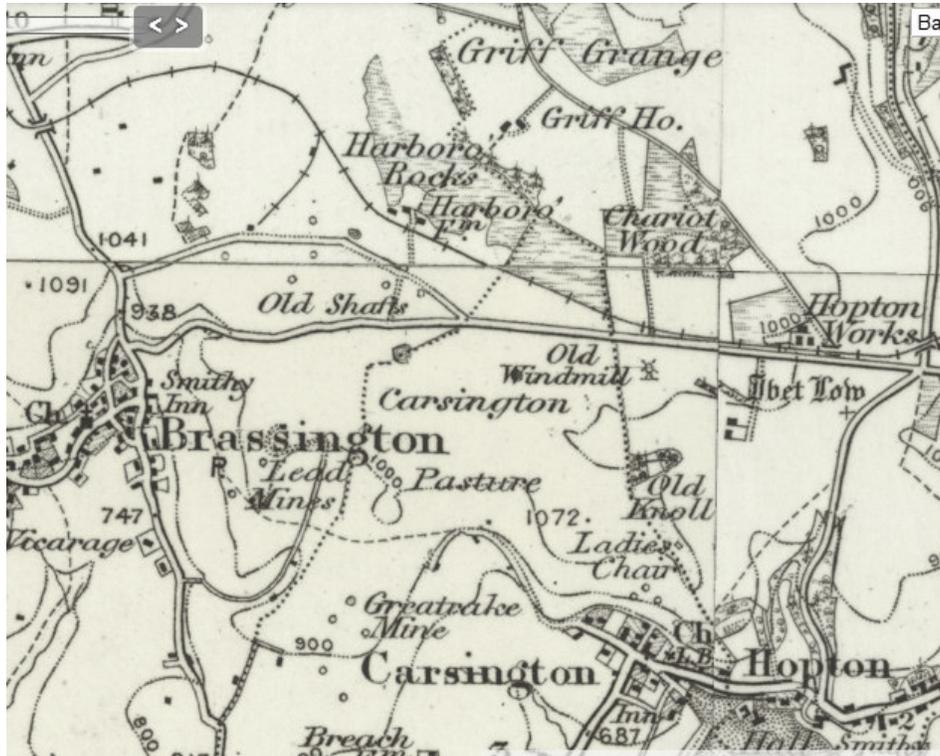




Newstrack

June 2014



Think the wind turbines at Carsington are new?!

This map from 1897 suggests otherwise!!

Map viewable on National Library of Scotland website
at <http://maps.nls.uk/view/101167658> (sheet by sheet)
<http://maps.nls.uk/geo/explore/#zoom=14&lat=53.08715&lon=-1.62101&layers>
(continuous)

Newstrack is the magazine of Derwent Valley Orienteers
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Open Meeting Invitation ... Mountain Rescue talk

The next Open Meeting will be at the **Bell Inn at Cromford on Wednesday 9th July**. There will be a run at 7pm followed by the Meeting at 8:15pm. Val is hoping to have a speaker from the Mountain Rescue, so do come along – you never know when you might need them! All club members welcome.

Editorial

June Newstrack goes to press pixels as the main O season finishes. I found Merthyr Common (Days 2 & 3 of the JK) very difficult, and I see from the results on page 9 that not many club members did well on both days.

Dave & I ran at Allestree in April and Matlock in May. One runner at Matlock filmed his run on Course 4 with a headcam and put it on YouTube, see <http://www.youtube.com/watch?v=DCUyvmhVi3c> He includes an inset O map showing the course and his position – very clever!

Newstrack is now taking its summer break. Dave and I are doing the Lakes 5 Day and some of you are doing the Swiss 6 Days. Hopefully the September issue will have reports of these and I'm planning to print in full colour! **Copy date 1st Sept.**

Sal

Wednesday Evening Runs

As usual the Wednesday evening runs will go out and about during the summer school holidays. Watch the web site for details or ask me. Join us for a sociable run mainly on paths starting around 7pm.

Club O tops

Only around 180 shopping days to Christmas (frown – Ed.). But if you would like to treat yourself or your loved one to a smart new DVO O-top you need to think about it now. I still have a few left from the last order but will gladly put together a new order if your size. Details on the club web site under Members/Clothing, there is a link to the Siven size chart (go up a size if you don't want it to be a skin tight fit) I need to know gender, size and whether long or short sleeves. At the last count £20 for short sleeves or £26 for long sleeves but it does depend on the exchange rate and size of order.

Mike.Godfree@btinternet.com

First Aid course

Friday 4th July at 6:30 to 9:30pm at the Belper Scout hut (very near North Mill).

Any club members can attend on the proviso that they are then happy to volunteer as first aiders at our events. Or it is part of their coaching requirements. Club will pay. Or if coming from outside of the club pay £25 per head.

Pls give your name to Ann-Marie Duckworth to book a place

Captain's Corner

It seems a long time since the pits and depressions of Merthyr Common at Easter's JK. Some of us managed to follow the red line on the map on one day at least as instructed by John Duckworth. Relay day was in sharp contrast with slag heaps to clamber up and down. W165+ ladies retained the "fruit bowl" they regained.

The Scottish Relays returned to Newtyle Hill (JK 2012 relays) – remember they say that butterfly loops are confusing at the best of times but especially with control codes printed alongside the numbers, on top of an intricate map with undergrowth screen. Many were caught out.

Attendance at the British Champs in Northumberland was lower than usual due no doubt to the high entry fee. But perhaps some folks knew something of the lenergy-sapping heather moorland of Callaly and the dense bilberry (fruitless in May!) of Thrunton Wood. Senior competitors zig-zagged through the latter with long winning times, only the "youngsters" got the fresh air of Callaly.

The relays were reminiscent of the JK with spoil heaps up which we climbed and descended before splashing through a bog to the run-in and Finish. Notable results were our M40 team who came 5th (giving away a good few years, 2 x M45s + M55); the Duckworth girls who finished 3rd but were non-comp as Sarah ran twice; and the W60 team of Liz & Judith with new team mate Viv retained the trophy (photo, p. 12). Due to strategic mis-punching by both Border Liners and MDOC 1st team we won by a margin of 1½ hours over MDOC's 2nd team – who were delighted to receive their silver medals.

I have struggled to get a team for the Footpath Relay – clashes with Nottingham Uni urban league event and a birthday celebration etc. have not helped. My thanks, especially to those running multiple legs, but to everyone on the team for supporting the club.

The White Rose in Scarborough this year doesn't appeal personally but Graham will co-ordinate the Team Score event. Speak to him if you'd like a run (gmjandfam@aol.com).

Thanks to all those members who have contributed to successful events this year – it makes my life so much easier when you volunteer your support.

DVO Handicaps & the Most Improved Orienteers

Dave Nevell

I have continued to update the club individual handicaps which are used not only for the purposes of setting start times for the Club Championships but also to work out the list of 'Star Runners' which appears regularly in this newsletter. I thought it might be a good idea to publish the latest list and also to look back 12 months to see how everybody's has changed. I have then produced a list of the top 20 most improved DVO orienteers in the 2013-14 period.

Just to recap, the handicap score represents the ratio of your average mins/km at events against the overall average mins/km of people at those same events. The events generally include all non-urban EMOA League events plus a few others nearby. Urban events totally distort the list and should not be used (British Orienteering take note!). So, the lower your handicap, the better, except perhaps when assessing how likely you are to win the Club Champs. Here is the list. Some of the scores are marked as n/a as there is insufficient data to calculate them (you need 3 qualifying scores in the previous two years).

	2014	2013		2014	2013		2014	2013
John Duckworth	0.566	0.567	Brian Denness	0.928	0.928	Christine Middleton	1.344	1.356
Chris Millard	0.568	0.597	Joe Uprichard	0.931	1.149	Simon Davis	1.348	n/a
Richard Parkin	0.599	0.632	Adrian Northcott	0.935	0.901	Andy Smith	1.355	1.448
Paul Addison	0.603	0.596	Michael Lindsay	0.936	0.955	Joanna Rees	1.355	1.355
Dai Bedwell	0.614	0.649	Tom Palmer	0.940	n/a	Terry Peach	1.369	1.269
David Nevell	0.618	0.625	Andy Hawkins	0.941	0.933	John Cooke	1.371	1.329
John Hawkins	0.656	0.658	Malcolm Spencer	0.945	0.987	Dawn Moore	1.380	1.380
Andy Sykes	0.669	0.642	Sarah Duckworth	0.954	0.925	Karen Peach	1.385	n/a
Robert Smith	0.671	0.665	Stuart Swalwell	0.956	0.970	Margaret Keeling	1.392	1.274
Ben Crane	0.672	0.712	Val Johnson	0.968	0.994	Alison Hayes	1.402	1.326
Chris Bourne	0.685	0.685	Alan Le Moigne	0.975	0.801	Barrie Bibby	1.402	1.402
Mark Goodhead	0.686	0.767	Rachel Davis	0.982	1.006	Nicholas Gordon	1.408	1.589
Richard Needham	0.711	n/a	Sophie Gordon	0.982	1.114	Kevin Garner	1.443	1.188
David Bennett	0.713	0.723	Kim Buxton	0.983	0.994	Matthew Jackson (O)	1.468	1.468
Alice Crane (Y)	0.714	n/a	Ian Parfitt	0.993	0.949	Susan Allard	1.477	1.484
Stephen Kimberley	0.731	0.717	Jean Sellar	0.996	n/a	Jean Hall	1.490	1.354
Andrew Mackervoy	0.749	0.749	Stuart Wicks	0.997	1.023	Jen Gale	1.498	1.498
Andis Celinskis	0.771	n/a	Judith Holt	1.003	1.027	John Ragsdell	1.567	n/a
Andrew Middleton	0.772	0.970	Claire Selby	1.023	0.949	Roger Keeling	1.611	1.585
Dave Chaffey	0.772	0.748	Elizabeth Bedwell	1.028	1.116	Tony Berwick	1.624	1.575
John Hurley	0.775	n/a	Sue Russell	1.034	1.034	Karen Bedwell	1.667	1.519
Sal Chaffey	0.784	0.792	Kevin Price	1.043	0.987	Sally Dipple	1.701	1.800
Helen Chiswell	0.785	0.806	Ranald MacDonald	1.059	0.930	Gill Milner	1.797	1.884
Mike Smith	0.785	0.758	Fiona Sellar	1.076	0.984	Ailith Smith (Y)	1.837	n/a
Mark Spendlove	0.786	0.786	Jill Croskell	1.084	n/a	Joy Hopper (Y)	2.023	2.023
Sarah Duckworth (O)	0.794	0.960	Emma Vincent	1.098	1.098	Brian Ward	2.043	1.757
David Vincent	0.796	0.819	Robert Shooter	1.100	1.061	James Bedwell (O)	2.093	2.093
David Pettit	0.799	0.798	Ian Hodson	1.107	1.089	James Bedwell (Y)	n/a	1.148
Graham Johnson	0.802	0.811	Jane Burgess	1.114	1.298	Jessica Selby	n/a	1.323
Michelle Mackervoy	0.802	0.880	Tony Gordon	1.122	1.240	Sally Newton	n/a	1.326
Louis Forshaw-Perring	0.811	0.875	Joanna Goodhead	1.131	1.153	Kirsten Williams	n/a	1.622
Paul Goodhead	0.817	0.857	Nicola Northcott	1.142	1.219	Lorraine Jackson	n/a	1.287
Mike Godfree	0.833	0.840	Pauline Ward	1.146	1.129	David Clough	n/a	0.832
Richard Naish	0.837	0.916	Ben Mackervoy (Y)	1.148	1.148	Paul Weller	n/a	0.916
Paul Armstrong	0.841	0.841	Paul Wright	1.162	1.173	Martin Farr	n/a	0.969
Jonathan Cundill	0.843	0.962	Rebecca Perring	1.170	1.218	Euan Blair (Y)	n/a	1.012
Russell Buxton	0.853	0.857	Viv Macdonald	1.197	1.121	Nicholas Gordon (O)	n/a	1.044

Dave Skidmore	0.872	0.910	Ray Stuart	1.211	1.262	Miles Plaskett	n/a	1.041
Liz Godfree	0.887	0.909	Tim Cairns	1.223	1.089	Sian Mead	n/a	1.073
Mike Gardner	0.890	0.838	David Parkin	1.227	1.156	Stephen Mead	n/a	1.075
Doug Dickinson	0.891	0.890	Ivan Smith (Y)	1.233	n/a	Amy Kimberley	n/a	1.145
Rachel Duckworth (O)	0.896	1.074	Tom Jenkins	1.240	n/a	Kathryn Spendlove (O)	n/a	1.287
Isabella Edwards (Y)	0.902	0.903	Zoe Gordon	1.243	1.201	John Brown	n/a	1.296
Rex Bleakman	0.903	0.891	Derek Bishton	1.257	1.257	Laura Kenny	n/a	1.306
Ann-Marie Duckworth	0.906	0.893	Samuel Davis (O)	1.263	1.257	Mark Jones	n/a	1.365
John Hopper	0.912	0.879	Sarah Parkin (O)	1.268	n/a			
Derek Gale	0.915	0.953	Ann Armistead	1.271	1.187			
Rory Sellar	0.921	0.924	Ruth Ellis	1.310	1.298			
Colin John	0.921	0.900	Cathryn Goodhead	1.327	1.280			
Murray White	0.926	0.911	Helen Finlayson	1.327	1.137			

Scores based on the yellow and orange courses only are marked with (Y) and (O). As you can see, some of the juniors are pretty nippy round those paths. This then allows us to show the 20 most improved members (in percentage terms). Imperfect science I know, but hopefully of interest.

	Name	2014	2013	Change	% change
1	Andrew Middleton	0.772	0.970	-0.198	-20.45%
2	Joe Uprichard	0.931	1.149	-0.218	-18.95%
3	Sarah Duckworth (O)	0.794	0.960	-0.166	-17.27%
4	Rachel Duckworth (O)	0.896	1.074	-0.178	-16.59%
5	Jane Burgess	1.114	1.298	-0.184	-14.14%
6	Jonathan Cundill	0.843	0.962	-0.119	-12.41%
7	Sophie Gordon	0.982	1.114	-0.132	-11.86%
8	Nicholas Gordon	1.408	1.589	-0.181	-11.39%
9	Mark Goodhead	0.686	0.767	-0.081	-10.57%
10	Tony Gordon	1.122	1.240	-0.118	-9.50%
11	Michelle Mackervoy	0.802	0.880	-0.078	-8.81%
12	Richard Naish	0.837	0.916	-0.079	-8.65%
13	Elizabeth Bedwell	1.028	1.116	-0.088	-7.92%
14	Louis Forshaw-Perring	0.811	0.875	-0.065	-7.37%
15	Andy Smith	1.355	1.448	-0.093	-6.40%
16	Nicola Northcott	1.142	1.219	-0.077	-6.32%
17	Ben Crane	0.672	0.712	-0.040	-5.60%
18	Sally Dipple	1.701	1.800	-0.098	-5.47%
19	Dai Bedwell	0.614	0.649	-0.034	-5.29%
20	Richard Parkin	0.599	0.632	-0.032	-5.13%

★★ Star Runners ★★

More best performances against handicap at recent EMOA League events. See also in this issue an analysis of who has improved the most over the last twelve months.

Shining Cliff	30 th March 2014	Nicholas Gordon	Lt Green
Cademan Woods	6 th April 2014	Louis Forshaw-Perring	Blue
Allestree Park	27 th April 2014	Joe Uprichard	Brown

The juniors have it this time round!



(Except when it's Saturday or Wednesday)

The Real Deal Real Derbyshire Orienteering Fanzine No 7

Sponsored by the newly combined East Midlands Pie, Sausage, Sausage and Pie (with mushy peas, please) Federation

British Champs abandoned due to mass escape of lettuces

Vegan activists release factory-farmed thousands into forest (92-96)

Chased by a pack of vicious cos and little gem – an orienteer speaks p9

“How I broke the heart of a young lettuce” – Delia “Ronny” Smith

Oditorial

The Oditor is on holiday

Weevil change your ways!

The story so far.....British forests' number one enemy, the Three-Toed Hungarian Boll Weevil, has been captured and is undergoing re-education at the head-quarters of CLOT (The Commission for Lots of Trees) in an attempt to change his diet from larch to brambles. Our inside source takes up the story...

It was clear from the outset that we had a difficult job on our hands. In the first instance the weevil insisted that we called him László Zatopek III and would answer to no other name even though we discovered that he was actually called Kevin and came from just outside Tranmere. Then he developed a fanatical taste for 1960s American super-hero comics, chutney and playing Grand Theft Auto 5, occasionally all at the same time. He rapidly became institutionalised and any hope of returning him to the wild as a reformed character vanished. According to him, he “wouldn't get out of bed and eat brambles in a smelly old forest for less than ten grand a day”. Even a stern talking-to from Adrian's mother had little effect other than the comment that she was “a damn fine woman”. Even worse than that, he claimed that he had suffered psychological damage since birth on account of people mocking his unusually low number of toes and wanted to press for damages. In the end a compromise was reached. Bolly (as we called him behind his back) agreed to lay off the larches and act as a pest consultant for CLOT in exchange for an ample supply of chutney, a subscription to Big Lycra and a visit to Adrian's mother's house each Thursday afternoon for tea. So...the larch has been spared but the search for the solution to brambly forests goes on.

Pork Scratchings

The high hopes that local orienteers had of setting a new world record for the length of a string course

were sadly dashed last week when the 14km course at Cromford Rocks proved too tough for any three year-old to complete. This was the requirement for the record to be ratified but unfortunately the last exhausted youngster had to be sensitively removed from the course just past the 11km mark. “It wasn't the distance that prevented the record from being broken,” explained an RDO spokesperson, “but the relentless exposure to Peppa Pig. Most of the kids were totally traumatised by so many controls featuring the pesky porker and several have spent the entire week since jumping in muddy puddles. The medical advice is that the condition will eventually wear off.” The exercise has also cast doubts on the recently published answer to the age-old question “how long is a piece of string?” “We thought we had worked out the definitive answer” opined a top scientist at top-secret location on a hillside near Belper (Gateway to the North). “Unfortunately RDO has thrown up an unexpected counter-example which we will be investigating immediately. The message to string-lovers is, don't panic, we're on the case”.

Exit vertically upwards in a pillar of cloud.

Photo Pheature



A rarely seen shot of Cromford Rocks with Hogwarts just obscured by the foreground trees

A Pizza the Action

We have further news to follow up on last month's sensational report that the face of Jesus had been discovered on a NoshO pizza at the recent Cromford Rocks event. Experts working day and night in a top secret laboratory on a hillside near Belper (Gateway to the North) have now confirmed that the features on the pizza are in fact those of Dale Winton. Our roving reporter Miles Piles has been to visit the O-Caterer.

Piles: "Mr Stupendous, can you tell us something about this pizza?"

Mr Stupendous (for it is he): Yeah well, it's our Dale Winton special. Very popular around here. We do the whole range – Supermarket Sweep, Pets Win Prizes, the orange period, In It to Win It, we cover all bases. Beautiful toppings. Do you want us to make you one?

Piles: Er, no thank you. Any particular reason why you make so many different Dale Winton pizzas?

Mr Stupendous: You're not from these parts are you? Public demand. They just can't get enough of it. Mind you, that's not all we do. I can knock you up a really tasty tree-rabbit hot-pot with the face of Reg Varney if you want. An all-time classic dish.

Piles: No, no, really, don't go to the bother.

Mr Stupendous: Suit yourself. A Derek Fowlds bean-burger maybe?

Piles: (Nervously) Err.....

Mr Stupendous: Or just a piece of toast that looks a bit like Nigel Farage?

Piles: (Retreating and retching). No, No,....back to the studio....

Real Gone

WSC has learned of the sad news of the passing of Gordon "Gordon" Bibb at the age of 78. 'The Major' pays tribute.

Despite his advanced age, Gordon was renown in his heyday as the fastest exponent of the dibber in the whole country. He was so fast that even slow motion video footage cannot fully capture how his incredible technique worked. He was dismissive of EMIT, claiming it was part of orienteering's "axis of evil".

Who can forget his legendary man versus horse contest of 2003?

They said that he was out of his mind.

They said that it couldn't be done.

They said that a man could never beat a horse in a head-to-head clash.

I remember like it was yesterday. When the news of Gordon's great dibbing triumph came through, I confess, I cried like a child.

What a performance!

His dibbing exploits were sadly cut short soon after by a bizarre gardening accident. However in 2012 he was called on to act as a technical consultant for the controversial dibbing scene in the Oscar-winning "Last Control in Allestree Park". His work thus lives on. As my dear old friend Barty Rootstock used to say, "One man's Katy Price is another man's Joan Bakewell".

Or something like that.

Gripple of the Month

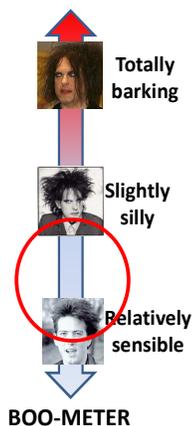


One of my all-time favourites. A dinky little "twist and pull" T-grip gripper seen here in a field near Melbourne. This one has given me and the good lady

wife endless hours of pleasure. Highly recommended! (Bob McNut – Editor, Gripple Monthly)

BOO Watch

After years of making unfathomable and unexplained decisions, BOO seem to be cosyng up to us all with a series of "friendly" monthly emails. Should we trust the strange man with the sweets? Are we being groomed for something more sinister? Are there subliminal and dark forces at work? Just how nervous can we make our lawyers? (FLUSH, WAFT....I'd leave it five minutes if I were you – WSC lawyer)



Upcoming Fixtures/Meetings

See www.dvo.org.uk

Sun 29 Jun	Oakwood Urban postponed to Sun 16th Nov			
Sat 16 Aug	Rosliston	Informal	Rex Bleakman	Swadlincote DE21 2SP SK 243174
Sat 13 Sept	Swadlincote Woodlands	Informal	Jen Gale	SK 305193
Sun 21 Sept	Longstone Moor EML	Level C	Rodger Hodgson	
Sat 27 Sept	Birchen Edge Tansley Village Hall	Club Championships & DVO Dinner	Richard Parkin DVO (fairly Limited) Catering	Details to follow in next Newstrack
Wed 8 Oct	Bell Inn, Cromford	DVO AGM	8pm	
Sat 18 Oct	Elvaston Castle	Informal		DE72 3EP SK 406330
Sun 26 Oct	Longshaw Midlands Champs	Level A	Stuart Swalwell	Help will be needed!!

EML = East Midlands League EMUL = East Midlands Urban League

Help needed

Fixtures that need officials going right into 2015 (so plenty of notice and opportunity to see the area this year):

Sat 22/11/14 Darley Park (Level D) – Planner

Sat 29/11/14 Abbotsholme School (Level D) (East Midland Sprint race) – Controller and Organiser/mentor needed to help school staff to organise (2 DVO members work at the school)

Sun 7/12/14 Stanton Moor (level C) – Controller

Sat 13/12/14 Rosliston (night) – Organiser

Thur 1/1/15 Ilkeston (urban) – Organiser

Sun 18/01/15 Crich Chase (Level C) – Planner, organiser and controller

Sat 14/2/15 Calke Park (Night) – Organiser

Sun 8/03/15 Kedleston (Level C) – Planner and controller

Sun 26/04/15 Cromford Moor (Level C) – Organiser and controller

Sun 14/06/15 Chesterfield (urban level C) – Organiser and controller

Sun 27/09/15 Abney Moor (NEW AREA) (level C) – Organiser and controller

Sun 29/11/15 Birchen Edge (level B) – Planner, organiser and controller.

There are still 3 free family tickets for bowling at Genesis (Alfreton) – pls email me if you would like them.

Ann-Marie jasrduckworth@btinternet.com

Nutrition for Sport Part 3 Vitamin D

Sal Chaffey

I work as an inflammatory bowel disease nurse, looking after patients with Crohn's disease and ulcerative colitis. Both of these are long-term conditions caused by the body's immune system working over-time and attacking itself. IBD differs from IBS (irritable bowel syndrome) in that there is microscopic and often overt evidence of inflammation in the patient's gut, whereas IBS is thought to be psychological. Bowel inflammation (and sometimes having a shorter bowel as a result of surgery) makes it difficult for people with Crohn's or colitis to absorb nutrients.

Many of our patients need supplements and vitamin D is very trendy in the world of IBD at the moment, so I thought that writing this would help me make sense of the area!

Vitamin D isn't a vitamin (remember Caisimir Funk who in 1911 coined the term vitamin from 'vital amine', i.e. essential organic compound in the diet containing a nitrogen atom?) because the body's total requirements could be synthesised in the skin. Nowadays though, it's added to foods

such as milk because telling people to sunbathe isn't good public health policy! Consequently, the RDAs in food labelling assume that none of the Vitamin D requirements are met from sunlight.

So vitamin D is actually a fat-soluble secosteroid that helps your body to absorb calcium, phosphate, magnesium and zinc. Vitamin D2 (ergocalciferol) and D3 (cholecalciferol) are found in fatty foods such as oily fish (tuna, mackerel, salmon), cheese, butter/margarine and egg yolk, and D3 is also synthesised in the skin. It is D3 that is broken down into the hormone calcitriol which regulates the amount of calcium and phosphate in the bloodstream, therefore promoting the healthy growth and remodelling of bone. Did you know your entire skeleton renews itself every 2 years? You do now!

The NHS website states that "the hands and face only need to be exposed to the sunlight for about 15 minutes a few times a week during spring and summer to provide you with enough vitamin D" – easily met by most orienteers! Interestingly, winter sun in the UK isn't strong enough to prompt vitamin formation, but because D is a fat-soluble vitamin, the body is able to store sufficient. The adage "use it or lose it" applies to bone strength; again, orienteers are already doing the right thing to avoid osteoporosis simply by being active.

Deficiency in the vitamin leads to rickets, the main symptom of which is bone pain. The victim develops bone deformities including bow legs or curvature of the spine, growth is delayed and there may also be dental problems such as weak enamel and delayed tooth formation.

In 2012 a 5-month old boy died from rickets in London. His parents were this year sentenced to 2 and 3 years for manslaughter because they didn't seek medical help for religious reasons (they were Seventh Day Adventists). The child was breast-fed and the mother was black and vegan, both of which are increased risk factors for deficiency. The hospital failed to diagnose rickets and only tested vitamin D levels after the baby had died. Fewer than 900 cases a year are diagnosed in English hospitals, but the condition has been on the increase in the last few years.

On the whole, orienteers shouldn't worry about vitamin D deficiency in themselves but the symptoms and food sources are worth knowing about.

JK'14 Results Round-up

<p>Sprint David Parkin 1st M80 John Duckworth 2nd M45 (just 3 secs after Martin Ward!)</p>	<p>Congratulations to those on the Podium!! Podium Catering for the rest!!</p>	<p>Days 2 & 3: Pauline Ward 2nd W70L Sat: John Duckworth 3rd M45L Sun: Liz Godfree 2nd W65L</p>
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Sprint - top half of field:

M16 Louis Forshaw-Perring 32nd of 95
M45 Richard Parkin 8th of 139
Dai Bedwell 26th of 139
M55 Graham Johnson 54th of 125
M65 Mike Godfree 11th of 91
Doug Dickinson 12th of 91
M70 Derek Gale 9th of 43

W12 Rachel Duckworth 6th of 43
W Open Emma Vincent 20th of 56
W45 Sal Chaffey 15th of 111
Ann-Marie Duckworth 52nd of 111
W50 Sue Russell 32nd of 107
W55 Val Johnson 28th of 75
W65 Liz Godfree 15th of 55

Saturday – top half:

M14B Oliver Dent 5th of 11
M45L Richard Parkin 9th of 119
M45S Andy Sykes 4th of 50
M55S Stephen Kimberley 13th of 50
M50L Robert Smith 24th of 140
M60S Ranald Macdonald 7th of 34
M65L Mike Godfree 8th of 104

W10A Monica Dent 8th of 19
W14A Sarah Duckworth 21st of 45
W18L Jessica Selby 2nd of 3
W21S Emma Vincent 9th of 43
W40S Claire Selby 6th of 30
W50L Sue Russell 20th of 69
W60L Judith Holt 11th of 44

Dave Skidmore 26th of 104
 M70L Derek Gale 24th of 62
 M70S Roger Keeling 6th of 12
 M80 David Parkin 5th of 11

W60S Ruth Ellis 10th of 29
 W65L Liz Godfree 22nd of 59
 W65S Jen Gale 7th of 18
 W70L Pauline Ward 4th of 33

Sunday – top half:

M45L Richard Parkin 13th of 109
 Dai Bedwell 30th of 109
 John Duckworth 50th of 109
 M45S Andy Sykes 4th of 42
 M55L Graham Johnson 36th of 112
 M60S Stuart Swalwell 5th of 32
 M65L Doug Dickinson 5th of 31
 M80 David Parkin 4th of 9

W12A Rachel Duckworth 6th of 38
 W14A Sarah Duckworth 14th of 43
 W21S Samantha Vincent 16th of 40
 W40L Michelle Mackervoy 6th of 22
 W60L Judith Holt 6th of 46
 W60S Ruth Ellis 6th of 26
 W65L Liz Godfree 2nd of 53
 Margaret Keeling 22nd of 53
 Christine Middleton 24th of 53
 W70L Pauline Ward 3rd of 29

Days 2 & 3 – top half of finishers for both days (hence "+" as too many non-placers to count!)

M16L Louis Forshaw Perring 35 th of 70+	W14A Sarah Duckworth 13 th of 40+
M45L Richard Parkin 10 th of 95+	W40L Michelle Mackervoy 9 th of 18+
John Duckworth 20 th of 95+	W60L Judith Holt 7 th of 35+
Dai Bedwell 45 th of 95+	W60S Ruth Ellis 5 th of 19+
M45S Andy Sykes 3 rd of 46+	W65L Liz Godfree 6 th of 48+
M50L Robert Smith 32 nd of 122+	W70L Pauline Ward 2 nd of 25+
M60S Stuart Swalwell 7 th of 25+	
M65L Mike Godfree 22 nd of 86+	

Relays

Senior M120+ 7th DV Olympians John Duckworth/Dai Bedwell/Richard Parkin
 Veteran W165+ 1st DV Omnipotents Liz Godfree/Judith Holt/Sal Chaffey
 Ultra-Vet MW210+ 6th DV Oligarchs Doug Dickinson/David Parkin/Derek Gale
 Intermediate M48– 17th DV Orbiters Joe Uprichard/Sarah Duckworth/Louis Forshaw-Perring
 Intermediate W48– 12th DV Octopusses Joanna Goodhead/Rachel Duckworth/Elizabeth Bedwell

British Champs

Thrunton and Callaly proved mentally & physically challenging, again with some long times for the average orienteer. Here are DVO's top-half-of-the-field performances:

M45L
9 Richard Parkin
10 John Duckworth

M55L
4 Paul Addison

M70
6 Derek Gale

M80
1 Richard Parkin

W12A
3 Rachel Duckworth

W14A
8 Sarah Duckworth

W45L
13 Sal Chaffey

W65L
3 Liz Godfree



Relays: Cragg Estate & Chesterhope Common

A complex area with fast running if going downhill!

W60 1st DVOpefuls Liz Godfree, Viv Macdonald, Judith Holt (photo above)

M40 5th DVObedient: John Duckworth, Paul Addison, Richard Parkin

W14 non-comp DVOvaltinies: Sarah Duckworth, Rachel Duckworth, Sarah Duckworth

Heard at the British....

"£25 and only 3 safety pins" Ruth Ellis

"If I'd known people were taking that long, I'd have tried harder"

Judith Holt, but a sentiment mirrored by many!

"I was pulled off (route) by a woman from SYO" Paul Addison

More follows...

Puzzle Page

Dave Nevell

For reasons that are far too complicated to go into again, we had a pie chart puzzle last time round. This produced a slightly different range of “respondees” who were on the whole, pretty much on the money. Let’s start with the answers.

Our house	Madness
Fifty ways to leave your lover	Paul Simon
Two out of three ain't bad	Meat Loaf
Song for whoever	Beautiful South
One day like this	Elbow
Eight days a week	Beatles
Three steps to heaven	Eddie Cochran, and covered by Showaddywaddy
Maggie May	Rod Stewart
Everybody hurts	REM
Should I stay or should I go?	The Clash

John Hurley was completely correct, as were Mike Gardner, Andy Mackervoy and Jane Burgess. Helen Chiswell also got a good number correct. I hope you enjoyed (or even understood!) the format. And now this month’s puzzle, Score Galore.

Summer Puzzle

Jen, Helen and Jane took part in a rather unusual score event at the ubiquitous Cromford Rocks. Each of them scored the same number of points and each of them visited the same number of controls. From the details below, please say who visited the depression and who visited the boulder.

Control Description Points Visited by

Fence corner	1	All 3
Ride	2	Jane and one other
Path bend	3	Helen and one other
Crag foot	5	Two out of the three
Depression	10	One out of the three
Veg boundary	10	Two out of the three
Rootstock	20	Jane
Re-entrant	20	Two out of the three
Knoll	25	Two out of the three
Boulder	50	One out of the three

Answers to me, dnevell3@gmail.com by the Editor’s copy date please (1st Sept).

SPOTM

Andy Middleton who got back from his Relay leg at the British wondering why he'd handed over to Judith Holt instead of Dave Chaffey. A last minute change by Liz perhaps? More a combination of oxygen debt & wearing sunglasses for it was, in fact, Dave to whom he'd handed over!

THE END