



**Summer
Holiday Bumper
Issue!**

**Lakes 5-day in a
heatwave.**

Brief report, p 15

**>> Read also
about Italy,
Sweden and
Yorkshire!**



The magazine of Derwent Valley Orienteers

Editor: sal.chaffey@gmail.com



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Derwent Valley
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DVO Group

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New Members

A big welcome to our new members Catherine Pamplin and Naomi and Jonah Newton. Good to have you in the Club!

Editorial

Well, I've been a semi-vicarious traveller compiling this summer special, reporting some events I was at and others that I wasn't at (grateful for reports)!

I'm sure you'd all like to join me on wishing the author of **When Sunday comes – Dave Nevell** [for it is he] all the very best for his move to Wales. He has been contributing puzzles, Star Runners and many, many other columns for over a decade, as well as compiling a history of the Club on our 50th Anniversary. Good luck Dave and Chris! (

The next issue should be ready in time for our event at Allestree Park on Nov 13th, giving a submissions date of Nov 1st.

Sal

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Meeting dates

Main Committee – Tues 20 Sept 7:30pm at the Chaffey's'

AGM – Tues 26 October 7:30pm. At the Family Tree, Whatstandwell.

We have such a busy October ... **3** diary dates for everyone! ...

DVO invite you to **celebrate the Club Awards 2022**
at our **Family Barn Dance/Ceilidh** at ...

Wirksworth Town Hall
Saturday 1 October, 5.45–9.30pm

The DVO annual awards will be presented between 6.00pm and 6.30pm; then dancing to Rum Ram Ruff ceilidh band from 6.30 to 9.30pm. Break for food and drink.

Catering by DVO (Fairly) Limited – chilli (mild, hot and vegetarian), bread and pizza (mainly for youngsters).

Adults £10; under 16s free – Pay on the door

Cash bar – all very welcome!

Names to viv.macdonald@btinternet.com
please by Sat 24 September.



British Schools Score Orienteering Championships

Saturday 8th October (morning)

Shipleigh Country Park, Heanor

The event team of Kim Buxton (Organiser), Anne-Marie Duckworth and others are really excited about this 45-minute Score for schools youth groups. We need a lot of stewards and other helpers, so please email Kim if you're free kim.buxton@ymail.com Why not come along at 9am for the Parkrun?

*****Free run for Shipleigh helpers at our Allestree Park event, please email Mike Godfree to claim your discount mike.godfree@btinternet.com*****



DVO Club Champs & Picnic – Saturday 15th October, Brierley Forest Country Park

(NG17 2PL and SK472595, near Sutton in Ashfield)

All DVO Club members are invited to take part in this closed club event, followed by a picnic and awarding trophies. This event is for EVERYONE and not just those who might win a trophy, as it's a fun social event as well!

The Club Championships were last held on this area in 2006 and we are grateful to Nottinghamshire Orienteering Club for permission to use one of their areas and to Dave Cooke for arranging access for us.

There will be three courses (all subject to final controlling):

- Short (also suitable for Juniors)
2.1km (10m climb);
- Medium 3.9km (50m); and
- Long 6.9km (65m)

Planner: Sally Calland

Organiser/Controller: Ranald Macdonald

Start times from 10.30 onwards will be handicapped, by someone who will remain anonymous so s/he can't be nobbled, to aim for a mass finish at 12 noon.

The trophies to be awarded are:

Winning Man (1st across line): Chris Yardley trophy
Winning Woman (1st across line): Judy Buckley trophy
Fastest man: Peter Bourne trophy
Fastest woman: Karen Jackson trophy
Fastest Junior: Lithuanian trophy



Could the winners of trophies last year please bring them back or, if you are unable to attend, arrange to have someone bring them on your behalf?

Bring your own picnic and deckchair to enjoy after the race! Or you can purchase food from the café there!

Please send your name, BOF and dibber number, and course you wish to enter to me by Saturday 8th October at r.f.macdonald@btinternet.com

You are invited to the **DVO AGM 26 October, 7:30pm,**
Family Tree, Whatstandwell (bar, free parking & hot drinks)

Speaker: **Marcus Scotney – “Running out of control”**

Marcus is a new club member; however, he is not new to running; he has been running for over 30 years, and in the last 14 years, he has specialised in ultra marathons, including twice for Great Britain at the World 100km Road Championships, winning the iconic Dragons Back Race in Wales and winning ultra marathons around the world.

Marcus will share how getting lost in running ultra marathons and getting lost during races helped him navigate personal trials, build resilience, and discover the pure joy running can bring to our lives.



Agenda for the Club Business part of the Meeting

Election/appointment of Officers

Paul Goodhead and Brian Denness, respectively our Membership Secretary and Treasurer of 4 years are stepping down. We propose as new post-holders Simon Brister (Membership) and Helen Chiswell (Treasurer).

Could you consider filling one of our other vacant posts below?

Committee Member – attend cttee meetings and contribute by email. Could be someone new to orienteering or to DVO as it's good to have fresh views.

Permanent Course Officer, for all or part of the county – Mike Godfree has undertaken this role for the last 30 years or so, it requires liaison with public landowners such as the Forestry Commission, Derby Parks and the National Trust to site the posts, which then need monitoring and maintaining. Ensuring maps are available for sale and/or download. This role would suit someone recently retired who enjoys travelling, is practical and could learn the PurplePen course planning package.

Junior Representative – this person would be a voice through which junior DVO members could say what they need or would like from the Club: coaching, social events

Press Officer – would you like to get in touch with local newspapers and radio stations and report your Club members' successes? Charlotte Ward is very active on Radio Derby, but it would be good if we could start to get notable home and overseas performances and event reports in local media again.

If so, please contact Sal or Jane, email address on page 2.

Possible introduction of a Club membership fee

Currently our membership fee is set to £0, the EMOA fee is £3 and the British Orienteering fee is £15. The DVO fee has been £0 for some years, and needs to be discussed.

Event entry fees

Our adult Level C fees are the cheapest in the region at £8, with £10 for non-members. Our Constitution states that entry fees are discussed at the AGM.

Proposal to employ a Club Development Officer

During Lockdown, DVO Development Committee members (Stuart, Di Blount, Judith, Rex, Jane, Ann-Marie and Sal) attended the British Orienteering Development Conference online sessions. We heard about the inspiring work being done by other clubs, and looked at what we could do to attract younger people to orienteering and to re-enthuse existing members.

We concluded that we would like to employ a Club Development Officer, as has been done by CLOK, FVO and other clubs. This is a salaried young person who would be to promote and support beginner sessions and more technical

skills coaching. We anticipate that the person would be funded by a grant from the Orienteering Foundation matched with Club and possibly EMOA funds.

We need to present the case for employing a CDO to you the club members, especially as it would be a project that should ideally run for 3 years. Judith, Jane and Sal would like to explain more at the AGM, with a 15 minute presentation, as well as capturing the views of Club members.

All welcome at our AGM!

Changing in a public place

I found the following article in one of Peter Hart's Newsletters. It was very timely. I had recently attended, on a hot sunny day, an event run by one of our local clubs. A friend and I were drinking coffee on the grass when she suddenly cried 'Oh my god, don't turn round'. Of course I turned round. The view was of a gentleman of a certain age, naked from the waist down, bending over to pull on a fresh pair of pants. As a woman of a certain age I could laugh at it but had I been younger or of a more sensitive disposition, the gentleman concerned could have got himself into serious trouble.

Please consider which bits of your anatomy you're showing to whom after an event. It's not difficult to change discretely, as was ably demonstrated at the British Sprint champs. We really don't want to bring our sport into disrepute.

We have been receiving a number of concerns and comments from both the public and members alike, about orienteers either changing in a public and or open space.

It is essential that all members are conscious of how they should conduct themselves to minimise the risk of finding themselves the subject of any child protection or legal process.

I am sure you agree that all of us involved in the sport would like to present the sport as a healthy, safe, and enjoyable sport which welcomes all. We accept that for some, they have been changing at events for many years, but it should be remembered that not everyone views this in the same way and people's perception, education, and understanding change over time. For some, they do not consider this appropriate normal or decent behaviour.

If you do have to change at an event, please, consider others as well as your own needs and find a suitable place to change.

Anne Kayley-Burgess, DVO Welfare Officer

What a week!

Italy was my second WMOC. For Denmark in 2018 we were totally prepared; all events booked, taking the campervan so we were in charge of our destinies, transport and accommodation, all bulletins were printed and understood.

Italy was as different from Denmark as, well, Italy is from Denmark. My new passport (applied for 10 weeks before the event) didn't come until 2 weeks before we flew (yes, flew, and we all know what the airports are like at the moment) so I found it hard to engage fully with the event. I left booking things to the last minute which meant paying extra for entries, missing being able to book a car parking space at the events, failing to really appreciate the last minute detail of the bulletins (like you can't get on the bus without a wrist band and we didn't arrive until 2.00am on the day of the first event so how am I going to catch the bus to the event to get my wrist band etc etc).

The later bulletins then suggested that Annie and I would have to travel on different busses (our start times in both qualifiers were two and a half hours apart) and we were staying 10km outside the village with the bus station and I was the named driver for the car so how was that going to work? She couldn't sit on the beach for two and a half hours, although I suspect she might have liked to! An email query divulged that we could get our bags of race numbers and goodies (a tin of tomatoes!) at the bus station but that they would have start times on them and they would be checked before we got on the bus to make sure we weren't doing something illegal, like travelling together!

By the time my passport arrived I was wishing we were just going for a holiday but we had paid a lot of money to run around in over 30°, so run around we were going to do.

And thank goodness we did. Of course everything worked out just as it should have. We got our wrist bands. There were no bibs for us until we got to the event and certainly none of the smiling helpful young Italians were checking race times. The air-conditioned coaches, in convoys of two or three, set off smartly, accompanied by a police car and two police motorbikes, blues and twos going like the clappers, clearing the road ahead as if for royalty. So it continued all week. Mussolini's train legacy applied to everything and there was no hanging about, even for the boat trip on our day off.

So what was there to like?

Me, a pretty average (at best), unfit 65 year old being able to run with both true orienteering royalty (and even having a chat in our swimming pool with someone who was on the podium three times for three finals) and the most inspirational 80+ year old orienteers whose run ins brought a lump to my throat. Sole Nieminen (Finland), winner of the W95, was out on the long course for nearly three hours. Someone asked for a photo with her sitting at the finish. She agreed and when he (M45) sat down, she put her arm round his shoulders and gave him a beaming smile.

[As an aside, the “orienteering royalty” Jane (rightly) refers to are the Bedwells from Bristol O Klubb: Alice W60 and her mum Eileen W90. BOK had quite a big group at WMOC but the Bedwells chose to enter under the moniker of Sugar Loaf OK]

The dozens, if not hundreds of volunteers who were calm, smiling, cheerful, helpful and, for me at least, couldn't put a foot wrong.

The camaraderie of the DVO gang, with a camp set up by Mike every day, complete with DVO banner, cheering us in, sharing dinner and off day activities.

Hilarious commentary in perfect English, with orienteering appropriate songs (Go West, Pet Shop Boys 'but not if your compass tells you to go a different way!')

Finding my first control, especially on the first day in the forest. Being totally overawed, I had no plan at all about how I was going to get there and just trusted my compass.

Oh, that karst landscape! It's magnificent and quite unworldly.

Me, a pretty average etc 65 year old getting to the A finals.



Sole Nieminen W95, the oldest competitor at WMCO, with her trusty magnifying glass.

Photo:

<https://www.facebook.com/wmoc2022italy>



Ten DVO plus a BOK: our Thursday evening meal out at Vieste, organised by Derek with translation help from Richard, resident DVO Italophile.

A nuge water dowsner with a perpetually smiling man refilling cups for desperately thirsty competitors.

Keg beer next to the finish line of the long final!

[Museums in Vieste open until 11pm for a spot of evening culture – Ed.]

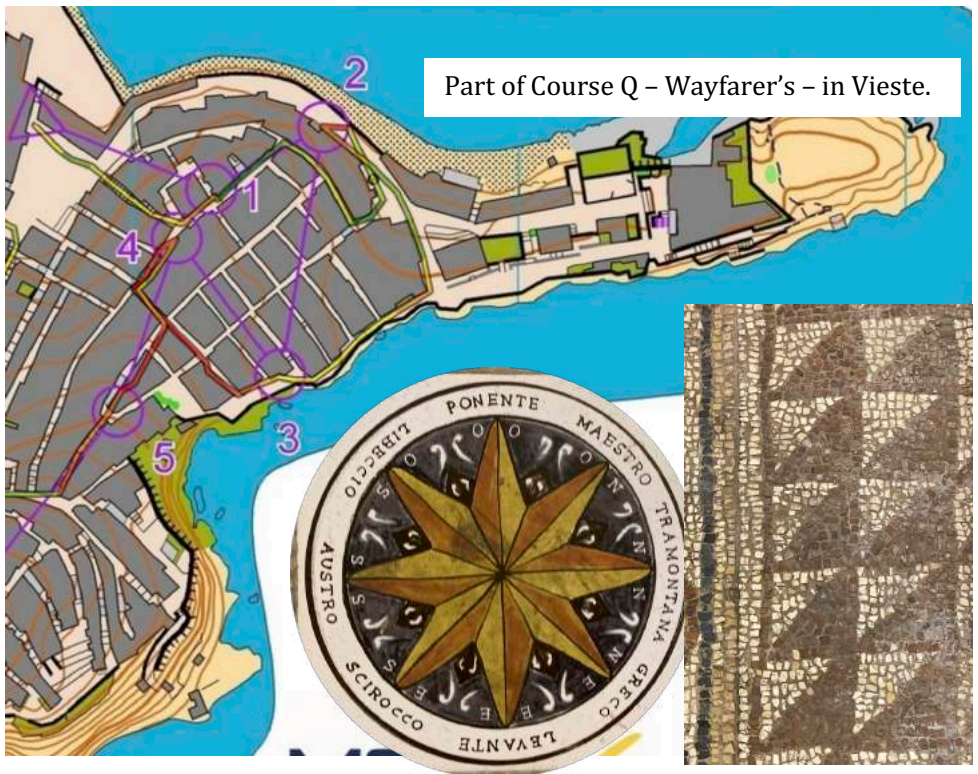
And what was not quite to like?

Me, a pretty average etc 65 year old being stopped at least three times in every race and asked the way! Always by Scandinavians. One woman grabbed my map as I punched a control and demanded to know where she was. A fit M50 stopped me, pointed to his map, said 'We are here' when we very obviously weren't. We often came across huddles of runners conferring on their location, especially in the forest. Very strange to us buttoned up Brits!

10 toilets between over 2,000 competitors leading to such a queue at the sprint events that many, yours truly included, ran desperately needing a wee.

Conclusion

WMOG 2022 is a holiday (and yes, it was a holiday) that I will never forget.
Slovakia 2023? Yes please! [[[save the date: 11-18 August 2023]]]



The Curse of the 4s

Jen Gale

So there we are at the WMOC 2022 in Italy. The first 2 sprint events, in Peschici and Vieste were challenging but then we got onto the 3 Forest Events. All of them in the same forest which while described as “runnable” I’d argue, only if you don’t mind risking a broken ankle. Lovely deep beech leaves everywhere and not much undergrowth, but underneath the leaves, loose chunks of limestone rock, rough solid limestone, branches and cones (the worst, they roll under your foot).

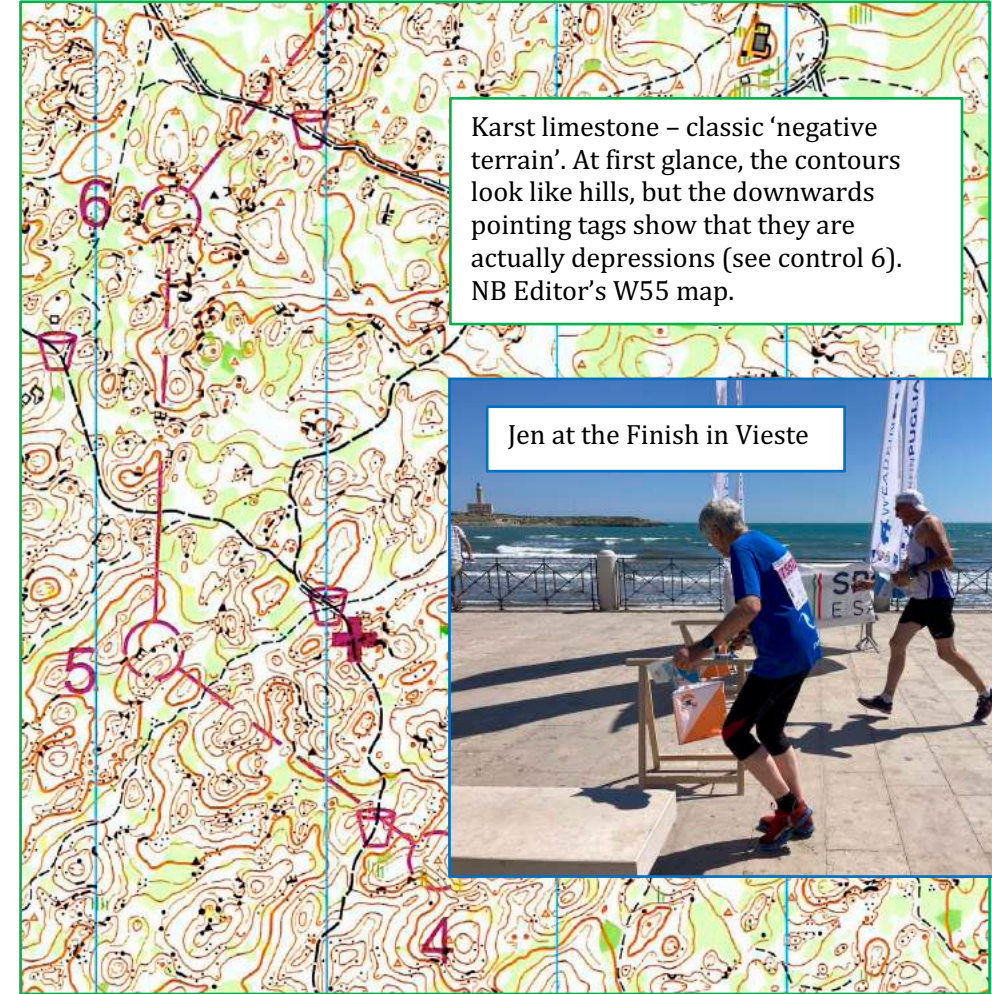
Add to this sink holes of various sizes everywhere and piles of moss-covered rocks (not always well mapped I would argue). So, the 4s – the Forest Qualifier was a learning experience. I started following an, admittedly, indistinct path that I hoped would leave me fairly close and pointing at my first control. It disappeared long before that, leaving me I knew not where. But I did eventually find it and took a direct route to my second (having learnt that lesson), but overall it took 40 minutes to find my first 2 controls. So, even though I found the next one in 9 minutes I felt maybe abandoning at that point was wise, so I headed for THE path. But I hit it at a very recognizable point and decided to press on. A good route to #5 from there was tempting. Pity I forgot I hadn’t been to 4! So I found all the rest and was gutted when I went through download to find I’d missed 4.

I think I should have been concerned that my start time for the Middle Final was 11:44. The diminutive control description sheet of 7 controls seemed almost derisory, Ha! But off I went, albeit very slowly on that terrain, and found the first 3 in a not particularly impressive 30 minutes. So for #4 my best option looked like back to THE path and take a bearing from where the fence broke. And I did that 3 times, finally going from the undisputed drinks/first aid point and still not finding it. In the course of which I notched up 98 metres ascent on a course advertised as just 40 metres ascent. And eventually I had to admit defeat and head for the finish, another incomplete course.

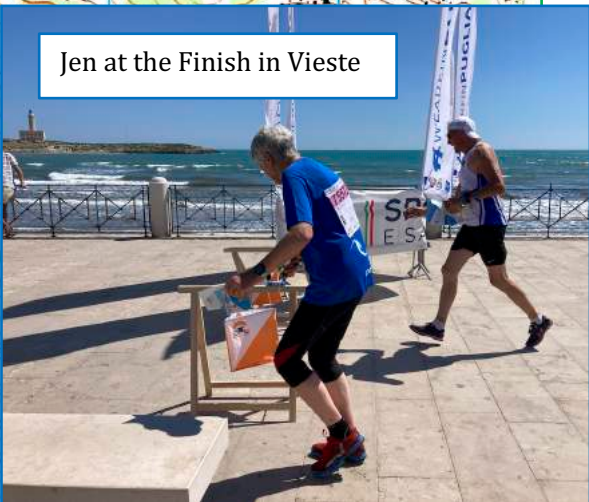
That night we went out for a meal and our table number was ... of course 44!

When it came to putting our kit on in the morning we had 2 pairs of the old “pyjama” trousers, a size M and a size 44. To hell with whose was whose, I opted for the M!

So by now my major aim was to find my last control 4.



Karst limestone – classic ‘negative terrain’. At first glance, the contours look like hills, but the downwards pointing tags show that they are actually depressions (see control 6). NB Editor’s W55 map.



Jen at the Finish in Vieste

So, the Long Final. I spent 30 minutes unsuccessfully looking for my first control. Given I’d failed to finish a course in the Forest, I decided the only really important aim was to find that elusive 4th control. So, I headed for THE path and took a bearing from the handy notice board and bingo, spot on. Hurrah!!! Derek didn’t understand why I came in smiling having only found 3 controls (the last 2 were hard to miss if you were heading to the finish). But I’d broken the curse of the 4!!!!

The Editor adds – even orienteers with decades of experience can make huge errors and decide to retire. One is – after all – on one’s holidays! I struggled big time on one of the Foresta Umbra events. Thanks for sharing this Jen!

Wedding Congratulations!

Many congratulations to former DVO member Amy Kimberley on her marriage to Ben Howe on the 11th June 2022 at Barlow Woodseats Hall.

A wonderful time was had by all, even if a Peacock tried to prevent access to the bar.

Amy orienteered for a long time for DVO and was also a member of the EM Junior squad. She rarely competes these days but occasionally appears at an event.



Lakes 5 days very quick round-up! Sal Chaffey

It was nice to see some Asian youngsters at the L5D, and, because they were in Army O-tops, I asked **Sally Calland** about their background:

“All the soldiers at the L5Ds were Gurkhas, part of the Queen’s Gurkha Signals (QGS). This means that they have had to complete the gruelling British Army testing in Nepal before they are accepted in the British Army and the QGS.

Some Gurkhas naturalise and transfer to the Royal Signals, but this is rare. Most Gurkhas will retire in the UK and there are small enclaves in Aldershot and close to other military garrisons.

They still support their families back home, but now have equal pay, pensions and benefits as any other soldier in the British Army. They also have their wives and children to accompany them in this country. Many of their parents spend 6 months in a year in this country as they miss their children.

They are the loveliest people you can meet and they are true warriors. They can run forever and as a result, they love the challenge of orienteering. It is a pleasure to have them as part of our Royal Signals family.”

Obsessed with mistakes and the **resilience versus right-to-retire** issue, I poled participants for their worse errors (Dave is #1, others next issue:

Dave Vincent states: “It’s hard to choose from so many, but this at #9 on Day 4 at Raven Crag wins for its embarrassing 45 degree error, and for its potential danger which it put me in.

Struggling with the terrain through controls 6, 7, and 8, I decided on the path route to 9. Fair enough. An easy attack point - big bend in the track, and a seasonal stream almost on the bend. Streams usually have re-entrants, so on arrival at the bend, I popped up the re-entrant (wrong!) and turned right - into green fight. After 5 minutes of battle, I found myself in a precarious position right at the top of a crag. At least I then knew where I was...

How to avoid stuff like this in the future? I had dismissed the control as trivial and failed to look at the detail.

I need to concentrate all the time, not just some of the time!”

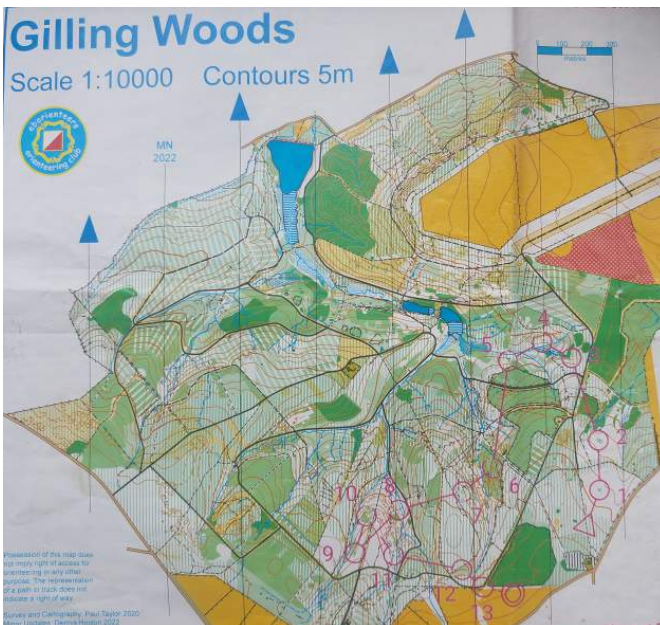


Fifty Years of the White Rose at Gilling Woods

Not the 50th White Rose, but the 50th anniversary of the first one in 1972. There have been a couple of cancellations, including 2021 of course, and also interestingly, 1976, because of fire risk following a scorchingly hot summer. I reckon the Johnson family have been to around 35 of those; the White Rose was Val and my second event in the days of Wayfarer courses (pre-colour-coded, and equivalent to White standard). The formula has largely stayed the same: a series of events over the August Bank Holiday weekend set around a central campsite so that, once there, you don't have to get in your car until you drive home on the Monday.



One of the secrets of the White Rose weekend's longevity is its willingness to adapt and evolve. Thank heaven it has, because I can remember the days of toilet arrangements that involved squatting over an open trench, but enough of that! Nowadays the panoply of activities encompasses (encompasses!) a range of activities, some orienteering-connected such as the Maze, some running-related such as the Hill Race and some not activity-related at all such as the Quiz and the Barbecue.



I might as well get the negative bit over with early on so I can stick with the positive side of this report because the White Rose is a special event and deserves to survive and thrive. The downside of the weekend is often, ironically, the orienteering itself.



Finding an acceptable area able to accommodate 4 orienteering events in North Yorkshire at the end of the summer can't be easy, and past choices have often presented competitors with challenges which highlight the physical rather than the navigational. This was often the case with this year's choice, Gilling Woods, to the south of Helmsley.

Looking at the list of past White Rose areas on my commemorative mug, I can see many familiar names – Wykeham, Staindale, Langdale, Newtondale – that were used in the first half of the White Rose's life but which are conspicuously absent from the second. It may be that access to these areas is no longer available but

latterly we seem to have strayed from the forests outside Scarborough into more peripheral areas, not always to the benefit of the orienteering. In fact, so frustrated did I become with the standard of the orienteering that, a few years back, I stopped going altogether until the memory of the horrors to which I was continually subjecting myself faded sufficiently.

Before any club decides to organise an event on any area, they should ask themselves a question: will orienteers be able to *run* on this area and will they enjoy doing so? As assistance to answering this question, they could ask themselves another one: what is the predominant colour of the map? If the answer is Green, then the answer to the previous questions is unlikely to be 'Yes'. Clubs often forget the essential enjoyment factor; if the punter hasn't enjoyed their time in the forest, they are unlikely to rush back next time around.

The main constituents of the White Rose weekend, the Middle distance on the Saturday and the Long distance on the Sunday (WR insists on calling it a Classic distance but even with the most benevolent of hearts, I can't bring myself to put White Rose and Classic in the same sentence – even though I just have). The two events held in Gilling Woods illustrate how it is possible to

construct enjoyable courses from unpromising material, and how easy it is to lose sight of this objective too.

The Middle planner had the harder job, since Middle races are supposed to feature “Technical Difficulty, a high density of controls and micro- rather than macro-route choices”. Apart from one 4-control section, I don’t think the planner achieved this on my Short Blue, though Val’s Green course was a lot closer to the mark despite being only half a km shorter.

The planner didn’t do himself any favours either by siting so many controls in green – when you’re dealing with an area where white is such a precious and rare commodity, why make life harder for yourself and the competitor? Of the 12 controls on my course, ignoring the last, eight were stuck in vegetation of some thickness or other.

I assume this event was to have been held 2 years earlier because that was when it was mapped last, with ‘minor updates’ from the planner. It seemed to me that a more thorough evaluation was called for. I am admittedly biased because I spent 26 minutes looking for a ditch next to a knoll in an area riddled with unmapped ditches and at least three unmapped knolls of similar if not greater height. How am I supposed to know which one the mapper and planner have selected for preferment?

Excuse me while I go off on a tangent here, but one of my mapping bugbears from a competitor’s point of view is consistency. If you map a ‘prominent rootstock’ at Point A (my #1, Middle Distance), why don’t you map equally prominent rootstock at Point B (my #15, Long Distance) particularly when the rootstock is far more prominent than the feature (ditch junction) on which the control is supposed to be sited? And don’t get me onto Significant Boulders. All I’m asking for is consistency – if you map a boulder over, say, a metre in height, you should map them all, or increase your definition/height of Significant Boulder accordingly, else how do I know what you consider Significant or not?

Now I’ve got that off my chest I can move on to positivity, sweetness and light.

The Long event was on the same area but the enjoyment factor was, if not turned up to 11, incomparably better than the previous day. This is because (and I’m not saying this because the planner is Ian Whitehead’s daughter) the planner understood that there was no point planning courses which ploughed a blind course through the North Yorkshire jungle on a hot day, you have to provide some blessed relief by ensuring that there is an alternative, usually on a less direct path requiring some choice decision to be made. This and the



selection of the less rabid sections of the map ensured the vast majority of competitors finished acknowledging the toughness of the terrain but praising the fairness of the courses.

The fact that I made a pig's ear of the Middle Distance and beat Ian on the Long has nothing to do with this opinion.

When seen in the wider context of the WR weekend, it is easy to see the attractions of Gilling Woods. The spacious campsite – hastily arranged when the farmer inadvertently ploughed the original choice – was adjacent to the forest, ensuring that you could walk to all four starts, even if very few of us did.

In recent years, the WR has opened with a night score event which I've never before entered. This year's event was on a golf course and I found the temptation to run rampant over one irresistible! I don't quite know why night events have fallen out of favour in the East Midlands, but this formula, a mass start, 30-control, 30 minute score event, might be worth trying on a local basis. I'm not a big fan of mass starts in general – I prefer to work out my route in the privacy of my own solitude – but there was no denying the adrenalin rush engendered by this one. The start and finish were in the middle of the map requiring an instant left-or-right decision. Frankly I hadn't a clue which one I'd taken till I arrived at the first control.

The other benefit of a mass start like this is that the navigation is kept to a minimum – you just run in the general direction of a control and, like as not, there will be two or three headlights flitting around it. 30 controls in 30 mins sounds a lot, but the M21 winner completed the task in around half the time and even I managed to bag 29 with 6 minutes to spare myself. I abandoned the missing control on finding my route took me into the middle of some 6-foot high nettles.

I was left with an irrepressible buzz and the feeling that the weekend was well and truly underway.



Grandson Rannoch in the Hill Race ... & some Whist with the male O'Donnells

I've already covered the meat in the WR sandwich so I'll move on the final event of the weekend. Until this year, this has always been a relay of some sort, although this too has adopted a mass start latterly, so not strictly a relay at all. The numbers have dwindled steadily over the years and a revamp was probably in order. The result – a sprint event – seemed to me to do the trick. Logically even more people would stay for a fourth event if they swapped the Sprint for the Long but this way, an early escape to beat most of the Bank Holiday traffic is ensured.

The sprint took place in the same area as the night event so the golf course straddled it whilst being out of bounds. Gilling Castle was described as being the 14th century home of the Fairfax family, later becoming a primary school; what it is now, I'm not quite sure but the planner constructed some tortuous courses out of an apparently simple layout as well as throwing runnable(!) woodland into the mix.

The traditional generosity of the WR organisers to the handing out of mugs – they were almost giving them away at the end, one woman got one because she'd never won anything at orienteering before – means DVO featured prominently in the list of recipients so I won't set out a litany of winners. One or two photos are scattered around to fill out this report.

Everyone left with a feeling of generosity towards the White Rose institution; even I was willing to forgive its occasional shortcomings, because the trick to enjoying the WR is to see it as a social occasion with a few events thrown in.

The campsite and stream of activities around it ensure that the time and social whirl fly past. I was able to watch the next generation of Johnsons (strictly Lewises) tackling the Hill Race and I now have to thank the O'Donnell family for re-acquainting me with the rules of Whist and leading me down a dark tunnel towards addiction and bankruptcy.

Here's to the next fifty years.

Graham Johnson

Wither the CompassSport Cup? Mike Godfree

In May Newstrack, Graham makes some pertinent points about the CompassSport Cup/Trophy but he omits to mention that when the 2021 final was no more than 10 miles outwith Derbyshire, so closer than some of our events for many, that only 52 of around 180 DVO members turned out.

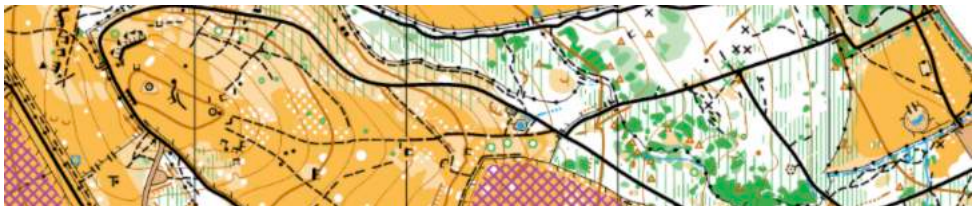
Yes, some tweaking of the rules and format would be good especially the boundary between large and small clubs, but more than anything it needs a change of attitude.

Instead of "I won't score" it needs to be "I will turn out to support MY club". Even non-scorers can be pushing down the score for other clubs with a different age profile.

Perhaps to encourage this the club could afford to allow free entry and a subsidised coach/minibus. Also, some judicious running-up could help. At Postensplain just finishing the brown course would have gained us 95 points. Unfortunately, there is nothing we can do about the fundamentals of British geography. The CS Cup is the one time in the year when we run as a club so should be inclusive of all members.

2023 CompassSport Cup 2023 dates:

DVO's Heat will take place on either February 12 (LEI; Beacon Hill, below) or March 12 (POTOC; Park Hall near Stoke). The Final will be on November 12 at Gare Hill in Frome, Somerset. I know opinion is divided about travelling this far, but it would be great to see a large turnout at our Heat.



Junior World Orienteering Championships

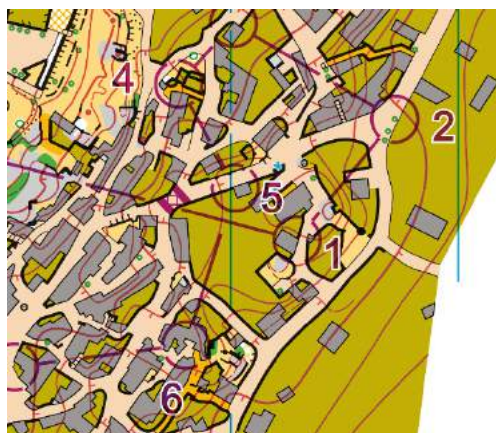
7–11th July, Aguir da Beira, Portugal

Zero rain and scorching weather in Portugal meant the forest fire warning was at an extreme crimson for the whole of the country. The government issued a ban on all access to forests 36 hours before our first race, a sick joke we thought was being played on our team turned out to be the grim reality. All forest races were banned!

Facing the first ever 'sprint JWOC' I was pretty upset and frustrated as my favourite disciplines are in the forest. We had spent 2 days before the competition acclimatising and training in the forests before the ban on entry and I was loving the terrain and the complex details. As a nation we also had a great deal of expectations on our shoulders as the senior team had just returned from such a successful Sprint World champs in Denmark – this probably didn't help my nerves!



How to easily describe the sprint races around the little Portuguese villages? The coldest temperature I ran at was 36°C; The hills were steep – steep enough to make you think you’re running backwards; There’s local spectators and cameras at every corner; You have a GPS on your back for everyone in the arena and following at home to watch your mistakes... but I loved it.



I didn’t perform to my full potential, but I just felt so grateful to be finally wearing my GB vest after so many years of setbacks from the pandemic. I had a great time with the team and can’t wait for the 2nd half of JWOC 2022 and the forest races. Bring on November!
Sprint individual – 87th
Sprint mixed relay B race – 5th team
Urban relay – 14th team

Rachel Duckworth

Meanwhile the senior GB Squad had some excellent results in the 2022 World Orienteering Championships in Vejle, Denmark, at the end of June. In the Women’s Sprint Race, Megan Carter-Davies won Gold and Alice Leake came home with Bronze!

In the Mixed Sprint Relay, Britain took 2nd place with a team consisting of Belper’s Charlotte Ward, Ralph Street, Kris Jones and Megan Carter-Davies, just 62 seconds down on Sweden in 1st. Congratulations all!!!

Sweden O-Ringen 2022 – Stuart Swalwell

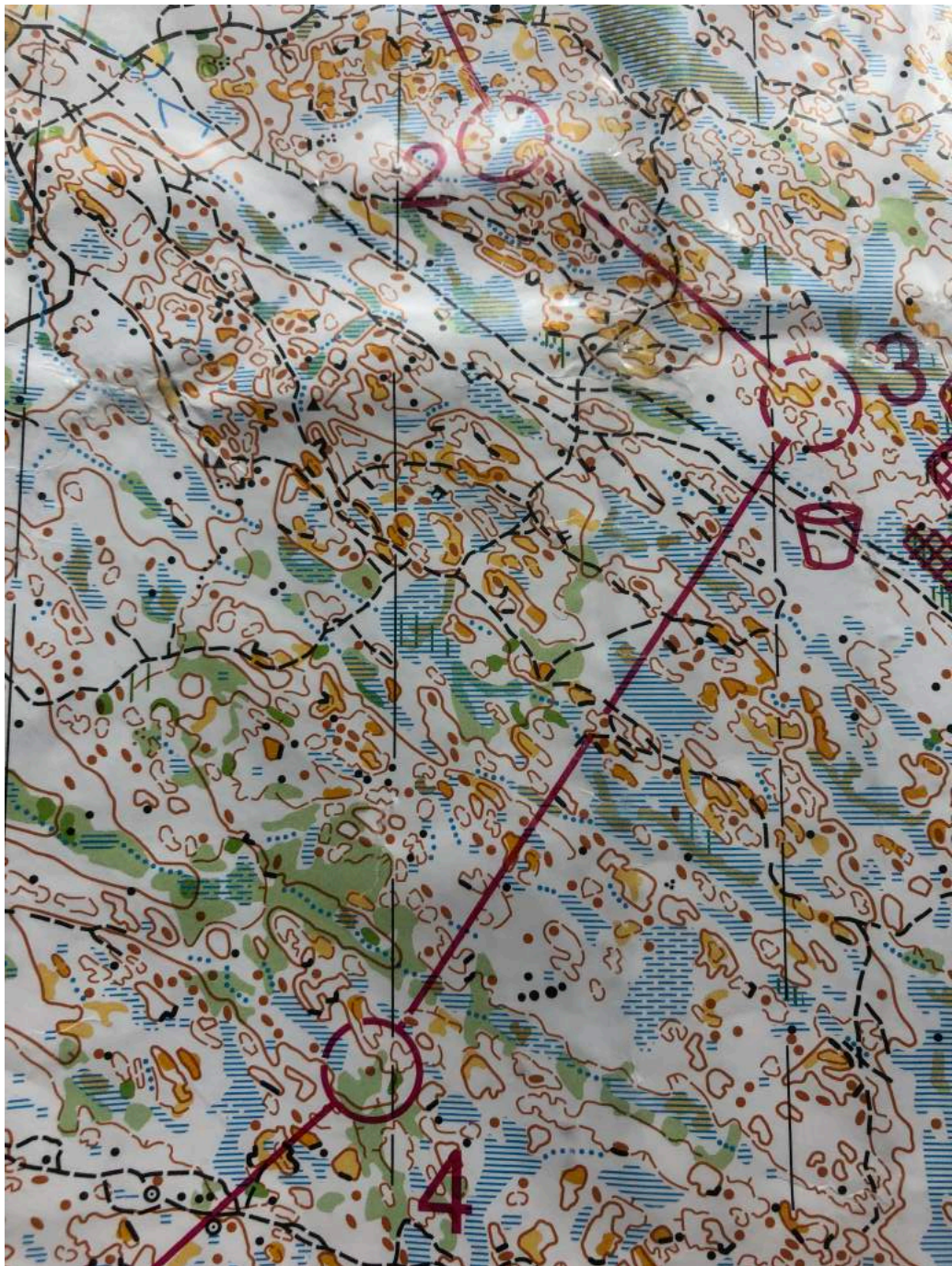
My first orienteering trip to Sweden. A quick summing up? It's mighty different to orienteering in the UK!

Why? By and large in the UK, you can attack a control, miss it, and relocate pretty quickly. There are usually paths or other obvious features to help you. In the Swedish forests we ran in, if you missed a control, you were in trouble. On the first day, I couldn't find #1 and headed back to the Start area to try again. On my second attempt, I failed again and after 50 minutes I gave up and set off for #2 which surprisingly I found, suggesting that I must have only been a matter of metres away from #1 in the first place!

I found out later that my daughter, Katie, W40, had the same first control. She found it, rather easily! Perhaps my concentration was affected by trying to look after my injured leg in the rough terrain instead of studying the map. Good excuse, anyway!

Understanding what the mapper had mapped and what had been left out was very important. Helen, her Dad and Andy, had arrived at the Event Centre a day early and used that day sensibly. They took a training map and walked over the ground to get a feel of what had been mapped. Rocks and boulders were everywhere. Which ones were on the map? It took me some time to understand that a rock surface was regarded as runnable forest – basically ignored and shown as white on the map. Here in the UK, a mapper gets excited about any rock and it is immediately recorded. Likewise boulders. In Sweden only certain sizes and shapes of boulder were shown and even by Day 5, I was never confident I could pick out the right boulder in what often looked like a sea of boulders.

Now let me mention compass bearings. In the UK, you can take a compass bearing and you will be allowed a little leeway in your direction of travel without being penalised because you will pick "something" up. In Uppsala you were heavily penalised. Basically, you got lost. I think my weakness of always going to the left of, say, a rough area or a fallen tree – I'm left handed – and then not coming back onto the line – was a major problem. A number of times I took a bearing, thought I was marching on the line, and then couldn't find the Control. Clearly I had strayed off and didn't realise.



And I should have been more disciplined with pace counting. In the UK you can often “wing it”. In Sweden, it would have been useful to know how far

you had gone, so you could stop and re-think, rather than carrying on thinking/hoping the control was just ahead – and when it wasn't, becoming completely disorientated.

On all days there were 5 different Starts, each named so you went to the same name each day. I was competing in M70S and what was really good was that on the first 4 days you turned up at the Start and peeled off a time from a Master Board and stuck it on your bib. So no panicking on the long walks to the Start – am I late? Just amble along and pick up a time when you get there. The longest I waited was 5 minutes. (The Long courses had set start times).

On the last day, it was a Chasing Start with the leaders going out first. I was well to the back and had much of the forest to myself. I'm sure I started hallucinating boulders at one point as I stood on my own, gazing all around, looking for a control.

I was carrying an injury and had to walk, jog every day. This meant I was asked, a number of times, if I could help someone with where they were. Sometimes I had to use the International Sign Language of shrugged shoulders – (search me, mate, I haven't a clue). But it was all very friendly.

Each day the run from the last control to the Finish was around 300 metres. And your Finish was down a channel with the same name as your Start. This meant runners were split up. I say runners but there were many who jogged or walked – one of the great things about our sport is that it doesn't matter how old you are, or how unfit you are, just taking part is the main thing.

The size of the event is noteworthy. Huge! But well organised – with showers available in the Assembly field. Lots of water points, either en route to the Start, or in the forest. We were bussed to an Assembly area each day from the Event Centre at Uppsala or from a huge car park next to IKEA.

The DVO contingent – Graham and Val Johnson, Ann-Marie, Rachel and John Duckworth, Helen Chiswell, Katie Swalwell and daughter Seren (8), myself and Belinda, had our own pitch in each Assembly area.

So how did we all do? Our star orienteer, Rachel, developed some awful blisters on her heel and had to withdraw after two days. Getting round in a reasonable time was the main aim for everyone. I think the best quote of the week was from Graham who had 11 controls on one day and said he only

really knew – *for definite* – where he was 11 times. Perhaps a mention for Seren, (W8) on a White Course with Belinda – but left on her own from the last control to the Finish – she comfortably had the fastest run-in time each day of all of us!

Would I go again? Yes, I think so. I'd like to see if I could improve when not carrying an injury. I will avoid the 2023 O-Ringen in a mountainous area, but 2024 in south-east Sweden looks appealing.

The camaraderie amongst the DVO group and some members of LOG made the whole week most enjoyable.

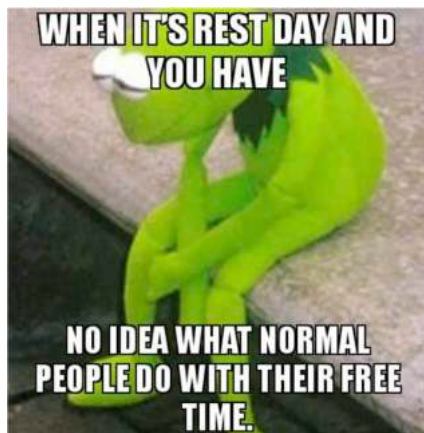
A final comment. There is simply no way our young orienteers can compete against the Nordic countries unless they train in this type of terrain. The local orienteering club in Uppsala, a town close to Stockholm, would be able to put on an event every fortnight in the summer using the 5 maps we used. I'm afraid orienteering in our areas of, say, Calke, Hardwick and Kedleston Park, whilst enjoyable, is no match for the terrain that a local club in Sweden can use.

ORingen 2022: Ikea O

After two years of Covid delays, we were finally able to tick-off an orienteers' bucket-list item and attend the ORingen in Uppsala! You'll be able to read the write up of the main ORingen competition elsewhere in Newstrack, but safe to say it was a fantastic experience and the ORingen is now firmly on my list of "must repeat" events!

On the activity day (note the Swedes don't even deign to call it a rest day!) one of the events on offer was Ikea-O! As the only DVO-er to gain an entry to this sold-out event, it falls to me to do the write up of this somewhat quirky race! As I think the name gives away, this was an indoor sprint race around the Uppsala Ikea superstore! Best and strangest of all, it was to take place whilst the store remained open to the public! Competitors were just asked to be courteous towards shoppers!

The first (and I think toughest part of the competition) was gaining an entry! Starters were limited to around 1,500 and I think the locals had the inside track on when entries were opening! I happened to see the Facebook post announcing entries were



available, entered almost instantly and 10 mins later all the entries were gone! Other DVO-ers were very envious of our entry success!

I had been wondering if I would regret my entry, as my last experience of Indoor-O in Sweden was not so successful (Stockholm Indoor Cup; see May 2019 Newstrack)! The courses at that event were so complicated and getting round them was nothing really like orienteering and more like solving an extra complicated maze!



The details for the event were released very last minute and gave no time to absorb the new meaning for all our familiar O symbols! I decided just to hope it was obvious once I saw the map and focused on remembering the 1:1,200 scale!

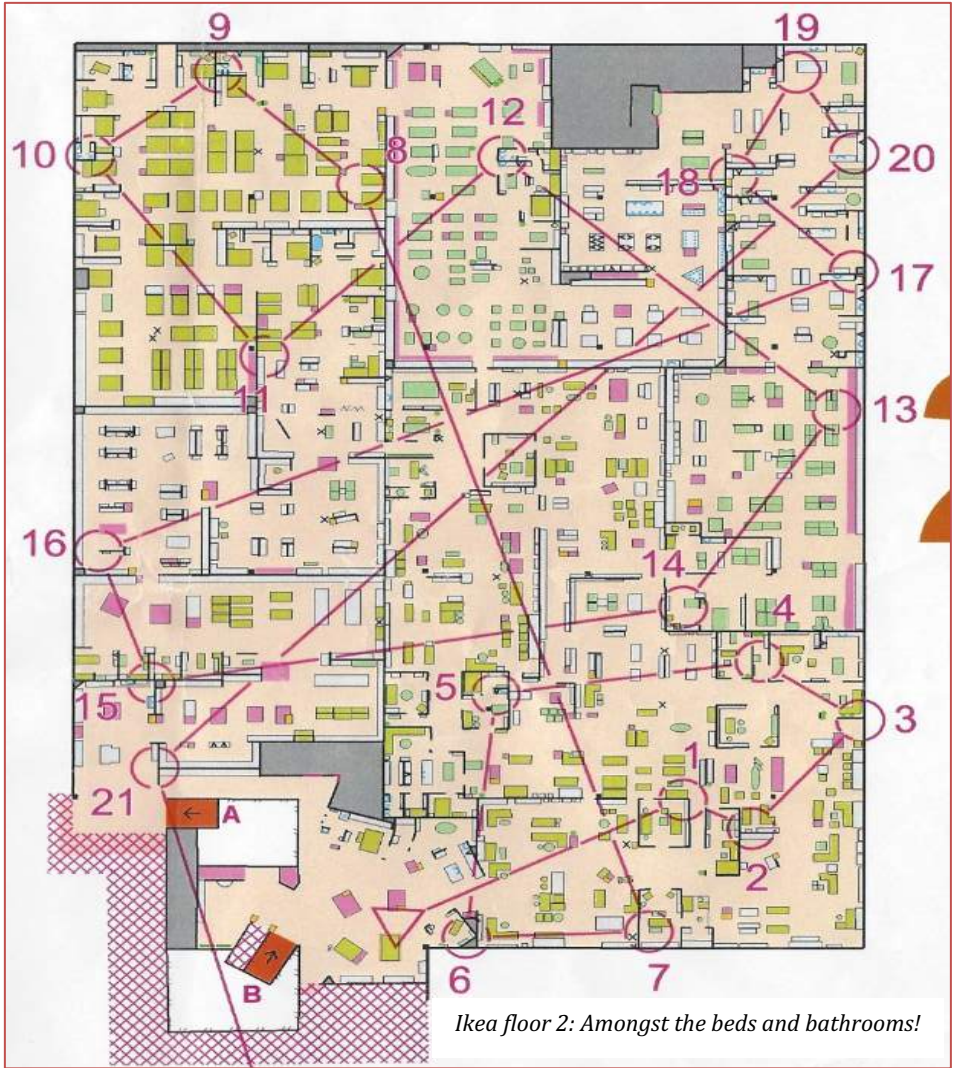
The start was somewhat chaotic. We left the start lane and headed up the stairs, mixed in with all the shoppers to the top floor, where the map boxes were on the floor next to an Ikea double bed! Everyone stood still bewildered for much longer than at a normal start. It took a while to find the start on the map and then adjust your mind to all the detail!

Forgetting the 1:1,200 scale, I completely overshot number 1 which was tucked in the corner of a “bedroom”. Controls were on upturned Ikea bins, which had been painted in control colours!

I soon got into the swing of things and soon found myself breaking in a jog as confidence built and the heat of the competition got to me! There was the added obstacle of the leisurely strolling shoppers to avoid though!

I found the key was to use the larger walls that divided the store up into its sections to navigate. They were quite obvious and the gaps in them gave good “attack points”! The trickiest controls were those (like number 10) that were hidden away in shower trays of the en-suite sections behind the bedrooms. The en-suite rooms were so small

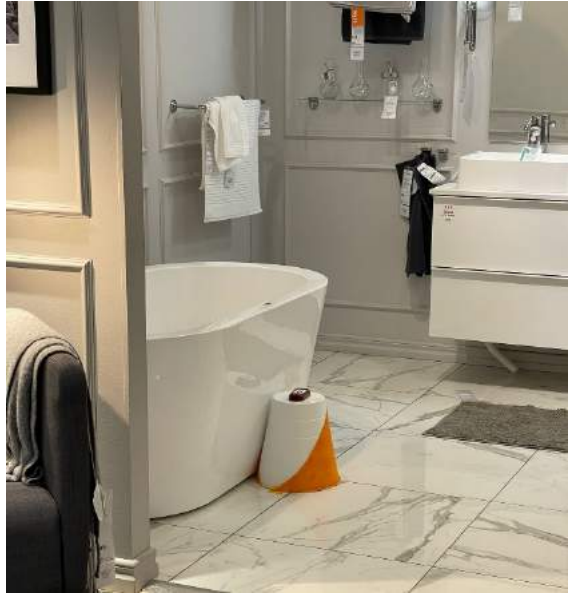
it was easy to overlook them altogether and start looking for the control on the wrong side of the wall!



Soon it was time to transition to floor 1, and, remembering my previous encounter with indoor-O, this is where I thought things might get complicated. However I was pleased to find that there were no such complicated stairway mazes, and this indoor Ikea-O was really just about orienteering indoors. I headed down stairway A and straight off to number 22.



Confused at the start



Ikea bin control: Wet pit, south side!



Ikea floor 1: China, glassware and the warehouse!

We were now orienteering amongst the china and glassware! I could hardly believe that Ikea would have allowed this! After a couple of legs around here, we popped out into the warehouse section – where you normally go to collect your flat pack furniture before you pay! There were several legs up and down the aisles here, and tactics had to switch to carefully counting aisles to work out which one to go down to find the control. With a bit more space, fewer shoppers and less breakables, it was now possible to run with a bit more pace!



Navigating the Ikea warehouse

We passed through the tills (by number 36) and down again to the car park level, where there were a couple of straightforward controls and a run in across the car park outside! I had taken 22 mins. The winner took just 11 minutes – I think he must have been an avid Ikea shopper with an inside knowledge of the layout!

The course and the whole experience was really novel and great fun. I'm glad we managed to "steal" an entry! We finished off the afternoon with coffee and cinamon buns in the Ikea café with the Swalwells who had come along to cheer us on and take photos and videos!

Ikea results here: <https://oringen.se/en/news/news/2022-07-31-results-list-from-indoor-at-ikea.html>

Video here: <https://www.youtube.com/watch?v=u7bdlw8F9Uo>

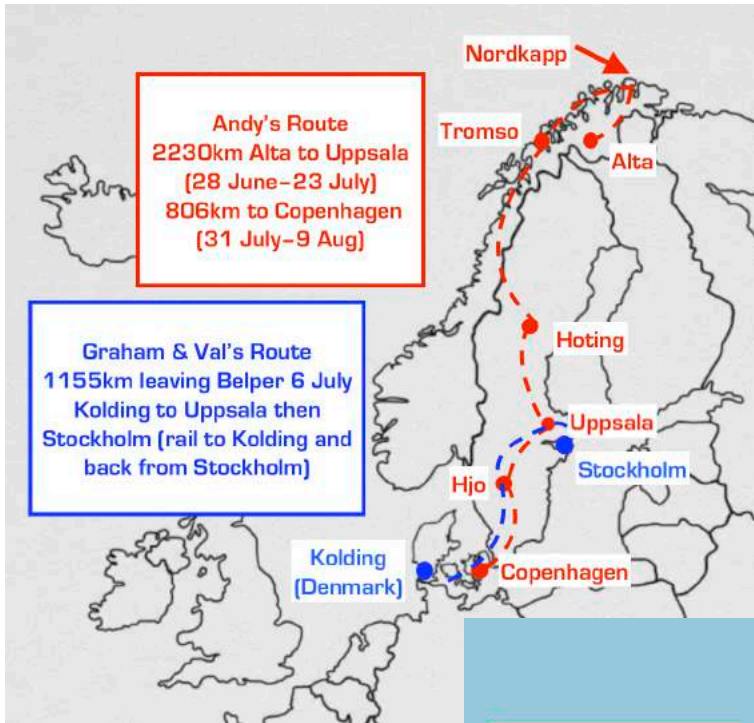
Oringen general 2023: <https://oringen.se/en/occasions/are-2023.html>

Amazing green commitment (and active effort!) from DVO cyclists + rail travelers >>> next page

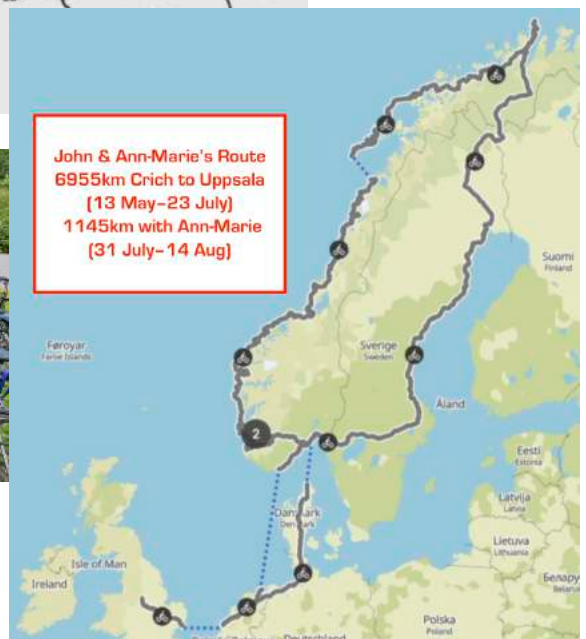
Three DVO-members plus honorary member Andy Leedham of LOK cycled to Uppsala. Many of you will know that Andy is Helen Chiswell's partner, and Helen cycled the length of Offa's Dyke straight after she planned our Darley Park event at the end of May. Other arrival-on-2-wheels were Val & Graham,

who earlier this year cycled from Nantes to Vienna!

John Duckworth's journey lasted 3 months and took him some 8100km, the last 1145km cycling with Ann-Marie. It's made us tired just viewing John's progress on Strava! Thank you all for sharing your routes.



More than just DVO cycled at the event, as evidenced by Graham's pic of the Bike Park on Day 3!



Now for something a little different from Sue Russell

Some of you will know me as a long-time member of DVO; now “running” as a W60, I don’t often venture out into the brambles of East Midlands areas, but love the challenge of urban O. No real excuse to walk, so having to map read and think more quickly.

6 years ago, I started a BA (hons) course at Derby University. Studying part-time I found a whole new world that arose from my desire to learn to weave. The culmination of my studies, the final degree show, is shown in the picture.

My inspiration for this collection is to be found in the variety of windows that can be seen across Derbyshire (and elsewhere in the UK) providing both literal and metaphoric opportunities. The chair combines literal windows, cut into the specially woven fabric and also a window into the world of upholstery.

The chair was produced through a collaboration with Sarah Skinner of Art Chairs (our Editor’s neighbour!). We met at Banks Mill studios in Derby and quickly discovered that we had a shared interest in baler twine. Sarah finding it scattered all over the Peak District and loving the vibrancy that it brings, while I weave with it as a means of upcycling an agricultural waste product, further tying my present to my past. This second picture of the chair shows our use of baler twine more clearly.

The chair, along with other pieces of woven wall art and my book on how to start weaving are all available for purchase through my website www.peakgatetextiles.co.uk.

My next project is to research into Masson Mill, so if any of you have ever worked there, have friends or family who have worked there, at any time, or know anything about it for any reason I would love to hear from you. You can call me on 07595 836855 or email sue@peakgatetextiles.co.uk or simply catch up with me at an orienteering event, preferably not whilst I'm trying to read the map, think and run all at the same time. 🏃



Junior Tour to Norway

Dai Bedwell

Splitting my time between the East Midlands and Cumbria, I get to work with orienteering clubs at both ends of the long drive. I've been coaching with the NWJS over the last few years, and this summer I joined their biennial tour to Norway.

The NWJS has a long-standing relationship with Fredrikstad Ski Club (FSK) and we stayed in their excellent skihutte. This is a lot like a really well-maintained youth hostel, with 40-bed dormitory upstairs and catering kitchen, dining area, showers, sauna, etc. The skihutte is situated within a large forest and we orienteered from the door on 4 days. Part of our service to FSK in exchange for their hospitality was bringing in their summer semi-permanent courses – markers hung in the forest over the summer months. One of these courses was at Vikerhavn – a peninsula comprising mostly bare rock and including two controls on an island that required crossing narrow strips of open water to reach. Start times were co-ordinated with tide times to ensure the water was no deeper than a metre, and great fun was had by all

with the sea crossings to and from the island.

We attended 4 local events during the tour, including a local junior-only evening event that had a very strange format: each age group started as a mass start (all M/W16s started together on a conventional ungaffled course). The first leg was relatively long and the forest rather physical and technical, so the mass start was soon broken into numerous 'trains' of juniors running through the forest. Personally, I don't think this form of orienteering will catch on widely, but it certainly puts the emphasis on running over navigating and it also allows an event to be wrapped up in very little time: with just three mass-starts 5



Dai and Amelia Thompson of LOC

minutes apart, everyone is back quite quickly and the planner can get the controls collected before dark.

Local events had some excellent aspects (prizes for all junior classes, orange squash at the finish, commentary, waffle stall) and some not so good aspects (Emit punching system used everywhere). Age classes were merged to suit the size of the event – 2-year groups for juniors, then 18-45 as an open class, then 10-year bands for older classes. We ran at a regional relay event, which gave our M18s the opportunity to run against GB international Ralph Street who is living in Oslo to access the superb terrain. The junior and open classes also ran with GPS trackers and it was fun to follow the progress of runners from the assembly field.

The tour was 10 days in total and we orienteered in some form nearly every day. The southern Norwegian terrain was testing but good to run through, with frequent bare rock compensating for slower patches of bilbury and bog myrtle. Having the assistance of the local club for maps, accommodation and entries to local events was hugely helpful and organising a tour of this nature without good local support would be a challenge. I really enjoyed the trip as a coach and all the juniors improved their skills and built friendships that will be rekindled when FSK attends JK23 in the South Lakes. I will be looking for more opportunities to get into Norwegian forests...

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.

We can't run events without officials, and hope to be able to host more Local/Level D events in 2023 if we can find planners and organisers.

<i>Event</i>	<i>Date</i>	<i>Level</i>	<i>Organiser</i>	<i>Planner</i>	<i>Controller</i>
Shiple Park	8 Oct	National	Kim Buxton	Ann-Marie D	Jeff Baker LOG
Brierley Park	15 Oct	DVO Champs	Ranald M	Sally Calland	Ranald M
Allestree Park	13 Nov	Regional	Nicola Hart	Dave Turner	Jane KB
Dronfield Urban	1 Jan '23	Regional	Richard Parkin	Graham Johnson	TBA
Birchen Edge	25 Feb	Regional	Sal Chaffey	Marcus Scotney	TBA
Buxton Urban	23 April	EMUL	v	David Newton	TBA
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

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.

#3 — SUMMER IN THE CITY

If you go down to the woods today ... you won't find me. Not in a professional capacity. The bracken's too high, the brambles too aggressive, and the young saplings are just too full of themselves. No, you'll find me in a darkened room instead, tracing the outline of the city streets.

But that doesn't mean there won't be muttering.

The larger scale of urban maps, typically surveyed in 1:4000 or 1:5000, brings with it an assumption, or an expectation, that everything will be represented, every fence, every tree, every piece of play equipment. But most of the time they can't. Not legibly. Even here you must make choices.

Only a few of these cause me consternation.

"TO DREAM THE IMPOSSIBLE DREAM, TO CROSS THE UNCROSSABLE WALL"

Uncrossable fences tend to be just that: not physically crossable, or very difficult to cross. But walls. Hmmm. Not so much. The specifications say a wall above 1.5m shall be mapped as uncrossable, while the text for the uncrossable symbol goes into greater detail. It lists some of the criteria which can be used: "it may constitute a danger to the competitor due to its height or due to the risk of damage to private property or the wall itself." So is 1.5m the height at which a wall constitutes a danger? I suspect many of us would struggle to surmount an obstacle of that height and the risk of sustaining an injury increases with the difficulty. But where to draw the line?

One suggestion is to reduce the height criteria to 1m, approximately the height of an athletics hurdle, and something a reasonably agile competitor could vault. That would suit me. Lower than that and it starts to seem unduly restrictive. There is another perspective, however.

If the map is going to be used by competitors aged 75 or 80 or 85+, then their abilities should be considered. This is the approach of Richard Foster, who created the maps for the recent British Sprint Championships in Leeds. If he felt an M70 could not cross a wall (safely), he mapped it as uncrossable. He described this as ‘fairness’ and I suppose the fairness comes from knowing that if the map says the wall is passable you will indeed be able to pass. I confess I don’t know the level at which crossing a wall becomes a problem. (Do we judge by the most agile or the least agile of that age class.)



And there are flaws in this approach. An obstacle that is easy to cross will be crossed, either inadvertently or deliberately, whether it is prohibited or not. And this happened in Leeds. At this control site, arriving from the north, it would have been very easy to hop down to the control instead you had to make a conscious effort to go around the obstacle in order to visit the control.

‘I TALK TO THE TREES, BUT THEY DON’T LISTEN TO ME’

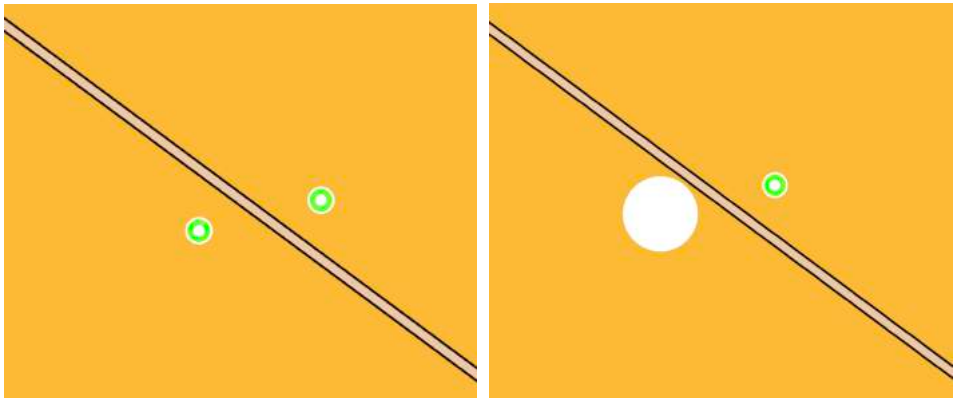
Daddy, when does a small tree become a large tree? Well, son, when there’s space on the map for it.

The symbol for a prominent large tree takes up a lot of space, 1.4mm. They more than fill a pavement. And when, on the ground, there’s more than one within 10 metres, they will overlap and they shouldn’t really overlap. What to do? Omission is not generally an option. Prominent trees are a staple of urban maps—you’ve got to have you greens. What to do?

For a street lined with trees, one option is switch to a small tree. People will understand what is intended. But then you visit and discover the council has planted saplings among the mature cherries and limes! I guess in those cases a sapling must be seen and not heard. What you shouldn’t do is resort to the small solid green dot provided for mapping of orchard.

Beyond tree-lined streets, I'm not sure. I'm sometimes tempted to let two mature trees snuggle up (overlap) in a corner. Where's the harm in that? More than three and I have to throw a blanket over them. It's too messy. By which I mean, an area symbol, such as white for woodland (aka 'Forest') or open with scattered trees.

There has been a debate recently about whether to describe the extent of the canopy around prominent trees. The correct practice is to ignore it: the symbol contains all the necessary information for the orienteer. But you will see a lot of maps that are not so disciplined. Mine included, up to this point at least. The edge of a wood or a copse is the extent of the canopy, except where it meets a boundary like a fence or wall. Why not also for a large tree that spreads 5 or 10 metres either side of its trunk?



Imagine this scenario. From the base materials, you identify two prominent trees either side of a path, but when you visit the site you find that one of these is in fact two trees close together. You can't map two trees as one so you switch to 'white, forest,' which means you draw the extent of the canopy, and as a result the prominent tree on the other side of the path seems to shrink by comparison. Should you draw its canopy too?

Answers on a postcard.

RICHARD PARKIN

EMOA Development Conference

Saturday 29 October, 10.15–3pm



At Rushcliffe Country Park, A60 (Loughborough Road),
Ruddington, Nottinghamshire, NG11 6JS

A **Parkrun at 9am** that conference attendees might like to do [Ed. – yes, yes]

Background

It's a few years since we last held an EMOA Development Conference and, looking back at the feedback from the last events, it's clear that what people found really useful was the opportunity to talk to others from different clubs about a range of orienteering issues.

On this occasion I propose that we focus on two main topics: **access and the environment**, in their widest sense, and working on a revised **EMOA Development Plan**.

Access and the Environment

Many clubs have been having difficulty gaining access to areas they have used for many years or are having new restrictions put on the access, partly as a result of environmental concerns. These include the times of year when we can use areas for competitions or even access for mapping and planning, Out of Bounds areas, limits on numbers and parking. These limitations have implications for all aspects of putting on events: organising, mapping, planning, and controlling as well as being a competitor.

Emma Monkman, the British Orienteering Access and Environment Officer, has agreed to join us to both give us more of the national picture as well as for us to give her specific examples from our own experiences of the issues and problems we are facing in Clubs and the Association.

Access may also relate to how accessible and inclusive we are as a sport. How do we attract, recruit and retain participants from different areas, ages, ethnic groups, abilities, etc.? As well as attracting people, what changes might we need to make to the nature and locations of the events we put on?

As well as obvious environmental issues such as ground nesting birds and sensitive areas, the current economic environment may well cause participants to think twice before driving to events, thereby possibly reducing attendance, particularly at major events in other regions. Emma has been looking at the carbon footprint of events on behalf of the IOF and it will

be useful to hear her results and ideas and for us to contribute from our club and association perspectives.

EMOA Development Plan

Over the last few years EMOA has built up a level of reserves that is greater than the Committee feels is necessary and appropriate. Rather than just cutting levies or membership fees for a short period which may need increasing again in the future, we feel that it is better to look at ways of making a difference to the quality of our events and the development of the sport in our region.

We might look to providing support to clubs to put on training and coaching; to EMJOS by supporting their coaches and individuals to travel to competitions; enhancing the East Midlands Championships through support for mapping or event infrastructure, etc. Given the rising cost of travel we might also, for example, consider providing transport to major events.

What can you do?

However, this is not my conference or Development Plan. I would ask all Club Representatives to discuss what your clubs would like to see in the conference, who could offer to provide case studies, and ideas to include in the Development Plan. The emphasis will be on interactive, mainly small group, sessions. There will be opportunities to get to know people from other clubs and take away ideas.

There is such a thing as a free lunch!

In recognition of the time and energies so many volunteers and officials give to EMOA, we will provide a free buffet lunch and will ask nearer the time for dietary requirements. A caviar and lobster diet is not an option! Yes, I know you have all paid into EMOA so it's not really free.

I look forward to seeing many of you in October; the first opportunity we've had to get together for a long time.

Please let me know if you would like to attend by **Friday 21 October** so that can make the necessary arrangements. Also, if there are specific issues, ideas or problems you would like us to discuss, please let me have them. I'd like to stress that I'd like us to adopt a positive attitude rather than criticising previous practices. WE are BOF, EMOA and our clubs and we all have the opportunity to make a difference.

Ranald Macdonald, EMOA Development Co-ordinator
r.f.macdonald@btinternet.com