



**NEWSTRACK**  
**AUGUST 1988**



#### DVO OFFICIALS

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#### EDITORIAL

Personally I am looking forward to the White Rose at August Bank Holiday. The last time I ventured out for serious competition was June 19th at Brown Clee Hills. It is a fact that commuting to London and working in the City damages your health - early morning trains and late returns plays havoc with training schedules. I shall no doubt be put to shame at the White Rose. M21B for two days is sufficient for me - hope to see you there.

I have this month introduced the first of what should become a regular feature on the subject of Nutrition and Performance which hopefully will educate us all.

This issue is accompanied by a number of separate sheets namely a new membership list, minutes of the 1987 AGM, constitution of DVO and notice of the 1988 AGM. If you are missing any of these in your envelope please contact me. Senior prize winners at the Midland Championships will also find their medals enclosed.

Many thanks to all contributors to this issue and for everyone involved in its production particularly my mother for doing all the typing and to the Print Dept at County NatWest for the final print run.

Chris Johnson.

#### Womans Own/Nike Runs

These were held at various venues throughout Britain on 26th June 1988.

They were only open to women and the aim was to raise money for the National Womens Cancer Control Campaign.

Four of DVO's ladies entered the run at Chesterfield and since we all finished inside 55 minutes did not disgrace ourselves. Ann Armistead was 10th overall and 3rd in the 30+ category in 47.33. She was followed by Jo Thornley in 52mins, Jenny Shaw in 53mins and me in 54mins. We were all presented with a certificate, a carton of luridly coloured drink and a mug and keyring, both inscribed "I did it for fitness and fun"!!! LYNETTE GILLIGAN

WINSTER WAKES FUN ORIENTEERING.  
FRIDAY 1ST.JULY 1988.

I would like to thank; Jim Roper, for the use of Grey Tor, Mr Woodruff for the use of Oddo field; Ted Dale for the use of his meadow; Mr. and Mrs.Chatterton, for the use of their archway and garden; Bakewell Tool Hire for the use of a brushcutter; D.V.O. for equipment. Also a big thankyou to all who helped on the day. Whether you come first or last, remember if no one takes part there would be no event.

STRING COURSE.

Sarah Goalan 13mins  
Oliver Strausse 6

John Roberts 5  
Ruth Roberts 7  
Katie Stone 4  
Adam Gilman 5  
Alex Stone 5  
Samantha Stoker 3  
Melynda Shimwell 6  
Georgina Foggin 5  
Rebecca Palmer 9  
Gemma Nelson 13  
Kay Wesolek 13  
Tessa Newton 5  
Rachel Newton 11

Rachael Armstrong 13  
Edmond Brook 5

MEDIUM

Terry Peach DVO 28.24  
Fiona Palmer DVO 33.35  
Jo Thornley DVO 34.09

Steve Clarke DVO 34.39  
Peter SkinnerDVO 34.46  
Walker Fam. 38.32  
Hawksworth/  
Strauss local 44.35  
Dunn 49.33  
Claire Bale DVO 49.33  
Frank JohnsonDVO 55.49  
Joanne Weston/  
Samantha Burrows  
local 64.00  
Joe Royle DVO 64.33  
Ailsa Gray/  
Susie Hawksworth  
[3 missed] local 73.18  
Hatherway DVO 72.16  
Control no 12 was there  
all the time.

FRANK MASON.

SHORT COURSE

Marie Hill and Mary Mason  
local 32.55

Joanne Shirley local 41.58  
Skinner DVO 57.02  
Martin Hatherway DVO 59.15  
Glossop Family DVO 75.15  
Ellen Purslow local 84.37  
Steve Ashin local 84.37

LONG COURSE

Tony Thornley DVO 33.40  
John Hurley DVO 38.01  
C.Johnson DVO 40.51  
Sue Russel DVO 45.40  
2 WRONG no.9, no.11,  
Colin MacDonald DVO 45.48  
Smith/Fisher/  
Tresidder DVO 46.15  
no.6 wrong

D.Gayle 47.12  
Jo Royle DVO 47.47  
Rob Tresidder DVO 49.45  
no.1 wrong.  
Lee Purslow/

Paul McDonald local 50.35  
P.Wright DVO 51.02  
M.Lilley DVO 51.13  
Geoff and Laura  
Hill Local 51.35  
[last 4 missing]  
Ian Sanderson DVO 52.13  
John Ashworth local 52.24  
[2 wrong]

J.Gaye DVO 56.03  
M.J.Green IND 57.42  
Arthur Elliott local 66.53  
Keith Warnes NOC 67.58  
C.Wright DVO 71.50  
Fisher/2 72.10  
Emma and Alison local 78.12  
Daniel and Carl local 82.52  
Mr.Baker. 95.54

LETTER FROM DOWLISH WAKE

The following letter was received recently :

Miss J.R. TENNANT  
OLD ORCHARD  
DOWLISH WAKE  
NR. ILMINSTER  
SOMERSET TA19 ONX 24.7.88

I had no idea that the last training run from Blue Mountains was to be a party - a lovely surprise, lucky it was fine!

To everyone who contributed toward the Crown Derby mementos, which raise the tone of my living room, many thanks. Thanks too Steve, for your kind remarks in the last newsletter. I was given a rather more elevated position in the 76 World Champs, than I actually held as planner of the Womens Relay.

I shall miss the Wednesday evening get-togethers, but one of the great spin-offs in orienteering is that one does not lose touch with ones friends simply because one has moved to another part of the country. I look forward to homing in on the DVO tent at the bigger events for the remainder of the year-- will that include the Compass Sport Final? Which club I shall be joining in 1989 I shall decide later on in the year-- you are right Steve, it is a barren O land here.

JENNY TENNANT.

COME AND TRY IT AT ALLESTREE  
[and support Sport Aid 88]

As part of BOF's National come and try orienteering weekend we are holding an event at Allestree Park (and another in Chesterfield, but you'll have to talk to Steve Kimberley about that) on Sunday 11th September. This is your chance to bring along all those friends who have wondered why you are always so exhausted on Monday mornings.

There will be white, yellow and orange courses, planned by Alastair Buckley. Parking will be in the field by the entrance from the A6, Duffield Road. Starts as ever from 10.30 to 12.30.

The entry fee is reduced to \$1.00 (50p juniors). From this we will be contributing a proportion of the profits to Sport Aid 88 as this is also the date of their worldwide fund raising effort. General organisation is in the hands of John Seaston and Ian Gregory. Enquiries to and any additional information from the Godfree family on Derby 515862.

Your contribution is firstly to publicise the event; I have posters, brochures, and leaflets available. Secondly to come along and assist your friends and other novices. Thirdly to volunteer your help to Ian or John for all the usual chores at registration, start, finish and results.

Mike Godfree.

## NUTRITION and PERFORMANCE.

When considering the potential role of nutrition in relation to improving athletic performance, many sportspeople immediately think of vitamins and a vast range of other pills, powders and potions. However, the primary consideration for any sports person must surely be energy.

Energy can be derived from the carbohydrates, fats, protein and alcohol present in the food we consume. They all contribute calories to our overall energy intake, but their relative value as a means of supplying fuel for the working muscle differs considerably.

Protein may well be used as an energy source during very long periods of low-intensity exercise particularly when carbohydrate supplies are low. Research has shown that the most protein could provide is 10% of the total amount of energy used during a marathon.

Alcohol, on the other hand, while being a very high-octane fuel, cannot be metabolised by the working body to provide energy at all. Only the liver has the capacity to metabolise alcohol and then only at a fixed rate - that is why you will never run off a hangover.

Therefore only carbohydrates and fat play a significant role in the provision of energy during exercise. Of these, the most important fuel for the working muscle is carbohydrate.

This is stored within the cells of the muscle and liver and is called glycogen. Unfortunately the body's stores of carbohydrates are not that great (only around 600-800Kcal) which in theory provides about 70-80 minutes running at marathon pace.

The muscle also gets energy from a much greater store of energy. Free fatty acids are released from the deposits of fat stored beneath the skin or within the muscles themselves. Therefore by using a mixture of both carbohydrate and fat as fuel, the body can make the limited reserves of carbohydrate last considerably longer.

In practical terms; High carbohydrate breakfast - muesli, wholemeal toast, fresh fruit juice.

LUNCH - Wholegrain bread sandwiches with low-fat filling and fresh fruit.

Evening meal - Potato cooked in jacket with filling or wholegrain rice, cracked wheat or oats or pasta.

### Junior Training at Crich.

On the 25th June was the training session run by Mike Godfree at Crich chase. The first exercise was hunt the control. The first time I did 10mins and improved 3mins the next time. The funniest exercise was hide the kite, mark it on a master map, then everyone else had to find the control. Alistair did not put his on a feature. On the exercise he could not find his kite! At the lunch break the drink went down litre by litre. The mad dash was great fun, dash anywhere in 2 mins. and try to follow on the map charging through bracken finding depressions by falling into them and tripping over large boulders which weren't marked on the map and flattening fields of bracken by falling into them.

I learnt not to waste time by planning in advance where I was going. I thought I might find it too hard, but I enjoyed it very much. Thanks to the Godfrees for organising such an enjoyable day and giving up their Saturday.

CHRIS GILLIGAN M10.

This year's Combined Harvester was staged in Clumber Park, a local area so we were able to field three teams, one of them all female.

The Harvester really ought to be held on June 24th as you have to be mad to run in it. It's a seven leg relay that starts in the dead of night. There are two classes, long and less long. The shortest leg is 5km. I have done it twice before and each time my right leg has become a dawn run. No luck this time as I had put myself on the first leg.

When we arrived in the Park to put up our tents the night was balmy. By 11.30 the heavens had opened and the rain was pouring down. The starting bell was different. They had a recording of Robin Hood shooting a bow from his arrow, when the arrow hit the target that was the signal to start. About an hour before the start the DVO ladies team was tipped to win, well not being Steve Cram I couldn't take that sort of pressure. I was very careful to the first control which gave me confidence, too much confidence. I decide to go straight to number two. In the dark it was really difficult to tell whether you are on a ride or just in some open. The bracken was very tall and extremely wet. I felt as though I was swimming through it at times, breast stroke was the best action. At one point I determined to go North through some trees, when I came out my compass was pointing South, then I knew I was really lost. I only relocated when someone asked if I was looking for number three. The rest of the course was not much better. The best routes were round, but they were such a long way round, that occasionally I would plunge into the undergrowth in sheer frustration; it was nearly always a mistake. I think my 7km took me nearly three hours. Helen Finlayson consoled me by saying that in contrast all the other members of the team were bound to do better. In fact we moved quite a few places up from last. I'm not sure where we finished as I have not had the results yet. The other two teams did well. One team finished about 5th in the Handicap and the other about the same in the open B class.

On reflection I think the planning must have been done when the bracken was low. Also we have had so much rain this year that the undergrowth was really luxuriant. It's like planning on Cromford or Matlock Moor. The areas of green are really NO GO areas, so it makes your courses a lot longer than the straight line route. It also means that you have got to plan for route choice. I didn't feel there was any in Clumber. The straight line looked feasible but just wasn't. Maybe it's sour grapes, but I really don't like courses where I have to struggle against my orienteering instincts. As proof of how difficult it was none of the ladies' teams had finished by 9.30 and the first team on the A course had only just come through. Two years ago at Sutton Park most teams had finished by 10.0'clock.

Jo Thornley.

P.S. If you haven't paid please send me a cheque asap £4 seniors, £2 Juniors, payable DVO. We have had a generous grant from the club. J.Thornley, 40 Jackson Rd., Matlock, Derbys. DE4 3JQ.

## 1988 D.V.O. CLUB CHAMPIONSHIPS.

FRIDAY 15TH JULY 1988.

Congratulations to Joanne Armistead on becoming the 1988 D.V.O. Club Champion. As can be seen from the full list of results it was quite a close affair with the first two finishing only 6 seconds apart. I hope everyone enjoyed their Friday evening jaunt around Stanton Moor, including those running the Green who were perplexed by the apparent mix-up over the first control code. A little tester wasn't it?  
Dave Walker.

FINISHING POSITIONS				
REC NAME	COURSE	FINISH TIME	TIME	
1	JOANNE ARMISTEAD	ORANGE	7:56.25	41.25
2	THOMAS BRODIE	ORANGE	7:56.31	45.31
3	DAVE NEVELL	GREEN	7:57.09	32.09
4	TOM KIRBY	L.GREEN	7:58.33	47.03
5	CLARE GALE	ORANGE	7:58.39	51.39
6	IAN FINLAYSON	L.GREEN	7:58.46	35.16
7	ROGER WILKINSON	GREEN	7:59.00	37.00
8	JENNY SHAW	L.GREEN	8:00.21	40.51
9	TERRY PEACH	L.GREEN	8:00.22	39.22
10	ANDREW FARNWORTH	GREEN	8:00.31	40.31
11	HELEN FINLAYSON	L.GREEN	8:00.33	40.03
12	M---- LILLEY	L.GREEN	8:01.00	56.30
13	D---- GALE	L.GREEN	8:01.17	48.47
14	JOHN HAWKINS	GREEN	8:01.23	37.23
15	JOHN HURLEY	GREEN	8:01.33	39.03
16	DAVE CLOUGH	GREEN	8:01.40	45.10
17	STEVE KIMBERLEY	GREEN	8:01.44	38.14
18	CHRIS GILLIGAN	ORANGE	8:01.49	47.49
19	J---- GALE	L.GREEN	8:01.57	54.27
20	JOHN HOPPER	GREEN	8:02.01	41.31
21	MARTIN HATHAWAY	ORANGE	8:02.11	49.11
22	MIKE GARDNER	GREEN	8:02.21	43.21
23	PETER JONES	GREEN	8:02.36	39.36
24	EDWARD SHAW	ORANGE	8:04.26	54.26
25	LYNNE GLOSSOP	ORANGE	8:04.32	46.32
26	STEVE DAVIS	GREEN	8:05.01	47.01
27	R---- MANWARING	GREEN	8:05.03	53.03
28	DAVE BRODIE	GREEN	8:05.35	46.05
29	ROB ATKIN	GREEN	8:05.54	53.24
30	BARRY BIBBY	GREEN	8:07.25	52.25
31	DEBORAH WILKINSON	L.GREEN	8:09.18	52.48
32	I---- SANDERSON	L.GREEN	8:10.02	64.32
33	JOHN BIRKIN	GREEN	8:10.30	56.30
34	COLIN MACDONALD	GREEN	8:10.33	60.03
35	ROB SHOOTER	GREEN	8:10.35	53.35
36	TED SMITH	GREEN	8:11.09	65.39
37	SUE RUSSELL	GREEN	8:12.35	74.35
38	GEOFF WILLIAM	GREEN	8:13.05	66.05
39	ANTHONY BERWICK	GREEN	8:16.09	71.09
40	FRANK NASON	GREEN	8:16.09	76.09
41	MARY JONES	L.GREEN	8:16.10	60.40
42	NIEL FORREST	GREEN	8:19.45	63.45
43	STEVE WILSON	GREEN	8:22.27	67.57
44	MIKE HUGHES	GREEN	8:22.32	81.32
45	ROB NEWTON	GREEN	8:22.36	71.06
46	ROBERT GILLIGAN	ORANGE	8:22.54	76.54
47	MICHEAL PEACH	ORANGE	8:23.00	74.00
48	ALAN SHAW	GREEN	8:24.18	73.18
49	ANN KIMBERLEY	L.GREEN	8:31.35	74.05
50	LYNETTE GILLIGAN	L.GREEN	RETD.	RETD.
51	ANN ARMISTEAD	L.GREEN	RETD.	RETD.

**FIXTURE LIST September - October 1988**

**SEPTEMBER.**

- 11 NATIONAL CATI DAY.  
DVO CATI Allestree Park, Derby. (MR 348408)  
Mike Godfree, 26 Rangemore Close, Micklover, Derby  
(0332 515862).  
DVO CATI Queen's Park, Chesterfield (MR 377708).  
Steve Kimberley, 41 Devon Drive, Brimington, Chesterfield.  
(0246 33575).
- 18 NOC Open Event. Bestwood Country Park, Nottingham  
(MR 565475).  
A & L Hickton, 3 Worwood Drive, West Bridgford, Nottingham  
(0602 845915).
- 24 LEI Open Event. Martinshaw Wood, Leicester. ( MR 520069).  
D.Hall, 81 Brook St, Wymsewold, Loughborough. ( 0509 880506).

**OCTOBER.**

- 2 NOC Open Event. Blidworth Woods. ( MR 595542).
- 1/2 OCTOBER ODYSSEY WEEKEND. KIELDER.  
Day 1, BADGE EVENT. Deadwater, Ravensworth. ( MR 632934).  
Day 2, BADGE EVENT. Kielder Burn ( MR 632934).  
M. Crosby, 35 Allanville, Camperdon, Newcastle.NE2 OXS  
(091-268-5449). (CD 18.9.88) (3.00/ 1.70 each day).  
(5.00 seniors both days)
- 8th DVO Schools Event. Matlock Forest. (MR 300635).  
White, Yellow, Orange and Red courses only.  
Alan Shaw. 0246 - 416614.
- 9th. DVO Open Event. Matlock Forest ( MR 300635).  
Full range of courses.  
Alan Shaw. 0246 - 416614.
- 9th. NATIONAL EVENT V11. Eskdale Valley, Whitehaven (MR  
190008). G. Hughes, 16 Wastwater Rise, Seascale, Cumbria (0940  
28512). CD 12.9.88) SEF. KOD for colour courses.
- 15th. LEI Open Event. Outwoods. ( MR 511163).  
Liz Bramley. 0509 - 822197.
- 23rd. WCH Open Event. Brockton and Milford, Stafford (MR972210).  
C. Boycott. 0785 - 664695.
- \*\* Also Karrimoor Weekend and possible date for 4th round of  
Compassport Cup - watch club noticeboard for details.
- 30th. EBOR Open Event. Allertorpe, York. (MR 753473).  
D. Williamson. 0904 - 488296.

**NOVEMBER**

- |    |                               |    |              |
|----|-------------------------------|----|--------------|
| 12 | Compassport Cup Final.        | WM |              |
| 13 | British Schools Championships | NW | - Manchester |
| 26 | Bright Night Championships    | EA | - KingsLynn. |
| 27 | National Event VIII           | EA |              |

This fixture list is compiled with the assistance of the East Midlands Fixtures Secretary, John Hurley who may be contacted at Flat 6, Darley Park House, New Road, Darley Abbey, Derby (0332 553561). Please contact organisers named for details of individual events.