



Newstrack

January 2014

Parallel error or parallel universe??



Championships - 2090

Is published in "Orienteering World" №2/90
The author: Yuriy MANAEV (RUS)

(reproduced with permission)

**Newstrack is the magazine of
Derwent Valley Orienteers
Editor: Sal Chaffey (sal.chaffey@gmail.com)**

Club Contacts

Chairman	John Hawkins	john.hawkins16@mypostoffice.co.uk
Vice Chair	Stuart Swalwell	stuart.swalwell2412@mac.com
Secretary	Derek Gale	dg.244@btinternet.com
Treasurer	Claire Selby	claire.gale7@ntlworld.com
Fixtures Secretary	Jen Gale	jg.244@btinternet.com
Minutes Secretary	Andy Jackson	
Coaching and Juniors	Val Johnson	Gmjandfam@aol.com
Club Captain	Liz Godfree	Liz.Godfree@btinternet.com
Committee Member	Ned Needham	ned.needham@ntlworld.com
EMOA Rep.	Mike Gardner	mikegardvo@sky.com
Buxton Rep.	Sue Allard	
Matlock Rep.	Judith Holt	judith.holtcooke@btinternet.com
Junior Rep	VACANT	
Mapping Officer & permanent courses	Mike Godfree	Mike.Godfree@btinternet.com
Event Officials	Ann-Marie Duckworth	jasrduckworth@btinternet.com
Coordinators	Jen Gale	jg.244@btinternet.com
Controllers Coordinator	Paul Adddison	pxaddison@aol.com
Access Coordinator	Sarah Blackburn	sarah_jane2117@hotmail.co.uk
Development Officer	Ann-Marie Duckworth	jasrduckworth@btinternet.com
Junior " "	VACANT	
Level D Prog. Coordinator	VACANT	
Equipment	Paul Wright	Cpstwright@tiscali.co.uk
Web master	John Cooke	jholtcooke@btinternet.com
Publicity	Steve Kimberley	lazyorienteer@gmail.com
Press	Paul Wright	cpstwright@tiscali.co.uk
Social Rep	VACANT	
Welfare Officer	Sue Russell	01773 857318

Editorial

This issue quickly filled up, thanks for all your contributions! With a view to giving out the next issue at Shining Cliff, I'll set a copy date for **20th March**. I'm co-ordinating Sh Cl though, so there could be a bit of slippage - Plan B would be Black Rocks 2 weeks later.

Ideas for cover pictures, a one-off or a series, would be welcome!

DVO Inter-Helper-Team Bowling

8th March, 7pm

All welcome, adults and juniors – at Genesis entertainment complex, Alfreton (adjacent to the leisure centre). The idea of the event-helper teams bowling night is to have some fun and also to allow people to meet and get to know different/new club members. There is also a competition element with the scores per team being added up and future events being organised.

I know some event helper teams are much smaller than others (the tiny string course team compared to the diverse start team) but it will depend on who is encouraged to come out and play!

Names to Ann-Marie by 23rd Feb pls ●●★●● There will be a small charge, depending on take-up
jasrduckworth@btinternet.com

CAPTAIN'S CORNER



CompassSport Cup

When? Sunday 16th February

Where? Irwell Valley, North Manchester See MDOC website at http://www.mdoc.org.uk/csc2014/CSC_2014_Flyer.pdf

Against? DEE, MDOC, NOC

This is going to be a tough competition. Both DEE and MDOC are recent finalists and MDOC will be on home ground. This is an appeal, nay a GOLD PLATED invitation to ALL DVO members to come along and support THEIR club. The complex scoring system means that YOUR run can count. Remember that last year at Fineshade M75 Tony Berwick's run was vital for our success. (See Dave Nevell's statistical analysis in the April 2013 edition of CompassSport magazine.) There have been some changes in age class combinations on some courses. Please look carefully at the chart below:

Men's Open	Brown	M70+, W60+	Short Green Vets
M20-, M40+	Short Brown	M18-	Green
Women's Open	Blue Women	W18-	Short Green
M50+	Blue Men	M14-	Orange
W20-, W45+	Green Women	W14-	Orange
M60+	Green Men		

There are also white and yellow for EOD not counting towards CS Cup.

As ever the club will pay half of your entry fee on condition that you do run.

I hope to have a coach travelling up the A6 from Derby via Belper, Matlock and Buxton.

I need names by 31st January. It helps if you give BOF and SI numbers (looking 1 up is no problem, looking 50 up is!). Please indicate whether you prefer early, middle or late start.

Also whether you are likely to come on the coach if available.

Response by e-mail to Liz.Godfree@btinternet.com preferred.

JK RELAYS

When? Monday 21st April i.e. Easter Monday

Where? South Wales Pwll Ddu (venue for BOC relays 2007)

Usual age class combinations. Can W165+ retain the trophy?

Names with BOF and SI numbers to me by 5th February to benefit from cheap entries; otherwise by 1st April.

HARVESTER RELAY

When? 17/18th May.

Where? Winterfold, Surrey.

Is anyone interested in making up a 5 or even a 7 man team?

Another note for your diaries

BOC RELAYS

When? Sunday 1st June (end of half term week)

Where? Northumberland

Usual class combinations

Liz Godfree

Liz.godfree@btinternet.com 01335 346004

Addendum to CSC Final article (Nov '13 Newstrack)

The statement in the November 2013 Newstrack, that this was the first time this century that DVO have qualified for the Compass Sport Cup Final, is incorrect, **John Hurley** points out. What Liz should have said is that the Forest of Dean was DVO's **best** performance as yet in the 21st century!

In 2005, DVO came second to NOC in the regional round held at Belvoir on 27/2/2005, but qualified for the final because NOC had been in the top three teams in the previous year. The Compass Sport Cup final was held at Clowbridge in Lancashire on 16/10/2005 and DVO came 8th out of 9 teams competing. The winners were OD with BOK second.

For completeness, in 2001 the Compass Sport Cup competition was not held because of the outbreak of foot and mouth disease. A replacement "inter-club" event with selected teams was held at Ecclesall Woods on 10/11/2001 and DVO came 13th out of 17 teams competing.

In the previous century, DVO appeared in 4 Cup Finals which were in successive years:

8/6/1985	Strines	2nd to AIRE
23/11/1986	Clowbridge	winners
15/11/1987	Witherslack	winners
12/11/1988	Sherbrook	2nd to SYO

The winning captain in 1986 was Roger Wilkinson. In 1987 nobody actually admitted to being the captain, but Judy Buckley did most of the work and so I think she should be given the credit.

After the DVO O-Top, the DVO Vest? (Putting the O into Haut Couture!!)

The aim of this item is to sound out possible interest in supplementing your DVO O Top, your DVO jacket and your DVO underpants with a DVO athletics vest.

Why should you be interested? Some clubs, well, Bristol OK anyway, have specially-designed club vests for use at urban and sprint events. Some DVO members run non-O races (road, trail, fell etc.) in the name of DVO in the company of normal runners, most of whom wear this type of vest in club colours. The wearing of this more conventional type of kit raises the profile of the club at events where we are more likely to be seen by non-orienteers. Vests can be more practical in warmer conditions.

I don't expect a huge demand for this, but the intention would be to order through Siven who supply the latest O Tops, using a design incorporating the familiar contour pattern. Strictly, there is no minimum order, but there is a delivery charge of 20 Euros (around £16.50 in old money) so an order of fewer than 10 would not be practical.

My glamorous assistant (some of you may know him as Mike Godfree) has not been able to get a price guide out of Siven as yet, but the O Tops cost 20 Euros. I'd like to think the vests would be cheaper. The more people who express an interest, the cheaper the price.

Could anyone with a space in their wardrobe please let me know either in person, by email (gmjandfam@aol.com) or by signing the list at the Matlock Moor event?

Graham Johnson

FIRST AID COURSE



A number of Club Coaches are needing to undertake a First Aid course in order to renew their qualification and I am investigating possible dates and venues at the moment. You do not have to be a coach to come along, all club members are welcome. Please contact me if you are interested and I will get back to you as soon as I have something fixed.

Val Johnson

gmjandfam@aol.com 01773 824754

Club Development – your ideas

Having taken on the role of the Club Development officer I have a few ideas but I am very interested in hearing more. There are the formal requirements that the club has a written development plan which sets down broadly what the club aspires to do. This plan was last updated in 2012.

Overall the club has put on the events we said we would do and more to a very high quality; we have improved and expanded the mapped areas we are able to orienteer on; we were able to provide grants for club members to attend training and coaching courses, as well as represent us at international competitions. Coaches within the club have held sessions to introduce the sport at the local community level, as well as encourage the juniors to greater levels of proficiency which has resulted in a very good clutch of podium places.

A debate at the last open meeting about what the club could do in the future was I think a success. People came with their ideas, we listened and agreed that many had great potential for making DVO a more exciting and active club. I have had emails with even more suggestions. So any further ideas are welcomed via a talk at an event or an email.

The following are some of the ideas that were suggested and I would be grateful for any feedback about interest in participating:

- Technique training tailored for individual needs as well as group sessions, for both established orienteer and newcomer.
- Circuit training in the winter months with a (hard) coach.
- Training day hosted by an experienced coach on a good technical area – this may even require visiting another area (Cannock Chase, Forest of Dean or the Lakes) and making a weekend of it with an O'event on the Sunday.
- Special events or days - for example a course on nutrition, how to tailor fitness training to peak for a special event, visiting speakers on motivation or their experiences, review and analyse a group's performance at an orienteering event(s).
- Hold alternative types of event such as mini fun relay (was once a regular club get together picnic), Mazes, scores (40mins, 3hours), sprints (need to find a suitable safe technical area), long yellow (6km), chasing start for 2nd part having all run an Orange course to set a time (MDOC idea), summer evening with colour courses and a training course, or a novelty event.
- Find new areas to use – maturing woodland, reclaimed park areas, intricate industrial or residential areas, shopping or parking areas. Do you know of any?
- Another discussion was about the different means for promoting and advertising events and our successes. For example how could we use the internet or social media sites – is there a club member with this experience?
- Targeting groups (schools and scouts/guides) requires an interested person as the contact (e.g. orienteering parent, teacher is a friend) for the best results of then following the sessions up with more participants coming to a DVO event. Do you have a group that would like a session(s) as part of school curriculum, badge award or event?
- School /group event using one of the +100 maps of school grounds we already have. Inviting (expecting) the parents to have a go or inviting the neighbouring schools.

Some ideas would need more investigation and planning, but I hope to get some of the suggestions included in events and activities we do this year. I am sure the good ideas will take off with your help.

Ann-Marie Duckworth

jasrduckworth@btinternet.com



East Midlands Urban League 2013 notable DVO results

There were 6 races in the 2013 EM Urban League and to do well you needed to compete in 4 or more (the scores aren't averaged), preferably in the same class (one person below obviously wanted longer runs at Nottingham & Stamford)!

Top 20 finishers are listed, with number of counting events in column 4. Only Doug did all 6 and he needed to as Male Ultra Vets was a much contended class with DVO taking the top 3 places.

Juniors (16-)							
7	Ed Hoon	M16	1	1	Rachel Duckworth	W12	4
12	William Gale	M16	1	5	Joanna Goodhead	W16	2
Open							
1	John Duckworth	M45	5	1	Helen Chiswell	W35	5
3	Alan Le Moigne		4	5	Jessica Selby	W18	2
16	Mark Goodhead	M18	2				
Veterans (40+)							
13	Richard Parkin	M45	3	11	Kim Buxton	W50	3
17	Jonathan Cundill	M45	3	13	Rachel Davis	W45	2
				14	Val Johnson	W50	2
				16	Claire Selby	W40	2
				17	Alison Hayes	W50	2
				19	Ann-Marie Duckworth	W45	1
Super Vets (55+)							
8	Ian Parfitt	M60	4	1	Viv Macdonald	W60	5
15	Mike Godfree	M60	3	4	Judith Holt	W60	3
17	Russell Buxton	M55	3	8	Liz Godfree	W65	2
				9	Ann Armistead	W60	2
				10	Margarte Keeling	W65	2
				16	Fiona Sellar	W55	1
Ultra Vets (65+)							
1	Doug Dickinson	M65	6	1	Jen Gale	W65	5
2	Derek Gale	M65	5	6	Pauline Ward	W65	2
3	Andy Hawkins	M65	4	9	Christine Middleton	W65	1
17	John Cooke	M65	2	14	Margaret Keeling	W65	1

East Midlands Urban League 2014

- 1 Sunday 11 May: Matlock (DVO)
- 2 Sunday 18 May: Newark (NOC)
- 3 Sunday 13 July: Oakwood (DVO)
- 4 Sunday 31 August: Lincoln City (LOG)
- 5 Sunday 14 September: Southwell (NOC)
- 6 Sat 20 September: Loughborough University (LEI)
- 7 Saturday 25 October: Washingborough (LOG)

East Midlands League results

Provisional results now on EMOA website with the following proviso:

If you believe that a mistake has been made, please contact the League Organiser within the next two weeks. If no enquiries are made, the results will be made Final and the Prize Giving will take place at Thieves Wood on Feb 2nd 2014, 10am.

Puzzle Page

Dave Nevell

I published the leading protagonists for Puzzle Champion of 2013 in the November edition of Newstrack but I received an additional and correct entry from Helen Chiswell just hours before the deadline which didn't make it into the magazine. Therefore going into the last round we had two people locked inseparably together, namely Helen and Jen Gale with Jane Burgess just 1 point behind. And so to the year's final question; the water transportation problem. A useful realisation that it was most efficient for Fred to always start with 30 litres of water for every sub-journey.

Solution: Take 30l to 30m, cache 18l and return. Repeat. On the third trip take 30l to 30m and cache 24l. There will then be 60l at 30m. Take 30l to 80m, cache 10l and return. Take 30l to 80m and cache 20l. There will now be 30l at 80m. Take 30l to 200m and cache what is left. **Answer; 6 litres.** Correct answers, but seemingly disparate solutions were received from Jen Gale, Helen Chiswell, Jane Burgess and Alan le Moigne. Different answers were received from John Hawkins and Chris Millard. Where does this leave us? It leaves us here.

Jen Gale	10
Helen Chiswell	10
Jane Burgess	9
John Hawkins	6
Alan le Moigne	6
Tim Cairns	4
Mike Gardner	2
Helen Finlayson	2
Chris Millard	2
Graham Johnson	1

So, we have joint winners and it seems unfair to separate them. Well done to Jen and to Helen and thank you to everybody else for having a go. I did promise a prize. Will fame and glory do? Or perhaps waving your copy of Newstrack at the next DVO event and saying "I'm a winner and I claim a free run". Will that work? I have no idea. Perhaps I will think of something better. Perhaps you will.

Anyway, time to start again for 2014. Eyes down. Play.

Collection Capers

Four control collectors are to be assigned separate areas of forest from which to collect controls. They are jealously keen to be treated equally and insist that not only do they collect exactly the same number of controls, but that they should visit exactly the same area and exactly the same shape of terrain. Each chosen region must consist of contiguous squares, which touch all the way along one edge. To complicate matters, both the light new stakes (N) and the ancient, prehistoric kit (O) have been used. Not surprisingly, the collectors also insist that each of them must collect exactly one old stake and one new one. How should the terrain be divided into 4 portions satisfying the above conditions?

				N	
		O	O	N	
		O	O	N	
N					

Answers to me, dnevell3@gmail.com by the editor's copy date.

CALLING ALL DVO JUNIORS - YOUR INTER-CLUB COMPETITION

The East Midland round of the Yvette Baker Competition will take place at the NOC event at Thieves Wood on Sunday February 2nd 2014. Event details can be found on the NOC website: <http://www.noc-uk.org/noc.aspx?PID=FLYER&only3=480&plain=YY>

Named after Britain's World Champion Orienteer, this is a junior inter-club competition with regional knockout first rounds and a national final.

All club juniors are invited to take part. To be eligible you must run on Yellow to Green courses and there are guidelines such as which courses you can run and start time gaps which must be observed to ensure a fair competition. Tactics are an important part in this competition and it may be that, in order to maximise points, you are asked to run a course that is different to the one you normally run.

Please let Val Johnson know if you are intending to run and would like to be part of the DVO team. gmjandfam@aol.com 01773 824754

Cannock Chase Trig Point Race

Sal Chaffey

I'm told that many DVO members did this race back in the day, but it was the 1st time for Dave and I, and 2nd time for Graham. Race day started inauspiciously when we woke up at the time we were meant to leave the house, but we made it to Registration at Milford Cricket Club 30 mins or so before the Start.

It's a 16.5 mile race with free navigation between 4 trig points in a figure-of-8 loop with a water station at the intersection where you go over the new railway bridge. We paid £1 for the A3 map but had done an armchair recce using the O maps from Sherbrook, Fair oak and Brindley and a tiny bit of Brereton (there's a small map & altitude profile on my blog at: <http://salsultrablog.co.uk/>).

Mercia Fell Runners were a bit clueless with dibber use, doing the safety briefing before getting us all to check & clear, but managed accurate results nevertheless. We started at 11:10 and it was cold and clear but we could see a murky front creeping in. I followed the majority for the 1st 500m but then made sure I approached the trig at Rifle Ranges via Cherrytree Slade, just off the main Sherbrook Valley. From here it was past the visitor centre to Moors Gorse where the railway bridge was with a timeout of upto 2 mins as there was a road crossing & drinks point.

Now for the big climb upto Castle Ring fort (235m) where I crossed paths with Dave exiting. Then it was north to the trig at Brereton and back down to Moors Gorse (92 mins for Dave, 106 for me). A long slog up Marquis Drive followed by some semi-tricky navigation to the trig at Glacial Boulder, just less than 3km from the Finish where Dave and Graham were waiting for me 25 and 15 mins after their own finishes! They must have been seriously cold. I took 2h 45 and died a bit in the 2nd half probably due to my sugar-free diet (3 month yeast detox). Mind you I transgressed and had a macaroon at Moors Gorse and wolfed the maltloaf at download.

It was a good atmosphere with about 170 runners. The route choice is a bonus but often I followed the person ahead, thumbing the map for reassurance. It was great to piece together the many bits of Cannock and I'd recommend the race to orienteers!

East Midlands Orienteering Association Training and Development Day Saturday 1st March 2014 at Groby Community College

As part of the EMOA's commitment to the initial training and development of event officials and those wishing to refresh their knowledge and experience we will be putting on another series of workshops and courses on Saturday 1st March 2014.

1. Event Safety and Welfare Workshop (09.30 – 12.30) - Chris Phillips

This course is a requirement for organisers and Controllers and is recommended for other event officials.

2. Organiser's Course (13.15 – 16.15) - Chris Phillips

Primarily of interest to those Organising Level C and D events for the first time but a re-cap for all organisers.

3. Mapper's Workshop - Part 1 (09.30 – 16.15) David Olivant

This is the first part of a two-day course intended to get novice mappers up to the level where they can carry out initial surveying and cartography, including the use of mapping software.

4. Grade C Controller's Course (10.00 – 16.00) Ranald Macdonald & Peter Hornsby

For experienced Planners who wish to take on the role of Controller, primarily at Level C and D but will also be of use as a re-cap for Grade C Controllers who wish to become familiar with update Rules and Appendices.

5. Planning Course (10.00 - 16.00) - Mike Gardner

For all interested in Planning at whatever level, though primarily of interest to those starting at Level C and D. Use will be made of the new British Orienteering Appendix to the Rules of Orienteering on Planning.

6. Mentoring Workshop (10.15 - 12.15) - Hilary Palmer

This workshop will be of interest and use to those mentoring in a variety of contexts - coaches, planners, organisers, etc.

7. Planning linked coaching sessions (13.15 - 16.15) - Hilary Palmer

This workshop will be of particular use for the personal development of any coaches who have not done this workshop or UKCCL2 training before.

If you are interested in participating in one of these sessions, please email **Viv Macdonald** (viv.macdonald@btinternet.com) by **Friday 14th February 2014**. Please indicate a second choice just in case we have insufficient numbers to run your first choice. Lunch will be provided.

Ranald Macdonald (Chair, EMOA)

2013 – A brief review of the year’s events

Dave Nevell

Judging 2013 by the number of events that the club staged is misleading. Although there were only 19, which was lower than any year since 2007, this was made up for by the quality. Two events in particular stand out, the British Middle Distance Championships at Stanton Moor and the British Schools Championships at Shipley Park. It is probably fair to say that the effort directed at these events played a part in distracting from staging smaller events; for example, an event at Elvaston in early autumn was one that fell by the wayside. In all, under the new classification system the events came out as follows (2012 in brackets):

Level A:	1	(0)
Level B:	1	(1)
Level C:	7	(6)
Level D:	10	(19)

Three of these events were closed (two schools championships and the club champs) and three of them were urban, the most yet staged of the modern variety in a single year. There was a single night event. In all the number of different venues used was 17 of which 5 have some claim to being classified as “new” areas. These were Bradley Wood, Chesterfield (urban), Whitworth Park, Buxton (urban) and Longstone Moor.

The total turnout for all events combined was 3947, representing an average of 208 per event. This was an increase of 844 from 2012 although of course these figures are dominated by the Level A and Level B events already highlighted. No other year of the current century has seen such a high aggregate turnout. The attendance at the British Middles was 1082 which is I believe is also the highest seen at a DVO event in the 21st century and the first time since Longshaw in 2007 that the 1000 mark had been topped. There were also over 700 runners at Shipley Park.

The average numbers at each of the lower levels were as follows (2012 in brackets):

Level C:	225	(299)
Level D:	58	(45)

There were 9 Sunday events, 8 Saturday events and two others in midweek (Tuesday and Wednesday). I identified 25 individuals who had at least one position of officialdom (organiser, planner or controller). This was a drop on 2012 but for fewer events. Without being too scientific about it there appeared to be 4-5 first time officials, a welcome trend.

And to fill up the page.....some late arrivals at the orienteers ball

Mr and Mrs Treepark and their daughter Alice

Mr and Mrs Nalmarsh and their slightly wet son Caesar

Oh look, it’s Mark Eatonpark!

Mr and Mrs Ablefence and their disagreeable relative Uncle Ross. You don’t want to get on the wrong side of him!

Mr and Mrs Insidegold and their very keen son Justin.

Mr and Mrs Lockmoor and son Matthew. He prefers to go by Matt.



(Except when it's Saturday or Wednesday)

The Acme of Real Derbyshire Orienteering Fanzines No 5
Sponsored by the East Midlands Pie and Sausage Federation

Flogging of mispunchers to be suspended immediately

BOO admit – “We may have gone a little too far” (pages 92-96)

Other news: Orienteering control on Mars vanishes! (page 6)

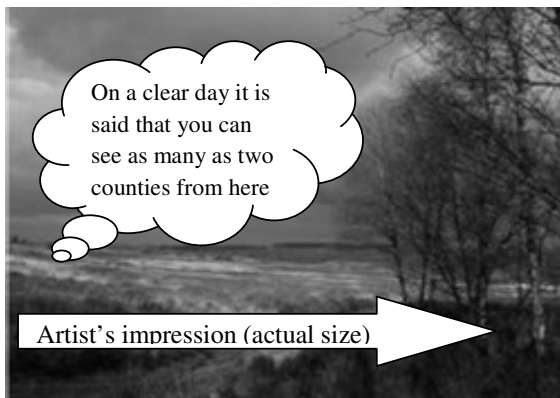
World chutney resources “may run out in the next 30 years”

Oditorial

It has come to WSC's attention that somebody somewhere might actually be reading this drivel on account of these columns being mentioned in dispatches at the Annual Dinner of the Old Derwentians. It could well be that a grave mistake has been made on somebody's part because in the eyes of WSC, this gives carte blanche for us to continue publishing stuff that will seriously mess with your soul. Let's all meet up in a year's time and then check out your mojo (*Very good drivel, keep it up – Ed*).

More drivel

Sensational news is emerging from Cromford Rocks that there may have been a rare sighting of the Three Toed Hungarian Boll Weevil, thought to be responsible for the latest woe to hit British forests, Larch Lurch. Mrs Geraldine Snibbo (Ms) 31, said “My six year old daughter Katie and I had just dibbed at control 5 on the White course when I caught a glimpse of something out of the corner of my eye. When I turned to look I could see that it certainly had the look of the Three Toed Hungarian Boll Weevil about it on account of its parsimonious digits, mid-European accent and a guilty expression. Katie saw it first and hasn't stopped talking about it ever since. All of her friends are so envious.”



The Hungarian Boll Weevil (a.k.a. The Buda Pest)

“We need to capture this weevil and put it through an intensive course of re-education” commented a top scientist speaking from a secret location on a hillside near Belper (Gateway to the North). “With a bit of luck we can get him to eat brambles instead. Undergrowth-free orienteering may be just around the corner. This could be the greatest achievement in science since the invention of the plastic spork” *Exit left through a guard-of-honour of dancing hamsters.*

Sausage wars

Following his arrest, escape, re-arrest, trial, acquittal and subsequent appearance on Desert Island Discs (where *have* you been?), the very latest news on the Naked Orienteer is that he is expected to be announced shortly as the official “face” of the East Midlands Pie and Sausage Federation for 2014. “This is certainly one in the eye for their rivals, The East Midlands Sausage and Pie Federation,” commented an expert pie expert currently researching into the key issue of exactly who it is who has been eating all the pies. “Just what the Naked Orienteer will do for the sales of sausages in the region is anyone's guess”.

Get a Grip(ple)

101 Things to do with a Gripple – Number 17: The Pre-emptive Strike. Why waste time and money securing control flags and control boxes with all that expensive grippling equipment? Real Derbyshire Orienteers have the answer. Instead, just go round the neighbourhood, round up all the usual suspects and gripple them for the duration of the race. With no more than half a dozen of the worst local loafers and wasters securely tied up, all of your controls will be safe while you compete.

Your queries answered

An email has flooded in from a Mr R*x B*****n who asks “Dear WSC, what can my friend do to stop himself from mispunching so often?” Oh for goodness sake R*x, just get your “friend” to man up! According to top research recently published in Big Lycra (*an unlikely source— Ed*) mispunching has been proven by top scientists to be linked to a specific gene which is apparently the same one that makes men incapable of ever remembering to buy toilet rolls at the supermarket. (*I’ve been studying Big Lycra for three hours and I can’t find this article anywhere – Ed*). The upshot of this is that your “friend” clearly has unsuitable parentage for reliable orienteering. Why don’t you (time to stop living the lie, R*x) try golf instead? (*I’m going to check again – Ed*).

An Old Friend Remembered by “The Major”

Some people say that Ronnie “Delia” Smith, who sadly passed away last week at the age of 78, was the finest exponent of the thumb compass west of the Erewash.

I am not one of those people.

I have just one thing to say on the subject.

Balderdash.

Poppycock.

Pants!

In my opinion, Ronnie was the finest exponent of the thumb compass in the whole of England, bar none. There was no finer sight than Ronnie charging at full pace through oak, birch and pine twiddling his beloved SJ 8274. When asked why he twiddled it he’d just give that sly smile of his and say

“Git away lad, git away”

He had a way with words, did Ronnie.

After the bizarre gardening accident that ended his orienteering career, Ronnie led a quiet life. In his later years the achievement he was most proud of was winning the Whatstandwell Vince Cable look-a-like contest three years running. We won’t see his likes again. As my dear old friend Barty Rootstock often used to say, *“When they made Ronnie, they handed out all the chocolates and threw away the box”*.

Or something like that.

Top scientists now recommend...

Orientation Cream*

Simply apply all over your body before competing.

Contains vital essences from the droppings of migrating birds that have been proven to improve the body’s natural sense of direction.

***comes in two lines, Spring, Autumn**

Very good indeed. I am enjoying my time in Antarctica – JT, Belper

The Jason Twinge column

I have decided that the only way that I can put Belper (Gateway to the North) on the urban orienteering map is to start my own ‘blog. Am I the only one with enough intelligence to realise that abbreviating weblog to ‘blog requires an apostrophe? Certainly not She Who Cannot Be Named (SWCBM). Her “blog” is a cesspit of unsubstantiated garbage. I counted five grammatical errors in her latest diatribe against dogs. What does she know about dogs? I can tell you, the beautiful pavements of Belper (GTTN) will never be again sullied once the council adopt my proposals for The Urban Retraining of Dogs (acronym pending).

I am deeply disappointed by my latest acquisition of cocoa from Borrison’s. I measured 63mm of settlement, a new record. There was more air than powder in the jar! Local orienteering legend Ronnie “Delia” Smith would never have stood for it. SWCBN probably buys hers from Blidl. What does she know about cocoa? I will inform the ombudsman at OFHOTCHOC once I can find the contact details. It is time for the small man to stand up and be counted!

Had a real crisis last night when upon perusing my map collection I realised that I had no idea in what order it had last been arranged. How would I ever find anything ever again? Where would the next map be filed? The shame, the shame. Then I realised that I had done it on the basis of Scrabble points. Anglezarke Moor next to Quantock Forest? Genius.

Matlock O Club Jan –April 2014

The theme of the sessions for the next four months is 'map contact'. The aim is to help club members become confident competing on Orange standard courses at local events.

Beginners are welcome to join in at any point but the sessions marked * will be particularly suitable for people coming along for the first time.

For more information contact Judith or Viv on 01629 582325 or 01629 734307 or email matlockO@btinternet.com

Day	Date/ Time	Venue	Activity
Sat	11 th Jan 1.00- 3.00pm	Forty Acre Wood * Meet at forest entrance layby, Flash Lane	Star and loop courses to develop understanding of map symbols.
Sun	2 nd Feb 10.00 – 1.00pm	Thieves Wood, Mansfield NG19 8LP	Yvette Baker Trophy Interclub competition for Yellow standard and above
Sat	8 th Feb 1.00- 3.00pm	Farley Moor (North End) Meet at forest entrance layby, Farley Lane	Line and loop courses to practice following and choosing routes.
Weds	26 th Feb	ARC Leisure Centre *	Star and loop courses.
Weds	5 th March	ARC Leisure Centre *	Control picking courses
Weds	12 th March	Hall Leys Park Meet at tram shelter	Orientating the map when moving <i>FAST</i>
Weds	19 th March	ARC Leisure Centre	Distance estimation and talking through a route
Weds	24 th March	ARC Leisure Centre	Using distance estimation on a route
Weds	2 nd April	Oaker Hill (tbc)	Introducing contours
Weds	9 th April	Farley Moor (SE corner)	Contour detail
Weds	16 th April	No Session	
Weds	21 st April	No Session	
Weds	30 th April	ARC Leisure Centre *	Beginners / recap session.

All Weds sessions are 6:30-8:00pm

ARC Leisure Centre is off the A6 between Matlock and Darley Dale, post code DE4 3AZ

Nutrition for Sport

Mike Stroud, expedition doctor and Antarctic crossing partner to Ranulph Fiennes, stated that runners are unlikely to be lacking in vitamins & minerals because a hearty intake of macronutrients (due to ↑ metabolic rate) should include the necessary micronutrients. However these nutritional basics are often overlooked and runners need optimum nutrition for concentration and recovery from injury and the rigours of training so I'm going to run through the vitamins and follow up with some subjects foremost in my mind as a GI nurse (that's gastrointestinal not General Infantry)–runners' anaemia and food intolerance.

It was the Polish biochemist Caisimir Funk (1884-1967) who, in 1911, coined the term 'vitamine' or 'vital amine' (an amine is an organic compound containing a nitrogen atom) when he proposed that diseases such as beriberi, rickets, sprue (an early term for coeliac disease), scurvy and pellagra were caused by nutritional deficiencies instead of germs – the theory developed by Louis Pasteur in the 1870s.

Part 1 B vitamin complex

Vitamins are divided into fat-soluble (A, D, E, K) and water-soluble (B & C). As a result, B & C are lost during canning/bottling and boiling. Plus the body is depleted sooner as these vitamins are not stored in the fat layer – in fact just 18 days of reduced dietary intake of vitamin B can cause problems. (This article will be longer than others because B1 deficiency was my nursing degree dissertation topic, so do please stay awake!)

B1 sources: wholegrain cereal, brown rice, quinoa, buckwheat, bread, meat, fish
Yeast, nuts, pulses, green & yellow veg (best steamed or microwaved), oats, potatoes

In the late 19th century, ships' surgeons and prison doctors had noted that sailors and prisoners in the Far East on a ration of white rice were prone to developing beriberi, while rural farmers remained healthy on a diet of brown rice. The symptoms of beriberi (then known as 'dropsy') are swollen legs and numbness, leading to heart failure and death. Caisimir Funk isolated niacin (vitamin B3) in 1912 when he was actually trying to isolate anti-beriberi factor from rice polishings.

Anti-beriberi factor (vitamin B1) was finally isolated in 1926 by Dutch chemists Jansen and Donath in Batavia (now Jakarta) and later named thiamine because thio in chemistry stands for sulphur. By the end of WWII thiamine was being added to Allied POW rations and is still added today to bread and fortified cereals.

My interest in B1 began during a student nurse placement on the liver ward at the Royal Derby. Detoxing alcoholics were given a yellow liquid covered by a black outer bag to help them through the DTs (because of the increased energy requirements from shaking and sweating). The yellow liquid was a medicine called Pabrinex which contained thiamine, other B complex vitamins, glucose and vitamin C. It was covered by the black bag because riboflavin (vitamin B2) is destroyed by sunlight. **So take note and buy milk in opaque cartons in future!**

Thiamine and other B vitamins (that's why they are often sold as B complex) are required for glucose metabolism and without it an irreversible dementia called Korsakoff's psychosis can develop (intellectual function remains intact unlike Alzheimers, but there is no memory of recent events). Warning signs – reversible on being given the vitamin – are Wernicke's triad of jerking eyes, confusion and unsteadiness walking (not to be confused with mere drunkenness – and I should know – Ed!).

It's not just alcoholics who are given Pabrinex. Anyone at risk of malnutrition in hospital such as cancer patients, anorexics, pregnant women with extreme vomiting and more recently people with restricted dietary intake after bariatric surgery will also receive the medicine.

Anyway all this is a touch academic, but the relationship between B1 deficiency and brain damage does show that adequate amounts of B vitamins are essential for concentration and maintenance of general good mood (see table).

	<i>Helps with...</i>	<i>Found in...</i>	<i>Deficiency...</i>
B2 Riboflavin	Energy production, healthy nails, hair & skin	Dairy, fish, leafy green veg (LGV)	Insomnia, poor concentration, chapped lips
B3 (E375) Niacin	Sex, thyroid & digestive hormones, general nervous system function	Wholegrains, LGV, egg yolk, dairy, yeast & meat	Fatigue, blood sugar imbalance, ↓ libido
B5 Pantothenic acid	Adrenal glands, digestion, nervous & immune systems	Wholegrains, nuts, egg yolks, liver, LGV	Low BP, insomnia, fatigue, teeth grinding
B6 Pyridoxone	Concentration & motivation, growth & repair (with zinc)	Dairy, wholewheat, eggs, meat, oily fish, LGV	Depression, eczema, asthma & diabetes
B12 Cobalamine	Red blood cell production, recovery from injury & concentration	Red meat, fish, eggs, dairy. Sprulina is a good source for vegans	Asthma, fatigue

Folic acid is often mentioned alongside B complex and in fact it is also known as vitamin B9. Its name comes from the Latin folium or leaf and leafy veg are the best source. It's important in cell division and growth (hence in pregnancy) and for production of red blood cells, so a deficiency can lead to anaemia.

Next issue: discovery and importance of Vitamin C

Sal Chaffey

Event Officials Needed

Looking forward to our fixtures in the coming year there are opportunities to plan, organise or control a local level D event or a full Level C event with all the colour courses. If not this year why not say "YES!" to a challenge in 2015 and be the early bird and select one over 12 months away?

Names (or to find out what's involved) to Ann-Marie Duckworth: jasrduckworth@btinternet.com

Date	Venue	Event Name	Level	Organiser	Planner	Controller
Sun 23/02/14	Lindop	DVO & EM League	C	David Vincent	Brian Denness	Mike Gardner
Sat 15/03/14	Poolsbrook	DVO Informal Event	D	Sarah Blackburn	Jon Cundil	Judith Holt (mentor)
Sat 22/03/14	Bradley Wood	DVO Informal Event	D	Stuart Swallowell	Stuart Swallowell	N/A
Sun 30/03/14	Shining Cliff	DVO & EM League	C	Sal Chaffey	Ranald Macdonald	David Cooke
Sat 12/04/14	Cromford Moor & Black Rocks	DVO Informal Event	D	John Cooke	Judith Holt	N/A
Sun 27/04/14	Allestree	DVO & EM League	C	Helen Chiswell	??	John Hurley
Sat 10/05/14	Ilam	DVO Informal Event	D	Mike Godfree	Mike Godfree	N/A
Sun 11/05/14	Matlock	EM Urban League	C	Kim & Russell Buxton	Doug Dickinson	Mike Godfree
Sat 07/06/14	Markeaton Park	Derbyshire Schools & Youth Groups Champs	D	Val Johnson	Rex Bleakman	N/A
Sat 21/06/14		Footpath Relay		Walton Chasers to organise		
Sun 22/06/14	Carsington	DVO & EM League	C	??	Andrew Middleton	??

Date	Venue	Event Name	Level	Organiser	Planner	Controller
Sun 13/07/14	Oakwood	EM Urban League	C			John Hurley
Sat 16/08/14	Rosliston	DVO Informal Event	D	Rex Bleakman	Rex Bleakman	N/A
Sat 13/09/14	Swadlincote Woodlands	DVO Informal Event	D	??	??	N/A
Sun 21/09/14	Longstone Moor	DVO & EM League	C	??	Dave Chaffey	Paul Addison
Sat 27/09/14	Birchen Edge	Club Champs	D	Richard Parkin	Richard Parkin	N/A
Sat 18/10/14	Elvaston Castle	DVO Informal Event	D	??	??	N/A
Sun 26/10/14	Longshaw	Midland Champs	A	Stuart Swalwell	John Duckworth & John Hurley	John Bennison
Sat 22/11/14	Darley Park	DVO Informal Event	D	Dave Bennett	Dave Bennett	N/A
Sun 07/12/14	Kedleston	DVO & EM League	C	??	??	??
Sat 13/12/14	Rosliston	Night Event	D	??	??	N/A
Thur 01/01/15	Ilkeston	Urban Event	D	??	??	N/A
Sun 18/01/15	Crich Chase	Level C	C	??	??	??
Sun 08/03/15	Stanton Moor	Level C	C	??	??	??
Sun 26/04/15	Cromford Moor	Level C	C	??	??	??
Sun 14/06/15	Chesterfield	Level C - urban	C	??	??	??
Sun 27/09/15	Birchen Edge & Gardoms Edge	DVO & EM League	C	??	??	??
Sun 29/11/15	Eyam	DVO Level B	B	??	??	??

JK 2014 South Wales 18th-21st April

Entry cut-off dates as follows:

Payment date	JK Sprint		JK Days 2 & 3 (per day)	
	Junior/student	Senior	Junior/student	Senior
05/01/2014	£5.50	£10.00	£8.00	£17.00
16/02/2014	£6.50	£11.00	£9.00	£19.00
30/03/2014	£7.50	£12.00	£10.00	£22.00