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NEWSIRACK

SEPTEMBER 2004



Great Moments from the Orienteering Archives
Moses takes a Short Cut at Kedleston Park

Newstrack is the magazine of Derwent Valley Orienteers

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Thoughts from the Chair

Well not so much thoughts from the chair, rather thoughts from a rather comfortable boulder, on a warm sunny day, minding a gate whilst watching DVO's finest compete for the honour of becoming Club Champion 2004. This years winners were Ben Beresford, who won the junior trophy, and Karen Bedwell who took the senior trophy. Unfortunately my gate-manning duties meant that I didn't actually see the finish, so it is left to others to recount the thrilling moments of their victories! But sitting there made me think, why do 50 or 60 of our club members participate within the Club Championships? Well it's a free event and you don't get many of those do you. And it was a new area which adds interest but I am can hardly be described as offering a technical challenge. Could it be that we make it as open as possible to all our members? Only DVO can enter and we try to down play the "Championship" element by promoting it as an event open to all members at which the Club Champions are decided; and to be honest, the handicapping system which is intended to make everyone finish at the same time, will always have an element of chance since as we all know our orienteering performance cannot be predicted with any accuracy. But neither does this detract from the achievements of our champions since to win you have to perform well against own capabilities, and that's important. I think that it is just a great social event where new and old members meet and get to know each other; where the kids can play whilst parents compare their lack of fitness; where rivals are born and friendships made, friendships that often last decades; where views are sought and ideas formed to take the club forward; and of course its just fun. Overall it's one of the key activities that underpin the fabric of our club and I can only praise those members who instigated it many years ago. May it continue far into the future.

You may recall that Alex Ross won the 2003 Sports Personality of the Year for getting his photograph into just about every publication that BOF produce, and he's there yet again on page 4 of the autumn addition of Focus. But these days you don't have to read these obscure publications to see photographs and articles about our Club members since you're just as likely to read about them in the Derby Evening Telegraph, the Belper News or Matlock Mercury. This is a tremendous achievement for the Club and has been brought about by a combination of individual achievements and a determination to publicise these successes. I know the difficulties in gaining this level of publicity and so thank all those who have been involved in this achievement.

Finally, a reminder that the AGM will be held at 8.15 on Wednesday 20/10/04 at the Belper Sports Centre. All members are welcome and this is your chance to have your say in who runs the Club. The calling notice / agenda are included within this issue of NEWSTRACK and these will also be promulgated via our web site (www.dvo.org.uk). There are two things to bring to your attention. First there will be no changes to the constitution and secondly, a number of our key committee members will come to the end of their term of office. So if you would like to take on or nominate someone for the role of Club Secretary, Fixtures Secretary, Equipment Officer, NEWSTRACK Editor or Social Secretary then please give me (or any other committee member) a call.

Robert Shooter
0115 9322945

(Talking of DVO self-publicists, can any YHA members spot Hilary in the latest edition of 'Triangle'? - Ed)

3 Jours de Belgique & OrienteeringOnline Cup

Having enjoyed going with DVO to the Swiss/Italian 6 day in 2001 and the Czech 5 day in 2002, I was looking out for an event outside the UK again this summer. But as year the World Masters Champs (for which I am far too young to be competitive) in Italy was going to be the main foreign holiday event for DVO members, I opted to make Croeso, the Welsh 6 day, my orienteering summer holiday.

I was also hoping to fit in a weekend trip to the Shamrock O-Ringen in Ireland, but Cork-O are giving themselves a year's break from organising this event. So I followed the links on the IOF website to make a quick tour of Europe's orienteering federations in search of other weekend events, and entered two: 3 jours de Belgique, in south-east Belgium at the beginning of July; and the OrienteeringOnline Cup, a three day event held in the north of Slovenia at the beginning of August.

The Belgian event used three adjoining areas in the forests around the event centre, a leisure centre in the village of Chiny on the edge of the Ardennes. Much of the forest was gently undulating with few distinct features, but the maps made up for this by showing every small and indistinct vegetation change. Mapping this detail must have required some dedication by the mappers, but when trying to read the detail at 1:15,000 whilst running, it didn't necessarily help with navigation. The Belgian mappers and planners also enhanced the number of features by making plentiful use of the charbonnière, which I understand to be a charcoal-burning platform. And what does a charcoal-burning platform in flat forest look like? Much the same as the surrounding forest. It was suggested to me later that the distinguishing characteristic of a charbonnière would be an absence of ground vegetation, burnt away when the charcoal had been burnt.

The maps for days 2 and 3 offered a bit more variety as they spanned the steep-sided valley of the Semois river, with a couple of controls on day 2 at the top of some very large crags. But the main skills required for the weekend were to keep on a bearing through the forest, whilst attempting to identify the myriad vegetation changes. The advantages of being familiar with the type of terrain you are running on became obvious to me as I went from being slightly bemused and in 39th place (out of 45) on day 1 to more confident and 21st place on day 3. I also learnt the importance of completely ignoring other orienteers when on day 2 another competitor stopped me to say 'I think we here' (he wasn't British, but nonetheless asked me in English) and pointed to a place which I was fairly certain wasn't where we were. But I had to run away from him and relocate to prove to myself that I was right.

The Slovenian events were all at least 1000m up into the alpine foothills. Day 1 was a medium distance race in just 1.7km² of forest with intricate rock and contour detail. In the event details, the 'Peculiarities (sic) of Stages' section for day 1 warned that 'running out of the mapped area in the SE of the terrain is Deadly Dangerous' - the crags along the edge of the map were actually cliffs, so one step out of the mapped area would have put you in freefall. On M21A I had 19 controls in 3.5km, and as each control was the attack point for the next there was no chance to get seriously lost, but even a small mistake would cost a few places in the results. I finished in 41 minutes, but this didn't make me feel I hadn't got value for money: instead it gave the event a 'feel good factor' as I still had some enthusiasm and energy left at the end, rather than just feeling exhausted, or frustrated by my navigational errors, or both, as I often do at the end of an event.

Day 2 used the same car park as day 1, but with a steep climb to the assembly area a few hundred metres higher up, on alpine pasture that in winter is a ski resort. It wasn't until afterwards that I realised the cables I had run beneath were actually part of a ski lift and not power lines. The assembly area was adjacent to a picturesque cluster of wooden huts, each enclosed by its own wooden fence, some with a few animals in the enclosure. The event details advised 'There will be many cows in the terrain in the open and semi-open parts. They are used to people and are friendly but do not run too close to them or disturb them. For your own safety!'. Like all friendly alpine cows, they wore cowbells to ensure that the area not only looked like an alpine idyll but sounded like one too.

The most significant features in the pasture were huge depressions, up to 20m deep and 50m wide. I normally read a concentric rings of contours as a small hill, but here I soon got into the habit of checking for the tags on the contours. Although most of the map was of runnable open pasture, most of the controls were in two areas of woodland with rock and contour detail more intricate than I could comprehend when it was partly obscured by trees and undergrowth - three times I had to relocate on the road around the edge of the wood. Here in the woodland the tinkling of cowbells was replaced by the buzzing of thousands of insects, most of which were invisible, but the noise did make me wonder whether my next stumbling step would might be into one of their nests. Day 3 was another area full of huge depressions, but entirely wooded and with simpler contours it was a more physical challenge than days 1 and 2, and perhaps slightly less technical, although I still lost a lot of time trying to find control 11 from the wrong path.

Aside from the terrain, there were other differences in the Belgian and Slovenian events compared to the UK. The vegetarian or health conscious orienteer used to Wilf's would not have been impressed by the event catering in Slovenia which provided just a selection of cutlets and sausages, served with a hunk of local bread. Belgium offered sandwiches, hot dogs and cakes, and beer. Both events had pop music playing at the finish - mainly 1980s pop in Belgium, more 1970s in Slovenia. Only 37 of the 643 entrants in Slovenia were actually Slovenian, the majority of entrants being Czech, but nevertheless the commentary was entirely in English - there were only 12 entrants from Britain - and the event currency was Euros rather than the Slovenian tolar.

And a final comment from the Slovenian event details: a uniquely-worded plea that any car park official would agree with. 'Strictly obey the directions of people who make order in the parking area. Please don't try to be smarter than them. Thank you!'

Dave Bennett

Please note: In between orienteering events, Dave manages to snatch a few days at work every now and again too.

Change of Address

From time immemorial DVO's equipment has been stored first in one and more recently in two sheds, at the bottom (top?) of Steve Buckley's garden. But this is going to change. In the not too distant, all of DVO's worldly goods are moving upmarket to a brand new place of their own, a purpose-built concrete bijou residence purchased at great expense in the much sought-after locale of Sawmills, Ambergate. Watch those property prices soar.

White Rose 2004 – Dalby Forest

Between 1979 and 1989 the Johnson family missed just one White Rose. Between 1994 and 2003, we attended just one. Until fifteen years ago, we missed more JKs than White Roses, so what went wrong? If pressed, I would say it was the organisers' search for different areas at the expense of quality, always at a premium in North Yorkshire forests anyway. In the eighties, the White Rose was centred on areas such as Wass, Pickering Forest and, yes, Dalby, and wasn't afraid to return to these tried and tested bases at regular intervals. Going to the White Rose was like a trip to Macdonald's; the cuisine on offer may not have been exciting, but it was reliable and customers returned year after year, by and large, getting what they were expecting. Then, all of a sudden, the trusted and familiar was replaced by the instantly forgettable and areas the likes of Barncliffe (with the emphasis on the cliffe) and Levisham Moor (with the emphasis on the moor). Despite hopes and expectations to the contrary, the White Rose constantly disappointed; it became the Tim Henman of British orienteering events.

However, not wanting to abandon an old friend completely, we renewed our acquaintance in '98, but found that the warmth of the gesture was not reciprocated. I can't remember the Relay area of Cold Keld Slack at all but the name seems to sum up the weekend, my sole memory of which is long treks across featureless moorland followed by long treks through anything-but-featureless brambles, enough to put me off for another half dozen years. Which is how long the mental scars took to heal sufficiently to tempt us to stick our collective toes in the potentially shark-infested waters of Dalby '04.

I am not known for arriving at the Start with aeons to spare but even I knew we were pushing it. Electing to set off on the Saturday, and diverting to Sheffield to pick Hilary up, I realised too late that it was in fact Sunday that we were due to start at 13.00, and 12.00 on Saturday. I got all the blame of course, probably because it was my fault. I don't know whether you have experienced an hour of sustained animosity shut up in a car with Val and Hilary but if the waves of hostility could somehow be harnessed, the world's energy shortage could be solved in an instant.

The unique element of the White Rose is the central campsite which means that all three days are within walking distance. I was pleasantly surprised to see a welcome greeting from the campsite warden. My memories of WR campsites of old were that they were organised along the lines of Coiditz; rules were rigidly enforced, guards positioned in towers at each corner and clubs banded together to form escape committees. This was, of course, before the arrival of anarchy in the form of students who overthrew the Ancien Regime with rowdy, alcohol-fuelled, late-night carousing, ironically also hastening our exile too.

The sewage arrangements of the early eighties also harked back to a less enlightened earlier historical age, probably the 14th Century. Not for us the luxury of the portaloos, you got an open trench and what amounted to little more than a dustbin with a toilet seat on top, if you were lucky, for those more languid visits. Woe betide you if that visit coincided with the commode reaching its capacity. A trip to the pit was in order lest your cup runneth over. I had always wondered why they were called 'bogs' before, I never wondered again. Disposal of washing up water was dealt with in a similar way, and many a plate was lost

seen disappearing into its own Slough of Despond, never to be retrieved again. Ah, Happy Days.

Even at the best of times, competing at the White Rose is like watching Derby County, the triumph of hope over expectation. The overriding impression on first sight of the map was that it was greener than a leprechaun convention. The terrain was, very much like life, full of ups and downs, except, of course, in life, there's far more downs. Control sites were few and far between, and I did not envy the planner his task of constructing enjoyable courses out of this sow's ear of an area. My dismay was multiplied when I realised that one consequence of us arriving late and being reallocated start times was that I had unwittingly been placed one minute behind Mike Godfree on Course 3. Previous readers will be aware that Johnson's 37th Law of Orienteering states that you never have a good run when starting ten minutes either side of a club member; in fact, statistics show that this alone accounts for 72.37 % of my bad runs; if I could only find out what the remaining 27.63% was due to, I might be able to do something about them.

Proving this to be a law with no exceptions, I proceeded to have a Gorgonzola of a run. I passed Mike no less than four times. Like an episode of The Good Life, he kept popping into view when by rights he should have been dead and buried ages ago. The first mistake I made was to go to number 6 via number 8 (well they do look kind of similar if you shut your eyes). Then, when I'd caught Mike up a second time, we were going hell for leather for a clearing. Sensing uncertainty on Mike's part and knowing that a footpath lay as a catching feature beyond, I dived into the undergrowth. Several minutes later I emerged on to a path and realised that I'd missed the one I needed. I had been plunging downhill and through fight, both of which were the exact opposite of what I should have been doing – now I had to do it all over again, in reverse but uphill this time, just to get back to the spot when I started to get lost.

My splits at this point make interesting reading. There were 111 competitors on this course. At Control 4, I was 4th fastest, control 5 - 15th, Control 6 (via 8) - 90th and control 7, er, 111th. 107 was the greatest differential between fastest and slowest controls of any competitor on any day that weekend.

While you are reeling under the significance of this achievement, I'll throw a few more statistics at you. At the JK this year, I was 123rd (out of 139) on Day 1, and 56th out of 147 on Day 2. This was again the greatest differential between positions of any competitor on any course throughout the whole weekend (trust me on this). At the White Rose I was 17th on Day 1 and 7th on Day 2. At the Twin Peaks, I was 24th on Day 1 and 12th on Day 2. Are you detecting a trend here? Yes, I claim to be the most consistently inconsistent orienteer in the UK. (Can I claim my Sports Council grant now please?) I'm kind of proud of these achievements. It may not mean much to you but you have to cherish these minor triumphs in an orienteering career as mediocre as mine

Meanwhile back in the bowels of Dalby, I finally found my Holy Grail, a.k.a. Control 7 and paid my second visit to Control 8. Imagine my surprise when, on Day 3, I visited the same control for a third time when it was on my Relay course. This must be some kind of record too. (I was getting pretty good at finding it by now).

It was much later in the course when I finally came across the by now increasing familiar sight of Mike Godfree's back. ('Yes, I thought you'd overshot Control 7', he said helpfully later) Having overtaken him again, I dutifully obliged him by navigating to the last control via an unforgiving patch of grot, which was also to become Dave Bennett's downfall on the relays (tee, hee) two days later. Mike suppressed an ill-concealed smirk as I hauled myself into the Finish. 'I thought you'd gone too far to the east', he advised. Next time,

Mike, can you give me this information before the damage is done, not afterwards. I'm thinking of taking Mike round with me on all future courses, as a Jiminy Cricket to my Pinocchio.

As previously mentioned and true to form, I did salvage some pride by improving my 17th M45L placing to 7th on Day 2, but Mole Valley's Ian Ditchfield improved from 13th to 2nd so even my inconsistency was not as consistently consistent as his inconsistency (was I outconsisted?).

The campsite was somewhat less populated than I remembered and DVO must certainly have been the biggest club there. Come Sunday, half the field upped sticks and went home, leaving us all wondering we should change deodorant. Had no-one told them this was a Three Day event? It was all rather sad. The climax of the Relays was undermined by the lack of numbers taking part so that four classes had only one team in them. DVO was the one of the beneficiaries of this phenomenon, Val, Hilary and Claire romping home in undisputed first place in Women's Open, but I'm sure they would have welcomed some competition.

There were some rebellious murmurings amongst the younger elements at the Club Captain's choice of theme for the relay teams – nursery rhymes. Apparently objection was taken to the label of 'Wee Willie Winkie' but in the end a mutiny was avoided. Imagine the ructions if one of the adult teams had borne the moniker. I was rather glad that Old King Cole didn't make an appearance too.

It may seem as likely as Hugh Grant playing a serial killer, but I enjoyed the Relays, more than the Individuals. The courses were fairly short and, although I was conscious of treading the same ground twice over, the need to be competitive with other relay teams and the annihilation of Dave Bennett compensated for this. And DVO was exceptionally successful too, claiming five first, second or third places. DVO provided 50% of the Junior Class, two Wrights and a Beresford claiming first position, a feat also achieved by the Malleys in the Family Class, not to mention those Open Women.

The real reason why people keep going back to the scene of the crime that is the White Rose is not the orienteering but the fantastic relaxed and friendly atmosphere. Long after the memory of the orienteering has faded, I shall treasure memories like DVO's Sunday trip to Whitby and, above all, where I was when Kelly Holmes won her second Gold, crowded round Steve Kimberley's lap top in the DVO tent, cheering her on with the rest of the club.

So, unlike on many previous occasions, I left the White Rose in a better frame of mind than when I arrived. Will I go back next year or will that urgent bit of grouting take priority? I'll let you know.

FIRST AID COURSE

Sue Russell has agreed to tutor a 14 hour / 2 day course that meets BOF recommendations.

Dates have yet to be set but it will be before Christmas. The first day will be indoors and cover the necessary theory with the second day a mixture of indoor and outdoor practical exercises. The course will be free to DVO members. Names to Val Johnson at the usual address please.

Annual General Meeting Wednesday, 20th October 2004

8.15pm, Belper Sports Centre

Agenda

1. Apologies for absence
2. Approval of previous Year's minutes
3. Chair's Report
4. Secretary's Report
5. Treasurer's Report
6. Election of Officers

Chair
Treasurer
Committee Members

Vice Chair
Club Captain

Secretary
Fixtures

7. Presentation of Appointed officers
8. Agreement of Budget

Any other business

CAPTAINS JOG

This is just to round up the summer activities, starting with the footpath relay in June 19th where the DVO team did well to finish 4th overall and 3rd out of the orienteering clubs behind SYO and NOC but ahead of WCH (just) and MDOC. Steve Buckley recorded the second fastest time on his leg and, Helen Armstrong, Paul Addison, Liz Godfree, Ian Hodson and Dave Vincent all third fastest on theirs.

At the White Rose we ran 11 teams and had a fair degree of success with wins for the M12's (Ben Beresford, Simon and Thomas Wright), the 1-child family (John, Jayne and Erin Malley) and the 3 women (Hilary and Val Johnson and Clare Gale). The M/W 160 (Mike and Liz Godfree and Rex Bleakman) were second and the Open team (John Duckworth, David Lawson and Andy Jackson) were third.

And that's it for the team competitions until next year, so you can all concentrate on technique and fitness or why not try some cross country running? The JK relays are at Hopwas near Tamworth so we are looking for a record turnout and I have diaried in a record nervous breakdown afterwards.

John Hurley.

Congratulations to Liz Godfree and Pauline Ward who have been selected to represent England in the Annual Home international Championships which take place in Ireland during the first weekend of October.

Ilam Closed Club Event - RESULTS

| | Name | Course | Finish Time | Actual Time |
|-----|---------------------|--------|-------------|-------------|
| N/C | Isabel Marshall | ML | 10.46.01 | 31.01 |
| 1 | Karen Bedwell | ML (1) | 10.47.11 | 36.11 (7) |
| 2 | Dave Walker | ML (2) | 10.47.47 | 23.47 (2) |
| 3 | Jen Gale | ML (3) | 10.49.20 | 26.20 (3) |
| 4 | Tony Berwick | ML (4) | 10.53.50 | 31.20 (5) |
| 5 | Margaret Hobson | ML (5) | 10.53.51 | 33.51 (6) |
| 6 | Brian Ward | ML (6) | 10.54.30 | 29.30 (4) |
| 7 | Erin Malley | ML (7) | 10.54.38 | 19.38 (1) |
| 8 | Ben Beresford | J (1) | 10.55.55 | 10.18 (1) |
| 9 | Jessica Addison | J (2) | 10.55.59 | 11.28 (2) |
| 10 | Harriet Lawson | J (3) | 10.56.00 | 12.44 (3) |
| 11 | Tracey Grant | M (1) | 10.56.59 | 38.25 (8) |
| 12 | Ann-Marie Duckworth | M (2) | 10.57.16 | 40.29 (9) |
| 13 | Jessica Gale | J (4) | 10.57.28 | 15.30 (5) |
| 14 | Nathan Lawson | J (5) | 10.56.59 | 14.29(5) |
| 15 | Doug Dickinson | M (3) | 10.57.16 | 31.16 (1) |
| 16 | Liz Godfree | M (4) | 10.57.28 | 32.28 (2) |
| 17 | Dave Bennett | L (1) | 10.58.15 | 40.15 (6) |
| 17 | Amy Kimberley | J (6) | 10.58.15 | 18.30 (7) |
| 19 | Terry Peach | M (5) | 10.58.18 | 40.48 (10) |
| 20 | Rachel Davis | M (6) | 10.58.32 | 41.32 (12) |
| 21 | Claire Gale | M (7) | 10.58.50 | 38.20 (7) |
| 22 | John Duckworth | L (2) | 10.59.00 | 37.00 (1) |
| 23 | Dai Bedwell | L (3) | 10.59.10 | 39.10 (2) |
| 24 | Vivianne Lawson | ML (8) | 10.59.19 | 41.19 (8) |
| 25 | Derek Gale | M (8) | 10.59.25 | 35.25 (4) |
| 26 | Luke Addison | J (7) | 10.59.41 | 13.41 (4) |
| 27 | Steve Mead | M (9) | 10.59.49 | 34.19 (3) |
| 28 | Andrea Clough | ML (9) | 10.59.58 | 49.58 (9) |
| 29 | Sian Mead | M (10) | 11.00.11 | 37.41 (6) |
| 30 | Andy Jackson | L (4) | 11.00.32 | 40.02 (4) |
| 31 | Paul Beresford | L (5) | 11.00.32 | 46.32 (6) |
| 32 | David Lawson | L (6) | 11.00.56 | 39.56 (3) |
| 33 | Ian Grant | L (7) | 11.02.25 | 51.25 (9) |
| 34 | Derek Bishton | M (11) | 11.03.28 | 44.28 (15) |
| 35 | Jayne Malley | M (12) | 11.03.40 | 42.40 (13) |
| 36 | Pauline Ward | M (13) | 11.03.53 | 40.53 (11) |
| 37 | Ruth Johnson | M (14) | 11.04.11 | 47.11 (17) |
| 38 | Mike Godfree | L (8) | 11.04.17 | 51.17 (8) |
| 39 | Paul Wright | M (15) | 11.04.45 | 44.45 (16) |
| 40 | Rob Williams | M (16) | 11.05.25 | 43.25 (14) |
| 41 | Ian Hodson | L (9) | 11.05.31 | 55.36 (11) |
| 42 | Paul Addison | M (17) | 11.05.37 | 35.37 (5) |
| 43 | Steve Buckley | L (10) | 11.06.12 | 47.12 (7) |
| 44 | Emily Williams | M (18) | 11.07.15 | 51.15 (19) |
| 45 | Brian Denness | L (11) | 11.08.29 | 53.20 (10) |
| 46 | Marla Addison | M (19) | 11.08.44 | 50.44 (18) |
| 47 | Dave Vincent | L (12) | 11.09.12 | 56.42 (13) |
| 48 | Nicola Jackson | J (8) | 11.10.08 | 28.08 (8) |
| 48 | Elizabeth Bedwell | J (8) | 11.10.08 | 28.08 (8) |
| 50 | Dave Clough | L (13) | 11.10.31 | 56.31 (12) |
| 51 | Mike Gardner | L (14) | 11.16.55 | 64.55 (14) |

Local Fixtures

October 2004

- 3rd EM NOC District Event. Thieves Wood, Nottingham. SK/543575.
C4 Janet Evans, 01636 813058. janet@janetandnick7.freeserve.co.uk £3.50/£1.50 + 50p SI hire. EPS-SI. String course. www.noc-uk.org
- 10th WM WCH District Event. Shoal Hill, Cannock Chase, Cannock. SJ/969107.
C4 Mike Thompson, 01785 660716. mike.p.thompson@ukgateway.net £4.00/£2.00 + £1.00/50p SI hire. EPS-SI. String course. Parking TBA. Dogs only on leads. www.walton-chasers.co.uk
- 10th EM LEI District Event. Bagworth Woodlands, Coalville. SK/454073.
C4 Mike Cowley, 0116 286 4847. £3.50/£1.50. Ind +£1. EPS-SI. String course. www.leioc.co.uk
- 16th EM DVO Local Event. Elvaston Castle, Derby.
C5 Val Johnson, 01773 824754. £2.00/£1.00. Dogs on leads in car park only. W, Y O & LG only plus all control score. Start times 10:30 to 11:30 (before 11 for score course). www.dvo.org.uk
- 17th YH SYO Regional Event. Wharfedale Woods, Sheffield. SK/310986.
C3 Organiser: Phil Haywood, 0114 236 3003. philhsyo@aol.com
Entries: Doreen Best, 94 Ringstead Crescent, Crosspool, Sheffield, S10 5SJ, 0114 230 2621. colinallanb@yahoo.co.uk CD: 28/09/04. £7.50/£3.00. Lim EOD +£1.50/£1.00. Chq: SYO. EPS-SI. String course. Lim CC courses up to Lt Green. Parking £2.00. No dogs.
- 24th EM DVO District Event. Black Rocks, Cromford, Matlock.
C4 David Vincent, 01773 716615. £4.00/£1.00. EPS-SI. String course. Parking £1.00. Dogs on leads at all times. www.dvo.org.uk

November 2004

- 7th WM WCH District Event. Oldacre, Cannock Chase, Stafford. SJ/979171.
C4 David Thomas, 01785 660687. david@thomasstafford.fsnet.co.uk £4.00/£2.00 +SI hire £1.00/50p. EPS-SI. String course. Dogs allowed on leads only. Signed from A34 SE of Stafford. www.walton-chasers.co.uk
- 7th EM LOG District Event. South Common, Lincoln. SK/979699.
C4 Karl Pickworth, 01526 320136. pickworths@aol.com £4.00/£2.00. EPS-SI. Dogs on leads. www.logonline.org.uk
- 14th NE CLOK NATIONAL EVENT. Fylingdales, Whitby. NZ/944002.
C2 Organiser: Mike Richard, 01609-770339. mike@e-rickard.co.uk
Entries: Kemprotec (CLOK), 11 Pennyman Green, Maltby, Middlesborough, TS8 0BX, 01642 594662. entries@kemprotec.com CD: 25/10/04. £10.00/£4.50. No EOD. Late entries +£1.00. Chq: CLOK. EPS-SI. EOD Lim CC courses.

- 14th EM LEI District Event. Irchester Country Park, Wellingborough. SP/912657.
C4 Neil Eaton, 01832 731537. £4.00/£1.50. EPS-SI. String course. Parking £2.00. www.leioc.co.uk
- 20th EM NOC Local Night Event. Sherwood Pines, Mansfield. SK/614645.
C5N David Cooke, 01773 770278. d.cooke4@ntlworld.com Fees TBA. EPS-SI.
Full registration pending
- 21st EM NOC District Event. Harlow Woods, Mansfield. SK/546577.
C4 David Cooke, 01773 770278. d.cooke4@ntlworld.com £3.50/£1.50 + 50p SI hire. EPS-SI. String course. www.noc-uk.org
- 28th WM **OD Regional Event.** Sutton Park, Sutton Coldfield. SP/108971.
C3 Organiser: Roy Lindsell, 01948-664 890.
Entries: Trevor Simpson, 181 Loxley Road, Stratford-on-Avon, CV37 7DU, 01789-266343. simpsonth@ntlworld.com CD: 08/11/04. £7.00/£2.00 + £1.00 Emit hire if needed. EOD. Chq: Octavin Droobers. EPS-Emit. String course. Parking £1.00. Dogs on Leads. www.octavian-droobers.org

December 2004

- 4th EM **DVO Local Event, Hardwick Park, SK455640**
C5 Val Johnson, 01773 824754. £2.00/£1.00. Dogs on leads in car park only. W, Y O & LG only plus all control score. Start times 10:30 to 11:30 (before 11 for score course). www.dvo.org.uk
- 5th EM **DVO Experimental Regional Event. Eyam and Bretton Clough, Bakewell. SK/209777.**
C3 Organiser: Steve Kimberley, 01246 280430.
Entries: Robert Shooter, Rose Cottage, Cat And Fiddie Lane, West Hallam, Derbyshire, DE7 6HD, 0115 932 2945. CD: 19/11/04. £6.50/£2.50. Lim EOD + £1.50/£1.00. Chq: DVO. EPS-SI. String course. Dogs on leads at all times and in car park only.
- 19th EM NOC District Event. Budby, Mansfield. SK/606664.
C4 David Cooke, 01773 770278. d.cooke4@ntlworld.com Fees TBA. EPS-SI. www.noc-uk.org *Full registration pending*

January 2005

- 2nd SE **SN NATIONAL EVENT & SN Trophy.** Ash Ranges, Aldershot. GR/917557.
C2 Organiser: Paul Wallace-Stock, 01252 519355. paul@wallace-stock.datanet.co.uk
- 2nd YH **SYO Score and Limited District Event.** Beeley Woods, Sheffield. SK/318920.
S4 Kevin Walters, (0114) 250 9160. kevin.walters@cancer.org.uk £4.00/£1.00. CC courses will be W,Y,O and Blue.

Looking back, I don't think we could have wished for a better event. Ilam was a completely untried area so there was no advantage to be gained from use of an over-familiar map. It was fast and open so, with virtually every tree on it individually mapped, the courses aimed to make up for lack of technicality by emphasising the need for quick thinking and accurate decision-making. Normally I would hesitate before hiding a control on the 'wrong' side of a tree, ie the farthest away from the likely direction of approach, but this time, I felt it was justified to ensure the right penalty was exacted on the unwary.

We did not set out to provide up to three courses, dependant on length, this was forced on us by the compactness of the area, but I was very pleased with the results which gave the event more of a feel of a relay, albeit one where the competitors ran every leg. The unwitting consequences of this was that no-one knew who was winning until they finally finished so there was perhaps more of an incentive to keep going for longer, just in case, instead of giving up when finally overtaken by John Duckworth. There were one or two mini-tussles, for example, Doug and Liz were, like two Sumo wrestlers, locked in mortal combat for at least half their course (perhaps there's a better simile).

Planning the club champs is, of course, only half the job. As much time is probably spent on the handicapping. Past experience suggests that instead of trying to please everybody, the handicapper should concentrate on trying to annoy as few as possible. Initially I tried a scientific approach, working out everyone's minutes per k at Carsington, a recent, similarly open area, and comparing the results with my own time, both at Carsington and on a dummy run round the Long at Ilam (45 mins in a post-White Rose state of exhaustion). Having converted the calculations into start times, I then swapped a few around to add a human touch to the so-called science and to eradicate what seemed like obvious anomalies.

Other people who've organised the club champs told me that the most difficult trick is to get the balance between the two courses, Long and Medium, right. Not content with this, we added a third shorter course to try to keep everyone's time to under an hour. I achieved this with just one exception, but got the shorter course times hopelessly wrong so that the first eight back were on Course D, the first and ultimate winner, Karen, over 8 minutes before the first Medium competitor. On the brighter side 15 competitors (30%) were within 2 minutes either side of the projected finish time of 11.00 am, and 60% within 5 minutes either side, so there is some cause for satisfaction.

Does anyone know of any other club that has an annual handicapped competition for members only? I know other clubs have their annual champs, but I don't know how they separate the winners. Half of me wonders why DVO rarely has more than about 25% of its members at this free and uniquely social event, whilst the other half wonders whether the format would start to fall apart and be unwieldy if more than 50-odd turned up. It is a lot of work, combining the planning and organisation of a single event that depends on a high degree of consistency if everything is to work, but, having experienced both sides of it, I think it is worth preserving.

Thanks to Rob for his gate-manning duties, and for all control collectors.

Graham and Val Johnson

WEDNESDAY RUNS ARE ON THE MOVE

After years of hosting our training sessions Steve Buckley is moving and will be unable to accommodate us in the foreseeable future. A number of alternatives are being investigated but as yet nothing has been fixed. Keep an eye out for notices announcing the new venue.

Car Parking Fees for Helpers

Robert has asked me to clarify the situation over car parking fees for helpers at events as there seems to be some confusion. This is in addition to our normal practice that helpers get a half price run at events at which they are doing a job.

However, some helpers do not manage to get a run and the Committee felt we needed a system which also gave some incentive to these volunteers and offered a further incentive to all helpers. Further, helpers often arrive before the car park fees are being collected so some will not pay and others, perhaps arriving only 10 minutes later, will get caught.

1. Land access negotiators need to inform the event organiser as to what the landowner wants us to do about parking fees.
2. Helpers do not have to pay the parking fee at events where we are collecting the money on behalf of the landowner. Just tell those collecting that you are a helper and they will let you in.
3. If the landowner either says that all cars must be paid for or counts the cars to check how much money they think they should receive – neither are likely occurrences – then the Club will make up any difference before handing over the money. The event Organiser and Club Treasurer will need to work this out between themselves.
4. Where parking fees are collected by someone else, such as at some National Trust properties or through a Pay and Display system, the helper may ask the Organiser for a refund if they wish. However, many Club members belong to the National Trust and so would not pay, or arrive before money is being collected so get in free. If you want to claim your money back please recognise that Organisers perhaps has other things on their mind at the start of an event and wait until things have calmed down, such as when we are waiting for the final runners to come in.
5. It is not possible for us to anticipate all eventualities so we will need to deal with other situations as they arise and perhaps review our policy from time to time.

I hope that this has clarified the situation. If there are any further questions you should put them to either Robert (Chair), Derek (Vice-Chair), Dave (Treasurer) or me and we will take it back to the Committee.

Ranald Macdonald, Club Development Officer

DVO Club Mark

For the best part of the last year, various club members have been working, 'behind the scenes', towards securing Club Mark accreditation for DVO. This is a scheme, written by Sport England and promoted by BOF, aimed at showing that we, as a club, provide a safe, friendly environment in which young people can pursue orienteering. The scheme sets out standards of good practice that we have to show that we meet.

Most of the standards have already been met, for example all club coaches have CRB clearance and have attended Child Protection workshops; DVO has a development plan and works to BOF Guidelines in areas such as Coaching, Safety, and Equity. We have links with many schools and work with the County's Sports Development Unit. Although we may not be strong contenders, we enter the sports club competitions.

However some areas do need to be formalised and, as a result, we are publishing our newly adopted Code of Conduct for Parents and Carers.

Derwent Valley Orienteers

Code of Conduct for Parents / Carers

- Encourage your child to learn the rules and compete within them.
- Discourage unfair competition and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in orienteering.
- Set a good example by recognising fair play and applauding the good performance of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements
- Support your child's involvement and help them enjoy their orienteering.
- Use correct and proper language at all times.

So now it's a question of compiling the evidence for the file and submitting it for assessment.

Watch this space.

Do You Suffer from Colour Vision Deficiency (Colour Blindness)?

Peter Bylett, BOF Development Manager writes:

'There are several forms and these are usually inherited genetic problems. By far the commonest form is red/green colour blindness which affects about 11 in 12 men, but there is also blue/yellow blindness and other types. Only about 1 in 200 women are affected.

I am personally aware of two members of my club that have colour blindness and I suspect that within BOF's membership there are more than we realise. I am interested to know what difficulties this causes with regards maps, overprints, locating controls and competing generally. At this time I don't know if there's anything we can do to help but if there is then I would want it to be included in future 'best practice' guidelines.

A colour blindness test can be found by a website search 'GKT Colour'. This should produce Kings College London's test. However, as the website says if you think that you may have a problem you should consult your GP.'

Please contact Peter if you have anything to contribute to his request:

peter@britishorienteering.org.uk

Friday Night Fitness Sessions

They're back, bigger and badder than before. Be the envy of your friends. Put muscles in places you didn't even know you had places. Improve your fitness, and, who knows, even your orienteering results all in one go. Meet every Friday evening at Allestree Woodlands School Gym at 6.30 pm, starting on Friday, 8th October.

Sports Personalities of the Month

1) **Jayne Malley** had a very bad dream the other day. She and Teige had just put Erin on the train at Derby to go to Lagganlia, and Jayne was so engrossed in a titanic battle against the luggage rack monster that by the time she had vanquished her foe, the train had pulled out of the station and was taking her and Teige to Sheffield against their will. And do you know, when she woke up, it was all true!

It's not often that I am moved to wax poetical but this sad episode has aroused the muse within me, inspiring the following:

There was a young* lady called Jayne,
Who boarded a Sheffield-bound train,
Whilst the suitcase she was a-lugging,
The train, out the station, was a-chugging,
That's one mistake she won't make again.

* This is called poetic licence, kids.

2) Part-time cross-dresser **Derek Gale** had to retire after just one control on day 3 of the Welsh 6-Day because he was wearing one of his daughter Claire's O-boots (and one of his own).

3) Don't you hate back-seat drivers? In **Sue Russell's** case, you would have good

cause. As a backseat passenger, she broke the handbrake on Kerina Lake's car on day 2 of the same competition. The car was parked facing downhill, and when Sue saw the next vehicle going backwards (it was reversing), she thought it was actually Kerina's car that was rolling forward (are you following this?). As any sensible person would, she desperately grabbed at the handbrake to tighten it, but pulled it so far up that the cable disconnected itself. And then the car really did start to roll forward. You couldn't make this stuff up, could you?

Injury of the Month Ranaid Macdonald is currently incapacitated - due to a groin injury sustained riding a camel. A likely story!

Information Wanted Money may exchange hands if you have information concerning Alex Ross and an encounter with a compost bin.

I Spy

On the way back from the Twin Peaks, we spotted:

- A carrot-shaped wind sock 20 points
- A Health Farm for Horses (conjuring up images of Shetlands in saunas and Carthorses on treadmills) 40 points
- A Scotsman in full regalia playing the bagpipes outside a pub on the Kirkstone Pass 100 points

DVO Members in the News

No, this isn't about Ranaid's 6.40 am appearance on the radio, which was broadcast without advance warning and caused one or two splutterings of Earl Grey amongst the no doubt many unsuspecting DVO members who listen to the Today programme. No, it refers to the following news item in a national newspaper:

It was reported that David Walker had left a pub after an argument with a friend over who was to pay for the round. He returned later with a sawn-off shotgun stuffed down his trousers. Unfortunately he accidentally discharged the weapon and, in addition to being jailed for five years for unlawful possession, was reported still to have pellets embedded within his scrotum (now, that's gotta hurt, lads). David Walker, who has a previous conviction for possession of a screwdriver (?), could not comment on the effect which the incident has had on his fertility and sexual relationships.

Oh, I've just read that this took place in Sheffield and the man is aged 28, so perhaps it's a different David Walker. I'm sorry if I confused you there.

DVO BARN DANCE

Saturday 20th November
Wirksworth Town Hall
7pm - 10pm

Dancing to:
"Fish 'n' Taters"

Tickets: Adult £ 6.50
Child £ 2.50
Family £15.00

Chilli Supper included in the price.

Please bring your own drinks - no bar.

Fixtures Secretary's Farewell

Before renouncing the civilised world and joining a druid's commune, probably in somewhere unpronounceable on the wrong side of Offa's Dyke, the departing Fixtures Sec left these few kind words, giving notice of the following forthcoming attractions:

4th Dec 04 - an extra event - Hardwick Park C5: Organiser needed.

30th Jan Farley Moor or Whitesprings C4: O, P, C required - this one is urgent!

26th Feb West Park, Long Eaton C5: vacancy filled - thanks to Rob Shooter

6th Mar Longshaw C3: - all vacancies filled - thanks to Paul Addison, Brian Denness, Viv Macdonald, Margaret Keeling

19th March Black Rocks C5: Organiser needed

24th April Crich C4: O, P [Controller is Brian Ward]

15th May Bow Woods C4: O, C [Planner is Steve Buckley or Rob Smith .. Note that permissions for this area do not exist at the moment. It may be necessary to go elsewhere.

5th June Kedleston C4: O, C [Planner is Sue Russell. Dave Disney has offered to assist the organiser.]

2nd Oct Carsington: O, C [Planners are Derek and Jen Gale.]

8th Oct Shipley British Schools Score Championship: O [Planner is Val Johnson]

6th Nov Stanton Moor C4: C [Organisers are Tracey and Ian Grant, planner is Dave Chaffey]

19th Feb 2006 Shining Cliff C3: O, P

2nd Dec 2007 Eyam Moor C2 [national event]: O, P

Thanks again, on behalf of everyone, to all of those named above. Also to John Armstrong who recently offered to plan. And to people who have recently completed a task, or have a forthcoming event with their name on. To the rest .. cancellation of events begins to be a possibility unless you are prepared to take your turn. You have an excuse? Not if you orienteer you don't.

Take care ..

Dave Brodie



Derwent Valley **Orienteers**

Saturday series of Local
Orienteering Events
in Derbyshire

A series of low key orienteering events ideal for beginners, novices, families and school teams with courses for more experienced orienteers. Help and tuition available.

White, yellow, orange and light green courses plus all control score course.

Start times 10:30 to 11:30 (before 11 for score course)

Entry fees £2.50 adults, £1 juniors (up to age 20)

16th October - Elvaston Castle Country Park on B5010 south of Borrowash
Map reference SK 412332

4th December - Hardwick Park, from Visitor Centre (not the Hall), take A6175 from M1 towards Clay Cross and take first left.

Map reference SK455640

26th February 2005 - West Park, Long Eaton from Leisure Centre on B6002 south of junction with A6005 west of town centre SK477332.

19th March 2005 - Black Rocks, Cromford from Picnic Site on B5036 between Cromford & Wirksworth. SK291557

For more information contact the organisers, Mike Godfree on 01332 515862 or Val Johnson on 01773 824754

Results and other fixtures information on the DVO web site www.dvo.org.uk

INVITATION TO ALL JUNIORS

YVETTE BAKER INTER-CLUB JUNIOR TROPHY (Round 1, East Midland Clubs)

Sunday 10th October 2004

Bagworth Woodlands near Coalville, Leicestershire
Parking at Bagworth Heath WMC - OS Sheet 140 SK 446081

Entry Fees - Adults £3.50; Juniors £1.50 + dibber hire if needed
Start Times 10.30 - 12.30

All DVO juniors are invited to run for their club.
To be eligible you must enter Yellow course or above. Juniors may run as a pair for this competition. Check with Val Johnson if unsure.
Val will be at the event - look for the DVO banner.



Derwent Valley Orienteers

District Event

Cromford Moor

(near Matlock, Derbyshire)

Sunday 24th October 2004

By car: Signed from the A6/B5035 junction (SK331544) at Whatstandwell, between Derby and Matlock. Car park fee £1

By public transport: Train or bus service TP to Whatstandwell from Derby or Matlock, then 1½ mile walk.

Cost: Seniors £4 (DVO or BOF members), £5 (non-members); Juniors/Students £1; Family £9 (DVO or BOF members), £11 (non-members).

On White, Yellow and 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. Hire fee of 50p for Seniors, free for Juniors.

Registration: 1000 - 1200

Start: 1030 - 1230

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

Terrain: Wooded hillside, steep in places

Dogs allowed in car park but must be kept on a lead at all times.

Organiser: David Vincent 01773 716615 blackrockc4@hotmail.com

Planner: Rex Bleakman

Controller: tbc

Next DVO events:

Saturday 16th October 2004, local event, Elvaston Park, Derby

Saturday 4th December 2004, local event, Hardwick Park, between Chesterfield and Mansfield

Sunday 5th December 2004, regional event, Eyam Moor, 12 miles west of Chesterfield