



Newstrack

March 2014



Clumber Park 2nd March
DVO wins Robin Hood Trophy for 1st time since its inauguration in 1998
(Photo: John Cooke, write-up p. 13)

Newstrack is the magazine of Derwent Valley Orienteers
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Open Meeting Invitation ... and pre-JK Preparation

The next Open Meeting will be at the **Bell Inn at Cromford on Wednesday 9th April**. There will be a run at 7pm followed by the Meeting at 8:15pm. After the business part, there will be an opportunity to look at maps of JK 2014 areas Pwll Ddu and Merthyr Common and discuss tactics and techniques with 2 of DVO's most successful orienteers, John Duckworth and Liz Godfree.

Editorial

Even though this issue follows hard on January's, there's plenty of interesting stuff. Dave's history of DVO is a good read – did you know that this year's JK will be the 47th? And in the old days it was common to take 3 hours on the courses! Mike has sent a piece on the Earth's shifting magnetic field and another fact-let dangled by Mike at DVO Committee is that the origins of the UK telephone Area codes lie in the alphabetical phone keypad and the names of the exchanges (you can tell from this that we have a packed agenda!!).

Prior to the late 1950s you would need to dial the Operator to make a long distance call. Area codes used to be known as STDs, which stands for subscriber trunk dialling and the 1st 0 in a phone number is called the trunk prefix, meaning you are phoning out-of-area. The 0 isn't part of

the area code and foreign diallers calling the UK don't use it. The 1 that follows the 0 was introduced on Easter Sunday 1995 (to free up more numbers for future use).

So you can see this works with the following codes:

Derby 01332 332 = DEB
Ripley 01773 77 = RP
Blackpool 01253 25 = BL



Good luck all in your spring events. Here's a tip from a Princeton psychology professor that I hope you won't need! Feeling you are short of time (or money) causes a stress mentality called a "scarcity trap". This can lower your IQ by 13 points and cause you to make bad decisions, which is why one error often leads to a bigger one. A sleepless night only lowers your IQ by 10 points, so it's really important not to make that first mistake, panic and make a bigger one! All I can say is CONCENTRATE!!

Copy date for next issue is 10th June

Sal

Junior Rep

Hello everyone! I'm the new DVO junior representative, so it falls to me to collect any ideas you may have. I thought a nice way to start would be with an Easter egg hunt, at the JK this spring. For everyone under 18 who loves chocolate. If you have any other ideas; for training or social events, please let me. You can catch me at most DVO events or send me an email.

Elizabeth Bedwell

liz.bedwell@btinternet.com

Situation Vacant: Club Secretary

It emerged at the last Committee meeting that Derek is now in post for his 4th year so has been shunted to Committee Member but doing the work of the Secretary – this is easier than changing the Club constitution to allow him to run a 4th year! He's written his own job description, anyone interested, pls contact Derek on dq.244@btinternet.com.

Role of the DVO Membership Secretary

1. To receive notifications from British Orienteering and distribute to the Committee or all members as appropriate.
2. To process the Active and Lapsed membership files that British Orienteering make available.
 - Get a list of members to the Committee and the web master.
 - Welcome new members
 - Remind lapsed members
 - Report membership status to the Committee
3. To distribute the electronic versions of EMEWS and Newstrack.
4. To generate labels for paper copies of Newstrack and to print and issue paper copies of EMEWS.

Captain's Corner

As you should all know DVO came a creditable second in the first round of the Compass Sport Cup behind DEE but ahead of both MDOC and NOC. We turned out the largest number of competitors. Thanks to all those who made the effort to run for their club. I'm sure taking a bus made all the difference. Those who came on the bus seemed to enjoy the camaraderie even if we had to walk further from the rugby club (but they did have nice loos there!). DVO put up a good performance in a close fought match in spite of injuries and illness. Full results via the DVO web site including

Dave Nevell's analysis of the scoring which shows that everyone is important. There was none of the mis-punching nor retiring that marred last year's final in the Forest of Dean. You could say this was the result we wanted as I guess there would be no great enthusiasm for the final at Long Valley (down south!) on a Saturday in November. Next year NOC are hosting the first round with the final in the Lakes and we will hope to be there.

Last call for JK relays ASAP. Proposed teams below
Easter Monday 21st April – Pwll Ddu

British Relays – names by 20th March for cheap rate, else by 1st May latest
Sunday 1st June (i.e. end of half term), Northumberland

Scottish Relays – after several years' break we already have one team this year.
Sunday 25th May, Pitlochry. Any more names to me, there is no published closing date yet.

Harvester Relays

17th/18th May. Winterfold, Surrey. I have a couple of people interested, if anyone else is interested let me know and I will put you in touch.

Footpath Relay, Saturday 21st June

This year this is a 20 leg relay based on Ilam Hall with a series of loops returning there. But this time the legs vary in length from 1.7 Km to 10Km so we can accommodate youngsters and it will be feasible to combine legs. Let me know if you would like a run and as soon as I have the details I will start allocating legs. It helps the team greatly if you recce your leg beforehand (and whilst doing the navigation and not just following).

Liz.Godfree@btinternet.com

Proposed JK Relay Teams

(doubtless there are many changes to come)

M210+ Doug Dickinson David Parkin Derek Gale	W165+ Liz Godfree Judith Holt Sal Chaffey	W Short Ann-Marie Duckworth Rachel Davis Michelle Mackervoy
M165+ Mike Godfree Stuart Swalwell Andrew Middleton	W165+ Christine Middleton Anne Kimberley Viv Macdonald	W Short From Karen Bedwell, Rebecca Perring, Val Johnson, Sue Allard ?
M165+ Graham Johnson Steve Kimberley/Rex Bleakman John Hurley	M48- Joe Uprichard Sarah Duckworth Louis Forshaw-Perring	M Short Paul Goodhead Ranald Macdonald/John Cooke Mark Goodhead
M120+ John Duckworth Dai Bedwell Richard Parkin	Mini Relay Sam Davis James Bedwell Ben Mackervoy?	W48- Joanna Goodhead Rachel Duckworth Elizabeth Bedwell

Note that the middle leg of the adult and 48- teams is a shorter leg and that Men's Short is shorter than M165+.

DVO Bowling Night

"Gosh! Ann-Marie's idea of a DVO event is to join the locals of Alfreton for a full blooded Kick Boxing event!"

A big surprise for the 30 people who came out for the bowling at Genesis Entertainment on 8th March - no one told Ann-Marie when she booked that we would be sharing the normally very quiet complex with about 200+ very pumped up gentlemen out to watch a good fight. Eventually a brave DVO'er pushed his way through to the front of the bar (10 deep) and managed to get bowling shoes and the lanes activated.

Some had opted for the bumpers to be up ("B" after the name), so kept the ball out of the gully and their scores reflect this. Most noticeable achievements were by Malcolm Spencer (Parking Team) and the children. Josh Clough may only be 4 years old and his balls may have taken about 1 minute to trickle down the alley, but his score was brilliant.

After 2 games each we had all had a good evening out - some remembering that keeping the ball on the rink was a lot harder than running over brambles.

The next event will be the summer (Saturday 28th June?) - it will have a more creative theme. I will hold over the request for Laser Quest (2 teams shooting laser guns in a darkened room – Awesome! –Ed.) until the weather gets colder again and we need to go back in doors.

Name	Team	1 st Game	2 nd Game
John Duckworth	Finish	70	120
Jen Gale	Finish	41	86
Derek Gale	Finish	65	91
Viv Macdonald	Finish	66	78
Ranald Macdonald	Finish	119	79
Michelle Mackervoy	String	86	80
Andy Mackervoy	String	103	85
Stuart Swalwell (B)	Parking	113	133 (inc stand in)
Malcolm Spencer	Parking	105	120
Dave Clough (B)	Parking	120	111
Andrea Clough (B)	Parking	99	81
Sarah Duckworth (B)	Meet & greet	135	87
Rachel Duckworth (B)	Meet & greet	110	105
Ben Mackervoy (B)	String	104	96
Peter Mackervoy (B)	String	89	100
Zachary Clough (B)	Parking	78	87
Josh Clough (B)	Parking	100	103
Ann-Marie Duckworth (B)	Meet & greet	96	113
Zoe Gordon	Registration	60	60
Tony Gordon	Registration	69	89
Brian Ward (B)	Registration	91	96 (inc junior team help)
Pauline Ward (B)	Registration	107	79
Roger Keeling (B)	Registration	95	94
Margaret Keeling (B)	Registration	75	83
Sian Mead (B)	Registration	103	101
Steve Mead (B)	Registration	97	109
Rebecca Mead (B)	Registration	57	109
Sal Chaffey (B)	Start	94	88
Graham Bromley	Guest	69	62
Denise McLellan	Guest	81	49

●★●★● STOP PRESS ●★●★●

Genesis at Alfreton have sent us **5 free vouchers for a family game of bowling** (2 adults and 4 children) because of the clash of our night with the kick boxing event.

Ann-Marie has the vouchers for anyone in the club to use on a first come first served. Valid til end of September 2014 Monday to Friday only. If you would like one, pls get in touch on jasrduckworth@btinternet.com

Shock, Horror – Magnetic North changes sides

When I first took an interest in maps the difference between Magnetic North and Grid North was a significant 10 degrees. The apparent position of the Magnetic North Pole however wanders through the Arctic in a rough circle around the North Pole. So the difference has been gradually reducing so that at present in the Midlands it is around 2 degrees. Orienteering maps solved the problem of making complicated adjustments by being aligned to Magnetic North, although this does mean rotating the maps to keep pace with the change. The difference varies across the country and as this diagram shows we have now reached the point where Magnetic North is west of true north in the far south west of Cornwall and at the present rate of change of 11 minutes a year by 2025 it will be zero in Derbyshire. This means that the Ordnance Survey have had to revise the diagram that sits in the corner of their maps explaining how to convert from compass bearings to grid north.

Of course all this is nothing compared to what will happen when as predicted the earth's magnetic field flips and our compasses will point at the South Pole instead of the North Pole. Fortunately that is not likely to be in any of our lifetimes since during a reversal it is likely that the magnetic field would be very weak and rapidly fluctuating. Now that would be a good excuse for a bad run – “the earth moved for me”.

Mike Godfree

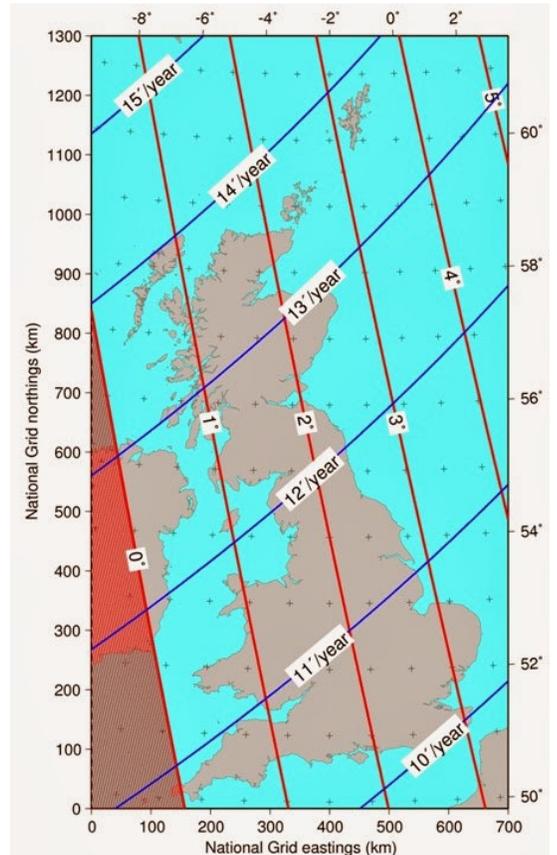
SPOM or March Madness!

I want to nominate Margaret Keeling, if someone hasn't beaten me to it. I came across her at Clumber with a small tearful girl who'd got horribly lost on her first ever Orange. Margaret spent time explaining to her where her next control was and when she was still sniffing, Margaret set off with her to do the rest of her course. She delivered her to her mother, then went back and finished her own course. I think she sums up what I love about orienteering and the people that do it.

David Parkin seen running up the hill after getting off the CS Cup coach. Unfortunately he could not keep the pace up till he was out of sight!

An unknown woman passenger in the car in front of the coach in the Matlock Bath queue who got out to visit the toilets, only to find the traffic moved considerably by the time she returned necessitating a run to try to catch up.

The Editor would like to self-nominate for confusing Andy Hawkins by emailing an unidentifiable bit of the Shining Cliff map, supposedly showing where the Start was. On closer inspection, it was found she'd clicked on Flip rather than Rotate – so west was east, but not because the Earth's magnetic field had flipped!



DVO. Who do you think you are?

If you are expecting the revelation of a long line of ancestors with murky secrets and surprising claims to fame then you will probably be disappointed. DVO's family tree itself is quite simple; less of a tree and more of a twig really. The club was founded in early 1969 and strictly speaking has remained childless to the current day. It didn't grow out of another club and it wasn't formed from the merger of other clubs. It was however, the result of the actions of individuals who were themselves inspired by the earlier actions of other individuals. For that reason it seems logical to go right back as far as we can in order to trace things forwards again.

The history of DVO reflects the wider picture of the sport's development in the UK over the last 44 years. The earliest pre-history of DVO takes us outside the UK to, not surprisingly, Scandinavia. Delving into the foundation myths for the sport of orienteering will reveal claims from both Norway and Sweden to have held the earliest "proper" events. Perhaps if it had emerged a little earlier than the Victorians, with their penchant for the formalisation and codification of most of the world's major sports, might have got their hands on it and we could claim it as being British. Far from it.

The structuralisation of orienteering fell to a Swede, Major Ernst Killander, just after the First World War. Killander did not invent competitive orienteering; if an inventor is sought after then they would probably be found in the Swedish or Norwegian military during the last decade of the nineteenth century. But what Killander did do was to ensure that the sport could be understood and adopted by the masses, which is what happened in the 1920s and 1930s. The Scandinavian countries, with their vast resource of naturally forested terrain, provided the perfect environment for Killander's seeds to flourish and by 1934 over a quarter of a million Swedes were involved.

In 1936 the Swedish Orienteering Federation (SOFT) was formed. One significant catalyst for the sport's popularity had been the development of a much more reliable compass by Silva in the early 1930s with a baseplate and improved liquid damping. However it might be fair to say that the early days of orienteering still had a strong recreational element; in Hungary for example, it was seen as improper for hikers to run to make up for their navigational shortcomings since it was against the country code. Arriving at checkpoints early was penalised, a rule that wasn't rescinded in that country until 1957.

The birth of the modern sport might well be traced to a forest near Oslo on 30th April 1950, the day of the very first event to be held on a purpose drawn map. Quite simply, at a stroke it changed the whole nature of the navigational challenge. For the first time controls were able to be placed on detailed features that could be found by accurate map-reading and not by luck or searching. At 1:20000, with 5m contours and 4 colours, it was a huge step towards standardisation. Before then countries had to rely upon whatever was available and that was usually hopelessly out of date. Norway was mapped at mainly 1:50000 and Finland (using Russian maps) used either 1:21000 or 1:42000. Gradually, spurred on by the fact that the Norwegians became dominant at international level through competing on better maps, the rest of the orienteering world followed suit. Not that the sport could yet claim to be a worldwide one; the founding members of the International Orienteering Federation in 1961 were Bulgaria, Czechoslovakia, Denmark, East Germany, Finland, Hungary, Norway, Sweden, Switzerland, and West Germany.

At this point Britain stood on the brink of its own orienteering era. In 1962 a delegation of Swedes travelled to Scotland in an attempt to plant the seeds of the sport in the UK. This was successful to the extent that in May of that year the Scottish Orienteering Association was formed and the first Scottish Orienteering Championships took place. The English Orienteering Association (EOA) didn't appear for another three years. There were a few individuals in Britain at that time who had already been exposed to orienteering including Chris Brasher, John Disley and Peter Palmer who were to become particularly significant players as the 1960s progressed. They were based in the south of England but it was in the north of England where the very first club appeared, South Ribblesdale. SROC grew out of an athletics club and a search and rescue team in late 1964 under Gerry Charnley. Pendle Forest, also in the north-west, appeared shortly afterwards.

The first clubs to be founded in the south included Southern Navigators, Guildford Orienteers and Occasional Orienteers, each in 1965. Southern Navigators' emergence coincided with the setting up of the EOA and it is this club which has the most significant link to the eventual appearance of DVO three and a half years later. And although John Disley, Olympic bronze medallist in the steeplechase at the 1952 Helsinki Olympics and much later, co-founder of the London marathon with Chris Brasher, was important in raising awareness of the sport in the south-east at that time, perhaps we should give a nod to another individual who may possibly have influenced how history unfolded. That person was the boss of Jenny Tennant, who at the time was working for the Central Council of Physical Recreation in the South-East. Jenny's boss took her up the fairly new M1 to Nottingham where a boys' club or organisation were putting on an orienteering event, this being fairly typical of how the sport manifested itself before clubs and associations were well-established. Jenny was invited to take part and obviously something clicked. Although the final control was in the wrong place she enjoyed it all and was consequently keen to follow up the sport when she learned of an event that John Disley was putting on in the south east shortly afterwards.

Jenny joined the fledgling Southern Navigators. At this point we very quickly encounter one of most significant early orienteering events to be held in this country, the legendary North v South race held at Leith Hill in 1965. The hardy northerners from SROC and PFO came down expecting an easy victory on soft southern terrain and in John Disley's words were "swallowed by the beech and birch of the Surrey hills." Jenny took part and was in some famous company. The sort of people running at the top end of the sport in those days included not just Disley and Brasher but also Roger Bannister, Bruce Tulloh, Martin Hyman and Gordon Pirie, all ex-internationals in athletics, not to mention Chris Bonington as well. Pirie overtook Jenny – twice! Within two years both had improved considerably and were the male and female winners of the very first JK in 1967, although as Jenny admits, there were very few women competing in the sport at the time. In the autumn of that year she moved up to Derby to be a lecturer at what was then Bishop Lonsdale College and bought the terraced cottage that many club members will remember at Blue Mountains.

Let's remind ourselves then of the state of play in 1968, as the building blocks for the foundation of DVO moved into place. The previous twelve months had seen the formation of the British Orienteering Federation and the staging of the first National Championships in Hamsterley Forest in which had been won by Gordon Pirie. The JK, as already mentioned, had seen its first instantiation; this was originally set up to include a challenge event between GB and Sweden. At this point in time the purpose drawn orienteering map was still a thing of the future in Britain; 1:25000 OS maps were used, sometimes with corrections, and control descriptions either contained the definite article (signifying the feature was on the map) or the indefinite article (signifying it wasn't!). Few courses were offered at events and it is fair to say that the sport was dominated by males in the 20-40 age bracket. On the whole, winning times were much longer than on modern courses (the standard of the maps had a lot to do with this) and times of more than 3 hours were quite common.

What of the more local view in the Midlands through the mid 1960s? When the EOA was founded, the two regions affiliated to it were the West Midlands and the North Midlands. Whilst Octavian Droobers (Coventry) and Halesowen & District OC (the forerunners of Harlequins) became the first clubs in the West Midlands in 1965 and 1966 respectively, it was the formation of Nottingham Orienteering Club from Nottingham Nutters and Crazy Paviers in 1967 that was most significant nearby development. The active organisers of the time were Bert Bradshaw and Keith Picksley. Jenny remembers a great fun event of Bert's - a window event in one of NOC's flat forests to the north. It was a night event with controls lit by oil lanterns, the sort that warned of hazards on the roads! This may be *partially* explained by the fact that controls in night events were supposed to be illuminated. Disley recalls a similar event in the south where the lamps were "borrowed" from nearby road workings and returned after the event – perhaps this was common practice at the time.

Against this backdrop there was growing pressure for a local club to be formed in the East Midlands as a counterfoil to NOC. Jenny still belonged to Southern Navigators, but John Clarke

was very keen that a new club should be formed. Malcolm Taylor from Matlock was also involved, and also Mary Griffiths, who lived just along the lane from Jenny at Blue Mountains. Just five people attended the inaugural meeting in January 1969. The scene was now set for a flurry of activity.

(Author's note – I am grateful to Jenny Tennant for much of the 1960's pre-history. Part two will appear at some future date, although I'm not sure when).

☆☆ Star Runners - November to March ☆☆

Quite a lot to catch up with this time. All of these people performed best against their handicap at the following events

Date	Venue	Star Runner	Course
10/11/13	Thorsby	Joe Uprichard	Blue
24/11/13	Spring Cottage	Joe Uprichard	Lt Green
22/12/13	Walesby	Nicholas Gordon	Lt Green
29/12/13	Outwoods	Jen Gale	Lt Green
12/01/14	Willesley	Tom Jenkins	Green
19/01/14	Matlock Moor	Joanna Goodhead	Blue
02/02/14	Thieves Wood	Joanna Goodhead	Blue
23/02/14	Lindop	Mark Goodhead	Brown
02/03/14	Clumber	Rebecca Perring Ivan Smith	Blue Yellow

Upcoming Fixtures

See www.dvo.org.uk for DVO events

Sun 6 April	Cademan Woods (LEI) East Midlands Champs	Level B	Org: Laurie Fluck	Grace Dieu Manor School SK437179 www.leioc.org.uk
Sat 12 April	Cromford Moor & Black Rocks	Level D	John Cooke/John Ragsdell	SK291557
JK 2014 South Wales				
Sun 27 April	Allestree Park EML	Level C	Org: Helen Chiswell Planner:	Allestree Park main car park SK349407; Post Code DE22 2EU
Sun 27 April	Breakneck Bank (HOC)	Level C	Org: Allan McKinley	Bewdley SO714766 www.harlequins.org.uk
Sat 10 May	Illam	Level D	Org & Planner: MikeGodfree	SK134509
Sun 11 May	Matlock EMUL	Level C	Org: K&R Buxton Planner: Doug Dickinson	
Sun 18 May	Newark EMUL (NOC)			www.noc-uk.org/ (no details at going to press)
31 May/1 June British Champs, Northumberland				
Sat 7 June	Derbyshire Schools Championships	Special event	Val Johnson/Rex Bleakman	Allestree Park main car park SK349407; Post Code DE22 2EU
Sun 8 June	Burrough Hill (LEI)	Level C		

EML = East Midlands League EMUL = East Midlands Urban League



High Peak Events

These events are a BO initiative to widen participation, in particular by appealing to families with young children. Times are: weekends 10am-12pm, weekdays 1pm-3pm

April:

Saturday 5th - Buxton Pavilion Gardens
Tuesday 15th - Buxton Pavilion Gardens
Saturday 12th- Manor Park
Thursday 17th – High Lea Park
Tuesday 22nd- Buxton Pavilion Gardens
Thursday 24th- Whaley Bridge
Saturday 26th – Manor

May:

Saturday 3rd - High Lea
Saturday 10th – Buxton
Saturday 17th – Whaley
Saturday 24th – Manor
Tuesday 27th – Buxton
Thursday 29th – Manor
Saturday 31st – High Lea

June:

Saturday 7th – Whaley
Saturday 14th – Buxton
Saturday 21st – Manor
Saturday 28th – High Lea

Events are also planned for the areas below, dates not available just yet, but see www.xplorer.org.uk

- Derbyshire Dales (Ashbourne Recreation Ground – Ashbourne, Carsington Reservoir – Ashbourne, Hall Leys Park – Matlock, Bakewell Recreation Ground – Bakewell & The ARC Leisure centre – Matlock)
- Derby City (Sinfin Moor Park & Markeaton Park)
- South Derbyshire (Eureka Park, Maurice Lea Park, Newhall Park, Rosliston Forestry Centre, Hatton)
- High Peak (Memorial Park – Whaley Bridge, The Pavilion Gardens – Buxton, Manor Park – Glossop, High Lea Park – New Mills)
- Amber Valley (Crossley Park - Ripley, Alfreton Park – Alfreton & Belper River Gardens - Belper)
- Erewash (Victoria Park – Ilkeston & West Park – Long Eaton)



CHALLENGE RunChallenge is another initiative aimed more at adults, and using a 1:25000 OS map (just like those old JKs!). Fixtures not set yet but will become available on <http://www.runchallenge.org.uk/>



(Except when it's Saturday or Wednesday)

The Acne of Real Derbyshire Orienteering Fanzines No 6
Sponsored by the East Midlands Pie and Sausage Federation (or possibly the East Midlands Sausage and Pie Federation)

Oscar win for *Last Control in Allestree Park*

Controversial dark drama scoops best film award (page 9)

Is this really what goes on at East Midland night events? (92-96)

101 other things you never thought of using a dibber for (p101)

Oditorial

So, WSC has reached its first birthday and has managed to keep the number of people it has offended below the critical mass for any publication-halting litigation action. We intend to continue producing parochial, idiosyncratic and bonkers journalism because we will continue to reflect what we see in the mirror of life that is Real Orienteering. As the immortal playwright George Bernard Shaw once said, we are just like a "puppet on a string" dancing to the rhythms of fate or fortune*. You may be one of those who eagerly rips open WSC's plain brown wrapper each month and laps up every word (get you!) or you may be filing it carefully in the bin; either way you are stuck with us. Cheers!

*or the immortal Sandy Shaw, whatever.

A load of boll

The story so far.....The Commission for Lots Of Trees (CLOT) is reeling from another disaster to hit its forests; the ever increasing threat of Larch Lurch. Responsible for this; orienteering's number one enemy, the Three-Toed Hungarian Boll Weevil. However, a recent sighting of the weevil at Cromford Rocks has set wheels in motion. WSC has this insider account of has been happening:

Once we knew that the Boll Weevil had been located, we threw all our energies into devising a plan to capture it. Our thorough research into the matter suggested that a traditional approach might be appropriate and we quickly purchased the necessary equipment. Sadly, having sought the weevil with thimbles and care, pursued it with forks and hope, and charmed it with smiles and soap (in that order), not to mention threatening its life with a railway share, success still eluded us. Narked maybe, but unbowed, we tried a different tactic. A multitude of traps were set, each primed with a delicacy thought to have some appeal to the quarry's palette. We soon deduced that

this particular weevil had never set any of its six legs on the Hungarian Plain since it turned its nose up at diced gherkin (all the rage in Budapest apparently), shunned any of Adrian's mother's best goulash and as for the third bait, all we found the next morning was a note (in very bad handwriting) which said, "Goodbye and thanks for all the chutney". The traps were clearly ineffective.

The third and final phase of the campaign involved the use of a specially designed weevil catching contraption (pictured) on loan



from Bolsover museum. Unfortunately, due to a lack of any surviving instructions on its use, none of us had the slightest clue on how it should be deployed. After much experimentation we discovered that it made an excellent cup of tea. Adrian suggested that we should leave it out in the forest and see what happened. To our surprise we found the weevil brewing up one morning and sneaking up from behind, managed to seize him and take him into captivity. Now the hard work of re-education could begin. (More next time.....)

Turtles all the way down?

Orienteering, or orientering as Swedes and dyslexics will have it, is commonly acknowledged to have its roots in Scandinavia. But there are a number of other theories. WSC has looked into these and found that most, on account of them involving infinite stacks of giant turtles standing on each other's backs, can be discounted. However, one remains. Ible man Howard Fripp, a keen local historian, has been explaining his ideas to our roving reporter, Miles Piles.

Piles: Can you tell us what you have discovered?

Fripp: Certainly. The Fripp family have lived in Ible for generations, scarcely ever leaving the place. My great great grandfather Enoch was a keen diarist and his surviving records reveal that orienteering was going on in Ible as far back as the 1870s, when there appears to have been a contest held every year on Shrove Tuesday in which the whole village took part.

Piles: So did Enoch Fripp himself invent the sport?

Fripp: Probably not. But as was the way at the time, he took it on himself to standardise and codify the sport. Sadly, the rules and regulations don't seem to have survived. However, and here's the interesting bit, it appears that he made a trip to Stockholm in the 1890s, which seems to coincide with the first time the sport was recorded there.

Piles: Fascinating. This seems like a really good argument for re-writing the foundation history of the sport. But, given that the Fripps were apparently very loathe to leave home, how did he end up in Sweden?

Fripp: I'm glad you asked. There is a detailed account in his journal that describes how he travelled there on the back of a giant turtle. This.....

Piles: Right Mr Fripp, I think we'll call that a wrap. The birthplace of orienteering? Ible, Derbyshire or Stockholm, Sweden, you decide! Back to the studio.

(sigh).....B****y turtles! Can we put this down to inbreeding, do you think? (We are pretty sure that you can't say that sort of thing - WSC lawyers)

Erratum: We apologise for an error on page 14 of last month's WSC. The details for the forthcoming event at Cromford Rocks included the words "As I look ahead I see with foreboding the River Erewash foaming with much blood". This should actually have read "No dogs. Cakes will be on sale". We apologise for any distress that this may have caused.

Billy Mackay by "The Major"

WSC has asked me to write a few words about Billy "The Fish" Mackay who sadly passed away last week at the age of 78.

Some people say that he was the greatest natural athlete that ever bestrode the sod of Codnor and Waingroves.

Some say he was the kindest and most generous person they had ever come across.

And some say that the bizarre gardening accident that ended his orienteering career was the worst tragedy since the great Clay Cross Town Hall fire of 1959.

Whatever.

The truth is of course is that he was the most obnoxious jumped-up snivelling little toe rag that I ever had the misfortune to meet. As for navigational ability, if God had intended him to run aimlessly in circles then He would surely have given him one leg longer than the other.

However, now is not the time to speak ill of the recently departed. May he rest in peace. As my dear friend Barty Rootstock used to say, "One man's Marmite is another man's custard"

Or something like that.

Griipple of the Month

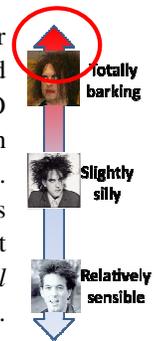


Wow, what a beauty! Here we have a Griipple Duct Trapeze No.2 with a 45kg 5:1 safety factor conforming to DW144 class C. All this and a rubber pad preventing

leakage. This sure is one smokin' mutha! (Bob McNut - editor, Griipple Monthly).

BOOwatch

Off the scale BOO! Your restriction of well-loved and trusted catering outlets at O events represents total alienation of grass roots real orienteers. WSC will miss NoshO with its excellent and healthy tree-rabbit hotpot (oh, you mean squirrel stew - Ed). Totally. Barking. Mad.



Robin Hood Trophy

The RH Trophy is awarded annually at a NOC event to the club with the best spread of male and female runners across the range of colour coded courses. The club with the *fewest* points wins and DVO (scorers below) sneaked in just ahead of NOC who got 137 points, with OD 3rd on 173.

A win scores 1 point, and a course on which no club members run automatically gets a last place. For instance there were 18 runners on the 12.6km Black course, none of them from DVO, so we were penalised with a hefty 19 points. As Liz said on the website, we won "without any organisation" but another year we just need to have a finisher on each course to score even less, as only the 1st club finisher on each course counts. Anyone for Black?!

NOC won the Trophy between 1998 and 2005, EBOR 2006–9, OD in 2013 with a 2011/12 gap. The Duckworths (3 scorers!), will look after it.

DVO		130	5 2 4 4 1 1 1 1 1			
BLU	Blue	Joanna Goodhead (W16)	F	74:33	11	
G	Green	Judith Holt (W60L)	F	52:05	5	
LG	Light Green	Sarah Duckworth (W14A)	F	41:04	3	
O	Orange	Rachel Duckworth (W12A)	F	27:03	1	
SBL	Short Blue	Sal Chaffey (W45L)	F	47:03	1	
SBR	Short Brown	Helen Chiswell (W35)	F	78:58	1	
SG	Short Green	Pauline Ward (W70L)	F	55:10	6	
VSG	Very Short Green	Jen Gale (W65S)	F	65:10	4	
W	White				5	
Y	Yellow				7	
BLA	Black				19	
BLU	Blue	Paul Addison (M55L)	M	47:19	1	
BR	Brown	John Duckworth (M45)	M	67:39	1	
G	Green	Derek Gale (M70L)	M	51:05	5	
LG	Light Green				17	
O	Orange	Samuel Davis (M12A)	M	48:16	4	
SBL	Short Blue	Andy Sykes (M45S)	M	43:36	3	
SBR	Short Brown	Richard Parkin (M45L)	M	57:39	4	
SG	Short Green				23	
VSG	Very Short Green	Roger Keeling (M70S)	M	69:14	4	
Y	Yellow	Ivan Smith (M10A)	M	27:49	5	



EML Leauge 2013 Notable DVO results

Congratulations to all participants, the best 8 scores (on the same colour course!) from the 17 events count. Number of events is shown in brackets, Ruth Ellis managed all of them and also managed to remember to optimise her score by entering the same course!

	Male	Female
White	1 Ivan Ssmith (11) 4 Ben Naish (2)	2 Alexa Lindsay (12) 3 Ailith Smith (8)
Yellow	5 Ben Mackevoy (3)	1 Isabella Edwards (3)
Orange	1 Samuel Davis (9) 6 James Bedwell (5) 7 Matthew Jackson (4)	1 Rachel Duckworth (10) 4 Isabella Edwards (5) 11 Sarah Parkin (3)
L Green	7 Nicholas Gordon (5)	1 Sarah Duckworth (10) 3 Alison Hayes (8) 6 Andy Smith (5) 7 Cathryn Goodhead (4) 8 Dawn Moore (3)
S Green	1 David Parkin (13) 7 Roger Keeling (11) 9 Brian Ward (6)	1 Pauline Ward (8) 2 Jen Gale (10) 9 Heln Finlayson (4)
Green	4 Andy Hawkins (9) 8 Murray White (10)	2 Ann-Marie Duckworth (8) 3 Rachel Davis (14)

	10 Derek Bishton (11)	4 Judith Holt (7) 5 Ruth Eliis (17) 7 Margaret Keeling (11) 8 Joanna Goodhead (10)
Blue	2 Dave Skidmore (16) 5 Derek Gale (11) 6 Andy Sykes (8) 7 Mark Goodhead (12) 8 Michael Lindsay (13)	6 Kim Buxton (7) 7 Liz Godfree (4) 10 Rebecca Perring (5) 12 Sally Dipple (5) 13 Michelle Mackervoy (4) 14 Ann-Marie Duckworth (3)
Brown	1 Richard Parkin (13) 2 John Duckworth (7) 3 Dai Bedwell (7) 6 Russel Buxton (7) 10 Robert Smith (5) 17 Graahm Johnson (4) 19 Alan Le Moigne (5)	2 Helen Chiswell (10) Full results at http://www.emoa.org.uk/league/galoppentable2013.pdf

Nutrition for Sport Part2 Vitamin C

From about 1750 it was known that lime juice prevented sailors from getting scurvy on long voyages with no fresh rations, but Vitamin C or ascorbic acid wasn't discovered until the early 20th century.

It was widely believed that Captain Scott and his tent-mates died from scurvy but Ranulph Fiennes sets the record straight. On 15th January 1912, five men reached the South Pole, hauling sledges with rations devised only for four. Edgar Evans died a month later on the journey back, collapsing in the snow. He had been on a surveying expedition for 7 weeks before the departure of the polar party so on less nutritious rations. He declined 'lightly boiled pony meat', a good source of vitamin C and Scott wrote in his diary that a cut in Evans' hand was not healing. Vitamin C is now known to help in the healing of wounds and fractures.

It is likely that Evans died from scurvy. A month after his death, the remaining 4 pitched their tent just 11 miles short of One-Ton-Depot. Oates famously went outside, stating 'I may be some time' and Scott, Wilson and Bowers died a few days later from hypothermia and starvation.

Sources: citrus, kiwis, red berries & black currants, peppers & chilli peppers, cabbage, beetroot, sweet potato, broccoli, sprouts & spinach

Important for building healthy connective tissue, bones and teeth, Vitamin C also helps with the absorption of iron (conversely, tea reduces iron absorption). Lack of it causes bleeding gums, poor healing, nosebleeds, lowered resistance to infection – and scurvy in the long term.

Along with Vitamin E, it is an anti-oxidant which means it helps the body by mopping up harmful 'free radicals' (a by-product of energy production). So the recommendation really is to make sure you have your 5-a-day, as vitamins are better absorbed from your natural diet rather than supplements.



BBC2 Horizon: Sugar v Fat

Which is worse for you, too much sugar or too much fat? This is the question two identical-twin doctors tried to answer by each following a 30 day diet of fat & protein only (meat, cheese and egg) and carbs only (pasta, bread, potato, fruit & veg, sweets and cakes). The Horizon team devised some cunning tests for them as well as weighing them in water before and after to work out the ratio of fat:muscle loss.

Fat is considered worse for you in the UK whereas in the US sugar is seen as the nutritional bad-guy. The programme showed however that neither, taken alone, caused weight gain. The twins were allowed unlimited amounts of their respective diets and both lost weight but it was the twin on the high fat diet who lost more weight (3.5kg v 1kg). This is because protein suppresses hunger more effectively than sugar – at an all-you-can-eat-from-your-food-group buffet, the twin on the fat diet ate 825 calories while his brother loaded some 1250 calories in carbs.

However, in both the bike race and the cognitive test the twin on carbs did better. This is perhaps to be expected and confirms that sugar is the best macronutrient for exercise. Also it seems for mental alertness as the brain is a big consumer of glucose, especially in memory tasks. You might worry about an increase in cholesterol on a high fat diet, but this didn't happen. But bizarrely, the blood sugar of the twin on the fat/protein diet rose due to insulin resistance.

Returning to the weight loss issue, the experiment had been mirrored in rats fed on unlimited butter or sugar plus their usual food. The rats were able to regulate their consumption. But rats fed on cheesecake (combined fat **and** sugar) plus their usual food soon became obese. Scientists concluded that this combo of fat and carbs supercharges the brain's reward system pushing appetite into overdrive. This would also explain how I lost half a stone on a 3-month yeast-free and sugar-free diet as part of an attempt to get rid of excess yeast (and the sugar that feeds it)!

JK taster (thanks to EMEWS)



Mynydd Llangynidr is adjacent to Merthyr Common and Days 2 and 3 will use the same car parking and arena. It consists of open limestone uplands lying between 420 m and 550 m above sea level. There are numerous pits, depressions and sink holes, limestone pavements, a large quarry and other rock features. Runnability is generally good.

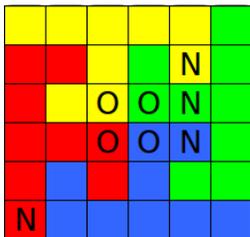
The area lies to the south of the Usk valley and is the location of the Chartists' cave. Arguably one of Wales' most important historic monuments, this cave is where workers hid, met in secret and plotted the Chartist Uprising - the beginning of democracy for all in Britain. The area provides a formidable challenge for competitors - and the planners!

Day 3 will be a World Ranking Day and we are anticipating that there will be competitors from 22 different countries.

Puzzle Page (and 1/2!!)

Dave Nevell

Last time's puzzle was worded a little confusingly for which I apologise. Once understood, it didn't seem to prove too tricky. The solution is shown here. I had correct answers from Alan Le Moigne, Tom Jenkins, Graham Johnson and Jen Gale as well as a near miss from Andy Mackervoy.



Whilst perusing the dark meanderings of *When Sunday Comes* it became clear that the compiler has an obsession with pies. So what better than a pie puzzle, or rather, a pie chart puzzle? OK, it's a tenuous link I know but variety is the spice of life. All I want from these ten pie charts is the name of the song and the artist that they allude to. Answers to dnevell3@gmail.com

by the copy date please.

