

# **NEWSTRACK**

## **Autumn 2008**



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

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**Editor's Opener.**

Welcome to the autumn issue of Newstrack. With the annual AGM now behind us the club has some new officials to guide us into the year ahead. Guidance will be needed as British Orienteering will, next year, be introducing new event structures which could change the way events are categorised and performance ranked, although the essence of the orienteering experience will remain. A key new official is Paul Beresford who has taken over as Fixtures Secretary from John Armstrong who died suddenly earlier in the summer, the second club stalwart DVO has lost this year. John was a committed and enthusiastic worker for the club as committee member, planner and organiser. He enjoyed his orienteering and was a nice guy. We shall miss him. A tribute from Ranald is in this issue.

With the rosy glow of summer Olympic glory receding into the grey sheeting rain of autumn I have succumbed to making a comment about the absence of orienteering from the sporting Olympiad. A number of commentators made the point about the Olympics raising the profile of minority sports that usually go unsung. Surely we are not so incomprehensible and obscure as boat racing called Yngling or bike racing called Keirin, not to mention strange forms of martial arts or synchronised diving! Perhaps we are not as glamorous for television viewers as gymnastics or beach volley ball but orienteering is a popular and internationally established sport with a wide participation base and an athletically formidable sharp end. Earlier in the summer the G.B. men's team won the world orienteering relay championships – a considerable achievement. So there was another potential Olympic medal for the Country then. How about the powers-that-be making the case with renewed vigour for orienteering to be in future Olympics. It would work wonders for recruitment to the sport.

Any rumours that the editor and club secretary got married recently can be confirmed as true. Helen will still be known as Helen Finlayson for orienteering purposes.

Winter Newstrack should be out late January so make those New Year resolutions to compose something scintillating!

*Neil Forrest*

Congratulations to Liz Godfree on being awarded 'The Veteran Sportsperson of the Year' at the Derbyshire Dales Annual Sports Awards on Friday 18 October at Ashbourne Leisure Centre. Liz now goes forward to the Derbyshire awards and we wish her all the best there.

## **Notes from the AGM**

The meeting was quorate with 26 members attending.

### *Chair's Report – Ranald Macdonald*

To start with the sad, we have had the untimely deaths of two Club stalwarts - Peter Bourne and John Armstrong. Both made a significant contribution to the Club and we will sorely miss them.

Liz Godfree was one of our stars of the year, winning the Sprint event at the World Master's event in Portugal and the W60 class at the Interland Competition in the Netherlands and the Veteran Home Internationals in Northern Ireland. Paul Addison came third in his M40 class at the Interland. Both also performed well in other events during the year, as did others.

A small group of us travelled to Culbin Forest in the North of Scotland with many more to the JK in the South of England at Easter to be somewhat surprised by the snow on the final two days having run the Sprint event around Surrey University at Guildford in sunny weather on the Friday. The Club was also represented at the World Masters in Portugal, the Welsh 6-day, the Venice Street-O (along with 3,500 others!), the French 6-day and the Slovenian 5-day events, amongst others. There was a sizeable group of us at the White Rose in August with many placings in the individuals and relays. We also had a junior team in the Peter Palmer Relays in September and got knocked out of the Compass Sport Cup.

We have also put on a very full programme of events from Local events on Saturday, District events on Sundays and a new format summer series including local parks and street-O. The Club Championships were held at Longshaw Estate a couple of weeks ago with 85 taking part and it was a pleasure to see so many children and families there running and having a picnic afterwards.

Whilst we put on relatively few social events we are trying to ensure a social aspect to events such as the Club Championships. We also held the annual dinner and awards ceremony at Wirksworth Town Hall with over 90 people there, including our guests Mike Hamilton, the BOF Chief Executive, and his wife, and Pauline and David Olivant.

On the development side Val Johnson and Rex Bleakman continued their high levels of activity in schools and Derek Gale led on the satellite club initiative which saw the first event at Buxton on 27<sup>th</sup> September with around 150 runs. This will hopefully see an increase in activity in that area to be followed, probably, by Chesterfield and Derby satellites. We hope this will eventually follow through to increasing Club membership.

Paul Wright provided extensive press coverage with, at the latest count, at least 36 reports in local newspapers. He has also continued to manage the Club's equipment efficiently. Daniel Kimberley and his college colleagues redesigned the Club's website as part of a project on their computing course and we hope you like the new design.

*Secretary's Report – Helen Finlayson*

Individual numbers of members were down by 9 from 2007. Of the 273 current members, 60 are below the age of 15 and 213 are 16 years or over.

*Treasurer's Report – Sue Russell*

Sue presented details of the club accounts for the year ending 31/8/08, the Balance Sheet, Income/Expenditure Account and Event Accounts. When the final payments are in the balance over the year is likely to be slightly up. Average event income is roughly 50p per competitor. It was agreed to leave membership & entry fees as they are.

Proposed changes to the constitution were accepted.

*New Club Officials.*

Chair - Steve Kimberley	Vice Chair - Ranald Macdonald
Secretary - Helen Finlayson	Treasurer - Roger Keeling
Club Captain - Dave Lawson	Fixtures Secretary - Paul Beresford
Committee Member - Graham Johnson	

*Appointed officers:*

Equipment - Paul Wright	Mapping - Mike Godfree
Permanent Courses - Mike Godfree	Access Co-ordinator - Neil Forrest
Newstrack Editor - Neil Forrest	Publicity fliers - Dave Bennett
Press - Paul Wright	Minutes Secretary - Jen. Gale
Development - Derek Gale	Junior Rep. - Val. Johnson
Lead Coach - Val. Johnson	EMOA Rep. - Steve Kimberley

**Final Thoughts from the (ex-)Chair**

Well, by the time you read this I will no longer be DVO Chair. I wish Steve Kimberley as the new Chair and the new Committee well for the future. Most of what I want to say is contained in my report to the AGM and my report on the Club Championships.

So, I'll just use this opportunity to write a few words about John Armstrong, who tragically died earlier in the summer. Some of you may not have recognised John but you will have run on his excellently planned courses or benefited from the meticulous and highly organised way in which he carried out his role as Club Fixtures Secretary.

It was only at the British Championships in Scotland in April that Viv and I really found out about John's life and even then he did not boast about his achievements as the most capped bridge player for England, that he had a first

class degree in mathematics from Cambridge and was an accomplished classical pianist – sadly it was only on reading his obituary that we found out these facts.

Walking to the starts we were able to ask John about what he did and we were envious of the fact that he had organised his finances so that he could retire at 51 to devote his life to bridge and the travel involved in being a world-class player. It was tragic that he died at the age of 56 having just returned from the European Bridge Champions where he and his partner were runners-up.

At his funeral we heard how modest and generous with his time he was to bridge players of all standards and that the words in his obituary “he was both a gentle man and a gentleman, well liked and



respected in the bridge world” perhaps summed him up. The words met with vigorous nods from around the congregation and certain resonated with our own experiences of knowing such a lovely person. His obituary also noted that he was ‘keen on orienteering’ and he willingly took over as Fixtures Secretary at last year’s AGM as well as continuing to plan. He will be sorely missed by the club.

*Ranald Macdonald*

### **Buxton Mountain Rescue**

At the request of the late Peter Bourne’s family donations were made to Buxton Mountain Rescue. The sum of £790 was received and has been used to purchase a new laptop and projector to assist with training and fund raising events. On behalf of the family Chris Bourne would like to thank all who contributed.

### **A Hogmanay Event**

It has become something of a tradition for the Wednesday night runners to stage something different on 5<sup>th</sup> Wednesdays. So for December 31<sup>st</sup> you are invited to a one hour score event around the streets of Ashbourne, followed by a pot luck supper (i.e. you bring a dish to share). We might last long enough to see the New Year in. Mass start at 7:15 chez Godfree, Highfields, Mapleton Road. Parking on our drive or in the Tissington Trail Cycle Hire opposite. All under street lights if you choose but you would probably benefit from a torch to record the answers. Christmas decorations should still be up to add to the attractions. The event is not compulsory you are still welcome to join us for supper afterwards.

*Mike & Liz Godfree*

### **DVO SHOP -new manager**

The Vincent family have kindly offered to take over the shop, so they will be at future DVO events for you to buy your club kit.

## Event Officials Needed

DVO has a full calendar of events scheduled for the forthcoming year. In order to run these events we need members to volunteer as organisers, planners and controllers. Many thanks to those members who have been an official for past events, and to those who have already volunteered for the year ahead.

The table below shows the officials who have been appointed for the next year and, more importantly, the vacancies which we still need to fill. Please consider volunteering to fill a vacancy by contacting our fixtures secretary Paul Beresford

Email: - [paul@pberesford.fsnet.co.uk](mailto:paul@pberesford.fsnet.co.uk)

Tel: - 01302 751549

Please give it a try, even if you have no previous experience. C5 events are suitable for first timers as they are small scale events. We have experienced club members who will be willing to help you.

18 Oct 08	Markeaton	C5	O-Val Johnson, P-Michelle Mackervoy
16 Nov 08	Shining Cliff	C3	O-Sal Chaffey, P-John Duckworth, C-Mick Lucking
14 Dec 08	Whitesprings	C4	O-Ian Hodson, P-Steve Kimberley, C-Brian Ward
01 Jan 09	Melbourne Street O	S5	O/P Doug Dickinson
31 Jan 09	Holmebrook	C5	<b>Organiser &amp; Planner Needed</b>
08 Feb 09	Lindop	C4	<b>Organiser &amp; Planner Needed</b> , C-Mike Godfree
07 Mar 09	Stanton Moor	C4	O-Dave Vincent, P-Steve Taylor, C-Ranald Macdonald
16 May 09	Linacre	C5	<b>Organiser + Planner Needed</b> , C-John Hurley
06 Jun 09	Riber Hillside + Long O	C5	O-Paul Wright, P-Dave Chaffey
14 Jun 09	Carsington	C4	O-Stuart Swalwell, P-Dave Skidmore & Ruth Ellis, <b>Controller Needed</b>
04-Jul-09	Shiple Country Park	C5	<b>Organiser &amp; Planner Needed</b>
20-Sep-09	Calke	C4	<b>Organiser, Planner &amp; Controller Needed</b>
14-Nov-09	Longshaw	R2	<b>Organiser Needed</b> , P-Mike Gardner
15-Nov-09	Eyam	C3	<b>Organiser &amp; Planner Needed</b>

## **CIRCUIT TRAINING IS BACK**

Sawmills Village Hall - from Friday 31<sup>st</sup> October - 7.00 – 8.30pm     £1.50

### *Why bother with Circuit Training?*

Circuit training is an excellent way to improve [mobility](#), [strength](#) and [stamina](#), all of which are needed for Orienteering, and has the great advantage of being adjustable to suit age and fitness. It provides a firm base from which to work but most importantly it increases core stability which improves muscular co-ordination and, as a result, the control and quality of movements. As these stabilising muscles gain more strength and endurance, movements can be performed without technique deteriorating due to fatigue and this may reduce the risk of injuries.

### *What do you do?*

Following a warm up at the start of the session the DVO circuit training format utilises around 10 strength exercises that are completed one after another, for 50 seconds each, before moving on to the next exercise. The session lasts 45 minutes and ends with a [cool down](#).

The circuit is set up to work upper-body, legs, core & trunk muscles for exercises such as burpees and pluto sniffs as we have a variety of equipment and a range of music.

### *Can anybody come?*

Yes. The exercises can be varied to meet everyone's needs. Come along and have a go.

*Val Johnson*

## **COACHING TIPS    A couple of tips for beginners.....**

### *At the Start*

At the start you should first take a moment to identify the location of the start - shown by a red triangle on the map - and relate the features around you to what is shown on the map. Then decide on your plan for getting to the first control.

Resist the temptation to dash off immediately before you have established where you are and decided on your strategy. Make sure that you set off in the right direction.

It generally pays to be a bit more cautious with your navigation at the start of the course, until you get the feel of the map and settle into your navigating routine. There will be plenty of time to run hard later on the course.

### *Folding and Thumbing the Map*

The map is likely to be A4 or A3 size – this can be very tricky to hold and it is not necessary to see all of it at once, so, fold it up so that all you are looking at is the route to the next couple of controls or so. This way it is easier to hold, and, there is less to look at enabling you to focus on the route ahead. Keep refolding as the course progresses, with the map folded, map orientation is easier.

The next trick is to use your thumb to show exactly where you are – the position of your thumb and the map can be easily adjusted as you pass by features so your thumb keeps your position on the map. This way means that you do not have to keep on stopping to work out where you are.

Both of these techniques once mastered will only take seconds to do but may save minutes in the grand scheme of things.

*Val Johnson*

### **Entries for Shining Cliff**

Could I encourage any helpers who want to run at the Shining Cliff Regional Event on 16<sup>th</sup> November to enter on-line (via club web site) please? You can get the helper's half price entry by quoting the code "sc99d2". I will leave your entry time open so that you can run at any convenient time (it will be a punching start) but normally before 10:30 or after 12:30. Offers of help to the organiser, Sal Chaffey, not to me.

Most important of all, please sort out your entry before the day to minimise the work on the day.

*Mike Godfree*

### *We all went on a summer holiday...*

#### **1. French 6 Days as it happened.**

##### *Graham Johnson's tale...*

As the week has worn on, it has become not so much a question of where I will finish - I have comfortably lived down to expectations so far - but whether I will finish at all.

In retrospect, I should have been grateful that it took me as many as three controls on Day 1 before I stubbed my toe, so that my big toe nail is now secured to the rest of my body only by green and yellow tape. The opportunities to repeat this experience again and again are many and various. If you can imagine getting a lump hammer and banging it hard on your biggest digit, you too can feel my pain.

Day 2 passed without incident if you don't count the collision with the tree that



has left me with a lump the size of golf ball above my right eye and the sunburnt head - how I regret the pre-event haircut.  
All of this was but a dress rehearsal for Day Three.

I could tell this wasn't going to be my day as early as Control 3 when, having nimbly leapt from one crag to the next and finding no control, I decided to repeat the experiment, without taking into account that the return crag was literally a step up too far. I paused momentarily in mid air before performing a cartoon plummet to the bottom of the chasm separating the two features.

I don't know who was more surprised to find themselves at the bottom of the ten foot drop, me or the Belgian who looked like he'd enjoyed rather too many of the buns which originate from that country. Ever the diplomat, I signalled him to start the ascent out of the hole in which we'd both found ourselves. I followed in his wake. Big mistake. My Belgian friend stalled halfway up and returned to join me. Unfortunately I was hard on his heels, though this was not the part of the body which landed in my face (How many people can claim to have been hit by a falling Belgian?). The thought that Max Mosley would have paid good money for the experience was no consolation.

Undeterred, I ploughed on. Surely I'd used up my quota of bad luck. This lasted as far as Control 6, when on checking my compass on emerging from the control, I found it lacked a vital part - the compass bit - which had fallen out. I was now in the middle of an area of map that was more complicated than a DSS application for Disability Living Allowance, without the one instrument that would enable me to get out safely.

If I achieve anything at all this week, I am determined not to fall foul of the Curse of the Disqualified, doomed forever to wander branded with the Mark of an hour added on to the last finisher's time. Baden Powell would have been proud of me as, guided only by the sun which insisted on beating down on my unprotected bonce, I negotiated the remaining 12 controls of my course, What is more I avoided further debilitating injury apart from a further tree-inflicted scar to the top of my cranium which has been likened to the chasm into which I had earlier plunged to establish rather too close friendship with my Flemish friend.

Things can only get better. Can't they?

*Stephen Kimberley's tale...*

Day 1 La Couvertirade

Very early starts today with most people leaving accommodation by 7am. Starts for DVO were between 8.30am and 9.15am.

The event was named as being at La Couvertirade and most drove straight there.

Unfortunately the event was actually to the north of the area and took some finding. Graham Johnson came to the fore with his linguistic skills. Espying a lonely goat herd (though not high on a hill), he plunged into the mass of goats and demanded of the somewhat surprised herd(ess) where the orienteering was. Out of the torrent of words in reply, the words 'left', 'right' and 'over the motorway' were sufficiently decipherable to ensure DVO and the by now international calvalcade of motorists behind arrived in time, just, for their starts

The maps were 1:7500 and green spotted. This made it difficult to run on a bearing. Results are not up yet but most DVO completed their course though all made errors. The problem was not so much being in the wrong area but more having difficulty finding the control once in the control circle. Errors ranged from a few seconds to over twenty minutes. The map was difficult to read when in the circle and often the control flag was relatively hidden and wasn't spotted till you were right on it.

Emma has already fallen foul of the somewhat draconian disqualification rules. No wimpy four out of six days to count here. Every lousy stinking run counts, and if you are so foolish to confuse your 118s with your 119s, the penalty is not quite instant disembowelment but the next worse thing - your time is automatically one hour after the longest time on your course.

DVO had left the area by 12 noon and some spent the afternoon sunbathing, playing around in the pool or lazing in the village bar, supping 1664 and avoiding the 33 degree (in the shade) heat. Nothing too strenuous.

## 2. Meanwhile in Wales

### *Dave Bennet's tale...*

I only entered Day 1 which was on high moorland covered in huge depressions (so large they warranted a special map symbol), boulder fields, with heavy rain for early runners and little to relocate on. (*Sounds ideal! – wish I had gone!*) I spent one third of my time looking for two of the twenty one controls. Simon and Lisa Gale apparently found each other whilst both lost and decided to retire at that point.

### *Jen Gale's tale...*

After a week running in the wooded sand dunes of Portugal, Wales came as a bit of a shock. We noticed there was a major defection of DVO to France, just because they expected Wales to be wet (OK, largely true) and rough (again, largely true). However, the DVOs that stayed in the UK didn't suffer the stunning range of mishaps visited on the sun seekers.

The only report I've seen so far on Wales was from Dave Bennett, who only did the first day, and the Gale family seemed to feature far too much. OK so Claire's shoes did, once again appear without their owner, this time on her daughter's feet. But there were other intrepid members who were there for the whole week, like Dave Skidmoor and Ruth Ellis, and almost the whole week, like the Addisons and Ro Cole, Khem & Adam Sattaur and they were all camping, which is heroic.

Day 2 was dry for most runs, but the terrain was - well, if I said the path route, if there was one, even if it was 3 times as long, was almost certainly the fastest and least tiring, you may get the flavour. Most of it was deep heather or bilberries that disguised ground so uneven that you continually found yourself down holes it was a challenge to climb out of.

Day 3 was wet and using the same assembly area as day 2, this was a quagmire of grey mud by the end; but if you ignored the fact that you were running on slag heaps, it was mostly fast going (for the runners) and with some challenging route choices to avoid the ponds and precipitous slopes.

A welcome rest day, which was dry and pleasant, was followed by day 4, which was the best by far; the club tents (or in our case gazebo) were erected under the trees by the run-in and the courses were in forest, which were a joy to run in after the previous days (pity about the senior moment that found me fighting my way up and down a gulley in head-high bracken a track earlier than was useful – you'd have thought I'd have wondered why no-one else appeared to have been there.).

Day 5 was another pleasant day and out on the hillsides but on runnable grass with interesting rock features and again the run-in was alongside the club tents. Tracy & Ian Grant appeared for these last 2 days (they were there for the Jazz festival really), but Ian ricked his back very early in the course and strangely Tracy didn't turn up either for day 6 in the torrential rain.

Day 6 was, as already indicated, very wet. The terrain was disconcerting as you approached, lots of little round grass covered hills, and the map when you picked it up was no more reassuring. It certainly encouraged serious concentration, though, again, most of it was runnable and presented interesting route choices – do I run through this large marsh or go round the path? The route to the final control for all but the youngest runners, was cruel, a slide down a steep muddy hill into an admittedly shallow and concrete bottomed stream and then with wet feet, on rain soaked ground, a steep, muddy clamber up a similar hill. What you really need at this point, on the edge of exhaustion, is 2 voices shouting 'come on Grandma, run'.

Overall a good week of varied terrain and the weather wasn't all bad.

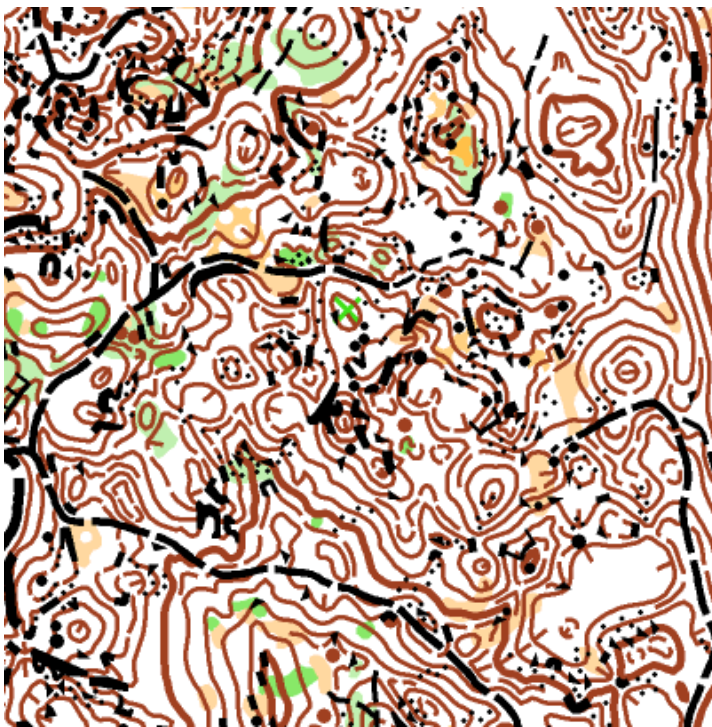
*Jen Gale*

### 3. Somewhere in Slovenia.

*Ten year old Nicola Northcott's tale...*

Ena, dva, tri, gremo! (one, two, three, go! – in Slovene). Over the summer holidays I went and joined in a 5 day orienteering event in Slovenia. A lot of children came as well as adults from all over the world, including some world champions. It took place at the end of July and what a fun 5 days we all had!

The event was extremely well organised and we had glorious weather. The areas used were brand new for orienteering in beautiful karst forests over 1000m above sea level. They had just been mapped by a Czech expert, Martin Lejsek, he said of one of the areas “*'TOTAL BRUTAL!' ..... and only for real orienteers*”. I think most of the adults from DVO agreed with this, but I managed to finish all my courses alright ☺.



*Part of the map from day 2. As you can see there are a lot of contours, Dad said it was very confusing as all the circles you expect to be hills but as it was a karst forest they were depressions instead*

All around Slovenia there are a lot of things to do like visit the capital city Ljubljana, going to the mountains or to the coast. The DVO members that attended the event all decided to try white water rafting on the river Soca not too far from the event centre. The river flows the short distance from the Alps into the Adriatic sea and had beautiful views. We were rafting on the same river and going past the places where the new Narnia film Prince Caspian was shot. We even went swimming in the river when it was only 8°C. But we all did it!

On the 5<sup>th</sup> day at the award ceremony all the children who had entered as M10 or W10 were asked to go on the stage and were given a prize to say well done. Something I will not easily forget is that the commentator said “...**watch out for these children, they could be the future world champions in 10 years time**”!!!

### *Viv Macdonald's tale*

DVO certainly spread its wings this summer. Whilst some of the club went to Portugal and others to France, we had three weeks in the motor home, meandering through Belgium, Germany and Austria to go to the 5 day orienteering event in Slovenia. Adrian, Daniela, Tess and Nicola had told us of the beauty of the country and we weren't disappointed. Adrian, Nicola and Tracey and Ian Grant had also entered and we all met up at the assembly area in the middle of the forests in the Julian Alps.

The first two days were on 7500 maps, day 3 on a 5000 map and days 4 and 5 on 10000. The first three days were in the limestone karst region and the maps looked like a series of black dots and lines interspersed with depressions - very large depressions in many cases. Within a few meters from the start on day 1 I had the awful feeling that things weren't going to go very well as I was clambering through undergrowth and over large rocks before I finally emerged and found something resembling a path which then helped me to sort myself out. It was stunning stuff! I did very little running as I really had to maintain contact the whole time as I knew I would find it hard to relocate. There were lots of little groups of people in the forest comparing maps and checking where they were. After day 1, the eight of us went white water rafting - great fun.

Day 3 was even harder, trying to get used to a 5000 map but with 5m contours. Days 4 and 5 returned to the more normal scale and some very nice forest. On day 4, I overshot control 1 and landed in a depression which happened to be my second control. Back to control 1, then back to control 2 where someone was taking photos. I smiled at the camera and immediately went off 180 degrees the wrong way. When I realised what I had done, I turned round and came back to control 2 but crept behind the photographer to hide my embarrassment! None of my times were brilliant but I was pleased to finish all five days - five out of the 18 on my course didn't.

*(Holiday orienteering is when you subject yourself to competitive stress and time pressure not normally experienced so that a return to work seems like a real holiday that lasts longer. Ed.)*

### **DVO JUNIORS (+1) GO.....PETER PALMER RELAYS**

For those who were nicely tucked up in bed on the first Saturday in September spare a thought for the Juniors (and drivers / coaches) who, braved the

elements and descended, along with 30 other teams, on Middleton Woods Leeds, for this years Peter Palmer Junior Relays.

It was our first venture of this kind and which can only be described as the junior version of the well established Harvester Relay that DVO Seniors have successfully taken part in over a number of years. To sum up, the event is a six leg relay which starts at around 4.30 am (yes, we had to wake them at 3.30am which was amazingly easy). Accommodation is provided by way of floorspace – this year it was an enormous indoor athletics hall.

Well, for the rest I will hand you over to the team perhaps between us we will paint a picture of just what it was like. *Val Johnson*

### **Leg 1 = Luke Addison**

I've got to say, at first I did not relish the thought of waking up at 3:30am, to go run around a wet forest, in the dark!! But surprisingly, after three cups of coffee, I was actually up and raring to go!

We trudged up to assembly and had just enough time to do some stretching before we were ushered into the holding pen to be briefed on how we would start. As the whistle went we all sprinted off along the tapes to the start flag where the group seemed to divide and go in opposite directions! With a quick glance at my map I knew which way to go and went off, at some speed, in that direction. Although I didn't have a great run, I really enjoyed the relays and look forward to taking part again next year!

### **Leg 2 = Ben Beresford**

After struggling to wake up at 4:00am. I managed to get my O'stuff ready for my early run. We walked up to assembly and pitched the little tent. I cheered on Luke at the mass start, then walked over to the spectator control (which was a garden gnome) looking for Luke, but all we could see was bright lights coming towards us. I saw Luke coming into the spectator control so I got ready and went off to the holding pen. I stood with two other boys who were a lot older than me. The three of us were guessing who was who. I saw Luke I looked at my compass to see which way was north, then I was off (not very fast though due to not been able to open my map). I ran into the trees and it was still surprisingly dark. Fortunately for me my first two controls I had were on open fields, with the first control down a forest road onto the open and the second across the field and just into the trees. Then came the first spectator control it was across another open field. By this time I didn't need my torch in the open. I punched the spectator control and did a loop around the west side and out again to the second spectator control (the gnome!) and did a loop around the bottom. Finally I handed over to Amy and I then went for breakfast which was a test in its self as I had to eat the coco-pops before the milk soaked threw the paper plate! I am looking forward to competing again next year.

### **Leg 3 = Amy Bevan**

3.30 is not a normal time for a teenager to get up! But I reluctantly dragged myself out of my sleeping bag and gradually woke up, not really looking forward

to going out into the cold, especially after hearing the torrential rain on the roof of the sports hall during the night. Leaving all the leg 4-6 people tucked up asleep I staggered up to the start.

Although Luke didn't run quite as good a time as he wanted, this worked to my advantage, as it meant I was now running in the light which I was more than happy about! The ground was luckily not as slippery as I had anticipated, and I had a fairly smooth run (other than a slight confusion with one control...oops!). Meeting my new found friend (the gnome) twice along the way, it defiantly helped me along to hear everyone shouting at me as I reached the spectator control for the second time. Although it was a ridiculously early start, I had such good fun cheering on my team mates and can't wait to do it again next year.

#### **Leg 4 = Jessica Addison**

Well, seeing as I hadn't been told what was happening until we were half way to Chesterfield, it came as a bit of shock to find out that I was going to Leeds for a night and that I was going to have to get up at 6:30 the following morning to run in a relay. But, everything turned out surprisingly Ok! I managed to get up and eat a tea-cake before going up to the assembly field and doing my run.

And, even though I was still pretty tired, I managed to get round without making any mistakes, which was definitely a good thing.

I liked seeing the gnome with the balloons halfway round too! ☺

I had a really good time, and I'd love to take part again, next year.

#### **Leg 5 = Amy Kimberley**

Well waking up when all the first legs had to wasn't that good but at least I had a few hours sleep until I got woken up finding out I had 30 minutes to get ready.

When I got up to the assembly I found out that Amy had only just gone out I was quite disappointed but at least I could cheer on the team. When me and jess finally got into the pen we found out that we could be in a chasing start if Jessica wasn't back in time and we did end up in it but luckily we were the first out on the chasing start. The course was easy and simple so I got round in a reasonable time.

**Leg 5 = Jessica Beresford** After a good nights sleep I was ready to do my part of the relay. I was glad that it was light though. I set off around the course and didnt have any trouble finding the controls. I really enjoyed being part of the team and hope they take part next year.

#### **Leg 6 = Ben Windsor (LEI)**

Five hours after getting up, my leg began. The green course visited the spectator control three times with two butterfly loops being run in different orders by different runners.

The course started off really well for me and both the loops went reasonably smoothly. However, on the last part of the course right after the final spectator visit I turned off a path too early and got confused, leading to a 12 minute control, and being caught by the mass start with had happened shortly after I left. So in a

running race for the last controls I finished the 6.4km in 49 minutes. By the time I returned it was 9.45am and pretty much everyone had gone! The one advantage of getting back late: the organisers gave me an entire loaf of bread, tub of margarine, and pot of jam for breakfast!

## DVO Diary Dates

For full details see [www.dvo.org.uk](http://www.dvo.org.uk).

Events and venues can change at short notice. Please confirm before you set off.

16 Nov 08	Shining Cliff	C3
29 Nov 08	Stanton Moor	Spook Relays <a href="http://www.spookonline.co.uk">www.spookonline.co.uk</a>
14 Dec 08	Whitesprings	C4
01 Jan 09	Melbourne Street O	S5
31 Jan 09	Holmebrook	C5
08 Feb 09	Lindop	C4
07 Mar 09	Stanton Moor	C4
16 May 09	Linacre	C5

Runs every Wednesday - Normally 1st and 3rd Wednesday in every month from the Johnsons in Belper

2nd and 4th Wednesday in every month from the Mackervoy's in Allestree, Derby.

5th Wednesday in every month will be something different, check website for details

Friday nights – Circuits at Sawmills Village Hall.

## Spook Relays 2008 on Stanton Moor

Date: Sat. 29 November. Mass start at 11.00am

Entry via <http://www.spookonline.co.uk>

Signed from Birchove & Stanton-in-the-Peak. ( GR SK 241624 – car park )

Men's relay – 6 legs of 2.2k (commonly run by two persons). £10 (£8 students)

Women's relay – 4 legs of 2.2k (commonly run by two persons). £7 (£5.50 students)

Limited parking so please car share. Own map protection needed.

DVO MEMBERS WELCOME.

( Spook is an O club for ex Sheffield students.)