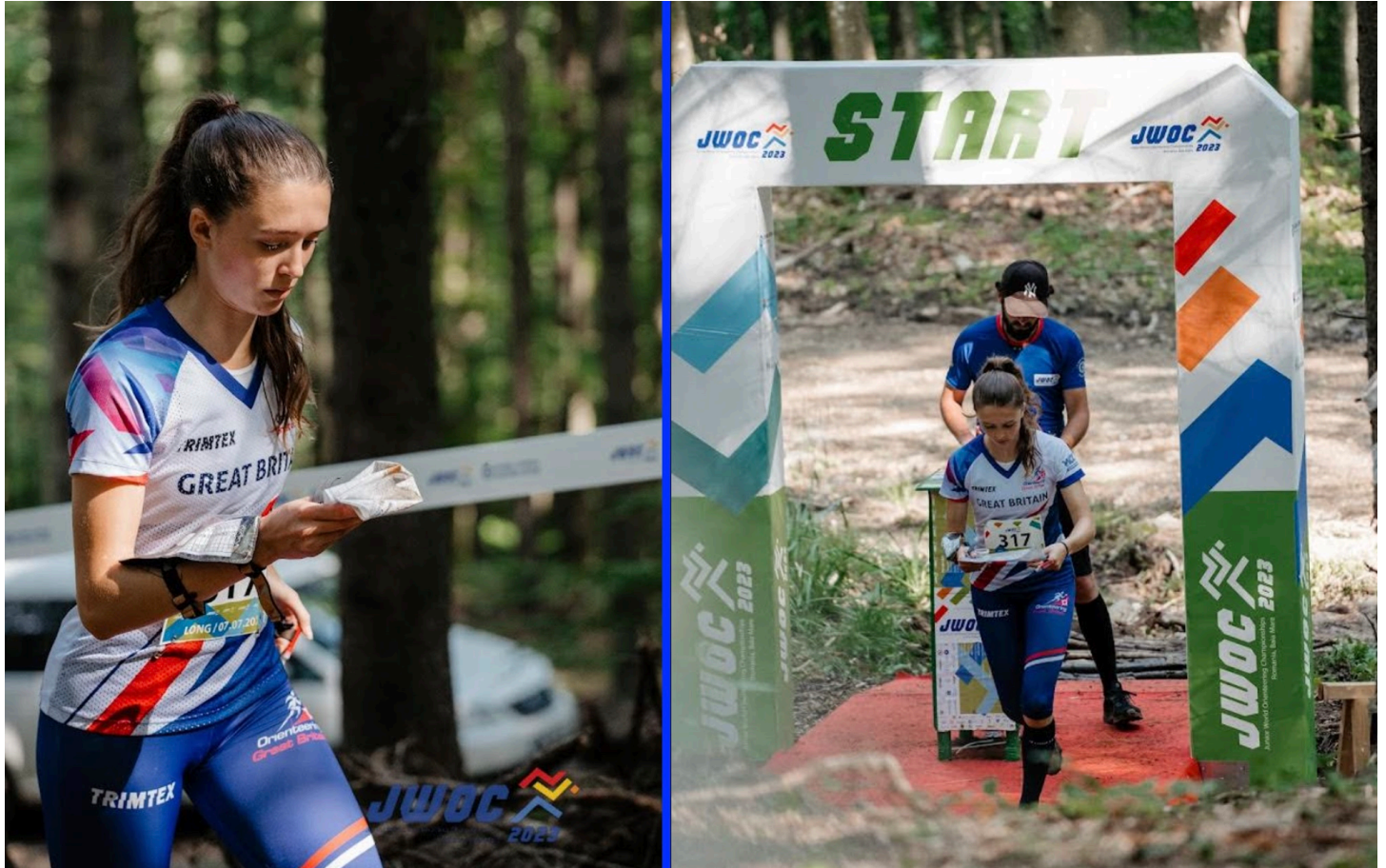


Club News for September 2023

September 9, 2023



There's a lot going on in September and into the Autumn that we've summarised in this article.

We've also included Dave Vincent's Newstrack puzzle below.

Club Championships

We're excited about our Annual Club Champs at Shipley Park on 23 September, followed by the presentation of our 2022/3 Awards. Entries close on Sept 16th. Find out more and enter [here!](#)

Night MapRun series

Also in September, we're launching the **Derby Night MapRun Series**. Our Club Development Officer Chris has arranged 8 mass-start, 1 hour Score events to promote orienteering to local running clubs. We hope club members will join us too. [See details in this post!](#)

Please note the event on Wednesday 20 Sept will start at 6pm rather than 7 as advertised.



DERBY NIGHT MAPRUN SERIES

Learn to navigate fast with your
phone using the FREE app

1 hour to find the controls
6:45 for 7pm Mass Start

No charge, but register at the meeting point before you start



	Venue	Meet at	Post code	Social
TWILIGHT SERIES				
20 & 21 SEPT	Darley Park	Cricket pitch car park	DE22 1DX	The Papermill
28 SEPT	Derby North	Furnace Inn	DE1 3BX	Furnace Inn
5 OCT	Mickleover	Western Road (near RBL)	DE3 9GB	Royal British Legion
12 OCT	Chester Green	Rugby Club (Haslams Lane)	DE22 1EB	Derby Rugby Club
HEADTORCH SERIES				
16 NOV	Chaddesden Park	Chaddesden Park Pavilion	DE21 6LN	Wilmot Arms
23 NOV	Allestree Urban	Bar 189 (Blenheim Parade)	DE22 2GN	Bar 189
30 NOV	Alvaston Park	Wickes car park	DE24 8WA	The Merlin
7 DEC	Markeaton Park	University of Derby	DE22 1GQ	The Markeaton



cjmillard@googlemail.com
dvo.org.uk/future-dvo-events/

Club AGM and Rachel's JWOC Talk

Please join us at the Family Tree, Whatstandwell, for our AGM on Wednesday 18th October at 7:30pm. Free tea and coffee and a paid bar. After the business part of the meeting, Rachel Duckworth will speak on Zoom about her experiences at JWOC.

Agenda for the business part of the meeting

Election/appointment of officers

The following posts will become vacant, and nominations are invited or are as follows:

Chair – Sal Chaffey is stepping down after 3 years, and Jane Burgess is proposed as new Chair.

Committee Member – vacant. The role of the Committee Member is to attend meetings or contribute by email. This post would suit a new member with a fresh pair of eyes.

Other items

Possible introduction of a Club membership fee

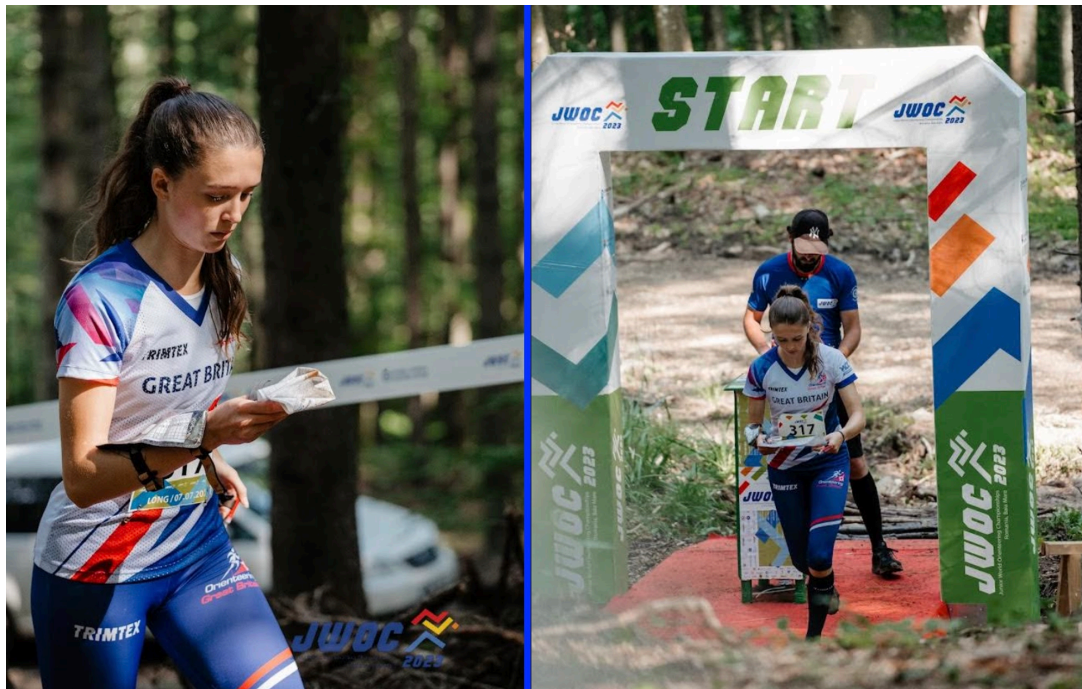
The DVO membership fee is £0 but we have the chance to increase it should we decide to at our AGM. The EMOA fee is currently £3 per adult, included in the £15 British Orienteering fee. Both bodies have their AGMs before ours, so these fees may rise.

Event Entry Fees

The Club Constitution states that we must review entry fees at each AGM, and at £8 for members and £10 for non-members at regional events. These fees have been in place since 2015.

Rachel's Presentation

I'm going to be discussing my recent experiences racing at the Junior World Orienteering Championships in Romania. I'll cover my races and the terrain out in Romania, mainly focusing on my lessons learnt and what I will be taking forward to future internationals.



September Puzzle: Another O needed...

Well done to Tom Hartland, Dave Nevell, Mike Gardner, John Hurley, and Graham Johnson, who all successfully determined the start times: 11:02, 11:03, 11:12, and 11:59.

The bonus/alternative challenge about the children's names however, proved more challenging. The names, Pip, Tom, and Craig, are all one letter different (added or changed) from control features. So: pit, top, crag. A brilliant entry which I had not foreseen myself was Bridge(t) – excellent! I wonder if there are others?

Fresh from the White Rose, with its enjoyable quiz, this episode's puzzle is a series of anagrams – a new version of some that I produced during lockdown.

Each clue leads to two words, one of which is an anagram of the other with an added letter "o".
Either the "o" word or the other might be clued first.

1. Brick – on a necklace?
2. Dreary sort of game
3. She rules the night – with a mineral?
4. Number of hairs
5. Schedule a chicken
6. Exterior jobs
7. Lift specific article
8. Current in one direction expired
9. Results in a plant
10. Merge two languages in a basket

Answers to David Vincent anorienteer@gmail.com by 15 October please.

New Members

A warm welcome to new members Katherine and Rowan Brook and Imogen Satherley – great to have you in the Club!


Autumn Events

Entries are open for our [East Midlands League](#) event at Longshaw, and there is a new Lidar-based map.




DERBY + SHIRE AUTUMN ORIENTEERING

 **KEDLESTON PARK**
Sunday 10th Sept, 9:30–11:30
Entry on the day

 **LONGSHAW**
Sunday 8th Oct, 10–12
Entry online or on the day

 **ELVASTON CASTLE**
Saturday 21 Oct, 1–3pm
Entry on the day

 **CHADDES DEN PARK**
Saturday 11 Nov, 1–3pm
Entry on the day

 **VENUE TBA**
Sunday 25 Nov, 10–12
Entry online or on the day



See www.dvo.org.uk under Future events for updates, entry fees and link. Fees cover one or more people going round together. We provide the map and lend you a timing chip or dibber!

Beginners welcome, we can help you get started!



Vive La French 5 Days

September 9, 2023



A report from Graham Johnson, showing the importance of perseverance at the first control

At the end of July, 40 intrepid DVO orienteers made their way north of the Border for the Scottish 5-Days. A few weeks earlier, two equally intrepid DVO orienteers (that's me and Val, if you hadn't guessed) had made their way in the opposite direction on our way to the French 5-Days.

This was the fourth time we'd taken part in this competition which has settled down into a pattern of being held, like the Scottish, every two years, each time in a different area of France, but generally in the south. It was the first time we'd been anywhere near the Pyrenees and the prospect of cycling from one end of France to the other to attend was too inviting to ignore.

O France is normally earlier in July, enabling us to take in both the Scottish and French, but this year, both coincided. It really didn't take us long to opt for the Gallic alternative. We have never been disappointed by the variety and quality of the terrain on offer beyond the Channel, and the organisers of this year's offering did not let us down. I say this despite the fact that, two months before the beginning of the festival, we received an email announcing that the event had lost four of its five areas due to concerns of 'biodiversity'. The outlook seemed pretty bleak for any sort of competition, and we resigned ourselves to undertaking just the cycling part of the holiday. Nevertheless, and remarkably given the short notice, O France 23 went ahead. The organisers were able to find other areas within the same region, the only compromise being that the courses were slightly shorter than they otherwise would have been, a trifling trade-off in the circumstances.

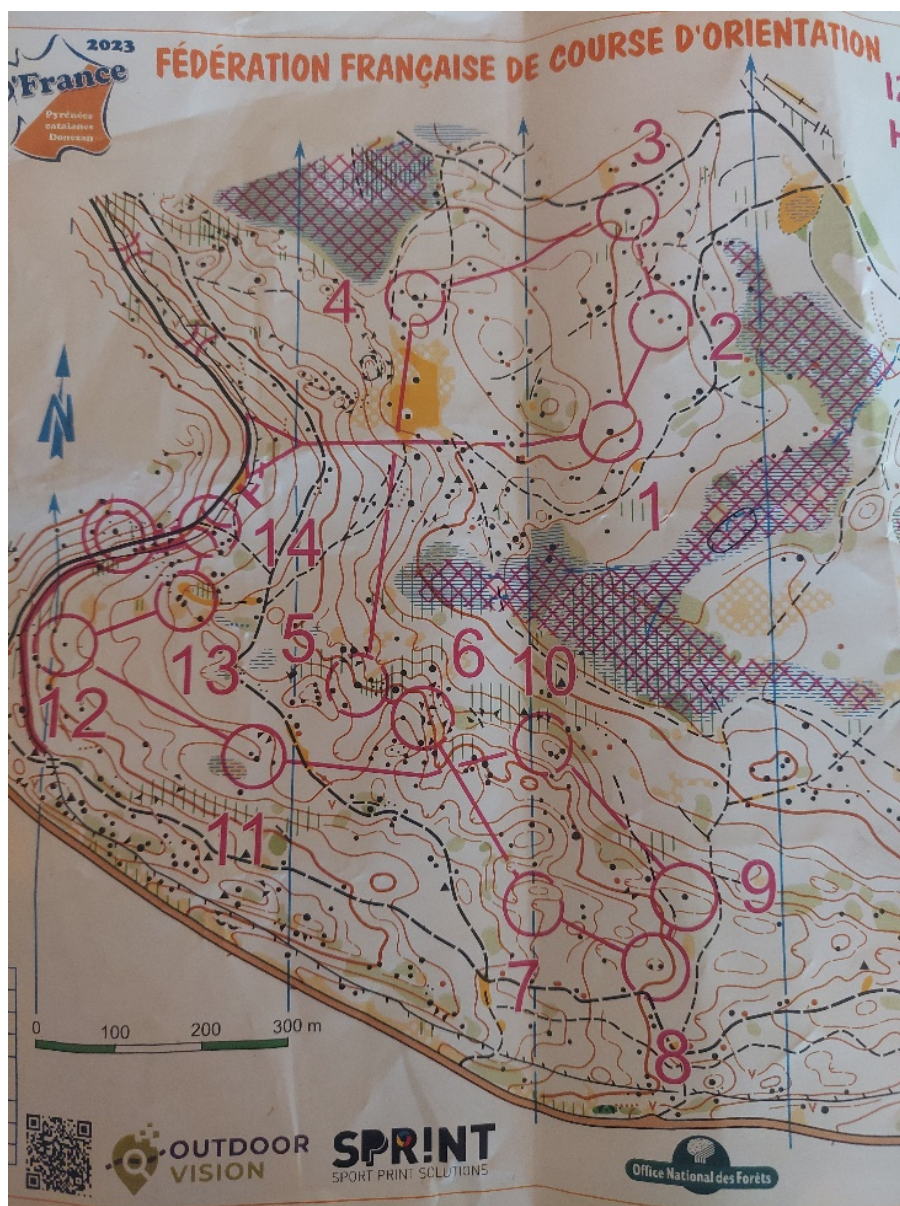
The rival attraction of the Scottish meant that there were only six British residents taking part, the other four, WCOC members including Nick and Janet Evans, formerly of NOC, who transferred from the Scottish to the French following a chance meeting with us in Keswick(!).

Despite the Pyrenees mountains being, well, mountainous, those at the southern end do take a bit of time to get going. There's a gradual build-up of altitude, interrupted by forested valleys, so the topography, whilst

being hilly, was not as dizzy as you might anticipate. The floor of each area was almost without exception entirely runnable, being covered in ankle-high grasses and similar vegetation, but devoid of anything unfavourable to fast orienteering, specifically brambles, brashings, heather or even bracken. This factor alone made the journey worthwhile.

Scattered amongst the greenery were random boulders of heights up to 3 metres – the areas attracts a lot of bouldering climbers – and these provided the focal point of most of the control sites. The map featured more black dots than a teenager's chin.

My past endeavours abroad have not been universally acclaimed. My efforts have tended to emulate those of Rangers (we're talking football here, not Yogi Bear) in that I generally perform adequately in a familiar domestic setting, but as soon as I embark on any sort of European adventure, I end up embarrassing myself such that my interest in further competition rapidly becomes academic, and I eventually return home to general scorn and derision (end of convoluted metaphor).



It looked as though O France 23 was not to provide an exception to this habit. For some reason, I have developed a First Control, First Day phobia, so that last year it took me 65 minutes and 5 km to find it. By my standards, the 2023 version was a dramatic improvement, only 22 minutes, but by anybody else's, it

was still a humiliation. If you can't spot a 3-metre-high boulder 400 metres from the Start, what hope is there for the rest of the week? (The disorder runs in the family; it took Val four days to shake off her First Control Blues).

Rather than the Scottish formula of Best 4 of 5 to count, O France opts for the Final Day Chasing Start, reserved for those who have managed, over the first four days, to remain no more than 45 minutes off the winner's coattails. That's an average of only just over 11 minutes of mistakes a day. My Day 1 finishing time of 72 minutes meant I'd used 42 minutes of my 45, and I already required a miracle to avoid relegation to the ranks of the Day 5 also-rans.

One of the peculiar features of a French print-out is identification and listing of course errors. I have no idea how this works, but I suspect that the computer works out your average speed per control and then calculates by how much your worst controls fall short of this standard. To preserve paper, they restricted my errors to just the worst five. I found this practice intensely annoying. First of all, I already knew very well which controls were a personal fiasco, and confirming them served no purpose at all. Secondly, the last thing I needed off the back of a disastrous run was some computer identify my failings in precisely calculated form. It did nothing for my confidence, let alone outlook for the following days.



My miserable series of performances were thankfully alleviated by the Rest Day Urban, which, as in Scotland, played no part in the main competition itself. At the Scottish, I normally give this a miss, conserving energy for the last two days. However this Urban was to take place in Puigcerda, a village on the France/Spain border, and was organised by the local Catalan O-Club. The novelty was too good to miss, and Val and I both signed up.

The logistics of even getting to the event required some ingenuity. Having cycled to Perpignan, we'd hired a van to take us and our bikes into the Pyrenees. On picking the van up, we were advised that to take it out of the country would incur a cost of a further 55 Euros. Not particularly inclined to boost Enterprise's profits, we solved the conundrum by driving our van to the village on the French side of the border, parking it, removing our two bikes from within and cycling the rest of the way. This journey was given added peril by our route passing immediately adjacent to Llviva, an enclave or piece of Spain floating independently in France. Who knew?

The organising club had obviously never taken on anything of this size before and the descent (strictly speaking ascent, since the Urban was on the top of a hill) of around 1,500 orienteers on Puigcerda was way outside their experience. Advance details were sparse; we knew only a) our start times and b) where the event centre was, which makes something of a nonsense of those event organisers who produce pre-event details rivalling Marcel Proust for prolixity. Our three minutes in the starting pen turned out to be a preliminary not to the event itself, but to a five-minute walk to the pre-start. Nobody had troubled to explain this so the initial stages of the event were marked by chaos. In addition the map didn't show us where the route to the Start triangle was so, on retrieving our maps, we knew where the Triangle lay, but not where we were on the map to get to it!



Puigcerda Rest Day Urban across the border

(The second photo above is taken north looking south – I think!).

This anarchy was mirrored at the Finish, because when I received my printout, my time was 2 minutes more than the time on my watch. Not to be outdone, the organisers then contrived to show my overall time on the results screens as 4 minutes less than my printout. This had the effect of making my time to the first control -7 seconds – a personal best which I am unlikely to repeat.

These various mishaps never fazed the local club members who to their credit shrugged off the glitches, their good humour unabated. The hiccups did not detract from the excellence of Puigcerda as a venue for an urban event. The old town, founded in the 12th century, had largely preserved its mediaeval appearance.

Its lofty position ensured our courses were regularly interrupted by a series of stairways as we navigated our way up, down and through Puigcerdà's narrow byways (see above).



Somewhat to my surprise and confounding the formbook, my printout indicated I was in first position. I was initially convinced that this was another blunder, but the anomaly not only survived the removal of two of my controls from the results following appeals, but was fortified by it since one of the controls was the site of my only serious error. This was turning out to be my lucky day, and it was finally crowned by the discovery that trophies were to be awarded to the course winners. Thus it was that I returned from what I'd approached as a casual interlude bearing a rather splendid memento of the occasion. Every dog has its day, and this was mine.

In the main competition, having languished in 59th position (out of 61) after Day 1, I settled down to my usual habit of producing an undistinguished run characterised by at least two horrendous errors, thereby squandering the benefits of what preceded and followed. I'd dragged myself up to 46th overall, a mere hour and a half behind the winner. Val was meanwhile locked in life-or-death combat with Janet Evans, being 19th overall to Janet's 18th, each finishing respectively 17th and 15th.

Chasing Starts are a practice which have sadly all but vanished from the British orienteering scene. On balance I'm a fan, though on previous occasions, I have failed to shine under the prevailing conditions, my navigational skills tending to desert me in my hour of need; I have rarely finished higher than I started.

At O France, once the first 20-odd M65s within 45 mins of the winner had been set off, the remainder of us followed at 30 second intervals. This preserved some incentive to chase the most adjacent competitors in front, and avoid those behind. In fact all 2,500 orienteers were funnelled through the same start lanes in rapid succession. This seemed to presage the sort of chaos last seen on the streets of [Puigcerdà](#), but somehow it all worked out.

For the last two days, we had moved further up into the Pyrenees so that the terrain was marked by an increase in both contours and the intensity of green. Though they never lost their enjoyable runnability, the areas did become more recognisable to the British orienteer. Maybe this was the difference, because I found controls popping up where I expected them, and even a gamble that I really had no right to expect to

succeed paid off. I finished triumphantly in 5th position. OK, this only meant I'd caught up 7 places overall, but even the harshest judge would surely have to concede this was a pretty remarkable performance from someone not used to it. No-one but no-one at O France managed both a 59th and a 5th position so maybe, just maybe, there is hope yet.

Graham Johnson

World Masters Orienteering Championships in Slovakia

September 7, 2023



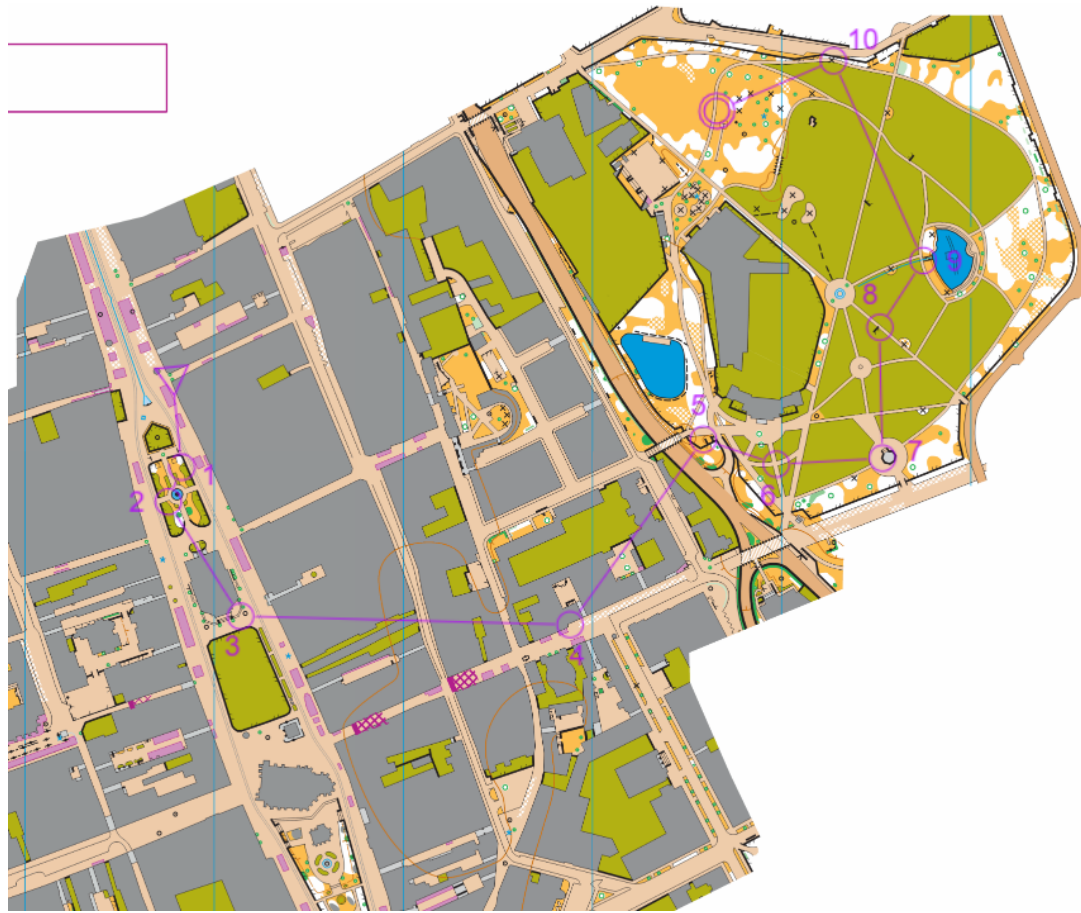
Liz places 2nd W75 in the Sprint Final

The World Masters Orienteering Championship is held annually for over 35s. Open to all and typically attracts around 3000–4000 competitors, with public races for the rest of the family. One of the great attractions of the sport is that with common mapping symbols etc. you can compete on an equal footing anywhere in the world. There is a sprint qualifier and final, forest qualifier, middle distance final and a long distance final. Also model sprint and model forest areas are available. In fact the thunderstorm at the forest model was the only time we saw any rain.

Eight DVOs took part this year in Kosice, Slovakia in August. Almost the largest British club contingent. Five travelled courtesy of Wizz/Ryan Air, 2 by camper van driving via Germany etc. and 1 by cycling via Romania (JWOC) and Slovenia (OO cup). Kosice is the 2nd city of Slovakia in the east of the country (not that far from the Ukrainian border!). The old town had interesting buildings and an extensive park with impressive fountains.

The sprint qualifier was around a university campus with complex buildings and parks, finishing in an arena along the running track. Whereas the final started in side streets leading into the main thoroughfare of the old town. Not very complex but with some streets blocked by artificial barriers to create route choice, then progressed to the city park where miles of red/white tape kept us off the grass to run through complicated path junctions (think Star Posts, an area in Berkshire). It was disappointingly short compared to the guidelines of 15min winning time, and simplistic. Very much a runner's course. As ever a walk through town and the park the previous day (before the embargo) paid dividends, as did watching the first few competitors come through the last controls, so working out which I would be going to – one for A finals and one for us also-rans.

Liz was amazed to come 2nd in just 11 minutes, and John Duckworth was 5th in 12 minutes but only 9 seconds down on the winner. Note DVO and SYO tops on the podium.

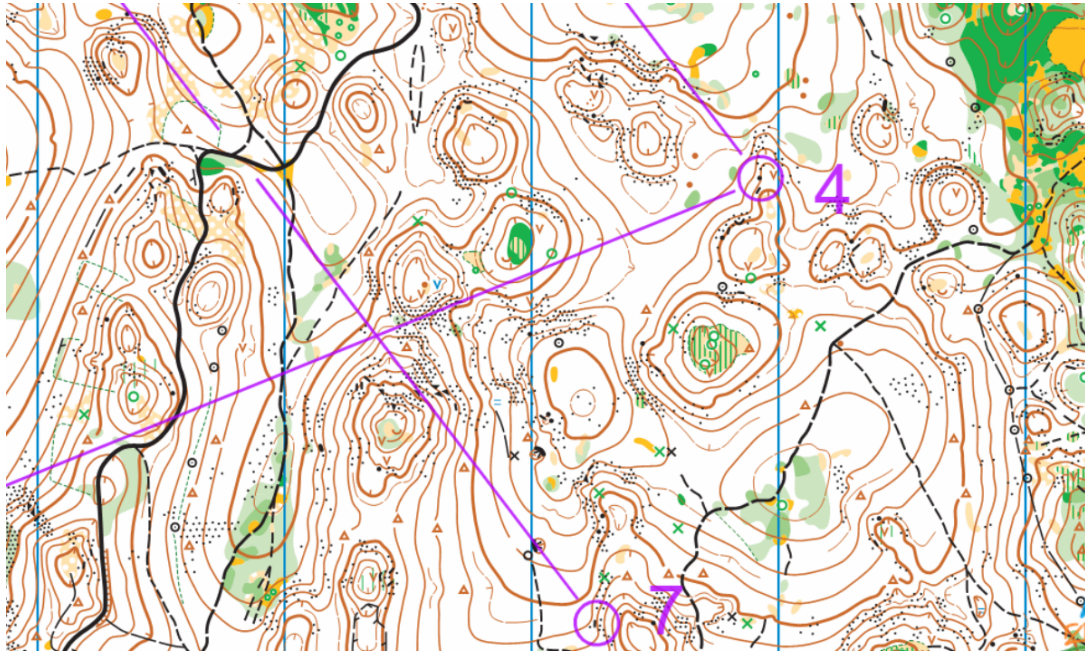


The Sprint Final took place on the University campus, with an arena finish on the running track

The three forest events were on a variety of terrain types. The Middle Final was a typical middle distance with short legs in fairly runnable, well contoured forest (much more runnable than Darnaway 2 weeks before!). As ever, looking at the finish and the two last controls before running was well worthwhile. You should have seen the number of competitors who had to backtrack from the wrong control.



The long final was on typical karst terrain with a large number of enormous depressions (remember these are 5m contours):



Just like Vieste in Italy last year (except that was like this every day). Fewer controls so route choice was key. I proved that one depression looks very like another, so took 47 minutes on a long leg when I suspect I mistook a depression with open in the centre for another and then lost it totally – not helped by the heat. Amazed that I actually beat one other competitor. And I was not the only DVO making mistakes that day!

Personally, my ambition as a final year M70 had been to make the A finals (the top 27 of each of 3 heats for M70). Missed the cut at the sprint by 1 place and 7 seconds. Made it to the Middle final but avoided relegation, going on to the Long A final by just one place!

Join us next year in Turku, second city of Finland on the south west coast, 2nd – 9th August. Country number 25 on my orienteering list. Areas are reputed to be good terrain with plenty of grey (smooth rock) on the maps for the forest. Getting there is a choice of flying via Stockholm to Turku, fly to Helsinki then hire car or train, or ferry from Sweden – around 10 hours. One snag – it is Emit punching and non-contactless for all. Could follow on from O-Ringen. See www.wmoc2024.fi.

Mike & Liz Godfree

Going off on a TanGhent

September 7, 2023



The Johnsons' trip to ASOM in Belgium

If you'd told me a few years ago that I'd be making annual trips to Belgium for a weekend of urban events, I wouldn't have believed you, but ASOM – Antwerp Sprint Orienteering Meeting – is now a firm fixture in the Johnson calendar. A return trip to Brussels and beyond on the Eurostar gets you a Friday mixed sprint relay, a Saturday two-leg sprint race and a Sunday urban set in one of Belgium's many historic cities, worth a visit in their own right. The urban event is usually part of the EuroCity series of Urbans, and the sprint event also incorporates a world-ranking elite competition so you can witness urban orienteering as you would practise it yourself, though only in your wildest dreams.

We're not the only ones who approach the event with eager anticipation; out of 500+ competitors at this year's event, over 100 were British, and in the Sunday UltraVet Urban, the first nine competitors were all British. I couldn't even escape the old familiar faces by fleeing abroad. Helen Chiswell, Steve and Anne Kimberley were with us, also representing DVO, although the club's overall presence was perhaps diminished by participation in the recent Slovakian World Masters.

Friday Night Mixed Sprint Relays

The opening Mixed Sprint Relay is always something special. The Ostend version took place within the grounds and buildings of an old hospital, under the shadow of a Napoleonic fort, while the last Antwerp iteration, being earlier in the year, was entirely in the dark. I don't know what it is about the proliferation of redundant hospitals in Belgium, but Ghent's Mixed Relay again offered up a former mental health hospital as a setting for the event.



Mixed Relay map – the grounds of a former mental health hospital

110 two-person teams lined up at the Start within one of the hospital's outer courtyards. 87 of these comprised orienteers under 55. Can you imagine a sprint event in the UK where over 75% of the competitors were under 55? At the NOC Nottingham University Urban, just 30% of the competitors fitted this description. Perhaps the comparison is not a fair one because many of the elite sprinters were taking part too, but that only added to the attraction of the event for me, a chance to compete in theory against those whom I can normally only stare at, open-mouthed, as they disappear into the distance.

The event stuck to its winning formula of providing each team with four courses on four identical maps printed on a single sheet, so arranged that, at the start whistle, the field split into four, each pursuing their own sequence of controls, before handing the map to their partner on their return.

I took the view that the best policy was to let everyone else get on with it and find the controls at my own pace. The first two involved navigation round the outbuilding of the hospital, but the third leg stretched across the map before locating a control within the confines of the hospital itself, requiring a navigation of its narrow corridors, the closest I've come to indoor orienteering. By the time teams embarked on their second tour, gloom was closing in, casting an eery light on the long corridors and increasing the atmospherics.



A truly memorable event and a great start to the weekend. Val and I came in 11th out of 23 teams. Not bad considering some were a decade or more younger than us.

Saturday Sprints

As in previous years, these were based in a school which also served as the Finish. Again I find it difficult to imagine a British school that would allow a bunch of orienteers to take over their premises for a day to such an intimate and all-embracing extent, but the Belgians seem to have no problem in arranging it.

By the time the first legs took place in the afternoon, the elites had already undertaken two lots of knockout sprints to determine who reached the semis (of which peculiarly there were three) and then the Finals, both of which featured simultaneous starts, i.e. chasing starts in the literal sense of the terms. The latter stages of the elite competition were interspliced between our two sprints so we had the chance to witness the athleticism and speed of the *crème* at close quarters.



Post-race rehydration

Our first sprint split into two halves. There was a long narrow section which involved zigging and zagging between children's playground, outdoor gyms, offices and colleges before we crossed into a closer network of buildings and gardens. If the intention of the reasonably straightforward first section was to lure me into a rhythmic daze, it certainly worked, because I quickly found myself working out how to get through a non-existent gap in the buildings and losing valuable time as a result. Unsettled, I found myself running in the opposite direction to the next control and what had started as a promising run lost its shine. I was still gratified to find myself in fourth place, 20 seconds ahead of our very own Steve Kimberley.

Could I hold onto this lead? What do you think? Of course not. Starting just outside the school I thought I was running south, only to find I'd turned west. The rot quickly set in, nothing appeared where it should be and when I found myself in danger of running off the map some streets away from Control 4, I knew the game was up. To cap it all, on downloading, I was greeted with the news that I'd mispunched at Number 1 anyway. Oh the shame of Non-Classification.

I was left to contemplate the error of my ways, chewing on fruit gums or fruit itself which are the staple of every Belgian finish. Recently the organiser of the Scunthorpe urban event treated everyone to an ice cream whilst finishers at the White Rose could help themselves to a choice of one of a dozen traybakes. This new trend in orienteering is only to be encouraged; I can see it being the key to a resurgence of interest in the sport.

Sunday Urban

This was staged in a park on the east side of Ghent in pretty sultry conditions and more or less comprised a tour of the sights of the mediaeval centre of Ghent, although not in conditions you would call conducive to taking in and appreciating the grandeur of the place.

The first section of my course threaded its way through the narrow streets but largely taxed the concentration rather than being overly-technical. By Control 6 I had settled down and was starting to enjoy the run. However the streets of Ghent city centre are renowned for being lined with cobbles, and there being several million of these, the chances of me coming a cropper on one of them were fairly high. And indeed so it came to pass. One moment I was blissfully swanning along, the next I was splattered face down, getting up close and personal with the road. Ouch, those cobbles are hard.

It took a little while to persuade my left knee and right elbow that they really did want to get up and continue from where they left off, but having succeeded, I rewarded their efforts by promptly running straight to 8 instead of 7. It was all going terribly wrong again.

Towards the end, the planner had blocked several streets off – in practice they were guarded by an official – to generate a bit of route choice where otherwise the leg would have been straightforward. I've come across this to only a modest extent in sprint races but rarely in urbans and it occurs to me that it might be employed in some of the less thrilling East Midlands towns (Grantham and Southwell spring to mind) to add a bit of complexity to otherwise dull areas.

Earlier, on the way to the Assembly, we had passed, on a bridge over the canal, a statue of a young lady who was for reasons I didn't find out was a) naked b) red and c) listening to music through headphones. I'm all in favour of redressing the imbalance between male and female statues but somehow, I don't think this is the way forward. Val had the pleasure of reacquainting herself with this work of art because it was the antepenultimate control on her course.



I ended up 6th on UltraVets, sandwiched between SYO's Bill Hanley and Steve, and was as ever left to ponder on what might have been. Helen came 12 in Vets, while Val scored an 11th place on SuperVets, Anne 33rd – 10 of the top 11 in this class were British. It seems that sprints and urbans are a particular British speciality, at least in the veteran categories.

As we returned on the Monday, we were left to reflect on another hugely enjoyable weekend and to look forward to next year's Belgian weekend which will be in Leuven between 18th and 20th May. It's on our 2024 calendar already.

Graham

Neil Forrest 1943–2023

September 4, 2023



An obituary from John Hurley

Neil Forrest moved to the Matlock area around 1970 to take up a post in the planning department of Derbyshire County Council. He was then introduced to orienteering by his running partner Mike Reynolds⁽¹⁾ and in December 1971 attended a regional event at Matlock Moor East⁽²⁾ where he successfully completed the B course. Having seen a poster in Matlock Library advertising the DVO AGM at Lea Green in January 1972, he went along and was signed up on the spot.

Neil became a regular competitor and helper at local orienteering events. He also became involved as an event official, planning at Bottom Moor in 1976 and then organising a number of events through the 1980s and 1990s including one of the early level B events on Eyam Moor in 1994.

During this time Neil was also an active fell runner, completing several Mountain Marathons with partner John Armistead. As was customary at the time, he also tackled the marathon distance on the road and recorded a sub 3-hour time at Derby in 1985. In 1984 he was a member of the Matlock AC team which won the team prize at the White Peak Marathon.

Neil made valuable contributions to the DVO CompassSport cup team over the years, scoring points in M45 in both 1989 and 1990. In the 2006 cup heat there was a strange incident where Neil and Rex Bleakman met up shortly after the start and they found that Rex had picked up the wrong map, so Neil swapped maps with Rex to allow him to have a competitive run. Rex received a Sports Personality nomination for this, but Neil's action was the more sporting.

Neil and his first wife Janet had three children: sons Alex (now with SYO) and Ian have also participated in orienteering but daughter Ingrid, to my knowledge, hasn't. After this marriage ended, Neil found his soulmate in Helen Finlayson and they attended many events and other expeditions together.

After retiring from his day job, Neil took on the roles of Newstrack editor 2007–2010 and club Access Officer 2009–2012, as well as finding time to marry Helen in 2008. Unfortunately problems developed with ankles and then knees which meant he was unable to continue orienteering. However he still maintained an interest in club activities, and Neil and Helen were holidaying in Scotland supporting other family members at the 5-day event when he was taken ill.

(2) This was the Mike Reynolds in South Darley, not the Mike Reynolds in Allestree who was Roger Wilkinson's running partner.

(2) This event also saw the first appearances of Steve and July Buckley for DVO, and early appearances by Roger and Debbie Wilkinson then with HOC.

Judith Holt adds:

The photo shows Neil with Helen's children, her daughter Mary who died a few years ago, in her 40s and her son Ian who now lives in America. Helen's grandson Mori was one of the US team at JWOC this year.

Mary had cerebral palsy and Neil encouraged her participation in running and orienteering from her teenage years in Matlock Athletic Club through to her involvement in Matlock O in the months before she died.

Neil's son Alex had lapsed from regular orienteering until he moved up to Sheffield a few years ago. Neil encouraged Alex's involvement with SYO and was pleased to see him getting involved in planning some of the SYO Saturday series events.

Club Champs at Shipley Park, 23 September

August 21, 2023



All DVO members are invited to take part in our 2023 Championships, followed by a picnic and presentation of Club Champs trophies and Annual Awards.

The Championships are handicapped so that everyone's predicted finish time is 12 noon, making for some exciting head-to-head racing! Andrew Middleton has kindly agreed to organise the handicapping and take entries.

Courses are:

- Short 2km, 30m climb
- Medium 3.8km, 55m climb
- Long 6km, 90m climb

The Chris Yardley and Judy Buckley Trophies are awarded to the first man or woman to finish. Last year, this was Pauline and Rex. The fastest man and woman (on minutes per km) will receive the Peter Bourne and Judy Buckley trophies, and in 2022 these went to Marcus and Liz. The fastest junior will take home the Lithuanian Trophy (featuring local amber), donated by a group of Lithuanians who DVO members hosted in the 1980s!

Bring your own picnic and deckchair to chill after the race – or you can buy food from the café!

The event is free of charge but you need to pre enter so that Andrew can work out your handicap and start time! [Please enter using this Google form](#) by close of 16 September.

Any queries about entries, please email Andrew.middlestone@gmail.com

For queries about the event, please contact Jane Burgess janeburgess50@yahoo.co.uk

Travel, parking and other details on the [Event page](#).

Start times will be published 2 or 3 days before the event, and we will let you know by email!

Trip Report: Österlens 3 Days, Skåne, Sweden by Dai Bedwell

July 31, 2023



When the details for the Scottish 6 Days were released, we thought 'not NE Scotland again' and started looking for alternatives. We wanted something that didn't require 1000+ miles of driving and a time machine to arrange accommodation. Following my enjoyable coaching trip to Norway last summer, we looked at Scandinavia and realised that when booked early enough, flights to Copenhagen are great value: 20 minutes on the train and we could be in an Airbnb in southern Sweden. We entered the Österlens 3 Days and planned some sight-seeing in the Copenhagen/Malmö/Ystad area.

Karen and I last orienteered in Sweden in the 1990s and in those days this required posting Eurochecks to addresses found in the back of CompassSport and driving around Swedish minor roads hoping to stumble across the event centre as road maps at 1:1 000 000 aren't great for finding hamlets and farmsteads named in cryptic event details. In mid-90s Sweden, everywhere closed at noon on a Saturday and didn't re-open till Monday and when shops were open the prices were eye-watering. Fast-forward to 2023 and orienteering in Sweden is a really easy undertaking now. The Eventor entry system is really easy to navigate and while Swedish clubs sort out entries for their members, as foreigners we were encouraged to simply enter on-line and sort out payment at registration when we arrived, which worked perfectly. Obviously, sat nav has taken away most of the hunt and seek aspect of finding the event though ours was also well signed from the major road. Swedish events have always enjoyed a high level of creature comforts and ours did

not disappoint. There were hot showers, an event campsite (which included a communal tent full of microwave ovens, fridges, freezers and phone charging points), commentary of the races, barbeque and food stand, even hot water to wash hands at the proper flushing toilets!

The competition area was a nature reserve, and really pretty. It was unusual by Swedish standards in comprising mostly mature beech forest and large rolling contours, and so it felt quite English in character. The 3 events were all middle distance and start times were from 5:30pm each day which left plenty of time beforehand for sightseeing: exploring Viking-era standing stones, quaint pastel-painted towns and busy harbours along the coast.


Karen and my aims at the outset of the competition was not to be last (not a direct reaction to our previous experiences in Sweden, but coloured by our time-distorted memories). Each day I achieved respectable results on H55, so was quite happy. It was only when I spent more time looking at the results from the comfort of home that I realised that different people had beaten me each day so that my three top-10 finishes actually delivered an aggregate fourth place overall. We didn't wait for the prize-giving; I would have been miffed to find I'd achieved a podium position and not stayed to celebrate it. As is common in Scandinavia, there were no 'short' courses, so Karen ran the middle-length open course. It turned out that this was almost the same length as D50 but as one of only a few courses accepting entries on the day this attracted a wide array of competitors ranging from the very good (25 minutes for 3km) to the somewhat slower (nearly 2 hours).

We really enjoyed our return to Swedish orienteering and have promised ourselves not to leave it so long before we return again.



New Autumn DVO Derby MapRun series for runners

July 20, 2023

DERBY NIGHT MAPRUN SERIES

Learn to navigate *fast* with your phone
using the FREE app

1 hour to find the controls
6:45 for 7pm Mass Start

Eight Smartphone orienteering events across Derby

What: Come and join us for a series of smartphone-based events centred on the Derby parks! We're using a Score format, which means you get points for each of control site visited and you can choose how many of the 35 controls to collect within the hour. This makes these training sessions accessible for all running and navigation abilities.

You can navigate with your phone and/or use our free printed map!

When: These will take place on Thursday evenings from mid-September at the eight locations shown on the flier below. Additional details will appear on our [events page](#). Each session has a nominated **social venue** for post-run catchup and chat.

Note the event on September 20th will have a Mass start at 6pm rather than 7pm.

What do I need: A fully charged smartphone with downloaded MapRun app (clickable links below), suitable high vis clothing for pounding the parks and roads and a headtorch.

Add your profile details to the app, and download the course in advance if you can, from the **Derby Night Series** folder in Derbyshire / Derwent Valley.

Newcomers welcome: Why not take on a new challenge? Or invite your friends and relatives to get involved with the series. Help will be on-hand as the club has plenty of experienced MapRunners to get you started!

Unable to get to an event? The benefit of these smartphone-based events is that all courses will remain open 24/7 for completion as part of your own training schedule. But do **drop us a line** if you enjoy one of our courses!



DERBY NIGHT MAPRUN SERIES

Learn to navigate fast with your phone using the FREE app



1 hour to find the controls
6:45 for 7pm Mass Start

No charge, but register at the meeting point before you start

	Venue	Meet at	Post code	Social
TWILIGHT SERIES				
20 & 21 SEPT	Darley Park	Cricket pitch car park	DE22 1DX	The Papermill
28 SEPT	Derby North	Furnace Inn	DE1 3BX	Furnace Inn
5 OCT	Mickleover	Western Road (near RBL)	DE3 9GB	Royal British Legion
12 OCT	Chester Green	Rugby Club (Haslams Lane)	DE22 1EB	Derby Rugby Club
HEADTORCH SERIES				
16 NOV	Chaddesden Park	Chaddesden Park Pavilion	DE21 6LN	Wilmot Arms
23 NOV	Allestree Urban	Bar 189 (Blenheim Parade)	DE22 2GN	Bar 189
30 NOV	Alvaston Park	Wickes car park	DE24 8WA	The Merlin
7 DEC	Markeaton Park	University of Derby	DE22 1GQ	The Markeaton



cjmillard@googlemail.com dvo.org.uk/future-dvo-events/

How does MapRun orienteering work?

With MapRun there are no markers in place, but as you go round your course, your phone GPS will confirm each site you visit with a beep. We will explain how to use the MapRun app at the events, but to learn more, here is a [quick start guide](#).

It's best if you download the MapRun app (Version 7 recommended) before you go to the event and fill in your profile:

- [Google Play](#)
- [iOS app store](#)

Please email Chris Millard (cjmillard@gmail.com) if you have any questions.

What vision corrections do older orienteers use?

July 19, 2023



Why does vision decline with age? Some suggestions and a survey

I'm looking for orienteers aged 40 years or more to complete a research survey on the vision corrections that they use when orienteering. If you're reading this then you are very likely an orienteer, so if you are 40 years old or more I would really appreciate it if you could spend 5–15 mins completing the survey at <https://tinyurl.com/ycxet6hr!>

So what's this all about, and why am I interested in people over 40 (with apologies for using the word 'older' in the title!)? Well, orienteering is an unusual sport in that it requires both clear distance vision to navigate the terrain, and clear near vision to read the map.

For the vast majority of people under 40, if you need glasses or contact lenses then the same correction can be used at all distances. To make an adjustment between looking at things at distance and near, the lens within the eye changes its shape and automatically changes your focus, a process that is called accommodation.

However, the ability of the lens to accommodate reduces over time. The lens constantly grows throughout life – new fibres are always being made at the edge of the lens, which pushes existing fibres into the centre of the lens and makes it denser and less flexible. This means that the amount of accommodation that the lens can produce starts to reduce from the age of about 20: while a teenager might be able to focus on a book held 10cm from their face, the closest that a 30 year old might be able to focus could be 20cm, and perhaps 40cm for a 40 year old. So while the change in accommodation ability is gradual, it is generally around the age of 40 that it starts to interfere with routine tasks, at which point the natural loss of focussing ability is called presbyopia.

Once someone reaches presbyopic age, there are a number of options. The first thing that most people do is hold close work a bit further away, which reduces the demand on accommodation. Once your arms are no longer long enough, common approaches are to get reading glasses if you don't need a distance correction, or to opt for bifocal or varifocal glasses or contact lenses that can correct both distance and near vision in the same lens. Initially the reading lenses supplement your own accommodation, but over a period of 10 years or so the reading correction will increase until the lens is doing all the work and your own eye does very little. At this point, the correction tends to stabilise – you don't carry on needing stronger reading glasses forever!

So, I'm interested in how presbyopic orienteers provide themselves with clear vision when it is very likely that optimum vision would be provided by different lens corrections at distance and near. This might sound a bit niche but a high proportion of orienteers are in the presbyopic age range, with 77% of adult UK orienteers with BOF ranking points being 40 or older (3809 people; <https://www.britishorienteering.org.uk/rankings>).

My motivation for this survey came about when I was manning the start at the WAOC 50th anniversary colour coded event at Maulden Woods in January 2023. People were coming through the start using a really wide variety of solutions including various different types of glasses, magnifiers, and probably different contact lens options as well. This intrigued me and provided a happy intersection between the sport I enjoy, and my day job as Professor of Optometry at Anglia Ruskin University (ARU) where sports vision is one of my interests. What I'm hoping to achieve with this survey is to understand which vision correction options are most popular. None will be perfect, or perfect for everyone, so I also hope to find out what the strengths and limitations of different correction options are, as well as find out what unusual options might have been adopted given that orienteers tend to be an innovative bunch!

Once the results are in, I'll be feeding back the findings to orienteers so that you can be aware of the full range of vision correction options open to you and know what to ask for from your optometrist (person who does your eye examination) or dispensing optician (person who provides your glasses). I'll also be feeding back the findings to optometrists and dispensing opticians to make them more aware of the visual needs of orienteering and have better evidence on appropriate solutions to offer.

Kez Latham is a WAOC member and Professor of Optometry at West Anglia University. It was Kez who introduced DVO member David Bennett to orienteering!

Fundraiser for Junior Squads needed

July 15, 2023



You may have noticed a recent piece in CompassSport looking for a fundraising officer for [JROS](#) (Junior Regional Orienteering Squads). Unfortunately no one has come forward for this post and we are therefore looking to see if the regions can help us to fill it.

It is felt that the position does not need to be fulfilled by a committed orienteer but might also be suitable for a parent of a junior orienteer or a person good at encouraging others to give donations.

The new fundraising officer will be crucial in helping to keep costs down for junior athletes, particularly as we are now running five camps each year.

The new officer would coordinate and submit grant applications as well as looking at alternative fundraising possibilities. They would be helped by the JROS Exec committee as well as camp managers.

The role is an unpaid voluntary position but one which will be vital in keeping costs down so that JROS can carry on with existing camps and subsidies for those selected.

If you know of someone who may be interested or anyone who wants more details of the work involved or even wish to apply please contact the JROS secretary jrossecretary@gmail.com