

Derwent Valley Orienteers

# Club News for December 2023



Imogen takes 2nd place at Temple Newsam Park, Leeds (British Schools Orienteering Championships)

Welcome to December Newstrack, our club newsletter! DVO has had a busy autumn, with a sunny [Club Champs at Shipley](#) and regional events at Longshaw and Linacre. Storm Ciaran meant that our local event at Elvaston Castle was postponed (rescheduled for Feb 10th), and made for the 'Aldi Lake' at the south end of Chaddesden Park at our local event and Night MapRun last month.

Thanks to the O tourists who have sent in reports of their autumn trips. DVO members will be at the following events next year if you're thinking of entering:

- [O-ringen in Samalandkusten \(Oskarshamn\), Sweden 21–27 July](#)
- [World Masters in Turku, Finland 2–9 August](#)

Hope you all have a great festive season – resting or orienteering – and see you for Ashbourne Urban, which is the kickoff event for the 2024 UK Urban League! (Remember to get there for 10am if you're one of the winners of the 2023 East Midlands Urban League.)

Please send any contributions for the next roundup by Feb 18th. Longer standalone items are put on the web after receipt, and small items saved for the smorgasbord that is Club News!

Thanks & happy hols, [Sal Chaffey](#) Editor

## New Members

A warm welcome to Judith and Lester Evans who joined us last month from HOC (Harlequins).

## Derby Night MapRun Series 2023 ... and 2024!

Our Night MapRuns have been well attended and great fun! [Results and videos here](#). They are now available to run in the day, from this folder in MapRun:

UK/Derbyshire/Derwent Valley/Derby Night Series 23

DVO members and Club runners have enjoyed route analysis and a drink afterwards.

Chris, our club development officer has just set up the dates for more MapRuns from January through to March. Make a note for your diary – social details will be on the website soon!

### Winter series

18 Jan, Heanor

25 Jan, Oakwood

1 Feb, Belper

5 Feb, Spondon (Monday night; session from the Derby Runner)

### Spring series

29 Feb, Littleover\*

7 March, Duffield

14 March, Heatherton\*

21 March, Mackworth\*

\*If you'd like to plan one of these events please email [Chris Millard](#).

## British Schools Successes!

### October: Score Champs

Children from Year 5 and 6 represented Brassington in the British Schools Score Championships at Martinshaw, Leicestershire.

They disappeared in to the woods for 45 minutes, having to orientate themselves, plan their route and get to as many controls as possible. Not easy! Brilliant scores this year. Personal improvements on last years scores and an overall silver place for the girls.

Thanks to Stuart Swalwell and Jo Lurati for coaching Team Brassington!



## November: Linear Champs



Congratulations to Imogen who placed 2nd in Year 7 Girls at the British Schools Orienteering Championships at Temple Newsam Park in Leeds. Imogen only started orienteering in August so has got to grips with map and compass very quickly.

Imogen and Hywell have done many of the Night MapRuns, often clocking up 10km!

## DVO trip to Veolia Recycling Plant, Mansfield



Ever wondered what happens to all the recycling you carefully save? We hope to get a group together to visit in January or February. Please email me if you'd like to join a tour and let me know any days of the week you aren't available.

Thanks! [Sal Chaffey](#)

## Top Tip: Printing a map from RouteGadget

### Jane Kayley-Burgess, with grateful thanks to Ant Squire (NOC)

If you are even a semi-serious geek, this might be something new for you, and very simple. If you've been to an area before you will probably have a map, filed by area, date or whatever method you use. If you haven't, you might like to see one, work out where the start might be and where the event might take you to. RouteGadget will show you a whole heap of things that other people have done but you might want a map in your sticky hands to have a proper look. If you have ever tried screen printing a map from RouteGadget you will know that you end up with a muzzy, poorly defined image which is not fit for purpose. Until now.

With the map open on Routegadget in Chrome, click the **Update** 3 dots, top right (shown in red).

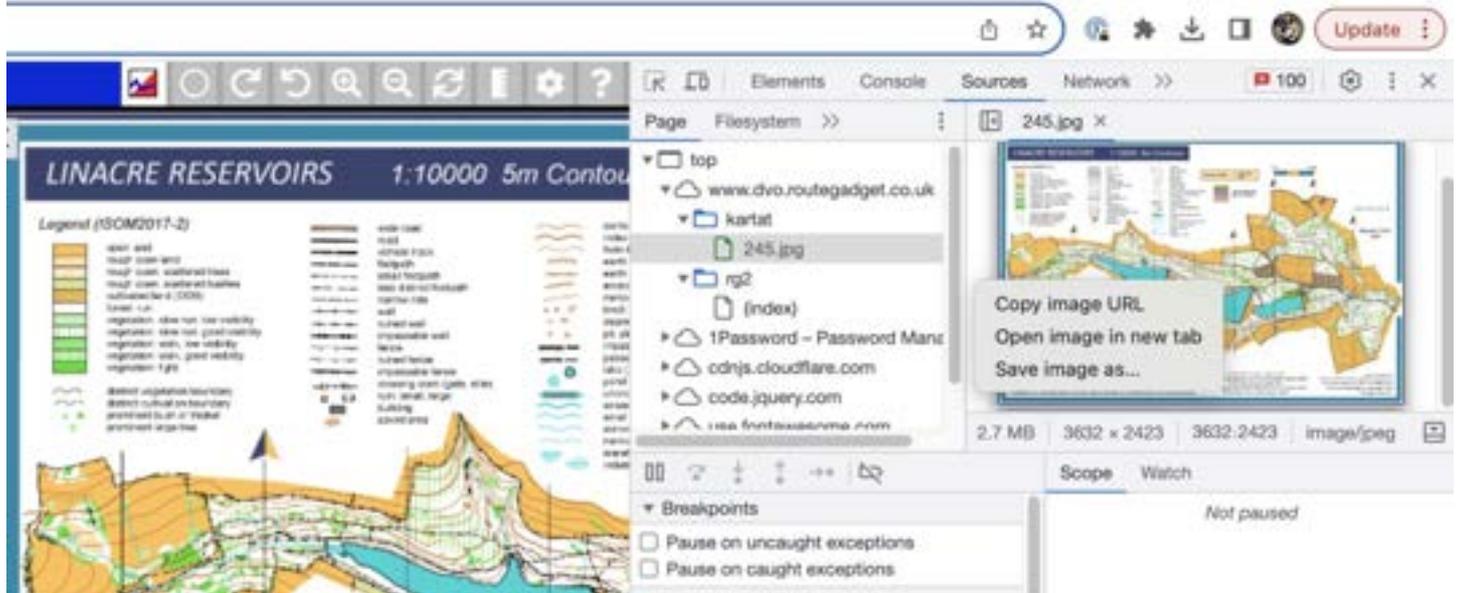
From the menu, select **More Tools** then **Developer Tools**

On the menu bar, select **Sources**

Double click the **kartat** folder

Click on the **jpg** file

Right click on the thumbnail and either **Save image** or **Open in a new tab**



## 2023 AGM

Our AGM in October was well attended, with Jane Kayley-Burgess taking over the Chair from Sal Chaffey. Jane has been Vice Chair for 6 years, and Nicky Hart stepped into her well-worn shoes. The [Minutes are here](#), and you can read about the arrangements Jane has put in place for [quiet parking and starts](#) for those who prefer them.

The highlight of the meeting was a talk by Rachel – via Zoom from Cardiff University – about her run at JWOC in Romania. As well as talent, Rachel has a great attitude and doesn't let mistakes put her off. You can hear Rachel's interview for the [Navigator Diary podcast on Spotify](#).



## Lost property

Mike has an O top that was left at an SYO night event recently. If you think it's yours, please drop Mike an email: [mike.godfree@btinternet.com](mailto:mike.godfree@btinternet.com)

## Feedback from Linacre

I just wanted to share some praise for today's event. I'm fairly new at orienteering (this was my 5th course!) but it was my favourite. The location was stunning, the course was great, and the lady at the beginning who gave me a pointer was fabulous. I was so much more confident (and faster) than previous events so huge thanks to her and to everyone that organised the event.

Many thanks, Lynn Speakman

(It's thought the lady in question was Judith)

## Meet Your New Vice Chair: Nicky Hart



### When and where did you first start orienteering?

Shotover Woods in Oxford, a beginners coaching session, in my twenties. Loved it, and went along happily for a few years orienteering badly in great places. Until one sunny autumn day at a Lake District event on Stickle Pike, I left the true path. Lost, no-one in sight. Dead bracken, heaps of boulders, thorn trees and blue sky. Hey, why don't I just go for a run with this map? Fast forward twenty years of just going for a run with a map. In 2017 I finally see the light, and, at DVO's Kedleston event, orienteering and me are reunited.

### Do you have any rituals before and/or after your run?

Before, obsessive geeking, pouring over previous events on Routegadget and ferreting out clues for what the planner's planning. After, in a cafe with coffee and cake, comparing our poor route choices and feeble performances and determining to do better next time.

### What's your most memorable orienteering experience?

Back in the Lake District, 2023 – November 5th on the dunes at Roanhead. In the middle of this soggy, stormy autumn, a sparkling day on the Duddon estuary, curlews calling. Shame it takes me half an hour to find the first control. But things look up. I surprise myself by getting round the rest of the course in a fairly orderly way and decide to call it a success.

### Do you have a SIAC dibber?

Yes, every little helps.

### What do you enjoy doing when you're not orienteering?

Books, music, art. Wild swimming, cycling, sailing, all kinds of being outdoors. Learning Spanish and visiting Spain. Recently, with Simon, "singing" in Matlock's Tuneless choir and going to the pub afterwards.

### Most memorable O holiday?

Gran Canaria last Christmas, our first O adventure outside UK – can't wait to go back this year. Spain on an island in the Atlantic with lovely weather, mountains, and fun, friendly orienteering.

### Favourite TV or radio show/podcast?

Opera on 3 (playing when it's my turn to cook). Cerys Matthews on BBC6 Music (driving).

## December Puzzle: Revising those control descriptions

Well done to John Hurley, and Graham Johnson, who solved the ten cryptic clues and their associated anagrams. I know that several others attempted them; don't be shy – send in a partial solution! Answers below.

1. Brick – on a necklace? – **adobe, bead**
2. Dreary sort of game – **drab, board**
3. She rules the night – with a mineral? – **Nyx, onyx**
4. Number of hairs – **four, fur**
5. Schedule a chicken – **roster, rooster**
6. Exterior jobs – **outside, duties**
7. Lift specific article – **hoist, this**
8. Current in one direction expired – **diode, died**
9. Results in a plant – **scores, cress**
10. Merge two languages in a basket – **creole, creel**

Now – a treat for Christmas. Back in August, Paul Wright, reminiscing about his university days, found an orienteering crossword with a difference, produced by a fellow student: Roger Thetford (now of TVOC). I met Roger at the Rugby event and asked him if I might reproduce it on these pages, and so here it is! Don't be intimidated – it's perfectly solvable! It took me a while to get the idea, I'll admit. I will be very impressed with complete solutions, so don't hesitate to send me any answers you have!

Cryptic Crossword

by Graeme Askland and Roger Thetford (JOK/BUCC)

How well do you know your pictorial control descriptions? With lots of big events coming up, now is the time to start learning them. To help you do this, we have devised a crossword. Where possible, the symbols have been put in their correct columns, but the required order within the clue takes precedence. Two symbols make their first appearances: U for 'under', and S for 'sit control'. In cases where the answer is double-clued, a comma is used to separate the two clues.

This crossword is cryptic. Two examples of the sort of clue employed are given below.

(i) 

		▲				
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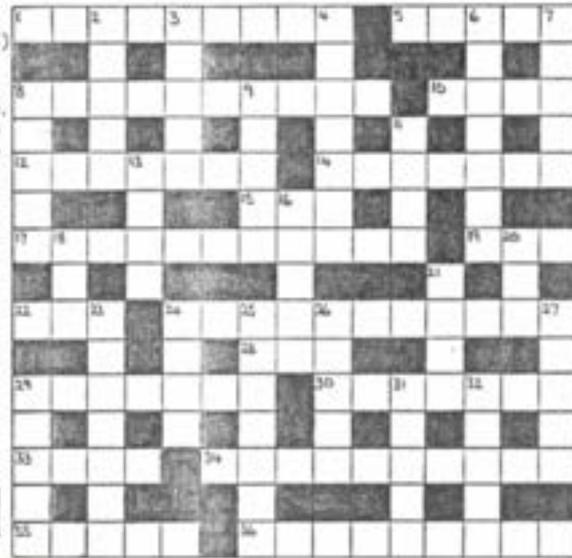
 (6)

\* BRAVER (ba(u)lder)

(ii) 

↗	→	↓	⊙	⊗	↖		→	⊙
---	---	---	---	---	---	--	---	---

\* ALL'S WELL THAT ENDS WELL (4,4,4,4,4)  
(well end\*ALL, S(outh), WELL, thickest source (start)\*TH, path middle\*AT, ENDS, WELL)



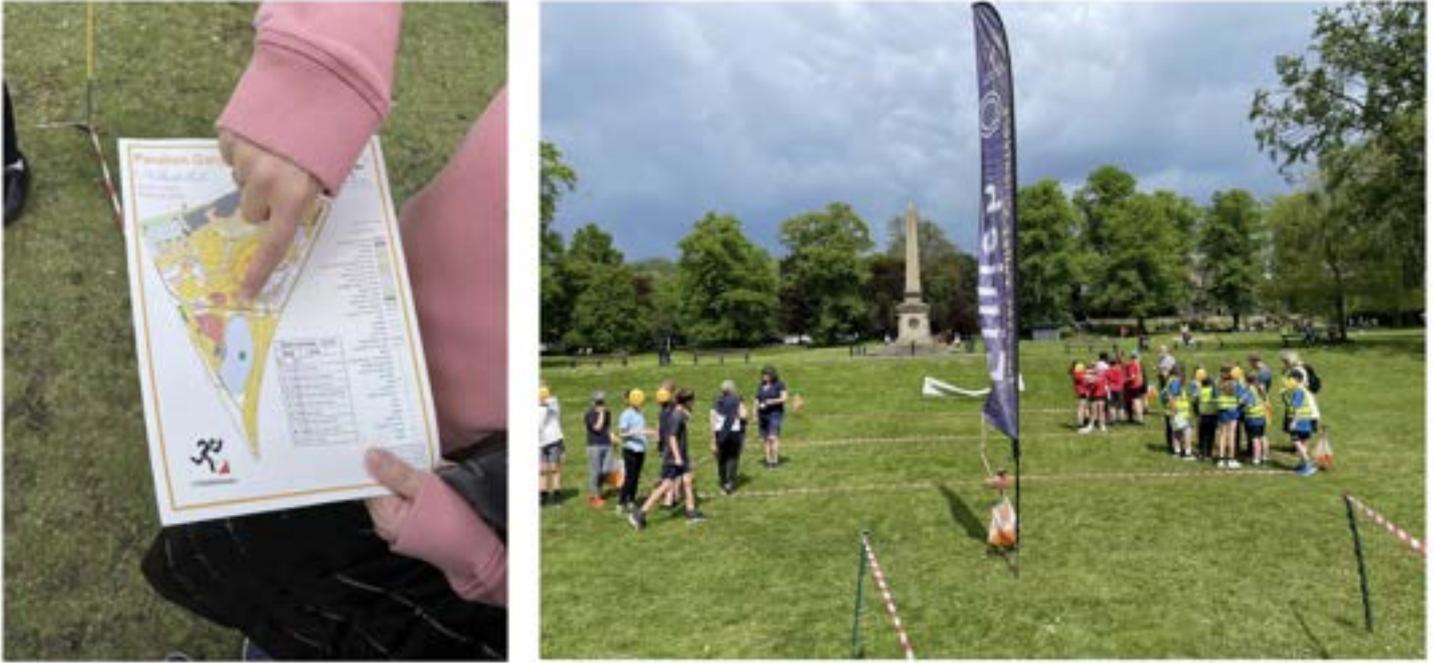
ACROSS

1		▲				⚡	(5,4)	
5	≡	↑	↓	)	(		(5)	
8,24	←	⊗		SO	:	⊙	(6,4,10)	
10		*	↖			⊙	(4)	
12		▷	→			⊗	(7)	
14	↓	↓	↓	⊗			(7)	
15	↖	⊙					(3)	
17,6	↓	T	X	⊙	⊗	◇	U	(5,6,3,4)
19	≡	↗	,	⊗	⊙			(3)
22	↗	⊙	→					(3)
24		↖						(4,7)
28		◇		10=10				(3)
29	↓	↖	▲	▲				(7)
30	→	↖	≡	→	→	U	⊙	(7)
33		↖	6670000	×	400			(4)
34	see 8a							
35	→	↖						(5)
36		↖						(5,4)

DOWN

2	→	↑	↓	>	→			(5)
3	≡	≡	≡	≡	≡	≡		(5)
4	↑	↑	U	∩				(7)
6	see 17							
7		⊗		7				(5)
8	↑	↖						(5)
9	↓	↑	≡					(5)
11		↖	→					(4)
13	≡	↖	.	>				(4)
16	↑		▲					(5)
18		L	→					(3)
20	H	↑						(3)
21		⊙	↖	↑	,	▲		(4)
23		⊗	≡	→	→			(7)
24		∩	→					(4)
25	↑	+	≡					(7)
26		↖	→	T	⊙	→		(5)
27		→	→	→	,	↑		(5)
29	≡					↑		(5)
31		X	⊙					(5)
32		⊗						(5)

# Healthy competition and an introduction to Orienteering for hundreds of school children



In the summer term of 2023 a partnership of Orienteering for Schools (@OS4Schools), Derwent Valley Orienteers and Derbyshire's district School Sport Partnerships ran primary school Orienteering relay competitions. This was a first for the county and proved to be highly successful.

Five district relay events took place with an average of 6 teams per event. Each Year 5/6 team were comprised of 4 boys and 4 girls, who ran in pairs, using an SI dibber as a baton on a four leg (two controls per leg) course.

The following districts took part; High Peak (3 schools with 7 teams); Amber Valley (8 schools with 11 teams); South Derbyshire (4 schools with 6 teams); Rural Derbyshire (5 schools with 12 teams) and Bolsover (5 schools with 7 teams). This meant that approximately 340 young people experienced orienteering, in teams with their schools friends, many for them orienteering for the first time. All the children had an enjoyable learning experience and competed well for their schools. The use of public parks in three districts and local secondary schools in the other two districts was very successful.

@OS4Schools were ably assisted by the staff from each Districts School Sports Partnership plus several, knowledgeable volunteers from Derwent Valley Orienteers ([www.dvo.org.uk](http://www.dvo.org.uk))

For 2024, @OS4Schools plans to offer a similar format and hopes that the 2023 success will lead to more entries and maybe a County Final for the top two teams from each District.

Since Rex founded Orienteering for Schools in 2003, when he retired from his Primary Headship, we have been able to help many Schools develop Orienteering as part of their Physical Education Curriculum.

Jim, a lead PE specialist, joined Rex in 2018 and his knowledge and enthusiasm has led to @OS4Schools being able to offer a progressive skills-based scheme of work for KS1, KS2 and most recently KS3 students. Since 2018 @OS4Schools has worked with almost 100 schools across the Midlands and beyond.

The support of BSOA and DVO has enhanced our services and helped us further our aims of getting more schools to use orienteering as part of their Outdoor and Adventurous Activities PE curriculum.

If you want to find out more about the services @OS4Schools offer to primary and secondary schools please visit [www.orienteeringforschools.co.uk](http://www.orienteeringforschools.co.uk)

Hoping to help many more children enjoy and learn from the great, 'thought sport' of Orienteering.

Rex Bleakman and Jim Jenkinson



Save the date for an evening event in John Port School and the streets of Etwall to celebrate World Orienteering Week: 22 May

# Which Orienteering course and league is right for me?

## Chris, our club development officer explains your options

So you've just arrived at your first event. Excellent! You, or maybe the whole the family is in a cheerful mood and excited to try a new experience. You bounce up to the registration table, start to fill in the entry form, but then reach the box that says '*which course you would like to enter*'?

You stop in your tracks and look confused. Maybe you feel like you have entered unwittingly into some kind of test... Maybe you try and give the entry slip to the next member in your group. So what does it mean, what are the options?!

If you find yourself in this situation, there will always be a friendly DVO club member ready to help you out. Please ask for help!

We understand that even the simple choice of courses is enough to confuse. Each area is different and therefore we can help you to choose the best course based on your fitness, experience and who is in your group.

Courses offered are usually of two types:

- **Line Courses** – these are courses where you need to navigate to the controls in the order shown on the map. Most line courses are colour-coded as outlined below. Line courses are usually timed – with the course winner being the person who finishes the course in the quickest time. Most orienteering events people do at the weekend are like this. The control circles are joined by lines.
- **Score Courses** – these are courses where there is no set order (so no lines joining the control circles) – and you choose how many of the controls to visit and in which order. If you've done MapRuns, they are often of this type, but can be linear too. The winner is the person with the most points, and if there's a tie, it's then decided by time. There are fewer weekend events offering score courses, most are linear...

## Dive in at the deep end



Maybe your first orienteering event is a regional competition. There is no reason why you shouldn't join us at one of our larger competitions. These tend to have more competitors and are usually planned on more technical terrain. However, the eight or so courses on offer are certainly going to send your head into a spin (explanation below).

Now the regional competition may be part of the East Midlands league which adds an extra layer of complexity. The main thing to remember is to ask for help! Established members know how confusing it can be for beginners, but it will not be long before you are studying the results and following your peers. DVO have had plenty of class leaders over the years and recent successes are celebrated below.

### Colour coded courses

To simplify your choices, linear courses are graded by colour, indicating the increase in technical and physical difficulty. As a beginner you should start by checking out the White, Yellow and Orange courses which are up to 2.5K in length and where checkpoints are found on paths or visible from the path.

If you are heading out as a family, choose a distance that is within your means, as it is always more enjoyable to get round a course with everyone coming back as friends. At some events there will be time to start another before courses close.

Green, Blue, Brown, and Black courses get harder and longer and are only recommended if you have some experience and can use a compass. The controls will be more technical and can be further from paths and linear features.

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		■	■	■	■

Some events use the equally beginner-friendly 'score' format, here you choose which checkpoints or controls to visit in the time limit.

In our recent Derby Parks series (Summer 23) we used terms such as **Easy** (1.3km) and **Improvers** (2.7km) for the beginner courses and **Medium Technical** (3.2km) and **Long Technical** (5.4km) for more experienced orienteers. We hope these descriptions were helpful!!

Most line courses are "colour-coded", where the colour represents the length and navigational difficulty. White, Yellow and Orange courses are normally recommended for newcomers, or Light Green if you're confident. The course length is the straight-line distance between the controls and you will run/walk quite a bit further than this, depending on the route you choose between the controls. Our friends at Bristol Orienteering Klubb have summarized it [this way](#):

The table below shows typical courses, who they are aimed at and the typical lengths:

White	The easiest course, with controls on paths - <a href="#">More details in this document</a>	Children, family groups	1.0 - 1.5km
Yellow	Fairly easy, uses linear features like paths & streams - <a href="#">More details in this document</a>	Newcomers, children, families	1.5 - 2.0km
Orange	More challenging - use of compass & route choice	Adult newcomers, children, families	2.5 - 3.5km
Light Green	Challenging - uses contours and more route choices	Improvers and experienced orienteers	2.5 - 3.5km
Green	Very challenging & shorter - lots of route choice	Experienced orienteers	3.5 - 5.0km
Blue	Very challenging & longer - lots of route choice	Experienced orienteers	5.0 - 7.0km
Brown	Very challenging & long - lots of route choice	Experienced orienteers	7.5 - 10km

## And What about the Leagues?

### East Midlands League (EML)

All our colour-coded events are part of the East Midlands League and anyone can take part. You gain points towards your league position from each event you compete in, with your best results counting towards your total score. The league runs annually from January to December. However, you need to be a member of an East Midlands club to score and must enter the same colour course at least twice to be ranked.

Events including 2023 league tables can be found here: <http://www.emoa.org.uk/league/index.php>

### East Midlands Urban League (EMUL)

East Midlands Urban League is to further develop urban orienteering events in the region by bringing together 6 or more suitable events under its umbrella each year. There are six age-grouped classes, so if you are unsure which to enter, please ask for help! Events are again open to anyone, but you need to be a member of British Orienteering to score.

Further details including 2023 class leaders can be found here:

<https://eastmidlandsurbanleague.wordpress.com/>

DVO has had much recent success in both leagues... The main photo for this article gives a fairly recent example with three DVO members.



EMUL prize-giving for the 2018 urban league on New Year's Day 2019

I hope this gives some helpful guidance for the years ahead. Do, let me know any questions via the Contact Us if you'd like to be pointed in the right direction!

**Chris Millard, Club Development Officer**

# Success in Venice and some learnings for everyone!

Jane Burgess wins silver in the Venice City Races

Annie and I went to Venice in November. We've been in the summer but always thought how amazing it would be to orienteer there. When Viv showed us their maps from 2005, we knew we had to do it. We knew it would be challenging and that we were very, very likely to get lost. Watching James Bond chase Vesper around Venice in *Casino Royale* makes me feel a bit queasy because you'd never find someone once they'd rounded the first corner. And sure enough, on the two days leading up to the night (night!!!) event, I got us lost three times, and that was with a map with calle (street) names on it.



Venice Night Race

We approached the 9pm start with anxious stomachs and dry mouths. Annie did what she wanted to do (didn't come last and didn't mispunch, and finished before I had even started) and I came second. Second! I knew I should feel joyful but I couldn't quite believe it.



"Cross only with the bridges"

The second event was in the daylight and a bit longer. It was also a bit trickier, being run in a busier part of Venice at high tide, which meant being cautious through water to avoid soaking tourists and locals alike. Fourth. Fourth! We added times up and I was second overall, on a real podium FOR THE FIRST TIME EVER! How did that happen? Well, I'm still not quite sure but here is what we think.

We obeyed one of the first rules of route finding; look for your next control and plan backwards . In Venice this is complicated by the canals, which the final details had told us not to cross by any means other than

bridges (really?). You need to spot the bridges that cross the canals and have a calle the other side and ignore everything else. That includes bridges across the canal which stop at the door of a private house or lead to a dead end, and there are plenty of those.

Next we chose the most straightforward routes. By straightforward I mean with fewer left, second left, third right, etc. Some of these turns are into calles, open to the sky and some into sottoporteghi, or what we call jitties, invisible if someone is standing in front of it. These are sometimes the busiest calle and there's not much running to be done, especially over the many, many bridges (there are 472, connecting 126 islands) which are crowded with people taking selfies with a gondola!



We NEVER came out of a control without knowing we were going in the right direction. Unlike some urbans, the compass was never superfluous, for direction but also for what we decided was the most important tactic; never EVER lose contact with the map. Not for one second. The pointy bit on the thumb compass was always exactly where we were, and it was used to count off the calle, sottoportego and campo as we went along, across and up and down them. The results show how many seconds are lost at each control. Mine had one entry; 12 seconds from 4–5 when I missed the jitty and went into the square. It wasn't speed that got me on the podium, but map contact.

I stood on the podium with two women who looked like proper athletes. They were fit, slim and had probably orienteered all their lives. I felt a bit of a fraud, and I knew they were looking at me as if they couldn't quite believe this overweight, unfit Brit was in second place. And me? I was beaming like a Cheshire cat and thanking my lucky stars for such a result in such an amazing venue. I also thanked the MapRuns we'd started during lockdown and still do, the urban events (not proper orienteering according to some) that are gaining popularity everywhere, and the pointy thing on the thumb compass.



Jane's 2nd place in the Night Race and 4th in the Day Race made for a silver medal! (The prize bag contained beer, butter biscuits and pasta.)

On a slightly more serious note, I received an email from the event committee a few days after the event. Someone had been involved in an altercation and been injured. Had we seen anything? No, we hadn't but I had seen a lot of orienteers of all ages not doing what was asked by the event organisers: being respectful of the city we were in and the many other people we were sharing it with. If we are to be allowed to compete in such iconic places, we must all do our bit and remember that we need to share the space!

# November – December DVO Derby Headtorch MapRun series

## Eight Smartphone orienteering events across Derby

**What:** This series of smartphone-based events was centred on the Derby parks! Here are the [results, photos and maps from the series](#). We used a Score format, so competitors received points for each control site visited. These training sessions accessible for all running and navigation abilities.

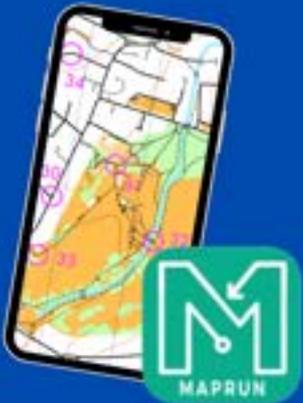
You can navigate with your phone and/or use our free printed map!

**When:** These will take place on Thursday evenings from mid-November at the four locations shown on the flier below. Each session has a nominated **social venue** for post-run catch up and chat.

We've been delighted to see the first four events in September and October have been enjoyed by many from running clubs – [see results and photos!](#)

# DERBY NIGHT MAPRUN SERIES

Learn to navigate *fast* with your phone using the FREE app  
**1 hour to find the controls**  
**6:45 for 7pm Mass Start**



No charge, but register at the meeting point before you start

	Venue	Meet at	Post code	Social
<b>HEADTORCH SERIES</b>				
<b>16 NOV</b>	Chaddesden Park	Chaddesden Park Pavilion	DE21 6LN	Wilmot Arms
<b>23 NOV</b>	Allestree Urban	Bar 189 (Blenheim Parade)	DE22 2GN	Bar 189
<b>30 NOV</b>	Alvaston Park	Wickes car park	DE24 8WA	The Merlin
<b>7 DEC</b>	Markeaton Park	University of Derby	DE22 1GQ	The Markeaton





[dvo.org.uk/future-dvo-events/](https://dvo.org.uk/future-dvo-events/)

[cjmillard@gmail.com](mailto:cjmillard@gmail.com)



**What do I need:** A fully charged smartphone with downloaded MapRun app (clickable links below), suitable high vis clothing for pounding the parks and roads and a headtorch.

Add your profile details to the app, and download the course in advance if you can, from the **Derby Night Series** folder in Derbyshire / Derwent Valley.

**Print your map at home option** – You can navigate using the MapRun map on your smartphone, but if you prefer to print out the map and plan your route – use these links.

- 20/21 September – [Week 1 Darley Park](#)
- 28th September – [Week 2 Derby North](#)
- 5th October – [Week 3 Mickleover](#)
- 12th October – [Week 4 Chester Green](#)
- 16th November – [Week 5 Chaddesden Park](#)
- 23rd November – [Week 6 Allestree Park](#)
- 30th November – [Week 7 Alvaston Park](#)
- 7th December – [Week 8 Markeaton Park](#)

**Newcomers welcome:** Why not take on a new challenge? Or invite your friends and relatives to get involved with the series. Help will be on-hand as the club has plenty of experienced MapRunners to get you started!

**Unable to get to an event?** The benefit of these smartphone-based events is that all courses will remain open 24/7 for completion as part of your own training schedule. But do **drop us a line** if you enjoy one of our courses!

### How does MapRun orienteering work?

With MapRun there are no markers in place, but as you go round your course, your phone GPS will confirm each site you visit with a beep. We will explain how to use the MapRun app at the events, but to learn more, here is a [quick start guide](#).

It's best if you download the MapRun app (Version 7 recommended) before you go to the event and fill in your profile:

- [Google Play](#)
- [iOS app store](#)

Please email Chris Millard ([cjmillard@gmail.com](mailto:cjmillard@gmail.com)) if you have any questions.

# Autism and Orienteering – an update on DVO's approach

**This summary was presented by Jane Kayley Burgess at the Club's AGM**

This is part update/part scene setting for those of who don't know anything about what I've been trying to do. In April this year an article in CompassSport was brought to my attention by the wife of a friend with autism. A number of you may have seen it. It was written by an orienteer from BASOC called Gemma Karatay and she is autistic. She is in her early 40s and has only recently received a diagnosis.

In the article, Gemma describes a normal event with all the noise, chatter, confined spaces, small mistakes in the final details, the control descriptions and maps and the last-minute changes that we expect, and most of us forgive in a competition run by volunteers, even at a high level. Gemma loves to orienteer (and she is very good) but finds the busyness and the noise a real distraction, so much so that by the time she gets to the start, she can barely make sense of her map. She hates misinformation and finds it hard to process. Likewise mistakes or assumptions.

At some events, Gemma has been so stressed even finding the car park that she has turned around and driven home. She described to me recently an event where she finished a race and 'hid in the bushes' until she had regained enough composure to go to download. Her senses had become so overloaded that she just had to get away.

In the article, Gemma goes on to describe another event. She has pre-entered (didn't need to go near the crowded assembly) and there's a quiet car park where she can recompose herself after the drive to the event. There is a quiet warm-up area, which was also used by people who don't want to be sharing the details of last week's run with everyone they know. She has let the organiser know she's coming and has been given a start time in a quiet period so that she's the only person on her minute in the start box. The final details have told her it's 750m to the start and she has worked out how long that will take her. She gets frustrated when an organiser tells her how long it will take (rather than a distance) as they can't possibly know how fast she walks. Gemma has a great run. The only problem is that this event is fictitious. This is how Gemma dreams of an event being.

Gemma doesn't have a mental illness. Her brain is wired differently to a neurotypical person and it processes things differently. One of the processing differences for (and it is different for every autistic person) means that noises are overly loud. The overstimulation in her brain of people talking, the start clock beeping, dogs barking, cars reversing and even waterproof coats rustling can build up so that she just has to take herself away. Autism can affect any or all of the senses which can be over or under stimulated and both can cause acute stress.

We know that our sport attracts a lot of people who have autism or other neurodiverse conditions yet, as a sport, we do very little to help them have the best run they can.

Recognising this, and that there is a way to help, has got me doing some homework on autism. Helped by Gemma I've read books, watched videos and listened to radio programmes by autistic people for autistic people or those who want to understand more about autism. I'm currently doing a college qualification in understanding autism. It's a lot of work but it's eye-opening for me.

I'm in quite regular correspondence with Gemma, have spoken to organisers at events which Gemma has reported as helping her greatly and have met with Louise Satherley, the Diversity and Inclusion manager at British Orienteering. On Monday night I attended a BOF webinar on diversity and inclusion. There were five people presenting and three participants. Louise doesn't care that there were only three of us. She recognises that we are early in our journey to be seen as inclusive.

She said something very interesting when we met. If a black teenager had looked at premiership football thirty years ago they would have thought 'there's no one here that looks like me'. Now look at premiership football. It just takes one or two people to look like you and you might be tempted to give it a try. Studies show that psychological and social barriers are much more of a turn off to people entering a sport than financial barriers.

Sal Chaffey and Chris Millard, amongst others, have done some work this year on trying to attract people from minority groups, whether that's racial minorities, financially disadvantaged people or people who have come to the UK to escape terror in their own countries. I would like to see us build on the great work they have done, to help to make us look and feel like a club that is consciously inclusive. We can't do everything for everyone every time but we can look like a club that would welcome a question and give back a positive answer.

Because I'm still learning, I've started slowly with autism, with the great help of the start team, an organiser and the car parking team. We don't have a huge banner that says 'Autistic people this way' for all sorts of reasons, not least because a huge number of autistic people don't know they are autistic. What we do have are signs that direct people (any people) to a quiet parking area if they want it and we mention it on the website in the event details. Likewise we offer a quiet start (again on the website) where, if asked, the start team will provide a blank map and control descriptions so that competitors don't have to stand listening to chatter and the clock beeping loudly.

We have had a few use the quiet car park and no one has yet asked for a quiet start. But it doesn't matter. What matters is that people are noticing, and commenting, and word will get out that DVO make an effort for people with autism. In the most part we will rely on someone contacting the organiser and saying 'Can you tell me if you have a quiet area to park and is there somewhere I can warm up?' and we need to show signs that we are willing to listen and respond. Gemma did that at the VHI a few weeks ago and got a tremendous response.

So what next?

Louise is doing a case study on Longshaw for us, which will be published in the BOF newsletter. This will raise awareness for us. I would like us to develop some guidelines for organisers and planners of things to look for to make autistic people feel more comfortable. I'm not talking about huge, volunteer gobbling things as it is mostly about being aware of what we can do for almost no effort. I would like to encourage more people with autism to come forward and tell us what would help them, such as running non-competitively and build these small differences into our club psyche. Gemma says that since 'coming out'

as autistic, her club have been amazing and she feels now she doesn't have to use all her coping strategies; she can ask for help.

Working with Louise has made me think differently about attracting new people. It's not about the numbers. We are very lucky and have a healthy club and we are a healthy sport. Autism is one area where we can make a difference and it's a starting place for us. There is so much we can do, but more of that another day.

# A Solilleoquy

## By Newstrack's Roving European Correspondent, Graham Johnson

Around the middle of September, when schools are back and normal people are at work, we generally crowbar another cycling trip into the calendar, and when Val spotted an advert for a Sprint Festival in Lille, this seemed a good place to start. We were promised three events in one weekend, although this turned out to be five runs in total, all for €25.

### Indoor Sprint, Lycée International Hotelier

I'd never done an indoor sprint event so this was a particularly exciting prospect. I have often studied the maps and courses from usually Swedish events when they appear in CompassSport, and scratched my head in bewilderment at the mind-boggling possibilities of 3D orienteering on multi-levels. Now I was to be given the chance to put these theoretical possibilities into practice.

The 'Lycée International Hotelier' turned out to be a catering college set in the Fives district of Lille to the east of the station. From the 1860's onward, 25 hectares of this neighbourhood were devoted to factories producing steam locomotives and steel (including the girders that today form the Eiffel Tower). Inevitably, this factory declined in the face of foreign competition and closed altogether in 2001. The whole area has been regenerated, using the original structures wherever possible.

The catering college adjoined one side of what had been the shed where the locomotives were built. Here are two photos, one showing the factory floor in its heyday and the other showing it as it is now; it served as the event assembly area.



One side of the college looked out over our Assembly so that, before our runs, we had tantalising views of some of our controls, and occasional glimpses of orienteers as they located these controls, or alternatively hunted fruitlessly for their non-existent forms in adjoining rooms (see photo).





College map, used for the indoor sprint race

There were floor levels, a ground floor, part of which was devoted to an indoor garden, and three upper floors used as classrooms. It was into the garden that we were initially launched. Unusually for me, I had noted the scale of the map in advance of my run, but my brain was still not prepared for 1:1000. It was like orienteering in the Land of the Giants, where a few steps took you way beyond the control and into a completely different part of the map.

Just as I had adjusted to these proportions, it was time to leave the first floor and venture upstairs. The central feature of these upper levels was a 'U'-shape, along the arms of which ran the classrooms, access to which was gained by double flights of stairs. This meant that you left one level moving west, but emerged facing east! My brain, already befuddled by the map scale, never came to terms with this reversal of perceptions; it was like Alice Through The Looking Glass, everything appeared as a reverse reflection of what preceded on the floor below!

As if this were not confusing enough, the fourth storey of the building had one corridor blocked off so that navigation from one side to another involved descent to and ascent from the floor below. Three times I

tried to run through this impassible barrier, and three times I failed. Learning by trial and error was a completely pointless strategy.

As you might have gathered from this, my first efforts at indoor orienteering were not a great success, but nevertheless it was a hoot from beginning to end. Controls took the form of boxes stuck to the top of traffic cones – what a brilliant idea – and the planner had put out scores of these so that, if the control you wanted was one corner of a recess, you were bound to find two controls at either side of it. In the photograph, there are seven controls, four of which are in the background.



I can say that I did overtake Yannick Michiels, the Belgian who came second in the 2017 World Games Sprint, but I would have to acknowledge that he was walking round instead of adopting my own headless chicken technique.

The only blot on the whole exhilarating experience came when Val and I tried to download, only to find that our dibber numbers had been swapped on the computer. Now I may not be able to do it, but I do know that it is a simple process to correct this anomaly. It nevertheless proved to be beyond the capabilities of the download operator who did promise that this would be corrected 'plus tard'. Of course, it wasn't, so to this day I have no idea of my time or position, both of us going down as mispunched in the results.

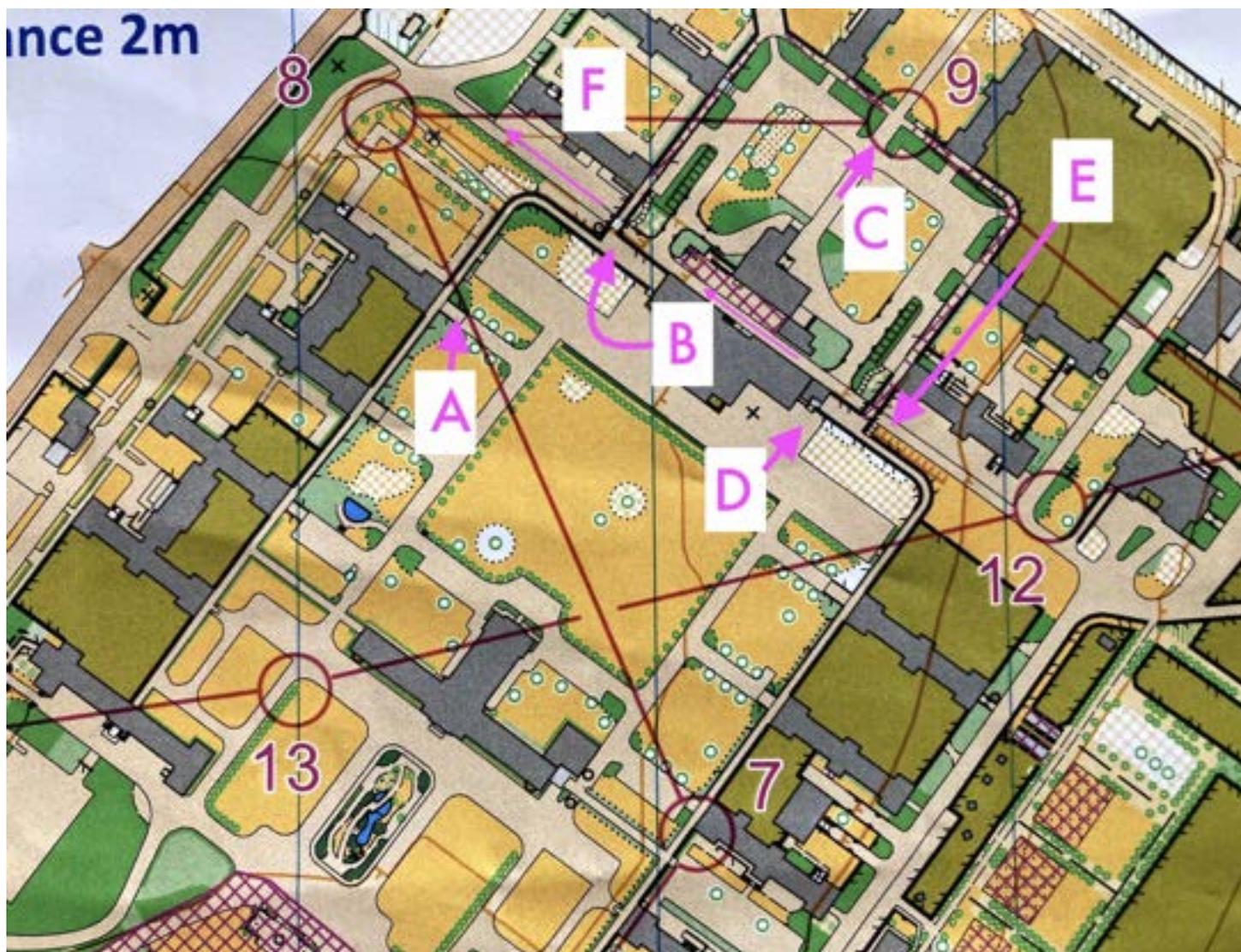
## Bailleul Sprint

The indoor sprint took place in the afternoon. The second sprint took place in the evening. The only problem was that it was in Bailleul, some 30km away. We solved the logistics of this by a combination of France's admirable railway system and our bikes which we just happened to have brought along.

It was only last issue of Newstrack that I commented on the number of surplus medical institutions available for sprints in Belgium. Well, it seems that the same applies to France too, because the whole of the sprint competition took place in the grounds of a mental health hospital – though I never saw a single patient or doctor while I was running; very odd. Those of us who were around in the sixties will probably remember The Prisoner wherein Patrick McGoochan tried and failed every week to escape Port Merrion; well, the whole place had something of the air of The Village to it, slightly eerie and unworldly.

I still don't know why – perhaps it was in anticipation of the European Sprint Champs – but anybody who was under 35 was put in a quarantine pen for this event, which seemed a bit excessive. This had unfortunate repercussions for us, because there were two different routes to the Start, one from Assembly, one from Quarantine. They didn't meet until the sprint area itself, so having followed one set of tapes from Assembly, we in innocence continued to follow the other set of tapes back towards Quarantine, missing the Start altogether. If there's a flaw, we will find it.

The sprint was particularly memorable for one particular leg – see below:



How would you get from 7 to 8?

The centre of the mapped area comprised a garden surrounded by a raised walkway. Having punched 7, I entered the gardens and headed diagonally towards No 8, having spotted a gap in the wall on the other side (Point A). Having got through the gap, I could see no other way out than Point B which enabled me to access the control by running round the perimeter of the area, via Point C. Not the most efficient way, but the only one I could find in the circumstances.

The actual quickest route was via the exit from the garden at D and then down the steps at E. You will see that the planner has marked the area adjacent to the stairs as out of bounds. This refers only to the walkway above the canopy. Obvious, isn't it? Having run down the stairs, you could then turn left and run under the walkway towards Control 9 using the route marked F!

I hope you've followed this, because not only is this difficult to work out on the hoof, it is also a bit of a swizz too! How many people chose this route on the night I have no idea.

## Lille Knockout Sprints

In my humble opinion, UK organisers of big events spend inordinate amounts of time producing multi-page volumes of excessive event details when all I'm interested in is about five pieces of information that can be written on the back of a postcard. I'm pleased to say that the French tend to follow the minimalist approach, but sometimes you can go too far.

In advance of this event, all we knew is that we would be running in some sort of knockout sprint competition, but if you can understand the following, you're a better logician than I am:

Sprint de qualif		1/2 Finales		Finales			
Circuit	Classement RK	Classement RK	Séries	Classement 1/2 F	Séries 1/2 F	Séries Finales	
A	1 à x coureurs	1 <sup>er</sup> à 32 <sup>e</sup>	A1	1 <sup>er</sup> et 2 <sup>e</sup>	A1 - A2 - A3 - A4	F1	
			A2	3 <sup>e</sup> et 4 <sup>e</sup>	A1 - A2 - A3 - A4	F2	
			A3	5 <sup>e</sup> et 6 <sup>e</sup>	A1 - A2 - A3 - A4	F3	
			A4	7 <sup>e</sup> et 8 <sup>e</sup>	A1 - A2 - A3 - A4	F4	
B		33 <sup>e</sup> à 64 <sup>e</sup>	B1	1 <sup>er</sup> et 2 <sup>e</sup>	B1 - B2 - B3 - B4	F5	
			B2	3 <sup>e</sup> et 4 <sup>e</sup>	B1 - B2 - B3 - B4	F6	
			B3	5 <sup>e</sup> et 6 <sup>e</sup>	B1 - B2 - B3 - B4	F7	
			B4	7 <sup>e</sup> et 8 <sup>e</sup>	B1 - B2 - B3 - B4	F8	
C			ETC ...				
				E2	5 <sup>e</sup> à 8 <sup>e</sup>	E1 - E2	FJeunes2
D							
E			1 <sup>er</sup> à 16 <sup>e</sup>	E1	1 <sup>er</sup> à 4 <sup>e</sup>	E1 - E2	FJeunes1

The event centre was the HQ of the local Lille orienteering club, which also doubled as HQ for the canoe club. Imagine if DVO had a club HQ!

The first round took place in the Bois Blancs area of Lille, yet another district which had undergone – and still was undergoing – regeneration; the building where the Start took place housed tech start-ups for example – see below:



The course was a cross between a Sprint and an Urban, being 3.4km. That's some distance for a Sprint. It dawned on us that if this was the first leg of a three-leg knockout, we were going to be ending up running (sprinting?) more than 10km! The reason was that all adult men and women – ages 21-80 – were running the same courses. This has a lot to commend it, I think. The planner has to produce only four courses (2 adult, 2 junior, M and W) when in sprint competitors, the length difference between different age classes can be as little as 200 metres. Perhaps 4 courses is taking it to an extreme (there were noticeably fewer senior runners such as myself on the Sunday compared to Saturday; others obviously knew they were letting themselves in for).



The orienteering was fairly straightforward, but enjoyable enough. I came 48<sup>th</sup> out of 72, which doesn't sound impressive but it was against M21s, I hasten to repeat.

Back at HQ, we settled down for what we assumed, based on UK experience, would be a long wait for the semi-final start times. To avoid falling foul of French Sunday supermarket closing times, we nipped to the local Carrefour. Of course, while we were out, the start times were announced as was the instruction to 'Suivez-moi' to the next Start. Everyone duly followed the Pied Piper to the Semi Start leaving us to return to an empty HQ.

We rushed off to Start 2, seeking directions from an official along the way. Unfortunately, this official directed us to the Final Start, which hadn't been signposted or even set up yet. After 2km jogging along the canal, we were caught up by the same official – on a bike – to explain breathlessly her mistake. By the time we'd found Start 2, not only had we piled 4 km onto our total distance for the day, all Semi starts had been completed.

How can you have a knockout competition with no-one to run against? We were given a map and left to follow the same courses as everyone else, but on a solo basis. How would we be timed? Oh, that will be dealt with 'plus tard', obviously the French equivalent of the Spanish 'mañana' – you can guess what actually happened.

Well, I ran round the course, but I was somewhat miffed off, to put it politely, and my heart just wasn't in it. I duly got myself disqualified when I missed the last control, about 30 metres from the Finish control. We did eventually catch up with the Finals, which were now meaningless, and it was a deflating end to an otherwise enjoyable weekend. A shame because both the Semis and the Final took place in woodland in what would have made for a very good, small local event.

By coincidence this was European Heritage Weekend and afterwards, we went to a building we had nearly run past in the morning. It was a local brewery, the difference being that everyone in the locality grew their own hops and, once a year, harvested them and brought them to the brewery for conversion into ale. The special atmosphere and sampling of the wares restored our spirits.



We enjoyed tasting communally-produced beer at a Lille brewery

Would I go again? Yes, I think I would. The organisation left something to be desired at times, but at least we'd know what to expect next time, and we'd be better organised ourselves – no last-minute nipping out to the supermarket!

# An orienteering and mini-bike tour of the Low Countries

## Helen Chiswell reports on the Limburg 4 days, the event just before ASOM in Ghent

A few months ago I was idly looking at the World of O calendar (as one does when tired of work!) and noticed that there were two multi-day orienteering events on two consecutive weekends in August in Holland and Belgium. Andy already had plans this summer to complete his cycle traverse across Europe from Nord Cap to Gibraltar – the only bit he had left was Rotterdam to Porto. And so the idea of a short orienteering and cycling tour of Holland and Belgium was born!

Whilst Andy planned to continue south afterwards, for me it was just a short trip around the Low Countries before I had to head home and back to work. The prospect of boxing up my touring bike, reassembling it and then 10 days later finding another box and repeating the process to fly home again didn't fill me with much joy, and this combined with all the hassles of travelling and flying with a large box prompted me to think of an easier solution! I decided to have a go at doing this tour on a Brompton – one of those small wheeled folding bikes for those not in the know! Assembly was super straightforward when I get off the plane – just unfold it and pump up the tyres! So it was be a mini tour in many senses – just a few days long, not many kilometres and on a mini bike with mini wheels!

Luckily my Dad is an avid Brompton user and even has a spare lightweight one that I manage to borrow. One, early aborted, test ride told me that I needed an extra long seat post in order to complete any distance at all! This was easily sorted with the help of eBay and one further test ride to the pub later, I was all set to go!

I packaged the mini bike up in a specially designed bag, stuffed all my things around it and flew out to Eindhoven to meet Andy, who had left a few days previously to go on the ferry via Hull and Rotterdam.



Flights were easy and bike unfolding and assembly straightforward, and before I knew it I was arriving at our accommodation in Deurne – a small gypsy wagon on a farm!

## Limburg – Day 1

Sweltering humidity and some torrential rainstorms led to a slightly restless night's sleep in the gypsy wagon. But what turned a restless night's sleep into a crap night's sleep were the mosquitoes! Just as you drifted off one appeared with its high pitched buzzing noise right in your ear! Emerging from the wagon to make the morning tea, I discovered we were virtually on an island! The massive, biblical downpours had left the grass around us somewhat sodden! And it was still drizzling!

The orienteering wasn't due to start until early afternoon so we mooched about brunching and doing Worldle! This all worked in our favour, as by the time we had to leave, the rain had just about stopped and the sun was trying to appear – but it was still pretty humid!

The event was just south of Deurne on an area called Brouwhuisseheide. It was about 10km for us to ride from our little gypsy wagon. The event centre was in a cafe on the edge on the forest – a great base. I was surprised to see around 500 people had entered (more than I was expecting) and there were even a few other Brits that I recognised.

The area turned out to be great – runnable with patches of complex contour. You could run straight on almost every leg and there wasn't much rubbish on the floor to prevent you running – the definition of a great O'ing area! I had a clean run and couldn't really have gone much faster – a good start to the week!



When I got back to the event centre, there was lots of slightly panicked looking people huddled round some laptops – apparently there was a problem with download – big problem one bloke told me! It took them a couple of hours, but they did eventually sort the problem and once they had caught up with the backlog of downloads, I was pleased to see I was 3rd out of 13. Pretty good for me! I’m only a few seconds off 2nd (miles off 1st but we’ll ignore that for now!), so there is everything to play for over the next three days as it’s the cumulative time that counts!

Turns out at this event Andy and I are actually on the same course – just how they have put the classes together I guess. A combination of man flu, a crap night’s sleep and a poorly hand meant that Andy walked

round and took a bit longer than me! But I enjoyed sitting in the sun waiting for him to finish!

The advantage of the event centre being in a café was a great range of local beers on offer for post race refreshment. And I was surprised to see so many people taking advantage of it! Now I love a beer, but after an hour's hard running on a hot day, I couldn't quite face it yet! We were also starving and so instead headed off to Lidl to get some food!

## Limburg – Day 2

A fan and plug in anti mozzie device did the trick and we managed a solid night's sleep in the gypsy wagon! The weather had also improved hugely and we woke up to sunshine. We had much earlier start today, so had to get moving pretty swiftly. It was back to the same cafe event centre as yesterday, but this time in a forest on the other side of Vlierden.

With start times of 10:10 we were pretty much first into the forest – which I was glad about thinking of the cycling we needed to get done after the race! The area was similar to yesterday – flat with some contour detail – but a little rougher underfoot. It was again great orienteering. Nothing much really to distract you from the straight line!

I had a pretty clean run, but not quite as good as yesterday, wasting a minute or so in the circle at numbers 1 and 11. The results reflected that and I managed 4th today. With the man flu under control, Andy picked up the pace a bit today and made it round in 100 mins.



Day 2 map

After a bit of lunch and a coffee with several mini Stroopwaffels, we were ready to start pedalling towards Louwel, where we needed to be for days 3 & 4 and where we had an apartment booked for a couple of nights.

Holland truly is flat and its reputation for an excellent cycling network is well deserved! There are cycle paths and cycle ways everywhere! I don't think we cycled once on the road in our whole time there! And there are cycle path maps at every junction – each junction is numbered and you just remember the sequence of numbers and follow the signs!

After 30km or so we found the now invisible border with Belgium. There was literally no sign of any former border, but I guess they did away with it many decades ago. We obviously had to pose for pictures crossing the invisible line (there wasn't even a welcome to Belgium sign)!



Helen at the Holland-Belgium border

We continued south into Belgium – their cycle ways were still excellent but not quite up to Dutch standards! We pedalled through long avenues of trees and crossed many canals, which I guess is maybe where the ascent came from!

After 3 hours of riding, my legs were getting a bit tired from pedalling the mini bike, and I was starting to get a bit stiff from sitting in the same position. I am sure I have to do three times as many pedal turns as Andy to achieve the same speed! Luckily it wasn't much further and we arrived at our loft apartment! It's above somebody's house but they seemed to be on holiday. And it's huge and very well equipped. A perfect spot really and just 10 mins ride to tomorrow's event centre!

## Limburg – Day 3

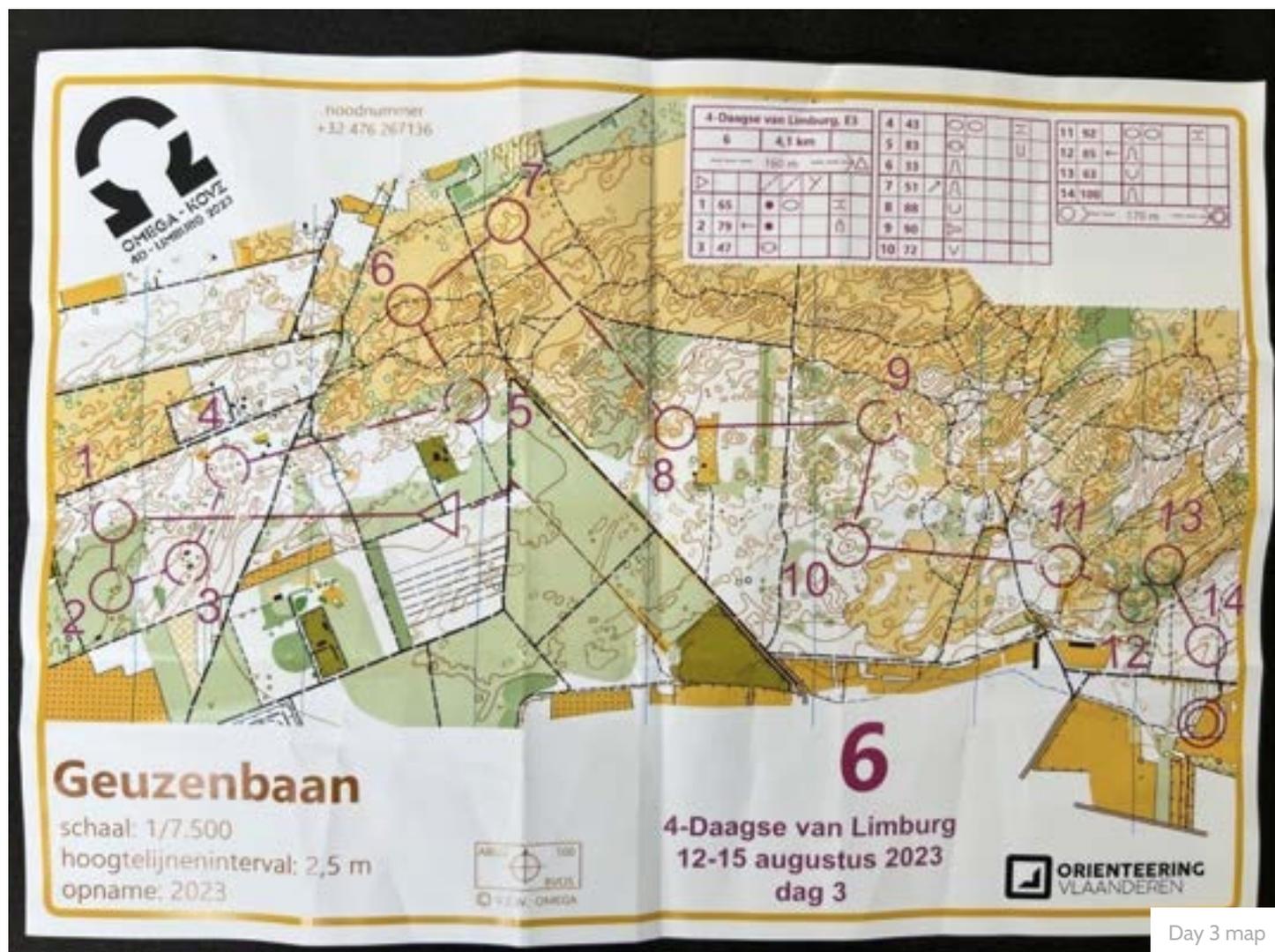
There was virtually no cycling on the agenda today. We're staying just 2km from the event centre so it was a very quick ride there this morning! It was super sunny right from the off, and already a bit of a cook up even at 9am whilst we were sitting in the assembly field before walking to the start.

There was no café at the event centre, but the local club had set up a tent selling food and drink. And so as not to disappoint they were serving 3 Belgian beers, one of them even an 8% Trippel! It was way too early for me to consider a beer, but the early hour didn't seem to put off some of the locals! I wondered if they were planning to run later or not?!

Today's race was on some Belgian sand dunes – even though we are nowhere near the sea! It reminded me a lot of the Scottish 6 days earlier this month on the Moray coast – just the forest was a bit thicker!

I felt pretty knackered before the start – too much little bike riding yesterday! But once I got going my legs seemed to function okay! However I had a pretty average run – with several 2 mins errors looking for controls on small hills and in small pits in the dark woods! It was all a bit frustrating but I guess the string of good runs had to come to an end some time!

The course was a bit shorter than previous days at just over 4km, but I still took nearly an hour with all the time wasted faffing around looking for controls! I ended up 5th today – so reflective of the slightly dodgy performance!



Day 3 map

Andy had a much better run than on previous days but luckily I still beat him back to capture his sprint down the finish funnel. He was so busy posing that he forgot to punch the finish control and had to go back!

## Limburg - Day 4

Today was the chasing start but given my slightly dismal performance yesterday and the fact that the leader on my course was streets ahead of anyone else, I didn't make the "within 45 mins of the leader" cut off for the chasing start. However I was the fastest non-qualifier and so was off at 9:30am. This meant a swift start to the morning!

Luckily it was only 2km up to the event field and we were there by 8:45, with ample time to soak up the atmosphere and get ready for the start. It was a good job we did have all that time, as I got to the start and realised I hadn't put my race number on! A quick run back to the event field and back to the start fixed that and served as my warm up!

My performance on the course was somewhat erratic! Some terrible mistakes inside the circle and a few good route choices! It was hot and humid and I was glad to finish 75 mins later. I hadn't had my best performance but still managed a 4th and 4th overall for the 4 days as well. It was good enough for me and at least we didn't have to stay for the prize giving, as with 60km to pedal I was keen to get going!



Andy started an hour later than me and so after my run I went to spot him at the finish. I didn't have to wait long as he had a storming run and finished in just under 100 mins. Once he had recovered from his heroics,

we started to pedal across Belgium in the general direction of Ghent, where the next weekend's racing would be.

We spent 4 days pedalling across Belgium and Holland, taking in Geel, Antwerp and Brugges before ending up in Ghent in time for a rest ahead of the mixed sprint relay. [Graham has already reported on the Ghent weekend](#), so I won't repeat things here, but it was a complete contrast to the Limburg weekend and great fun!

All in all it was an excellent trip – great orienteering, both urban and forest, and super straightforward and flat cycling. Belgium and Holland really are absolutely flat and the cycle infrastructure is amazing. We spent the vast majority of the time cycling on dedicated cycleways, sometimes far from any roads. And when we were on roads there was always a cycle lane – amazing! One thing we did have to get used to though was being overtaken at considerable speed by very old people on bikes – for here the e-bike has really taken off and the older generation love it!!

# Club Champs 2023 at Shipley Park

## The fun of the mass finish!

Club members took on courses of 2k, 3.8k and 6k today – handicapped across all three for a mass finish at noon! This was remarkably accurate, as Chris our last starter – and winner – on Long finished at 12:03. [Full results here](#).

The Club Champs is always a sociable occasion and this year it was great to see DVO relatives from New Zealand. Afterwards we ate in the Green Room, while controls were collected, in readiness for the trophy presentation:

- Richard N won the Chris Yardley Trophy for first man across the finish line
- Viv won the Judy Buckley Trophy as first woman
- Chris won the Peter Bourne Trophy for fastest man
- Claire won the Karen Jackson Trophy for fastest woman
- Imogen was our fastest junior and won the Lithuanian Trophy



Well done to our 2023 Champions!

[Read about the background to the trophies and previous winners here.](#)

Awards were awarded as follows:

**Orienteer of the Year:** Liz for placing Silver in the World Masters Sprint Final in Slovakia, plus 4th in the Middle and 9th in the Classic Distance.

**Junior Orienteer of the Year:** Rachel Duckworth for winning W2OE at the British & JK, and taking part in the Junior World Orienteering Championships in Romania, where she ran for GB in 4 disciplines! We'll present this over Zoom when Rachel's kindly agreed to speak at our AGM!

**Most Enthusiastic Newcomer:** Nerijus Rozkovas for his 3 wins in 16 events this year, and helping collect controls and at the finish.

**Most Improved Orienteer:** Jane Burgess, whose rankings show first places at Church Hill and November Classic as well as good runs at SINS on days 2 and 3 and the Scottish 6 days on days 4 and 5. This year Jane won the East Midlands Champs in Clumber in January and is currently 2nd in the EM League and 1st in the

EM Urban league. This is as well as some impressive results further afield.

**David Parkin Trophy for Services to DVO:** Sal and Dave Chaffey; Sal for editing Newstrack for 10 years, Dave for maintaining the SI kit and helping with the website relaunch.

**Newstrack Contributor of the Year:** Graham for his tales from events in Ireland, Belgium and France.

**Sports Personality of the Year (poll on the day):** John for his 5000km bike ride to take in JWOC in Romania, the OO-Cup in Slovenia and World Masters in Slovakia.



Some of the award winners: Sal, Jane and Liz

Thanks to Andrew Middleton for the handicapping, Jane Burgess (Organiser), Helen Chiswell (Planner) and Viv and Ranald Macdonald as Masters of Ceremony!

# New DVO contact number for events – a short FYI for event organisers

## New number for contacting organisers is 01332 653899

### Reason

It's important for competitors to be able to contact us during events in case of emergency so, for some time, we have been adding the organiser's mobile to the map. However, it's inefficient to source the correct mobile number for each map we create and some organisers have said they're not happy about having their number published.

It's also sometimes useful for competitors to have the organizer's contact details before or after an event for queries, so on the event page for each upcoming event we also usually publish a number and/or email address. However, some organisers are understandably not happy about publishing these.

### New process

Given these issues, the Committee asked me to look into the options involving a standard DVO event number. We also looked into an alternative of having a standard mobile phone for event organisers, but experience from other clubs showed this was problematic with charging, contract credit, etc.

**Map:** We will print this standard organiser's contact number on the map for each event, and we will use call forwarding to redirect it to the relevant organiser's mobile. If they have voicemail enabled, people can leave a message.

**Event page:** This is down to the organiser's preference. The options are:

1. If you're happy for your email and/or phone number to be available then please let John Cooke know when providing him other details about the event and he will update the event page (there is up to 150 characters, so you can use either or both!)
2. If you don't want your email or number used, let John know and we will use the 01332 number on the Event page as the organiser's contact (not using personal numbers or emails any longer).

**Voicemail:** The call forwarding service also has a separate voicemail msg enabled, so if the organiser doesn't have voicemail set up, then a message can be recorded and will be forwarded to me and then onto the organiser by email.

**Switchover:** After each event, Dave will switch the organiser's name to the next organiser's number from the members' contact list after 3 days.

We will also be using this number for the top of control units in case any are lost and reported (the old number had lapsed).