



YOUR SECOND EVENT

Now you have completed and enjoyed your first event, we hope you will want to go to more.

The Club.

- You can go to up to three events before we expect you to **join** the club. You join DVO when you join British Orienteering online, www.britishorienteering.org.uk and selecting East Midlands as your Region, and us (DVO) as your local club. Total Fees are £13 for adults and £4.30 for children. There is also a family rate.
- The normal Adult **entry** at DVO Regional events is £7, £4 at Local events. Dibber hire is £1.
- **DVO**, like other clubs, puts on one event per month on average. Once you are a member of DVO, you can go to events organised by any club in the country. So the next one for you could be one organised by another club within travelling distance. They may do things slightly differently. East Midlands events are listed in **Newstrack**, the **thrice-yearly** club magazine. **Photo** They are also listed on the club's website, <http://derwentvalleyorienteers.org.uk> , and other nearby ones on the Region's website. <http://www.emoa.org.uk> Occasionally events are of different types (see Appendix 3).

The Course.

- Which **course** to do? The table (Appendix 1) shows the progression of what we call 'colour-coded' courses. They start from short and easy (White) to longer and more difficult, and it is recommended that you go one step at a time. When you're confident at that colour, then think of moving up. As a near-beginner, it may be safest to do the same level (ie colour) as before, but some people may find this too easy. Think, however, before jumping to Light Green, because this will involve significantly harder navigation (see Appendix 1), and pictorial Control Descriptions (see Appendix 2).
- The best book by far on Orienteering is: **Orienteering: Skills - Techniques - Training** (Crowood Sports Guides) Paperback by [Carol McNeill](#) , c £10. This is especially useful for navigation techniques.
- **BOF have some tips on navigation on their website ?**
- Also be wary of trying to go **too fast** at this stage. This is when you are likely to make mistakes, and it can be difficult to correct them without more advanced skills.

Equipment.



- If you didn't use a **compass** at your first event, you might consider using one **soon**. You have two types to choose from: a "Silva"-type compass, with a rectangular clear plastic back plate (as you may use for hiking), or a "thumb-compass", * easier to use for orienteering, less



use when hiking. The north-pointing lines on an orienteering map already point to magnetic north, so you will not need to add/subtract the few degrees or so that you usually do.

*left-handed and right-handed versions available. Most people put their thumb-compass on their 'lesser' hand, so leaving their 'main' hand free for the dibber.

- Getting your own kit. After a few events you may want to begin to get some of your own equipment. Studded running **shoes** will make quite a difference, and **gaiters** (covering the lower leg) give some protection against brambles. You may also want to buy your own **dibber**. They are quite expensive! The newest (most expensive!) dibbers ('SIAC dibbers') don't need to be put into the SI boxes at each control, but work by proximity. You still get a bleep and flash. (But even with these you will still have to punch at Clear, Check, Start,

and, at some other clubs' events, Finish) Later still you may want to get a



DVO club top.

Where to get these? Most items are available online from Ultrasport
<http://www.ultrasport.co.uk> . They also have mobile shops at National and Major events. Some local sports shops (e.g The Derby Runner in Spondon) have studded shoes, often called 'fell running' shoes.

DVO club tops available from Mike Godfree (at
mike.godfree@btinternet.com).

Appendix 1 Colour-Coded course length/difficulty

Different standards of courses are named after Colours. Courses, in order, : White, Yellow, Orange, Light Green, Green, Blue, Brown, Black. (Black is very rare.) There is usually also a Short Green. The second Orange bar is for a Long Orange course, only occasionally put on.

Course lengths may sound short, but often take longer than expected! Ten minutes per kilometre is very good progress.

Navigational Difficulty	Course Length				
	XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1km +
Very Easy					
Easy					
Medium					
Hard					
Very Hard					

Appendix 2 Pictorial Control Descriptions

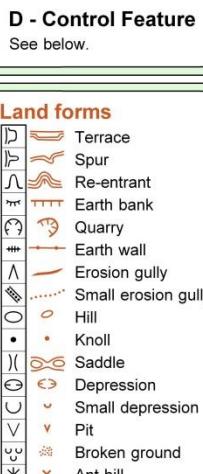
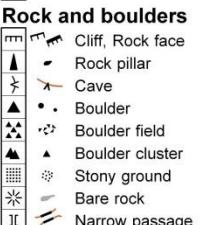
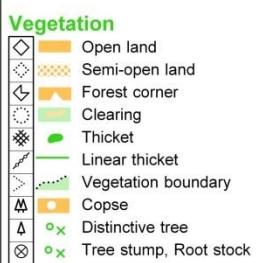
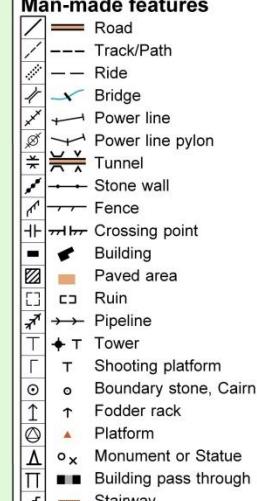
Control descriptions

For the Light Green course and above they will be '**pictorial**'(See below). Columns E to H are quite often left blank, where the information is not relevant. For example, a path junction will not have a size. There are a lot of possible symbols in column D, including 30 that are in common use in UK. (See Appendix 2b). You could have a print with you in the car, of Column D symbols in particular. You can then check that you recognise all the symbols on your course, before you start.

Crich Chase Level C			
Green	2.9 km	155 m	
▷	/		
1 149	▲	○	
2 128	▲	○	
3 137 ←	▲	○	
4 159	↖		
5 151	▽ ▲		
6 123	▲	2x1 ○	
7 139	⌞		
8 157	⌞		
9 142	↖		
10 115	⌞	↘	
11 147 ↖	mm	L	
12 148	⌞		
13 126 ↘	○		
14 122 ←	▲		
15 133	⌞		
16 158	mm	L	
17 152 ↑	▷		
18 104	▽		
 — 90 m — 			
Courses close at 2:00pm			

Example of a pictorial control description sheet.

Appendix 2a Columns on Control Descriptions

IOF Control Descriptions		E - Appearance		F - Dimensions																	
This is a summary of the IOF pictorial control descriptions. Full details can be obtained from the IOF web site at http://www.orienteering.org				Height or Depth Size Height on slope Heights of two features Crossing Junction																	
<table border="1"> <tr> <th>A</th><th>B</th><th>C</th><th>D</th><th>E</th><th>F</th><th>G</th><th>H</th></tr> <tr> <td>1</td><td>123</td><td>↓</td><td></td><td></td><td>15 x 5</td><td>○</td><td></td></tr> </table>		A	B	C	D	E	F	G	H	1	123	↓			15 x 5	○				First aid post Refreshment point Radio or TV control Control check	
A	B	C	D	E	F	G	H														
1	123	↓			15 x 5	○															
C - Which Feature				Follow Taped Route away from control Follow Taped Route between controls Mandatory crossing point or points Mandatory passage through out of bounds area Follow Taped Route to Map Exchange Follow Taped Route to Finish Navigate to Finish Funnel, then follow tapes Navigate to Finish, no tapes																	
D - Control Feature See below.				Land forms 																	
Rock and boulders				Water and marsh 																	
 Orienteering resources from Maprunner © Simon Errington 2007. simon.maprunner.co.uk		Vegetation 		Man-made features 																	

Appendix 2b Column D Control Descriptions, Pictorial.

On this table, the First column, in black in a box, is the appearance on a Control Description sheet. Next to it, in colours, is the symbol used on the map.

Land forms	Water and marsh	Man-made features
Terrace Spur Re-entrant Earth bank Quarry Earth wall Erosion gully Small erosion gully Hill Knoll Saddle Depression Small depression Pit Broken ground Ant hill 	Lake Pond Waterhole River, Stream, Watercourse Minor water channel, Ditch Narrow marsh Marsh Firm ground in marsh Well Spring Water tank, Water trough 	Road Track/Path Ride Bridge Power line Power line pylon Tunnel Stone wall Fence Crossing point Building Paved area Ruin Pipeline Tower Shooting platform Boundary stone, Cairn Fodder rack Platform Monument or Statue Building pass through Stairway
Rock and boulders	Vegetation	Special features
Cliff, Rock face Rock pillar Cave Boulder Boulder field Boulder cluster Stony ground Bare rock Narrow passage 	Open land Semi-open land Forest corner Clearing Thicket Linear thicket Vegetation boundary Copse Distinctive tree Tree stump, Root stock 	 © Simon Errington 2007. simon@maprunner.co.uk

Re-entrant is a very small 'valley', often on a steep slope.

Linear Thicket is usually a hedge! Maybe overgrown.

Knoll is a very small hillock, or lump.

Special Items are usually man-made features, like a sculpture, seat, or tripod.

Appendix 3 Types of event

Most events are Regional or Local “Cross Country”.

- *There are various levels of event:*

Major. Pre-entry only, difficult terrain, only a few per year nationally. Very hard courses.

National. Usually pre-entry, difficult terrain, one or two local ones per year. Hard courses.

Regional. Entry on the Day. Terrain varies. As DVO member you can go to other clubs' events, and most people go to those in the East Midlands organised by NOC (Nottingham club), LEI (Leicester) and any others they can get to. These don't have to be in the East Midlands.

Local. Entry on the Day. Small areas, sometimes parks. Put on with very few helpers.

Most events are usually on Sundays through the year from September to May. Local ones may be on Saturdays, through the year, or summer evenings. Beginners are strongly recommended to go to a Regional or Local event. You can go round in pairs at these events, or have a more experienced friend 'shadow' you.

- *There are various types of event:*

Cross-country. The most common type. Controls to be found in the correct order, and as fast as possible. Competitors start at one minute intervals for each course over 2-hour period.

Score. Controls can be visited in any order within a set time (often 45 mins or 1 hour). Controls have points value, the more distant and more difficult to find having a higher points value. Penalty points for exceeding the time limit. Sometimes a mass start. Relatively uncommon.

Urban. As in cross-country but in a town, city or campus. Map can be 1:4 000 or even larger. Seconds count in these races. Some different symbols used. Becoming common, especially in summer.

Sprint. Short race of any type.

Relay. As in athletics. Teams of 3 or 4 usually, who run different 'courses'. Team result. Uncommon.