

# Club News May 2024

May 17, 2024



Welcome to our latest Newstrack! We've just about recovered from staging the JK Relays on Easter Monday at Stanton Moor, with 1100 runners from 7 countries. A full write-up will follow, but it's one of the items at our forthcoming **Open Meeting at the Lime Tree in Matlock on Tuesday 21st May** (so no spoilers). Please email [Simon Brister](mailto:Simon.Brister@derwentvalleyorienteers.org.uk) if you wish to attend and haven't yet confirmed (food and hot drinks are provided, and parking is free).

Hope to see you at Hardwick. I went along with Dave on one of his planning visits and saw a feature I'd not spotted in 28 years of orienteering there ...



The ice house at Hardwick, marked on the O map as a cave.

The next Newstrack round-up will come out in July, but articles are welcome any time and can be put on the website very quickly!

I wish you all lots of great spring orienteering – overseas or at home!

Sal Chaffey (Newstrack Editor)

## Welcome to our new members

A big welcome to the Williams family (Emily, Rob, Benjamin and Jessica), to Kiyoko Naish, Andrew Smyth and Joel Hawkins. See you at an event or MapRun soon!

## Summer Holiday ideas (for real or vicarious travel)

One of the fun things about orienteering is competing abroad in sunnier climes with relaxed clubmates!





**The Welsh 5 Days** is always fun & challenging. On this years' trip are the Middletons, the Bedwells, Simon & Nicky, Sally Calland, Dave Newton and Dave Bennett.

As you read this, 5 DVO members are taking part in the ASOM sprint weekend in Leuven, Belgium (while 49 of us are running at Hardwick!).

Some of our members are doing epic bike rides to their summer orienteering holidays this year, quite a DVO tradition now (see [September 2022 Newstrack](#), pages 24–32)!

Helen your Treasurer has cycled the length of South Korea and is now taking on Japan with partner and honorary DVO member Andy Leedham, aka 'the Mechanic' in her blog:

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

She's back in July for the Swedish O-ringen, and will then "do the Stans" (Russian republics ending in -stan). You can follow her adventures on Strava as well as on her blog.

Heading to the **O-ringen** (a multi-day event with some 20000 participants, so big it has its own village) on Sweden's Baltic coast are:

- The Duckworths (John cycling there)
- The Johnsons (both cycling there)
- The Vincents (using 4 wheels instead of 2)
- Stuart Swalwell (bought a bike and has taken extensive advice from John D, as Stuart is cycle touring for the first time)

## Sports Personality

Two Sports Personalities emerged from our Chester Green MapRun in April ...

**Sally Calland**, who had a phone glitch and ran off 90 seconds before the Mass Start at 7pm. Everyone called her back, as she's fast enough without a 90 sec head start!

**David Vincent**, who (like me) didn't spot Control 50 cunningly positioned on the west bank of the Derwent until he was at Control 45 on the east side. He carried on collecting all the Chester Green controls, then swerved the Finish and went back through Darley Park to get #50, only to get back 3 minutes late but still placed a solid 16th!



MapRun briefing at Derby Rugby Club and Sally running sheepishly back to the Start!

## MapActive Navigation Course, May & June

Chris Millard and some of the other Club coaches have been busy this month helping our 8 new orienteers get to grips with some of the TD 1, 2 & 3 skills needed to complete White/Yellow/Orange courses. Some are coming along to Hardwick, where they'll try the Yellow course, then another of their choice! We wish them luck and hope they have a fun morning!





Learners and Coaches at one of our recent MapActive sessions in Markeaton Park.

They've enjoyed practicals at Markeaton Park and short Zoom sessions. In June, the Saturday sessions are at Darley Park and Allestree Park, where they will consolidate their skills and move towards Orange and Light Green.

[Find out more about MapActive here!](#)

## Autumn 2024 MapRuns




Programme TBA, but Thursday MapRuns will be back in September. Please contact [Chris](#) if you'd like to help set one up! You can either just do it on paper and get Chris to put it into MapRun, or have a go yourself with Chris's help.

I'd really recommend this series, as my fitness has improved over the course of the winter and I've met lots of new people on the runs and at the pubs and microbreweries afterwards!

Heanor MapRun in January rivalled Alvaston Park in November 2023 for record low temperatures. David Vincent organised Heanor, and awed us with his astronomy knowledge. Did you know that Mintaka (the lowest of the 3 stars in Orion's belt) is closer to Earth than it is to the next star in the belt? You do now!

# Social Media / WhatsApp group (now at 43 members)



	<b>British Orienteering</b> 744 Members United Kingdom · 3 posts
	<b>Derwent Valley Orienteers</b> 29 Members England, United Kingdom · 1 post
	<b>Orienteering</b> 8,642 Members United Kingdom · 61 posts

Our socials: Facebook **page & group**, **Instagram**, **WhatsApp** and **Strava**. There are wider groups on Facebook, Insta and Strava, and we are campaigning on Strava to get orienteering its own category, because at present it *appears* so much slower than running!

A reminder of how our Facebook presence works: Derwent Valley Orienteers is the [Club Facebook page](#). Only Admins can post but anyone can comment.

The [DVO Facebook Group](#) is chat for members, future members and past members. Mainly post-event banter.

To join our new and fun **WhatsApp Group**, please message [Sally Calland](#). This is great for arranging lifts to events and live updates on event closing dates and traffic issues on the way to events. We often have dedicated WhatsApp groups for things like the Scottish 6 Days.

Chris runs our [Instagram page](#), so this is great for finding out about MapRuns. The Instagram filters through to the Facebook page, so some posts and videos (but not all) appear on both!

Hoping we have a presence on TikTok in 10 years' time!! I've yet to see a reel of a cat orienteering!

## Monday and Wednesday Night Runs

For many years, DVO members have been running on Monday and Wednesday evenings throughout the year. You are welcome to come along, and there's normally more than one group/speed on each night! They are free sociable runs (rather than coaching), but maps often appear as if by magic at the pub afterwards!!

**Mondays** – from a different pub, 6:30pm start, usually a faster and slower group, each running for 90 minutes. Contact [sal.chaffey@gmail.com](mailto:sal.chaffey@gmail.com) if you'd like to come along.

**Wednesdays** – agreed by members of the WhatsApp group on a rolling weekly basis. All over Derbyshire, 6pm run for approx one hour and a drink in the pub afterwards. Sometimes they run at 11am and go for a pub lunch afterwards. Contact Mike Gardner [mikegardvo@sky.com](mailto:mikegardvo@sky.com) if you'd like to give it a try.



# Behold – A New Star Cometh (an alternative to Puzzle Page)!

(Or, What To Do At Night Now That Night Orienteering Is Over For The Season)

Stars are very simple things. Put enough stuff – anything really, but usually mostly hydrogen, because this is what was created at the beginning of the universe, and there's lots of it about – in one place, and you have a star. You do need a lot of stuff though – at least 20,000 times the mass of the Earth. Matter attracts matter through the force of gravity, so if there's a big cloud of stuff, it will contract, forming a nice ball. The particles in the middle will be moving really fast – which is another way of saying that the temperature will be very high. Atomic nuclei are positively charged, and so repel each other rather than snuggling up, but at these intense pressures, some will approach each other hard enough to overcome their natural repulsion and actually collide. When this happens, some weird physics happens that is outside of our day-to-day experience – nuclear fusion. The nuclei stick together to make a larger nucleus. In doing so, lots of energy is given out. Bingo – a star.

For most stars, the fusion continues until the small nuclei in the core have been fused. At that point, the outward pressure from the fusion stops and gravity causes the star to collapse in on itself. It will then cool – taking billions of years to do so. The dead star is now a “white dwarf” – a tiny (even smaller than the Earth), hot object. Our own Sun will end up like this.

Three thousand light years away, in the north-east evening sky, are two stars orbiting each other. They are very close – about the distance between the Sun and Venus. One is a white dwarf – dead, dense, hot. The other star is a red giant (another lesson perhaps...) and is struggling to keep hold of its outer layers. Stuff from the big star is spiralling down on to the white dwarf. This added mass is fuel for more fusion, so, every eighty years or so, the dead white dwarf bursts back into life, rekindled by this extra fuel.

This is just about to happen! Sometime between now and September (the astronomers think), the white dwarf will massively increase in brightness and become a new star in our night sky. It won't be amazingly bright, but about the same as Polaris, the North Star.

It will hit the news in a big way when it suddenly appears, but I'd like to prepare you all for the event by familiarising you with that bit of sky, so that you will then appreciate the “newness” in a special way!

On the next clear night...

- Find the Plough (you'll find that, at this time of year, it's standing on its handle in the east-north-east);
- Follow the curve of the Plough's handle downwards to find a truly bright star – Arcturus;
- Find the two stars to the left of Arcturus shown below;
- The white circle shows roughly where the new star will be.

For more information, drop me a line, or see Wikipedia [here](#).



The location of the new star in September (not to be confused with a night-MapRunner, also shining brightly).



# British Middle Champs at Danefield, Otley

May 5, 2024



## Congratulations to John and Liz, who placed 3rd in their age classes

Spring is the crazily busy season for competitive orienteers, this year with the JK, British Classic Distance and British Middles falling in a 4-week window! Twelve DVO runners took part in the Middles, and you can spot Dave Chaffey and Mike Godfree in [Wendy Carlyle's flickr album of the event](#).

[Wikipedia](#) tells me that the first Middle Distance Champs was held at Tarn Hows in 1998. The idea of Middle Distance racing is an emphasis on fine navigation rather than route choice, so there are normally lots of controls, varied leg lengths, tricky direction changes and sometimes butterfly loops (where you visit the same control twice), all in just a few km! Direction changes may not sound difficult, but if your map's folded into sixths and you can't see the north arrows, it can be easy to make a 180 degree error.

The Chaffey's chose to walk Offa's Dyke rather than compete in the British & British Relays in Mulgrave Woods, but we were keen to do the Middles, as the hosts (Airienteers) was our first club, back in 1989. We were introduced to orienteering by a sister of the BBC Correspondent Bridget Kendall (confusingly called Felicity, but not she of *To The Manor Born*.)

We arrived at a remarkably dry parking field in the nick of time (and green with envy), so we were 'fully adrenalinised' when we got to the Start. This was the same location for everyone, and the kite was on a trig point, which meant that all first legs were downhill! I followed 2 paths and a ride to #1 and stayed on the paths until #3. Then we swung east, and things turned tricky.

I lost 90 seconds on both 5 and 7, then told myself to concentrate in time for the fiendish boulder fields on the NE corner of the map. I was glad I'd read the Final Details, as I knew that telegraph poles were marked with an x, and that was my attack point for 12. From then, it was plain sailing to the Finish and I was pleased to be first finisher, in a time of 34:06 – but it didn't last! After the 'big guns' Jenny Peel (SYO) and Sarah Campbell (DEE) came back, I was pushed down to 6th place, but still delighted with my run.

In MW55, John Duckworth placed 3rd, less than 2 mins down on OD's Alistair Landels. In Middle and Sprint distance, Long and Short courses are dispensed with, as all courses are comparatively short!

In MW75, Liz Godfree was 3rd, behind her Nottinghamshire nemesis Hilary Palmer. Congratulations to everyone who found the flags among Danefield's mossy boulders! [Full Results here.](#)



MW75 top 3 placers – 1st Hilary Palmer & Andy Hemsted ; 2nd Sheila Carey & Peter Gorvett; 3rd Liz Godfree & Tim Sands (not shown)

It was a sociable day, and we ate and chatted at the our pop-up tent by the Finish, watching for our Club mates at the far end of the run-in and cheering them home.





Next year's British Middle Championships on March 15th and hosted by Mole Valley OC at Holmbush and Buchan Country Park near Crawley and is twinned on the Sunday with Southampton Orienteers' National Event at Worthlodge. Why not make a weekend of it?

# Gold for Simon at JK Sprint Race

May 2, 2024



***“And here comes Simon Brister of DVO into the finish ... he takes the lead in the M75’s by four seconds ...”***

To my great shock and disbelief, this is what I heard blaring from the loudspeakers as I crossed the finish line of the JK Sprint Race at Loughborough University. Back at download, there it was in black and white.

Fourteen minutes and eleven seconds. 1st out of 31 in M75.

I knew that for once I’d run well, fast and careful, no slip-ups. But with 52 runners in the class and 2 hours to go before the last competitors left the starting gate, I couldn’t really believe I could possibly win. Time passed slowly.



### Loughborough University

scale 1:3000  
contours 2m

Courses Close 16:00

1043  
151/52

JK2024  
30.3.24

MN 2024

Emergency number: 08456 801798

29 March 2024  
Jan Kjellstrom Sprint Orienteering

# 13

JK24 day 1			
M75 / M80 / M85 / M90			
W65 / W70 / W75			
W80 / W85 / W90			
	13	2.0 km	25 m
1	54		2
2	49		
3	91		
4	45		
5	94		
6	69		
7	92		
8	97		
9	104		
10	85		
11	79		
12	83		
13	46		
14	53		
15	80		

Simon's M75 course

We went down to watch the finish as the later starters would be due to appear. I knew who to look out for! Peter Gorvett of SYO. I checked his start time and we counted down the seconds. Tension was high ... the last finishers sprinted and gasped over the line ... it was over.

So, my first podium place in orienteering – and quite possibly my last – but a proud moment!

# CEDAR OF LEBANON

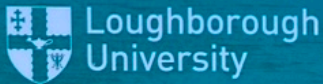
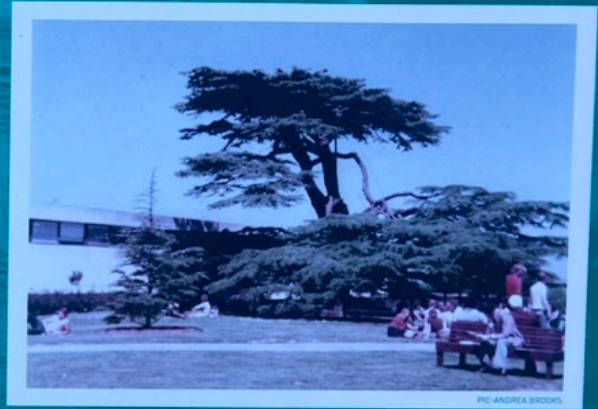
We ask that you admire this tree from a distance and do not venture underneath its canopy as this can have an adverse effect on the delicate health of the tree.

This Cedar of Lebanon was once a focal point of the landscape of Burleigh Hall Estate around which Loughborough University was built and is thought to be between 250 and 300 years old, making it a 'veteran'.

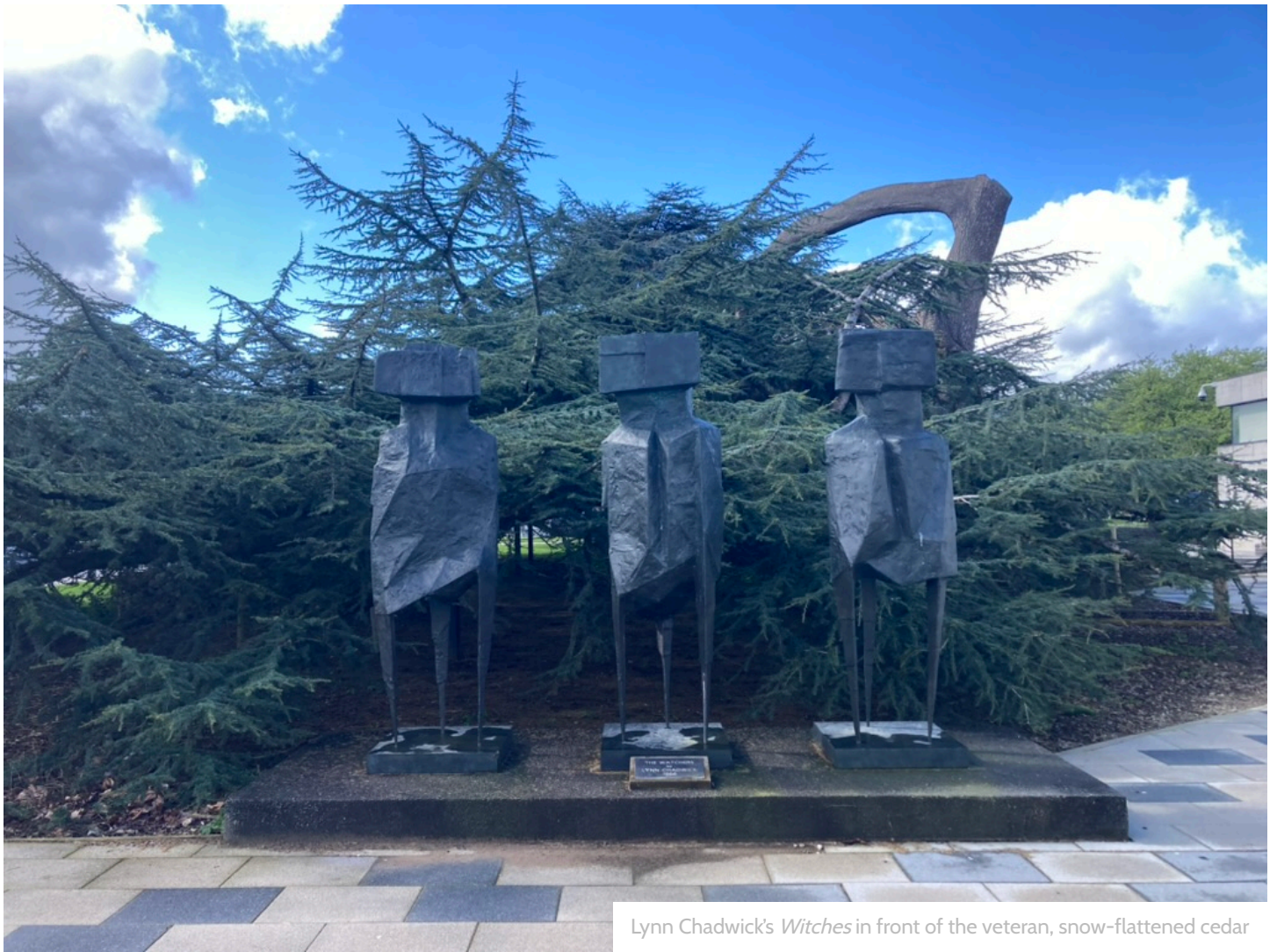
A veteran tree is defined as "a tree which, because of its age, size and condition, is of exceptional biodiversity, cultural or heritage value." (The National Planning Policy Framework 2021)

In December 1990, heavy snow caused the top part of the cedar to collapse. This and the effects of time have played their part on the tree and therefore a helping hand has been provided with the installation of supports.

Thank you.



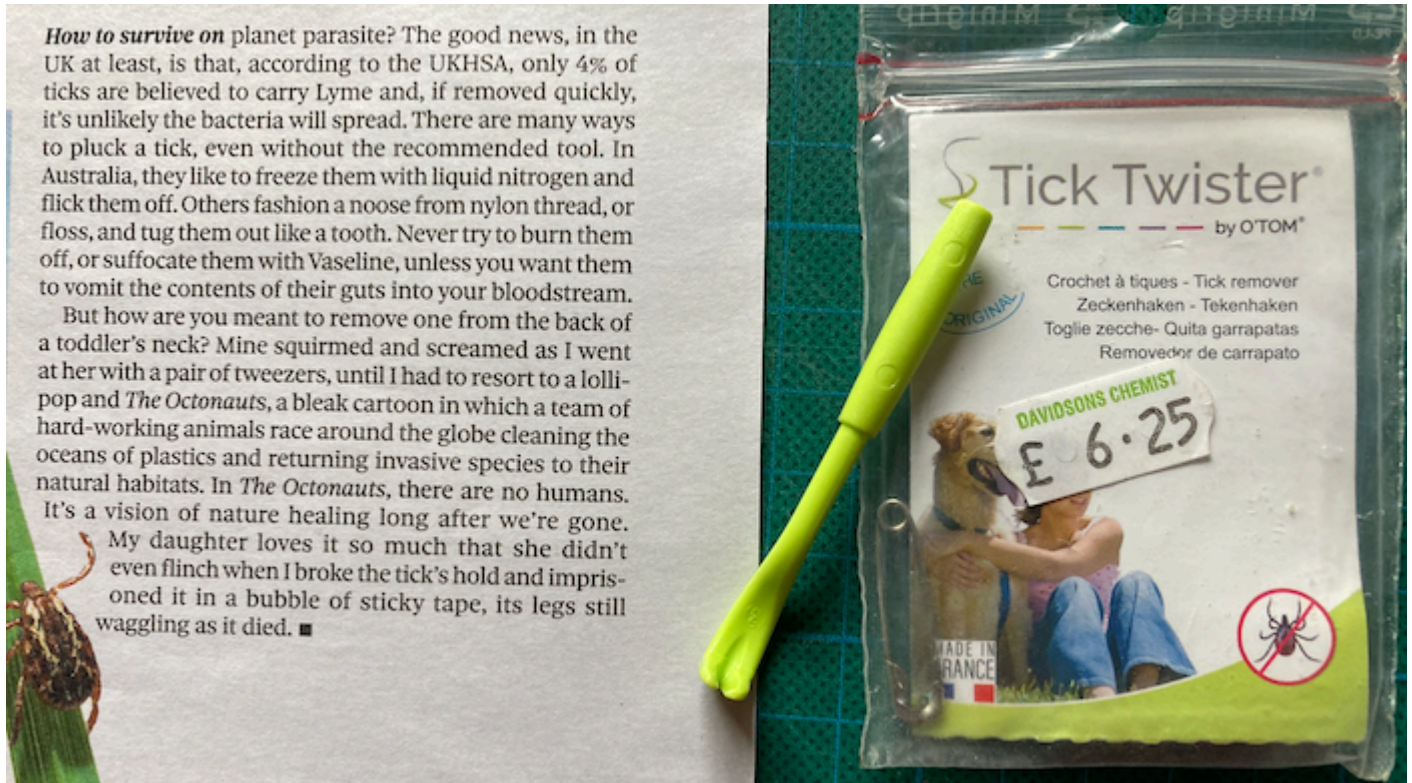




Lynn Chadwick's *Witches* in front of the veteran, snow-flattened cedar

# Lyme Disease Update – an occy hazard for orienteers

April 28, 2024



## Hunting controls?

## Creatures more ancient than the dinosaurs are hunting you!

New members may not be aware of the hazards of Lyme disease, which (in part due to climate change) is becoming more prevalent in the UK.

Lyme has been an occupational hazard for orienteers for decades, and is caught from ticks that have fed on an infected host animal. This is one of the reasons why British Orienteering insists on full leg cover at terrain events — tho bizarrely the International Orienteering Federation does not!

If you're running at any terrain/parks events as the weather gets warmer, you should shower ASAP after your run, and carry out a full tick check while in the shower. You should stay vigilant in the following weeks for any flu-like symptoms and the tell-tale bulls-eye rash (but note that only 1/3 of people with Lyme have this rash). See your GP immediately and say you are worried about Lyme Disease, if either of these occur within 3 weeks of a tick bite. The disease responds to antibiotics, and, as ever, it's best to treat within 2 months of the bite.

While Dave and I were walking Offa's Dyke, Dave spotted Charlie Gilmour's feature on Lyme Disease in *The Observer*, so I tore it out, and dutifully carried it on my back for some 215 muddy miles, to bring you upto speed on the story! (Or you can read the [whole article here](#).)



- There are 20 species of tick in the UK, and Lyme is only one of the diseases they spread.
- Most ticks are specialist parasites, only capable of taking blood from a particular host species.
- However, the species that spreads Lyme is *Ixodes ricinus* — the sheep tick or castor bean tick. This wee critter feeds on sheep, mice, rats, deer, dogs and humans, making it a superspreader.
- *Borellia* is the bacteria that causes Lyme, and ticks that carry this are healthier because they:
  - have higher fat reserves
  - are therefore better at surviving temperature extremes
  - are more active and thus more likely to bite.

Arlene Brailey of the Lyme Resource Centre says that ticks are present in London Parks. Brailey's son Marcus caught Lyme age 18 and was misdiagnosed for several years, with conditions such as chronic fatigue.

It's important to remember that Lyme isn't the only tick-borne infection. A bite from an infected tick can cause tick-borne encephalitis (TBE; inflammation of the encephalon, part of the mid-brain). [NHS advice on this condition is here.](#)

We've been picking up ticks most summers for the last 35 years, and find that the best way to check is in the shower, by running your hands over all of your body as you lather and rinse. Some ticks are so small that it might be a day or two before you find them, maybe in your next shower of the week. Ask someone else to check the backs of your legs as soon as you change – discreetly – after the event.

If you are worried you have symptoms, go to your GP. Not all GPs have heard of Lyme or TBE, so you should mention Lyme and ask for a blood test. As stated in *The Observer* article, these conditions can often be misdiagnosed as chronic fatigue, or a mental health condition such as depression.

[Lyme Disease Action](#) have an excellent website if you want to find out more.

## Fun in Cyprus

April 22, 2024





## Sally comes 2nd in W45, a Harris Relay and Andy meets Aphrodite!

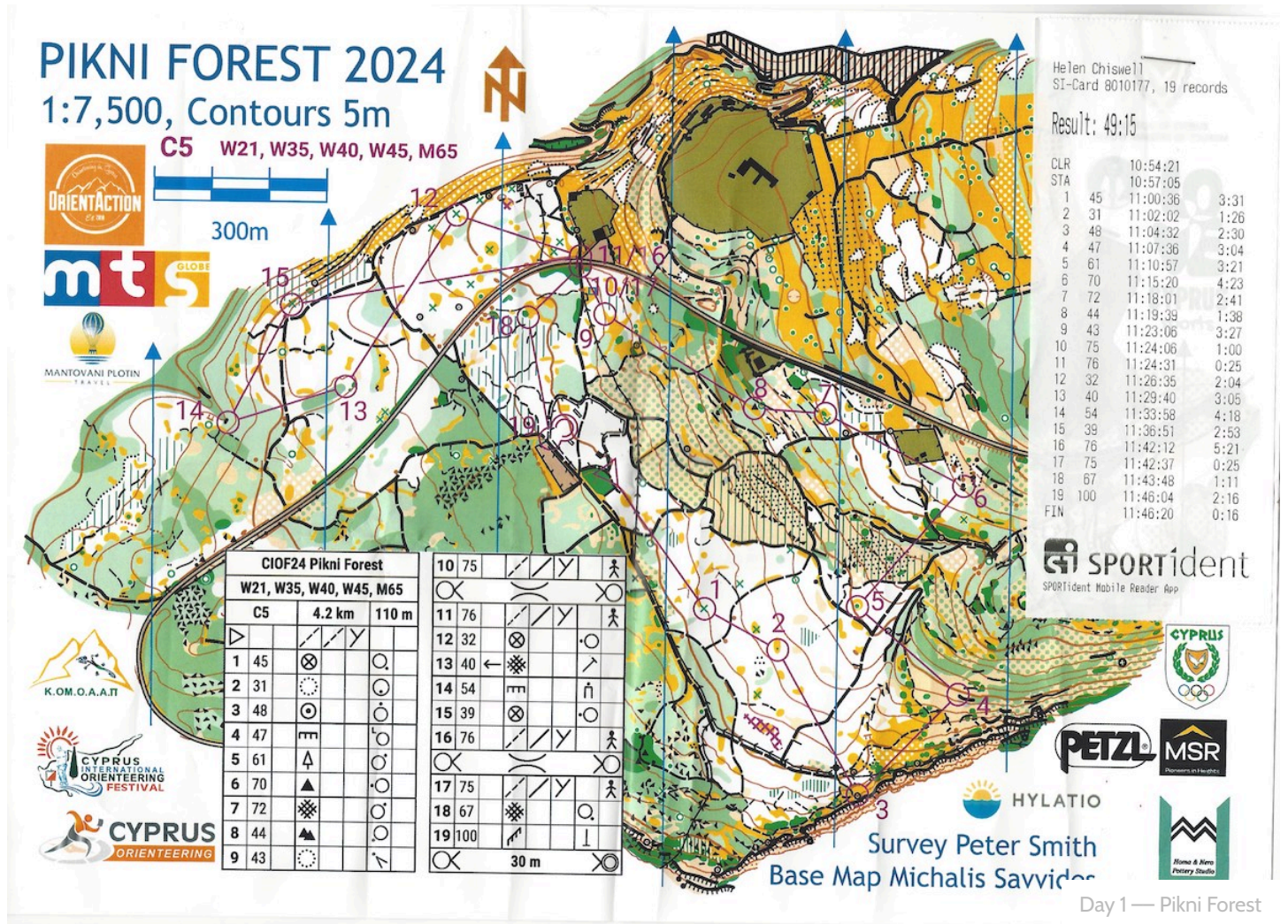
Motivated by our enjoyment of the Gran Canaria O Meet at Christmas, we decided to seek out some more sunny orienteering for the spring! A quick look at the WorldofO calendar turned up the Cyprus O Meet in March. With reasonably priced Jet2 flights out of East Midlands, and plenty of great looking accommodation available, the trip was soon booked.

We soon discovered that there was going to be quite a sizeable DVO contingent attending the event – Russ and Kim Buxton, Sally Calland and Andy Sykes were all also entered!

The event had taken over a hotel in Pissouri Bay and this is where many people stayed, with some fantastically good rates for half board stays! We weren't quick enough with booking however, and it was full by the time we tried leaving us to stay up the road in an Airbnb villa.

We flew out to Cyprus on Sunday morning, giving us a couple of days to explore before the event started on Wednesday. We saw a lot of old rubble in those two days – although according to my companions (Dad and Andy) this was very significant ancient rubble! We also head up to the capital to explore some of the museums and have the excitement of crossing the 'green line' into Turkish-controlled Northern Cyprus. The contrast between the South and North was very noticeable – the northern half of Nicosia was a lot more run down than the South.

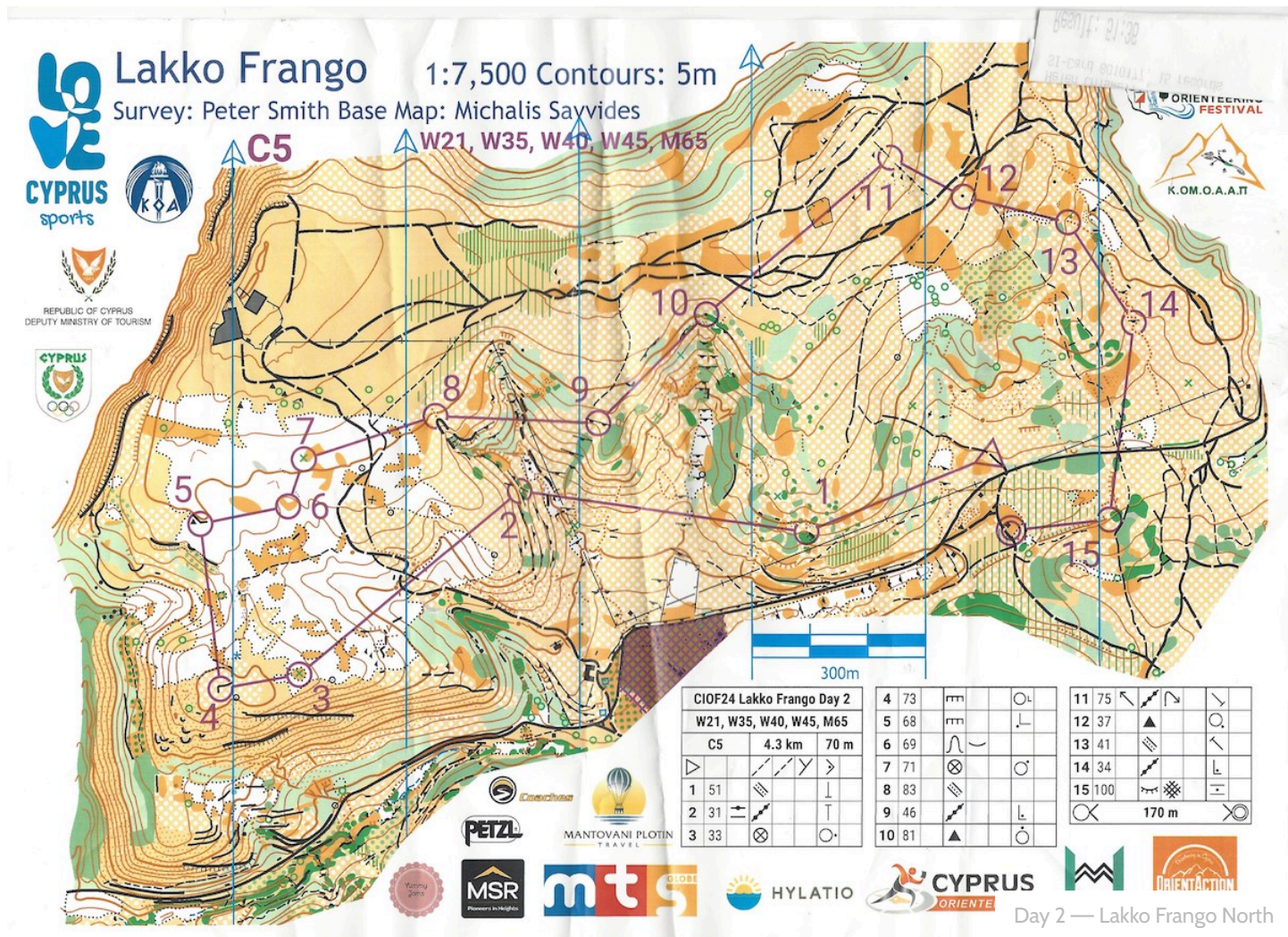




The orienteering kicked off on Wednesday and consisted of four middle-distance events, finished off with a long urban sprint on the Sunday. Day 1 was in Pikni Forest to the north of Paphos. The terrain was undulating, largely runnable forest and despite the warnings about dangerous caterpillars and snakes, I never saw either! Results across the DVO team were mixed, showing that there was definitely opportunity for mistakes, even though the terrain and map looked relatively straightforward.

Sally Calland and I were on the same course. I had a relatively clean run whilst Sally spent a while locating number 2, giving me an early lead! It wasn't to last though!





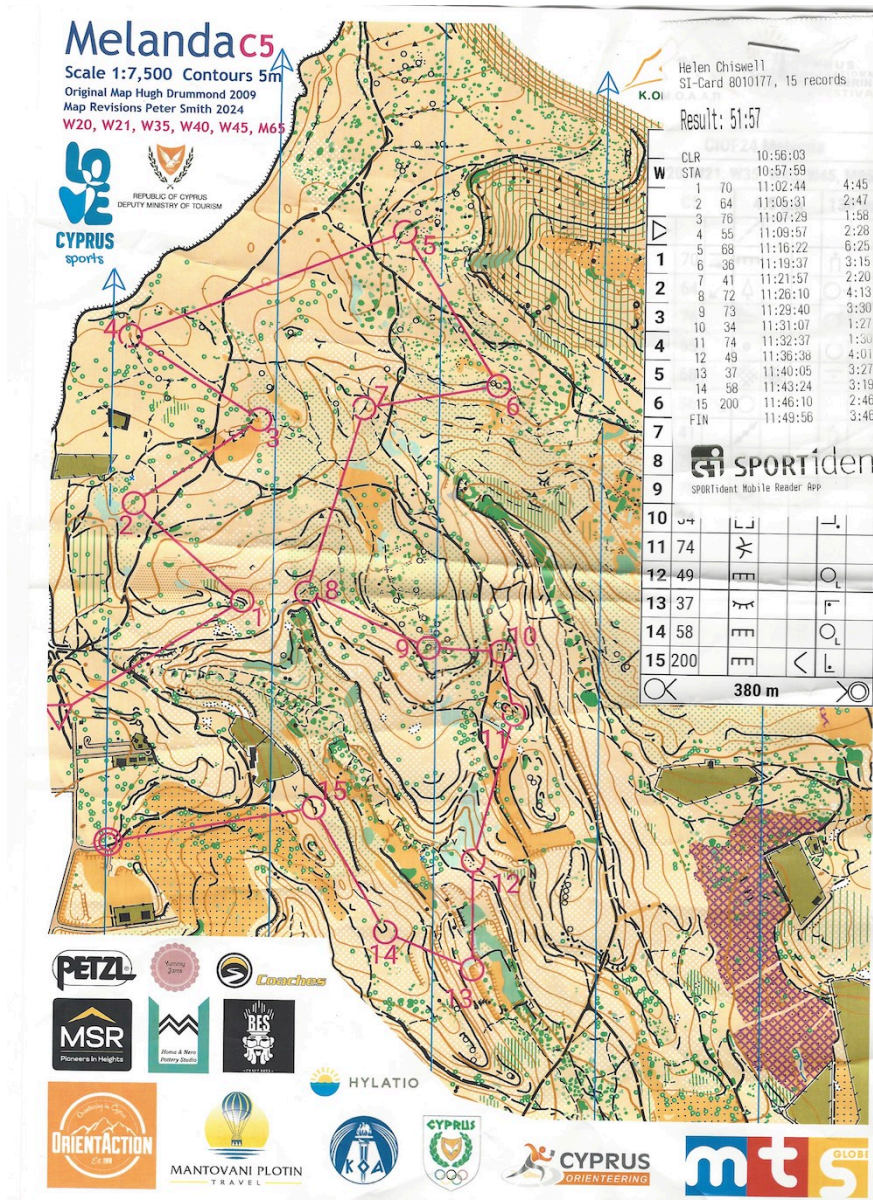
Days 2 and 3 saw us move to an open area above Pissouri Bay – Lakko Frango. The running was much tougher than day 1 – hillier and rocky under foot. On day 2 I made a complete hash of number 1 – it looks so simple on the map with the power line to use as a handrail, but I just couldn't find it!





Day 3 was not much better. This part of the map had more thick scrub and bushes, but they were all rather vague making navigation quite tough I found. My race unfolded on number 7, where I just couldn't find the small crag amongst all the scrub! Sally had a blinder however and took the overall win in W45 by over 5 mins!





Day 4 was walking distance from our villa in Pissouri Bay, on an open area called Melanda. The map had a lot of rock features and also quite a bit of yesterday's scrub bush just to make finding those rock features a bit more tricky! All in all I had a good run navigationally, but the challenge for most people was the physical nature of the area. It was the hilliest area of the 4 days, and all courses had a long uphill run in at the end, which was a real killer! Sally had another clean run and a class victory, and whilst I didn't make any mistakes I was somewhat out of energy after the efforts of the previous 3 days!

The evening saw an extra event – a Harris Relay\* on a 1:750 scale map of the hotel complex where most people were staying. It was great fun – there were people everywhere! And the large scale meant that you overran almost all of the early controls! The Harris relay format is a pairs event. You both get the same map. There are some controls that you must both visit and some that just one of you must visit. Its up to you to decide who visits which controls! Your finish time is when the second person is back. The whole thing only took about 10 mins and was a great social event with post-race analysis over a beer by the pool afterwards!

\* A Harris Relay is a very simple pairs relay format: everyone starts together, both team members must dib at the 'spine controls', and the other controls are divided between them. All controls must be dibbed, and



*the winner is the pair who are first back.*

**DVO is holding a fun Harris Relay on Saturday July 6th 1pm in Allestree Park (free entry for club members)**

I entered the 'parent and child' class with my dad and somehow we won a small bottle of Cypriot red wine!!

**HYLATIO TOURIST VILLAGE**  
SCALE 1/750

**Spine controls 1 to 6 MUST be visited by BOTH team members.**

**Controls 77 to 84 need only ONE team member to visit.**

**#17 (100) MUST be your LAST control!**

**Any missed compulsory controls (1-6 & 17) = Disqualification!**  
**Any missed controls (7-16) = additional 5 minute penalty.**  
**Controls may be visited in ANY order, EXCEPT #17 (100) which must be your last!**

Hylatio Fun Pairs Night Event		17 controls			
HYLATIO		■	⌋	⌋	
1	71	⌋		⌋	
2	72	⌋		⌋	
3	73	⌋		⌋	
4	74	○		⌋	
5	75	⌋		⌋	
6	76	○		⌋	
7	77	⌋		○	
8	78	⌋		⌋	
9	79	⌋		⌋	
10	80	⌋		○	
11	81	⌋		⌋	
12	82	⌋		○	
13	83	⌋		○	
14	84	⌋		○	
15	85	⌋		⌋	
16	86	○			
17	100	⌋			

Map Copyright Orientation Club

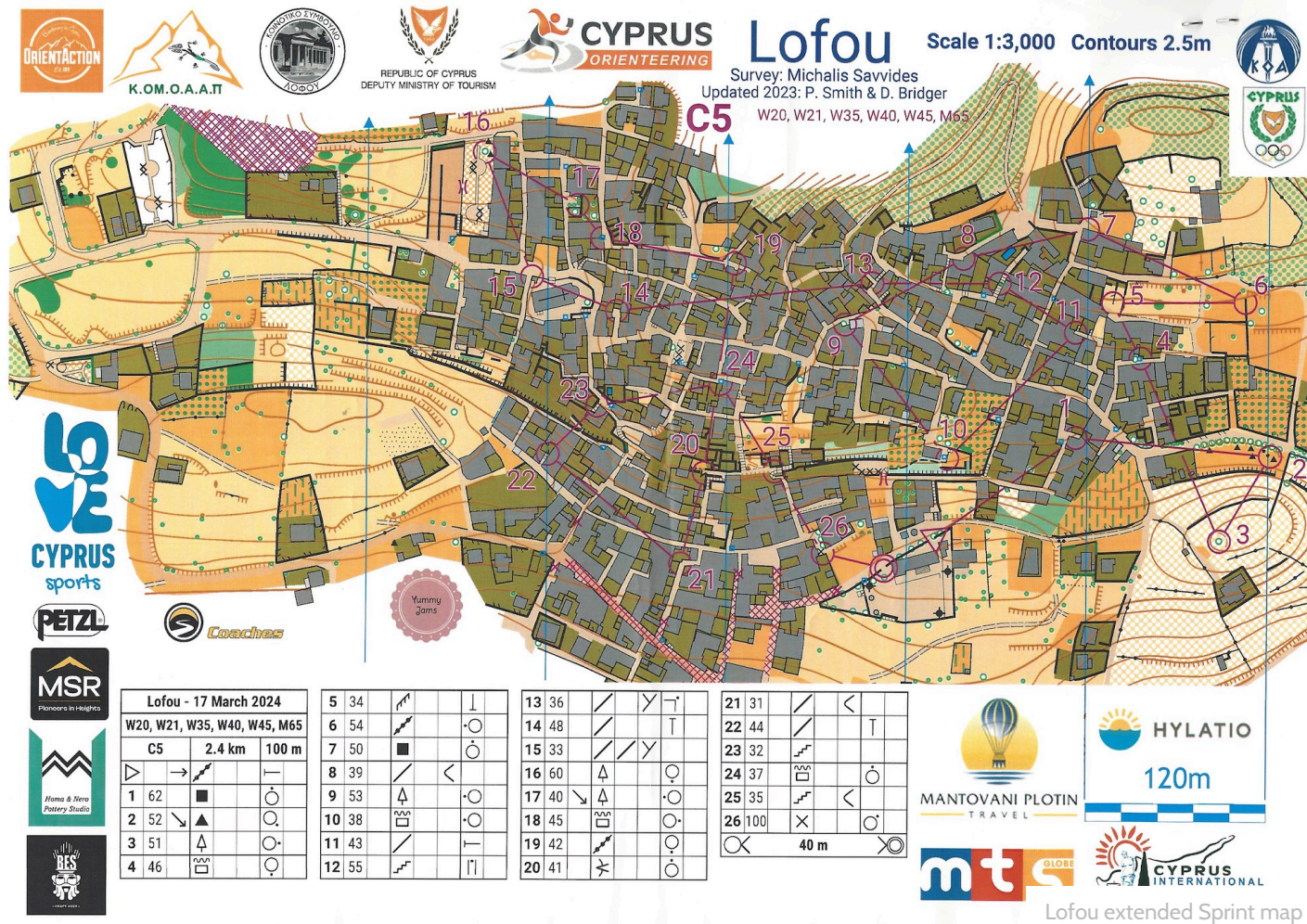
Harris Relay!\*

The results from the four middle distance races were amalgamated to decide on overall placings, with the last day's sprint race contested separately. At the end of day 4, DVO had two members on the podium. Sally had managed second in W45 whilst Russ (despite his dodgy knee) came third in the Short Open class.



Russ on the podium, despite his bad knee!





The final day was an extended sprint race in the mountain village of Lofou. It was a great setting with the start and finish on a plaza with great views back down towards the coast. The area was great for a sprint race – lots of small streets and alleyway with lots of dead-ends! It was also super hilly, which wasn't so welcome on the last day of a 5-day event! I just made one error, thinking I could get through the open area behind number 10, only to discover you couldn't and I had to come back and find another way! Despite this I managed to take second place, which I was pleasantly surprised about! It would have been third, as Sally had put in a great run, but sadly had made the classic error on missing out one of the many controls!



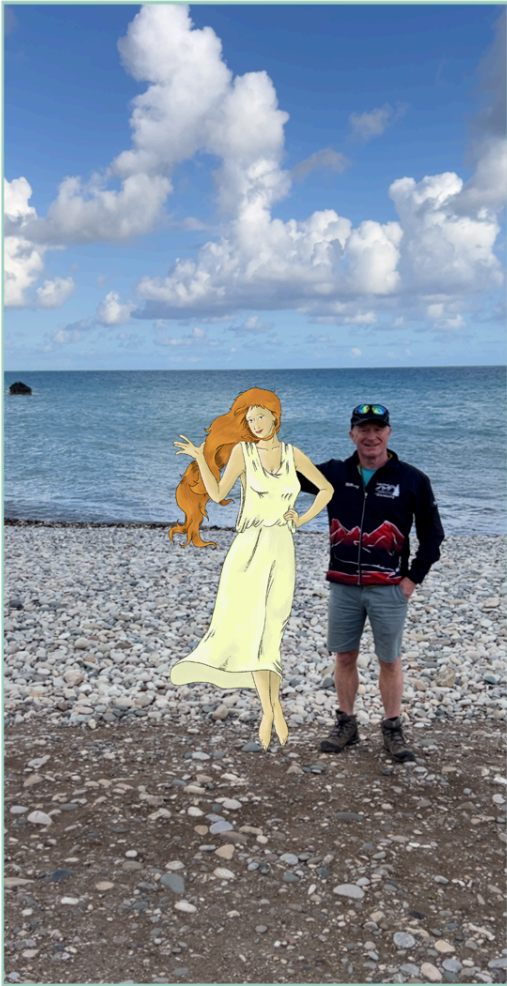
Heading up towards the finish of the Sprint in Lofou

Unfortunately, we had to make a quick dash for the airport after the event and so couldn't stay for the prize giving. Kim and Russ had got the right idea however, and had booked a 10-day holiday and were able to claim Russ's plate and pick up the mini bottle of wine on my behalf !

All in all the Cyprus Orienteering Meet was excellent – we'll definitely go again and would highly recommend it to others! The orienteering was excellent and the weather just perfect! It was amazing to see what two orienteers could manage to organise – they were responsible for all the map drawing, course planning and organisation, and very little went wrong (Diana Bridger)! As well as great orienteering, there was plenty of time after the events in the afternoons to go exploring Cyprus, which has plenty to offer. We saw lots of old temples and burial sites, some beautiful coastline and of course we met Aphrodite, who was born in Cyprus!

Have a look at the event website: <https://cyprusorienteering.com/>





  
*Aphrodite's Birthplace*  
PAFOS - CYI Andy with Aphrodite!