



Newstrack

September 2014



Jen to Graham: "Knoll 4478m?" Photo: Mike Godfree

Newstrack is the magazine of Derwent Valley Orienteers
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DVO AGM 8th October, 8pm The Bell Inn, Cromford



Annual re-election of Committee (and some have been in place for eons) preceded by a run at 7pm. If you do fancy a stint in office or would like to shadow someone above, drop them an email & find out what's involved. Otherwise come along to vote/nominate and look ahead to the autumn's events. All club members welcome.

Editorial

*As the White Rose beckons the Wintere's breeze
The leaves of Longshaw, they fall frome the treeys*

Geoffrey S. Chauffer

Yes it's that time of year again, sunglasses back in the drawer and filling the diary with autumnal fixtures! The article on the Swiss O Week whetted my appetite for navigational adventures further afield than the Lakes 5 Days, and Doug's article on that event bought back a few traumatic memories. After all, orienteering is just shape-matching from map to land, right? How b****ing difficult can it be?!

At the July Open Meeting, Mike Godfree led an eye-opening exercise in use of the DVO radios in a search scenario. I think our hypothetical lost competitor may well have succumbed to hypothermia (were it not really July in Cromford) by the time we found them as communication was difficult, with only one person able to transmit at a time. It was a useful exercise as we all learned how the radios work, the limitations of use (3km & line of sight) and the importance of the talk protocol. For instance, I never knew that when you say 'over' you are expecting a reply while if you say 'out', you're not. I'm sure they used to say 'over and out' on Lassie's Rescue Rangers!! Anyway, the conclusion was to use mobile phones in a search where possible, but the radios are always charged and available at Download.

Copy date for next issue 26th November.

Sal ~~Chaffey~~ Chaffey

Two dates for your diary:

Monday 15th Sept – East Midlands Orienteering Association AGM

The meeting will be held at St Mary's Church, Clifton Village, Nottingham and begin at 7.30pm. I will be standing down as Chair of EMOA this year, so a volunteer is urgently needed.

The job is not onerous as much of the work involves implementing the EMOA Development Plan which is led by the Development Co-ordinator and includes awarding grants, which is managed by the Treasurer. There are about five meetings a year and the Chair's role is to co-ordinate putting the agenda together, chairing the meeting and checking the minutes afterwards.

If you would like further details do contact me on r.f.macdonald@btinternet.com or 01629 734307.

Saturday 4th October – EMOA Conference for Planners & Controllers

All planners and controllers should make an attempt to attend this conference as it provides the opportunity to share experiences with others and keep up to date with changes in rules, guidelines and current practice.

The conference begins at 10am (refreshments available from 9.30am) until approximately 3.15pm. It is being held at Rushcliffe Country Park, Ruddington, Nottinghamshire NG11 6JS. The conference is free and lunch/refreshments will be provided.

There is also a 5km Park Run in the park beginning at 9am.

This year we are pleased to have two main sessions – the first a practical session led by Barry Elkington (OD), who wrote the very useful series of articles on planning courses at the various colours; the second on what we might learn from Roger Edwards' (LEI) experience of planning Day 3 at this year's JK. There will also be opportunities to discuss issues with others and to bring along examples of good and bad course legs and courses to discuss.

If you are interested, or would like further information, contact me on 01629 734307 or r.f.macdonald@btinternet.com.

Ranald Macdonald

DVO SI Kit and its security

We are seeing a number of new planners at our events so I thought it would be useful to remind everybody about the SI Kit and the means we have to secure it. All the kit mentioned below is kept by me and unless additional pieces of equipment such as hazard tape are required the planners have no need to go to the DVO Garage. Let me know when you want the kit and we can arrange a suitable handover.

The basic equipment consists of a stake, a kite, a number and a control box. The box is labelled on top with a number in the range 101 to 163. In addition there are 2 each of Clear, Check, Start and Finish for the usual single start and finish scenario. If anything different is in your plan you need to let me know as soon as possible as the controls will need work to set them up. As a planner you do not need to do anything to the controls as they will have been set up for you prior to you picking them up from me or the previous event planner.

The controls and numbers are contained in a single bag, the kites in a crate and the stakes come in a pile. To assemble a control site simply place the stake where you have planned it, e.g. the correct side of the boulder, slide the number between the two clips on the stake, place the kite over the stake with a part of the cord trailing over the control base plate, ensuring the number is visible, and then place the control on top, fixing the cord. A very useful thing to have done is to decide on your layout routes and use the ropes in the bag to hold the pre-selected controls needed in the layout order.

The equipment is now so reliable that it seems unnecessary to check the controls are all working in the morning of the event by dibbing each one. However, if you wish to do so there are two dibbers in the top of the black bag that have enough capacity to check all the controls. Incidentally, if you plan to put some of the controls out the night before you need to let the Treasurer know for insurance purposes. On a technical note, the controls are given a 'keep awake' time which is the elapsed time after the last dib before they go into sleep mode. Dibbing will wake them up but it may take 1 second from being in sleep mode as opposed to virtually instant recording when awake. The first runner out on a course may find that they are waking every control which is why on major events the 'keep awake' time is set very high and there is either a pre runner or the controller and/or planner wakes them up. For normal events the time is usually about 30 minutes to minimise battery usage. Obviously this means that an early morning visit to a control site by the planner or controller will usually mean that the control will have gone back to sleep before the first competitor arrives.

We are now using combination locks whenever there is a need to secure the controls to prevent vandalism and these come in a separate bag. We have previously used 'Gripples' but they were quite fiddly to do and were prone to breaking. The same wire is used but now has a loop on each end. To secure a unit push one of the loops through the dibber hole after the control site has been created and then secure the two loops together with the combination lock after going round a substantial object. Alternatively, one loop can be fed through the other after going through the dibber hole then round the object and secured to the wire. The latter method gives a slightly longer reach but you need to ensure the dibber hole is clear. The wire in the bag comes in 1, 1.5 and 2 metre lengths but consideration needs to be given to competitor and public safety when using the longer lengths. There are 50 combination locks, all with the same number which I am not publishing here for obvious reasons but the number is in the bag.

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Day 1 – The Touristy Day

Dominated by the Matterhorn, Zermatt has been a tourist hotspot for years. Today wherever you are – on the train, gondola, telecabine or even struggling up the run-in you will find the Japanese with cameras, sunhats and umbrellas.

As Mike and I had spent a few days walking in the mountains to acclimatise to the altitude and the heat we hoped we would cope well with the urban sprint round Zermatt mid-morning. Moreover part of Saturday had been spent watching the elites who had a separate prologue race around the town. Walking down from our chalet apartment (complete with view of Matterhorn) we could watch as early competitors disappeared behind buildings – very valuable information for Mike.

Unfortunately by the time I started in the railway sidings the heavens had opened so I ran round sporting my shocking pink £2.50 bargain cag. The course was quite straightforward with no tricks. We Brits obviously do more urban events than other Europeans. And I say this as I found myself on the podium receiving a posy of flowers and a drinks bottle for my second place. Definitely a good start for the week. The only way to go now was down!

Liz

Day 2 – The Breathtaking Day

Overnight the weather had been awful – heavy rain, thunder and lightning. Not too bad for those in apartments in Zermatt (Liz and Mike, Jen and Derek), very noisy for us in campervans (Judith and John, Helen and Neil, Viv and Ranald) and pretty diabolical for Graham in his tent.

An early start by bus at 7.05am to Täsch, then train to Zermatt, walk across the town (before the Japanese tourists were up and about) and then by gondola up to Schwarzsee.

The tops of the mountains were (initially) in the clear – stunning views of the Matterhorn (*front*), with a fresh covering of a snow around us following the rain. Assembly was by a restaurant (so civilised). We had a 1.2km walk downhill to the start/finish area. In 2006, the finish had been uphill at the assembly area and they obviously had learnt from the complaints! It was a beautiful area and well mapped. Pylons were helpful – useful advice from David Palmer (BOK) who ran here in 2006.

I started in a gung ho fashion and got immediately lost but that persuaded me to take it carefully over the initial Alpine pastures and then in the more detailed and rocky heather section.

Graham's course took him into yet another more complex area resulting from the receding of the glacier. We were at 2500 meters and that did make some of us feel a bit short of breath. I had a steady and enjoyable run, luckily not falling foul of mistaking which drinks station we went to (there were four in a line on the map) and this gave me an advantage over my mentor, Judith, who thought it was a different station. Good runs from Derek, Liz and Mike – and we all survived for the next day.

Tuesday was originally due to be Day 5 but it had been brought forward as Day 3 was high up and the weather forecast was poor for that day. Imagine being the planner of the Friday event only to be told it had been brought forward to Tuesday!

Viv

Day 3 – The Heavenly Day

Whatever Day 3 was going to turn out like, it was bound to be better than Day 2. This had started with a 5 hours of incessant lightning, thunder and rain, and was followed by a run featuring a 5-minute error aiming off an out-of-place refreshment point, a 15-minute error when, for the second time this year, I misread Code 86 as 98 coming from the opposite direction – planners who use double-digits codes have 97 alternatives to 86 and 98 so why do they insist on employing them on my courses? – and, finally, a 45-minute error, searching for my waterproof top in the 6 identical poly-tunnels provided (know that feeling from hunting my car in many a field – Ed).

As if to confuse me further, the organisers had decided that, due to bad weather, Day 5 was now Day 3, although our start was still at nearly 3000 metres. We were offered two modes of transport: ski gondola or train. We opted for the latter which, part-way up the incline, ground to a halt. We were informed that there had been a points failure in 5 different languages, including, incongruously, Japanese. Everyone in Zermatt is either an orienteer or Japanese, possibly some are both. Zermatt must feature in the ever-popular 50 Things to do Before You Commit Hari-kiri.

Today was a middle-start day but even so, mine was still 09.56, which is 08.56 in your English Pounds, requiring a second consecutive 5am wake-up call. And this they call a holiday. I joined the steady stream of competitors on their way to the Start, only to realise later, that I had, in fact, been following a band of those

Japanese tourists & was now in the middle of the competition area – you’d’ve thought the sight of controls and orienteers brandishing maps would’ve given me a clue.

The penny – or yen – did not drop until I was approached by a DVO member who will remain nameless (of course not):

Liz (for it was she): Do you know where I am?

Me: Liz, I haven’t even found the Start yet!

Fortunately, this was as bad as it got, because when I did find the Start, I registered a half-decent run, managing to beat CLARO’s Andy Kelly by 2 seconds, Andy being a good way up on the GoodRunometer in M55. This was assisted by the Swiss planners’ benevolent practice of siting controls on top of every knoll – no east side/west side here – and preferring isolated boulders visible from several hundred metres away.

It seems that today I would not need to resort to the Samaritans’ tent strategically placed adjacent to every day’s Finish.

They Do Things Differently Here Department:

- Clear boxes in the Start lanes – what a good idea;
- Collect your map 1 minute before your Start, avoiding the horrible, post-whistle ‘Where am I?’ panic;
- The return of the end-of-run drink, largely extinct in England. Not only that, a choice of mint- or hibiscus-flavoured tea;
- all-too-public open-air men’s urinals – how can I perform if everyone’s staring at me?!

Graham

Day 4 – The Charming Day

Getting to the events by mountain railway, funicular and cable car is becoming routine but there are still sights we would not expect to see at British O events:

- Walking from the train we could see the Findel Glacier hanging above the competition area.
- Simone Niggli leading the elite women up the hill side just 6 inches from our small shelter tent.
- The air ambulance making regular visits; it dropped off medics and returned to collect an injured competitor while I was standing in the toilet queue and repeated the operation while we were consuming our Hibiscus Tea and Lemon chewy bars after we had completed our courses.

In fact the day could have been renamed Helicopter day as, apart from the air ambulance there was a “drone” or remote control small helicopter flying above the assembly area presumably filming for the video the organisers produced each day.

I started my run well, then lost confidence when I ran under a cable car route which eventually I realised was not mapped. Having spent 28 mins on that one control I was pleased that the other 11 only took me 32 mins.



Several of our group reported being somewhat overwhelmed by the elite men who were travelling through the area at high speed in bunches (very disconcerting if you are pussyfooting through the same area at the time – John).

Judith

Day 5 – The Icy Day

This should have been Day 3 but because of the weather forecasts and the fact that this is the highest day at 2939 metres it was swapped with Day 5.

But before we describe the day, a small diversion into generalities. Zermatt is a car free zone, so you'd expect to be able to wander around worry free (photo next page). But no, if you aren't having to leap out of the way of the numerous, almost silent, electrical vehicles of various sorts, you're in danger of stepping into the path of an equally silent bicycle or two. Footpaths are few and far between and liable to stop abruptly without warning. Still, apart from that, a pretty town and the natives were very friendly. And there's a lot to be said for waking to a view of the Matterhorn. Not that it happened consistently, there seemed to be a limited viewing quotient as it was likely to appear or disappear behind the clouds at any time.

OK, so Day 5. As you might expect this was a long journey, 35 minutes on a gondola (8 people sitting), which developed an electrical fault having brought all 5000 of us up, but more of that later (remind me not to volunteer to organise BOC 2028 at the Heights of Abraham – Ed).

We were met by a landscape that bore more resemblance to a Nottingham mining area than the attractive green areas we'd been "running" on. However you would have to add large areas of snow and the odd lake or two, not to mention it being surrounded by spectacular snow capped mountains; awe inspiring. Interestingly, we all routinely put on bramble bashers though there was not a blade of grass in sight.

We thought we'd been hard done by compared to Graham, who had 5 minutes to his start, while the rest of us had a 20 minute walk to a start we could see in the distance up a steepish slope. But we revised this view later.

Despite first impressions I think most of us found this area more runnable, though the softer snow made progress interesting and occasionally you suddenly realised that you had a noisy stream running under your feet. It was surprisingly possible to keep track of features on the map, though I have to confess to massively overrunning my 3rd control and being saved by Ranald, who as usual knew exactly where he was.

So we all had respectable runs and there we are sitting on huge rocks by our shelters and the flag and wondering where Graham was. He'd been out much longer than usual and we were starting to get concerned so Ranald went and checked with Download that he hadn't been air lifted off (there were quite a lot of helicopter rescues over the week) Eventually he came through the finish and we were relieved to see he was walking without a limp and even waved. Seems that his close start had the disadvantage of going through a much rougher, rocky area than ours and after an early fall he'd decided to walk round rather than risk breaking something. Very sensible.



But more was yet to come. When we went to get on the gondola to return to Zermatt, we found the high capacity gondola we had come up in through three stages had developed an electrical fault in the middle stage. The options were to take the gondola for the first stage, leaving a 75 minute walk with 700 meter descent or to take a different gondola which was low capacity with 100 people standing over the first two stages thus skipping the failed part. Most people opted for the latter but that developed a huge queue, with notices saying the wait time would be 90 minutes, pretty accurate as it turned out. Here DVO diverged; Graham decided to take the gondola up to the top of the Klein Matterhorn in the hopes the queue would have dispersed when he returned, Mike and Liz opted for the 75 minute walk and the rest of us joining the queue. It was an unfortunate end to what had been a much better day (for everyone but Graham) than anticipated (by me anyway).

Jen and Derek

Day 6 – The Delightful Day

This turned out to be the most inappropriately named of the days, though the organisers were not to know that when they chose it, though they had written in the programme “whoever thinks that the last day is a simple warm-down will soon know better”. That certainly proved the case for me.

We all had our earliest starts today so our alarm went off at 5am and we left the site at 5.55 on our bikes to catch the 6.20 train from Täsch. It was still almost dark and drizzling and, as daylight broke, it became obvious that the mist was down to a very low level. Helen & Neil were not with us today as they set off early for home.

Arriving in Zermatt, we had a short walk to the funicular station, arriving at Sunnegga station in six minutes – where the mist was even thicker!

It’s probably true to say that morale was not at its highest this morning as Viv, Jen and John, in particular, did not really fancy the thick mist and prospect of more rocks to cross. However, the mist turned out not to be a major hindrance in the forest, though the courses were extremely physical.

Personally, I found it the toughest day, not helped by my knee finally deciding it was going to let me know it had been put through too much this week. Having made at most only one significant error a day up to now I contrived to make around half a dozen as my concentration lapsed because of the pain and tiredness. Whereas I’d been taking around 70 minutes on other days today took me 1:47 and, for the first time, I actually walked across the finish line.

The individual day results and the final standings for the week can be found at <http://www.swiss-o-week.ch/en/aktuell/resultate-karten.html>. I had been having a close contest with Steve Round from SROC and finished at 118th out of 158 with Steve 117th. Liz finished a creditable 5th out of 59, Derek 12th out of 60 and Mike 16th out of 142. I’ll leave others to tell their individual stories of challenge, agony and despair – or even satisfaction at actually getting through the whole week relatively intact.

We had been relatively lucky with the weather and, as we sat our campervan in Grindlewald after a night of torrential rain in Interlaken, we heard that the road to Täsch had been blocked by a landslide and many road and rail links across Switzerland had been disrupted by the bad weather. We spent some time looking at weather forecasts to help us decide where to go next as we still had another three weeks but – apart from the UK – it all looks very unsettled for some time.

So, where next for DVO to experience varied and challenging terrain, complicated travel arrangements and the opportunity to have a good social week together? (Hopefully somewhere a bit cheaper than Switzerland!) Scotland 2015?

Ranald

And a final comment from the organisers

The last day of the Swiss O Week on Sunnegga provided demanding courses and for some a real O adventure, as the thick fog in the start area & the waterlogged ground made running on the slopes difficult. Good coordination was required. Many runners commented that they spent more time sliding on their bottom than on their feet!

Despite that, the runners were very enthusiastic about the race area that was a mixture of open, semi-open and forested terrain. The variety and the not very runnable but nevertheless magical forest made it an experience for everyone. Unfortunately the experience could not be extended after the race as it was definitely too cool to bathe in the Leisee, which lay right next to the finish.

The elite winners were Daniel Hubmann and Sabine Hauswirth. The day win also gave Daniel Hubmann overall victory. Overall winner in the women’s class was Simone Niggli.

When the last person crossed the finishing line at 14.20 the final curtain closed on the Swiss O Week. Overall winner Daniel Hubmann (OL Regio Wil, HE) summed it up well: “it was a very varied week and there was a new adventure every day”.

Spot on!

Lake District orienteering is 'fun' ...

Doug Dickinson

Day 1 ... Swindale South - Map like a child's treasure island fantasy, all blue with islands you needed to visit ... How do you find a marsh end when the whole map is blue and the marshes are getting deeper and wider as you watch? The route to the start into the headwind and drenching rain was a challenge in itself. Huddled behind a wall, groups in waterproofs pondered the prospect of the problems ahead. Running with a cap to protect my glasses (giving me a semblance of a view) and my hood up meant that I could only see about three strides in front of me. It didn't matter ... I was lost quickly anyway and relocated from island to island, bouncing off them like a marble on a pin-ball machine. I did get better as I got into the map and sadistically enjoyed the sphagnum moss yomping and brown stream swimming. But the highlight of the run was seeing a group of people wearing pink

tutus making a human rope to get each other over a metre wide stream. These were the brave and the bold head-bangers taking part in a 'Total Warrior' event (<http://www.totalwarrior.co.uk/the-lake-district>) The entry fee for their race was £90! Have I mentioned the incessant rain yet?

Day 2 ... Those who ran in the Northern Champs parked here in Simpson Ground ... The sun shone brightly - I didn't, which is a pity really! I had one of those orienteering days that, thankfully, only occur infrequently. From the start I navigated accurately along the path for about 50m as far as a junction and then headed off into the trees knowing I had to cross a ditch after 100m . Behold, there was a ditch (the right ditch too). Along the ditch through the clearing to the ditch bend (check), then continue to follow the ditch to the knoll on the right after about 100m. And there was a knoll. Did I go and look for the control? Well, no! I was looking for a knoll in a marshy bit and this one didn't seem to have any marshy bits. In spite of it being in the right place after having run the right distance I went on ... and on ... and on. I turned left and right, swam a marsh, climbed a hill, went back to the start and tried again ... same procedure but this time there were people coming out from behind the knoll. I went, I looked, I found 179. How could I have taken 16 mins for the first control a distance of 220m and what processed me, later, to visit the same control 10 times 6 mins apart? Answers to my sports psychologist please.

Day 3 ... Fab views from assembly (photo, below), sun shining. This was Grizedale Forest. When I was younger trees stood vertically in the forests and I ran in sunlight glades with babbling brooks. But it seems that the trees in Grizedale may have been genetically modified to lie down flat. My orienteering crawling under spiky, large tree trunks reached new lows ... Not a bad run, walk, crawl though and the sun did shine. A definite tic count day.

Day 4 ... The Rest Day ... Urban Ulverston in the evening, warm, fast, hilly ... No rain, no mud, no trees, no marshes ... My sort of area!

Day 5 ... Pike O'Blisco ... The sun is shining and this is the early start day for team DVO ... Dave Skidmore led the team with the first start of the day at 10.30 (late for those recently returned from Switzerland) ... The start was 2km and 400 m of climb ... Yes 400m of climb,...about 1 hour from parking - no ski lifts here but it was worth it! The area was superb, technical and physical and the sun continued to shine.

Day 6 (of 5) ... Hampsfell and Eggerslack ... Don't ask ... Passed the controller on way to start 'If you aren't 'very tired now', he said graphically, 'You soon will be!' He was right!

The Start - 1, control along a nice path and up onto a knoll - great. 1-2, down to the wall corner and into the forest - a bit slippery but along the track and contour to the crag - fine. 2-3, back the same way to path, up the hill, round the crag follow the path and then in over the limestone pavement (LSP)... very slowly. 3-4, standing in the middle of some LSP and trying not to slip ... out to path and round the wall, attack off the wall corner into the LSP ... fail. Up and down and round about. Map detail 42: DD 0. Minutes passed in the blink of an eye. Eventually, more by luck than anything else, found it. LSP 42 : DD 0. Decided to walk ... 4-5, 5-6, 6-7. 7-8 slowly over the LSP and then up hill on the moor - running again. 8-9, 9-10 and then 10-11 down through the most incredible head high bracken, brambles and small trees on a wonderful bed of green, slippery scree and into the wood. 11-12, 12-13, 13-Finish on a hillside of small scree.

Limestone pavement and me don't get on well as some will recall from my Swiss exploits in the WMOC.

Epilogue ... Tough stuff all week ... Day 5 on Pike O'Blisco was the 'queen stage' (definitely audacious - Ed). Hats off to all organisers etc who kept the whole thing going. Where next?

PS ... Think I might become a professional Urban Orienteer.



Day 3 Assembly, Grizedale near Hawkshead



Swiss O Week versus Scottish 6 Day



1. Orienteering from 2300m up to 2900m (7545ft – 9514ft); nowhere as high as that anywhere in the UK.
2. A lime green souvenir zip bag in which were all sorts of "goodies" and promotions. Nothing in Scotland.
3. Control descriptions for the week handed out at Registration; therefore, the ability to check final controls in the Assembly field prior to starting (so long as the cloud base was high enough!). In the Start lanes in Scotland – no connivance or foreknowledge.
4. Start times 8.00 – 12.00 or 9.00 – 1.00; 2 early, 2 middle, 2 late as in Scotland; Scottish Start times are 10.30 – 2.30 ie competitors get a lie-in!!
5. Blank maps at -2 on solid card which you can lift up; therefore, no kneeling in wet grass, mud or gravel; in Scotland as else where in the UK maps are taped to the ground.
6. At -1 competitors to map boxes, pick up map, check it is the correct one, take bearing to 1st control, run off in correct direction (perhaps!) on actual Start time.
7. Urban sprint on Day 1 and one Middle distance race; all classic length in Scotland.
8. Running across snowfields, wading through glacier streams; not in Scotland in July or August – yet!
9. Wonderful views of glaciers, snow-covered mountains and the ever awe-inspiring Matterhorn. Scottish scenery different but equally dramatic.
10. A bottle of still / sparkling water /hibiscus / mint tea and a lemon granola bar after "Upload"; bring own drink in Scotland nowadays.
11. Travel to event from Zermatt by gondola, rack railway, funicular railway, telecabine (mountain pass included in exorbitant entry fee); car parking field in Scotland usually adjacent to Assembly.
12. Mountain pass valid on all forms of transport to all summits during O week – well used by orienteers especially on rest day. Nothing in Scotland.
13. Prizes for the top 3 in each age class every day as well as overall 6 day prizes; daily certificates for juniors, plus overall prizes in each age class in Scotland.
14. 5 days out of 6 to count; 1000 points to the winner, the rest in proportion to his/her time; in Scotland you can drop 2 days, points based purely on position.
15. Everyone who goes through the Finish on day 6 gets the standard Swiss army knife: everyone gets a slate drinks coaster at the Finish in Scotland.

Liz Godfree

DVO results from SOW 2014

(competition was tough from the native Swiss in their native terrain)

M55 Graham Johnson 126 out of 193	W60 Judith Holt 36 out of 100
M60 Ranald Macdonald 118 out of 158	Viv Macdonald 49 out of 100
M65 Mike Godfree 16 out of 141	W65 Liz Godfree 5 out of 59
John Cooke 137 out of 141	Jen Gale 56 out of 59
M70 Derek Gale 12 out of 60	Helen Finlayson 58 out of 59

Ten things you always wanted to know about the National Grid (but were afraid to ask!)

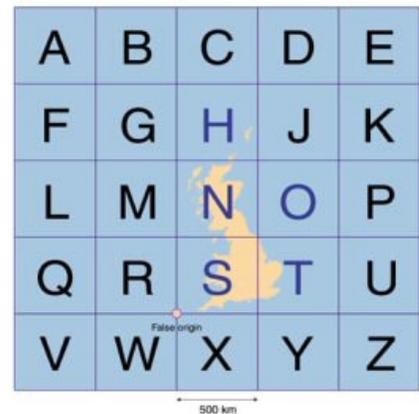
Dave Nevell

1. You may well know that it was the Ordnance Survey that introduced the National Grid in order to provide a practical reference system for the UK. But did you know that it was in 1945 that the now familiar grid of 1km squares first appeared on UK maps? In its earlier form the grid was black, and not the pale blue it has evolved into now. In addition, the numbering (of which more later) was originally only shown on the map edge, entailing all manner of double-jointed origami manoeuvres in order to establish one's whereabouts whenever the paper was folded. Fortunately these have been extended into the centre as well.

2. Technically speaking the current grid is based on the Ordnance Survey Great Britain 1936 datum (OSGB36™), based on the Airy 1830 ellipsoid, which is a regional best fit for Britain. Grid north and true north are only aligned on the 400 km easting of the grid which is 2° W on OSGB36. The tricky trio of grid north, magnetic north and true north strikes fear into the heart of every Boy Scout, but whilst there is a well known true north pole and also a magnetic north pole, nobody ever mentions the grid north pole.

3. The design of the National Grid is based on a set of 100km x 100km larger squares, known as myriads, which are each subdivided into 100 hectads (10km x10km squares) and then into the familiar 1km squares. The myriads are each given a two letter prefix. Most of the ones in the north of the country begin with N, and those in the south generally begin with S (Land's End is in square SW), but this would appear to be a coincidence as this pattern is part of a much larger scheme, which leads us on to.....

4. The whole of the Grid is enormous. The myriads start at AA, somewhere near Iceland, and run eastwards as AB, AC, AD and AE. AF is then situated south of AA at the start at a second row of 100km squares and so on until a 500km x 500km mega-square (called the A pentad) is completed with AZ (for pedants, it's AI that's missing). Then the whole thing starts again for pentad B, which is east of A, as is C, D and finally E. That completes the top of the grid, 2500km wide. Off we go again with pentad F, south of A, and so on until ZZ, somewhere in northern Italy. On an alphabetical tour, everything is water until the northern tip of the Shetlands is encountered in HP. Rockall, understandably not featured on any Landranger map, is out in square MC. Quite why the whole Grid is so big has its origins in military matters.



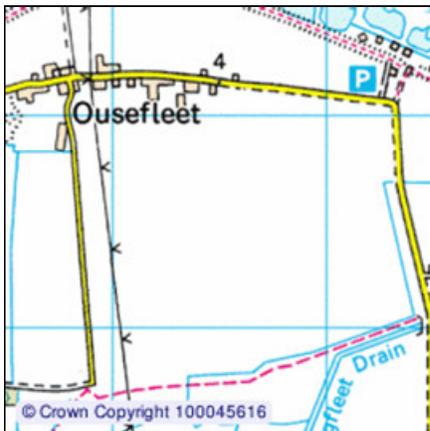
5. The most mysterious part of the Grid is arguably pentad O. Only a minute part of North Riding at an extremely inaccessible place called Beast Cliff* lies within it, and only a few square metres are above water at high tide. What is more, the two Landranger Sheets abutting it do not show square O, so this obscure part of the UK does not appear on these maps at all! This is the only intersection of pentads in the whole UK! What are they hiding here?

6. It is standard to use six figure grid references such as SK352447 (Hollybush Inn, Makeney) which are made up of the reference of the myriad followed by three "eastings" and three "northings". This allows you to specify a location with a maximum error of 70 metres and 71 and a bit centimetres. Whole kilometre squares can be defined by references of the form SK3544, which specify just two eastings and two northings. The two letters in a six figure reference can be dropped and replaced by numbers representing multiples of 100km; this gives an eight-figure reference with

an origin at SV000000 (known as the false origin since strictly speaking the origin should be at VV000000), although this system doesn't work in northern Scotland where ten figures are required. Of course, if you really wanted to get precise (like GPS or better), then a mere sixteen figure grid reference will give you accuracy within one centimetre.

7. The Ordnance Survey sponsored *Geograph* scheme aims to capture at least one photograph from each of the 329394 kilometre squares in the UK. The initiative is on-going (82% has so far been completed) with members of the public contributing subjects of interest from all over the country. The collected photos can be viewed on-line at www.geograph.org.uk. Might it be a way of checking out the terrain for orienteering events?

8. 1km grid squares come with all manner of features in them, but some have fewer than most. And some come with a load of spectacular ... nothingness. These are the contenders for the most boring squares in the country, although ironically this makes them interesting in their own right. If you can stand the irony, the dulllest kilometre square on a Landranger 1:50000 map, according the Ordnance Survey themselves, is SE8322 on sheet 112 near Scunthorpe. It is reproduced here in all its boring glory. Note that there is even a car park provided nearby for convenient viewing. From this you can deduce that no 1km square in the country is entirely empty of absolutely everything. If this turns you on, other rather empty squares you might want to check out are NY0569, SH5634 and SH5839 (wannabe Mappers, start making your Tripods – Ed).



9. Some fanatics (we should perhaps call them griddies) are fascinated by six figure grid references of the form 000000. Known as “triple zeros” to the initiated, or Zero Points, these spots seem to have a magnetic lure similar to, but there again quite different from, that of Munroes. The Mecca of these locations appears to be our good friend OV000000 at Beast Cliff, since this a Pentad Zero Point (I do hope you're concentrating on this) and apparently, it's not just griddies who are obsessed with weird grid references, but radio hams as well, who love transmitting from such places. There aren't any Zero Points in DVO territory; the nearest one to Derby is at SK000000, 2km NE of Walsall, near an electricity substation.

10. The “other” National Grid, distributing energy around the country, began operating on a national scale in 1938. Don't get the two mixed up.

*Beast Cliff: By sheer chance I discovered after writing this that a friend of mine had a relative who had farmed above Beast Cliff many years ago and when one of best pastoral fields had subsided due to coastal erosion, he constructed a winch that he used to lower cows up and down off the lower field. It seems an unlikely tale but apparently the remains of the winch are still there.

The Good, the Bad & the Ugly - aspects of course planning & controlling

Number 1: The White Course

In the front of Newstrack you will find details of the EMOA Experienced Planners and Controllers Conference on Sat 4th Oct at Rushcliffe Country Park. Ideally, all Planners and Controllers should make an effort to attend this conference as it's good to share experiences with others and to keep up to date with changes in rules, guidelines and general approaches to planning.

In preparing for the conference it struck me that it might be useful to look at some good, less good and bad practice in planning, starting with the White Course. In addition to my own experience, I have drawn on the latest British Orienteering Appendix on Course Planning:

(http://www.britishorienteering.org.uk/images/uploaded/downloads/events_appendix_b_2014.pdf) and Barry Elkington's advice on Planning White Courses:

(http://www.britishorienteering.org.uk/images/uploaded/downloads/planners_whitecourses.pdf)

The Good: The White Course cannot be too simple as it is a guided tour around a course that allows Juniors to learn to read the map and gain confidence in an unfamiliar environment. However, it should still be enjoyable and interesting and not just a run round in a circle with controls equidistant apart. A good course changes directions, has varying length legs and perhaps a variety of control descriptions. Whilst the guidelines for Technical Difficulty 1 state that the route should be all along tracks and paths, it later allows for the use of prominent line features and taped routes across open land, which can be useful to connect paths without too much distance.

The Bad: Too often controls on the White Course are numbered consecutively which is generally considered to be bad practice. The insertion of an additional control or removal of one in a consecutive sequence can cause confusion as I saw happen at a recent DVO event. Competitors should get used to checking the code at each control and ideally to identifying the feature on which it is located.

The Ugly: The main aim of the White Course should be for every competitor to complete it successfully. Inevitably, a youngster may retire because they are tired or the weather is too bad for them. However, we would not want to see retirals or disqualifications because the location of the controls did not draw the competitor around the course, they could not reach the punch because of undergrowth or nettles, or the course was too physical for them. It's good practice to take a stake and control kite with you when planning and to get down on your knees to see what a leg or approach to a control looks like from a junior's perspective.

If you have any examples of good, less good/bad or ugly practice, from whatever colour or more generally, send them to me and I'll add them into future articles, the purpose of which is to improve the quality of the events we put on and hence the enjoyment of all competitors.

Ranald Macdonald (r.f.macdonald@btinternet.com)



White Rose 2014



You can't rely on anything these days. Time was, you knew the White Rose would offer you brambles, impenetrable green, physical endurance, sweat, lousy Bank Holiday weather, 2 long distance events and a relay over three days. It can still usually be relied on to provide a regurgitated diet of the former elements, but, a few years ago, it started to transmogrify. Like Dr Who, it re-invented itself, acquiring a night event here, a labyrinth event there, so, although it's still undoubtedly a White Rose, it's now a changed entity.

This year's event was quite different still. Instead of being set somewhere in the depths of a North Yorkshire forest, the event centre and campsite were a 20 minute walk from sunny Scarborough, on Oliver's Mount, a flat plateau surrounded by woodland on three sides. There were at least eight different competitions on offer; we opted for four of them.

The first up was Friday evening's Sprint event on the grandly-titled University of Hull Scarborough Campus (UHSC? Won't catch on – Ed). By the time we'd survived trial by congestion on the M1 and A64 to arrive at the

event, most slots had gone, which was just as well as over 200 runners had to be shoe-horned into a single course. Unbeknown to me, the organisers had elected to cram this pint into the half-pint pot of times available by halving the minute waits in the Start boxes. I had hardly set foot in the first box than a control description sheet was thrust into my hand, I was given a brief glimpse of the map and, before I could utter a 'Hold on just a cotton-picking minute there boy', I was let loose on the course. I know life is supposed to speed up as you get older but at that rate, I might just as well book my appointment with the embalmer now. Einstein reckoned time speeds up depending on how fast you move relative to something else, but I hadn't even started yet!

The result was bemusement, befuddlement, confusion and three minutes before I gathered together sufficient of my senses to find the first control, which in a field of 56 SVMs (Senile Vegetative Males), meant I was already 56th before the course had hardly started. By dint of perseverance and a congenital distaste for ritual abuse and humiliation, particularly when aimed at me, I did manage to drag myself up to the giddy heights of 17th in the course of the following controls. I could comfort myself with the thought of the pleasure I'd been able to give a 10th-placed Doug, but since the room he was living in for the weekend overlooked one of the controls, I can't see why he was allowed to start in the first place. As will be evident to anyone who knows me even vaguely, and especially those who've run any event I've planned, I'm not terribly conversant with BOF rules, but surely Living On The Area must be some sort of disqualifiable offence?

The real lesson of the event was how much in terms of an orienteering challenge could be extracted from such modest material. All the planner had to work with here was two large, adjacent irregular buildings and a playing field with a tennis court, but he managed through 20 controls in just 1.9 km to produce a course of constant change in direction, mental convulsion and pitfalls for the unwary (no names mentioned). It makes you wonder what DVO could achieve on similar lines?

Saturday has traditionally been a Long Distance event in a forest, but, by dint of re-naming Saturday's event a "Classic" event, the organisers could provide an Urban event around Scarborough as a means, let's face it, of re-using the map first deployed a couple of years ago for the British Sprint Champs. For those who'd not read the event details before either entering or even arriving at the event (?), this might have seemed a bit of a chizz, but I heard nothing but warm words afterwards from those taking part, me included. Starting atop the oh-so-bracing South Cliff, Scarborough, competitors were launched into the labyrinthine South Cliff Gardens, a maze of paths stretching northwards as far in my case as the misnamed Grand Hotel. Safe passage was obstructed by the need to overcome funicular railways and, a clever touch from the planner this, members of the public posing as hordes of mindless zombies wandering aimlessly across your path or offering helpful advice such as "it's over here, mate!" as they pointed you in the direction of the wrong control.

It has been pointed out that the Start for this event stood in for Brighton in the Brian Clough bio-pic, *The Damned United*. This sort of thing pleases me enormously, because I can add it to my list of Orienteering Areas that Have Been Film Locations. I first started this list some years ago when I read that Burnham Beeches was the set of part of the seminal *Carry on Camping*. I can now add Scarborough to a long list which includes Hambleton (*Chitty Chitty Bang Bang*), Malham (*Robin Hood, Prince of Thieves*, a film which seems to have taken place in most of England, including Burnham Beeches again, apart from Sherwood Forest) and Wet Sleddale (*Withnail and I*). This is without mentioning the obvious Derbyshire attractions of Chatsworth, Kedleston etc. or the endless opportunities offered by urban events. I recommend this pastime to you, it can often enliven a dull event or give you something to think about when standing in the toilet queue. I could go on, and probably would if you gave me half the chance (What *is* it about men and lists? – Ed).

The Sunday event was classed as a Middle Distance event. This was again a bit of sleight of hand on the part of the organisers because it enabled them to provide convenient courses running round the sides of Oliver's Mount, cramming, in my case, 23 controls in 3.9 km - there can't have been many White Roses where two of the events have both started and finished in the camping field. This fulfilled the criteria of providing shorter legs but not the expectation of constant change of direction. Since the whole completion area was on a grievous slope, perhaps I should be grateful. Ironically, on one of the few legs, 14 to 15, that did offer me a change in direction, I chose to go down instead of up and punched 15 before 14, thereby disqualifying myself into the bargain. I did think of appealing on the ground that I had done all the controls, but not necessarily in the right order, or on the ground of dyslexia, but my true disability is that I can't orienteer. The organisers have chosen in a spirit of Stalinist revisionist zeal to expunge my run from the records, and for this I am grateful to them.

And so to Monday, the climax of every DVO White Rose, mainly because, by Monday, everyone else has cleared off, kindly leaving DVO a free run at the relays. In the absence of the Lady in the Pink Hat, I had assumed the role of club captain for the weekend, and the pressure was on to duplicate DVO's astonishing record of success in this competition over the years. This is not too difficult when, as with Women 120+, DVO is often the only team competing, but in the case of my own M160+, there was genuine competition in the form of at least five other teams.



Photo courtesy of Dai Bedwell

The White Relays have now settled on a formula involving a mass start by all team members and an extra leg imposed upon the first person back from a long, short or middle course. This is actually a disincentive to fast running times because who wants to run even another kilometre after three or four days of White Rose orienteering? I felt safe from this penalty having been overtaken by Dai on his long leg, but we both arrived back to find Derek had selflessly seized the poisoned chalice. It will be a long time before the memory fades of Derek sprinting for the finish – and first place - as if his life depended on it, while Dai and I looked on in appreciative relief and gratitude.

For the record, each member of a competing DVO team came away with a prized White Rose mug, and even the M/W12s would have done so, had Peter Mackervoy been born a few weeks later.

Madonna's longevity used to be attributed in part to her adaptability and willingness to change. The White Rose has pursued the same strategy, but they and Madonna are about as popular as each other these days – only 450 people took part this year, and only 32 Eborienteers at that. Some people were put off by the unorthodox mix of events but next year, we are promised a return to tradition in Pickering Forest, one of the better N Yorks areas in an admittedly limited field. Those that chose to do other things this August Bank Holiday missed a hugely enjoyable event, with the added bonus of seaside fish and chips (sheltering from pouring rain as tradition dictates), barbecues, quizzes, DVO cricket and possibly the best White Rose weather ever. See you next year.

Graham Johnson

DVO Club Champs – previous winners

A plea to 2013 trophy winners to return their trophies ended in a long diversion down Memory Lane. Thanks John Hurley & everyone who's sent me the names on their plaques. Mike Godfree gave some background on the Lithuanian Trophy...

A group of 4 Lithuanians were invited over by Steve Buckley and left us the trophy. It was when the Russians were being ousted from Lithuania and it was touch and go whether they would get out of the country. I was working in London at the time and went to meet them at Victoria off the boat train (this was before the Tunnel). They were hosted by the Wrights and Helen Finlayson if I remember rightly as Steve and Judy Buckley had set it all up but then they were away on holiday. They came to the White Rose.

And Tony Berwick recalls that Chris Yardley was possibly one of the founder members of DVO and Club Secretary at one point. He was a civil engineer and was killed in 1976/7 in an avalanche on Ben Nevis... Perhaps Dave N's History of DVO Part 2 in a future issue will enlighten?

		Chris Yardley Trophy (1 st man over line, from 2007. 1st person, prior to 2007)	Judy Buckley Trophy (1 st woman over line)	Peter Bourne Trophy (fastest man)	Karen Jackson Trophy (fastest woman)	Lithuanian Trophy (1 st Junior across line)
2013	Longstone Moor	John Cundill	Michelle Mackervoy	John Duckworth	Sal Chaffey	Ben Mackervoy and James Bedwell
2012	Hardwick	Andrew Middleton	Sarah Blackburn	Dave Chaffey	Rachel Duckworth	Sam Davis
2011	Ilam	John Cooke	Harriet Lawson	Chris Millard	Michelle Mackervoy	Sarah Duckworth
2010	Calke Park	Mark Goodhead	Liz Godfree	Andy Jackson	Sal Chaffey	Joe Uprichard
2009*	Hardwick	David Vincent	Val Johnson	Andy Jackson	Harriet Lawson	Nathan Lawson
2008	Longshaw	Mike Bradley	Liz Godfree	Paul Addison	Michelle Mackervoy	Jethro McGraw
2007	Stanton Moor	Ranald Macdonald	Jen Gale			Adam Wisdish
2006	Brierly Forest Park	Ben Beresford	Liz Godfree			Elizabeth Bedwell & Nic Gordon
2005	Calke Park	Simon Wright	Ruth Ellis			Jessica Beresford
2004	Ilam Hall	Karen Bedwell				Ben Beresford
2003	Carsington	Teige Malley				Thomas Wright
2002	Longshaw	Rob Shooter	Notes: (There is some leeway due to the one trophy per person rule) * 40 th Anniversary Trophy (1 st Past member across line) – Alex Ross			Simon Wright
2001	Linacre	Paul Robinson				Thomas Wright
2000	Carsington	Doug Dickinson				Ben Humphris
1999	Longshaw	Andy Clayton				Teige Malley
1998	Carsington	Liz Godfree				Kate Johnson
1997	Longshaw	John Malley				Teige Malley
1996	Cromford Moor	Mike Godfree				Emma Whitehead
1995	Bolehill	Liz Tryner				H.Johnson & M.Dickinson
1994	Stanton Moor	Steve Kimberley				Andrew Stuart
1993	Cromford Moor	Val Johnson			Planner	
1992	Linacre	Chris Godfree	Bill Woodward			
1991	Longshaw	Winifred Woodward	Fiona Palmer			
1990	Drum Hill	Fiona Palmer	Wilkinson family			
1989	Kedleston	Deborah Wilkinson	John Hawkins			
1988	Stanton Moor	Joanne Armistead	Walker family			
1987	Stanton Moor	Maureen Walker	Roger Wilkinson			
1986	Shining Cliff	Roger Wilkinson	Mike Gardner			
1985	Bramcote Park	???	Dave Brodie			
1984	Drum Hill	Jenny Tennant	Steve Kimberley			
1983	Lea Woods	Steve Kimberley	Steve Buckley			
1982	Shining Cliff	Roz Clayton	Jenny Tennant			
1981	Annesley	Nigel Gilligan	Andy Clayton			
1980	Matlock Forest West	Hugh Roberts	Bill Woodward			
1979	Crich Chase	Daaphne Parsons	Roger Wilkinson			
1978	Longshaw	Stuart Walker	Dave Sprakes			
1977	Shining Cliff	Keith Dowding	Roger Wilkinson			



Derbyshire. Real. Orienteering. Fan. Zine. No 8
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Orange Over-Dilution Scandal: Police Arrest 26 in Midnight Swoop

Big names in custody with maybe more to come (pages 92-96)
 RobinsonsbarleyWatergate: "WOC 2015 may have been a target"
 Also inside: Possible link to the "only three safety pins" controversy
 Helpline Number – 080034863836217726109627 (cont page 2)



Jason Twinge will update you next month!

With apologies to Roy Lichtenstein (and anyone else really)

Geri's Tragedy: Loses second whistle in 18 months

Lovely lycra lass Geri Berry is being comforted by friends and family as she comes to terms with the devastating news that she has lost her second whistle in little over a year. "We are all rallying around. It's the least we can do," said a spokesman for the sultry Spandex superstar. "Geri's a trouper, she'll get through this, come what may". The elfin Elaskan exponent (25) is thought to be recovering at her North Derbyshire home with her chutney-magnate husband Branston Smalls (55) close by. Whether the athletic Acepورا ace will consider the possibility of a third whistle at some point in the future is unclear. "It's too soon to say. Time is great healer but all she needs now is rest and privacy," spouted our source (99).

(If this is what the readership of WSC are looking at then goodness knows what we've published on the front page of Big Lycra. See me! – Ed)

All Strung Out

Last year we had the Calpol doping scandal, this year there has been more trouble at the East Midlands Under-4 String Course Championships, sponsored once again by Bad Dog Breweries. Our top reporter Miles Piles is on the scene at Cromford Rocks.

Piles (for it is he): I have with me here a Real Derbyshire Orienteers official who has been close to the action. It's all been kicking off again hasn't it?

RDO Official: It certainly has. It all started a couple of days ago when we took the official championships string out of the stores. To our horror we found that one end of the string had completely disappeared. We might have got away with that but once we had unravelled it all, we discovered that the other end of the string was also missing. Mice? Sabotage? Who knows? But as things stood, with an endless piece of string, we stood no chance of staging the championships.

Piles: Err... the logic is escaping me for the moment but carry on.

RDOO: Luckily we managed to get hold of a replacement string from our local rivals Fosse Foxes. We ran the competition but that's when the real trouble started. The winning child was the son of the string owner. A complaint was raised by the second-placed child's parents that the

winning child had an unfair advantage due to *prior knowledge of the string*. Of course, we had to disqualify him immediately and award the prize to the second-placed child.

Piles: Was that strictly necessary?

RDOO: Of course. Rules are rules. However, a further complaint came in from the third-placed child's parents that the second-placed child had been seen in possession of several Peppa Pig DVDs and quite obviously had been gaining an unfair advantage due to *prior knowledge of the controls*.

Piles: So you had to disqualify the second-placed child as well?

RDOO: That's right.

Piles: I'm getting the hang of this now. What happened next?

RDOO: When we heard a rumour that the third-placed child might have eligibility issues due to their *East Midlands blood level being under the acceptable limit* we quickly handed over the prize, a very nice set of one hundred Bad Dog Breweries beer mats by the way, and legged it off before anyone else objected. In fact we're just off to check out the sensational new range of Peter Purves themed focaccias at NoshO. Care to join us?

Piles: Oh what the heck, why not? Back to the studio.

The Orienteering Channel

Turn on, tune in, have a Hob Nob

0630 Wake Up to Orienteering: Rolling magazine programme with the latest news, views, up-to-the-minute metric and imperial bracken measurements and round the region variations in magnetic deviation.

0930 The Morning Debate: Alice Treepark hosts another lively squabble. Today: "*She won't iron my O kit, should I ditch her?*"

1030 Live Mapping: Lee Woods introduces the morning session of surveying from Cromford Rocks with bearded expert comments provided by an expert with a beard. Welsh sub-titles.

1300 Lunch time news: Featuring recent sightings of the Naked Orienteer.

1400 Live Mapping: Back to Cromford Rocks for more cartography capers. Subsequent programmes may run late.

1930 Brook Side (East End): Orienteering soap. Frank is rushed to Casualty after he accidentally heat-seals himself into a map case during a demonstration of old-school orienteering equipment. Rupert and Daisy are mysteriously found gripped together in the back room of The Thirty First Control and Tom explodes.

2000 The History of Orienteering: Part seven; Electronic punching. The programme looks back to the very early days of the technology when an over-ambitious scheme piloted in 1973 brought the National Grid to its knees, precipitated the Three Day Week and ultimately caused the downfall of the Conservative Government.

2100 Real Desperate Orienteering Housewives in the City: With Jason away, Barbara checks out a local Summer Evening League event and makes a shocking discovery in the dibber box. Meanwhile Jackie decides to see if Big Pete really does measure up to the Championship standard that badges on his tracksuit top suggests he is. And we find out who poisoned Debbie's chutney. (*Warning: contains partial nudity of the men-changing-kit-in-the-car-park variety that some viewers might find disturbing*).

2200 News: Followed by a Party Political Broadcast on behalf of the Light Green Party.

2230 Peppa Pig Deconstructed: Arguments for and against the controversial string course porker in which we ask the question, "*Have we spawned a generation of puddle-jumping non seatbelt wearing monsters?*"

2330 Mapping Highlights: All the best bits from today's exciting action.

0030 The Man Who Eats O Shoes: The astonishing story of Cornish orienteer, Arthur Badger.

0100 The Only Way is Belper (rpt)

0130 Relocation, Relocation, Relocation (rpt)

0230 Lost (rpt)

0330 Closedown

We talk about oxygen debt in orienteering as an excuse for poor decisions and it's true that the brain uses an enormous 20% of cardiac output. Ensuring your iron levels are within normal range will mean that your synapses are firing on all four cylinders.

A friend in another club who's just gone up to W50 had been unable to run more than 100m for a few months and put her breathlessness down to lack of fitness, getting old etc. After (trying) to go running every day for about a month, she finally went to her GP, had blood tests and got a phone call saying she needed an iron infusion as her haemoglobin was just 6. Now she's competitive on the Long course and on iron tablets.

Men's haemoglobin should be above 13.5 grammes/litre and women's above 12.5 (or 11 in pregnancy). Anything below 11 or 10 and you'll notice a difference physically and probably also in cognitive function/mood – the word sanguine has become a synonym for 'optimistic' since mediaeval times, when a sanguine (ruddy) complexion was thought to indicate a predominance of blood over the other humours & a 'buoyant' temperament! Easy when all you drink is beer...

Haemoglobin is the protein responsible for transport of oxygen from the lungs to the tissues. Each red blood cell has several thousand haemoglobin molecules, each of which consist of 4 iron atoms, with carrying capacity for 4 oxygen molecules.

Three things are needed in adequate quantities in the diet to make haemoglobin:

1. **Iron** (obviously) – 'haem' iron is found in animal sources, notably red meat, and is better absorbed than 'non-haem' iron from plant sources, mainly dark green veg, pulses and fortified cereals. Vegetarians, do not despair! You can enhance the absorption of non-haem iron by having an OJ with your meal as vitamin C increases uptake, while tea and coffee inhibit it.
2. **Vitamin B12** – from red meat, but also milk and eggs. Vegans can get it from yeast extract (Marmite), fortified cereals and soya products.
3. **Folate** – a B vitamin from leafy green veg.

Causes of iron deficiency anaemia other than dietary deficiency include poor absorption (e.g. in IBD or coeliac disease) or a gastro-intestinal bleed such as a stomach or duodenal ulcer (treatable with a tablet to reduce stomach acid). Bleeds lower down in the GI tract are detected by the presence of blood in poo and people between the ages of 60 and 69 are screened for this every 2 years by posting off some tiny poo samples on a special card. Bowel cancer is the 3rd commonest killer in the UK, but is treatable if caught early enough.

There are a couple of other anaemias that may affect runners. Something called **dilutional anaemia** can occur after an intense work-out (say a mountain marathon rather than your average O race). This is where plasma volume increases as the body adapts to exercise by pulling more fluid into the blood to counter losses through sweat. However, this would only cause a drop in haemoglobin of less than 1 gramme per litre.

Dilutional anaemia may be suspected if your haematocrit (%age of red blood cells in the blood – don't fall asleep yet, I'm about to talk about EPO) is less than 45% for men or 40% for women. In *The Secret Race* (an exposé of Tour de France doping practices), Tyler Hamilton states that haematocrit falls by 2% per week of racing, translating to a 2% drop in power. To counter this, a lot of riders took EPO. Erythropoietin stimulates your bone marrow to make more red blood cells and is, of course, against the rules. EPO use wasn't detectable until a test was developed in 2005 so haematocrit greater than 50% was used as a proxy. If riders were worried, they could just drink a couple of litres of water with some salt tablets to "water down" or lower their haematocrit!

*Newstrack in **no way** endorses such shady practices!!*

"Traumatic haemolysis" or **marching anaemia** occurs when red blood cells are broken down prematurely by repetitive pounding. Roman soldiers were affected, nowadays victims include marathon runners, overenthusiastic urban orienteers (Doug, beware!) and bongo drummers. Free haemoglobin from the broken red blood cells shows as a rusty tint in the urine.

However, the main type of anaemia to worry about is iron deficiency and the message of this article is **don't ignore tiredness**, go to your GP and ask for a blood test. You could try

multivitamins with iron, but it's worth finding out if levels are low as this could reflect an underlying problem. If you are prescribed iron tablets, be aware they can make you a bit constipated and turn your poo black, but be assured your blood will be nice and red! More importantly, less brain capacity is lost to oxygen debt ...

Upcoming Fixtures/Meetings

See www.dvo.org.uk

Sat 13 Sept	Swadlincote Woodlands	Informal	Jen Gale/Jess Selby	SK 305193. A514 1km W of Woodville
Sun 21 Sept	Longstone Moor EML	Level C	Rodger Hodgson	SK 197737
Sat 27 Sept	Birchen Edge Tansley Village Hall	Club Champs & DVO Dinner	Richard Parkin DVO (fairly Limited) Catering	See last page. Entries to Sal by Sept 19th
Wed 8 Oct	Bell Inn, Cromford	DVO AGM	8pm	Run 1 st at 7pm
Sun 12 Oct	Byron's Walk EML	Level C	NOC	SK 513528 Sutton in Ashfield
Sat 18 Oct	Elvaston Castle	Informal	Ned Needham	DE72 3EP SK 406330
Sun 19 Oct	Bradgate Park EML	Level C	Laurie Fluck LEI	leioc.org.uk
Sat 25 Oct	Washingborough EMUL	Level C	Lincoln OG	logonline.org.uk
Sun 26 Oct	Longshaw Midlands Champs	Level A	Stuart Swalwell (help needed!)	SK 266800 S11 7TY Ch'field
Sun 9 Nov	Loughborough Uni EMUL	Level C		leioc.org.uk
Sun 16 Nov	Oakwood Urban EMUL	Level C	Chris Millard	Derby SK 383387

EML = East Midlands League EMUL = East Midlands Urban League

Puzzle Page

Dave Nevell

The Cromford Rocks score event puzzle pulled in the most entries so far – thanks for taking part. I suspect it was a little easier than normal although it is possible that everybody is improving. The answer was that Jen visited the depression and Helen visited the boulder. Full solution below.

	Fence corner	Ride	Path bend	Crag foot	Depressi on	Veg boundary	Rootstock	Re-entrant	Knoll	Boulder	total points	nb of controls
	1	2	3	5	10	10	20	20	25	50		
Jen	1	0	0	1	1	1	0	1	1	0	71	6
Helen	1	1	1	1	0	1	0	0	0	1	71	6
Jane	1	1	1	0	0	0	1	1	1	0	71	6
Total	3	2	2	2	1	2	1	2	2	1	213	18
											71 each	6 each

Correct answers were received from the following people:

Graham Johnson (who requested the route choices), John Hawkins (read the question carefully, John), Dai and Elizabeth Bedwell (read your answer carefully, Dai), Chris Millard, Jen Gale (who sent me a question back concerning grannies on mobility scooters – I have an answer Jen), Terry Peach (immaculate workings), Alan le Moigne (his spreadsheet solution is shown above), Helen Chiswell, Andy Mackervoy, John Hurley, Jane Burgess (I'm afraid that's half an hour you'll never get back, Jane) and Tim Cairns (in the nick of time).

Nobody has answered all three puzzles correctly this year and so six people now jointly share the lead. I'll give the table next time round. It's all to play for as we go into this month's offering. This one is a bit tougher – we need to sort you out!

The nieces' ages

The Chair of the East Midlands' newest Orienteering club (a bit of a boffin) has invited his two nieces over from Sweden to train in the fantastic East Midlands terrain. He enjoys tormenting the Club Secretary. "Yesterday I noticed that the sum of the ages of my wife and the two nieces was exactly twice your age, and the product of the ladies' ages was 2450. Can you tell me how old my nieces are?"

After a few moments thought the Secretary replied "You have not given me quite enough information".

"You are right", said the Chair, but when I tell you that yesterday I celebrated my birthday with my wife and nieces and was the oldest of the four present, you have all the information you need".

How old is the Chair, his wife, the nieces and the Secretary?

Answers to me, dnevell3@gmail.com before the Editor's copy date (26th Nov) please.

Entries for Midland Champs at Longshaw on Sunday 26th October

If you expect to run at this event please pre-enter via Fabian (before the closing date of 19th October) rather than relying on entering on the day and giving the registration & download teams more work.

There is no helper's discount, instead you will get a voucher which can be spent with the traders on the day, used at a future DVO event or used as credit towards an O-top. If for any reason your helping precludes you taking up your run we will arrange a refund. I will give all DVO members an open start time so you can start before 10:30 or after 12:30 to suit your shift helping.

Mike Godfree

SPOTM

Very quick this issue ... **Zoe Gordon** for forgetting she had her midge net on when eating ginger cake & custard nr Hathersage.... **Pauline Ward** for helicopter rescue with broken arm in mountains nr Barcelona ... Come & vote for SPOTY at the ...

DVO Annual Dinner & Awards 2014 **Tansley Village Hall (Church St. Tansley, DE4 5FH)** **Saturday 27th Sept 7-11pm**

Meet your fellow orienteers in normal attire for a relaxed meal and review of the previous year!
Presentation of Trophies and other awards. All Club members very welcome

Food by DVO Catering (really limited), BYO drinks
£6 M/W14 and over, £3M/W12 and under + a salad and a pudding contribution

 Names to Sal Chaffey sal.chaffey@gmail.com by Sept 19th please, money will be collected on the night
.... same deadline & contact for the **Club Champs, last page.**

Stop-press: Star Runners and Club Champs handicapping

Handicapping for the Club Championships will be updated right up to and including the EM League event at Longstone on the 21st September, but the handicapper will be on the lookout for any freakishly bad results that might have suspicious connotations! Don't forget to enter. We'll catch up with all the Star Runners next time round.

Ed's note – should be super accurate timing; not sure what I've seen most of on Facebook this summer: Richard's fantastic photos of the area (search [DVO Club Champs](#) or <https://www.facebook.com/events/1441807979441841/>) from numerous trial runs of his courses, or teens doing the Ice Bucket Challenge LOL



DVO Club Champs, Sat 27th Sept

Birchen Edge

The 2014 Club Championship is on Birchen Edge, **a new area** which promises to be challenging! **Free event open to ALL club members** followed by evening dinner at Tansley Village Hall. Your start time is precision calculated to try to ensure that everyone finishes at about the same time, so no matter how fast/slow you are, you could win one of the 5 club trophies!

Start times will be 10:30 to 11:30am aiming for a mass finish at 12 noon.

Terrain: rough open moorland and birch wood, mostly heather with some faster patches of grassland, as well as marsh, a lot of rock detail, and at this time of year, deep bracken. **Full body cover.** Spectacular views.

Map: 1:10,000, 5m contours, surveyed 2014 by Richard Parkin.

Entries to Sal Chaffey (sal.chaffey@gmail.com) with SI card number & which course you wish to run. **Thanks to Dave Nevell for Handicapping****
DEADLINE: 19th September – 8 days beforehand**

Car parking and Assembly: Parking is on grass at side of track to Moorside Farm DE45 1PQ. Grid ref: SK 278 722. Turn off the A619 immediately W of Robin Hood pub. Only this turn off will be signed. Start & Finish are close together, about 600m from parking. Toilets available - Eric Byne campsite toilet block.

Courses: (subject to slight changes)

Long: 5.3km (100m)	Short: 2.7km (45m)
Medium: 4.2km (80m)	Junior: 2.2km (45m)

Dogs: No dogs please

Parking: £2 on entry to property

Event Officials: Planner: Richard Parkin, Organiser: Sal Chaffey

Final details and Start times will be on the DVO site the week before the event

**Eastern Moors
Partnership**



Thanksto Chatsworth Estate & to the farmer, Mr Richard Smedley