

DVO NEWSLETTER

DEC 1983

Welcome to the first edition of the DVO newsletter specially designed to confound people who either a) didn't even know a newsletter was in the offing, b) did know but didn't believe that one would actually be printed or c) (Most likely of all) had forgotten all about it.

If you are in one of the above categories then this newsletter may help you to know what's going on in the club. Briefly the purpose of this newsletter is to inform the club member what is happening in the club. Hopefully this can be done by presenting articles on business meetings, past events, social news, and really anything else which may be of some small interest to someone.

Unfortunately this first edition is a bit sparse, so with what I believe is an editors traditional plea, could someone (or thing?) out there please write an article. Don't be timid this editor is completely unscrupulous and will print almost anything as can be seen from the rest of this newsletter (Please note the almost!).

By now I suppose somebody out there is wondering who can possibly have the nerve to write such rubbish (no it isn't Robert Shooter), so in the sporting spirit I'd better give myself up. My name is Steve Kimberley and I've been in DVO three years during which time I've managed to get out of most jobs except for the odd bit of planning. Unfortunatley my mind sometimes wanders, as witness some of my results, and it was during such a period that I thought that DVO should have a newsletter. Now much later I'm beginning to have second thoughts.

Anyway, enough of these editorial ramblings and let us proceed with other ramblings.

The editor does not accept any responsibility whatsoever for any spelling mistakes, typing errors, grammatical mistakes, bad advice libelious remarks, (is that last spelt right?) or anything at all which may appear in this newsletter.



Please note that all articles are gratefully recieved send either to Steve Kimberley 18 Broom Drive Grassmoor Chesterfield S42 5AP, or see me at local events. (Sorry but theres no telling what car I may roll up in.)

A PUNTER'S GUIDE TO RELAY SELECTION

In the last year one of DVO's biggest problems has been the selection of the strongest Men's open relay team. In order to help (though it may actually hinder) the selection process I've decided to give my own completely subjective view on the form of the people most likely to be in contention for the relay places. The problem is slightly complicated by the fact that this next year there will be both three and four man teams but for the purposes of this guide I will assume a four man team.

Two newcomers to the club Dave Neville and Eddie Harwood are probably automatic selections to the first team this is mainly through reputation and ranking positions however still completely unknown at this time is their availability for the relays.

A third member of the first team is likely to be Mike Gardner who is well known to most DVO members. Having been in the first team for as long as I've been in the club (three years for those of you who can't be bothered to turn back to the first page) he seems assured of his place unless his complaints of being unfit or injured actually turn out to be true.

The top three choice would appear to be fairly straight forward but its with the fourth person that the problems start.

One of the favourites for this fourth place would be Ian Whitehead (he of famed 'throw head back and open mouth' finishing style) who is normally quite consistent; but two retirals in two days Midland Nights and Blackamoor doesn't augur well for the future. Despite this recent lack of form in all previous relays he has done reasonably well and not let anyone down (A very big plus point).

Andy Thomson is another trying for the fourth place. He has only been coming into contention in the last year as his results have been getting better. Didn't do his chances much good though at last years White Rose Relays with a very dissapointing first leg, but may just have been unused to the pressure.

Yet another possibility is Steve Kimberley; another consistent runner but with no spectacular results. Does have the advantage though of offering Jaffa Cakes to all who run in his team (with a few conditions attached).

Those last three seem to be most likely in contention for the fourth place but there are many other possibilities and the most promising are listed below.

Andy Clayton - Performed consistently in the 82-83 season but was let down by a bad run in the JK 83 which may have put him out of the running.

Kev Cunniffe - Inconsistent performer but has been improving lately and with his run at the White Rose Relays could come into contention.

Graham Johnson - Another inconsistent performer who has been improving of late. Will find his early relay runs hinder his selection.

Form Guide to The Mens Open Relay Selection. Continued.

John Hurley- A regular in the first team in the past but seems content lately with staying in the second team.

Robert Shooter- Generally better in the relays than some of his individual performances might suggest. Unfortunately is prone to the odd punching error.

Tim Dallas- Youngster who with his fast speed would seem suited to relays however does occasionally run so fast that he completely misses out some controls. May not be available to run if there's a M19 team.

The list of possibles is really endless for in addition to the above the following may also be considered: Steve Buckley, Dave Brodie, Steve Davies, Roger Wilkinson.....et al.

Apologies to anyone who may have been missed out and to any one who feels that they have been slighted then please write a letter to the news letter airing your viewpoint.

PAST EVENTS

Northern Champs.

For a change a championship event which was close by but while the area may have been up to championship level the weather did its best to make things that much harder. whilst some competitors suffered in the wind others in DVO did better particularly in the M15B class where Doug Dickinson and John Cuniffe claimed first and second place. Other DVO competitors in the top ten in their respective classes include A Forrest, P Berwick and P Seaston in M15B, C Sharp in M17B, S Kimberley in M21A, D Brodie in M21B, Steve Buckley 4th and R Wilkinson in M35A, D Walker in M35B, BBibby in M43A, Z Wilkinson in W11 4th, Judy Buckley in W35A 3rd, B Bibby in W35B, Altogether whilst nobody claimed a first place quite a few people managed to get in the top ten.

Martinshaw Relays

A bit of a disappointing turnout from DVO especially when one considers the attraction of showers and a bar. Of the two teams from DVO which entered both seem to have had luck. Robert Shooter managed to mispunch yet again but perhaps he was just trying to forget his time still John Hurley had a good second leg. In the other team Ian Whitehead after making a wrong tactical decision found themselves in third place and whilst Steve Kimberley managed to pull them to first place he then blew it on just one control. Still as always at Martinshaw a very enjoyable social event.

Beaudesert Park

A very large entry started on a cold but sunny day to tackle the JK area. DVO started with the handicap of the DVO Dinner the evening before. Perhaps as a result as well as the quality field we did not have any outstanding results though D Dickinson did come 6th on the red course. Perhaps the other best result was a much improved performance by Kev Cunniffe coming 16th on the Brown course against some very tough competition. Is this Kevs comeback?

More reports as I get results.

FUTURE EVENTS

Almost every magazine has a section which gives future events dates and other details. Whilst still wanting such a section I thought that it should be different, the intention was to include a report on the area i.e. what it is like for running and what the vegetation is like. However there does not appear to be many local events in the near future and those that there is I don't appear to have gone to so that the details are sketchy to say the least.

December 11th Leicester Club & Junior league Event Aston Firs.
S Nichols 11 Wheeldale Close Leicester 0553 354556

A very fast area mainly path running as the vegetation tends to be on the green side. Can cause problems if you try to go straight.

January 1st SYO Colour coded event Beeley Wood
Ian Wainwright 43A St Albans Road Sheffield 0742 304187

Afraid don't know anything about this area except that Wharncliffe is right next door.

January 29th IVO Club event Cromford Moor
Steve Kimberley 18 Broom Drive Grassmoor Chesterfield
0246 851446

Note the date change. Most people know what Cromford is like. To sum up do not go to Cromford if you like fast runnable forest with plenty of orienteering challenge.

SOCIAL NEWS

Not a lot happening in the run up to Christmas but two events do stand out

DVO goes Potholing

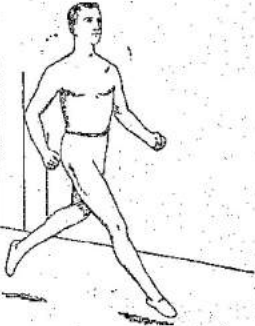
Organised by Robert Shooter this should be happening on Thursday 8th December but details and dates subject to alteration.
Contact Rob Shooter at 52 South Avenue Spondon Derby Derby 661525

DVO Pub Crawl

December 17th at Sinfin Can we beat the record of 5 pubs!
For more details nearer the date contact the Editor.

TRAINING

Having managed to get access to a 1908 Army training manual I thought that I would look at what it said for running training so here goes. Style is important and according to the manual, style should be as para. 256 as reproduced overleaf. Hope you enjoy it.

Starting Position.	Words of Command.	Detail and Remarks.
256. From the Halt, or Quick march, or Quick march with H.L. r.	Double—March (Fig. 92.)	Step off with the left foot and double on the toes with easy swinging strides, inclining the body slightly forward but maintaining its correct carriage.  <p data-bbox="906 1070 975 1093">Fig. 92.</p> <p data-bbox="767 1104 1129 1597">The feet must be picked up cleanly from the ground at each pace and the thigh, knee and ankle joints must all work freely and without stiffness. The whole body should be carried forward by a thrust from the rear foot without unnecessary effort and the heels must not be raised towards the seat but the foot carried straight to the front and the toes placed lightly on the ground. The arms should swing easily from the shoulders and should be bent at the elbow, the forearm forming an angle of about 135° with the upper arm (i.e., midway between a straight arm and a right angle at the elbow), fists clenched backs of the hands outward and the arms swung sufficiently clear of the body to allow of full freedom for the chest. The shoulders should be kept steady and square to the front and the head erect.</p> <p data-bbox="863 1597 1023 1619"><i>Common Faults.</i></p> <p data-bbox="762 1619 1129 1812">(i) Not moving sufficiently lightly. (ii) Allowing the heels to touch the ground. (iii) Moving too stiffly. (iv) Not swinging the arms freely and easily, e.g., keeping the upper arms too close to the sides, sticking the elbows out, or swinging the arms across the body. (v) Swaying the body. (vi) Poking the head forward.</p>

LANDOWNERS

Mike Gardner

Organising an event can be a little tricky as there always seems to be numerous landowners to contact. However five of the club areas have just one landowner, and they were planned to be used for the next five events of the club, each event being a different type, Score, Relay, Club event, Badge event, and Come and try it. However the five organisers involved got a little mixed up when our club secretary dropped the files and they could only remember the following bits of information.

- 1) Neither the owner of Shining Cliff nor the owner of the area with the Relay is a member of the peerage.
- 2) The CATI is at Robin Wood and is not organised by the Johnsons. Mr Branwell is not the owner of the Club event area.
- 3) The Johnsons organised the event on the Duke of Devizes land and the Buckleys organised the event at Allestree which was not the Badge event.
- 4) The Whiteheads organised the Club event.
- 5) The Brodies did not organise the event on Lord Scunthorpes land.
- 6) The Earl of Watford owns the land used for the Badge event and the Duke of Devizes does not own Sydnope.

	SYDNOPE	ROBIN WOOD	ALLESTREE	SHINING CLIFF	CRECH CHASE	MR R BRANWELL	DUKE OF DEVIZES	SIR HARVEY POTTS	LORD SCUNTHORPE	EARL OF WATFORD	CATI	BADGE	RELAY	SCORE	CLUB
WHITEHEADS	X	X	X	O	X	X	X	O	X	X	X	X	X	X	O
JOHNSONS	X	X	X	X	O	X	O	X	X	X	X	X	X	O	X
BRODIES	O	X	X	X	X	X	X	X	X	O	X	O	X	X	X
BUCKLEYS	X	X	O	X	X	O	X	X	X	X	X	X	O	X	X
WILKINSONS	X	O	X	X	X	X	X	X	O	X	O	X	X	X	X
CATI															
BADGE															
RELAY															
SCORE															
CLUB															
MR R BRANWELL															
DUKE OF DEVIZES															
SIR HARVEY POTTS															
LORD SCUNTHORPE															
EARL OF WATFORD															

BADGE
SIR HARVEY
WATFORD

Answers to Steve Kimberley, 18 Broom Drive, Grassmoor, Chesterfield.
No promises of a prize but I'll see what I can rustle up. (A Jaffa cake?)

S T O P P R E S S

D. V. O BUSINESS MEETING

30th November 1983

As a rushed addition to the newsletter this page tries to put over the main points of the meeting.

Early on in the meeting people were picked, coerced, or volunteered into various official positions for the events in the second half of 1984. However if you did miss the meeting that doesn't mean that you've not been put down. A full list is given below.

10th June Matlock West

Planner Terry Peach Organiser Terry Richardson

23rd September Hardwick Hall

Planner Brian Gibbs Organiser Steve Kimberly
 George Collett
 Alan Shaw

28th October Lea Wood

Planner Ian Nicklin Organiser Dave Walker

18th November Matlock East

Planner Dave Brodie Organiser Lindsay Nicklin

9th December Drum Hill

Planner Mike Gardner Organiser Val and Graham Johnson

On the subject of help on events Judy Buckley put forward the idea that two or three groups should be organised within the club. The idea is that one of these groups should be allocated an event then they should organise plan and do all the help necessary on the day for this event.

However all that was resolved on the day was to try to get more people involved in helping on the day.

Dave Walker carrying on from this thought that perhaps more (or different) people would come to meetings if they were not held in private houses.

To this end it has been decided to hold a social/business meeting at Belper Sports Centre in March. Further details in the next newsletter.

OTHER NEWS

Night Street Events

Matlock February 15th

Allestree January 18th

Further details at training evenings.

TRAINING EVENINGS

1st and 3rd Wednesday of each month at
20 Castle Hill Duffield Derby.

2nd and 4th or 5th Wednesday of each month at
82 Derwent Avenue Allestree.

Club 'O' Suits

Any one interested in a club 'O' suit should contact Mike Gardner
(Derby 552117) before December 23rd.

J K RELAYS

Names by January 15th to Mike Gardner (see telephone number above)
and money so he tells me as well as class.

Next Business Meeting

January 11th at 8.00 p m (7.00 p m for a run) at 82 Derwent Avenue
Allestree.

Next Newsletter out for 12th February.

All Articles in by 28th January. Please.

Hwyl
Steve Kimberley.

John Hurley
Flat 6
Derley Park House
New Road
Derley Abbey
Derby