

# NEWSTRACK

## March 2007



### **Great Moments from the Orienteering Archives**

**Running out of bounds was frowned upon in post-Revolutionary France.**

\*\*\*\*\*

***Newstrack is the magazine of Derwent Valley Orienteers***

Editor: Dai Bedwell, 200 Leicester Road, Loughborough, Leics LE11 2AH  
Tel: (01509) 260751 email: daiandkaren@tesco.net

## Thoughts from the Chair

I have just reviewed my comments from a couple of years ago and find myself echoing the same thoughts. The winter season is just about over and we are moving into the big competition time of year. The Compass Sport Cup is on us (and my comments two years ago highlighted the fact we had qualified for the final – let us hope we do it again), shortly followed by the JK and then the British Championships. Good Luck to all our runners, whether they are running for the Club in the CSC or the relays or for themselves as individuals.

As many of you might have noticed we no longer have BOF but British Orienteering, not to be referred to as BO! This is a serious attempt by the Executive to market orienteering as a sport more effectively than we have in the past. This is the reason for the word orienteering to be used in external publications rather than any abbreviation. Money from outside of British Orienteering is very tight and raising awareness is the objective. We cannot continue the sport as we know it without this money so it has my full support. I should add at this point that I am currently the East Midlands Member on the British Orienteering Council so I have a more than casual interest in this issue.

Anyway, I am off the Witherslack for the National Event, snowed off from last year. Let's hope the winter season is really over!

Derek Gale, 10<sup>th</sup> March 2007

## Reminder of next Open Meeting – Wednesday 25<sup>th</sup> April 2007

The tradition of having open meetings each quarter continues with the next being at our new venue – Sawmills Village Hall, on the A610 between Riply and Ambergate (the venue for Friday night circuit training). NOTE REVISED DATE!

There will be opportunity for an open forum at 8pm and **Paul Wright is organising a quiz afterwards.**

The hall is booked from 6-45pm so that people can go for a run beforehand.

## Welcome to New and Returning Members

Welcome to the following new members to DVO: (Actually I recognise several of these names, so it's more a welcome back in some cases – ed.)

Teresa Bilington of Belper  
Angela Jones of Chesterfield  
Rachel Pearce & Alan, James, Imogen & Samuel Boshier of Matlock  
Jack Tuck of Heanor  
Hilary Kane of Anstey  
Christopher, Alison, Lucy & Alexander Bourne of Matlock  
Helen Chiswell of Derby  
Sarah Blackburn & Mackenzie Hodson of Chesterfield  
Claire Newey of Belper  
Paul, Joseph & Luke Corton of Crich  
Sue, Nicole & Heather Livesey of Derby

## **Sports Personality of the Month – a rare self-nomination**

### Thomas and Dad do the green course.

Thomas and Dad are doing the Green course today. Have you ever done the green course. Green courses are technical. Thomas has only ever done one green course before, Dad has done hundreds. See Thomas run off into the distance. Dad is shadowing Thomas in case he makes mistakes. See Dad try and keep up with Thomas. Thomas and Dad run through the new age encampment. Look at the pretty coloured tents. One tent is perched up on a ledge. Would you like to live in one those tents. Thomas and Dad wouldn't. Thomas and Dad find control number six. See Thomas bound off down the path, see Dad get stuck trying to climb the stile. Slow Dad. The next control is down a wide reentrant to a large (in fact gigantic) depression. Do you have legs that become nightmares? - Dad does. See Thomas waiting in the car for Dad to come back. Thomas is going to shadow Dad next time.

When the results were published it transpired I took the longest on this split but to rub salt in the wound Thomas took the shortest time of all for this split.

Paul Wright

## **JK 2007 - FLOORSPACE ACCOMMODATION**

Alvington Village Hall (A48 after Lydney)  
Available after 10pm on Friday 6<sup>th</sup> April – Monday 9<sup>th</sup> April

Bring your own:

- ❑ sleeping stuff
- ❑ breakfast / lunch
- ❑ plates, cutlery etc

Communal dinners on Saturday & Sunday evenings. To book contact Val Johnson

## **BOC 2007 CAMPSITE**

Steve Kimberley has found a campsite that accepts caravans, motor-homes and tents within 15 minutes of the British, just outside Abergavenney. Their website is <http://www.pyscodlyncaravanpark.com/index.php>

Toilets, showers and laundry facilities are available on site. Dogs are welcome (and no charge) and they have a field for exercising them in. The site has around 60 pitches in total but booking is essential as it will be full at the Bank Holiday. They do not allow bookings for only one night at the Bank Holiday, and this policy is apparently in place at other campsites in the area.

If you are interested it would be worthwhile booking ASAP.

## **Re-arranged DVO Dinner and Annual Awards**

**Saturday 28 April 2007  
Wirksworth Town Hall, 7.00 - 11.00 pm**

Deciding whether to go ahead with the DVO dinner or cancel it because of the weather was not an easy decision – and we had no controller to help us! Ranald, Val and I were at Wirksworth Town Hall at 5.15pm on the Friday and spent half an hour standing in the doorway watching the snow fall and ringing Derek to get some Chair's advice! The roads were getting worse and it would have been difficult for everyone to find a safe parking space even if they had got there. At 6pm we had to decide either to light the ovens or cancel and opted for the latter as it was becoming too dangerous. Thanks to Helen, Jen and Derek and Graham for ringing round. We managed to catch most people before they left home but we're very sorry if we missed you and you had set out or even got there. I know the Beresfords had but Rachael assured me that Ben and Jessica had an entertaining evening watching all the antics of drivers in the snow.

We left the Town Hall at 6.30 and it took us nearly two hours to get back to Matlock (via Duffield) as Steeple Grange and Cromford Hill were disaster areas. Half way up Steeple Grange we had got stuck and watched four-wheel drive vehicles sliding as much as anyone if they touched their brakes. In the end some helpful people turned us round and as soon as nothing was ahead we set off extremely gingerly trying not to touch the brakes at all. The roads from Matlock to Chesterfield had been closed in the chaos and the next day as we drove off to the Yorkshire Dales on holiday there still cars everywhere – apparently 160 had been abandoned.

Val's freezer is now packed with 80 chicken legs and our lounge full of tins of chick peas, tea, coffee etc. We donated some of the perishable goods to our neighbours, so we are well in there. I hope those of you at Lindop enjoyed the cheesecake.

We have re-booked Wirksworth Town Hall and DVO Catering (rather) Ltd for Saturday 28 April; 7.00pm for 7.30pm, the evening before our Riber Hillside event. It will again be a cash bar and the tickets are the same price (£7.50 and £3.50).

Please let Val or me have your names by 21 April.

Viv Macdonald (01629 734307 or [r.macdonald@shu.ac.uk](mailto:r.macdonald@shu.ac.uk))

## **FOOTPATH RELAY - SATURDAY 30<sup>TH</sup> JUNE 2007**

Hartington Hall Youth Hostel

Offers of help from club members willing to be at changeover points now being taken, contact either Val Johnson or Mike Godfree if you can do this for us.

Graham is also taking names for the DVO team – 20 legs of varying lengths. He is especially keen to hear from those interested in the 14km leg.

## **Editorial**

Apologies that the March issue will only get to you in April – I was aiming to get it out before travelling with work but I was very short of copy in Mid March, and an 8 page edition seemed poor value for the postage.

Dai Bedwell

## **COACHING CORNER**

### **Club Coaching Day**

Saturday 20<sup>th</sup> May (day before Caw National Event)

Lake District –an excellent opportunity to come and practise techniques, such as contour interpretation, in good quality terrain and just that little bit different from the East Midlands.

For all club members – orange/light green standard and above.

Book your maps now – ring or email Val Johnson.

### **Junior Coaching**

Following the success of the East Midland Autumn programme more coaching especially for juniors is planned for the Spring (and dates are being worked out for the Summer).

Please come along – remember to ring or email Val Johnson at least a week beforehand so that suitable exercises can be planned and enough maps organised.

## **DVO Coaching Schedule 2007**

<b>Date</b>	<b>Where</b>	<b>What</b>
March 31	? NOC * Rufford	Coaching session
April 21	LEI C4 * Bradgate Park	+ Junior Session
29	DVO C4 Riber Hillside	DVO Coaching Clinic
12	DVO C5 * Ilam	Coaching Session

To ensure enough maps are prepared, sessions marked \* must be pre-booked,

Val Johnson  
01773 824754  
gmjandfam@aol.com

**Local Fixtures (all C4 events offer £2 discount for senior National or Local (East Midlands) members of British Orienteering**

**March 2007**

24th EM DVO Local Event. Poolsbrook, Chesterfield. [SK435735](#).  
C5 Val Johnson, 01773 824754. [gmjamdfam@aol.com](mailto:gmjamdfam@aol.com) £3.00/£1.00. EPS-SI.  
No dogs

25th EM LEI National Forest Trophy District Event & Long O. Ratby Woodlands,  
Leicester.  
C4 Chris Phillips, 0116 255 0330. [onecphillips@lineone.net](mailto:onecphillips@lineone.net) EPS-SI. String  
course. Dogs on lead. The event will include a 15K Long O  
[www.leioc.org.uk](http://www.leioc.org.uk)

**April 2007**

1st WM WCH District Event. Miflins Valley, Rawnsley, Cannock Chase. [SK028158](#).  
C4 Mike Thompson, 01785 660716. [mike.thompson56@tiscali.com](mailto:mike.thompson56@tiscali.com)  
£7.00/£2.00. EPS-SI. Parking £1.00. Dogs on leads. Signed from A460 south of Rugeley.  
[www.walton.chasers.co.uk](http://www.walton.chasers.co.uk)

6th-9th BOF **JK ORIENTEERING FESTIVAL, Forest of Dean**

14-15th YH **Seaside Scramble Weekend**  
O2S **14th - EBOR British Sprint Championships**, Scarborough.  
O2 **15th - CLOK British Elite Middle Distance Championships inc Public**  
**Races.** Mulgrave Woods, Whitby. [NZ843112](#).  
see [www.seasidescramble.org.uk](http://www.seasidescramble.org.uk)

15th WM HOC District Event (**provisional**).Near Kidderminster. [SO714766](#).  
C4 George Chambers, 0121 532 4781. [gechambers@blueyonder.co.uk](mailto:gechambers@blueyonder.co.uk)  
[www.harlequins.org.uk](http://www.harlequins.org.uk)

21st EM LEI District Event. Bradgate, Swithland & The Brand,. [SK522117](#).  
C4 Robert Haskins, 01509 842449. £7.00/£1.50. EPS-SI. Parking £2.00. Dogs  
on leads. [www.leioc.org.uk](http://www.leioc.org.uk)

22nd WM **OD Regional Event** Bentley Wood, Atherstone. [SP291966](#).  
C3 Entries: Lesley Ross, Four Elms Farm, Studley, Warks, B80 7EG, 01527  
857646. [entries@fouremsfarm.co.uk](mailto:entries@fouremsfarm.co.uk) CD: 07/04/07. £10.00/£3.00. Fees include Emit hire -  
own brick £1 off. Lim EOD + £2.00/£1.00. Chq: Octavian Droobers. EPS-Emit. Orange, Lt  
Green. Parking £1.00. see: [www.octavian-droobers.org](http://www.octavian-droobers.org)

29th EM DVO District Event & EM League. Riber Hillside, Matlock. [SK308584](#).  
C4 Rob Shooter, 0115 932 2945. [shooterfamily@hotmail.com](mailto:shooterfamily@hotmail.com) £7.00/£1.00  
EPS-SI. String course. [www.dvo.org.uk](http://www.dvo.org.uk)

**May 2007**

5th-6th WOA **BRITISH ORIENTEERING CHAMPIONSHIPS 2007**  
C1 **5th - BRITISH CHAMPIONSHIPS.** Pwll Du, Blaenafon. [SO230103](#).  
R1 **6th - BRITISH RELAY CHAMPIONSHIPS.** Pwll Du, Blaenafon.

12th EM DVO Local Event. Ilam Hall, Dovedale. [SK131505](#).  
C5 Val Johnson, 01773 824754. [gjamdfam@aol.com](mailto:gjamdfam@aol.com) £3.00/£1.00. EPS-SI.  
Dogs in car park on lead. [www.dvo.org.uk](http://www.dvo.org.uk)

20th NW LOC NATIONAL EVENT. Caw Fell, Broughton in Furness. [SD230945](#).

26-28th WM **Springtime in Shropshire Weekend**

C3 **26th - HOC Day 1 Regional Event.** Titterstone Clee Hill, [SO592776](#).

C3 **27th - WRE Day 2 Regional Event.** Bucknell, Ludlow, [SO341752](#)

C3 **28th - HOC Day 3 Regional Event.** Brampton Bryan, Ludlow.

Entries: Mike Farrington, Oak Lodge, Floyds Lane, Wellington Heath,  
LEDBURY, HR8 1NB, 01531 635502. [mike@farrington.me.uk](mailto:mike@farrington.me.uk) CD: 23/04/07. Lim colour  
coded W,Y,O, R, LG EPS-SI. String courses. Dogs on leads [www.harlequins.org.uk](http://www.harlequins.org.uk)

### June 2007

2nd EM DVO Local Event. Holmebrook, Chesterfield. [SK360730](#).

C5 Val Johnson, 01773 824754. [gjamdfam@aol.com](mailto:gjamdfam@aol.com) £3.00/£1.00. EPS-SI.

No dogs. [www.dvo.org.uk](http://www.dvo.org.uk)

3rd YH SYO District Event. Beeley Woods, Sheffield. [SE318927](#).

C4 Mick Hughes. [mike.l.hughes@telewest.co.uk](mailto:mike.l.hughes@telewest.co.uk) £6.00/£1.00 EPS-SI. String  
course. Dogs on leads. [www.southyorkshireorienteers.org.uk](http://www.southyorkshireorienteers.org.uk)

9th EM DVO Local Event. Rosliston Forestry Centre, Burton on Trent.  
[SK243176](#).

C5 Rex Bleakman, 01283 733363. [bleakmanhome@btinternet.com](mailto:bleakmanhome@btinternet.com)  
£3.00/£1.00. No dogs. [www.dvo.org.uk](http://www.dvo.org.uk)

16th EM DVO District Event & EM League. Kedleston, Derby. SK313403.

C4 Michelle Mackervoy, 01332 557892. £7.00/£1.00, Family entry: £15.  
EPS-SI. String course. NOTE REVISED DATE – NOW ON SATURDAY!

### DVO Summer League

It's back from the verge of cancellation, with a new format for this year – two courses (long and short) for a conventional run out with a map. Val Johnson is the series co-ordinator but we need at least one person to run each event – please volunteer before we come looking for you!

1 June	Foremark, Ticknall
15 June	Darley Park, Derby
22 June	Calke Park, Ticknall
29 June	Bottom Moor, Matlock
6th July	Elvaston Castle, Borrowash
13 July	Willesley, nr Ashby de la Zouch (organised by LEI)
20 July	Black Rocks, Wirksworth
27 July	Allestree Park, Derby

## **Monday Night Summer Programme – 2007 in association with Matlock Athletic Club**

### **April**

Monday 2	Sherwood Hall and meal at Shalimar
Sunday 8	Shining Cliff Fell Race 12 noon- Hurt Arms
Monday 9	Easter Monday - no run
Sunday 15	Wirksworth Incline Race – 11am (Ravenstor Road)
Monday 16	High Peak Junction
Monday 23	Chatsworth – Calton Lees
Monday 30	Sherwood Hall

### **May**

Monday 7	Bank Holiday – no run
Monday 14	Sherwood Hall
Tuesday 16	Burbage Moor, Fox House (7.30pm) (?)
Monday 21	Hell Bank Plantation
Monday 28	Bamford sheep dog trials fell race 1pm

### **June**

Sunday 3	Shining Cliff Woods Fell race 12 noon (Hurt Arms)
Monday 4	Sheepwash, Carsington – pub
Wednesday 6	Calver fell race 7.30pm at Derwentwater Arms
Thursday 7	Tansley Hill race 7.30 –village green
Monday 11	Sherwood Hall
Thursday 14	Grindleford Fell Race (7.30pm) Pavilion
Monday 18	Hartington – and pub
Wednesday 20	Riber Run from Lea Green (6.30pm)
Sunday 24	Bakewell Pudding Race (11am)(?)
Monday 25	Alport/Lathkill Dale
Friday 29	Tideswell fell race 7.45 – picnic area

### **July**

Monday 2	Sherwood Hall
Tuesday 3	Parwich Fell Race (7.30pm)(?)
Wednesday 4	Black Rocks Fell Race (7.30pm)
Thursday 5	Winster fell race (?)
Monday 9	Hathersage fell race 7.30- school fields
Monday 16	Viv and Ranald's, Oker – Bar-B-Q
Wednesday 18	Bamford fell race 7.30 – recreation ground
Monday 23	Margaret's at Whatstandwell
Thursday 26	Stoney Middleton fell race 7.30 – playing fields
Monday 30	Ashford/Monsal Dale or Bonsall Fell Race (7pm?)

*Phone Viv (01629 734307) or email [r.macdonald@shu.ac.uk](mailto:r.macdonald@shu.ac.uk) if you need directions.*

***All runs start at 6.30pm unless otherwise stated***



## Captain's Slog

Every ten years or so, a story appears in the newspapers recording the discovery in the Amazonian jungle of some cult found to have committed mass suicide for no apparent reason. It is my theory that DVO performed the orienteering equivalent of communal hara-kiri at Greno Woods in the first (and so far as we are concerned, only) round of the CompassSport Cup.

This is the only rational explanation for a collectively appalling performance, finishing well off the pace in fourth position. Throughout the following week, my email in-box bulged with apologetic emails from DVO members, begging forgiveness for their individual contribution to DVO's humiliation. I do not except myself from this excoriation but at least I did finish my course. There can have been few events when DVO members have retired/ mispunched/injured themselves in numbers and manner that a lemming would have been proud of. I'm just glad that the club captain's role is not like that of a football manger, otherwise I'd be the Steve Maclaren of club orienteering, desperately seeking the dreaded chairman's vote of confidence.

The only crumb of comfort is that at least we won't now have to endure a Final held at Blidworth Woods, which would be like winning a holiday at Guantanamo Bay.

There were one or two gleams of sunshine in what was a bleak day in more than one sense of the word. Best of the bunch was the first place achieved on Orange by Ben Beresford, but honourable mentions are due also to John Duckworth's 8<sup>th</sup> on Brown, Liz Godfree's 4<sup>th</sup> on Green Women and Michelle Mackervoy's 8<sup>th</sup> on Blue Women, only minutes down on runners with international experience and (I'm sure she won't mind me mentioning) some years her junior.

However, the great thing about orienteering is that you can always pick yourself up, dust yourself down and look forward to the next event, which, so far as I'm concerned, is the JK Relays. There have been one or two withdrawals (get well soon, Doug) and late entries, throwing my delicately balanced plans into chaos, but the following are provisional teams – we need to find a ninth member (preferably of mature years) to make up the numbers in our third M165- team; any volunteers/suggestions?

In most JK classes, the middle run is a shortest one. Anyone is free to complain or arrange a different order/combination with their team mates but I need to know fairly quickly. Where asterisked, the following assumes that I can change an existing team's class:

Class	No. of Teams	Possible members
C – Men's Short	1	D Bennett, D Kimberley, S Gale (Short) *D Clough, Jack Tuck, Mark Spendlove,
D – Women's Short	1	L Loudon, R Johnson, C Gale
E – Senior Men (120+)	2	D Lawson, A Jackson, J Duckworth D Bedwell, S Kimberley, P Beresford,
F – Senior Women (165+)	1	S Russell, R Davis, AM Duckworth
G – Vet Men (165+)	2	P Armstrong, M Godfree, J Hurley,

		G Johnson, D Gale, R Bleakman *J Armstrong, P Wright, ????
H – Vet Women (165+)	1	L Godfree, J Gale, P Ward
J - Inter. Men (M48-)	1	T Wright, T Gale, S Wright,
M – Mini Relay (M/W12-)	3	N Lawson, H Lawson, B Beresford A Kimberley, N Jackson, W Gale, J Gale, J Beresford, E Bedwell
Ad Hoc (G, O, G)	2	B Ward, L Gale, T Berwick

The JK Relays are followed swiftly by the Brits. Different team qualifications and personnel changes mean further juggling, but I am proposing to enter the following (these are not suggested teams, just names in no particular order just to determine the team category):

Men's Short	Dave Bennett, Daniel Kimberley, Steve Taylor
Women's Short	Claire Gale, Liddie Loudon, Helen Chiswell Liz Godfree, Viv Macdonald, Sue Russell Jessica Whitehead, Emma Whitehead, Ruth Johnson
M40	Andy Jackson, Steve Kimberley, Dave Lawson, Dave Vincent, Paul Beresford, Dave Lawson Dai Bedwell, Murray White, AN Other?
M50	Mike Godfree, Ian Whitehead, Graham Johnson
M/W60 (at least 1 woman)	Doug Dickinson, Derek Gale, Rex Bleakman, Brian Ward, Pauline Ward, Jen Gale
M/W12	Nicola Jackson, Jessica Gale, Ben Beresford, Jessica Beresford, Amy Kimberley, Nathan Lawson, Harriet Lawson, Elizabeth Beresford, ???
Ad Hoc	Ranald Macdonald
Junior Ad Hoc	Samantha Vincent, Emma Vincent, Alex Whitehead

As you can see, we need another M/W12 and someone to make Ranald less lonely – although Ranald could slot into M50, promoting one of the existing M50s to M40 (Ian Whitehead must be fit, having no distractions from training in his self-imposed exile in Pakistan).

Last year, people wanting to pay for their half-price runs were shoving fivers into my hand as I changed for my relay run, and some cheques didn't turn up, in the glove compartment of my car, till some weeks later, causing much consternation in the meantime. This year, I'm waiting until after the British and will send any one who's entered the CSC, JK, BR or stayed at the JK village hall an account, inviting them to pay by cheque so I can keep a record of who's paid and who's not. It will mean a big one-off payment for some so start putting the coppers in the piggy bank now.

Graham Johnson, Club Captain

## **Sports Personality of the Month (2) – Brian Denness**

To ensure that he was in a totally relaxed state for organising our event at Stanton Moor, Brian jetted off for a week's holiday in Istanbul returning home in time for a quick trip to the equipment store on the Friday before an evening out at the Ritz in Belper. It seemed to work as the event went pretty well.

## **Stanton Moor – a Request**

Derek & I were the planners. It was only our third planning experience and we're aware we still have a lot to learn, which is where the request comes in. We need your feedback to understand where we could do better. For instance, we've never done a brown course and are never likely to now, so, we abide by the guidelines, but how do we tell what the typical brown runner would prefer. I tend to obsessively avoid sending brown round a small area twice if I can because I'd hate it. And I tend to assume what is grindingly slow going through heather for me is much less of a problem to most brown runners (I've been overtaken many times by young fit runners gliding over what I'm picking my way cautiously through), but maybe I'm wrong, and when the choice is 2 or 3 "runs" cross heather or twice round an area, the former is preferable. Only brown runners can tell me.

We still have grandchildren so feel we have a reasonable understanding of white and yellow, but did we get it right? And some planners have little experience of children and won't know when they're getting it wrong unless you tell them.

At least brown, white and yellow are likely to have a single kind of clientele; some of the other courses have more complex requirements. Light green is a good example, it tends to be thought of as the stepping stone from orange to green, but it's also the way down from green and maybe even blue for older runners who cannot do the distances any longer. So perhaps some are happy to tackle the physical, but want it to be significantly less technical than green, while the others want a shorter less physical course with almost the same technical difficulty as the green. How well did we meet the 2 extremes?

So, this is a plea for constructive criticism – and some positive comments would be nice, otherwise we may be too discouraged to do it again – so that we can get better. We did solicit some comments on the day and there have been one or two e-mails, but more would be good – you'll get better courses by telling your planners what you enjoyed and what you didn't. Our e-mail address is [jen244@tiscali.co.uk](mailto:jen244@tiscali.co.uk) and for other events the planner's e-mail address is generally on the details.

Jen Gale

## **DVO SHOP**

Since Sue took over as Treasurer last September, I have inadvertently been sending the DVO shop cheques to her old address and none of these have reached her. If you have bought any gear from the shop since September and given me a cheque (not Val for the new O tops), please could you check your bank statement to see if they have been cashed. If they haven't, please could stop that cheque and let Sue or me have another one when you next see us. Sorry for the inconvenience - thanks for your help. Viv

## **DVO Organising National at Longshaw, Sunday Dec 3<sup>rd</sup> 2007**

Yes – I know December is a long way off but things are already starting to take shape as DVO gears itself up for organising a National Event. All DVO members will be asked to help on the day, so please keep this date free.



# Derwent Valley Orienteers

## District Orienteering Event

# Riber Hillside

Sunday 29<sup>th</sup> April 2007

By car: Parking at John Smedley Mill in Lea Bridge (SK318563). From the A6 at Cromford crossroads (3km south of Matlock) follow Mill Road/Lea Road for 3km.

By public transport: Bus services between Matlock and Alfreton (services 140 and 237) stop adjacent to the event car park at John Smedley Mill in Lea Bridge. Train or bus services to Cromford - 3km from the event - are available from Nottingham, Derby, Chesterfield, Buxton, Ashbourne.

Cost: **Seniors** £7 (reduced to £5 for National and East Midlands members of British Orienteering); **Juniors/Students** £1; **Family** £15 (reduced to £11 for National and East Midlands members of British Orienteering). Please show your membership card. On White, Yellow and Orange courses, family groups running together pay only one Senior entry fee.

The event will use SportIdent electronic punching. If you do not have a SportIdent card, you can hire one at Registration. Hire fee of 50p for Seniors, free for Juniors.

Registration open 10 - 12. Registration, Toilets, Finish and Download will be in the north car park. From the south car park, cross the road and walk 300m along a track.

Starts from 1030 - 1230. Starts times will not be allocated. There will be two starts. White, Yellow, Orange and Light Green courses will use the **Near Start**, which is 25m from the South car park and 325m from the North car park.

Green, Blue and Brown courses will use the **Far Start**, which is approximately 2km along roads, allow 20 - 25 minutes. Clothing bags will be provided at the Far Start and returned to the North car park.

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

Maps: 10:000, A4 size, updated 2006. Maps will be pre-marked but not be bagged.

Terrain: Steep woodland with open areas, areas of contour detail, many line features. Little undergrowth but can be slippery. Courses have significant climb

Whistles must be carried. Competitors take part at their own risk

Dogs on lead in car park only.

Organiser: Rob Shooter 0115 932 2945      email: shooterfamily@hotmail.com

Planner: Rob Smith

Controller: Brian Ward