



Newstrack Nov 2022



DVO Club Championships on NOC Territory

or “What’s the
difference between an
East Midlands Unicyclist
and a kite?”

*The magazine of Derwent
Valley Orienteers*

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Facebook page



Derwent Valley
Orienteers

>> announcements & events

Facebook Group



DVO Group

>> discussion & chat

New Members

A big welcome to our new members the Lurati family (James, Jo, Madeleine & Noah), Anthony Carr and Alicia Bennett.

See you in the forest or urban jungle soon!

Editorial

Overseas travel has been a long-running theme in Newstrack, with many Club members having orienteered in 10 or more countries. Often, club members attend the same competition, booking separately but meeting up each day at events. It's great fun, and to encourage this in 2023, I've included a (not-at-all-exhaustive) list of what's on. It's a great way to improve your orienteering and visit obscure forests and cities!

The next issue should be ready in time for our event at Birchen Edge on Feb 25th, giving a submissions date of Feb 11th.

Wishing you all a relaxing festive break – the 2023 training regime starts at our Urban in Dronfield (see back page)!

Sal

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Meeting dates

Fixtures Committee – Tues 6 December 4pm. At the Macdonalds’

Main Committee – Tues 13 December 7:30pm at the Chaffeys’

CompassSport Cup 2023

It's very likely that our heat for next year's CompassSport Cup will be on **Sunday February 12th at Beacon Hill**, Leicestershire.

The committee has decided that next year the club will fund the total cost of the entries, but if you are subsequently unable to run, we are requesting that you then pay half of the entry fee.

Please save the date in your diaries and once the arrangements have been confirmed, I will get in touch asking for entries.

We all know that the logistics of the CompassSport Cup are not perfect, but apart from the relay team events it is the only interclub competition, so I hope you will support it.

Christine Middleton, Club Captain

DVO Champs & Awards –Brierley Forest Country Park

Some 49 DVO members took part in our fun & fast Club Championships this year, planned by Sally Calland who lives close to the area, and organised & controlled by Ranald Macdonald. Andrew Middleton bravely took on the role of handicap setter, so that we were all predicted to dib the Finish at 12:30, regardless of our course! It made for some exciting head-to-head racing, but I wish the unicyclists had different coloured tops!

Very well done to the 2022 DVO Champions:

Winning Man: Chris Yardley trophy – Rex Bleakman
Winning Woman: Judy Buckley trophy – Pauline Ward
Fastest man: Peter Bourne trophy – Marcus Scotney
Fastest woman: Karen Jackson trophy – Liz Godfree
Fastest Junior: Lithuanian trophy – Alice Woodward





Jane presented the bay tree (above right) to Kim Buxton for all her work in organising the British Schools Score Champs in Shipley Park (see page 7).

The annual awards were presented – at Brierley or later – as follows:

Orienteer of the Year: **Derek Gale**, 2nd in MHV London City Race, 1st at King's Cross, 3rd at White Rose Sprint and 3rd at Lincoln City Race

Most Enthusiastic Newcomer: **Marcus Scotney**, leading EML Brown, control collecting, planning Birchen Edge and speaking at our AGM!



Newstrack Contributor of the Year is **Sally Calland** for articles on her planning and travels, with Sports Personality of the Year to **Graham Johnson** for his 180 degree error on the bus along the A6, meaning he never found the Peak District!



Two awards were presented at Allestree Park:



Junior Orienteer of the Year went to **Alice Powell**, regularly 1st on White and Yellow courses and **Andrew Powell** was Improver of the Year, 7th on JK M40 Long, 9th in BOC 2021 and 2022, 2nd on Brown at Black Rocks, 5th on Brown at Calke Park.

[As an aside to the photo at Allestree, the **EMJOS Cake Stall** raised £120. Ann-Marie and the Junior Squad were delighted with this, and we enjoyed the cakes!]

The David Parkin Trophy for Services to the Club was awarded to **Malcolm & Hilary Spencer**, who have helped with parking for many years. Malc is Team Leader, but Hilary is regularly spotted with bucket and hi-vis at untimely hours on Sunday mornings. Malc organised the New Years Urban at Melbourne (3rd time lucky after 2 winter lockdowns).



I have recently returned from the concluding week of the Junior World Championships in Portugal and here are 5 things I have learnt from my first-year racing in the elite international scene:

1. **Geeking before the race is so much more important** – In the UK you can get away with looking at the map for a short while and possibly seeing where people went on Routegadget at previous events but overseas it's a different case. Most of the time the terrain is completely different and therefore you orienteer differently – this takes some getting used to and doesn't magically happen overnight. Some of the guys on the GB team had spent over a month in Portugal this year preparing for JWOC!
2. **The podium finishers aren't as intimidating as I thought** – All the top girls and guys were just 19/20-year-olds like me and had very similar interests. Even though these athletes are the best in the world and train extremely hard at home, they were still great fun at the social events; sometimes the most outgoing and loud ones there. It reminded me that that they weren't at this unattainable level and made my goals feel more in reach.
3. **Foreign cuisine can be so hit or miss** – We spent 11 days in summer eating a mystery meat, salty pasta and boiled cabbage for most meals which was nutritious but not so delicious. We all had a pizza on the final night, and it was the best margherita I have ever tasted. Just a muesli bar from home can be enough comfort to get you through a long race day.
4. **Weather can be wild** – As I wrote in my September article, we experienced some of the hottest/driest weather Portugal has ever had, and there was nothing we could've done to prepare for that. Being flexible with cooling techniques has been a steep learning curve this year personally. We had the other extreme this November when we were scraping ice off the car and wearing every layer we had packed to get through the freezing mornings before racing.
5. **Wear a dibber elastic** – I lost my dibber on leg 10–11 during the long race at the World Champs. It was my biggest nightmare come true. I felt the branch whip it off my finger and stopped immediately, I then spent 15 minutes searching on the ground for this bright blue dibber but never

found it. I had to accept defeat and retire. For the stress and upset it caused me; a few pounds spent on some elastic is worth it.

While these were my lessons learnt abroad, I think most people can gain something from these and put them into their orienteering locker for their own domestic and international adventures.



DVO email group – the old Yahoo group for informal chat has been replaced by a googlegroup. To join the group, email dvo-members@googlegroups.com and an Admin will approve your membership.

An “Apprentice” Organiser

Kim Buxton

When I was asked to organise the BSSC at the back end of last year, October 2022 felt an age away. My goodness how quickly the months flew by and the Championships were upon us!



Having never organised any event above a Level C before, I quickly garnered an experienced team of DVO members, along with Mel Elkington (from BSOA), who supported me through the whole process. Indeed it often felt akin to a task from “The Apprentice,” with me project managing a team of sub-team leaders. The difference being, there were no boardroom battles or conflicts, just everyone pulling together as a brilliant team to produce a successful and enjoyable event.

DVO Security Inc!



Courses planned, marquee and toilets booked and entries rolling in; the actual day was nearing. With the marquee and toilets arriving Friday evening, and Shipley Park being open to the public, Russ and I accompanied by Jane and Annie, decided to act as security by overnighing on the park in our

camper vans. A good sleep followed a pizza supper and we were able to make an early start in the mist, preparing the area as other DVO helpers arrived. The event needed to draw upon the wider DVO community so an appeal had been made for extra volunteers to help on various teams.

The Finish area was soon set up by Viv and her team, and excitement began to build as schools started to arrive. Jane and her team had prepared the Start down the hill, and the early starters headed off to collect their dibbers.

We were well aware that some of the children were quite inexperienced, so Ranald had put together a strong posse of Safety Marshalls positioned strategically around the course to put lost competitors back on track and to prevent anyone straying off the map. DVO members responded to the call for help, as they always do, and the BSOA officials lauded the turnout of volunteers as exceptional!

As finishers arrived they were greeted with clanging cowbells and cheers from supporters.

The sun was shining and faces glowed with their efforts. Ann-Marie's planning had stretched both brains and bodies and it was left to the Download team to generate the results for a prompt prizegiving.



Waiting for the first of ~280 finishers!



Rachel with age-group winners from Carsington and Brassington primaries

Following Sal's introduction, Rachel Duckworth gave an amazing, short speech which couldn't fail to motivate the young people watching to want to continue their orienteering journey. Thank you Rachel – you were truly inspirational!

Medals were hung around the winners' necks and slowly they started to make the journey home. A good day had by all!

Thanks once again to around 40 volunteers from DVO for giving your time to support the event and particular thanks to my sub-team leaders including First Aiders and the Spencer Car/Coach Parking team.

Our practice score event in Alfreton Park – September 2022

When Sal asked me if I would organise a score orienteering event in Alfreton Park to give primary schools the opportunity to try out a score format before the British Schools Score Championships (BSSC) in Shipley, I said "yes" on the basis I thought we would only get about four children. Well, that shows how much I know (**Lesson 1**). We had five schools and around 80 children – mostly because of the excellent work which DVO coaches (Sal, Stuart, Rex, Judith) had been doing in schools in the summer to encourage them to come and to enter the BSSC.

Judith planned the event, but couldn't be there on the day – something about a new hip! We hired the Cricket Pavilion as a base. The schools brought the children there in mini-buses. That was **Lesson 2** – the kids are more likely to come in a group from school during term time. They are less likely to come to weekend events if they have to rely on their parents for transport.

Malc and Rex put out the controls and, with Russ, marshalled the wooded area in the park and the exits from the park. Just as well, as the kids were tempted to run out of the top part of the park (**Lesson 3** – you just can't take for granted what they might do). Ranald was Safety Officer and we all wore hi-viz jackets with DVO on so, they knew we could be approached if in difficulty.

I had five DVO helpers allocated to a school each (Sal, Rex, Kim, Amanda, Randal) who gave their school a briefing and, with excellent organisation from Jane and Hilary, saw them through the start. They had to make sure the pupils had a timing device as the score event was 45 minutes and they certainly didn't want to lose points. The kids were keen, funny and a tiny bit scared, as they were being let out straight into the woods – the youngest in pairs. (**Lesson 4** was for the teachers and their helpers as they found it liberating to see the kids go off into the woods and emerge again).

Mike, John and Liz did the download and gave them a packet of Haribos as they finished. We should have organised a more orderly queue for download as I always forget how excited they get about downloading their dibber – it was a bit of an unruly crowd! (**Lesson 5**).

Lesson 6 – if you do something this time of year, allow for the fact they will spend a lot of time gathering conkers.

As the kids left, there were lots of smiley faces from them, their staff and the DVO helpers who were great.

The Assistant Headteacher at the special school adjacent to the Park has asked us to organise an event for them, which will be a great development for the Club [see post-script below].

That evening I thanked the schools for coming and the replies I got back were heart-warming:

“Just wanted to say a big thank you for organising today. Brassington loved it!”

“Thanks you so much for organising this, I was sad to have missed it. I am told the kids loved it and the head teacher was really impressed. The kids were all asking when they could do another one on their way home! Do let us know if you are putting on any more mid week events.”

“We had a fantastic afternoon out! The children really enjoyed themselves and gained some valuable experience. The event was really well organised and all the volunteers were incredibly welcoming and helpful. Please pass on my praise and thanks to all who helped make the event such a success!

We are very much looking forward to Shipley now! “

“The children were buzzing when they arrived back at school yesterday - loved it! Kelly was also very happy with how it all ran and wants to do more fixtures as a result (this was her first one!) So thank you for making it an enjoyable experience all round!

Unfortunately, we have so much going on at the moment to enter the Shipley Park competition, but we are definitely interested in entering for more in the future!"

"I just wanted to put in writing our appreciation for your organising the event yesterday.

As I'm sure you understand, orienteering as a sport has so much to offer for primary age children in terms of giving them freedom and autonomy etc. Some but not all of our children will go on to compete at the British Schools Score Championships: those children now feel more prepared and confident about doing so, but for the majority who are unlikely to compete in any orienteering events outside of school hours, yesterday provided a significant opportunity for them to experience something really powerful. I hope that you and your team are able to appreciate the impact that you will have had on these children's lives."



127 'Single tree', Alfreton Hall Conference Centre behind.

Lesson 7 – when we invest in doing these events, we are not aiming to get these kids into the squad or even turn them into club orienteers. We are giving them a fun time and sharing our passion for the sport – what could be better than that?

Viv Macdonald

Post-script by Sal

The event for Alfreton Park Community Special School took place on 2 November and was attended by 30 or so secondary-age children, plus 4 boys from South Wingfield Primary brought by a parent. The boys and some of the older special school children went round on their own and all had a great time!

The school gave us a lovely room for Download, and we were joined by Emma and Laura from British Orienteering, who handed out stickers, wrist bands and certificates while Viv manned Download and gave out Haribos!

A LOT of building work has gone on in the park, not least the super new-build Special School on the NW edge (it used to be in the middle of the park). The map will be updated over the winter.

Pergamon O Week

Sally Calland

Having just won the prestigious trophy for filling up the Newstrack with my random trips, it would only be right of me to add my latest, the Pergamon O Week. Staged around Bergama in NW Turkey, the event was sadly not well attended. That said, the terrain was epic and included 3 WREs.

Because I am a little silly, I booked to fly on Day 1 of the event. I should have travelled on the Sunday after the club champs, but messed up my dates! Anyway, my first event was a middle relay race. Those without a team could just have a run, which I did. Beautiful pine forest with huge boulder features with almost perfect runnability, apart from when it wasn't!!! I had a terrible run. I just couldn't get into the map (add photo). I still really enjoyed the run and vowed to improve tomorrow and looked forward to the night event around Bergama.





Scary figures guarded the final control of the night event. Urban is normally my strong point, not this time. It was a mass start (which I don't like) and I set off ok.

Took the longest route to 2 and then went west at the crossroads from 4-5.

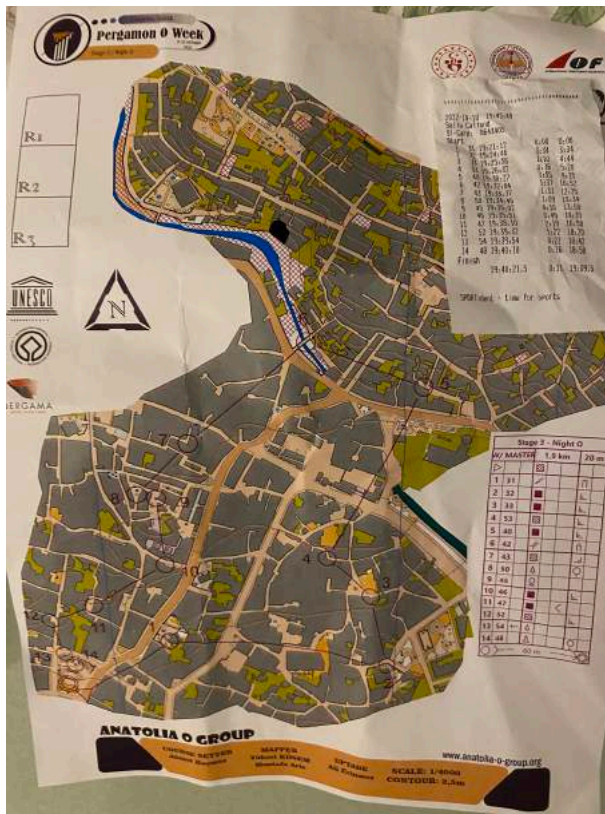
What was I thinking, arghh! Instead of cutting through the open area north of 4, I came all the way back to the crossroads and headed north.

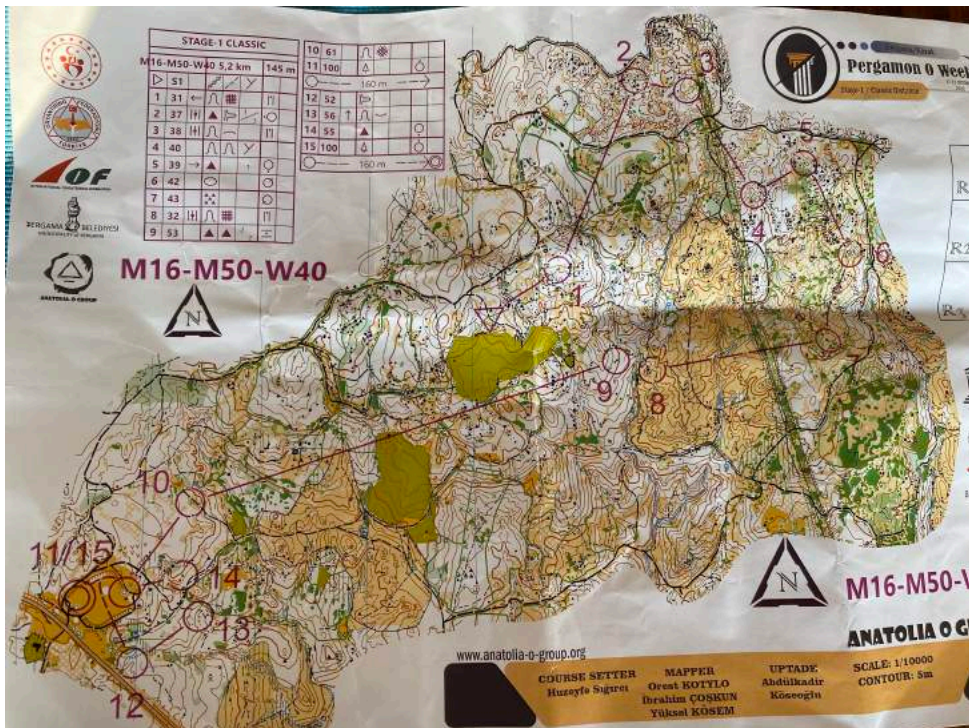
To totally ruin my race I headed to 11 with confidence. Hidden by cars, I



thought I had gone too far and headed back to the T junction – crazy!! Then decided to go the long way around to 12. My race was run. Hysterically, I was the first competitor to cross the line to my amazement. Luckily for me I was the only runner in my age category, so won. Phew!!!!

On the rest day I decided to walk the event I had

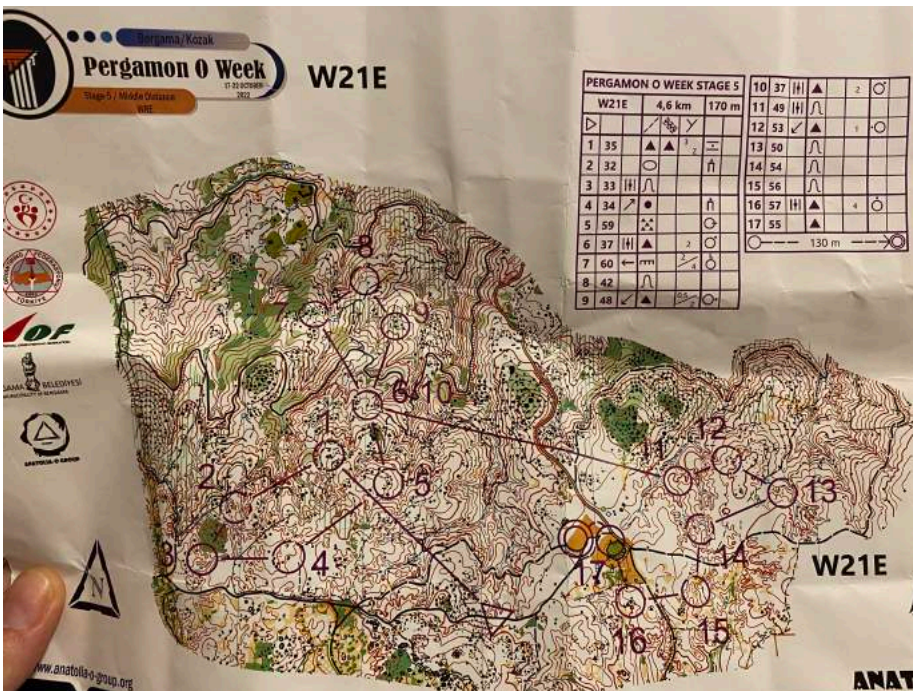




missed on Day 1. Even whilst walking, I found the terrain absolutely nails!! I have drifted right all week, which is unusual for me (normally drift left) and wondered if there could be any issues with the LiDAR. Answers on a postcard??!

Day 4 was a WRE middle and it ate me up and spat me out. I only had a couple of tough controls, but my confidence was waning. So when one's confidence is waning why not run up to W21E for the last Forest day!!!

Despite a little challenge from 5-6, costing me about 10 mins, my run was good! Focus was key all the way around this course and I tried to maintain this especially as I came



towards 11. I could almost see the finish but knew the final loop was not easy. I held my nerve and was pleased with my run. Only 25 mins behind the crazy Swiss runner who completed the course in 47 mins!!

The final urban event was held in a small village called Kozak. It was a great little map and I had a clean run.



Having just done a little planning, I found it very bizarre what the planner did between 8 and 9. It was a taped route which went straight across the run in! So the potential for a nasty clash was evident. I followed the tape route but after some

reflection decided going north of the start would have been significantly quicker. Why the taped route, I ask you?! Another answer on a postcard; do we have to follow taped routes or could I have found my own way from 8 to 9?

Overall it was a fabulous week of O and history, and I can highly recommend the area for technical, fun orienteering. Had I known the Istanbul 5 days started the following Monday, this article would have been longer!!

Below: the Pergamon Acropolis



Swedish O-Ringen '22 – Another Point of View

Graham Johnson



Oh no, not another account of the O-Ringen, I hear you cry, we had a splendid article from Stuart last issue. Well, that's true, but the event is big enough and diverse enough to withstand a second version from me so you're stuck with this.

If orienteering is a religion – and we certainly do congregate on a Sunday to celebrate it – then the O-Ringen is its Mecca, the one multi-day festival that makes it worthwhile spending three weeks, or in John Duckworth's case, three months, cycling just to get there. I could write a whole article on our trip across Denmark and Sweden, but this is an orienteering magazine so I'll cut to the chase and relate that we finally made it to the O-Ringen campsite late on the Thursday before the competition, actually a day earlier than we should have done because I'd overlooked the fact the O-Ringen didn't start 'til the Monday; I think that should have been specifically pointed out to me. Never mind, we did at least get full value for money from the one-price-fits-all campsite fee.

This was my third O-Ringen, Val's second, and this one was similar to the first in that the campsite and event centre were pretty much one and the same, the event centre being Uppsala University, strictly the Swedish University of

Agricultural Sciences, and the campsite being the agricultural grounds surrounding it. This was divided into sectors, one of which was given over entirely to foreigners very much like ourselves. The foreign sector was rather conspicuous being virtually the only bit with tents on it. Extraordinarily, the Swedish were almost entirely in caravans or more likely motor-homes, many of which were apparently hired for the occasion.

There was one glaring exception to this, the man who travelled all the way up from Switzerland, the only occupant of the most enormous pantechicon I've seen outside of the US, which he parked yards away from our tent, blotting out the sun like an eclipse.

Everyone was allotted a 9 x 9 metre plot which meant you practically needed binoculars to see your next-door-neighbour. Four days before the whole shebang kicked off, tents were sparse on the ground, but we were still not there early enough to beat John Duckworth who strode towards us, hand outstretched, like Henry Morton Stanley. Mind you, he did have about eight weeks' start on us.

I never found out how many people attended this year's O-Ringen but I did hear a figure of 15,000. I'm guessing at least half of those were camping. Imagine if you can around 7,000 campers/mobile home dwellers scattered over an area the size of Wirksworth. The scale was mindbogglingly huge. The marquee for Swedish equivalent of Compasspoint, Alewald, was the size of a football pitch.

The organisation of the O-Ringen is a phenomenon and this extends to the campsite.

Within minutes of your tent, you have at your disposal showers, toilets, a restaurant (including beer), washing facilities, charging points for all electronic devices, even washing machines.





Every day of the competition, fleets of coaches turned up to transport competitors to the competition areas, but they were hardly needed because each Assembly area was no more than a half-hour cycle-ride from the campsite, and literally thousands of us did exactly that. (Can it really be that difficult

for the Scottish 5-Days to manage this?) It was truly an exhilarating experience to be part of the communal phalanx of event-bound cycles, ridden by orienteers of all ages, bowling along independent cycle paths, under subways, over bridges to arrive at the event bike park where cycles stretched as far as the eye could see.

From there it was but a short walk to an arena – three used for five days – where football match-sized crowds (OK, Northampton Town can only dream of this) thronged around eight finish lanes, plus on at least one day, another lane for mountain bike competitors in a simultaneous event. Such is the power and heft of the O-Ringen that on two days they actually closed a major road running alongside the arena so we could safely cross. It felt a bit like *Twenty Days Later* (2002 post-apocalyptic horror film where survivors are at risk of succumbing to a Rage Virus with extreme anti-social results; come to think of it, I've finished many orienteering runs much in the same condition).

Going off at a tangent here, I'll relate to you an anecdote – the Tale of the Plastic Boulder – from (I think) Day 4 of the competition. I duly arrived at my Start and read a notice informing us that some courses had as their penultimate control a plastic boulder. This piqued my interest and, as I picked up my map, I was gratified to see that my last-but-one control was indeed a boulder. Now the only plastic boulder I'd ever previously encountered was our very own version on the Birchen Edge map. This replica is fairly unremarkable, a low and flat affair, but according to my map the Swedish version was 1.7 metres high. I duly (eventually) arrived there and was disappointed to see that the reproduction was so good that it was indistinguishable from the real thing. I punched and moved on, but of course, my control wasn't the plastic boulder at all, but the real thing. Stupid ol' me.



However Val did show me a picture of the plastic version – I’ve tried to find the photo since but failed – and it was a two metre replica made entirely out of plastic bags, rather like a large-scale Blue Peter papier maché boulder would look. In the UK, if the planner wants to create a feature for a control in an area devoid of anything to identify as a control site,

they stack a few sticks together and call it a hide or tripod. In Sweden, they spend hours constructing a reproduction boulder out of plastic bags. I was enormously impressed by this, as you can tell. It doesn’t give any idea of the scale of the O-Ringen, but it does, I think, illustrate the respect and seriousness with which the Swedes regard their orienteering.

Two curious aspects to the event. Firstly although Sportident contactless dibbers are nearly universal these days, they are banned at least as contactless devices in Sweden; in other words you have to ‘punch’ at every control. This is because, I was told, they give an unfair disadvantage to those who do not carry them. This is an admirable sentiment but rather unrealistic given the near-ubiquity of this technology. Thus everyone was using the contactless version but not as a contactless device. Very odd. (Incidentally, Sportident is a German company, which I didn’t know ‘til I checked for this article).

Secondly, every map comes in its own plastic bag. Just think about that. If there were 15,000 competitors, that translates as 75,000 plastic bags which the organisers hope will be re-used or recycled, but probably won’t be. The reason for this, again I was told (I am nothing if not curious) is that the waterproof maps are not recyclable because they contain plastic – so don’t throw them away with your household recycling. It does seem to me that by trying, again an admirable intention, to avoid causing an environmental contamination, an even greater problem has been the result. It ain’t easy being green, as Kermit warned us many years ago.

Nothing, but nothing prepares you for a Swedish forest if you spend the preceding year or years merrily tripping (an appropriate word) through British woods of any description. They are completely alien. On none of the five days did my actual height climbed exceed 80 metres, bearing in mind –



spoiler alert – I was spending three or four times the winner’s times out there every day. On Day 5 I managed only 65 metres in 12.5 km so the terrain is almost flat – except it most certainly is not, it’s just that there are no hills as such but constantly changing terracing at waist- to head-height smattered with every conceivable physical feature bathed in low-level vegetation,

typically bilberry, that blurred any boundaries or outlines likely to assist navigation.

Like Stuart, I never really got to terms either with the mapping of yellow areas amongst runnable forest, which in the UK means a clearing but in Sweden seemed to be reserved for flat bare rock.

And there are boulders, so many boulders, that the mapper’s task is not what to include but what to leave out. And that was the greatest problem of the week, trying to decide which ones had been omitted because there was just no consistency. Often quite sizeable head-height boulders had been left off the map by a mapper too spoiled for choice, and attempting to navigate off them was a recipe for distraction.

I always think that the first control on the first day of a multi-day event is the most important of the week because it sets the tone for your performance. It certainly did at this event. My first control was 400 metres in. I took 65 minutes and 5 kilometres to find it.

After 20 minutes or so, I was completely lost so I decided to run



back to the Start and at least find somewhere on the map where I could be confident I was in the right place. I got a few strange looks as I battled against the flow of competitors coming in the opposite direction, only to find I wasn't back at my Start but at an adjacent Start, which caused more ructions as I then refound my own Start to restart a course I'd already started! The system just couldn't cope with this so in the end I had to leave them to work it out for themselves.

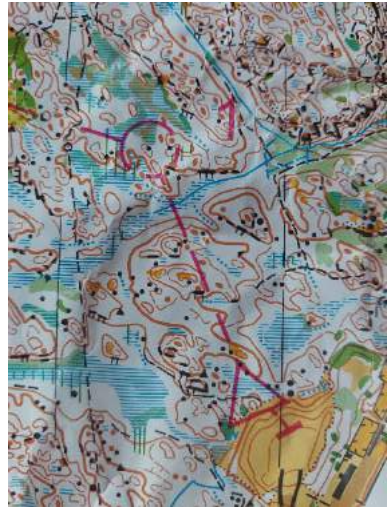
Another 30 minutes passed and I was in the same wretchedly bewildered, disorientated state so I was forced to adopt the same tactic – except this time I was so lost that I ended up

not at my own Start but at one about 1.5 km away in a completely different part of the map. When I did eventually track down my first control, I'm really not surprised it took so long because it was an insignificant boulder tucked away at the side of a low niche, a cruel choice for a first control and a hard lesson. Not a good omen for the rest of the week.

So, once again I was faced with the consequences of my own orienteering inadequacies and the prospect of a long week. I immediately revised my targets. Out the window was any remote prospect of a respectable mid-results position. It was a battle for survival, I could only hope to finish the week with a full total of controls visited.

And I did achieve that, though it took many more hours to do so. I arrived on the final day making the back end of the chasing start. This is a dispiriting experience for a struggling M65 because firstly M65s are always for some unknown reason dumped in the final start block, so we're only just beginning when some runners are on their way home, and secondly, those with the longest times go off last so they're virtually bound to finish when everyone's packed up and the arena is deserted. For me there was no chasing start as such because after 90 mins, everyone goes off at 15 second intervals, before they unleash the Untouchables, those who have been disqualified for whatever reason. The O-Ringen is completely unforgiving; no best 4 out of 6 as at the Scottish, one tiny error on Day 1, and even a World Champion will be consigned to the remainder bin.

I was second-to-last of those who'd manage to dib every control. I was amazed that there was someone worse than me, and a Swede at that. But it turned out I had learnt nothing in the preceding 4 days, in fact, I'd gone



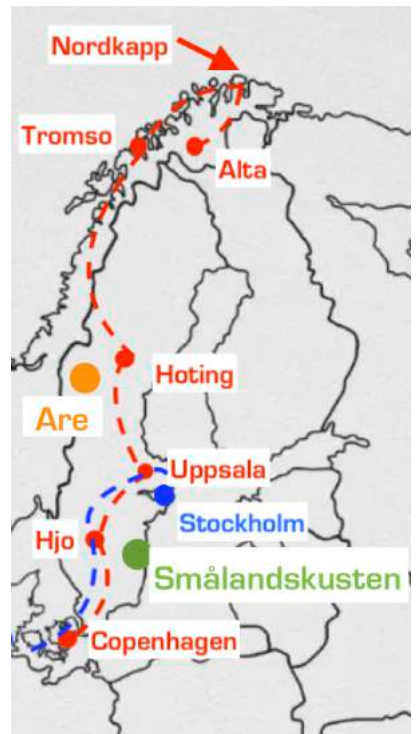


backwards, because I had my worst run of the week and finished 2 hours and 40 mins later (moving time: 2 hours says Strava so a lot of head-scratching), a full hour behind the second-to-last runner. How dispiriting.

I was left with two contradictory feelings. First, I was aggrieved that the courses weren't actually harder than they were. I know that sounds strange but even though the forests were by and large, to me, unfathomable, they did contain a network of paths and,

except on one Middle Distance day, many of the legs depended overmuch on selecting the right path and navigating three-quarters of the way to the next control; it was the other 25% that caused the problem. If you've got a forest as challenging as these were, you want the courses to take full advantage, because I certainly won't see their like again for at least 2 years (when we plan to return). The planners could have done a better job, even though the result would obviously have been me taking even longer.

Secondly, I can't wait to get back. Next year, the O-Ringen (8,500 already registered) will be way up north on a latitude with Trondheim, but 2024 will see it on the south-east coast. I am eager to try the Groningen to Kristiansand ferry used by John Duckworth and do some Norwegian cycling too. Despite my trials and tribulations, there is nothing like an O-Ringen, it is a unique experience, more than just an orienteering event, and I can't wait to repeat it.



Are 22-28 July '23 <https://oringen.se/en/start.html/>
Smålandskusten 21-27 July '24

2023 & 2024 O-Ringen locations
(adapted from Sept Newstrack)

Join your clubmates overseas in 2023!



Portugal Orienteering Meeting <https://pom.pt/2023/>

Sao Bartolomeu do Outeiro, Feb 17–21

British Sprint & Middles Northern Ireland <https://www.britishorienteering.org.uk/page/147>

Wed 3 May: Carrickfergus Urban (part of UK Urban League)

Sat 6 May: Sprints at Armagh City (Coronation Day!)

Sun 7 May: Middles at Drumkeeragh Forest, near Ballynahinch, County Down.



<https://www.wmoc2020.sk/>

Scottish 6 Days 30 July–4 Aug

<https://scottish6days.com/news/moray-2023/>



Antwerp Sprint Orienteering Meeting in Ghent, Belgium 18–20 August

Friday – Mixed Sprint Relay

Saturday – Knockout Sprint

Sunday – Urban <https://www.antwerporienteers.be/asom/>



9 races throughout the year

Venues to be announced at <https://cityracetour.org/>

Bavarian Forest 5 Days: 30 July–3 August

We had originally planned to go to the World Masters Orienteering Championships 2022 in Italy in early July, but a number of things led to us changing our minds. Friends from Tasmania, whom we hadn't seen since the World Masters in New Zealand in 2017, were due to be in the UK for a short while in early July. We were also concerned about the effect on Cassie of the heat in southern Italy. If only we knew what it was going to be like in the UK a little later! As is our normal practice, we would have made at least a four-week trip of it in our campervan and we seemed to have acquired a number of other events in late June/early July which we wanted to commit to.

We always look at the listing of international events in CompassSport to see if there's anything we might be interested in. The Bavarian Forest 5 Days fitted our criteria of being in an area we didn't know well, at a time relatively convenient for us, and looking as if it would give us some 'interesting' orienteering. It would also give Viv the opportunity to refresh her German language skills. The event was centred on the small Bavarian town of Bodenmais, about 100 kilometres east of Regensburg and close to the Czech border.

The arrangements were made: entering the event, with some helpful email exchanges in German with the Organiser; booking the (expensive) campsite in Bodenmais; booking tickets for Eurotunnel; arranging the travel insurance and breakdown cover; and having Cassie checked and getting her Animal Health Certificate (a process made much more complicated and expensive as a result of Brexit).

We left our Tasmanian friends to lock up our house as we had to dash to Folkestone on 27 July to catch the train that afternoon, camp in Belgium overnight and drive the 1,000 kilometres to Bodenmais on Thursday and Friday to register for the orienteering which started on Saturday. Quite a trek but relatively easy going on German motorways apart from delays in the extensive roadworks.



At registration we met Dave Chapman, ex Airienteers, who was helping with the organisation of the event, including putting out and collecting controls. For Cassie it was like meeting a long-lost friend as Dave has always played with her.

The five days of competition comprised four in the forest and, on Day 2, an urban in the lovely small town

of Viechtach. It's probably true to say it wasn't the most enjoyable or successful orienteering we have done but with only 753 entries, of whom 22 were from the UK, it had the feel of a decent sized national event in the UK. All the officials were friendly and helpful, not least Peter Weinig, the Organiser, who had put the whole event together on his own initiative and, I gather, at his own expense. The numbers at least meant that he wasn't going to be out of pocket.

Whereas as all the necessary information was on our bibs, including the



distance and climb to the Start, the electronic Start list at the pre-check was not something I'd seen before.

For Days 1, 4 and 5 parking was high up at a cross-country skiing centre which meant descending into the bowels of the forest to the Start and then climbing back out after the Finish. On Day 3 we were all bussed out to a high-level meadow with excellent

views and a restaurant. The picture shows Viv preparing for her run, before tying Cassie up under a barn with our bags as there were no DVO to look after her. The post-run photo, which I'll spare you, shows us with beers, curry wurst and chips!

Day 1 was very physical and came as quite a shock to both of us. Knee deep bilberries and brushings made progress slow and the large number of paths were often more confusing than helpful. These were the longest course



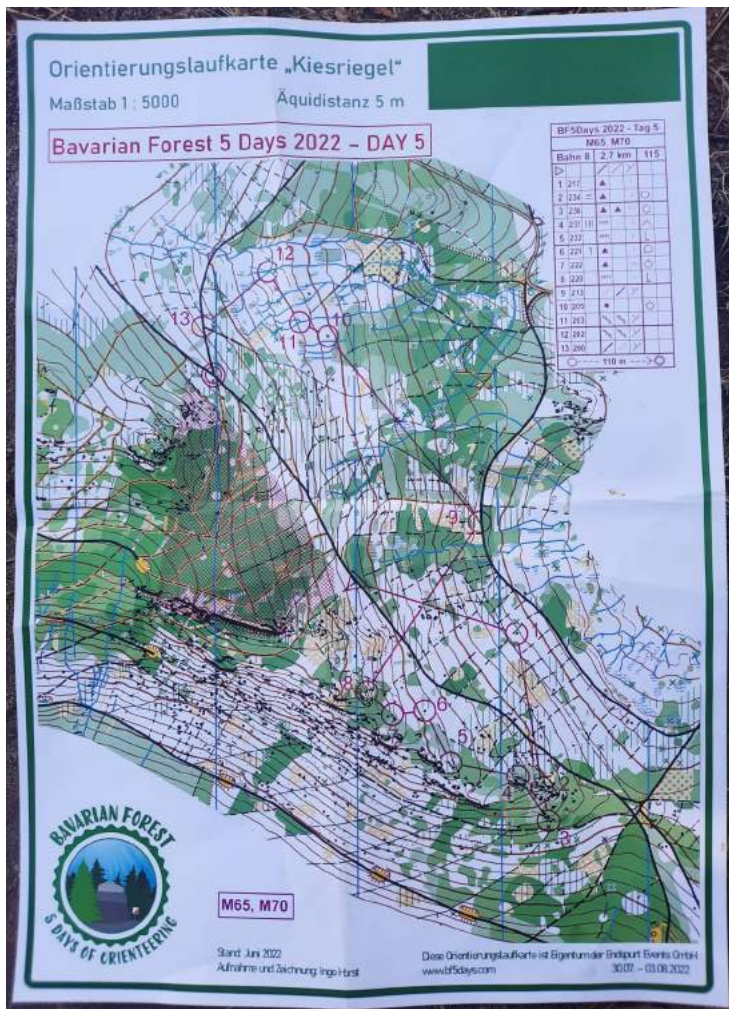
distances we faced, the final three forest days being shorter and more like a middle distance race. On this day Viv came 12th out of 17 on W70 and I was 19th out of 26. We were also faced with 1600m back from the Finish to Assembly and 130m climb, which was exhausting in the heat.

The urban wasn't overly challenging, though I managed to record a miss punch even though I'm pretty certain I visited the control. The only real route choice for me was 1-2 and luckily I spotted the route avoiding the climb up steps that the direct route involved. However, it was Viv's best result as she came 8th.



Day 3 involved a lot of contouring, again with many paths to confuse. I was 20th and Viv 16th. The area for Day 4 was becoming familiar, with more paths and better underfoot, though our orienteering wasn't improving a lot with Viv 10th and me 22nd.

Whereas the previous forest races had been on a 1:7,500 scale, Day 5 was at 1:5,000. The details claimed this was to allow the rock formations to be portrayed better and "to lead to a better running experience"! I came 19th and Viv a creditable 9th. I've included my course and suggest looking at legs 8-9-10. Most courses contoured across the area whereas M65/70 went all



the way down to a TD1 control on a path junction just to be taken all the way back up the hillside. There were some very grumpy, and exhausted, competitors!

Overall Viv came 12th out of 17 and I was 22nd out of 26 (four out of five races counted). Whereas neither of us felt it was the best overseas orienteering experience we've had, it was worth going to a new area, meeting people from other clubs and then touring around southern Bavaria. We

visited spectacular mediaeval towns, some of them beautifully reconstructed after being badly bombed in the Second World War, not the least Nuremberg with its stark reminders of its place in modern history. The only downside was hitting the Bavarian Alps at the height of the school holidays and at a bank holiday. Every camp site was full and we had to make use of Stellplatz sites, which are often car parks with excellent to no facilities but at much lower cost than the regular campsites. By law Sundays and public holidays are 'rest days' in Germany, when shops remain shut, which comes as a shock when we didn't know about the holiday.

Interestingly, whereas we expected costs to be much higher in Germany, the euro cost is the equivalent to that in sterling. With a euro being equivalent to 85 pence, everything is about 15 per cent cheaper here than in the UK.

We hope to go to the WMOC next year in Slovakia (with a week between the Scottish 6 days and this event), followed by Finland in 2024 and Spain in 2025, dates, etc. being convenient. However, if they aren't, then there are always good events elsewhere in Europe, not least in places such as the Czech Republic, Slovenia, Hungary and Croatia, where we have orienteered in the past.

Ranald Macdonald (with help from Viv and loyally accompanied by Cassie)

Apologies to Ranald, as this was one of the earliest submissions for the September Newstrack, but was accidentally omitted by the Editor!

Event Officials Needed

If you would like to volunteer (yellow highlight), please contact janeburgess50@yahoo.co.uk Support can be given by someone experienced in the role. For updates to the table as new officials come forward, see **Future Event Officials** under the **DVO Events** tab.

Event	Date	Level	Organiser	Planner	Controller
Dronfield Urban	1 Jan '23	Regional	Richard Parkin	Graham Johnson	Craig Lucas
Birchen Edge	25 Feb	Regional	Sal Chaffey	Marcus Scotney	Martin Ward
Buxton Urban	23 April	EMUL	v	David Newton	Paul Addison
Carsington Pastures	11 June	Regional	Nicola Hart	Simon Brister	Dave Chaffey
Kedleston Park	10 Sept	Regional	v	v	v
Longshaw	8 Oct	Reginal	v	v	v

JK Relays 2024

******Helpers will be needed******

Stanton Moor	1 April	International	Sal Chaffey	John Duckworth	TBA
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Local events for Spring 2023 to be announced. These will be Saturdays 1–3pm and will be a good opportunity to learn event planning or organising, with support from a mentor in the Club.

We hope to recruit a young and inspiring Club Development Officer next year, to support skills training for members and to introduce new families and runners to the orienteering pathway, and a busy local programme is integral to this.

Wedding Congratulations!

Continuing the trend (if two issues can constitute a trend) for former DVO members who are the daughters of current DVO members to get married, Kate Johnson, now Kate Cahill, entered into a civil partnership with Paul at Belfast City Hall on 28th October.

Graham and Val were in attendance with family, and a reception/knees-up in true (Northern) Irish fashion followed at the Sunflower pub.

Kate and Paul live in Birmingham. Although Kate no longer orienteers, the emotional scars left by a childhood blighted by forcible subjection to orienteering are evident in regular outings with Kings Heath Running Club.



MUTTERINGS FROM THE UNDERGROWTH

FIELD NOTES OF AN O MAPPER

In which I share some of my mutterings about decisions I have to make out there in the wild, because if I have to grapple with them, so should you.

#5 — If YOU FIND YOURSELF IN A HOLE, DON'T KEEP DIGGING

You know a pit when you see one. It's a hole with steep sides. And was probably dug by someone at some time. I prefer the older, longer-established versions. Whenever I discover a freshly dug pit in the forest, I get nervous, especially if there's a spade embedded in the earth nearby. Then again, it used to be common practice among early orienteers to dig holes in featureless terrain. And so I am reminded of one thorny little mapping problem that has existed since the dawn of drawn O-maps:

Do you map the hole or the hill? The pit or the knoll (the knoll being the pile of earth deposited by the pit's side)?

Easy answer is 'both,' but the footprint of the symbols (for dot knoll and pit) is typically much bigger than a small pit and its mound of spoil. At scale, the pit symbol occupies the equivalent of 10.5 x 12m on the ground, while knolls occupy 7.5 x 7.5m. (You'd have work some to quarry that amount of earth.) Chances are the things are less than 2 or 3m wide, so if you included both, your pit/knoll combo would stretch for 20m across the map. If you've got the space, then go for it.

But if you don't have the space?

The rule I heard growing up was to favour the positive feature over the negative. That suggests the knoll should be mapped instead of the pit, likewise an earth wall instead of the ditch or narrow gully in front of it. So there you have your answer ... except this is not the way it's done. People—and mappers are people too—seem to like to wallow in their ditches and pits. They just can't let go. A lesson for life?

"You're the pits!"

"You can say that. I'm just in a bit of a (small) depression right now."

The thing about small depressions is that sometimes you might not realise you are in one. How is that possible, you ask?

Well, around here (the East Midlands), when we see that little brown smile on the map we expect to find a hole in the ground, albeit a shallow one. We expect a point feature and we like to put controls in them. This seems to be their purpose. And yet, a small depression can be no more than a hollow, an identifiable low point in the land. On heavily-contoured areas, moraine and karst and all that Scandinavian stuff, the small depression and the knoll for that matter are part of the range of symbols a mapper can use to describe the shape of the land: a knoll becomes a higher point on a hill, while a small depression a lower point between them, say.

Rarely do I have the courage to use the small depression in this manner. I hear the huddled veterans at the download tent complaining. 'There was nothing there,' I hear them say and I reply, 'Pity the poor, neglected hollow.' And then I ignore him too.

Happy Christmas.

RICHARD PARKIN

Meet your new Membership Secretary: **Simon Brister**

When and where did you first start orienteering?

As a keen runner (competitive running for 61 years and counting) I was on a run in Ravenshead close to my then home with my border collie Max (dead spit for Cassie) back in 1982 and came across a NOC event – after asking what it was all about they let me run round a course – I so enjoyed it I joined NOC but kept falling over (I still do) but also putting my back out. I did about 15 events over the next 2 years and then decided that I couldn't continue. 35 year break and then in 2017 my brother in law from Sweden who recently planned the elite courses and O Ringen) persuaded both myself and Nicky to do a light green at Bigland during the JK. We both joined DVO and have probably done >150 events since then.

Highs and Lows of orienteering/running?

Highs – Nottinghamshire Senior mens 400 metres 1972 and New York Marathon 1982 in 2 hrs 50.58. Lows – frequently missing a control and more frequent age related injuries.

Do you have a SIAC dibber? Yes

What do you enjoy doing now you're retired?

Until recently amateur drama – just done my 63rd play. Cycling and a bit of wild swimming – though I am quite neche!

Most memorable O holiday?

Not journeyed abroad to O but toying with Gran Canaria at Christmas

Favourite TV or radio shows?

It has to be Alexei Sayle's Imaginary Sandwich Bar at the moment.



Simon rehydrating at the Scottish 3 day 2021

Sports Personality of the Month

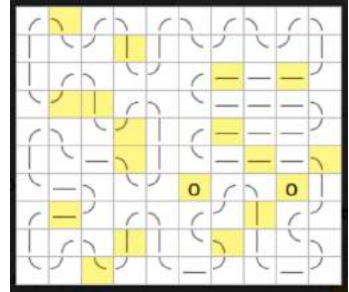
Doug Dickinson – at the recent EMOA Development Conference we were asked to do introductions; were we planners/organisers/controllers and at what level? When his turn came, Doug said dolefully “I’m Doug Dickinson and I only came 2nd in the UK Urban League this year!”

Answer to May's Puzzle

Correct entries from Alan (obviously), Tom Hartland, Derek Gale, John Hurley, Mike Gardner, David Vincent, Francesco Lari, John Duckworth, Helen Chiswell, Chris Millard, Jen Gale.

Thank you Dave for many years of puzzles, and good luck to David who has taken on your mantle!

Dave Nevell



David Vincent

Puzzle Page

Well, difficult shoes to pull on.

A problem with compiling puzzles is getting the difficulty right. My intention was to have an easy one to start with, and to have a word puzzle to try to appeal to a few more puzzlers. To test the first puzzle, I engaged a small team of guinea pigs. Exactly half of them thought it too easy, and the other half thought it too hard... Apologies to any of you who have not been part of the Wordle phenomenon; you can find how it works at:

<https://www.nytimes.com/games/wordle/index.html>

So, here we go:-

Frank was downhearted at the end of his Green course.

"I couldn't concentrate! Today's Wordle was in my head the whole way round".

"Ah", said Alf. "I struggled with it today. My first word was 'LATER', which gave me one letter, not in the correct place".

"I used 'SOUTH', which gave me one letter, also not in the right place", said Betty.

"Huh", said Carl. "I chose 'DITCH', which gave me nothing at all!".

"And I", chipped in Dora, "had 'LOWER', which gave me two letters, though neither in the right place".

"Well", said Eric, "I was a bit lucky. I meant to type 'SMITE', but my finger slipped on one of the letters, and I hit an adjacent letter on the keyboard. The word I typed happened to be a valid word, and it gave me one letter that was in the correct place."

"I just don't know why I didn't get the word as soon as I got to control 12", moaned Frank.

Can you deduce the word for that day?

Answers to David at anorienteer@gmail.com by 11 February please.

New area, described as “curly & confusing” by the mapper
Part of UK Urban League & East Midlands Urban League

Enter on Fabian4 🏃 Giant O-map pairs game for kids

*** Donations of raffle prizes to Val and Graham please ***

EMUL 2022 Prize-giving at 10am



Navigate Dronfield!

Try Urban Orienteering with DVO

Monday, 2nd Jan 2023

Start Times between 10:30 and 12:30
Register online in advance, or on the day
Event Centre at Dronfield Sports Centre



- Courses for all ages & abilities. Run, jog or walk!
- Children's courses in low-traffic areas
- Enter on the day, £4.00 for Courses 6 & 7, or in advance for £3.50
- All competitors entered for free on-the-day raffle



 Derwent Valley Orienteers

CLUB MARK

British Orienteering

Further details are available at <http://derwentvalleyorienteers.org.uk/>
or email gmiandfam@aol.com