



Newstrack

November 2015

DVO at the CompassSport Cup Final
Helsington Burrows, 18th October 2015



Photos courtesy of Wendy Carlyle, AIRE

Full album at: <https://www.flickr.com/photos/wendles56/albums/72157660025090991>

Newstrack is the magazine of Derwent Valley Orienteers
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New Members

A warm welcome to new members Graham Foreman, Pete March, Gail Adkins, Lu Green and Sally Calland. Nice to have you in the Club, see you at an event soon!

Editorial

A busy October with the Club Champs and CompassSport Cup a fortnight apart – with Krakow sandwiched in the middle for some – all reported inside. At the end of September, we held an inaugural event on Chinley Churn on the edge of MDOC land, with 172 running. It had a great mix of intricate navigation, eyeballs-out running and very well hidden kites!

A theme that has emerged from the October Open Meeting is how to make our sport more attractive to newcomers. Helen's article on the Red Bull Challenge shows what sponsorship can do, but she also mentions the option of running in pairs and getting together after events as things we can consider in the future. Rex has a blueprint for a new league for Schools, Youth Groups and Individuals in Derbyshire – please send him your ideas & any offers of help. The average age of DVO members continues to creep upwards, so it's important to try and reach the younger age groups, and a great idea to stage events in school hours! Start and Finish Team Leaders Andy and Dave have put in a plea for Starts and Finishes to be closer to Assembly, which makes a better experience for participants and volunteers alike.

It seems a bit premature to say that **copy date for the next NT is 31st Jan** to distribute at Bottom Moor on 6th Feb (spoken like a true W50, it'll soon be here!). Thanks for all the contributions & a Happy New Year to you all!

Sal sal.chaffey@gmail.com

Open Meeting, 20th January, The Family Tree, Whatstandwell

Our quarterly Open Meeting starts at 8pm, with a run at 7pm. All welcome to one or both! The Family Tree is the former Derwent Hotel by the bridge on the A6, post code DE4 5HG. Parking is free by the canal or in the Family Tree car park and there is pay & display at Whatstandwell Station. Tea & coffee included and there is a bar.

East Midlands Champs – Birchen Edge Sunday 29th November ***cap – pls enter ASAP***

All club members who wish to run should enter ASAP via Fabian. **Natural England have imposed a cap of 400 entries.** Please do not rely on Entry on the Day, firstly there may not be any and secondly it reduces the effort needed on the day. There is no Helper's discount, instead you will get a voucher which can be spent with the traders on the day, for a cheap run at other DVO events or against the cost of a club O-top or jacket. I will give all club entries an open start time so you can start to suit whatever shift you are helping on, ideally starting before 10:30 or after 12:30. If for any reason you end up being unable to run because of helping, the club will reimburse your entry fee.

Mike Godfree

DVO Club Champs & Awards Ceremony

We had an excellent Club Champs in October, again with 63 competitors, this time on Carsington Pastures, planned by Murray White who enjoyed watching us all sweat:

<https://www.flickr.com/photos/murraywhite/albums/72157659054850568>

A sociable après-run buffet was held at Brassington Village Hall, where the Trophies and Awards were presented:

Chris Yardley Trophy (1st man to finish) - David Pettit

Judy Buckley Trophy (1st woman to finish) - Sarah Parkin

Peter Bourne Trophy (fastest man) - Chris Millard

Karen Jackson Trophy (fastest woman) - Helen Chiswell

Lithuanian Trophy (1st to finish on Junoir course) - Isabella Edwards (nepotism!)



Orienteer of the Year – Doug for 3rd pace in M70 World Masters Sprint in Gothenburg

Junior Orienteer of the Year – Grace Pennell (Grace was part of the W14 team who placed 2nd at this year's British Relay Championships in the Forest of Dean)

Newstrack Contributor of the Year – Dave Bennett (for 13+ years of travel tales!)

Sports Personality of the Year (aka Mountain Marathon Masterchef) – Ned Needham

Something to do with wrapping eggs in bacon and padding with sausage in a tupperware box, making fellow campers salivate in their muesli when he had his Day 2 fry-up on a mountain marathon!

Congratulations to all winners, and nice to see some new faces at the event and the social!

Sports Personality of the Month

Two people nominated Doug for his error at the Cambridge UK Urban League event:

I ran from #12 to #13 in 42 seconds (second fastest) then headed off to #14 - or so I thought. There were lots of people around and I just ran North rather than West ... I have no idea why ... I crossed the road without thinking and on into the park. I followed the park boundary - did I look at the map? - and eventually turned right up a road off the map. I had no idea where I was but I knew I wasn't on my way to #14. When I got to a biggish road I turned right onto it. After a while I arrived at the island and worked out where I was. It was then I ran back to punch # 13 - I did not recognise that I had been there before and so made my way then to #14 (back on course). The runabout took 9 mins 23 secs. Fastest on the course was 2 mins 16 secs so I had lost 7 mins 7 secs! If I had not lost that time I would have won by 12 seconds - all other things being equal.



Come and Try Orienteering – Level D Events 2016

There will be lots of help for beginners. Run by yourself, with a friend or as a family!

At each event there will be three courses to choose from:

SHORT – About 1.50 to 2.00 km. Easy to find your way and to find the controls

MEDIUM – About 2.50 to 3.00 km. You will still follow paths & line features to get near the control, but once you have found you rejoin the line feature to continue your run.

LONG – About 3.50 to 4.00 km. Some route choices and compass use to find the controls.

These Events will incorporate the:

Derbyshire Schools, Youth Groups and Individual Championships 2016

Championship categories are:

Short Course – 11 and Under (School Years 4, 5 and 6) Boys and Girls separately.

Also team where top three point scores at each event count.

(NB You can run in pairs but individual runners get 10 Bonus points)

Medium Course – 12 to 16 year olds (School years 7 to 11) Boys and Girls separately.

Also team where top three individual runners points scores count.

(NB Only Individual runners can score)

Long Course – Men and Women separately. Making 8 categories.

16 and over, 35 and over, 50 and over, 60 and over

Scoring – 1st in each category at each event scores 100 Points, 2nd 99 and so on. (NB Short Course bonus points, see above)

School and Youth Group Team Championships decided by best 4 scores in any 3 events added together. Individual Championships best 4 results added together.

These are the 2016 Events that qualify for these Championships:

DATE	VENUE	ENTRY TIMES	CONTACT
Feb Sat 6 th	Bottom Moor, Matlock		Viv Macdonald
March Sat 19 th	Darley Park, Derby		Ned Needham
April Sat 16 th	Broomfield College, Derby		Ned
* April Fri 22 nd	Repton School, South Derbys	2.00-4.00 Schools and Youth Groups. 6.30-8.00 anyone	
* May Sat 7 th	Swadlincote Woods, South Derbys		
* June Sat 11 th	Staunton Harold, Melbourne		
* June Wed 22 nd	Rosliston Forestry Centre, South Derbys, SK242174	2.00- 7.00pm	Rex 01283 733363 or 07808 173590
* July Mon 11 th	John Port School, Etwall, South Derbys	2.00 -7.00pm	Rex
* August Sat 20 th	Foremark Reservoir, South Derbys	10.00 am -3.00pm	
Oct Sat 8 th			
Nov Sat 12 th			

NB Events marked * are counting events for the South Derbyshire Schools and Youth Groups Championships. Details elsewhere on www.dvo.org.uk

Notes – We could do with a few more Level D Events on this programme.

– Noticeable that nearly all of the current events are Derby and South Derbyshire area.

Comments, thoughts, volunteers, etc to Rex Bleakman ASAP rexbleakman321@btinternet.com

Handicapper's Conundrum, a view on the Club Champs

For the past few years Dave Nevell, DVO's resident statistician, has been working out the handicaps for the Club Champs based on the BOF ranking list. Unfortunately this does not take into account those who orienteer seldom, nor does it recognise the results of previous Club Champs. If it did it would know about that Ilam champs (2004?) when Doug and I raced round with Terry Peach and ended up in an exhilarated, exhausted heap at the Finish. This year's event differed in only one respect – the 3rd member was Steve Mead.

Most experienced orienteers plan before the event (i.e. look at old maps and courses), know the opposition – who is off before you and after you, and standing at the Start gain as much information about the direction of the first control as possible.

The start list for Medium looked like this:

11:17:10 Ann-Marie
 11:17:38 Derek
 11:18:13 Steve Mead
 11:18:21 Liz
 11:18:39 Doug



We knew it would be head-to-head racing on an open area, so long as the cloud wasn't down. That would have made it much more interesting.

From watching early starters on the Medium course we knew we were heading left to the second knoll on the skyline. The Long course seemed to be heading further right. (With hindsight, why? They had the same first two controls).

I went off after Steve much too fast but found an animal trod which kept me ahead of him for a short while. The three of us arrived at the first control just as Derek was leaving in hot pursuit of Ann-Marie. She may have trained on Carsington but we all felt she was too far right heading for Control 2. You appreciate we hadn't bothered with a bearing, just followed Derek and A-M. When we reached the track we realised the error, turned left and charged down the spur to the crag foot. Down again to the big boulder then up and over the hill to the path junction and a glance in each pit/depression till we found Control 4. Downhill again to the massive crag, negotiating the nettles surrounding Control 5. Doug and I kept left around the hill to the cave entrance before contouring round the hill to Control 7, overtaking Val on the way.

Doug overshot, enabling me to get ahead of him, leading downhill through gates, across stiles and uphill through broken ground to Control 8, the pit, thanks Rachel! Downhill again, under the powerlines and contour to Control 9, thanks Judith. Drop down to 10, thanks Simon. His legs led us uphill, down and up again to the end of the course and his navigation was spot on. I don't know when I have run so fast for such a long time.

Finish times were:

Simon 12:13:12
 Steve 12:13:26
 Liz 12:13:41
 Doug 12:13:47
 Derek 12:16.

Dave had calculated I would take 41 minutes on the course. With Doug on my heels I completed it in 35 minutes. Most folks ran their courses faster than predicted, the adjusted base time being 12:20 (i.e. starts were delayed 20 mins, Ed.).

Excellent planned courses on a dry day. Much better than the following day's brambles and dense undergrowth at Whitfield Valley in Stoke-on-Trent.



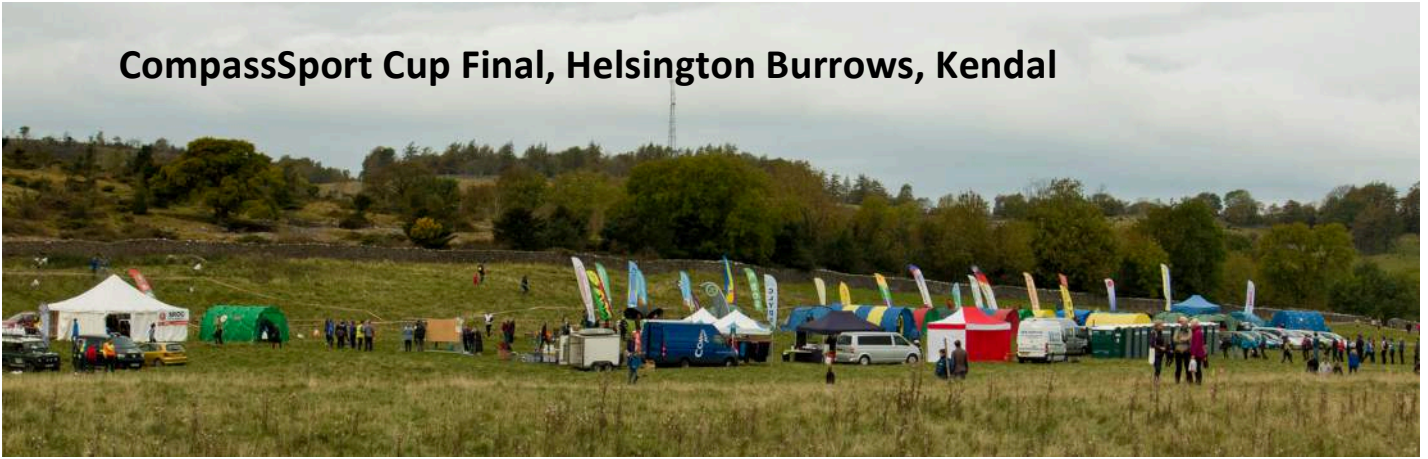
Liz & Doug psyching



Comparing routes afterwards

Liz

CompassSport Cup Final, Helsington Burrows, Kendal



As you will all know by now DVO made it through to the CS Cup Final at Helsington Burrows on Sunday 18th October. It was a glorious autumnal day, with a superb assembly area, plenty of space for club tents, an excellent view of folks approaching and leaving the spectator control and parking was in club groups very close by. There was a great atmosphere and traders must have benefited.

Helsington Burrows is a fast open, intricate area, rough underfoot in places with stony ground, crags and patches of gorse and scrub. It favours the accurate navigator and the fast runner – excellent for a CS Cup Final.

Sadly it wasn't really DVO's day with a 9th place out of 11 clubs. A big thank you to the 67 members who turned out to run for DVO. Thank you also to those who took the trouble to tender their apologies beforehand for a variety of reasons.

Forth Valley, a "small" club (based on number of members) had voluntarily stepped up to the main competition having won the Trophy in 10 of the last 11 years and managed to turn out enough runners to win the Cup competition. They clearly had some star competitors!

The top 25 scorers for a club count subject to a complex system that ensures the scorers are spread across the different courses. This does mean that runners not listed below have nonetheless pushed down the score of other clubs (see table opposite). DVO scorers:

Short Brown: John Duckworth 87, Richard Parkin 79, Dai Bedwell 69

Blue Women: Sarah Tullie 73, Helen Chiswell 71, Emily Powell 61

Blue Men: Robert Smith 83, Dave Chaffey 78, Andy Sykes 73, Andy Mackervoy 66

Green Women: Sal Chaffey 86, Michelle Mackervoy 72

Green Men: Andrew Middleton 79, Paul Armstrong 78, John Hurley 74

Sh. Green Vets: Doug Dickinson 99, Derek Gale 96, Liz Godfree 78, Viv Macdonald 74

Junior Women: Elizabeth Bedwell 66, Joanna Goodhead 62

Orange Women: Sarah Duckworth 98, Rachel Duckworth 86, Grace Pennell 66

Orange Men: Samuel Davis 60

Full results are on the SROC web site.

Once again the Duckworths were the top scoring family. Godfrees were not on form, still suffering from a bug picked up in Krakow the previous weekend. Mike couldn't run uphill and I couldn't think straight. However, I could keep up with Doug when he went past me and we raced round together using his navigation with me spotting the "hidden" controls. Just like the club champs.

Next year's CS Cup heats are **Sunday 13th March** – please keep the date free! The heat is expected to be on Cannock Chase. The Final is on **Sunday 16th October** at Tankersley, Sheffield, so nice & close. Let's see if we can qualify once again!



A message for all DVO Juniors. Listen to Dai. He is an excellent, experienced coach. Look at the Short Brown results from Helsington Burrows and you will see that he was handsomely beaten by Dave Godfree FVO and Al Buckley SYO. Kim Baxter (nee Buckley) was also a top scorer on Blue Women. Dai coached all 3 of them when they were East Midlands juniors. Could this be you in another 25 years?

I still have some unclaimed maps.

Liz Godfree

Dai in action! This & cover photos are from Wendy's flicr album at:

<https://www.flickr.com/photos/wendles56/albums/72157660025090991>

CompassSport Cup Final Analysis

Dave Nevell

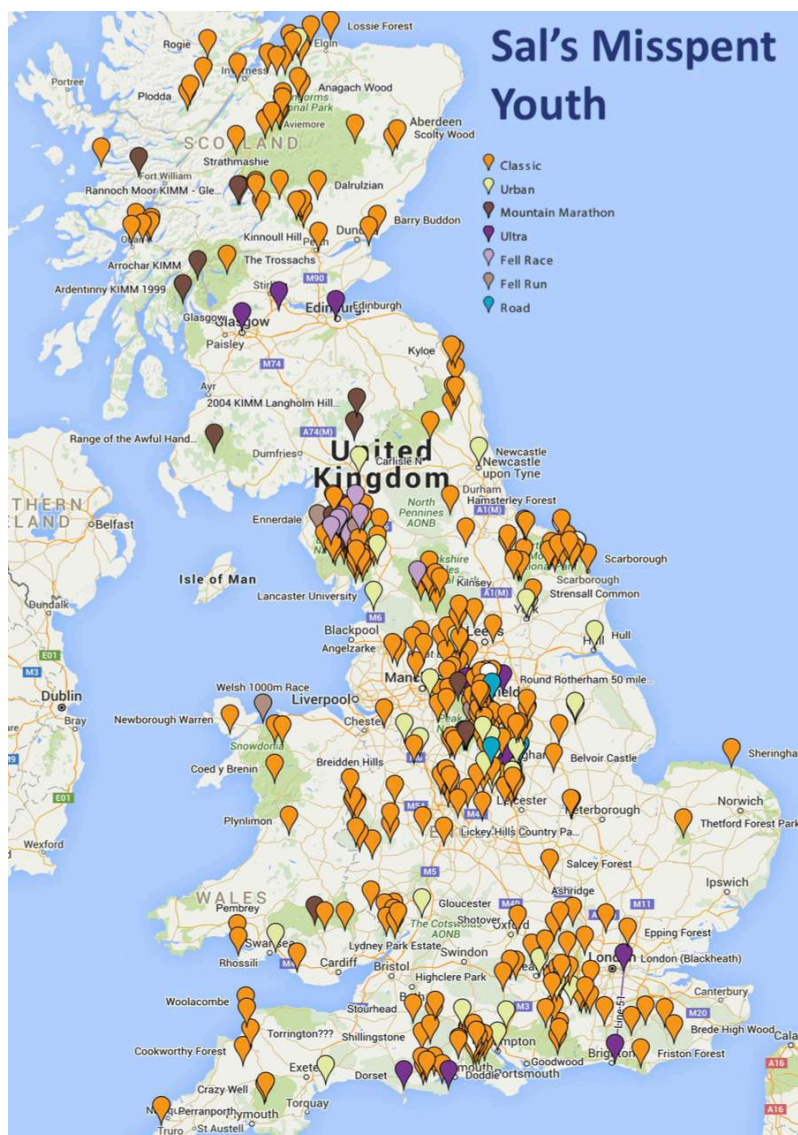
Nothing too deep, but the table shows everybody's scorers, with ours highlighted in bright yellow as well as other DVO runners who dented opposition scores shown in pale yellow. So that's the 25 scorers with another 15 also affecting the final score. Empty cells are non-scorers from other clubs.

Points	Brown	Sht Brown	Blue Women	Blue Men	Green Women	Green Men	Sht Green	Jun Women	Jun Men	Orange Men	Orange Women
100	FVO	OD	LOC	BOK	FVO	AIRE	FVO	SYO	OD	FVO	FVO
99	FVO	FVO	FVO	BOK	FVO	SYO	Dickinson				
98	FVO	SYO	OD	FVO	LOC	LOC	FVO	BOK	FVO	BOK	Duckworth
97	SYO	DEE	LOC	SYO	FVO	DEE	OD				
96	LOC	FVO	AIRE	SYO	SN	DEE	Gale	BOK	OD	SYO	LOC
95	SLOW	BOK	SOC	SLOW	SOC	BOK	SLOW				
94	DEE	FVO	SYO	BOK	LOC	DEE	SLOW	AIRE	SOC	AIRE	DEE
93	OD	SYO	SN	AIRE	DEE	DEE	DEE				
92	AIRE	FVO	FVO	FVO	BOK	SLOW	LOC	AIRE	BOK	SYO	AIRE
91	SYO	SLOW	FVO	SYO	SN	LOC	SYO				
90	DEE	SN	LOC	DEE	DEE	SLOW	SYO	LOC	LOC	LOC	SN
89	AIRE		SLOW	LOC	LOC	AIRE	OD				
88	BOK	SYO	AIRE	SYO	AIRE	SN	SYO	SYO	LOC	BOK	LOC
87	FVO	Duckworth	LOC	SLOW	FVO	AIRE	BOK				
86	SOC		SYO		Chaffey	LOC	AIRE	FVO	FVO	FVO	Duckworth
85		SLOW		DEE		OD	LOC				
84	AIRE	AIRE		DEE	LOC	SOC	DEE	DEE	SN	BOK	LOC
83	LOC	AIRE	SOC	Smith	SYO	AIRE	BOK				
82	BOK		OD	OD			DEE	BOK	OD	SN	
81	SLOW	SYO	SLOW	SLOW		SYO	LOC				
80	SYO	AIRE	SOC	SN	BOK	SLOW	DEE	LOC	AIRE		
79		Parkin		BOK	AIRE	Middleton	BOK				
78			BOK	Chaffey	SN	Armstrong	Godfree	SN	AIRE	OD	BOK
77		SN	OD		SLOW	SYO					
76	SLOW	DEE			OD	SYO	AIRE				
75											
74			BOK			Hurley	MacDonald				
73	SOC		Tullie	Sykes			Middleton				
72					Mackervoy		AIRE		DEE		
71	SLOW	OD	Chiswell		SN	SOC	SOC				
70	BOK		SLOW							SN	
69		Bedwell		DEE	SLOW						
68	BOK		SN			OD					
67	OD	DEE	SLOW	SLOW		OD	OD				
66			DEE	Mackervoy	SOC			Bedwell			Pennell
65				SOC			Armistead				
64	SOC			OD			Hartmann		SOC		
63					DEE		Finlayson				
62						OD		Goodhead		SN	SOC
61		SLOW	Powell	SOC	DEE	SLOW	Holt				
60										Davis	
59			Selby	SN			Parkin				
58	SOC	SOC	SN	OD							
57	Petit		SOC		OD	Godfree					
56				SN		SOC				Mackervoy	OD
55					OD	Hawkins					
54								SOC			
53				Kimberley							
52	Newton					SOC		SOC		Bedwell	
51	SN					SN	Gale				
50											
49											
48							SLOW			Mackervoy	SOC
47		SLOW									
46											
45				SN							
44											
43	SN										
42		SN									
41											
40										SOC	
39											
38		SN									

It works both ways – the table below shows how other clubs’ non-scorers pushed us down. LOC had a huge team and their non-scorers took 45 points off us. The fact that we were only 14 points behind OD puts that into context. OK, it’s not as dramatic as our “turn-around” victory over SYO a couple of years ago but it probably did for SYO’s chances of getting second place in this year’s final – LOC shaded them by 4 points in the end.

Club	Points taken off DVO	Points DVO took off
FVO	32	0
LOC	45	0
SYO	17	0
BOK	10	0
AIRE	8	0
OD	0	0
DEE	0	0
SLOW	0	6
SN	0	8
SOC	0	7

The Cup & Trophy



The Editor's 50th Birthday

As well as getting me a super-fast dibber, Dave compiled & had framed this rather splendid map showing UK locations where I've competed. I have editing rights so can keep it updated – but can I still be a youth at 60?! Reckon so!

Andy Mackervoy made an amazing 3D card of our local 'three trigs' training route, detail of Black Rocks below. Each 50 metre contour is cut out – ingenious!



National Trust Orienteering Challenge



We have agreed to hold one of the NT Challenge events at Longshaw on Saturday 20th February. This is one of a series of events – the others in this part of the world are at Clumber (7th February in conjunction with the rearranged East Midlands Score Champs) and Lyme Park (13th March). The aim of the events is to attract newcomers to the sport, especially in the 19-35 age range, building on the success of the Red Bull events at Sherwood Pines. Unfortunately not with the same generous sponsorship.

It is a mass start score event with a 45 or 60 minute time limit. At around 6 controls there will be a physical or mental challenge provided by the National Trust. Completing the challenge will gain extra points.

There will also be a Yellow course for entry on the day (the challenge is pre-entry only) for partners, families etc.

It was not the most convenient date as we have our own Regional Event there on Sunday 6th March. That probably means that we will have a suitable course for newcomers at that event but any serious orienteers taking part in the challenge event need to be aware that they will be non-competitive two weeks later as it obviously breaches the normal 12 month embargo.

Mike Godfree

Red Bull Robin Hood: Ultimate Orienteering Adventure Race ... or what a bit of corporate sponsorship can do for orienteering!

Sunday 1st November saw the second edition of the Red Bull Robin Hood race in Sherwood Pines. I had heard all about the first edition of the race last year, but an embargo on the Sherwood Pines area due to the Compass Sport Cup race had prevented any DVO-ers from entering. Without such restrictions this year, I decided to give the race a go.

Red Bull described the event as: *“A brand new concept in orienteering adventure racing taking place in Robin Hood’s hometown of Nottingham, bringing an exciting new twist to a legend of British folklore. Those up for the challenge will require a combination of speed, stamina and navigational skills to find their way around the carefully mapped out course in Sherwood Pines forest, and there will also be a range of special tasks and challenges to overcome throughout the race. This will be a race to test both the body and the mind.”*



Robin Hood!

(Courtesy of Redbull.com)

Sounds exciting right?! What’s more, there was also prize money on offer for a podium finish (surely the only pro-orienteering race in UK!). First place would net you £500, second £300 and third £200. This certainly helped attract a strong field of orienteers to the event.

This year also saw the addition of a team category for the event too – last year there was just an individual race. This new team event proved really popular, particularly amongst non-orienteers. I have often found when introducing new people to our sport, that they prefer to run as part of a small team ... maybe something we should consider more when trying get people involved in mainstream orienteering?

Entry was £10 and proved to be super value! On arriving at Sherwood, we were directed to a purpose built medieval village, complete with 30 medieval reenactors wandering around casting spells and telling tall tales of Robin Hood’s finest deeds. Here we collected our free o-top (a very smart burgundy colour), race number and touch-free SI card. There was, of course, a copious amount of free Red Bull available to drink too! After a short event briefing, we were lead off to the start – by Robin Hood himself of course!

Our scrolls (maps!) were handed to us and we had a minute to review them and make our plans, before the race started. The format was a standard score event, but with the added twist of challenge controls! There were 30 standard controls, each



worth 10 points, and 6 challenge controls, each again worth 10 points for visiting the control, but with an additional 20 points available if you completed the challenge. With the challenge controls therefore effectively being worth three times as much as normal controls, it was clear that these were going to be key to getting a good result! The six challenges were:

1. Catapulting onions
2. Archery
3. Drawbridge pulling
4. Rope climbing



5. Beam balancing
(Courtesy of RedBull.com)



6. Barrel rolling
(Courtesy of RedBull.com)

The orienteering itself was not too challenging for seasoned orienteers – pretty much what you would expect from a score event on Sherwood Pines. The challenges however, were a completely different story! I made it to all the challenge controls, except archery, but was only able to successfully complete two of them – drawbridge pulling (easy!) and barrel rolling (heavy for a girl, but luckily there were some Red Bull boys to give a little helping hand!).

I made it back to the start just under a minute over the allowed 75 mins, losing myself 10 hard earned points. A quick look at the results showed how important it had been to complete the challenges. The leaders had all completed at least four or five of them, and had I completed the five I visited, I would have finished 4th instead of 13th!

After the race, there was live music and lunch with a free bar and, with the sun having burnt off the fog by this time, this made for a really nice end to the event.

So can we take anything from this event into mainstream orienteering? There were certainly a good number of non-orienteers at the Red Bull event. The people that I spoke to before the start were runners, who liked races with a difference – obstacle races, Tough Mudder type events etc. They didn't, however, seem to relish the navigational element of the competition, which obviously gives us a bit of a challenge to turn these people into regular orienteers. NOC were promoting their Thorseby event which was nearby and taking place the following weekend. It would be interesting to know how many people took them up on their offer of a free run.

I don't think we are ever going to get the 'razzmatazz' of the Red Bull event into normal orienteering events – this is the way Red Bull do their marketing and they had clearly sunk quite a bit financially into the event, without an expectation that the £10 entry would cover all the costs.

However, the score format used for the race ensures that everyone finishes at the same time and this certainly helps with the post-race socialising. We use the same approach for the DVO Club Champs (a format ensuring everyone finishes at more or less the same time) and several DVO-ers commented on the good atmosphere that this created at the social afterwards. After a typical orienteering event, you might only see one or two people in the car park for a quick chat – perhaps we should put another mass-finish event on the DVO calendar followed by a social??

Helen Chiswell



(Except when it's Saturday or Wednesday)

Shock proposal to drop navigation from orienteering

A blueprint to extend the sport's popularity (page 3)

Orienteering just got too complicated – let's get back to basics (p 92-96)

“A good run spoilt-we need to appeal to the masses” - BOO spokesman

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Rumpass Sport Cup Final

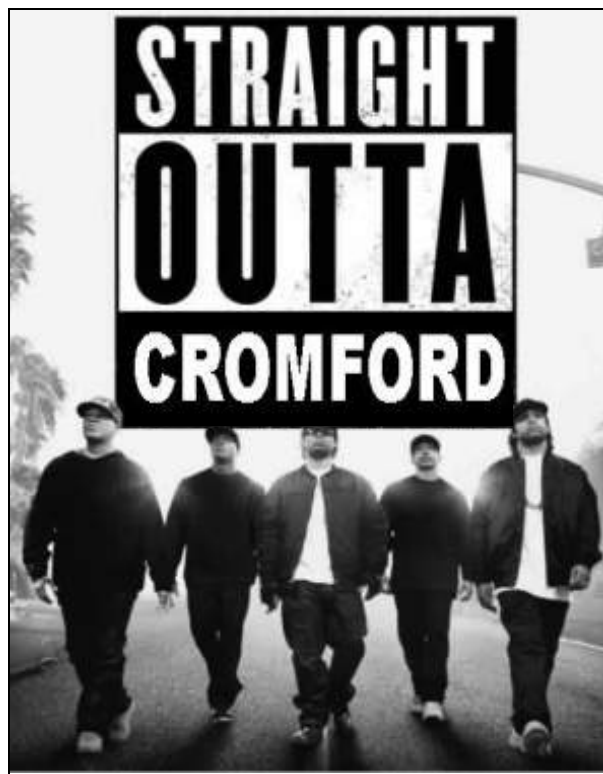
As regular readers of this esteemed organ will know, WSC is twitchy about club members appearing to adopt elitist principles like *trying too hard to win*, preferring instead the RDO notion of perfected but not-totally-overdone incompetence. So it was gratified to see that the Derwentians achieved what it regarded as an optimal position of ninth out of eleven teams in the Rumpass Sport big bash recently. There were one or two slip ups which may need a bit of looking into though. Without wanting to name names, it appears that one individual who we will only refer to as DD (initials scrambled to preserve anonymity) may need talking too. It seems that his or her performances have suddenly become suspiciously good not just at national level but at international too. We're not suggesting the odd urine sample mightn't go amiss but there could be something in those rumours about Swedish customs questioning the presence of sixteen bottles of Sanatogen in a suitcase. Just saying.

Soap Update

Things got a bit tasty this week with a cameo appearance from the Naked Orienteer, opening the new children's library and causing the biggest traffic jam in the locality since a giant inflatable Peppa Pig slipped its moorings at the school fete and caused carnage in the in the town's chutney quarter. David is still on the run from the authorities (OR IS HE!!! – *oh, shut up – Ed*) even though the local constabulary now think that the skewering of council Health and Safety jobsworth Millicent Friendly to a tree in Ballestree Park with sixteen orienteering club tent pegs was most probably suicide after all. Elsewhere, Helen's latest project is knitting orienteering suits for migrants and planning for the East Midlands String Championships, sponsored once again most generously by Bad Dog Breweries, has been thrown into total disarray by the shock revelation that the

answer to the age-old question “how long is a piece of string?” has been conclusively proven by expert experts to be just fourteen and a half inches. It's extraordinary how fantasy and real life just merge seamlessly into one.

RDO AGM quorum problems “in hand”



cromford@rdo.agm

Be there! We know where you live...

Parental discretion advised.

Other great articles this month from the WSC Stable – subscribe for 2016!

World of Chutney: Chutney and Fracking – the shocking truth revealed!

Big Lycra: The story of my lycra addiction and how Dale Winton saved my life

Gripple Monthly: Binge grippling – are there long term dangers?

See no weevil, hear no weevil, speak no weevil

Anything interesting been going on at CLOT (The Commission For Lots Of Trees) recently? Our roving reporter Miles Piles is on the spot.

Piles (furtively, for it is he): *“I’m undercover in the CLOT canteen and the first thing I can tell you is that they do an excellent Lasagne a la Cliff Michelmores here. The second thing that I can tell you is that there is only one topic of conversation amongst the employees and that is the sudden disappearance of Kevin the three-toed Hungarian boll weevil. If you remember (do sit up at the back of the class) Kevin, a.k.a. Laszlo Zatopek III, was acting as pest consultant for CLOT following his capture from the wild where he was known to have been responsible for the very serious problem of Larch Lurch, affecting a large number of CLOT forests. It seems that a disagreement had blown up over his re-subscription to Big Lycra and as a result he had departed last Thursday muttering dark threats about the destruction of British woodland.*

“If this is true then we have good cause to be worried. During his period of consultancy and in the interests of research, Kevin had developed an altogether more sophisticated pallet and as a result the trees now under threat could include Birch (Birch Lurch), Pine (Supine Pine) and Sycamore (Oh Dear I Think I’m Going To Be Sick-amore). CLOT authorities are said be on full alert for any signs of the errant weevil but so far there have been no sightings.

“Back to the studio.....oh thank you, I wouldn’t say no to another helping of that Deryck Guyler cheesecake.....”

We asked for an expert’s opinion. Speaking from a top secret location on a hillside near Belper (Gateway to the North) a wild-eyed, white haired man in a labcoat said *“Ar dtús bhí eagla orm Bhí tunnocks Choinnigh ag smaoineamh. Ní raibh mé in chónaí gan tú ag mo thaobh. Ach ansin chaith mé a moose in the hoose oiread sin oíche ag smaoineamh conas a rinne tú dom mícheart. Agus d’fhás mé láidir Ross County 1 Inverness Caledonian Thistle 3 Agus d’fhoghlaim mé conas a fháil chomh maith”*

(Climbs into a silver Delorean, accelerates rapidly away and disappears)

So, worse than we thought. We’ll keep you informed.

Know Your Class Leader

Name: Morgan Gallop

Age: M55

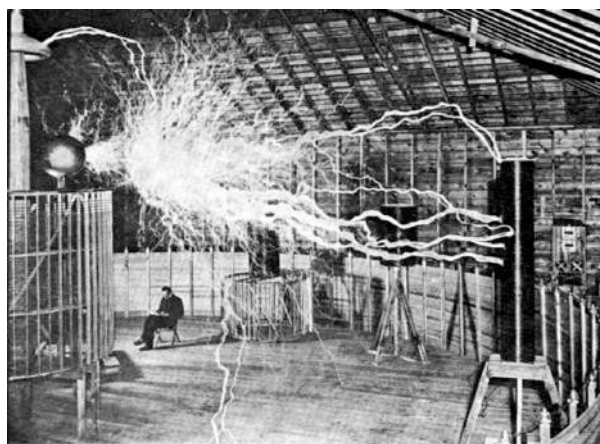
Club: The Old Derwentians

Contact Details: 123 Sea View, Belper DE56 3YA
0778 778 7789 mgallop @ gatewaytothenorth.o

Want to know your class leader? Don’t hesitate to contact Morgan any time, 24/7. We are sure he will be delighted for any number of complete strangers to get to know him at the drop of a hat.

(That shows RumpassSport how to do this sort of thing properly – Ed)

Bob McNut’s Incredible Orienteering Archives – Number 1: Early Electronic Punching



A real barnstormer to get us going in this fantastic new series. The photograph above captures development work taking place for the groundbreaking new system of electronic punching being developed for the 1973 East Midlands Championships. Hopes were high for a big “sayonara” to control cards and early trials looked promising. However, time was tight, corners were cut and the system was ultimately a failure when rushed into commission on the big day. Fortunately the only serious casualties were a nearby field of cows and the rest of the National Grid. Visionary stuff, ahead of it’s time and almost (just almost) the mother of all orienteering inventions. Cowabunga!

(Bob McNut is the editor of our sister publication Gripple Monthly – why not take out a subscription for 2016? Order now and receive a free gift of rust-proof socks.)

Trees were chopped down to bring you this information, Now please wash your hands.

DVO Goes Pole Dancing



The author smiles for the camera

Not so much a Magnificent Seven, more an Ocean's Eleven, a DVO delegation comprising two Johnsons, two Kimberleys, two Macdonalds, two Godfrees, two Gales and a Naish descended on Poland at the beginning of October for a weekend of urban orienteering in Krakow, Poland's second biggest city. The events were part of the City Race Euro-Tour, a series of urban competitions set in various European cities. Included in the 350 competitors were perhaps 120 foreigners of which the British made up by far the largest contingent of about a third.

As if orienteering in Poland was not novelty enough, the first of the two events was a night sprint event, a format completely alien to me. Its location was Nowa Huta in the eastern part of the city. When I tell you that Nowa Huta means 'the New Steel Mill' and that this used to be the site of the Vladimir Lenin Steelworks, you'll get some idea of the sort of place it was. Any communist nomenclature has long been wiped from the

map but it will take some time before the Socialist Realist style of urban planning takes its bow, which is just as well really because it made an excellent template for this event.

We made our way to Nowa Huta on trams, a first for me, although without a clear idea of direction, which was not. We deliberately arrived in daylight to get some idea of what was to face us. The map covered a triangular area including almost a hundred apartment blocks making up a model Communist town, a tribute to the versatility of concrete. Each of the blocks was of varying size, situated at a random angles to its neighbour and separated from it by gardens and allotments, outbuildings and play areas.

We retired to the event centre, a nearby school, and waited for night to fall, thankful for the central heating, because if Nova Huta was something of a culture shock, the Polish temperatures were much as expected, about ten degrees lower than the balmy climes of the UK and degenerating into snow on the day of our return.

We emerged to find our efforts at reconnaissance nullified by pitch black conditions. The Start was in the middle of a small park at the tip of the triangle. The map was 1:4000 and the M Supervet course comprised 14 controls in 3 km, so at a rate of a control every 200 metres or so, concentration was going to be at a premium. There were about 30 competitors on my course theoretically randomly scattered over 40 minutes but the organisers had still contrived to set me off 4 minutes behind Steve Kimberley and 1 minute in front of Richard Naish. I felt like going out and buying Richard a packet of mints; if I was going to have his breath on the back of my neck, I might as well make sure it smelt like a mountain stream (though I've never actually smelt a minty mountain stream).

As I picked up the map, I noticed that the arrangement of the various buildings resembled a giant pinball machine, which made me the pinball pinging randomly from side to side at the whim of the planner for the next 23 minutes. As I ran out the park, I have never felt so alien: in a foreign city, in unknown territory, at night and in conditions made unearthly by the street lighting and by the beam from my head torch. However due to the rate at which controls were to be thrown my way, I had no time to dwell. My strategy (strategy – ha!) was to keep things simple. In the cold light of a table-top post-race analysis, much time can be spent weighing the comparative merits of different routes but, as Russell Buxton will tell you, you can take an awfully long time if you adopt the same tactics on the hoof.

As variations on a theme, I've always enjoyed both sprint and night events (although I seem to be in a minority when it comes to night orienteering judging by the numbers which turn up to these events in the East Midlands, an omission which can be remedied at Hardwick on 5th December) so it was no surprise to find this event exhilarating. The constant changes of direction, the need for instant decisions, the thought of Richard leaping out of the shadows at any second all combined to make for a thrilling experience. Oh, I forgot to mention one other ingredient in this heady mix: the local population. Apparently, when Communism got its marching orders, Nova Huta became notorious for demonstrations and riots. Many of the residents seemed to be reliving old times as they lined the estates yelling either encouragement or obscenities, it was difficult to say which, in my direction. For once, I was grateful I didn't speak a word of the native language, apart from the Polish for 'New Steel Mill' which didn't seem very helpful at the time.

The event completed all too quickly (modesty prevents me from mentioning who was top DVO Supervet), we returned to the centre and sought out the Legendary Sausage-Seller of Old Krakow Town. We'd been told about this couple who've been selling *kielbasas*, Polish sausages, in the market down the street from us between 8pm and 3 in the morning on a Saturday night for the past twenty odd years. And there was the battered blue van itself in front of which

stood a long queue of people and a half oil-barrel full of burning wood over which was bent the *kielbasa*-vendor balancing three lots of six sausages skewered kebab-style in various stages of roasting, alongside his wife responsible for preparing the mustard and rolls into which each sausage was shoved when ready. Mmm mmm.

The Sunday event was the more orthodox urban format, a 4.1 km 23-control M Supervet course, confusingly labelled a running-length 6.9 km on the map, based around Kazimierz, the area to the north of a 'V' bend in the Vistula river and including the Jewish quarter where part of *Schindler's List* was filmed. The longer courses ventured as far as the Castle and took in the highly entertaining dragon sculpture which breathes actual fire every five minutes.

The problem with many European cities is that they have evolved over several centuries without any consideration for the fact that, one day, they might be used in an orienteering competition. Consequently a fascinating place to visit, which Krakow undoubtedly is, does not necessarily mean a challenging place to orienteer. A visitor to Krakow purely for the orienteering would probably go away disappointed as the most interesting section was around a Km away from the Start and most courses didn't have a lot to offer in the bit between.

The best solution in these circumstances is to sit back and enjoy the ride. This included in my case a double crossing of the Vistula, the dubious taste of a control on a water pump in the middle of a Holocaust memorial installation, and an exploration of the intricacies of the old Jewish Quarter which included a shortcut past a London double-decker bus selling fish and chips (which I swear I didn't know was out of bounds 'til it was too late).

I finished to find Richard had beaten me by just 4 seconds, all of which he gained over the last two legs. A lesson for all of us there, but particularly me.



Our Polish hosts were nothing if not warm and generous, and this generosity spread to the prizes which were handed out in DVO's case to Liz (1st on W Ultravet) and Mike (3rd on M Ultravet) in the form of mini-statues of the aforementioned dragon of increasing size and extravagance according to the position. It couldn't match a White Rose mug though (or a CompassSport Cup towel – Ed).

After the prize-giving ceremonies, we sought out another of Krakow's delicacies, the apple fritter, a welcome feast eaten outside in the thin Autumn sun. Polish cuisine has generally had a bad press but the weekend turned out to be a veritable whatever-the-Polish-for-smörgåsbord-is, taking in pickled herring and vodka at 11 in the morning, stuffed dumplings sold in a tiny shop at the end of our street, the only soup I've ever eaten with a knife and fork on account of the giant sausage floating on the top of it and *bigos* a.k.a. sauerkraut stew. Polish cuisine is nothing but inventive when it comes to cabbage.

Graham Johnson

The photo shows Liz's prize. Krakow has a statue of the dragon which belches flame every few minutes just outside his cave under the castle. The story went that he had devoured all the local maidens bar the King's daughter until a humble shepherd boy fed him a sheep stuffed with saltpetre which caused the dragon to drown in the river in attempts to put out the fire in his belly. Needless to say the shepherd boy was allowed to wed the Princess.

☆☆ Star Runners ☆☆

Date	Venue	Star Runner	Course
1 Feb	Bagworth	Dawn Moore	Green
15 March	Sherwood Pines	Louis Forshaw-Perring	Green
27 Sept	Chinley Churn	Helen Finlayson	Short Green
11 Oct	Shirebrook	Alan Le Moigne	Brown
25 Oct	Oldacre	David Pettit	Blue
1 Nov	Burbage	Samuel Davis	Light Green

There's a big gap in dates due to so many urban races (which I don't use because they have a completely different pattern) and championships (because they are far too hard work!).

DVO Planners and Controllers Development Session (15/9/15)

A small but select group (eight of us) gathered at The Family Tree to discuss issues we have encountered as Planners and Controllers and to look over some courses from recent events.

As the evening progressed we also listed what we considered to be some of the main points for Planners to consider and Controllers to prompt on. In no particular order, except as they came up at the session, they were:

- 1. Hanging controls** - Section 6.1.1 of Appendix B: Course planning, states that *The control banner should be visible from all directions of approach unless the control description indicates otherwise*. This means that if it is in a depression it shouldn't be hidden but instantly visible when you reach the edge. It doesn't mean it has to be on the edge and visible from a great distance as this removes the navigational element of the leg.
- 2. The main function of a control is to mark the beginning and end of an orienteering leg** (IOF Foot Orienteering Competition Rules). This follows from the previous point in that orienteering is not about finding controls but about navigating through terrain and the control being located on a mapped feature when you arrive at the end of the leg.
- 3. Use the Technical Difficulty descriptions as the basis for genuine progression between courses.** All Planners should have the TD descriptions to hand all the time as they describe the planning requirements for each level together with the orienteering skills that are to be tested. A common fault is not to have this genuine progression between TD levels 1, 2 and 3 (i.e. from White to Yellow to Orange). It is important to understand what is meant by the terms route choice, decision point, collecting feature and relocating feature as these are key features of the descriptions. Purple Pen also allows you to check the length of individual legs against the TD description (200m maximum on TD1/White and 350m on TD2/Yellow.)
- 4. Armchair plan when you know the area.** It's no good planning without having a feel for the area, the runability and nature of the terrain.
- 5. It is good practice to have the same last control for all courses.** Section 5.1.2 of the course planning appendix says that: *It is important to ensure that the finish is easily located. A common last control with taped route to the finish will ensure this. This will also ensure that competitors all approach the finish from the same direction and improve the flow of competitors through the finish system.* The implication of this is that the description should be "follow tapes to finish" and not "navigate to finish", still an all too common fault.
- 6. Leave the Start kite until all competitors have finished.** It is tempting when dismantling the Start to remove the Start kite. However, it is the Planner's responsibility and is a part of the course to which competitors may relocate.
- 7. Competitors should need to visit the Start kite.** Some courses provide the temptation to cut off to the first control, or even double back through the start boxes. At Level A and some Level B events the Start kite is sometimes at the end of a taped route out of sight of the pre-start so you cannot see which way competitors are going. At Level C and D events the Start kite should be easily visible from the Start boxes so it can be pointed out by the start officials and help newcomers, in particular.
- 8. The start kite should not be on a decision point so that White and Yellow are started in the correct direction.** It should, for example, be a path, not path junction.
- 9. Make sure the first control isn't overloaded.** There is really an issue for mass starts and relays where, if everyone has to go to the same first control, there can be chaos. One solution is to use multiple SI boxes, so long as Download know which are being used.
- 10. Plan for the range of ages on each course.** It can be tempting to plan a Green course, for example, for fit young people progressing up through the colours. However, it may also be a course for those on their way down from Brown and Blue as they age or a particular competition requires them to run this course.
- 11. Don't tempt people to run out of bounds or to cross uncrossable features.** If they are likely to be tempted, use a simple control to draw them in a particular direction. As well as being unfair, any damage may cause us to lose areas completely. This happened with Chatsworth through the actions of a non-orienteering event using the term 'orienteering' and causing damage to walls.

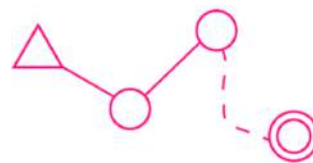
12. **Consider whether to use two-sided maps or second master maps.** Single-sided maps with many cross-overs allow competitors to use later controls to help navigation. This is particularly the case where a small area is being used. Double-sided maps are more convenient (and cheaper!) than second master maps.
13. **Spread the competitor load over controls.** This isn't normally a problem at Level C or D events but may provide more of a challenge if lots of people are not all going to the same control.
14. **Should not have people coming into a significant number of controls from opposite directions.** Whilst this is not in the Rules or Appendices it is generally considered to be bad practice and can even be dangerous on steep slopes.
15. **TD5 for older competitors should still be technical but less physical.** Older competitors will not thank you for steep climbs or descents or having to climb high stiles or cross wide ditches! Don't be tempted to combine courses of similar length but which should have different technical difficulty.
16. **Appendices are not to be ignored if you don't like them!** Whilst the Rules are generally 'must', to be complied with, Appendices are generally 'should' and are considered to be matters of minimum good practice. These should be followed unless there is a good reason not to do so and not just the personal whim of a planner, controller or organiser.

I hope I have captured the general sense of what people were saying during the evening. I also hope that everyone got something from the session to help improve their personal practice. It's only a shame that more didn't come and it may be that the points above may raise some thoughts and changes to practice.

These notes complement the articles I have been writing about the different technical difficulty levels as well as other contributions on the Rules and good practice.

Ranald Macdonald
DVO Grade B Controller

Open letter to Planners and Controllers, and potential Planners and Controllers (so that's all of you, then)



I send you a plea to try, wherever it is possible, to locate the **Start** closer to Parking. Some of the comments below may also apply to the location of the Finish.

When I started Orienteering (in the late 70s), it was almost always the case that Start, Finish and Parking were within 100m of each other, often less. It was probably the case that the courses were to some extent compromised by these locations, and I think it may be time to think about shifting the priorities back a little. Let's put the Start in a more convenient location when possible. This may result in less good legs at the beginning and end of courses, but significant advantages resulting.

One advantage is in the physical effort required to carry equipment, often uphill and sometimes more than one kilometre. Look at the Start equipment nowadays: Banner, maps, map crates, clock, first-aid kit, stakes, SI kit ... plus personal kit when it is impractical for helpers to go back to their car (which would involve there and back, and leave you even more tired before your run). All this weighs a significant amount.

A second advantage concerns those occasions when something needs to be taken to, or from, the Start. This often takes 10 or 15 minutes nowadays, and means a helper is away from their job for twice that time. The same situation occurs when mobile coverage fails, or phones are switched off by mistake. We at the Start have several times been out of contact with the Organiser/Planner/Controller and too far way to send a message by foot.

A third advantage is in time and effort for the Start team themselves. Late Helpers have to do the trek to the Start twice, and often have to compromise on the course they run, or abort their run, in order to get back to their jobs in time, further away usually than any other helpers. Might some of these volunteers get fed up with this and leave the Start team, or perhaps leave the sport altogether?

Lastly, we on the Start often feel very sorry for the youngest juniors, who often have further to walk to the Start than their own course is long! Is this good preparation for success? Will some of these young people decide that football or the X-box are more attractive?

I appreciate that there are planning constraints, especially for the White course, which limit possible locations for the Start. But are there occasions when the quality of one leg of the courses is given priority over the practical issues above, and should we redress the balance where possible?

The above is not a criticism of any particular event, or of any particular individual. It just seems to me to be a trend. I acknowledge that Planners and Controllers spend a lot of time on their duties, often without much in the way of thanks. But might our sport be better served overall by some small compromises on the quality of the first (and last?) leg to achieve a more user-friendly location for the Start?

Andy Hawkins, Start Team Leader

The view from the **Finish** is similar, all the same advantages apply to having a finish near to parking, although our muscles are less strained by the smaller amount of equipment needed for the Finish compared to the Start.

And a further plea would be to have just one Finish, accepting that this may result in a compromise on quality for the longer courses. Having two Finishes (or two Starts) doubles the number of volunteers needed from that team; I do not expect team members to have unlimited availability to help at events (but many thanks to those who do!), so the more volunteers needed at one event, the greater the chance that the next event will be difficult to resource. It is quite reasonable for team members to feel that they have already done their fair share, and wish to maintain a balance with their commitments and interests outside orienteering.

Dave Bennett, Finish Team Leader

Response from a sympathetic Planner/Controller

I agree in general with Andy and Dave's thoughts - note the location of my Start and Finish at the Matlock Urban! - and would normally try to comply with them.

However, there are occasions when it is necessary for either the Start or Finish to be some distance from Parking, not least to make the most of the area and offer the best quality orienteering. This might apply mostly to Level A and B events but there are constraints on our areas. Similarly, it may be necessary to have two Starts and, less commonly, two Finishes. A good example would be Longshaw Estate where the need to keep the shorter courses on the path network below Longshaw Lodge contrasts with the need to get the longer, more technical courses onto Bolehill Quarry and Lawrencefield. Using the same Start might mean a long run out onto the technical area and reduce the opportunity to produce good courses. After the CompassSport Cup/Trophy Final in 2011, a number of competitors said they had never been onto the areas towards Hathersage before.

The problem we often have with two Starts or Finishes is that they are often used at larger events/competitions when we are stretched with personnel anyway. However, at these events the Finish is often next to Download, and competitors can go straight into the Download tent.

Some of our areas do not have parking close to the competition area - Stanton Moor, Kedleston Park and Crich Chase being the first examples that come to mind. If it is not possible or ideal to have either the Start or Finish near Parking I would suggest that, as far as possible, they should be close to somewhere to park cars so that equipment doesn't have to be carried a long way.

If the Start is some distance from Parking, perhaps we should ensure we have a tent there so that helpers can change before or after their run and have their bag transferred to the Finish.

But in general, I agree with the principle suggested by Andy and Dave. We have the welfare of our volunteers to consider as well as the quality of the competition for competitors - who are normally one and the same person! I know a problem for all Team Leaders is that not all our members give equally of their time, without which events would just not go ahead. Competitors also being officials/helpers at the same event is what makes orienteering different from most other sports. If everyone helped a little then the few who currently do most would not feel so put upon.

Ranald Macdonald

Don't let hypothermia sneak up on you!

This article is based on outdoor instructor Ian Winterburn's advice on hypothermia that appeared in *The Fellrunner* magazine and is available at:

<http://www.welsh1000m.org/Hypotermia%20and%20Fell%20Running.pdf>

Ian includes a case study of a runner who retired from the Tanky's Trog race in the Dark Peak and who later became hypothermic in the pub. I had my own nasty brush with hypothermia on the Edale Skyline Race in March this year & had bits in common with the runner in Ian's article.

The route goes clockwise from Edale, zig-zagging north up a steep spur called Ringing Roger, then turning right to follow the skyline. All went fine for the first half of the course (Win Hill, Lose Hill, Mam Tor), but then on Brown Knoll the horizontal rain and wind started. I soldiered on through the bogs, checking my compass & keeping another runner in sight, promising to myself I'd retire at the checkpoint at Edale Cross (rational behaviour, so far).

I announced this to a marshall when I got there, but stopped for quite a while to put on a thermal under my hastily-donned cagoule. I was so cold they had to help me with the zips and clips. After some food, I trotted off down the track back to Edale, but after 50 metres I decided I felt fine (WRONG thinking), went back up and said to the marshall I was carrying on.

I followed what I *thought* was the path along the south edge of Kinder plateau in the mist, past some stationary runners (alarm bells). I remember thinking, I'm sure I'm right but I'm too cold to stop and read the map (ALARM bells). Then the mist cleared and I caught a glimpse of Kinder Reservoir on my left. I knew I shouldn't be seeing this, so I unfolded my map to properly re-locate. I was actually on the western edge of the plateau! I took a safety bearing SE, where I knew I'd hit the southern edge of the plateau, where there's a tourist path. After 40 mins or so of stumbling through a lunar landscape of peat hags I did reach the edge, saw a path down (Crowden Clough), and thought "Phew I'm out of the death zone". I got back, second to last (but having missed the last 2 checkpoints), to the Village Hall. As I later said to Ben Crane who completed the 21 mile race in 3 hrs 50, I felt fine after coffee and mushy peas, but more than a bit sheepish!

Not so for the runner in Ian's case study. He got off the hill safely but when he stopped running, the heat generated by exercise was taken out of the equation and he was hit by "**after drop**" in the Snake Inn:

- 📍 He stood by the fire and started shivering slightly, then more violently.
- 📍 As well as food (a good idea), he had 2 cups of coffee.

Both the above would stimulate the circulation too quickly, thereby sending cool blood from the arms and legs back into the body's core. Casualties should be warmed *slowly*. Sweet hot chocolate would be a better choice than coffee, but fortunately he didn't have a pint (alcohol causes surface blood vessels to dilate, losing more heat).

Shutting down peripheral circulation is amazingly effective in controlling temperature – average cutaneous blood flow is 400ml per minute. In hot conditions, this can increase to 3 litres per minute, but when the blood vessels shrink in the cold, cutaneous flow reduces to as little as 30ml a minute.

This feedback loop works protectively to maintain homeostasis (stable core temperature). But a risk of reduced peripheral circulation is **frostbite**, which happens after long periods when the reduced flow (= reduced heat, oxygen and nutrients) allows ice crystals to form in the tissues. This is unlikely while you are running, but I bet a fair proportion of orienteers have chillblains – and these are a precursor to frostbite! (In which case, do not rub as it will cause more tissue damage. Heat slowly, and do not heat if likely to be going out in the cold again soon. A bowl of warm water can be used or somebody else's body heat, *not* a radiator.)

Photo: Adam Bridgen, from <http://everythingoutdoors.co.uk/hypothermia-facts-causes-treatment/>



How do you tell if somebody is hypothermic?

1. Shivering – if they can stop voluntarily, hypothermia is mild. But beware, shivering stops in severe hypothermia to conserve glucose.
2. Lips, face and even tongue are blue (this is what happened to Ian's runner)
3. Motor and cognitive function is impaired – watch for **the umbles: grumbling, mumbling, fumbling and stumbling**. May be manifested in navigation errors!
4. As hypothermia progresses, behaviour becomes less rational and you may find the casualty 'paradoxically undressing' (or paradoxically re-joining the race).
5. Orienteers are at risk of exhaustion hypothermia and also immersion hypothermia, if they fall into a bog, for instance. So runners who are late back and wet/muddy are at increased risk.

At orienteering events

- 🔔 Ensure you have adequate warm clothing while helping & during your run
- 🔔 Layers trap air to enhance insulating effect. The layer nearest your skin should have wicking properties so that sweat is directed away from the body. A Helly Hansen or technical running t-shirt/DVO top is great, but a cotton T-shirt will stay wet. The same goes for jeans.
- 🔔 Being wet puts you at increased risk of hypothermia so carry a waterproof and remove wet clothing ASAP after your run. Also beware of windchill.
- 🔔 Don't forget hat and gloves!
- 🔔 Don't forget food and fluid. Dehydration put you at increased risk, so remember your flask as well as 'ambient' drinks!
- 🔔 There's always a space blanket at the Finish and at Download.

Extremes of weather should always be anticipated in event risk assessments and Organisers and Controllers should invoke the "Cagoules compulsory" rule when appropriate. The Fell Runners Association have produced a leaflet on Hypothermia and this is available at:

<http://everythingoutdoors.co.uk/wp-content/uploads/2013/12/FRA-Hypothermia-Guide-V2.pdf>

The Edale Skyline is unfinished business, but in 2016 I'll take a partner! (On second thoughts, the Red Bull Challenge sounds less risky and more fun!)



Fuel Corner No 1 ⇒ Peanut and Cheese Ring

As tasted by some of you at the Club Champs picnic, this vegetarian dish is great served either hot or cold. I usually double the recipe to fill my ring mould, and it should then serve at least 12 people.

Use a blender if you are in a hurry or want a finer loaf. I prefer to hand chop as it gives a more coarse texture (and it's more environmentally friendly and burns more calories!)

75g (3oz) peanuts, chopped
75g (3oz) mushrooms, chopped
100g (4oz) fresh breadcrumbs
1 onion, chopped
1 carrot, peeled and grated
2.5ml (1/2 tsp) dried mixed herbs
100g (4oz) cheddar cheese, grated
1 egg, beaten
salad ingredients to garnish



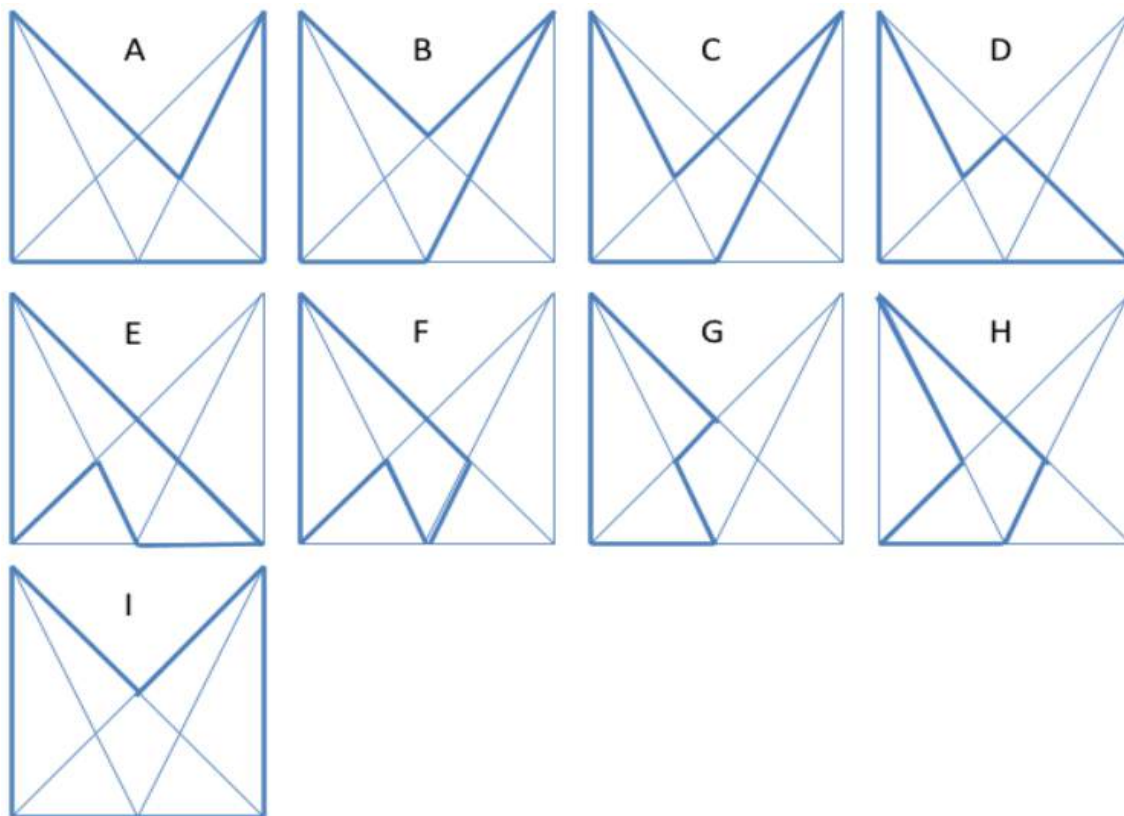
Mix ingredients and place in a greased ring mould or 2lb loaf tin.

Cook at 190 Gas mark 5 for 40 mins. Enjoy : p

Sent in by Rachel Davis 

More recipes please to Sal by Jan 31st. Maybe something sweet next?

I thought September's puzzle, Symmetric Shrubs, might be considered a bit too easy but when the first three answers I received were 80, 130 (with an option for 492) and 12 I realised that maybe things weren't quite as they seemed. For reasons that are too complicated to explain here, I usually rely on a consensus of opinion as to the correct answer but this left me, well, puzzled. Then things got considerably worse; the next three answers were 90, 256 and 150. Apart from one exception, there was no misinterpretation of what was and wasn't allowable as a course. The seventh answer then came in at 230 so it was clearly time to work it out myself, as I found I had lost the answer. This is captured below.



To summarise, A to H provide 20 courses each (5 starting points, two directions, one reflection) and I provides 10 courses. Total 170 courses. At least I think so. Nobody got this right (170 was offered as an answer but not to the right question). Attempts were made by Jen Gale, Andy Mackervoy, Alan Le Moigne, Tom Jenkins (who impressively rewrote the question on the basis that his was more interesting and then answered it at great length – good try Tom) and Sal Chaffey. On the basis that she was closest, I will award Sal full marks (jubilant cheering – Ed!) and the rest of you half marks.

Of prime concern

Eccentric planner Godfrey Gödel has been up to his tricks again. At the last event I noticed that the codes (numerical, with variable number of digits) for the first few controls were all prime numbers. Remembering that 1 is not prime, I also noticed that these numbers together used the digits 0, 1, ..., 9 exactly once each. On top of that, I later realised that the sum of these prime numbers was the minimum achievable with the conditions so described. Without using 0 in a leading position, what were these prime numbers? Answers to dnevell3@gmail.com by the Editor's copy date please.

You know you're addicted when ...

... You find your ankles still have mud on them **after** you come out of the shower!

Know Your Team Leader

No 6: Ann-Marie Duckworth

Ann-Marie is DVO's Club Development Officer and (with Jen) Events Officials Coordinator. She has had many roles over the years and is an active Planner, Organiser & Coach!

When & where did you start orienteering/join DVO? started orienteering at Cardiff University (1986ish) because my supervisor would not mark my assessment if I did not make up the numbers in the ladies team. Then got hooked after going to the JK in about 1986 in the North York Moors.

Highs & lows of any previous roles in DVO? One of the best highs has to include the very happy feeling of seeing so many juniors at the British Schools Champs at Shipley eating over 25m of chocolate and 150 fancy cakes. Getting stopped by the security at ASDA buying all that wonderful chocolate was great fun!

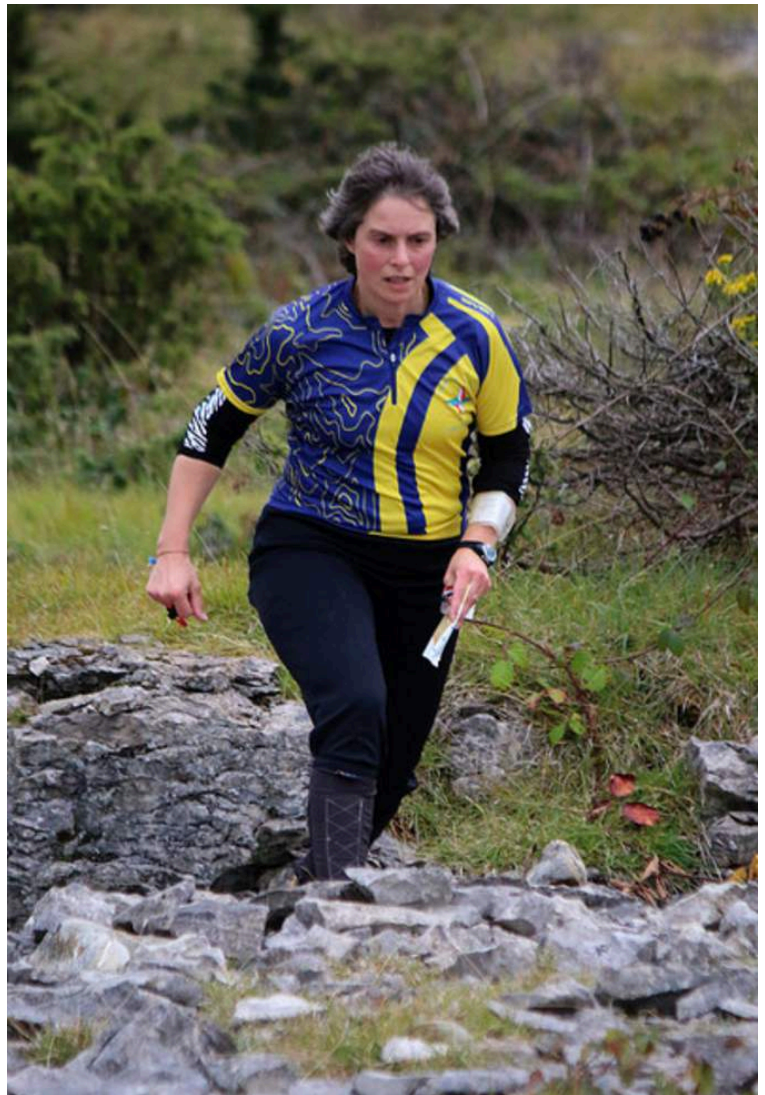
Likes & dislikes of your current role in DVO? I do like my current role of club development because it does allow me to think of different ways to improve people's orienteering (if they want to) and ways to have a good time learning. Coaching is very rewarding. I would like it if a few more people would like to volunteer for planning, organising or controlling an event in 2016.

Do you enjoy the new formats (Urban, Sprint)? I think Urban and Sprints are great fun - they are shorter in length but still very complicated and testing. They also use the very different terrain of a town which fools me into thinking I might know where I am going!

What do you enjoy doing when not working/orienteering? I go into the local school to listen to children read and help in lessons - everyone needs to be able to read well and with my help the teacher can get to hear how all 30+ children are getting on.

Most memorable orienteering "holiday"? Most memorable was taking 6-months-old Sarah to northern Italy for a 5 day event and having a lovely time in the mountains. The car and extra tent were packed to the roof with baby stuff, but all the orienteers (UK and internationals) helped to entertain Sarah and include us in all the trips to the restaurants and mountains.

Favourite TV show/film? Forest Gump - probably because of the sound track.



Ann-Marie at Helsington Burrows

BRITISH ORIENTEERING CHAMPIONSHIPS

SATURDAY 30TH APRIL & SUNDAY 1ST MAY 2016

British Orienteering and West Midlands Orienteering Association invite you to an exciting weekend of orienteering in Shropshire.



www.boc2016.org.uk

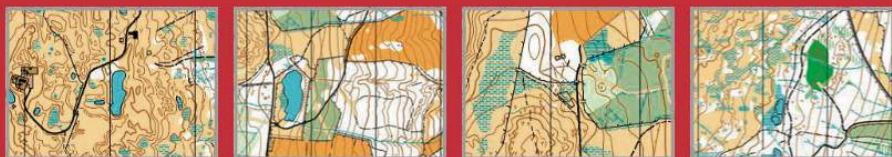


ABOUT BROWN CLEE AND ITS TERRAIN

Brown Clee comprises an elongated hill with two summits covered by woodland of varying age, runnability, complexity, plantations, rough open, marshy areas and exposed moorland. There are well defined networks of paths, rides and tracks in some areas while mining on the two summits, old earthworks, pits, spoil heaps and parallel stream valleys and re-entrants have left tricky contour detail – as technical as you can get in the Midlands.

**SATURDAY 30TH APRIL 2016
LONG DISTANCE
CHAMPIONSHIPS**

**SUNDAY 1ST MAY 2016
RELAY
CHAMPIONSHIPS**



www.boc2016.org.uk





Derwent Valley Orienteers

Orienteering events

to April 2016



This is a list of DVO orienteering events into next Spring. Because it's a long-term list, some items may be subject to change so please check the DVO website www.DVO.org.uk before travelling. Nearer the time of each event there will be final details with directions, times, courses on offer etc.

- Sun 29th Nov** (B) **Birchen Edge**, nr Baslow. New area! Registration 10-12.
- Sat 5th Dec** (D) **Hardwick**, Registration 1:30-3pm at Visitor Centre by Miller's Pond followed by Night event same venue. Registration from 5pm for Start at 5:45pm for a 60 or 45 minute 'Score' (set time) event
- Sun 13th Dec** (C) **Longstone Moor**, nr Bakewell. Intricate, open moorland with steep partly wooded slope. Registration 10-12.
- Fri 1st Jan** (C) **Ashbourne Urban**. Registration 10-10:55, Start 11am.
- Sun 17th Jan** (C) **Eyam Moor**. Wild, open moorland. Registration 10-12.
- Sat 6th Feb** (D) **Bottom Moor**, Matlock. Registration 1:30-3pm.
- Sat 20th Feb** (D) **Longshaw**, near Hathersage. National Trust Challenge event, 11am start. Pre-entry for Challenge via Fabian 4 website. Registration 10:30-11 on the day for Yellow course only.
- Sun 6th March** (B) **Longshaw**, near Hathersage. Registration 10-12.
- Sat 19th March** (D) **Darley Park**, Derby. Registration 10-11:30.
- Sat 16th April** (D) **Broomfield Hall**, Broomfield College, Derby. 10-11:30.
- Fri 22nd April** (D) **Repton School**, south east of Derby, Registration 7-8pm.
- Sun 24th April** (C) **Calke Park**, Ticknall. Country park. Registration 10-12.

- (D) Generally 3 courses: Yellow, Orange, Light Green
- (C) Fuller range of courses: Yellow-Brown (longest)
- (B) Larger event but beginners still welcome



Find out more about orienteering at:
www.britishorienteering.org.uk

Orienteering ... Be part of it!

Upcoming Fixtures

See www.dvo.org.uk

Sat 21 Nov	Bradgate & Swithland	Level B	LEI	Hunts Hill (Old John) car park SK 522116
Sun 29 Nov	Birchen Edge	Level B East Midlands Champs	Sal Chaffey	Moorside Farm DE45 1PQ SK287722
Sat 5 Dec	Hardwick	Level D Reg 1:30-3pm	Judith Holt	Visitor Centre by Miller's Pond, SK463637
Sat 5 Dec	Hardwick C	Night Score event Reg 5pm, 5:45 Start	Judith Holt	
Sun 13 Dec	Longstone Moor	Level C EML	Ann-Marie Duckworth	DE45 1NL SK 185728
Sun 20 Dec	Bramcote Hills & the Hemlockstone	Level C EML	NOC	Bramcote, Nottingham
Sun 27 Dec	Castle Hill	Level C EML	LEI	Anstey
Fri 1 Jan	Ashbourne	Level C EMUL	Stuart Swalwell	Free car park by recreation ground
Sun 3 Jan	Boundary Wood & Haywood Oaks	Level C EML	NOC	Near Mansfield
Sun 17 Jan	Eyam	Level C EML	Ned Needham	See www.dvo.org.uk for details Newstrack wishes you a Happy 2016!!!
Sat 6 Feb	Bottom Moor	Level D Reg 1:30-3pm	Viv Macdonald	
Sat 20 Feb	Longshaw	NT Challenge Event	Mike Godfree	
Sun 6 March	Longshaw	Level B	Michelle Mackervoy	

EML, East Midlands League EMUL, East Midlands Urban League **DVO** **LEI** **NOC**

In checking the Fixuters list, I found some useful links at the foot of the DVO Fixtures page:

<http://www.oobrien.com/map/index.php?p=DE1> Ollie O'Brien's Map of Forthcoming O Events (within a set radius from DE1 or from your own post code)

<http://cal.worldofo.com/> World of O International Orienteering Calendar

A Note about Publicity

As part of the ongoing debate about publicity and marketing orienteering to other groups such as families or established runners, we have revived the multi event flyer (page 23). We will keep it updated with DVO events on a 'rolling' basis.

When a lot of us started orienteering in pre-internet days, events were advertised by paper flyers, still used these days but not so much. Entry nowadays tends to be via the event details on the organising club's website (virtual flyer), but the prompt to enter may well come from picking up a paper flyer or because the event is part of a league. Please email Sal (sal.chaffey@gmail.com) if you can print & distribute. The Club will reimburse if printing multiple copies.

However, publicity is more complicated than producing flyers! Paul Wright is our press secretary and reports events to local newspapers. We are active on Facebook, but perhaps there are other things we should be doing? If you would like to have some input into DVO's future directions with publicity, please contact Stuart (stuart.swalwell2412@mac.com).