 th Jan 06	Linacre C4	O - R Macdonald P - F Williams C - B Ward
19 th Feb 06	Carsington C4	O - S Swallowell P - D Gale C - P Bourne
12 th Mar 06	Bow Woods C4	O - N Forrest P - J Allen C - P Wright
29 th April 06	Ilam Sprint O	O - V Johnson P - D Dickinson?
21 st May 06	Crich C4	O & C - required P - J Armstrong?
10 th June 06	Foremark C5	O - D Walker P - required
16 th July 06	Hardwick C4	O, P, & C all required

If you wish to fill any of the above vacancies please contact me or any other member of the Fixtures Committee.

We have also planned our usual series of C5 events for 2006 and although normally organised by the regular team of Val, Mike and Rex, these can be an opportunity for prospective organisers and planners to gain experience at a low key event with plenty of expert advice on hand.

Dave Walker

October Odyssey 2005

Getting the family together at orienteering events is something we always enjoy but every now and again Jen and I take the opportunity to get away on our own. So off to the October Odyssey, with a nice hotel booked in Barnard Castle, and the prospect of a couple of good runs on reasonable quality orienteering areas. I had been running fairly well recently and perhaps after 20 years in the sport I was starting to find out how to do it. Then came Nenthead Mines – the name seemed to remind me of the Mines of Moria but that may be down to a previous weekend where we had had a back to back DVD-fest of Lord of the Rings.

It was an easy drive up to Durham though the last bit of road seemed to go on forever. We were in the late start block but were close to the last start by the time we arrived so did not have time to chat to the other DVO travellers, (Beresfords and Duckworths) before rushing off to the start. Hardly anybody else around so straight through the boxes and off up the hill. The first control was just alongside a very interesting feature that appeared to be a covered gully that perhaps was used to get the prisoners up to the mineshaft half way up the hill or maybe... Anyway, I could see my second control from the first – well not exactly see, as it was 1.1k away across a seemingly featureless peaty moor – but I knew exactly where it should be. Having been interested in the covered gully I decided to follow it to the end as it was going in roughly the right direction and whilst too far away for a sensible attack point it would narrow the distance of blind compass work. Tracking across this moor (I would like to say running but I had obviously chosen a bog to go through) I stumbled across a feature that I felt sure must have been mapped but could not find it. I mean, I could not have been that far off line could I? Assuming that it was a mapping decision to leave it out I pressed on, saw the corner of the re-entrant ahead and there was the control. Not mine. Climbing higher and now with another soul also looking for it I realised I had reached almost level ground and was much too high. Plunging down the hill again a headless chicken emerged going up, down and around and 30 minutes after leaving the first control it came across the second! With a thorough knowledge of the moor by now it was straightforward to find the rest though the planner was sneaky in not putting the controls in the pits but on the far side – just to confuse the brain dead.

81 minutes for 5.3k so it was a weary and disappointed Derek that departed for the hotel where I had to drown my sorrows in the odd pint of Black Sheep plus – but we won't go into that.

Next day was Hamsterley Forest except that it was the moor (again!) above the forest. Nothing much to report – I had obviously got my 'moor' head back on again after all the time I had spent out the previous day. Never really far out of position except where I followed Jen to a control and realised she had taken me too far down the slope but other than that a pleasant run.

Overall, my reflection on the weekend was that it made the trip worthwhile but orienteering could have been better. I was a little concerned by the quite small turnout and wonder what the future will be for these kinds of events. Long distances to travel plus the cost of overnight stays....

Derek Gale

Club Championships – 17 Sept, Calke Park

Congratulations to the following winners of the club championships:

Men's Champion - Simon Wright

Second place - Rob Shooter

Ladies' Champion - Ruth Ellis

Second Place - Michelle Mackervoy

Junior Champion - Jessica Beresford

Joint second place - Harriet Lawson, Luke Addison, Rebecca Mead

I couldn't believe how lucky we were with the weather, as on the Thursday before I'd been thinking that winter had arrived and that armbands might be compulsory for the event by Saturday. Everyone who expressed an opinion before starting said that the handicapping was too harsh, which I think meant it was probably even-handed. In the end, many people beat my estimated time for them, so perhaps my efforts really weren't that accurate, but no-one complained about finishing before noon.

The finish was fairly chaotic, and I apologise for this - many thanks to Dave Skidmore for bailing me out when the main deluge of finishers arrived just before noon. I was forced to estimate one or two finish times, and so a few people who finished around 11:57 could have times out by up to half a minute; the championships had been decided by this point so I hope this doesn't cause too much upset.

Many thanks for all the positive comments on the day and since - they make it all worthwhile!

Dai

Short Course

1	Dave Walker	00:33:50
2	Emily Williams	00:35:08
3	Simon Wright	00:36:10
4	Liddy Loudon	00:37:03
5	Peter McCarthy	00:37:40
6	Steven Taylor	00:37:59
7	Thomas Wright	00:41:50
8	Ruth Ellis	00:46:20
9	Ros Bourne	00:47:22
10	Peter Bourne	00:48:48
11	Daniel Spencer	rtd
12	Jessica Whitehead	rtd

Junior Course

1	Luke Addison	00:08:00
2	Ben Beresford	00:08:57
3	Harriet Lawson	00:10:00
4	Rebecca Mead	00:11:00
5	Jessica Beresford	00:12:37
6	Amy Kimberley	00:15:05
7	Elizabeth Bedwell	00:27:50
8	Zoe Chaffey	00:27:50
n/c	Joy Hopper and friends	00:32:05
9	Nicola Jackson	00:33:15

Long Course			Medium Course		
1	John Duckworth	00:41:42	1	Michelle Mackervoy	00:39:02
2	Andy Jackson	00:44:35	2	Dave Skidmore	00:39:14
3	Steve Kimberley	00:50:09	3	Doug Dickinson	00:40:44
4	Dave Bennett	00:51:10	4	Liz Godfree	00:42:52
5	Andy Mackervoy	00:52:18	5	Daniel Kimberley	00:44:22
6	John Hurley	00:52:40	6	Val Johnson	00:44:29
7	Graham Johnson	00:53:23	7	Rob Shooter	00:44:30
8	Ian Whitehead	00:53:57	8	Ann-Marie Duckworth	00:46:28
9	Steve Mead	00:54:37	9	Judith Holt (guest)	00:48:21
10	Dave Chaffey	00:54:38	10	Terry Peach	00:49:16
11	Paul Beresford	00:55:31	11	Derek Bishton	00:52:46
12	Brian Denness	00:56:56	12	Michael Lindsey	00:53:03
13	Mike Godfree	00:58:46	13	Helen Finlayson	00:53:51
14	John Hopper	01:00:09	14	Rachel Davis	00:54:10
15	Sal Chaffey	01:00:28	15	Ian Hodson	00:54:19
16	Kate Ruffell	01:01:02	16	Jen Gale	00:54:50
17	Mark Nowak	01:01:45	17	Paul Wright	00:57:32
18	Malc Spencer	01:02:05	18	John Cooke (guest)	01:00:35
19	Sian Mead	01:03:29	19	Tony Berwick	01:11:39
20	Rob Smith	01:03:54	20	Alison Hayes	01:17:45
21	Derek Gale	01:05:57	21	Rob Williams	rd
22	Mike Gardner	01:07:15			
23	Adrian Northcott	01:26:58			

Junior Coaching Day (and maybe something for bigger folk, too)

I'm in the early stages of arranging a day's coaching at Sherwood Pines, Nottinghamshire, for Thursday December 22nd. Subject to getting permission, we will have a day's fun and orienteering for juniors who currently run white to orange courses (including those who are sometimes shadowed around white courses). The orienteering sessions will be interspersed with some time on the adventure playground at Sherwood Pines, together with some time for all the young 'uns to get to know each other even better. I hope to also lay on some exercises for older folk (aged ~14-70?) who want to improve their light green-blue course techniques (I don't see why you can't also have a play on the playground if you really want to!)

More details via the e-group closer to the date, or send me an email/give me a ring if you're interested.

Dai

Welcome to New Members

A warm welcome to the following new recruits to DVO:

Liddy Loudon of Darley Abbey

The Gale family of Coppenhall, Crewe (familiar surname that...?)

Steven Taylor of Darley Abbey

I was delighted to see that our new members are straight into the thick of it, with Liddy and Steve running at the club champs, and several Gales running at Clowbridge.

Catching Features

You know how it is ... you look at the fixtures list for the coming weekend, expecting to choose from a high quality East Midlands event or an event within 50 miles where you haven't been before. However all you can find are events on areas you have been to at least twenty times before or an area that you know will be covered in knee high brambles. Apparently this has been known to happen a few times a year (or in the case of Graham Johnson forty times a year). You realise, with a sinking feeling, that you have no excuse not to weed the garden, clean the house, or do the ironing. Well now, instead, you can practice your orienteering at home by playing Catching Features on the computer.

Catching Features is a computer-based game which lets you do an orienteering course on your computer. Available from www.catchingfeatures.com, the game simulates an orienteering event – the beeping clock, the map and thumb compass, other runners, sportident controls and your splits at the end – they are all there.

The game starts off with a screen giving you a 3D view of the terrain. After the countdown you can bring up the map by pressing the space bar or M, from there you use the arrow keys and mouse to navigate around your course. The map also shows a compass and the direction you are facing. Graphics are as realistic as I have seen in an orienteering game. Trees are normally quite some way apart but you have to be careful in the green. It is also annoying when you do hit a tree, as you end up on your back. Most other features are represented quite normally but you have to get used to the fact that paths are shown as a dark brown line.

The demo version gives you the option of two different maps and several courses. These are sufficient to get used to the game and learn how to make the best of the keys. For example the R key is very useful when you are looking at the map as it aligns the map with your leg.

Even if you don't get the full version the demo version could be used for beginners – it teaches basic skills such as interpreting the map, staying in contact with the map, navigating by features, using a thumb compass and relocating....all useful to both beginner and intermediate orienteers.

You only get to see the best of the game though once you have the full version. The full version has four other maps, a multiplayer section and a random map creator. However for me the best feature of the full game is the Competitions section. This enables you to play on new maps against other orienteers around the world. Even better some of these maps are versions of real maps of quality areas. One example is a *Catching Features* version of the map used for the 2001 World Championships short courses. One of the online competitors, a Swede, even commented that "*Seeing this beautiful Nordic terrain in CF almost made me cry... :)*" It was harder than almost anywhere I have orienteered.

Once you have registered for the competitions you download maps over the internet. You then run the set course and once you have finished the course it uploads your times over the internet. It then displays your time and splits on the internet. Once a course has closed, approx 7 days, points are awarded which go towards a ranking score. Though you can run a course several times only your first time is awarded any points.

As you may have gathered I am quite a fan of this game, but I am pleased to say that I am not alone. Thierry Gueorgiou competed in online games and Pasi Ikonen

a Finnish Elite orienteer recommends the game on his website. In this country orienteers such as Oli Johnson, Rhys Findlay Robinson and Eddie Harwood have all played in the new competitions system (or at least people who pretend to be them).

Are there any bad points? Well the system doesn't take into consideration fitness. In this game it doesn't matter who you are, you can run as fast as the best. Of course this doesn't mean that you can orienteer as good as them.

Another possible downside is that it is too easy to get into the game and spend too much time playing the game rather than doing proper orienteering.

A reasonably well specified computer is required to play the game. See minimum specs listed below. However I have had the game running on a Pentium 400MHz with a 64MB card and a 1GHz Laptop with intel integrated graphics. If you are unsure of your computer then download just the demo to make sure the game works.

All in all, in my opinion, Catching Features is the closest you can get to real orienteering without stepping outside your house.

Costs

Demo Version – free

Full Version - \$30 to download converting to just under £20 by the time VAT is added.

Recommended Computer Requirements

- Windows 98, ME, 2000 or XP
- DirectX 8.1 or newer
- PIII 450 or faster
- Hardware accelerated graphics card. Most cards from the last two years should work
- Any sound card
- Internet Connection. Some of the online maps can be a couple of megabytes in size.

Don't forget try the demo version first.

Steve Kimberley

Sports Personality of the Month

One or two nominations amongst some of the articles for the eagle eyed, but an additional nomination for John Malley, who ran the Compass Sport Cup Final in green wellies (having presumably performed exhaustive tests regarding the best footwear for moorland terrain, or maybe, having forgotten to pack anything else).

I have it on good authority (well, Graham Johnson) that serving Newstrack editors cannot be nominated in their own newsletter for SPOTM. This is just as well, as anyone spotting a blue Audi parked in front of the gates at Calke Park at 7 in the morning on the day of the club champs might have wondered why the driver, obviously agitated at not being able to start hanging controls, hadn't tried pushing on the gates. After all, they only *appeared* to be locked....