

NEWSTRACK

APRIL 1989

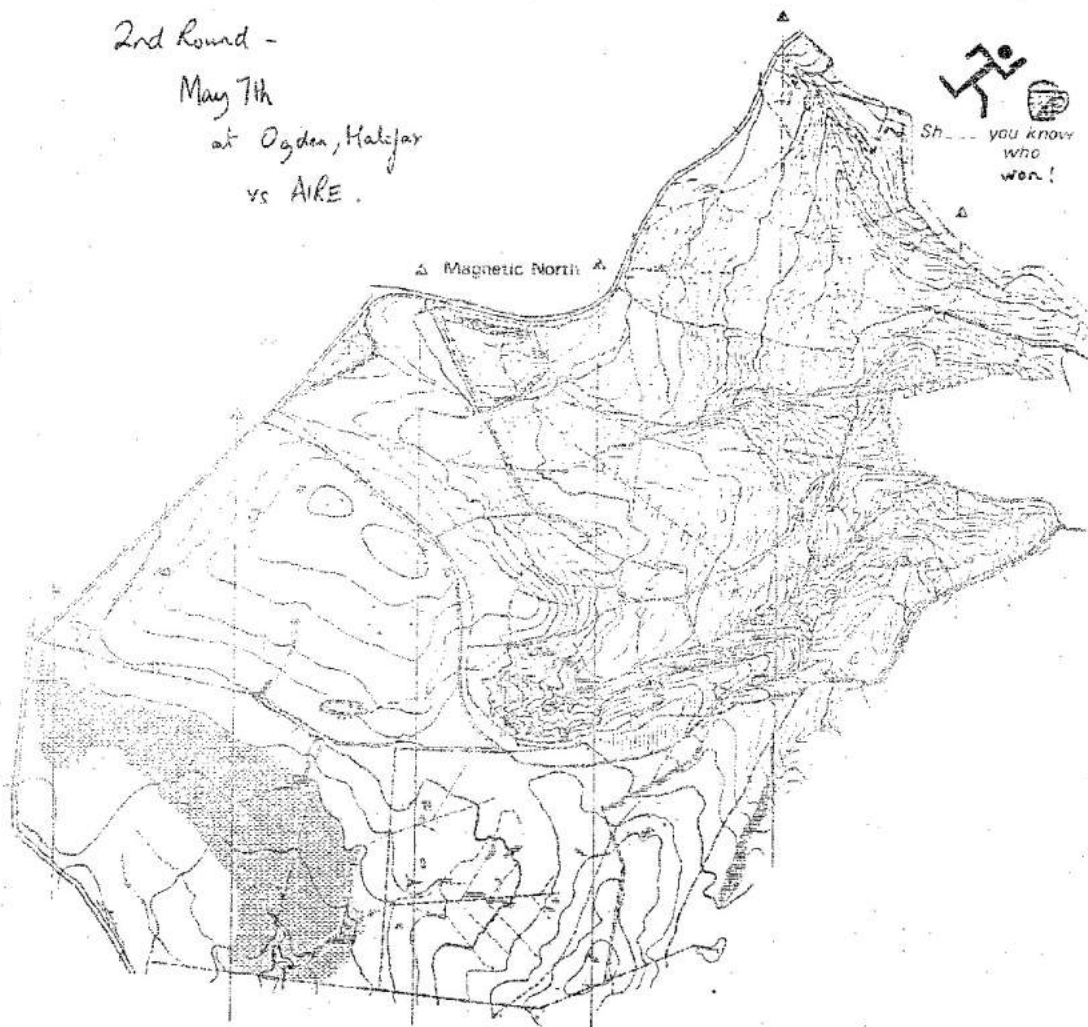
Compass Sport Cup Victory Edition

2nd Round -

May 7th

at Ogden, Halifax

vs AIRE.



DVO OFFICIALS

Chairman : Steve Buckley. 253 Duffield Road, Allestree
Derby 552664
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EDITORIAL

There should be plenty to talk about after several months now of excellent orienteering. However, I am dismayed by having no event reports whatsoever submitted for inclusion in this issue (unless they arrive beyond writing this editorial). National Event I and the JK alone should have prompted someone into writing surely! My own run at NE I was not good, too much like a runner's course and I had to miss my second successive JK due to pressure of work/home needs. I am taking this opportunity to let you know that I am likely to relinquish the editor's position as it looks more than likely that I shall be returning to the City for a longer period come July, if this happens then the next issue, June 1989, will definitely have to be my last. Any volunteers? Please contact myself or Steve Buckley if interested. Many, many thanks are due for this issue to my mother who sat for many patient hours typesetting, and then suffered the problem of losing 75% of the work in the computer works somewhere!! Thanks again Mam, all members are grateful to you!! This has caused this issue to be distributed slightly behind schedule and hope the training event scheduled for Friday 28th will not suffer in support because of this. Thanks also to all the contributors.

CHRIS JOHNSON

MAP RECLAIM

I have a large number of maps from National I at Clumber and all three days of the JK. They will go training for the next week or two and to Enquiries at Longshaw. After that arrange to pick them up at a convenient event.

Mike Godfree

LOCAL MEMBERS

This is a formal notice to all local members that their names and addresses are held on a computer system which is exempt under the provisions of the Data Protection Act. The details will only be used for mailing purposes and will not be disclosed to any third party.

If you object you may notify me in writing and your details will be removed from the computer files.

Mike Godfree

NEW MEMBERS

A warm welcome to the following new members:

Jan & Alastair Sykes, 8 Brading Close, Alvaston
Ken Jones, 31 Ryehill Ave, Brookside, Chesterfield
Mr & Mrs Ager, 59 Park Road, Duffield
Michael Grain, 18 Hollies Road, Allestree
Neal Fletcher, 22 Royal Hill Road, Spondon
Derek Marriott, 64 Main Street, Weston-on-Trent
Edmund Dixon, 55 Priory Road, Bicester
Richard Mee, 6 Hollens Way, Chesterfield
Richardson Family, (Peter, Sheila, David, Jenny & James)
3 Bull Lane Matlock
Paul Swets, 32 Whaley Lane, Whaley Bridge

FUN AND GAMES AT CROMFORD MOOR

Only a couple of weeks after the opening ceremony for the permanent course, post number 7 went missing. Now you would think that 5 feet of 1 foot diameter pine, which weighs about 30 lbs could not wander far. Moreover number 7 is the ruined wall junction at about the furthest point from the car park, so is not the most suitable choice for firewood.

However a search of the adjacent brambles failed to reveal a post. Fortunately my plea to the forester has produced four spare posts. The new number 7 has now been set in the ground with about 3 feet buried, complete with a cross piece below ground so should be secure for a while. In the course of checking control sites for the Cromford event I decided that number 13 had also gone missing, so we set off the other Saturday with another of the spare posts, a spade, a crowbar, a bag of cement, hammer and nails. Only to find that number 13 has been in the wrong pit all this time - yet no one complained on New Year's Day. An hour's work has rectified this situation, although striking water a foot below ground level made this a messy job.

So when you go to Cromford and discover a post missing, don't assume it's your orienteering that's astray, let me know. Even more importantly if any of the posts look loose tell me

so that they can be cemented in place before the vandals get there.

Map sales for the permanent course are going well, but do tell your friends about it. If have contact with any outdoor or activity group suggest they use it. Map packs should always be available from the Visitor Centres at Middleton Top and High Peak Junction. Also from the information centre at the Black Rock Picnic Site on the rare occasions when that is open. Dave Walker is the official supplier of maps and packs in bulk.

DUFFIELD STREET EVENT RESULTS 1.3.89

Some of the more adventurous members of the club spent an hour around the streets of Duffield checking up on lamp post numbers, fire hydrants and even the time of the first train on Sundays (its 00.01 by the way Steve)

COURSE A (1hr)

1.	Dave Nevell	785	
2.	Steve Davis	640	
3.	Steve Buckley	620	(20point penalty)
4.	John Hopper	590	
5.	Dave Brodie	540	
6.	Andy Thompson	520	
7.	Roger Manwaring	470	
8.	Tony Berwick	440	(40point penalty)

COURSE B (45mins)

1.	Alastair Buckley	560
2.	Judy & Val	280
3.	Sue Russell	160

DVO goes mapping - Eyam Moor and Bretton Clough.
May 20/21st Eyam.

Preparations for our mapping onslaught are progressing. So far fifteen of the twenty reserved places are taken. Persons mapping will have their overnight food and accommodation at Eyam Youth Hostel paid for. Any members who wish to join the party for the weekend and who are not mapping will need to pay the £10.00 hostel fee for full board. Membership of the YHA is not needed. If you are not on my list yet and want to help out and learn a little about surveying an O map then let me know by the end of this month. There is a list on the club noticeboard.

STEVE BUCKLEY

**DVO goes camping - National Event
June 9/11th Betws y Coed**

The club is making a weekend of this competition in North Wales. We plan to travel down to camp or caravan at Riverside Campsite, Betws y Coed Phone 06902-310 .

Caravan pitches may be booked in advance.

Tent space is adequate but is only available as you arrive.

We will try to reserve an area for DVO .

The site is within 10 mins walk of the village and is close by the railway station next to the River Conwy. There are showers etc. on site.

Various activities are possible on Saturday, gentle walks, more strenuous expeditions in the mountains.

The coast and town of Conway with its impressive castle is nearby or you can enter a badge event before Sunday's National Event.

There will be a grand club Barbeque on Saturday night at the camp site.

STEVE BUCKLEY.

TAPED ROUTE COURSES

This course is intended for the younger novice competitor but anyone who lacks confidence in their map reading will benefit. You have a map, description sheet, master map and control card, the same as for a normal event. You also go through the start and return through the finish.

The difference is out in the forest. The whole of the course is taped and you follow these tapes from the start to the finish, punching the correct controls on the way. BEWARE there are extra controls. A 10 minute penalty for every misspunched control will be added to your time. There will be a taped route course at all DVO events in the near future wherever practical.

JUDY BUCKLEY.

NOT - O

Where were you on April 2nd ? Do you want to know where I was ? I shall tell you anyway. I was at CANNOCK CHASE in a popular corner for Orienteering. But I was not there to orienteer. The forest had been invaded by MOUNTAIN BIKERS! The event was their own National Series Number One.

If you recall the weather on that day, it rained a lot. All competitors were covered from head to toe in mud and they didn't look as if they were enjoying it all that much. Imagine running up a typical Cannock Chase hill with a bike on your shoulder! Has O got anything in common with MB? Are there any DVO members who are keen Mountain Bikers?

CHRIS JOHNSON

NUTRITION AND SPORTS PERFORMANCE

Continuing this excellent series of occasional articles, lets look at some good recommendations during preparation for competition.

Do not try anything new over the week prior to competition.

Rehearse your competition preparation during training sessions and minor competition. Find out what works for you.

Although there is little evidence to suggest that greatly elevated stores of glycogen in your body will improve performance in every sport, it appears that low glycogen stores are always a disadvantage. Ensure that you start a competition as well prepared as possible- that means at least normal glycogen stores. This can be achieved by both tapering your training (i.e.reducing the rate at which you use glycogen) and increasing your CHO intake (i.e.increased refuelling.)

Gradually taper your training programme over the final week before competition and eat your normal diet which should contain high CHO foods. This will make sure that your glycogen stores are at least normal if not slightly elevated. By eating more CHO than normal while tapering your training should result in considerably greater than normal glycogen stores. There is no evidence that these would be disadvantageous in any activity, although you may find that you are slightly heavier (so care must be taken when you are required to make weight).

Avoid gorging at mealtimes- take smaller, more frequent high CHO meals which are easier on the stomach.

Increase your fluid intake over the week to ensure that you are fully hydrated prior to competition.

Eat a light meal the night before competition.

Do not attempt to cram food in at the last minute- you should have made gradual increases in CHO intake throughout the week. In other words, any benefits of nutrition should already be 'in the can'. If the competition starts early the following day, make arrangements for your breakfast, particularly when competing away from home.

On competition day, do not try anything new. If you are competing in the morning, just eat a light CHO breakfast with plenty of sugar, confectionery or honey- complex CHO's are the best. Allow yourself several hours to fully digest your food before competing- this may mean rising slightly earlier than usual.

Remember, anxiety will tend to slow the rate at which the food moves out of your stomach- so make allowances. If you cannot tolerate food, try using some of the commercial liquid meals or CHO drinks instead. Once you have eaten, try to relax- don't rush around as this will also slow down digestion. Do not eat any last minute snacks.

If the competition is later in the day, eat normally until 3-4 hours prior to competition and then eat a light CHO meal.

Avoid foods which you know will upset your stomach.

You must ensure that you maintain adequate body fluids so that your ability to sweat is not impaired. Insufficient fluid intake during exercise will rapidly limit your capacity to lose heat through sweating and will result in overheating. Where possible

take fluid regularly during competition- preferably by sipping small amounts little and often. Plain water or a dilute electrolyte/glucose solution will help to maintain fluid levels. If competing throughout the day in bouts or heats, try to take in fluids and some CHO between bouts of competition. The fluid will help prevent dehydration and the CHO will help to maintain your glycogen levels throughout the day. Use complex CHO's rather than simple sugars, in small amounts with plenty of fluid. Try some of the commercial CHO drinks that have been formulated for this purpose.

If competing over several days, increasing your glycogen stores prior to the first day may help to keep you going. However, refuelling between competitions is vital- this can only be achieved by eating plenty of CHO, PREFERABLY COMPLEX CHO's. Do not wait until several hours after competition before eating- start the refuelling process immediately. Do not rely on the organisers of the event to provide the necessary foods; take responsibility and pack your own food.

Stomach troubles, such as diarrhoea, are commonplace during competition - particularly when competing abroad. Apart from being unable to eat in this condition, you will become rapidly dehydrated, losing both water and important electrolytes from the body. It is unwise to compete in this condition- you will not be able to perform at your best and you may seriously endanger your health. You must try to re-establish normal body fluids and get some energy into the system.

Sip plenty of fluids continuously throughout the day- ideally a dilute glucose \electrolyte solution.

Becker still, don't get into that condition! Take care in the type of foods that you eat prior to competition. The obvious foods that are associated with diarrhoea are shellfish, undercooked or spicy foods. It is also advisable to peel fruit and only select those foods that you are familiar with. Try to eat only in those places where the standard of hygiene is acceptable- avoid snacks from roadside vendors. Why not pack some muesli bars or confectionery for snacks when travelling abroad?

Avoid alcohol and unusual foods over the period leading up to competition. Save the celebrations until after the competition.

A general guide as to whether you are consuming sufficient energy to match your energy expenditure is to measure your body weight. This should be measured under the same conditions on each occasion; with as little clothing (preferably nude), at the same time of day (preferably on rising) and after voiding bladder and bowel. Remember that small changes in body weight occur naturally (1-2kg; more in females); it is the general trend that is more important (i.e. whether weight is increasing, decreasing or is relatively stable). Do not become fanatical about small changes on a day to day basis!

It should be noticed that changes in the amount of fat and muscle can occur over periods of time whilst the overall body weight remains constant. Therefore, a more precise means of determining body composition is required. The measurement of skinfold thicknesses at four sites of the body using skinfold calipers can be used to monitor changes in the thickness of the layer of

subcutaneous fat. Moreover, as various researchers have demonstrated a relationship between skinfold thickness and body density, it is possible to use these measurements to predict the amount of fat present in the body as a whole.

For further digestion, try this self-assessment nutritional knowledge questionnaire.

Indicate whether you feel that the following statements are either true (T) or false (F). If you are uncertain of the answer, indicate that you are not sure (NS). This quiz is intended to identify those areas that you understand [correct answers], those areas where you are uncertain [not sure answers] and particularly those areas where you think you know the answer but are actually incorrect [wrong answer].

1. Weight for weight, starchy foods such as bread and potatoes contain the same amount of energy as dairy produce.
2. When you lose weight by rapid dieting [eg 6-8lbs in a week], very little of this weight loss is fat.
3. Adding bran to your normal diet is not a good way of obtaining a high fibre diet.
4. It does not matter how much fat is in your diet as long as it is polyunsaturated.
5. Weight for weight, margarine contains the same amount of energy as butter.
6. It is the amount of sugar in an alcoholic drink that determines its energy content.
7. Fat people always eat large amounts of food.
8. Brown sugar is better for you than white sugar.
9. The body can convert fat to carbohydrate when the stores of glycogen are low.
10. A 2400 kilocalorie diet is the same as a 10 megajoule diet.
11. You should always start the day with a cooked breakfast.
12. Apart from eating more food, athletes do not need to eat any differently from non athletes.
13. In order to put on muscle, you need to eat more protein than usual.
14. Vegetable sources of protein do not contain any of the essential amino acids found in animal proteins.
15. Athletes need vitamin and mineral supplements as they use more during prolonged vigorous activity.
16. During prolonged exercise, you start off using carbohydrate stores as a fuel then switch over to fat once your glycogen stores are depleted.
17. Sugar solutions and dextrose tablets are a good way of providing extra energy during exercise.
18. The rate at which the body refuels its glycogen stores is primarily influenced by diet.
19. As long as you eat plenty of carbohydrate, you can always fully replenish your glycogen stores within 24 hours.
20. Only endurance athletes need to eat large amounts of carbohydrate.
21. The time to start drinking fluid during exercise is when you

feel thirsty.

22. Athletes need to add salt to their food in order to replace the salt lost through sweating.

23. There's no harm in taking large amounts of any vitamin - the excess simply passes straight through the body.

24. If you eat more wholemeal bread and potatoes, your intake of protein, vitamins and minerals will also increase.

25. Athletes should never eat confectionery.

Submit your answers on a postcard to the Editor and complete the following sentence in no more than 6500 words.

I will prepare to win M/W21E at National Event III by

Prizes will be awarded to the least convincing replies.

Answers next issue.

This series of articles are produced with the permission of the National Coaching Federation from whose material they are compiled.

The NCF run a series of courses nationwide aimed at furthering sports and its coaching. They can be contacted at;

4, COLLEGE CLOSE

BECKETT PARK

LEEDS

LS6 3QM.

NATIONAL EVENT I

Congratulations to those DVO members who did themselves and the club proud at Clumber Park.

Highest finishers in each class were;

M10	9th	Edward Shaw
M11	2nd	Chris Godfree
M13	23rd	Ian Forrest
M15	6th	David Godfree
M19	31st	Neal Fletcher
M21E	7th	John Hawkins
M21A	23rd	Alex Campbell
M35	18th	Andy Thomson
M40	6th	Tony Thornley
M45	1st	Roger Wilkinson
M50	23rd	Barry Bibby
M60	26th	Frank Johnson
W11B	2nd	Katy Armistead
W13	1st	Kim Buckley
W15B	1st	Mary Finlayson
W17B	4th/5th	Claire Gale/Heidi Dickinson
W19	2nd	Zoe Wilkinson
W21	38th	Sue Russell
W35	16th	Christine Pollard
W40	7th	Judy Buckley
W45	13th	Debbie Wilkinson
W50B	1st	Maureen Walker

Yellow 2nd Adam Blackman[M10]
Orange 24th M. Seaston[W50]
Red 5th D. Ellis [M21]
String Heather Campbell

ITS NEVER TOO LATE

I was introduced to Orienteering in 1986 by my son Chris Johnson "Come along as a spectator," he said "and get some fresh air". I was 59 years of age and had never seen an orienteering map or ran in a race before. I attended a few events and enjoyed the atmosphere. In Jan 1987, Chris enrolled me as a member of DVO and the British Orienteering Federation. I was already hooked anyway.

During that year I progressed to Green Standard, being satisfied to complete the course.

1988 saw me achieving an occasional certificate time at Green Standard.

1989 Brindley Heath Badge event. Imagine my delight to finish in Silver time. 7 weeks later I was thrilled to be a scorer for my club in the Compass Sport Cup event at Blackamoor.

As I now have a Grandson who is a DVO member, perhaps the 90's will see three generations in one event scoring in the Compass Sport Cup for DVO (No chance of me scoring - Ed).

Frank Johnson.

WOMEN IN ORIENTEERING

Oct. 29/30 1988 Lea Green was the venue for the first Women in Orienteering weekend Conference.

The weather was brilliant, sunny, cold and clear. The company was good. Twenty two women of mixed ages, from all over Great Britain had made a valiant effort to attend.

An introductory chat enlightened us on the main reasons for the conference. Questions were asked ; How could we encourage women to stay in Orienteering?

How could we help them to progress and improve ?

How could we best use the grant from BOF to help women in Orienteering?

Next a talk given by Dr. Wendy Dodds explaining why, for physiological reasons, males dominate the sport and how physical exercise helps women in general.

We were then put through our paces, warming up and stretching exercises and how great care must be taken when exercising, by Helen Wright, a Sports Science Graduate.

The Sports Council's views on women participating in indoor and outdoor sporting activities were put to us by Michelle Hammond from the Sports Council.

Then off to Matlock Moor for a warm up jog and some excellent orienteering exercises, Back for tea.

An insight into Coaching at squad level and how important it is for girls to have a role model was explained by Marlene Palmer.

Roz Clayton [DVO] and Julie Lawson [Gold Medal Cross Country Runner] gave accounts on how their dedication to training had got them to the top of their chosen sports.

The rest of the Saturday evening was spent in a local Hostelry where we got down to some very serious

Sunday morning dawned frosty and bright, another lovely day!

After breakfast Hilary Palmer impressed the conference by recounting her exploits of women only training sessions held earlier in the year.

After coffee off to Stanton Moor for more thought provoking training exercises.

Sunday lunch over we got down to some serious discussion on women in Orienteering.

Areas discussed were ; Promoting participation of women in Orienteering. How to get more women into administration . Safety problems of women and girls in Orienteering and lastly planning; easier courses to technical and not technical enough for 45+ At approx 3.15 Edward's head appeared around the door closely followed by Chloes and I knew that for me this was the end of a very stimulating weekend.

Thanks to Deborah Wilkinson for organising the weekend and all the other participants who made the Women in Orienteering weekend a weekend to remember. When's the next?

JENNY SHAW

COMPASS SPORT CUP

A resounding first round victory [74-52] against EPOC in the first round on Sunday 9th April at Blackmoor. For those of you who were there, isn't Blackmoor enjoyable - at times - in places. Congratulations to all those who scored, particularly those who scored their first points for DVO - Frank Johnson[M60] on Green [Well done Dad]. If there were others, write me an article about your first CSC points.

BROWN A

J. HAWKINS 6
A. CAMPBELL 5
S. KIMBERLEY 4

BLUE

R. WILKINSON 6
Z. WILKINSON 3
N. FORREST 2

RED

D. GODFREE 6
A. BUCKLEY 2
A. THORNLEY 1

BROWN B

M. JUBB 6
S. BUCKLEY 5
T. THORNLEY 4

GREEN

J. THORNLEY 6
J. BUCKLEY 5
F. JOHNSON 1

YELLOW

C. GODFREE 6
K. BUCKLEY 5
J. ARMSTEAD 1

Additionally, on the day Guy Johnson(M10) won the White course for DVO and the club was also represented quite well on the string course. Well done all those youngsters!

The next [2nd] round will be against Aire on May 7th at the EPOC Open Event at Ogden, Halifax [MR 069309]. Be there!
Contact Judy Buckley, team manager, for any queries.

OPEN MEETINGS

Problems have been encountered with the clubs bookings at RIPLEY LEISURE CENTRE. Accordingly, the venue for future Open Meetings will be ALFRETON LEISURE CENTRE, with the exception that the Annual General Meeting 1989 will be held at RIPLEY LEISURE CENTRE.

Confused? To make it clear

14/6/89	OPEN	- ALFRETON
27/9/89	AGM	- RIPLEY
13/12/89	OPEN	- ALFRETON
14/3/90	OPEN	- ALFRETON

Any further queries regarding these meetings should be directed to Andy Thomson.

WELL UNDER CONTROL

A Grade III Controllers course is scheduled for 27th May 1989 at Martinshaw Woods near Groby, Leicester. Anything associated with Martinshaw must be treated as provisional. Interested/suitable parties should in the first instance contact Steve Buckley who will compile a list of DVO attendees and will keep those informed of final details.

DON'T MISS THE BOAT-- Make contact with Christine now!

A definite date for your diary is **27th JUNE 1989**.

DVO are to set sail with Canal Leisure Cruises on the AQUARIUS. Starting point is the Old Iron Warehouse, The Wharf, Shardlow nr. Derby.

The Aquarius is a 65 foot wide beam boat purpose built for canal and river trips. It is fully enclosed [waterproof] with large sliding windows and comfortable seating for 40 persons and bar seating for 15'. Its facilities include a well stocked bar, taped music, a small dance floor, heating and ladies and gents flush toilets.

The cruise is from Shardlow to Redhill Lock and return on the Trent and Mersey Canal, the River Trent and the River Soar.

The cruise starts at 7pm and is of approx. 3 1/2 hours duration. Food is to be ordered in advance - a menu along with details of the cruise will be on the club noticeboard. The cost of the cruise is estimated to be around £2.50. but not yet confirmed. **GET YOUR NAME ON THE LIST-- don't be left with that sinking feeling!!!**

Any further queries to Christine Pollard.

P.S. Further ideas for the next social venture are being sought - let us know.

LAND ACCESS NEGOTIATORS.

The following up to date list is provided for you to enjoy!

ALLESTREE PARK
CALKE
CHATSWORTH
CRICH
CROMFORD
DARLEY PARK
DRUM HILL
HARDWICK PARK
KEDLESTON
LEA WOODS
LINACRE
LINDOP
LONGSHAW
MARKEATON
MATLOCK E
MATLOCK W
MOORWAYS
QUEENS PARK
ROBINWOOD
ROUGH PITY SIDE
SHINING CLIFF
STANTON
WHITE SPRINGS

D. WALKER
D. DICKINSON
I. WHITEHEAD
S. BUCKLEY
J. HURLEY
D. WALKER
A. THOMSON
S. KIMBERLEY
J. HAWKINS
S. BUCKLEY
S. BUCKLEY
I. WHITEHEAD
W. WOODWARD
D. WALKER
J. HURLEY
J AND A SHAW
P. SEASTON
S. KIMBERLEY
?
T. BERWICK
J. HURLEY/D. WILKINSON
W. WOODWARD/R. WILKINSON
D. NEVELL

TSB TRUST COMPANY RANKINGS 1988

DVO did not have any class winners for 1988 but the following people finished in their respective top ten.

J. TENNENT	W55	2nd
D. NEVELL	M21	10th
R. WILKINSON	M40	3rd

STOP PRESS

Congratulations to Roz Clayton for her 2nd place in W21E at National Event II, Aldershot recently.

FIXTURES/EVENTS PROGRAMME

Date	Event	Contact	Further Details
APRIL			
	Scottish Championships Weekend, Perthshire	D. Biggar (0506-845084)	Entries closed 1.4.89
29	Day 1; Ind. Championships (inc. NATIONAL EVENT III) Drummond Hill		
30	Day 2; Relay Championships, Strathyre, Callander		
30	HALO Open Event, Normanby Park (MR887168)	F. Green (0482 41474)	
30	OD Relay Event, Hay Wood, Warwick (MR206707)	A. Emmerton (0295 65188)	
MAY			
7	EPOC Open Event, Ogden, Halifax (MR069309) ** This is DVO's 2nd Round Cup match vs AIRE	M. Thorpe (0274 880292)	
7	ILEI Badge Event, Grace Dieu THIS EVENT IS CANCELLED		
7	INGOC (DOUBLE GLOUCESTER) BADGE EVENT, Soudley, Cinderford	M. Glancy (0452 502944)	£02.50/£1.50 EOD only
13 ITSB BRITISH CHAMPIONSHIP WEEKEND			
14	Day 1: Individual Championship, Day 2: Relay Championship		Entries closed
21	INOC Open Event, Clipsestone Forest Mansfield (MR516647)	K. King (0623 640897)	
SPRINGTIME IN SHROPSHIRE			
27	Open Event Comdon Hill (MR302976)		£03.50/£1.50 per event!
28	BADGE EVENT, Croft Castle (MR450654)		£00.15.89
29	BADGE EVENT, Soudley Wood, Clun (MR316808) D. Turner, The Ecal Lodge, Little Cmn, Church Eaton, Stafford		SEF and limited EOD
JUNE			
4	HALO Open Event, Beverley Westwood, Beverley	M. Green (0482 869910)	
11 NATIONAL EVENT IV, Moel-y-Dymeryd, Berwyn-Coed (MR623498)			
(Cheques to Cambrian Orienteers)			
INE A, c/o Endell, Tower Drive, Heister Heath, Whitechurch, SY13 2HG			
(Enquiries to P. Frost (0492 592708))			
18	EBOR BADGE EVENT, Cawthome Banks (MR780903) L. Carter, 9 Church Street, Dunnington, York, YO1 5PR (0904 489427)		£02.50.89 £03.00/£1.50 SEF and limited EOD
24/25	CAPRICORN 89, The Fennines 12-day mountain marathon		£00.27.5.89