

NEWSTRACK

AUGUST '89

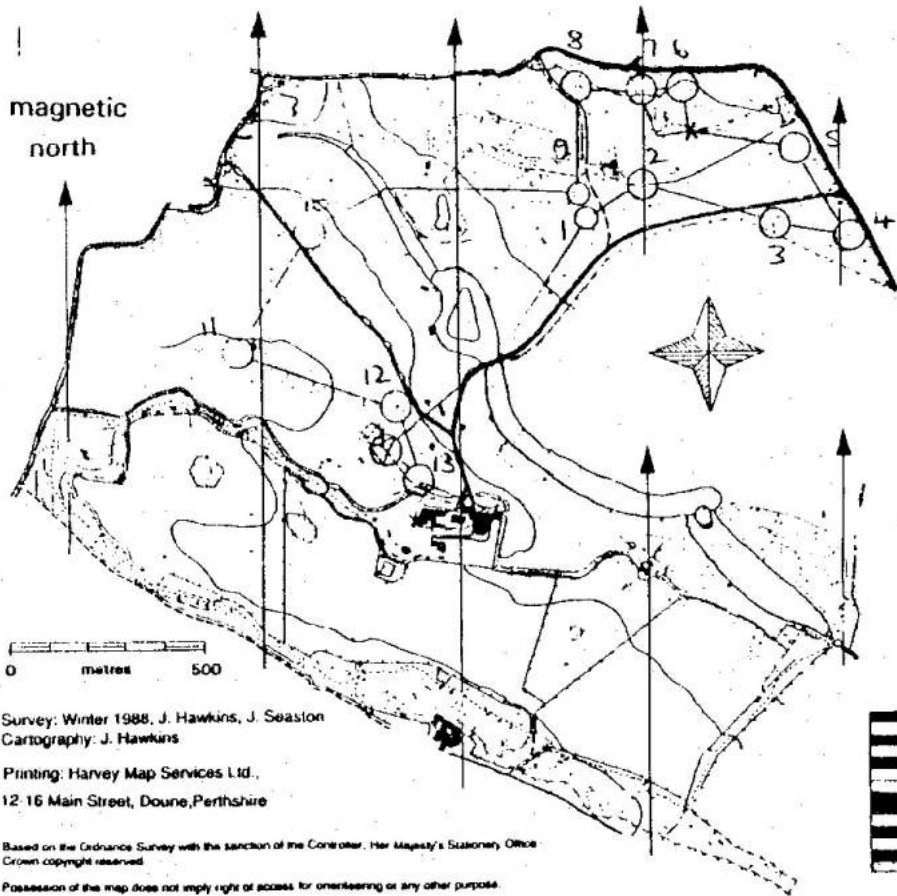
Club Champs.

Kedleston Park

scale 1:15000

contours 5m

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DVO OFFICIALS

Chairman : Steve Buckley 253 Duffield Road
Allestree
Derby 552664

Secretary : Mike Godfree 26 Rangemoor Close
Mickleover
Derby 515862

Treasurer : Judy Buckley 253 Duffield Road
Allestree
Derby 552664

Minutes Secretary: Sue Russell Bankside Cottage
Uppertown, Bonsall
0629 823712

Newstrack Editor : Alex Campbell 3 Gorsey Close
Belper
0773 822572

EDITORIAL

Hi all! What a mug, Chris told me it would only take a few hours a month to produce this high tech mag. Not true, unless of course you are considering taking over as editor - then I have to agree it only takes a couple of hours every month - any takers? But seriously folks - I volunteered, to make up for the lack of input to the club magazine from the Campbell household, over the years. This issue will bore you to tears as a lot of it has come from yours truly. Many thanks to those have contributed to my first Newstrack. Many of us are reluctant to write about our experiences in the forest. The problem seems to be that people do not like to blow their own trumpet and definately do not want to write about an event where they had a disastour, hence nothing ever gets written. If you don't blow your own trumpet, nobody else will - so get writing.

I am currently looking for new features to include in the magazine. Suggestions already received include a Mr. Nasty Column, Page 3 Person, and a Good Old Days column. If you have other suggestions or can provide an article for any of the above please get in touch. In order to get reports on the very successful Social Activities that are taking place it may be a good idea for the Organiser(s) to nominate someone to do the write-up, preferably someone who actually attended the function.

I am sure you will all join with me in thanking Chris for his efforts in producing Newstrack and wish him well in the rat race in London.

Alex. (Thanks for all your contributions.)

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The Good Old Days

As this section was my idea I thought I had better write the opening story. I took up Orienteering when I was 13 and decided to write about this wonderful sport for my school project. The comments from my teacher on reading the 36 page report were:

"This could be very interesting, try to make it as varied as possible.

Things to do: *

- a) Give some beginners advice on survival.
- b) Write an exiting adventure story called 'Lost on the Falls'.
- c) Include some recipes in case one is mist-bound overnight."

I remember thinking at the time that she hadn't quite grasped what I was talking about. However, 17 years later, I think she may well have had an excellent grasp of what this stupid, but addictive, sport is all about.

It's tough out there and each week it gets tougher. Maybe this is because each week we get a wee bit older!

I had some fun going through my old reports on events and I thought that the following little snippet on a Badge Event in Scotland (24th April 1977) might amuse a few of you.

"At the first control in my fight with the trees I was thoroughly soaked, unfortunately so was my map. By the time I had reached the 4th control a small piece of the map had disappeared altogether. It just so happened that it had contained controls 5 & 6. However, I knew roughly where to go as I had worked out my route choice for both these controls while running to the 3rd. (I can't believe that this was me - working out my route 3 checkpoints ahead -ed.). I knew the 5th control was a knoll near the fence, so when the map ran out I kept climbing and checked the few surrounding knolls. For 5 to 6 luck was on my side, I could see footprints in the SNOW and fortunately they led me straight to the checkpoint!"

If any of you veterans out there have some interesting, amusing, or embarrassing stories to tell put it down on paper and get it to me in time for the next addition of Newstrack or you will be subjected to another story from Campbells Chronicles.

Ed.

Social Activities

Canal Trip

Many thanks to Christine Pollard for organising this excellent night out. The barge was full to capacity, it was a glorious night and the pub at half-way sold excellent booze (I think mine was called a Destroyer - if it was, it lived up to it's name).

Ed.

Bar-B-Q

Another well attended night out at the Whiteheads Ranch. The Bar-B-Qs were busy all night and an excellent selection of salads were provided. Unfortunately the better team did not win the football but I am not suprised with Steve "Elbow" Kimberely and Ian "Kick 'em where it hurts" Whitehead in the other team.

There was much less contact in the game of rounders, however the same cannot be said about the level of cheating. There must be something about Orienteers, they all love to cheat at sport - is it the same when they are in the forest?

Ed.

Membership List

Please accept the committees apologies for the poor quality of the print and the 'hard to spot' sequence of the names in our recently produced Membership List. It is planned to redistribute the list with the next edition of Newstrack, due out early November. It will also include a list of the newly appointed club officials following the AGM.



However, each entry must be accompanied by a report for the next edition of Newstrack. (He he!)

The winner, first out of the hat, will receive a delightful bottle of wine (a good year) or if under the age of 30 a six pack of Pepsi.

I was going to give some clues, but it would become too easy. If you think you know where it is - answers to me (Ed.) by 1st October in writing.

Printed below is a section of a very famous forest here in the U.K.

***** Competition *****

Local Events

Club Championships

Derwent Valley Orienteers - Club Championships - KEDLESTON PARK 14th July 1989

Championship Order					Course Order						
Pos	Name	Course	Start	Finish	Time	Pos	Name	Course	Start	Finish	Time
1	Debbie Wilkinson	2	7.19	7.54.00	35.00	1	Vanessa Smith	1	7.44.30	8.01.58	17.28
2	Mike Gardner	3d	7.09.30	7.54.37	45.07	2	Edward Shaw	1	7.44	8.01.59	17.59
3	Roger Wilkinson	3b	7.11.30	7.54.50	43.20	3	Gareth Moses	1	7.43	8.02.24	19.24
4	Liz Godfree	2	7.11.30	7.55.42	44.12	4	Matthew Seal	1	7.46	8.05.30	19.30
5	Mike Godfree	3a	6.57.30	7.55.52	58.22	5	Simon Joyes	1	7.45.30	8.06.20	20.50
6	Brian Moses	2	7.24.30	7.56.18	31.48	6	Michael Peach	1	7.43.30	8.06.51	23.21
7	Tony Seaston	2	7.22.30	7.56.37	34.07	7	Cathy Gardner	1	7.42.30	8.10.34	28.04
8	Mike Grain	2	7.23.30	7.56.40	33.10						
9	Paul Wright	2	7.22	7.57.03	35.03	1	Ian Forrest	2	7.28.30	7.58.42	30.12
10	Helen Finlayson	2	7.25	7.57.10	32.10	2	Brian Moses	2	7.24.30	7.56.18	31.48
11	Neil Forrest	3b	7.04	7.57.41	53.41	3	Helen Finlayson	2	7.25	7.57.10	32.10
12	Steve Kimberley	3b	7.12.30	7.57.49	45.19	4	Mike Grain	2	7.23.30	7.56.40	33.10
13	Jenny Shaw	2	7.24	7.58.09	34.09	5	Tony Seaston	2	7.22.30	7.56.37	34.07
14	Catherine Campbell	2	7.14	7.58.11	44.11	6	Jenny Shaw	2	7.24	7.58.09	34.09
15	Steve Buckley	3d	7.14.30	7.58.33	44.03	7	Chris Godfree	2	7.29	8.03.26	34.26
16	Ian Finlayson	3c	7.12	7.58.37	46.37	8	Debbie Wilkinson	2	7.19	7.54.00	35.00
17	Ian Forrest	2	7.28.30	7.58.42	30.12	9	Paul Wright	2	7.22	7.57.03	35.03
18	John Hurley	3a	7.13	7.58.43	45.43	10	Kim Buckley N/C	2	7.29.30	8.11.08	41.38
19	John Hopper	3a	7.10	7.58.46	48.46	11	Catherine Campbell	2	7.14	7.58.11	44.11
20	Dave Brodie	3c	7.08	7.58.47	50.47	12	Liz Godfree	2	7.11.30	7.55.42	44.12
21	Alex Campbell	3a	7.14	7.59.00	45.00	13	J Martin N/C	2	7.40	8.28.40	48.40
22	Ted Smith	3a	7.03.30	7.59.15	55.45	14	Helen Stratford **	2	7.16	8.10.30	54.30
23	Alan Shaw	3c	7.01	8.01.20	60.20	15	Gerry Hoban	2	7.28	8.23.49	55.49
24	Vanessa Smith	1	7.44.30	8.01.58	17.28	16	Judy Buckley N/C	2	7.00	8.05.43	65.43
25	Edward Shaw	1	7.44	8.01.59	17.59		Anne Kimberley	2	7.15	Retd	
26	Sue Russell	3c	6.55	8.02.07	67.07		Marian Seaston	2	6.57	Retd	
27	Gareth Moses	1	7.43	8.02.24	19.24						
28	Chris Godfree	2	7.29	8.03.26	34.26	1	Roger Wilkinson	3b	7.11.30	7.54.50	43.20
29	Terry Peach	3d	6.57	8.03.28	66.28	2	Steve Buckley	3d	7.14.30	7.58.33	44.03
30	Matthew Seal	1	7.46	8.05.30	19.30	3	Alex Campbell	3c	7.14	7.59.00	45.00
31	Judy Buckley N/C	2	7.00	8.05.43	65.43	4	Mike Gardner	3d	7.09.30	7.54.37	45.07
32	Simon Joyes	1	7.45.30	8.06.20	20.50	5	Steve Kimberley	3b	7.12.30	7.57.49	45.19
33	Michael Peach	1	7.43.30	8.06.51	23.21	6	John Hurley	3a	7.13	7.58.43	45.43
34	Steve Wilson	3a	7.07.30	8.09.20	61.50	7	Ian Finlayson	3c	7.12	7.58.37	46.37
35	Helen Stratford **	2	7.16	8.10.30	54.30	8	John Hopper	3a	7.10	7.58.46	48.46
36	Cathy Gardner	1	7.42.30	8.10.34	28.04	9	Dave Brodie	3a	7.08	7.58.47	50.47
37	Kim Buckley	2	7.29.30	8.11.08	41.38	10	Neil Forrest	3b	7.04	7.57.41	53.41
38	Ian Whitehead **	3c	7.09	8.11.32	62.32	11	Ted Smith	3a	7.03.30	7.59.15	55.45
39	Andy Thomson	3b	7.13.30	8.14.35	61.05	12	Mike Godfree	3a	6.57.30	7.55.52	58.22
40	Andy Stevenson	3b	6.54.30	8.22.52	88.22	13	Alan Shaw	3c	7.01	8.01.20	60.20
41	Gerry Hoban	2	7.28	8.23.49	55.49	14	Andy Thomson	3b	7.13.30	8.14.35	61.05
42	J Martin N/C	2	7.40	8.28.40	48.40	15	Steve Wilson	3a	7.07.30	8.09.20	61.50
	Anne Kimberley	2	7.15	Retd		16	Ian Whitehead **	3c	7.09	8.11.32	62.32
	Marian Seaston	2	6.57	Retd		17	Terry Peach	3d	6.57	8.03.28	66.28
						18	Sue Russell	3c	6.55	8.02.07	67.07
						19	Andy Stevenson	3b	6.54.30	8.22.52	88.22

Report:

Thanks to all who turned up, especially those who helped, and the Buckleys for the loan of their house for the prize-giving etc. the weather was fine and the competition close, congratulations to Debbie Wilkinson the new Club Champion. Some of you may have noticed that not all the controls were in place before the first competitors started, this was primarily due to the fact that whilst putting out the first controls I was accosted by Lord Scarsdale who was most interested in our sport and wanted to know a lot about it (maybe another member)!

The Alternative Capricorn

This was put on by MDOC and held at Hope Woodlands on an informal basis. The weather was glorious and the courses were excellent apart from checkpoint 10 to 11 on the long technical course. The best route choice here was to run right past checkpoint 12 to get to 11. On discussing this with the planner, I forgive him - he said he had to avoid a large patch of nettles and as everyone knows my number two hate about this sport is nettles. (Number one, for anyone who is interested, is sleeping in a tent next to Graham Johnson - if this ever happens to you, make sure you get to sleep before he does.)

DVO results were:

Yellow: 6th Campbells & Simmons
Orange: 3rd Joe Royle
Red : 2nd Chris Simmons
Long : 2nd Alex Campbell

Ed.

Long Distance Footpath Relay

Firstly, as team manager of the DVO teams in the 20 Man Relay I would like to thank all of the DVO members who ran in the relay. Everyone seemed to be there on time and we had no major problems. Unfortunately, the need to keep in touch with one team and assist Nick Evans of NOC, the organiser, to get all of the times meant I was unable to see everyone. Hope you all enjoyed it.

From the results below you can see that DVO kept up its record of always finishing second in this annual event. The competition was very close for most of the day, however NOCs strength in depth of running talent overhauled us on the second half of the course. Certainly the way Steve Bradshaw ran away from me left me feeling very unfit!

The second teams had their own close battle which ended in an exciting finish. At the start the teams stayed fairly close, then NOC opened a small gap, only to be pulled back when DVO managed to open a gap. However, the NOC finishing strength brought us to the end of the 19th leg with the teams one minute apart. Unfortunately, NOC again just had the edge and came through to take 3rd place.

The Erewash team kept fairly close order early on but quite a few of their members hadn't surveyed the routes and this led to them slowly dropping back.

If anyone hasn't paid me yet could they please do so as soon as possible (11 adults, 50p children).

A suggestion was made during the course of organising this event that maybe we ought to have our own challenge (North v South of DVO). Would anyone be interested and if so what route, when? Any volunteers?

Attached are the results.

Mike Gardner

Title	NOCI	DVO1	NOC2	DVO2	Erewash
Leg 1 (5.75km)	Tony Hornehill M55 22.07 0.22.07 (4th)	Steve Kimberley M21 21.16 0.21.16 (3rd)	Jill Nicholson M55 24.56 0.24.56 (5th)	Carl Hebbster M19 20.35 0.20.35 (2nd)	John Moran M55 19.54 0.19.54 (1st)
Leg 2 (6.00km)	Andrew Buckland M15 27.54 0.50.01 (4th)	Rob Atkin M21 21.34 0.42.50 (1st)	Tony Buckland M50 28.09 0.52.45 (5th)	Al Buckley M15 23.67 0.44.20 (2nd)	M7 24.50 0.44.44 (3rd)
Leg 3 (4.25km)	Hilary Palmer M40 21.44 1.11.45 (4th)	Judy Buckley M40 25.33 1.06.23 (1st)	Mark Dalton M13 19.54 1.12.19 (5th)	Helen Stratford M21 25.31 1.09.51 (2nd)	Melene Whitehead M55 26.12 1.10.56 (3rd)
Leg 4 (9.50km)	Mike Napier M55 35.47 1.47.32 (2nd)	Steve Buckley M40 37.50 1.43.53 (1st)	Jose Yennall M55 56.41 1.49.00 (4th)	Hail Forrest M40 59.59 1.49.50 (5th)	Peter Whitehead M55 37.04 1.48.00 (3rd)
Leg 5 (8.25km)	Mick Lucking M21 31.09 2.18.41 (2nd)	Paul Armstrong M15 32.05 2.15.58 (1st)	John Dalton M40 56.54 2.25.54 (4th)	Alan Shaw M40 42.15 2.32.05 (5th)	Steve Harper M55 35.35 2.25.33 (3rd)
Leg 6 (6.50km)	Jack Booker M35 31.15 2.51.56 (2nd)	Kim Buckley M13 35.32 2.49.50 (1st)	Peter Preston M45 50.08 2.56.02 (3rd)	Jenny Shaw M55 41.00 3.15.05 (5th)	Craig Trebbrith M15 47.52 3.11.25 (4th)
Leg 7 (2.00km)	Andrew Preston M11 8.22 3.00.18 (2nd)	Jo Thornley M40 9.47 2.59.17 (1st)	Esme Gross M11 9.15 3.05.17 (3rd)	David Hopper M11 8.52 3.21.47 (5th)	M7 10.11 3.21.36 (4th)
Leg 8 (8.25km)	David Booker M55 34.26 3.54.44 (2nd)	Garry Hoban M21 32.16 3.51.33 (1st)	John Bailey M45 58.42 3.45.59 (3rd)	Andy Stevenson M21 58.08 3.59.55 (5th)	Nigel Smith M21 38.10 3.59.46 (4th)
Leg 9 (4.25km)	Ros Bourne M45 22.16 5.57.00 (2nd)	Sue Russell M21 25.54 5.55.27 (1st)	Nick Butler M17 24.28 4.00.27 (3rd)	Chris Gilligan M15 24.22 4.24.17 (4th)	Sue Trembly M55 25.50 4.25.36 (5th)
Leg 10 (13.25km)	Paul Gebbett M19 49.35 4.46.35 (2nd)	Dave Newell M21 50.11 4.45.38 (1st)	Phil Pittson M40 57.53 5.06.20 (3rd)	Roger Hambling M35 57.56 5.22.13 (4th)	Alan Gordon M55 67.57 5.33.33 (5th)
Leg 11 (3.50km)	Tom Pittson M11 13.31 5.00.06 (2nd)	Chris Godfree M11 14.16 4.59.54 (1st)	Peter Butler M11 14.17 5.20.37 (3rd)	Angela Davis M15 15.47 5.38.00 (4th)	M7 17.57 5.51.30 (5th)
Leg 12 (9.50km)	Steve Bradshaw M21 38.09 5.38.15 (1st)	Mike Gardner M21 45.22 5.45.16 (2nd)	Geoff Allen M45 48.56 6.09.13 (3rd)	Andy Thomsen M35 41.13 6.19.13 (4th)	Steve Sharp M55 45.50 6.37.00 (5th)

Title	NOCI	DVO1	NOC2	DVO2	Erewash
Leg 13 (10.50km)	Simon Elliott M21 57.21 6.15.36 (1st)	John Hopner M35 43.20 6.28.36 (2nd)	Eric Gabbett M55 64.14 7.15.27 (4th)	Steve Davis M40 49.04 7.08.17 (3rd)	Mike Maddison M50 52.30 7.30.30 (5th)
Leg 14 (7.50km)	Keith Pickaley M50 27.04 6.42.40 (1st)	David Godfree M15 29.02 6.57.58 (2nd)	Helena Galloway M35 44.28 7.57.55 (4th)	Terry Peach M40 54.26 7.42.43 (3rd)	Hilary Byrne M35 40.10 8.10.40 (5th)
Leg 15 (9.50km)	Eric Galloway M40 36.11 7.18.51 (1st)	John Hurley M21 35.49 7.33.27 (2nd)	John Palmer M40 39.35 8.37.30 (4th)	Dave Brodie M35 45.35 8.27.18 (3rd)	Peter Hilthead M35 52.30 9.05.10 (5th)
Leg 16 (14.50km)	Tim Hills M21 53.33 8.12.24 (1st)	Dougie Dickinson M21 71.51 8.45.18 (2nd)	Garry Drew M35 59.09 9.36.39 (4th)	Gerry Hoban M21 56.26 9.23.44 (3rd)	Peter Cocke M35 70.15 10.13.23 (5th)
Leg 17 (7.00km)	David Hafterman M19 25.09 8.37.33 (1st)	Ian Finlayson M15 25.48 9.11.06 (2nd)	Jane Evans M21 30.09 10.06.48 (4th)	John Birkin M40 28.16 9.52.00 (3rd)	Josie Allison M40 35.00 10.48.25 (5th)
Leg 18 (7.50km)	Nick Evans M21 32.50 9.10.23 (1st)	Dave Walker M45 37.26 9.48.30 (2nd)	David Olivant M40 36.47 10.43.35 (4th)	Lucy Hilson M15 43.48 10.35.48 (3rd)	Ray Stevenson M35 44.35 11.33.00 (5th)
Leg 19 (6.25km)	Karen Dalton M17 26.57 9.17.20 (1st)	Barrle Bibby M30 23.03 10.17.33 (2nd)	Mike Hey M45 25.37 11.09.12 (4th)	Helon Finlayson M40 25.18 11.08.06 (3rd)	Gerald Hill M35 22.33 12.00.33 (3th)
Leg 20 (7.75km)	Marlin Gebbett M21 26.26 10.05.46 (1st)	Ian Hilthead M21 33.23 10.30.56 (2nd)	Ian Nicholson M35 51.11 11.40.23 (3rd)	Rob Shooter M35 37.06 11.45.12 (4th)	Peter Allison M45 44.35 12.34.30 (5th)

Swithland

Another scorching day, perhaps too hot for Orienteering. The Brown course used the maps with no paths and the undergrowth was awful, especially the brambles and nettles. I had a good run up until checkpoint 23 when I crossed a fence and ran into no-mans land. I was 10 feet from the checkpoint and shouldn't have crossed any fences but muggins decided to cross the fence and spent the next ten minutes fighting through brambles in an area with no paths and lots and lots of brambles.

Many DVO members retired at Swithland and one was still out in the forest when they were packing up, weren't you Chris?

Top DVO Results:

Brown : 2nd Dave Nevell
White : 19th Ruth Alex Hilary & Kate
Light Green: 8th Catherine Campbell
Red : 2nd Paul Seaston
Blue : all 5 DVO members retired or missed a control

Ed.

Clipstone

This was also a Compass Sport Cup event for SYO and LEI. SYO won by 79 to 45 points.

Top DVO results:

String	: 33rd	Annie & Heather	Red	: 4th	P. Seaston
White	: 30th	Matthew Dickinson	Green	: 13th	A. Armistead
Yellow	: 27th	Jo Royle	Blue	: 8th	B. Bibby
Orange	: 6th	G. Gilligan	Brown 1:	9th	J. Hurley
Light Green:	17th	M. Seaston	Brown 2:	14th	M. Gardner

Ed.

Whitesprings

Excellent courses, tough & hot, suited the steady navigators rather than the speed merchants.

Top DVO results:

White	: 4th	J. Richardson	Light Green:	4th	K. Machin
Yellow:	2nd	Mary Pinlayson	Green	: 2nd	Judy Buckley
Orange:	1st	D & J Richardson	Blue	: 3rd	R. Shooter
Red	: 1st	Chris Simmons	Brown	: 1st	A. Campbell
String:	4th	Edward Shaw			

Ed.

Badge & National Events

Scottish Championships

Fantastic day out. Some may think a bit far for the day (wimps). The weather was kind, the rain held off until the very end of the day.

The views on the way to the start and from the top of Drummond Hill were beautiful, as is all of Scotland - but I suppose I am biased.

It was another of those days that suited the strong navigator.

DVO Results:

M11A	Chris Godfree	32d	
M13A	Ian Forrest	4th	
M15A	Alastair Buckley	1st	(Congratulations)
	David Godfree	6th	
	Ian Finlayson	18th	
M21A	Alex Campbell	1st	
M21B	Andy Clayton	9th	
M40A	Steve Buckley	3rd	
	Mike Godfree	30th	
W13A	Kim Buckley	4th	
W17A	Zoe Wilkinson	7th	
W21E	Roz Clayton	9th	
W21B	Catherine Campbell	22nd	
W40A	Judy Buckley	5th	
	Helen Finlayson	9th	
W40B	Liz Godfree	5th	
W40A	Judy Buckley	5th	

These are excellent results for DVO and the next day was just as successful with the following relay results:

M17 Team 1st place - well done lads - David Godfree
Ian Finlayson
Alastair Buckley

M13 Team 2nd place - Ian Forrest
Chris Godfree
Kim Buckley ???

W35 Team 5th place - Helen Finlayson
Judy Buckley
Liz Godfree

Womens Open - DVO ran N/C and recorded the 3rd fastest time. The team consisted of Zoe Wilkinson and Roz & Andy Clayton.

Ed.



1989 TSB BRITISH CHAMPIONSHIP WEEKEND RESULTS

13th May 1989 : Individual Event - Star Posts, Crowthorne.

14th May 1989 : Relay Event - Mychett, Surrey

This was an excellent weekend with superb weather. Even the course lengths didn't feel as long as they were, 14.4k for M21A and 17.4k for M21E.

The highest placed DVO members in each class were:

W11B	Katy Armistead	4th	M10	Edward Shaw	14th
W13A	Kim Buckley	3rd	M11A	Chris Godfree	13th
W15B	Mary Finlayson	7th	M13A	Ian Forrest	10th
W17A	Zoe Wilkinson	4th	M13B	Andrew Thornley	4th
W17B	Heidi Dickinson	7th	M15A	David Godfree	7th
W21A	Sue Russell	48th	M21A1	Alex Campbell	19th
W21B	Mary Jones	36th	M21A2	Stephen Kimberely	55th
W35A	Christine Pollard	10th	M35A	Andy Thomson	51st
W40A	Judy Buckley	2nd	M40A	Steve Buckley	3rd
W40B	Liz Godfree	20th	M40B	Alan Shaw	7th
W45A	Deborah Wilkinson	27th	M45A	Roger Wilkinson	6th
			M50A	Barrie Bibby	34th

W21E Rox Clayton 5th

M21E John Hawkins 16th

Congratulations to all concerned in particular to the Buckley family who recorded an excellent 2nd place (Judy) and two fine 3rds (Steve & Kim).

In the Relay event the next day the best results were achieved by DVO2 who won the M17 relay. This is the same team that won the Scottish M17 and all three lads are in M15 - well done David, Ian and Alastair.

Scottish 6-days

Day 1 - Impressions of Duchray Water

My first impression on the 'walk' to the Assembly area was yomping in the Falklands must have been easier! The walk to the start was like an assault course, and after I'd finished the course 'SUPERGROT' sprung to mind. However, since my visit to Stirling Royal Infirmary, I've mellowed a bit.

The area itself contained a lot of 'green', and even the 'runnable' forest contained a lot of brushings to make for slow running. Of course though there's always got to be one (thousand!) who can manage to run fast through anything, and times were generally as expected.

The event was well planned, as you were always tempted to take straight line routes (at your own cost). Once you got wise to this, the long path run was more desirable, as was crossing an uncrossable river (refreshing!).

To sum up - not one of Scotland's best forests and probably the worst so far (by Day 5), for the lack of pleasant and challenging orienteering terrain.

Ian Whitehead.

Day 2 - Ross Wood

Ross Wood was on the bonnie banks of Loch Lomond. Unfortunately the forest was not 'bonnie', at least not to me. This forest was also used on Day 5 and my feelings did not change on that day either. The start was down by the water and the route choice for the first two checkpoints took us along the water front which was very pleasant. Unfortunately I made too many mistakes in this very 'green' forest. The late starters had a good laugh at the early starters expense, watching them make complete fools of themselves looking for their last two checkpoints, which were in full view from the assembly area. The weather was kind, and on the whole, apart from making a hash of my course, it was an enjoyable day.

Ed. (The person who was supposed to write this report, and didn't, owes me a pint).

Day 3 - Remembered

Day 3 is the day that the Scottish Six Days really starts. With four events out of six counting at the end of the week, you can kid yourself that your lousy runs on Days 1 and 2 didn't really matter, but Day 3 is the day that you finally run out of excuses.

Day 3 of this year's Scottish was on Aird's Park, a haggis' throw (or a caber's toss) from Oban and the farthest area from the Event Centre.

Fortunately the power of the computer had dictated that most of DVO were not off until after 11 (not so for those with split starts, we were up at 0600 hrs - Ed.) so we were spared the rigours of enforced awakenings at ungodly hours on top of the 2 1/2 hour drive through the admittedly spectacular scenery. That particular pleasure would have to wait until Day 4.

Day 3 was for me by far the best area of the week (yes, I did have a good run since you ask). Alone of all the areas used, the map was almost completely devoid of green and the terrain was largely open whilst nevertheless posing sufficient problems for the unwary to keep concentration at a premium.

Day 3 was the day when a well-known inhabitant of Kilburn presented himself at the start - complete with Day 5's control card.

Day 3 will be remembered by me for the incomparable view over a becalmed Loch Etive on the way to the start and for control 444. Control 444 was a mapped crag sitting in a niche one contour up from control 445, a niche in which was sitting an unmapped crag. Think about it.

Day 3 was the day when, after the event, all 4000-odd competitors (and some of them were odd) seemed to descend on poor Oban to see the sights - a submarine in the harbour, Craig's Polly and John Hurley tucking into a bag of chips; what event would be complete without it.

STOP PRESS: My three on-the-spot string course connoisseurs report that Day 3 was NOT a good day for aficionados of the sisal. Definitely lacking in imagination and worst of all, an underestimate of the string course's popularity - second only to Kylie Minogue amongst the under-10s I'm reliably informed - led to coerced surrender and recycling of maps. Environmentally sound no doubt but desperately disappointing to the really serious ficelle-follower. By the way the Theseus Award for Best String Course of The Week goes to Day 5's magnificent Snow White conceptual epic.

Graham Johnson

The Day Off!!

In common with many 6-dayers, the Wednesday of our week was to be spent in climbing the nearest Munro. In our case Ben Lomond.

We arrived at Rowardennan car park at 11:00 at the same time as the Hensman family, friends from Airienteers. Comparing notes about routes they favoured the ascent by the Ptarmigan Ridge to the west of the main summit ridge and then a direct climb to the peak at the end. We opted to ascend by the main tourist route and return via the Ptarmigan Ridge.

Pausing only to give the Ben Lomond sign a final spin on it's post in the car park, we set off upwards through the forest on what seemed a good path. We promised to meet the Hensman family at the summit in a few hours time.

After about thirty minutes struggling through rather dense forest on somewhat intermittent paths we emerged from the thicket to join the tourist-route. Perhaps that sign post did need repositioning after all!

At 2000 feet we were in the cloud and the wind had got rather stronger so we were pleased to quickly reach the summit passing and meeting the other orienteers in their light-weight clothing and 'O' studs, the tourists in their sandals and macs and the West Highland Wayers in their heavy boots, breeches and goretex jackets.

The descent to the col between the main ridge and Ptarmigan Ridge was straight forward and that was where the path stopped. It was at this moment we knew why we took a compass with us when orienteering. They may not be needed in the forest but with less than 50m visibility and no path we took to the compass to find the ridge back down the hill.

After 10 minutes or so of rounding loads of re-entrants we heard the voice of young William Hensman calling through the mist 'Dad, are you absolutely certain you know where you are?'. A sentiment only just expressed by Alastair as I led the way across the hillside. Intent upon finding our way down we left them searching for the way up as we joined the ridge and camped down the hill before the approaching showers sweeping across Loch Lomond.

Steve Buckley

Day 4 - Inverary Castle

There follows a brief but true account of the events that occurred around the castle at Inverary on the 4th day of the Scottish Six Days in the year of our Lord 1989.

After breaking our fast with muesli and toast the four of us set out on the 500m walk from the youth Hostel to the Assembly area in the castle grounds.

The club pavillion, its heraldic device blowing in the gentle breeze, had been preassembled by a band of stalwart club yeoman and presented a colourful dash of yellow and blue amongst the reds, greens and golds of the tents of that wandering olympian breed - the Orienteer.

Overnight rain had moistened the verdant marshlands and open fell and the clubs early starts had the brave honour of placing first foot on the virgin piste. (Am I allowed to say that. : I'll take the consequences - Ed.)

Comments on the courses were largely non-committal with no real enthusiasm for tussock grass on the high moor and long wet grass in the marshy lower areas. An adequate but not specified area with definite advantages for late starters.

Most excitement was generated when the club mascot mistakenly responded

to cries of "come on Charlie" from an adjacent band of supporters and chased the unfortunately named fellow the length of the finishing straight.

Towards days end DVO members assisted with the finish organisation. Younger members issued liquid refreshments to weary contestants making sure that the stocks of favoured brews were kept well hidden for re-distribution later in the week.

All in all another "rest gradely" day.

Alan, Jenny, Edward and Chloe Shaw.

Day 5 - Ross Wood and Rowardennan Forest

Back at Ross Wood again, but a long, long walk from the car park to the assembly, fortunately I was able to drop off the kids and Catherine at the assembly area before parking. (It's a pity that we couldn't have done this on some of the other days, or parents with split starts and young kids could have been given parking nearer the assembly - my only complaint about the whole week). It was a steep climb to the start but it didn't seem as bad as it was because of the pleasant company - can't say who otherwise her hubby might come looking for me (mind you, he's that slow he couldn't even catch me!).

Most people had a long leg early on with virtually no route choice, it was just a long boring slog along a forest ride for about 1 kilometre. One of my checkpoints today was my map exchange control on Day 2.

The weather was glorious, and we had a beautiful finish straight along the banks of the loch with many orienteers heading straight for the water after their run. We then finished the day off with a Bar-B-Q just down the road. It's got to have been the best day, apart from my result.

Ed. (Another pint!)

Day 6 - South Achray

Having run here many years ago with fond memories, I was looking forward to today. However the day did not start well and I should have known that it was not going to get better, indeed it got worse. Catherine did not want to run as she was tired from a long week of orienteering and the weather was miserable, it had been raining all morning. However I convinced her that she should run as she could end up top Brit if she had a reasonable run today. Well, I don't think she will ever forgive me for that.

This is why: it was chucking it down and she had jogged half way to the start when a friendly DVO member informed her that she was on the way to the wrong start. Then, several minutes later, and 3/4 of the way up a steep hill towards the correct start she realised that I had given her my control card by mistake. She returned to the assembly area not

bothering about going back out, but I forced her (oh boy was I getting filthy looks) to climb back up the 300m to her start, where she eventually set off about 8 minutes late and completely knackered.

It rained all the time and she was so tired that she had to crawl all the way round - and all for 430 points that she didn't even count and was still 2nd Brit and 9th overall - sorry Catherine, please forgive me!

Not many of us enjoyed that day, I certainly didn't. The rain didn't let up and the gap near the finish was dreadful especially the pond that was actually a marsh. A disappointing finish to an excellent week.

Ed.

Final Positions (Provisional)

This is a complete (hopefully) list of all DVO members and honorary members who ran on 4 days or more, with final positions as listed in the provisional results on the Saturday evening:

W13A	Kim Buckley	7th	M10B	Edward Shaw	5th
	Vanessa Smith	31st	M11A	Chris Godfree	2nd
M15B	Mary Finlayson	25th	M15A	David Godfree	5th
W17B	Heidi Dickinson	11th		Alastair Buckley	13th
W19A	Zoe Wilkinson	6th		Ian Finlayson	30th
W21A	Angela Kalaher	63rd	M21E	Dave Nevell	25th
W21B	Val Johnson	25th		John Hawkins	30th
	Mary Jones	54th	M21A1	Alex Campbell	28th
	Helen Stratford	60th		John Hurley	98th
	Ann Kimberley	90th	M21A2	Steve Kimberley	31st
W21C	Catherine Campbell	9th		Pete Jones	51st
W35A	Christine Pollard	24th	M21B	Mike Gardner	23rd
W40A	Judy Buckley	11th		Ian Whitehead	26th
	Helen Finlayson	19th		Graham Johnson	43rd
	Jenny Shaw	39th		Steve Kalaher	109th
W40B	Liz Godfree	16th	M40A	Steve Buckley	10th
W45B	Branda Bibby	23rd		Doug Dickinson	90th
	Elizabeth Smith	37th	M40B	Mike Godfree	11th
				Alan Shaw	26th
			M45A	Neil Forrest	82nd
				Ted Smith	87th
			M50A	Barrie Bibby	98th

Mike Godfree

Summary

The whole event was an unforgettable week. There were mixed performances, slow and fast terrain and the weather was superb, the rain held off until the last day in Aberfoyle when it rained non-stop. More about Aberfoyle and the rest of the week below. Congratulations to all who survived this tortuous but fun week.

On the Thursday the DVO members got together on the Banks of Loch Lomond for a Bar-B-Q and come-and-try-it Windsurfing. It was an excellent afternoon/night, I think even Graham enjoyed himself, despite spending a good hour battling against the strong wind to get the windsurfer going.

Ed.

World Championships

News from the individual is mixed, the mens team performed as well as ever with good results for Steve Palmer and Steven Hale. The ladies were a little disappointing with Wendy Lightfoot missing the final by coming 26th in the selection race and Roz Clayton losing 10 minutes towards the end of the race today to drop from 25th place to a final 43rd.

Results

Men

1. Petter Thoresen	NOR 1.36.16
2. Kert Olsson	SWE 1.39.26
3. Hakan Eriksson	NOR 1.39.58
15. Steven Hale	GBR 1.44.21
24. Stephen Palmer	GBR 1.47.25
27. Martin Bagness	GBR 1.51.54
31. David Peel	GBR 1.53.58

Women

1. Marita Skogun	SWE 1.04.06
2. Jana Galikova	TCH 1.05.30
3. Alida Abola	URS 1.08.13
18. Yvette Hague	GBR 1.14.46
40. Jean Ramsden	GBR 1.25.42
43. Roz Clayton	GBR 1.28.59

B Final

4. Wendy Lightfoot

I am looking forward to a good mens relay result.

Steve Buckley (Newstrack - Roving Reporter from Skovde).

Training

14 Days in Sweden (Otherwise Known as the Alternative Triathlon - Swimming, Orienteering & Golf - Ed.)

Day 1

Everybody met up at Heathrow. The crowd included me, Julian Simpson, Tom Jenkins, Nichola Crossby, David Hollinger and Francis Micklebury. We boarded the plane two hours late and flew to Stockholm where a man picked us up. (At your age - tut tut! Ed.) we stayed the night in a youth hostel in Falun.

Day 2

This morning a woman took us to a tent camp in Falun where we would spend the next 3 days. In the afternoon we went orienteering in the morning and afternoon by a lake. We swam in the lake after both runs and had a bar-b-q (I don't know how to spell it either Kim - Ed.) in the evening. During the evening an army lorry came to pick us up to go moose hunting. Unfortunately the moose heard us and ran away.

Day 3

We went orienteering in the morning and afternoon and had a swim in the lake after both runs. In the evening we had a Bar-B-Q (I don't know how to spell it either - Ed.). During the evening an army lorry came to pick us up and take us moose hunting. Unfortunately the moose heard us and ran away.

Day 4

This morning we ran in a relay and came next to last. In the afternoon we were taken to Borlange to stay with a club called 'Kvarnsveden'. Here we went swimming and played mini golf.

Day 5

Today we went swimming in a different lake and swam to an island and back. In the evening we climbed a hill to see a cave.

Day 6

We went swimming in the first lake in the morning and ran in an event in the evening. I had a reasonable run, 3km in 34 minutes.

Day 7

We went to have a look in town and in the afternoon saw Police Academy 6.

Day 8

In the morning we played mini golf, while waiting for a mini bus to take

us to Orsa. We spent that night at the Orsa Club hut.

Day 9

We ran in a cross country race and I was 11th in the under 16 girls race. Unfortunately only the first 10 received prizes.

Day 10

Today we went for a walk in a forest and in the evening we went to the mid summers eve festivals.

Day 11

In the morning we went to a Bear Park and then played crazy golf. In the afternoon we travelled back to Borlange where we stayed with a club called 'Stora Tuna'. In the evening we watched a football match (more hard work - Ed.).

Day 12

In the morning we went Orienteering (why? - Ed.) and swimming (much more like it, don't want to waste the holiday doing too much orienteering - Ed.) and in the afternoon we went to an athletics match where I saw Steve Ovett win the 1500 in 3 mins. 48 sec.

Day 13

Today we orienteered again (what do you mean again! Ed.). We spent the afternoon in town and the evening at a club event where I came first (Well done - Ed.).

Day 14

We travelled to Stockholm today and flew back to Heathrow. The food on the plane was horrible.

Summary

Overall we had an excellent holiday, but the amount of Orienteering was a little dissappointing.

Kim Buckley

Drinks and Dehydration

The following is an extract from a magazine called "Record". It was felt appropriate to distribute this to all on the British Squad back in the 70's and so I felt it may be of interest to some of our orienteers who often as not are in the forest for a long time (sometimes days).

"This month I would like to look at the question of drinks in distance races. There seem to be as many different recipes for drinks as there are walkers so what are the facts?

Firstly, we need to answer the question - why do we need drink in long races? Perhaps, just because we become thirsty? Well, certainly drinks help to quench our thirst but, if we relied on thirst alone as a guide, drinks would not aid our performance greatly. Drinks should be taken to replace three substances essential for the body's correct working. Firstly, they must provide water so that the body can continue to sweat adequately throughout the race. This is vital since sweating helps to keep our temperature down. Rather like a motor car, we are always in danger of overheating in long races if our cooling system is not working to capacity. Unfortunately, unlike a motor car, our cooling system is constantly losing water and this must be replaced. Secondly, drinks should provide some glucose. During a race, the body uses glycogen (for preference) and fats to fuel its engines. However, the sugar level in the blood falls as well. If this fuel falls too low, the body is forced to slow down before the glycogen stores have been exhausted. This is where the glucose comes in - it helps to keep the blood's sugar level near its normal value. Thirdly, drinks should help to replace the various salts lost from the body in sweat. These, of course, include common salt. If these salts are not replaced, then the muscles work less efficiently and eventually cramp may result.

So drink should contain water, glucose and salts. But how much of each should the drink contain? People often work on the assumption that if a little of something is good for you, then a lot will work wonders. Unfortunately, this kind of thinking is rather dangerous as the following facts show:-

1. When you add glucose to water the resulting drink empties from the stomach slower than pure water which is not what you want. A concentrated glucose can remain in the stomach for some time, sloshing around and causing discomfort. Glucose tablets should never be taken in a race. They require a large quantity of water to dissolve and this is drawn into the stomach from the remainder of the body. Clearly, glucose should only be added to drinks in small amounts.
2. Although sweat seems to be very salty, it is in fact less salty than the water in our body. When we lick our lips after a race, we taste only the salt crystals that have been left behind - the water in the sweat having evaporated. As we sweat in a race, we in fact, lose a great deal more water comparatively than salt. Consequently, we need to replace a lot of water but only a little salt. Again, the moral is only add a small amount. salt tablets are certainly not required. They will do more harm than good and could well make the walker sick.

Probably the best course of action is to use a scientifically prepared drink such as Accolade Provided you mix it in the correct strength - i.e. add one teaspoonful of powder per glass of water, it will give you water, glucose and various salts in the correct proportions. There is a drawback, however, you may not like the taste of Accolade for it is only available in a lime flavour. This is not a disaster for you can concoct your own drink on the lines of Accolade. Since 79% of the dry powder is glucose (see the label on an Accolade jar), you will not be far out, if you add a teaspoonful of glucose powder to a glassful of water plus a good pinch of common salt. Then you can add some flavouring of your own - orange or blackcurrant cordial for example.

A few other points are worth mentioning here:-

1. Cool liquids are absorbed fastest by the body if a drink is very cold it can upset the stomach. Given such a drink, hold it in your mouth for a few seconds to warm up before swallowing it.
2. About half a paper cupful (perhaps washed down with a little water to remove any stickiness) is as much as you can drink at a time.
3. It takes 25-30 mins. for glucose to appear in the blood stream. So drinks should be planned and not taken when you really feel you need them - it is then too late. Many walkers do not take drinks early enough - say - in the first 20 kms. in a 50 kms. race but are seen drinking frequently in the last 10 kms. Instead, they should be drinking at regular intervals throughout the race.
4. If you are going to race a long one in hot conditions, take extra fluids the day before and right up to the race. It is far better to start the race with too much water in your body rather than too little.
5. Sensible drinking can improve performance, reduce discomfort during the race and aid recovery. It could decide the outcome of a race."

Ed.

Club Training

As usual, Wednesday evenings, alternating between the Buckleys and the Wilkinsons. I think the club owe a great vote of thanks to both familys for putting up with us every other Wednesday.

Forthcoming Events

Orienteering in the Rockies

Next year we can spend two weeks in British Columbia, Alberta and Washington State USA and fit in 7 days orienteering at the Canadian Championships, Asia

Pacific Championships, North American Championships and the Pacific Northwest Orienteering Festival. In between there is a 24 hour "Rogaine" that sounds like a non-stop Karimor Score Event. the dates for your diary (certainly not mine - Ed.) are 3rd - 19th August 1990. I have got details if you would like a copy. The only problem is who will give up their weight allowance on the plane to take the club tent?

Mike Godfree

JK 1991 - General Information

Many club members will already know the meaning of the heading JK 1991 but for those members who are new to orienteering or are local members only may I explain a little more.

Each year at Easter one of the British regions stages a competition with two individual races, the winner being the fastest total time over the two days, and relay races on the Bank Holiday Monday.

The series of races are named J.K. after Jan Kjellstrom, a young man who was tragically killed in a motoring accident in the early days of Orienteering in this country. He had helped the early pioneers of orienteering immensely with his knowledge of the sport from Scandinavia.

Invitations to compete are extended to all of Britain and Europe with the result that we may expect as many as 4000 orienteers from Britain and Scandinavia, as well as the odd orienteer from Australia and Japan, to converge on the East Midlands at Easter in 1991.

The committee organising the JK for 1991 have already been active for a number of years and we expect more and more of the E.M. membership to become involved as 1991 approaches. As a club we will be involved in the Sunday race in Derbyshire and the Monday relays in North Notts. We will also be involved in administering the event centre at Queens Park Sports Centre in Chesterfield.

This is the biggest competition the region has ever staged and it will need assistance from all our members if it is to be successful. Many of our more active members are already under pressure working on the planning for the JK and also trying to keep our regular program of monthly competitions progressing. Please try to ease their work load by contacting them if there is a request for help to which you may be able to respond.

Steve Buckley
(Chairman)

JK 1991 - Accommodation - Help and contacts needed

In order to produce a successful social event at the JK it is essential that the Event Centre is easily accessible to many competitors and has a good range of activities available in the evening.

We have chosen Queens Park Sports Centre in Chesterfield because it is midway between the two competition areas and has plenty of space and facilities to offer us. We have already booked the full accommodation of the centre from Friday through to Monday.

Jenny and Alan Shaw are looking after the entertainment at the centre and will be pleased to hear from you if you have any suggestions about local entertainers and discos.

Accommodation will be coordinated by Ted Smith and contacts are urgently needed now. We need to be able to offer the following types of accommodation:

- (i) camping facilities
- (ii) caravan facilities
- (iii) floor space in halls
- (iv) hotel and B & B accommodation.

Do you have contact with Scout groups, schools, village halls, community buildings that could offer to let their facilities to groups of orienteers for the easter weekend. If so let Ted Smith know (telephone Buxton 3560).

Do you have any contacts with William Rhodes School in Chesterfield. We have thought that we could possibly use it's facilities for accommodation. Let Ted or myself know if you could help here.

Car Parking for the event centre could be a problem. We may get permission to close a local road, alternatively the A.G.D. car park is nearby. Does anyone have contacts with the A.G.D.? Let me know if you do, phone Derby 552664.

Many Thanks

- Steve Buckley, Event Centre Coordinator

Fixtures List

23/ 8/89
file: dvo

DVO PROVISIONAL FIXTURES PROGRAMME

Where REQUIRED is shown, please offer your assistance to Steve Buckley
except for Team M events in which case Steve Kimberley

				Organiser	Planner	Controller
August	26/28		White Rose Weekend - North Yorks			
	30	Wed	Summer Training Run - Melbourn	R Newton	03316 2786	
September	15	Fri	Booze 'O' - Elvaston Castle	S Davis + M Gardner		
	17	Sun	CATI Event - Harleston Park	M Stratford + Annie		
	24	Sun	COLOUR CODED - Team S - Allentree Park	G Johnson	S Davis	REQUIRED
	27	Wed	AGM - Ripley Leisure Centre			
October	8	Sun	Schools Individual Champs - Walsby			
	29	Sun	COLOUR CODED - Team M - Crumford Moor	A Thomson	J Kopper	P Jones
November	26	Sun	BRETTON CLOUGH BADGE EVENT	S Buckley	J Hawkins	REQUIRED
December	13	Wed	Open meeting - Alfreton			
	7		SOCIAL - DVO pub crawl - location unknown			
January	14	Sun	COLOUR CODED - Team S - Calke	D Walker	M Gardner	M Godfree
February	11	Sun	COLOUR CODED - Team M - Rough Pitty Side/Linacre	S Russell	REQUIRED	REQUIRED
March	14	Wed	Open meeting - Alfreton			
April	1	Sun	CHATSWORTH BADGE EVENT	REQUIRED	S Kimberley	REQUIRED
April	29	Sun	COLOUR CODED - Team S - Stanton Moor	D Dickinson	D Dickinson	I Whitehead
May	20	Sun	COLOUR CODED - Team M - Whitesprings	REQUIRED	REQUIRED	REQUIRED
June	17	Sun	COLOUR CODED - Team S - Kedleston Park	T Seaton	M Godfree	REQUIRED

DERWENT VALLEY ORIENTEERS

1989 ANNUAL GENERAL MEETING

The 1989 AGM of DVO will be held at 8.00pm on Wednesday 27th September at RIPLEY LEISURE CENTRE. All local and full members are most welcome to attend. Ripley Leisure Centre is on the main road (Derby Road) 300m south of, and signed from, the market place.

There will be a run from the Leisure Centre at about 6.30pm where showers and changing facilities are available. It may be possible to swim in the pool instead of running. Tea will be available from 7.30pm and the AGM will start at 8.00pm. Bar facilities will be available after the AGM.

AGENDA
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1. Apologies for absence.
2. Minutes of the 21st AGM held on 28th September 1988.
3. Chairman's Report.
4. General Secretary's Report.
5. Treasurer's Report.
The audited accounts for the year to 31st August 1989 will be tabled.
6. Election of Officers.

Chairman	Vice Chairman
General Secretary	Treasurer
EMOA Representative	Fixture Working Party Chairman
Social Secretary	Equipment Officer
Newstrack Editor	Minutes Secretary
Development Officer	Committee Member

7. Appointments
8. 1989 Subscriptions.
(a) Full Members (b) Local Members
9. Any Other Business
