



# September 2020 Newstrack



**Resumption of Monday and Wednesday Night training**



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

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## New Club Members

Welcome to new members Hans Hettman M70, Teresa Coles and Sara Hawksworth both W55, Deborah Bowater W40, Judith Wicks W16, Hayley Heath W35 and Emily Gay W21. Let's hope the resumption of orienteering continues, and we can say hello in at an event soon!

## Editorial

What did you get up to on Super Saturday (July 4<sup>th</sup>)? A haircut? Or a trip to the pub? As we drove to Mickleover for the MapRun, we saw queues outside the barber's on the A6 in Belper. The MapRun was fun, and this time we were joined by our daughter Zoë (last seen orienteering at French 6 Days 2008). Both daughters have finally learnt to navigate, after a decade of going to O events and only leaving the car to go to Wilf's (O caterer who ceased trading in some years ago). So, that's our lockdown silver lining ... and I've still not had a haircut!

**Sal Chaffey**

## What's inside?



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## Next issue of Newstrack

Thanks for all your great contributions! There will be one Newstrack before Christmas, probably November, so I'll announce the copy date in October.

## CompassSport Cup Update

This is the time when I should be getting in touch with everyone to see if they are able to run for the club at the CompassSport Cup. Sadly I won't be doing this as the event has been postponed. Octavian Droobers were unable to get permission from the landowners to use Sutton Park. It seems that permissions are one of the major stumbling blocks in getting orienteering going again. The CompassSport Cup Committee are looking at alternative dates and venues and I will keep you informed if they are successful.

In the meantime people seem to be keeping fit, MapRun events are providing an interesting alternative and there are some real events to go to. We certainly enjoyed the EBOR event at Skipwith Common.

Unless new restrictions are imposed it seems that the new BOF guidelines will make it easier to organise larger events. Let's hope that 2021 will see us all back to orienteering more regularly. In the meantime I hope you all find enjoyable ways to keep fit and stay positive.

Christine Middleton, Club Captain

## Addendum to May Newstrack

John Hurley

However I do wish to submit a correction to Graham's CompassSport Cup article, where he says that DVO have never previously reached the Final in four consecutive years (bottom of page 12). DVO did in fact reach the final in 1985/86/87/88 as documented in the Nevell+Hurley article in July 2017 Newstrack.

## DVO AGM by Zoom - 14<sup>th</sup> October

Our AGM will take place by Zoom on Wednesday 14th October at 7:30pm. It will start with a talk by **Rachel Duckworth about her exciting races at Dale Park, Graythwaite, securing her selection to the GB team to run in the 2020 European Junior Orienteering Championships** (unfortunately now cancelled due to Covid, but would have taken place in Hungary, in October). This will be followed by the usual AGM business, which should be fairly speedy via Zoom. Please attend if you can, as we do need a quorum of members for effective voting. An invitation will be emailed to all Club members by Paul Goodhead, our Membership Secretary.



**Huge congratulations to Rachel on her selection!**



## DVO Zoom Quiz to continue every month!

Any club members may now join the monthly DVO Zoom Quiz. Please let me know if you wish to join, as often there are some pre-quiz questions emailed out in advance. The dates and question masters are as follows through to January.

Sept 15th – Mike Gardner

Oct 20th – Chaffeys

Nov 17th – Christine Middleton

Dec 15th – Jane Burgess

Jan 19th – Keelings

All dates Tuesdays at 8pm.

Topic: DVO Quiz Zoom Meeting

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us02web.zoom.us/j/84478367602?pwd=UVJwM0hKeUNjRXora3lsUmxndU5Kdz09>

Meeting ID: 844 7836 7602

Passcode: 1WN3xB

Mike Gardner [mikegardvo@sky.com](mailto:mikegardvo@sky.com)

## In a Virtual World

Doug Dickinson

It all started on 8<sup>th</sup> March – Linacre. Helping with download I felt uncomfortable with being in a closed room. The next week I did not go to the CompassSport Cup event. I started counting days from then. Today is V150! This is a composite of my attempt to stay connected to orienteering for the last 150 days. It is by no means complete ... the over 75s have memory problems, or so I am told. Just can't remember who told me.

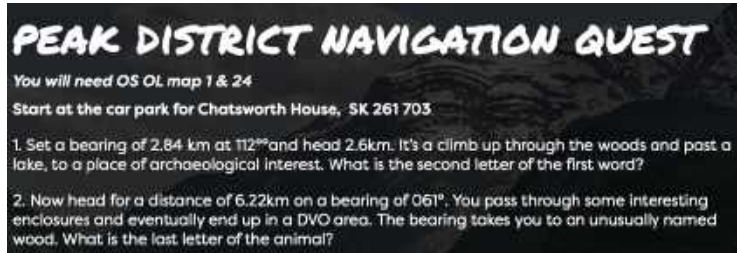
My first occupational therapy adventure into virtual orienteering was on 26 March when I produced a course around Wirksworth, using the – already



prepared –orienteering map and StreetView. The idea was to use the map to answer the question. Control 2’s question was ‘the last 2 digits of the phone number’. This is where I learned about how there is more than one Street View date.

I followed this with similar maps and courses for Matlock and Derby West. People seemed to catch on, but it wasn’t real, was it? The idea was taken up by clubs around the country and then across the orienteering world we had opportunities to navigate in exotic places.

In DVO, Team O’Donnell challenged us, on behalf of EMJOS, to navigate across the Peak district in the Peak



District Navigation Quest ... cerebral stuff!

Chris Smithard from WCOC and friends began to develop things further with ‘Lockdown O’ taking us into the realms of virtual trail O, shortest route challenges and a revisit to ‘Catching Features’. Then it really got interesting! The ‘Orienteering on your sofa’ concept challenged the best from across the world. It was possible to compete against Thierry Gueorgiou at brain rather than leg speed. Details of all of the competitions are still available at <https://lockdownorienteering.com>.

Jake O’Donnell became a star in these events ... young brain, fast fingers!



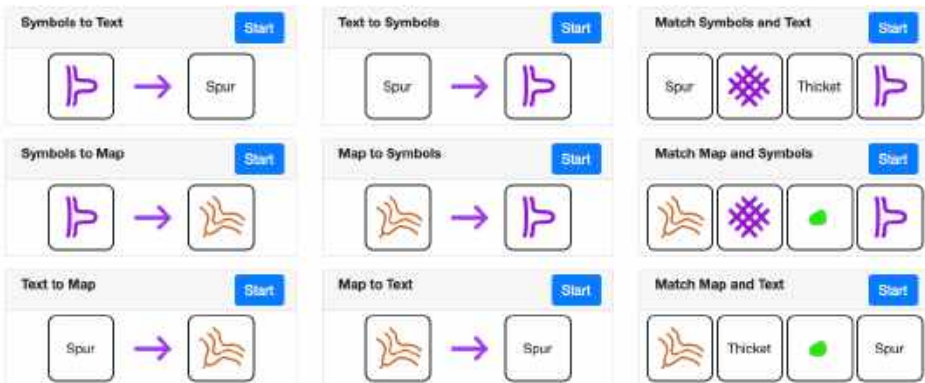
The idea that started with simple use of StreetView and a standard orienteering map developed into serious navigation using only StreetView in timed events. From London to St Andrews, Paris to Lille, Venice to Avignon, Kenya to Argentina we travelled the world honing skills and getting square eyes. The maps are here if you missed the chances on offer <https://www.facebook.com/Virtual-Orienteering-Races-Game-101848681521990/>





My favourite event of all of these clever ideas was a Trail O experience in Campo de Criptana ... the whiteness of the windmills was fantastic.

See the area at - what3words: [musty.impoveryished.coroner](https://www.what3words.com/musty.impoveryished.coroner)



The big events of Easter and World Orienteering Day were celebrated with an array of activities from ‘Spot the Difference’ through ‘Photo Map Memory’ to the ‘Control Description Quiz’ (You can try this here: <https://www.maprunner.co.uk/cd/>)

And then a lull occurred ... MapRun entered the scene and the DVO league was invoked. These events quickly took over with a plethora of clubs in the country regularly using Open Orienteering Maps to quickly create events that could be done by members in their own time. In the background clubs began, with trepidation and caution, to get out and about with low-key events.

And so here we are in an orienteering world of social distancing and sanitising ... it’s a start!

# DVO Does a Coronavirus Lockdown Relay

On Saturday 23<sup>rd</sup> May 2020, 17 hardy souls (and three dogs) took part as the Matlock and District (MAD) alternative in the Coronavirus Lockdown Relay. Organised by, amongst others, Sal Chaffey, the relay was being held in support of MARDI – Medical Aid for Refugees and Displaced Persons – providing voluntary medical aid to refugees and displaced people living in refugee camps in Paris.

May 23<sup>rd</sup> was Randal's 68<sup>th</sup> birthday and the number 68 provided the focus for the day whereby people could run, walk, cycle or (in the case of Cassie) swim distance or time based on this number. Overall the MAD group covered 227.8km



and contributed to an overall total of £2,000 for the much-needed work of MARDI. Thankyou to everyone who took part.

### Sal adds ...

The Derby part of the fundraiser was done by about a dozen supporters closer to Derby, including Zoë, myself and Zoë's friend. Inspired by the Hartington Flower Relay that DVO took part in many times in years gone by, I devised some loops round Derby with either Derbyshire Refugee Solidarity HQ (St Anne's Church, Whitecross Street) or Derby Arboretum as the centre of the flower. I shared the routes on Plotaroute, someone else allocated rough start times so we wouldn't meet, and off we all went on quite a windy day! With a Zoom barbecue with the MAD crowd later that evening!



I'd never been to Derby Arboretum before, there's not a huge amount there apart from the Florentine boar statue above – bronze replica of a ceramic statue commissioned in 1806 by Joseph Strutt of the Renaissance boar sculpture in Market Nuovo, Florence. Are you keeping up there at the back? The Strutt ceramic statue was damaged by a bombing raid in 1941 and then removed. But it felt quite exciting to run in Derby so early in lockdown, with someone from a different household!

## Orienteering, Covid and Me

Judith Holt

Three things have emerged from the last six months; Orienteering friends are solid gold, it's no good getting fitter if you let yourself get distracted by the competition instead of navigating and it need not take long to recover from orienteering ennui.

The March 4<sup>th</sup> British Orienteering Board Meeting in London seems a lifetime ago. We agreed that British Orienteering should reflect the government COV-19 advice in respect of holding events having no idea how that advice would emerge and evolve over the coming months. I assumed that my term of office on the Board would end at the AGM at the JK in April. It



was August 1<sup>st</sup> before a change in company legislation enabled British Orienteering to hold a virtual AGM and I did finish my term of office. The extra three months were focused on approval of Covid-secure arrangements. By August 2<sup>nd</sup> my enthusiasm for orienteering had declined.

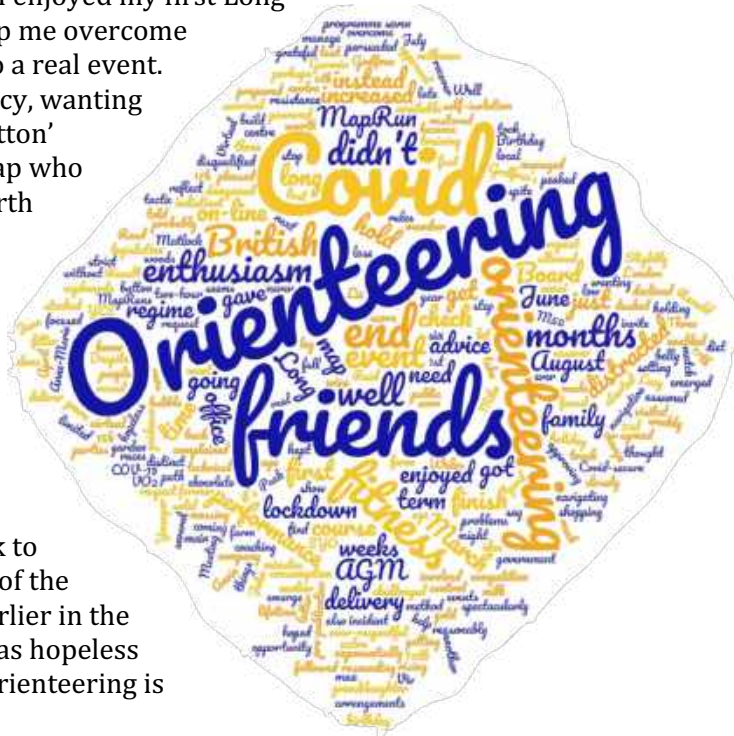
On 17<sup>th</sup> of March after I visited my local garden centre John and I went into self-isolation. Our cupboards were reasonably well stocked. Our milkman was prepared to deliver much more than just milk. We thought we would manage until we got an on-line delivery. Well, without weekly shopping from our 'Slightly Younger' orienteering friends we would have had a very limited diet by the end of the seven weeks it took to get an on-line delivery. We were very grateful to Viv, Ranald, Jane and Annie and this is another opportunity to say so.

My main survival tactic for lockdown was a strict fitness regime. For 16 weeks I followed my programme more closely than I have done for years, perhaps ever. I had hoped to build my long runs to 17k before my 70<sup>th</sup> Birthday but the most I managed, by the end of June, was 15k. My Garmin told me my VO2 max was rising and gave me a spectacularly low fitness age. I peaked at the end of June with some Virtual 5k Road races. In July I had several birthday parties (because I could only invite 4 people at a time) and then a family holiday in Wales where the rules allowed us to form a family bubble. These distracted from my training regime and increased my consumption of wine and chocolate exponentially, but I didn't lose all my fitness.



I might have started doing MapRuns as soon as they became available, but my enthusiasm was dampened by being involved in approving the guidance.\* It was Mike Godfree who got me on the first step to orienteering again. At his request I did a pre-publication check on the Matlock Long MapRun course. Despite a few technical problems and an incident with a member of the public who complained that I was been over-respectful I enjoyed it. Then I was challenged to do the full two-hour Peak Raid score event. Could I match Liz Godfree's performance? Had she too increased her fitness during lockdown? Would my navigation hold up? The answer to the former is probably YES, to the latter a resounding NO. With 10 minutes to go I could just have made it to the finish in time. I powered down a distinct farm track instead of the indistinct path and didn't stop to check the map. Result; not only lost and late but also disqualified.

In spite of messing up I enjoyed my first Long MapRun but it didn't help me overcome my resistance to going to a real event. It was granddaughter Lucy, wanting to show me the 'belly button' method of setting her map who persuaded me it was worth going to an SYO event. I was well round the course when I found I had kept up with an M50 I know well on a leg in the woods. I was so pleased with myself I dashed off too fast and never did find the next control. I need to go back to Anne-Marie for a repeat of the coaching she gave me earlier in the year. My performance was hopeless but my enthusiasm for orienteering is restored.



\* A big thank you here to Ranald, who, as DVO Safety Officer, spent many hours updating our MapRun and resumption procedures and risk assessments. It's important that as many people as possible feel that the Club has taken all reasonable steps to reduce risk, and to protect the reputation of the sport.

# MapRun in the Rain

Jane Burgess

We have had a fabulous spring and summer and, thanks to the hard work of a small number of dedicated members, a group of us from Matlock have been getting our orienteering fix every Tuesday morning.

It started slowly, with local runs, frustration with technology, phones switching off, wrong versions of MapRun, lots of running around trees/memorials and some arm waving to 'catch' the GPS signals and get the rewarding ping. We always enjoy the runs, and sit on grassy banks and benches to enjoy coffee and cake afterwards, comparing routes just like real orienteering!

We run come rain or shine but one Tuesday in late August saw a number of us, me particularly, rather challenged. You may remember the day – it poured with rain all morning. We all recognise that mobile phones do not like getting wet. It is possible, once you have pressed Go to Start, to put your phone away in a pocket or bag and forget it, and I have just got used to doing that. But the MapRun app makes a variety of sounds, one of which is like the sound of the Covid app reminding me to complete my return for the day, and the other is the sound of my house being broken in to.

So I was having a decent run around Matlock, being cautious on the old jitties that were very slippery and squinting through my wet, steamed up glasses. At control 19 on the medium, the phone beeped. Then shortly afterwards beeped again. I thought I should look to see a) whether it had got 19 again, b) got 20 early, or c) whether my house was indeed being broken into.

Well, it was none of the above. I watched with dismay as my phone flashed up a message saying 'Verifying update...' before the phone switched off and the screen went blank. It came back smugly a few minutes later to tell me the software had been updated but MapRun told me I had not completed my run.

Well, I finished the run anyway, just for the fun of it, enjoyed coffee with Marg and Di as normal, and will try again on Friday.

Jane's experience reminded Sal of something seen on Sarah Parkin's Facebook: "**Happiness chemicals and how to hack them**". MapRun (and O) tick all the boxes!



## Dopamine

✓ MapRun ping/seeing kite

## Serotonin

✓ running, sun exposure, etc

## Oxytocin

✓ post-run chat ✓ giving a route-choice compliment

Endorphin ✓ exercise

*[unable to delete blank space above; printed version appeared without p 12]*

C A T C H I N G F E A T U R E S  
H O M E I N T E R N A T I O N A L

<b>Ireland</b> Laurence Quinn Jonny Quinn Colm Moran Cillin Corbert Ruari Short Conor Short	<b>Scotland</b> James Hammond Graham Gristwood Thomas Wilson Freddie Carcas Alex Carcas Craig Nolan	<b>England</b> Joe Sunley Mikey Adams Aiden Smith Jake O'Donnell Ryan Elliot Chris Smithard	<b>Wales</b> Kris Jones Megan Carter-Davis Fay Walsh Zoe Walsh Eunice Carter Ben Mitchell
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Twitch.tv/lockdownorienteering | 7pm Saturday 4th

This was streamed live on the evening of July 4<sup>th</sup>, with Jake playing for England! Stanton Moor was used for the Relays, and it was amazing to see the rendition of the map into terrain and vegetation. The Relay changeover was in the middle of the Nine Ladies Stone Circle – something that we’d never be able to do in real life!

Ireland won, with England 2<sup>nd</sup>, but as “Homer” remarked on Nopesport ‘the SHI trophy is staying on my mantelpiece until the next SHI in the real world’.



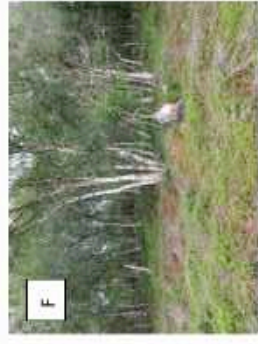
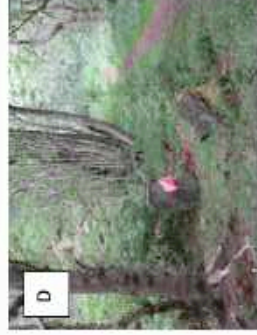
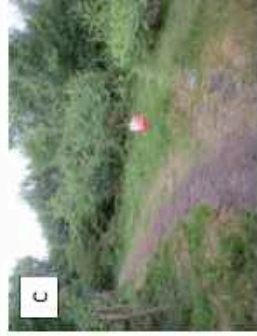
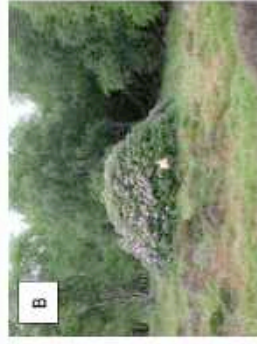
## Stanton Moor Photo O Competition

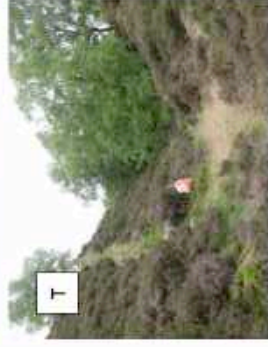
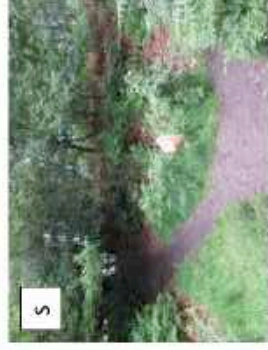
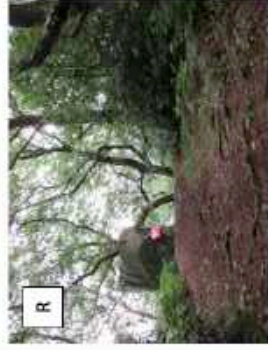
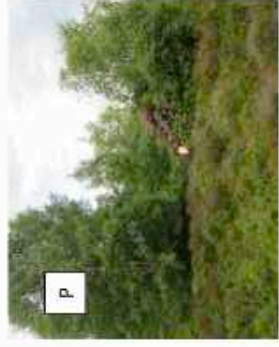
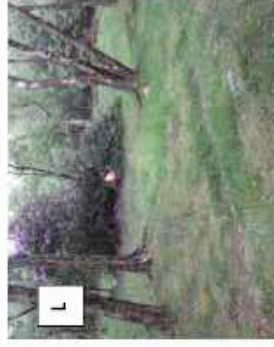
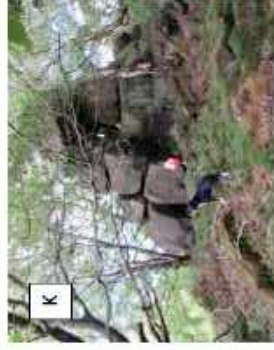
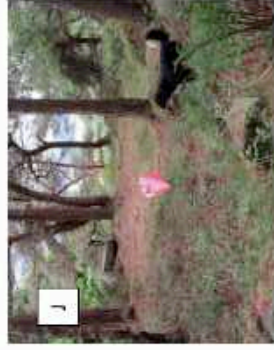
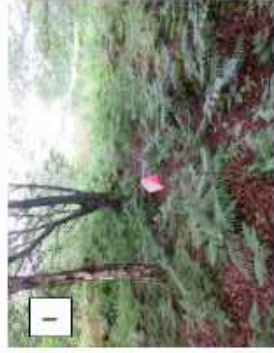
Ranald Macdonald

Following Simon's Oker Hill challenge in the last Newstrack – well, Viv and I found it challenging and our house is on the side of Oker Hill! – I thought I would provide a similar challenge on an area Viv, Cassie and I walk on regularly – Stanton Moor.

There are 20 control sites on the map and 20 photos. However, 2 of the control sites do not have photos and two of the photos do not correspond to control sites. As Sal suggested last time, enlarging the photos by looking at Newstrack online (Members tab on the DVO website) is likely to help you.

Answers to [r.f.macdonald@btinternet.com](mailto:r.f.macdonald@btinternet.com) by the end of October. The nearest to a correct answer will receive a £10 Woolworths Pick 'n Mix Gift Voucher or a £10 National Book token.





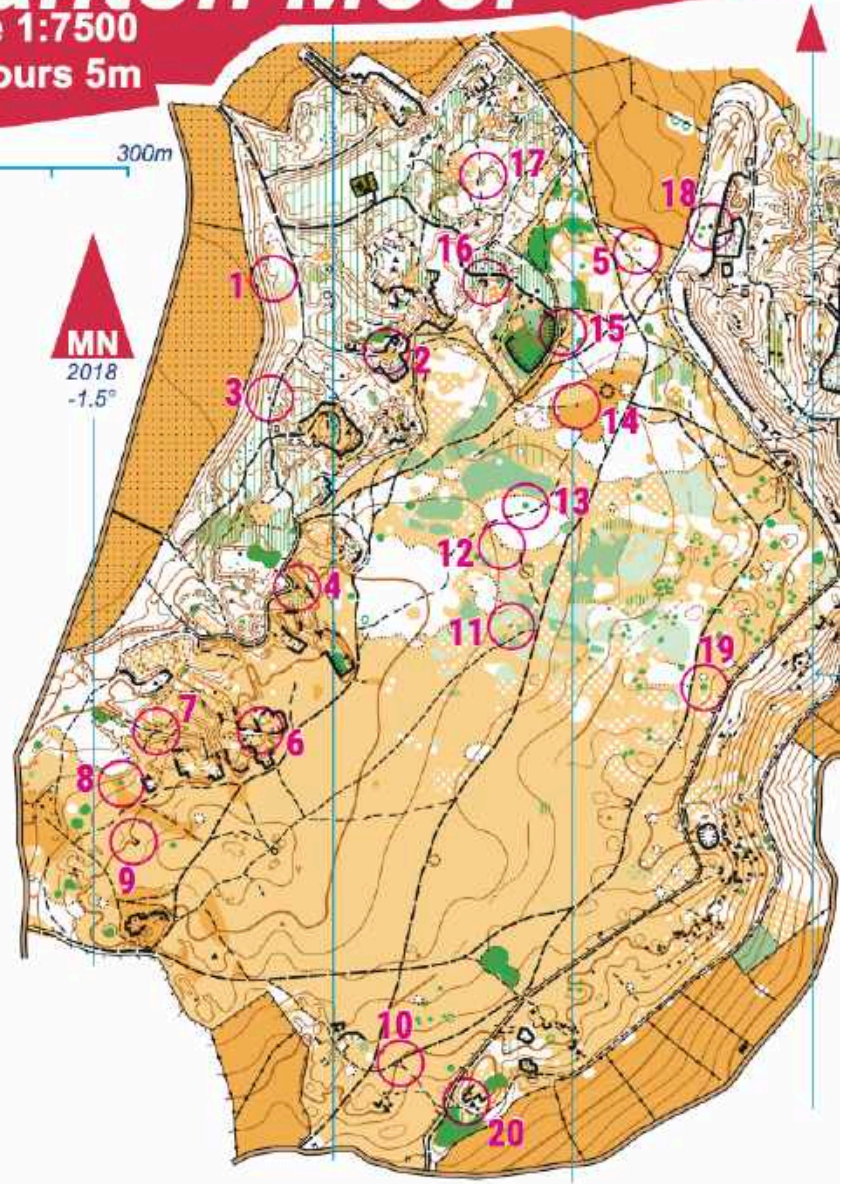


# Stanton Moor

scale 1:7500  
contours 5m

0 300m

**MN**  
2018  
-1.5°



# WSC

When Sunday Comes

(Except when it's Saturday or  
Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 36

Black and White edition

## Orienteers “can’t be bothered” to go orienteering again

Training, making sandwiches, washing dirty kit – old school! (page 4)

Weekly quiz nights on Zoom are the future of the sport (page 4)

Other news: Rotation of earth plunges UK into darkness (page 4)

Pot and kettle in new racism row (page 4)

No more space on page 4 crisis (page 4)

### Black courses matter

The Big Orienteering Organisation (BOO) has wasted no time in addressing the issue of colour equality in the sport. “We have looked very carefully into this” explained anonymous BOO spokesman *Eric-Slowly*, “and the way forward is obvious. From now on, children under 10 who are being introduced to orienteering, will have to run one Black course for every White course they do. What could be fairer and more equal than that? Let it not be said that we are out of touch with the current mood of society.” When asked if this might prove a little taxing for the average 7-year old *Mr-Slowly* replied “Let’s cut to the chase here. It’s best for all concerned if the chaff is weeded out of the sport at as young an age as possible because orienteering needs winners not losers. The Black course policy is going to be a great way of doing that. This way we breed champions, not wasters” he drooled.

*Mr-Slowly* is 93.

*(I don’t think either the 7-year olds or the lawyers will like this – Ed)*

### String Catastrophe

The East Midlands String Course Championship, sponsored by Bad Dog Breweries and already pushed back to the autumn due to lockdown, is under fresh uncertainty following a shocking discovery that the official string may be possessed by some sort of malevolent spirit or fiend. When the string was stored away last year it was carefully coiled as normal but when unpacked recently for maintenance it was found to be spelling out the phrase “Jess must die”. Extensive research by expert experts at a top secret research establishment on a hillside near Belper (Gateway to the North) has revealed that Jess’s most likely identity is that of Postman Pat’s (politically correct) black and white cat. “This is a serious matter” dribbled a spokesman, “We recommend immediate 24/7 police protection for this animal and an urgent exorcism on the string.”

*(exits Gangnam style)*

And other string course news, hot off the press. “Whiter than white” Postman Pat to be removed from the BOO list of approved string course characters and replaced by Ajay

Bains, the train driver. Sooty remains under investigation for allegedly “yellowing up” and not appearing as black as his name suggests he should. Sweep is said to be “on the run”.

### The Orienteer – How It works (continued....)



Orienteering depends heavily on the dedication and skill of club mappers.

They spend many hours producing superb maps for no financial reward

Faced with lockdown Donald has decided that the future of the sport lies with indoor events.

He has spent 150 hours producing a highly detailed map of his own house. Members are drawing lots to be the one who tells him that restrictions are now being lifted and it is not required.

That set square looks very sharp.



### **Orienteer hits new milestone**

Belper orienteer and long-time street orienteering aficionado Jason Twinge has hit a new milestone. "I didn't know it was there," he told our roving reporter on the spot at Belper infirmary where he is recovering from his injuries. "It was on one of my regular running routes and the council must have erected it without informing me. It's a disgrace. I am now thinking of starting a public awareness campaign and have asked the blessed Timothy Dalton to be its figurehead. They haven't heard the last of this I can tell you!"

Mr Twinge is 47.

### **Derbyshire will be swept away by the sea "in days"**

Officials are said to be on the verge of putting urgent plans into action following the shock revelation that in matter of days, the whole county will be engulfed by coastal erosion. Expert experts have calculated that it will take just 54750000 days for the rate of land loss on the east side of England to reach Derbyshire. We asked the opinion of Old Derwentian Chairman Randy Stalkings\*, "I'm shocked" he said. "And stunned. Probably 60% shocked and 40% stunned if you want my best estimate. I never realised that it was going to take just days. I could possibly cope with 1800000 months or 150000 years but days! It's just unbelievable. First Brexit, then Covid and now this. It's all coming at us so fast. The only good thing about it is that Nottinghamshire will disappear first. So, it's not all doom and gloom, hey?"

It is not exactly clear what the urgent plans are that are being prepared but WSC can tell you from an inside source that a large quantity of boiled fish paste has been ordered "just in case".

\*part played by an actor. We couldn't afford a more expensive one. Maybe next time.

### **Obituary – Alan Fosdyke**

The Major reports on another sad loss to the orienteering community.

Alan Fosdyke was not your ordinary orienteer.

Oh no!

Not at all!

Do I have to spell it out?

His remarkable skill was to roll into a ball and bounce across obstacles that others would find difficult and impossible to cross. Ravines, water courses, uncrossable fences. Nothing was too challenging for Alan to attempt. In the face of such talent some people had the effrontery to say that he was cheating.

Balderdash!

True genius is never appreciated until it is gone.

It was all going very well until an unfortunate misjudgement led to him accidentally skipping, in

Barnes Wallis fashion, twenty three miles down the Erewash when victory in the Midlands Championships was within his grasp. He never recovered from the trauma and spent the rest of his life hanging around bowling alleys relating his life story to anyone who would listen. He was taken before his time in a bizarre gardening accident.

I for one will be there to "see him off", regulations or no regulations. As my old friend Barty Rootstock always used to say, "Don't count your chickens until they have crossed the road".

Or something like that.

### **ADVERT**

South Wingfield String Services. Est 1946.

All your string requirements catered for. Blessings, exorcisms and fiend removals our speciality. We also do sisal. Rope 20% extra. Satisfaction or your money back\*

"You can never have enough happy string!"

\*conditions apply

### **Correction**

Last month we featured an interview with the world's smallest orienteer. We would like to apologise for misleading you. It turned out that due to lockdown distancing regulations he was just a long way away.

### **Lockdown Relief**

For those of you desperately missing paying good money to be slogging through East Midlands brambles and mud each weekend, here's a never seen before view of Cromford Rocks in all its glory which should cheer you up (*see me!* – Ed).



### **Other news**

Due to a lack of orienteering we are bringing you a roundup of other news.

**Greta Thunberg returns to school to find she has not been missed:**

"Greta has always had an over-active imagination" commented her teacher. "All this talk of sailing trips and addressing the UN is just another one of her fairy tales. But she has been a bit quiet in the last year. She needs to speak up more about what she thinks (cont p4)

# Sports Personalities of the Covid Summer



**Dave Chaffey** (Committee Minutes Secretary) for managing to surreptitiously play Catching Features while taking minutes for the June Zoom Committee meeting!

**Doug** was running Mickleover MapRun and heading for number 5 when his phone vibrated so assumed he had clocked it, but it must have been an incoming phone call. If you look at his track, probably 50m short of the control site.

**Judith** for her rolling 70<sup>th</sup> birthday celebrations, outside with a different group of up to 4 people each day. Blankets were occasionally required ... in June!

**Sal** who jumped when she saw a woman charging straight towards her – it was her own reflection in a shop window on the Wirksworth MapRun.

## **Trials and Tribulations** at the **OO-Cup, Jura, France, August 2020** **Dave Chaffey**



With the many cancellations to O-events, I felt very fortunate to manage to try to orienteer at this 5-day event. As you'll see I failed to orienteer, but still enjoyed it. It was originally planned for July, then thanks to Covid, it was cancelled, but was held in August before cases increased again. I travelled down with Richard Parkin and my Zoë and it was great to have a nice warm holiday with a road trip to get there and back.

I was keen to run in the Jura since I'd never been, and when doing Lockdown Orienteering I'd virtually experienced some challenging courses in the morainic mounds of the Jura with some runs taking more than 100 virtual minutes on the Catching Features PC 'game'. Would I fare any better in the real-world version without any practice? Of course not, but you always set off in a naïve hope...

I'd heard of the OO-Cup before, but was not really sure of its raison d'être since it's peripatetic. In fact, I'm still not sure who helps at it and why people volunteer, because it moves around a lot. The person directing the cars was the same for all 5 days. It's been running since 2002 with most of the earlier events in Slovenia where the organizers are based with later editions in Italy, France and the next in 2022 in Sweden. Looking at previous maps and from this one, technical terrain seems to be a pre-requisite. Anyway, I'm thankful it was organized and the organizers sidestepped the different barriers to it going ahead. There were around 1500 attending with around 100 Brits including a sizable SYO contingent.

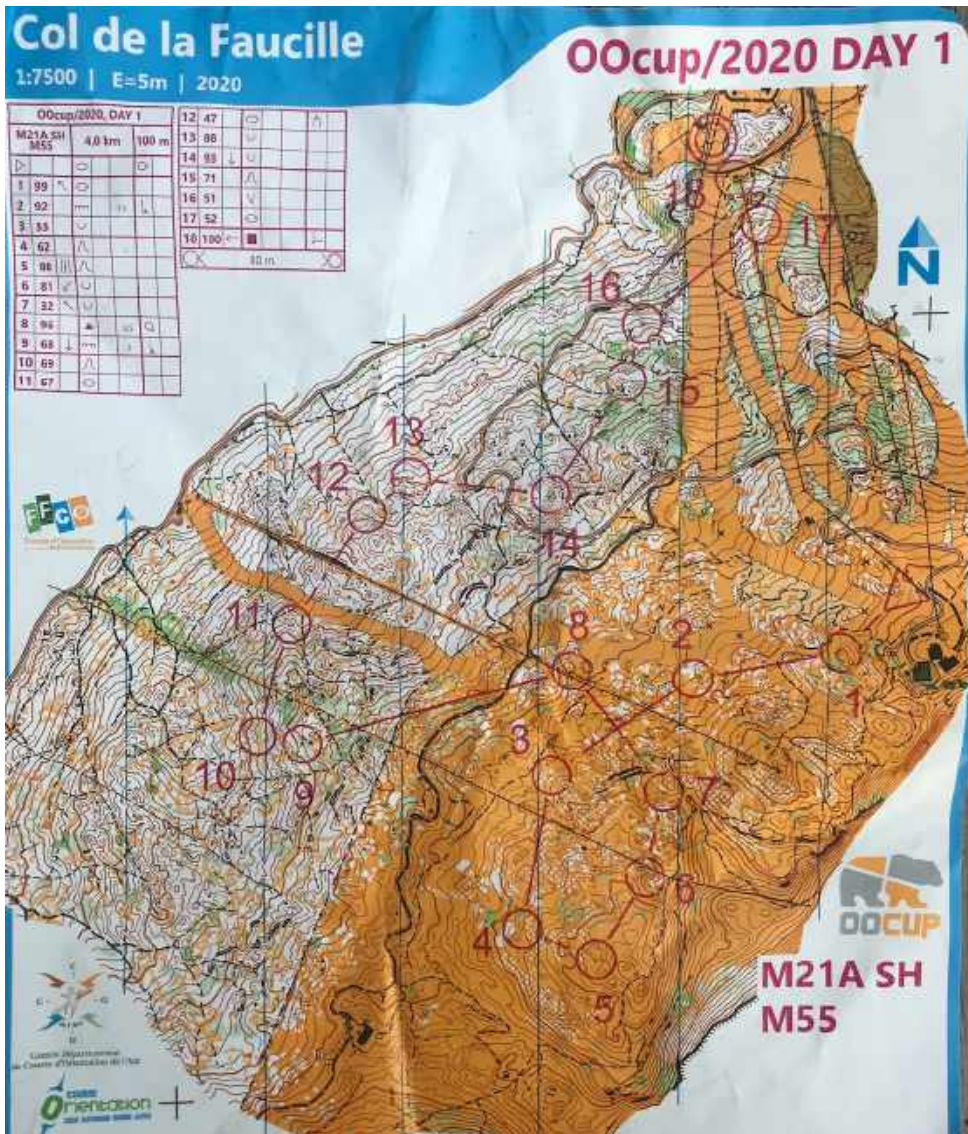
<https://www.oocup.com/wp-content/uploads/2020/08/15975301323815886346817447801560.png>

This edition didn't disappoint for complexity and certainly succeeded in reminding me of my many and varied orienteering flaws. I can't blame lack of practice since there seemed to be plenty of other people with lack of practice above me in the results, including Richard, who have what it takes. So, these are some of my common errors from this event that I'm still trying to learn from in the mistaken belief I can improve. You may recognise these as classic mistakes, but why do some people who have got what it takes avoid them...

1. **Running too fast to the first control.** I usually try to avoid this, but with an open mountain top start at the Col de Faucille, fast running was encouraged. I lost 3 minutes at the first control despite passing close by it before returning to it later. I knew it was in an open area, so why was I looking in a mixed open area? Maybe blame that on the 2000m altitude.



2. **Not holding a bearing, especially up-hill/down-hill.** These were steep hills, so this was particularly difficult in this event. I lost 6 minutes at control 4 on the first day by not climbing steeply enough. Fortunately, that leg was voided due to the control being removed earlier!
3. **Running the wrong way along paths.** Yes, I know this is a poor excuse, but with paths few and far between and with the areas generally being rough underfoot it was so nice to run along them, who cares about the





direction? I caught my mistake, but it really shouldn't take more than 100m to do that and you really shouldn't do it 3 or 4 times over a 5-day event... [COMPASS, Dave! – Ed/wife]

- 4. **Not looking at the map carefully enough.** You can see the areas were complex – the map shown is the simplest of the 5 days.
- 5. **Not stopping, particularly when relocating.** In simpler areas, you can often relocate quite quickly, but these areas were not simple and stopping to work out exactly where you were would have been a good idea, but it's easier said than done. Let's say I had a lot of relocating practice.

Despite these trials I really enjoyed the experience of 5 days of dry, warm running in these complex hilly areas and at least my fitness was OK with plenty of time to train in lockdown. I had good value for money with the runs averaging 70 minutes, even though they were only 3 to 5km in advertised length. I'll certainly be looking for more overseas runs next year and since I'll be officially retired will have more time. With the lack of permissions for public events in the UK which is the reason behind the JK being cancelled, I'm hoping overseas will still offer some multi-day events.



## Have you tried MapRun G?

Dave Chaffey

With many DVO members doing MapRun courses using the MapRun or the latest MapRunF Android or Apple iOS apps, I thought I'd share my experiences of using the relatively new MapRunG, which you may not have heard of.



MapRunG is not the next app available in the series, rather it is a different way of recording and uploading your run using a suitable Garmin watch. The main benefit is that you don't need to carry a mobile phone while doing your run, which I prefer since I have a sizeable iPhone. I've also found that it picks up control locations quicker, so it's a bit faster and you're notified of the control by a beep plus buzz on the watch so it's easier to know when a control is registered.

It seems well received since it was launched out of Beta a couple of months ago, but I think it's fair to see it is more technically challenging as these

comments from the NopeSport forum show:

<http://forum.nopesport.com/viewtopic.php?f=1&t=15748>.

*I've used MaprunG on more courses now than MaprunF on the phone. The app on watch is far more accurate as uses watch GPS and also easier to run with paper map and watch not carrying a phone.*

*MapRunG is amazing. Really faffy to set up, but once done works well. Possibly better than with the phone as the GPS is better. [I wouldn't say it's 'really faffy' to set up. I'd say it's well designed and only takes a minute once you have worked out how to do it].*

*I tried it out today for the first time and it seemed to work pretty well, albeit on open moorland, and recorded a control faster than the phone about 80% of the time. My problem was that the watch app doesn't seem to retain the most recently downloaded course and requires a data connection every time it starts to download a course. This might be because I only have a lowly ForeRunner 235. It nearly caught me out today as the course start was a mile from the car, but fortunately I was carrying the phone to do a head to head comparison and managed to find a single signal bar on top of a nearby hill to refresh the course. [This isn't quite correct in my experience. My watch does retain the most recently downloaded course (one only), but it's best to download this when at home to be sure]*

### **How do I use it?**

Instructions and a video from Mark Clews of POTOC

explaining how to use it are at :

<http://maprunners.weebly.com/maprunG.html>. There is a simple quick guide explaining how to set it up for a course, run and upload.

### **Three Steps to Setup MapRunG:**

1. Check that your Garmin Watch is capable of running Apps, that it is paired with your phone and connected to Garmin Connect, and that you are using MapRunF v5 or later on your phone.
2. Install MapRunG from the Garmin Connect IQ store.
3. Use the Settings in MapRunF to turn on Watch Mode and enter the ID of your watch. Then login to your Garmin account to give MapRun permission to access your runs

### **Two Steps to Run with MapRunG**

1. Select the event in the normal way in MapRunF and instead of "Go to Start", tap "Send Event to my Garmin Watch". Then start the MapRunG App on the watch and confirm that the event is the correct one.

2. When you are ready, tap the Start/Stop button on your watch and run the event, the same as you would with your phone.

### Two Steps to get Results

1. After punching F1, tap Start/Stop on your watch to select “Finish” and then sync your track to Garmin Connect (normally automatic).
2. In MapRunF on your phone, select “Show Results” > “Get track from Garmin”. Select the track, and your results will be presented (and uploaded) as if you had run with your phone.

Tellingly, there is also a detailed 10+ page PDF with FAQ which I have found helpful when I ran into difficulties. The first two runs I did with it were fine and I found it nice running without the phone. When I finished the next two, my watch didn't automatically sync with the MapRun servers via Garmin Connect when I'd finished and returned to my phone in the car. I'm not sure why since I had a connection to the Internet for my phone which could be a problem. However, if you do have this problem you can always do what I did and download the GPX file from the Garmin Connect website after the run has synced with Garmin and then use the GPS Track Upload function at <http://www.p.fne.com.au/#/gpsupload>.

If you are interested to try this, you will need a relatively new Garmin. I have the 935 which is newish and has a larger memory than the more common 235 which people have reported problems with. A tip I would give to increase accuracy is to change the Watch Setting for Data Recording: > Settings > System > Data Recording > to “Every Second” (rather than “Smart”). However, be aware that this will use up more battery and isn't a good idea for multi hour walks/runs.

## Oker Hill Competition Answers

Simon Brister

Thanks so much to the select band of 6 who didn't give up on the Oker Quiz from May and sent in their entries. It is the first thing we have done like this and clearly made it challenging to say the least. (Nicky told me she thought I had made it too hard!)

What was interesting is that there was just 4 points dividing all entries but little consistency in which were correct.





A special mention should go to Sarah Parkin for her efforts and visits after many control locations had grown over with bracken and brambles. However the joint winners – both on 13 points – were Richard Parkin and Viv and Ranald Macdonald.

As we can't split a £10 book token between two I am delighted to say that £10 book token will be winging their way to both competitors. Here are the answers:

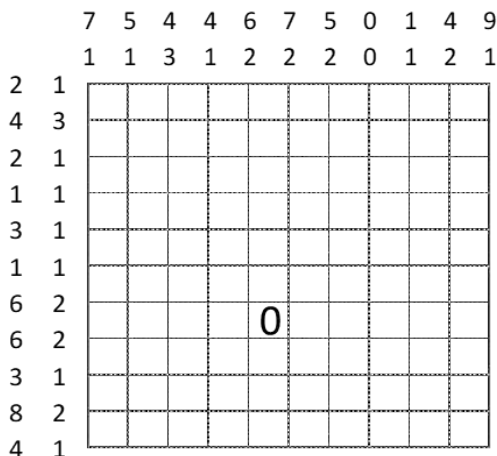
Control no	Photo	Control no	Photo
1	H	12	S
2	C	13	K
3	P	14	T
4	No photo	15	L
5	I	16	No photo
6	F	17	G
7	J	18	M
8	Q	19	A
9	N	20	D
10	B	U	No control
11	O	R	No control

## Puzzle Page

Dave Nevell

Where's the Squash was a lot easier than What Weighs What if your answers are anything to go by. It was fairly easy to deduce that the 20 litre container had the squash in, by a process of elimination if nothing else. The best approach to What Weighs What was to utilise the information that every box must have been weighed 4 times and also that the difference between the heaviest weighing and the next heaviest weighing must be the difference in weight between the second heaviest and third heaviest box (and similarly working from the lightest end). Trust me, it all works out. Francesco Lari sent in the first two correct answers which preceded a lengthy Covid related exchange which I'm afraid earns no more points, however interesting. Next up was Jen Gale, as ever on the money. John Hurley weighed in correctly with a rare (these days) appearance, questioning the sudden return to a policy of providing squash. Who else? David Cladingboel (welcome to these pages David) got both right, and then guess what? Andy Mackervoy! Two correct answers again from Andy. Ditto from Brian Gibbs, in two instalments – thanks

Brian. Mike Gardner solved the first one, guess not enough time for the second one. Robert Shooter not only got both right, but then asked if he could inflict them on other victims. Next David Vincent, driven to drink to make sense of it all, got there in the end. Just when I thought that was it, Amanda Price popped up with (eventually) two correct answers, followed by Alan Le Moigne. Your replies have really dribbled in this time, thanks to all for taking part. Now let's have a tough one.



### In the Loop

Frank, or it might have been Fred, was telling me about how he got on at the Symmetric Shrubs event last year. Prevaricating about the bush as always, he came up with the following way of describing his route. It is a single loop that passes along the dotted path layout of the forest shown here. At no point does the path cross itself. The outermost sets of digits tell you how many lengths of path were part of his route, either NS or EW. A length is defined as side of

one grid square. The innermost sets of digits tell you how many separate sections of the route ran NS or EW. So for example, a 6 and 2 would mean 6 lengths split 5 and 1, 2 and 4, or 3 and 3. The block of forest marked with a zero denotes that no edges of that square formed part of the route. So, which loop did Fred (or Frank) follow?

Answers as ever to [dnevell3@gmail.com](mailto:dnevell3@gmail.com) by the editor's copy date please.

## Fixtures Note

There is no Fixtures List in this issue of Newstrack. But in the real world, events *are* resuming! Because there's a lot of uncertainty, it's best to get Fixtures info from the DVO website –

<http://derwentvalleyorientees.org.uk/events/dvo-fixtures-3/> – which will always be more up-to-date than Newstrack.

Having said that, we do have permission for our Regional event at **Grangewood and Top Wood Plantations** (near Burton-on-Trent) to go ahead on October 25<sup>th</sup>. Entries will open soon on **Fabian4**.