

NEWSTRACK

DECEMBER 1988



"KG. WHICH WAY?"

DVO OFFICIALS

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EDITORIAL

I am writing this editorial soon after the recent Matlock Forest East Event, and I must mention how much I enjoyed the day as I had never had successful runs at Matlock Forest previously. The 3-part Brown Course, the last part being Norwegian map-memory. For such an area and the problems with recent Forestry Commission work, it says something for the excellent work of the planner namely Dave Skidmore. He even helped us on the day with sequenced control codes (A1-A8, B1-B7, K1-K6).

I recently attended the Planner's Introductory course run by Mike Gardner and was surprised by the amount of work to be undertaken by the planner.

I believe everyone should take note of what Dave Nevell has to say in his contribution for this month and then perhaps you should take advantage of the comprehensive training programme that has been put together by Hilary Palmer for the East Midlands.

If you pick this up at Clipstone Forest, do consider coming along to the Open Meeting this Wednesday 14th December at Alfreton Leisure Centre, there is not much else to do associated with 'O' until December 27th otherwise.

Many thanks to all contributors for this edition, to my mother for once more doing the majority of the typing and to Steve and his helper for reproduction etc.

May I take this opportunity of wishing all members a Merry Christmas and a successful 1989 'O' Year.

Chris Johnson

OCTOBER COVER

The four areas that made up the picture were Cotgrave Forest, Crich Chase, Robin Wood and Shining Cliff.

WELCOME to the following new members.

Nicholas Sercombe. 7 Victoria Road, Pinxton. Phone 0773 862851.
Gerard Purnell. The Nook, Tinderbox Lane, Burnaston, Etwall.

Phone 028373 2497.

A. Wigley, 5 Derby Road, Wirksworth. Phone 062982 2798.

David Ellis. 33 Sunnyside, Whitwell, Worksop, Notts. S80 4SR.

Gerard Purnell, The Nook, Tinderbox Lane, Burnaston, Etwall.
DE6 6LG. Phone 028373 2497.

A.M. Wigley. 5 Derby Road, Wirksworth, DE4 4AS.

Phone 062 982 2798.

Helen Bruce. 50 Cameron Road, DERBY DE3 8RS. Phone 762646.

Roger Larkam. 5 Leeds Place, Derby DE1 2RX.

Mike Jubb. c/o 30 Portreath Road, Allestree. Derby. DE3 2RZ

Phone 0332 550828.

Nicholas A. Sercombe. 7 Victoria Road, Pinxton, Notts. NG16 6LR.

Phone 0773 862851.

Keith Machin. 22 The Square, Cutthorpe, Chesterfield.

Phone C.23695.

David Wheatley. 6 Sunnyside, Whitwell, Worksop, Notts.

Gerard Hoban. 7 Renals St. Derby. DE3 6SJ.

Phone 0332 371190.

Roger Hill. Hilles House, 101 Mellor Road, New Mills,

Stockport.

Tony Walker and family. Prickley Fell, 65 Empson Road, Kendal.

DVO Training Day.

The date for this is misprinted in EMEWS, it is Saturday January 7th, 1989, at Allestree, 2pm-4pm. Let Hilary Palmer know if you are coming. These sessions are for all ages, up to orange/light green standard.

Local Members.

Now is the time of year to join BOP [British Orienteering Federation] as a full member. This enables you to run in badge events. The fees for 1989 are Senior £6.50, Junior £1.50 and family £8.50, forms available from Mike Godfree. Otherwise local members are expected to renew on the anniversary of their last payment by sending the fee which is now £2.00. Hopefully those of you whose membership has just run out will find a renewal slip inside their magazine.

MIKE GODFREE-SECRETARY.

DVO Opens Another Permanent Course.

The more observant of you will have seen the smart green posts with red and white markers during your run at Cromford. There are sixteen of them in all, kindly planted for us by the Forestry Commission. Map packs are available from Dave Walker for 60p each. Visit them all and solve the anagram that the control letters make up. But be warned, it's more of a challenge than Allestree Park and control 13 threatens to be a rival to the infamous K6.

MIKE GODFREE.

NEW YEAR'S DAY ROMP.

Clear that hangover and help us to open the Black Rocks permanent course. The official ceremony will take place at 11am on Sunday 1st January 1989, at the top Picnic Site car park. There may even be well-known (?) celebrities in attendance. This will be followed by a competitive run round the course with a mass start at 11.15. Three courses will be on offer; A - visit all 16 controls in any order, B - visit the first 10 controls in any order, and for the real enthusiasts, C - visit all 16 controls in any order but without a map [a master map may be visited as many times as you like]. Entry fee of 40p for courses A and B, 10p for course C [no map you see]. Knowing Cromford's reputation winning times should be over the half hour, maybe well over. Come in good time to buy your map, bring a pen to record the control letters.

MIKE GODFREE.

LOCH LOMOND 89 (30.7.89 - 5.8.89)

I have details and one or two entry forms for the biennial Scottish Six Days. Alternatively if you can't wait for December Compass Sport entry forms are available from Loch Lomond 89, PO Box 1, Troon, Ayrshire, KA10 7LY. Entry fees start rising after 31st January. Some of us have already booked accommodation so start thinking about it.

MIKE GODFREE

SOCIAL SIDE OF THINGS

This coming year, for your entertainment and amusement, the social committee are planning a profusion of goodies. The annual dinner will probably now be towards the end of February. Details will be published later.

We're hoping to book a Canal narrow boat for a trip up the Trent, complete with floating bar and food, for a balmy summer evening. Before we can book one, as we have to pay for a whole boat and they hold 40-50 persons, we could do with some idea of who would be interested. Let either Christine Pollard (Derby 210625) or Debbie Wilkinson know if you're interested.

Less auspicious occasions hopefully to be arranged for Spring/Summer are - a bowling night at Derby's new "Superbowl", a trip to the theatre and roller-skating.

One last item - if there is enough interest, we can arrange a FREE GUIDED TOUR around Ratcliffe Power Station near Nottingham. This is one of the largest power stations in the country and a showcase station, consistently producing more electricity than any other. The tour would take about one and a half hours with possibly a slide presentation - and there's

a clubhouse for refreshment afterwards (pay for your own pints!). Now's your chance to find out how it's made before you buy the shares!! Please ring me, Christine Pollard, as soon as possible.

N.B. Don't forget New Year's Eve Party at the Buckley's.

TINTO TWIN BADGE EVENT.

The mad Godfrees were at it again. Whilst more sensible people went to Haggside we were off to the Scottish Borders. Mind you I fitted in a business trip to Glasgow and we honoured the in-laws with our presence as well. Some of you will have read about Tinto in Compass Sport, a new club set up a year ago in the area south of Glasgow with a certain amount of ill-feeling from the established clubs. With only 60 members, mounting a night and day badge event to celebrate their first birthday, was ambitious. But they do have one enviable advantage; one of their members owns an estate which fills an A4 map at 1:15000, with a substantial hill of rough pasture in the middle and forestry plantations interspersed with fields around it. The Saturday night event started inside an estate cottage. The temperature was just about freezing but with no wind so that a bit of exercise soon warmed you up. As I staggered over the open hillside the bunch of lights I was approaching got gradually lower as I got closer. They turned out to be the reflections of my own light in a flock of sheep. We all found the courses quite difficult, the only concession to night time being length rather than technical difficulty. With no fluorescent markers on the controls nearly every control meant accurate pacing and bearings from identifiable features. Being almost Halloween the string course controls were identified by turnip lanterns.

The next day all was revealed. With no permission problems the day time assembly area had taken over a farmyard at the other end of the map. By having a different start a fresh emphasis was placed on it but it was nice to recognise familiar features. I even had one control in common on M35B between night and day. On a bright frosty day it was a joy to be running with superb views over Lanarkshire. There were some nice trophies which we didn't win, for the best combined times on night and day so perhaps next year you will join us at the Autumn half term. Tinto by the way is the name of a prominent hill [mountain in English terms] as you come south from Glasgow. With thanks to Carmichael of Carmichael for owning and mapping such an excellent piece of countryside.

MIKE GODFREE.

EQUIPMENT PROFILE - JOHN BIRKIN.

I have put off writing about equipment for many months, mainly because I felt it would turn out to be one long moan - and it has. Unfortunately, due to lack of co-operation and consideration by some members it cannot be postponed any longer. What does he mean lack of co-operation, I hear you say, well lets try a few questions.

1. How many members reading this article have DVO equipment in their possession at this time?
2. How many have left a memo in the Club hut stating that they have taken it?
3. How many have sought to tell me they have taken it?
4. Finally, how many have actually asked if its alright to take it?

I think I can answer my own questions - NONE.

I discover equipment has been loaned to other Clubs after the event and members still ring Steve and Judy to ask for equipment.

To put records straight - Judy is Treasurer and looks after maps and Control cards.

Steve is Chairman.

John is Equipment Officer.

For almost 3 years now I have been trying, with some success, to upgrade DVO equipment. It's a slow process but due to generosity of past and present Treasurers' and of course our intrepid Compass Sport Cup Team who to date have provided us with two tents and a call-up clock, our equipment is now the envy of many larger clubs but there is still a lot of work to be done. Our new Treasurer Judy and I have tried to work out a budget and a way of replacing broken and lost items. Complete and accurate equipment stocks are only going to be maintained if we all work together - you help me I'll reciprocate, although I must add this is already true of some members.

The shed has now been cleared of unwanted debris [Organisers please note I don't want your old bits of board and signs etc. they just clutter the place up].

It would be helpful if you could take note of the location of the various items when you remove the equipment if its always in the same place it makes life much easier.

This is particularly important as far as Punches are concerned. These are now relocated to the left of the shed door underneath the window. The first rack on the left is used for Punches strung singly and Control Marker Canes. All Red Ultrasport and Red Silva Punches in the adjacent rack and the newest Ultrasport White and Blue Punches in the corner. Sign stakes are located between the corner and the shelf assembly.

On top of the shelf assembly is the Withdrawal Board complete with Equipment Location Sheets duplicates of which should be found at the end of this article if Chris has space] and Withdrawal Sheets 1 and 2.

All that is needed is for you to fill in the quantities in the

OUT column and leave the sheets where they are in the Shed, then I will know who has what, where and when. As from October this year I require breakage and loss reports at the end of each event these will then be costed up by me and deducted from event profits.

N.B. These are required from Planners as well as Organisers. Organisers and Planners should find everything they need in the Shed or at the other locations listed. I have spent many hours this summer repairing and recoding all the control markers and making two boxes each containing 6 divisions to hold them. Please note the new way of folding the markers, the idea being that you can select your control markers without having to open them out to see the codes.

A few things to ponder-

1. Sign stakes are made of timber and will not, no matter how hard you hit them with a 20lb chunk of millstone grit penetrate same without some part disintegrating. Use a steel rod to make a pilot hole. There are 2 in the Shed.
2. Two of the sign stakes have mounting screws set further apart from the rest, these are purpose built for the Start and Finish signs, if you hang one of the other signs on them by one screw the chances are they will break.
3. Sticking tape on the signs directly over the lettering will result in the tape pulling the letters off in warm weather.
4. The yellow and black tape is for Crag marking only. Please don't return broken equipment to the Shed, or if you do mark it for repair, then the Shed goblins might manage to get it repaired in time for the next Organiser/Planner. Please, please try and keep the Shed tidy- my wife has nagged me for years about tidying up after me- now I know how she feels.

STOCK LOCATED AT 1 MIDDLETON AVENUE [JOHN BIRKIN]
TEL 0773 49167

- 1 CALL UP CLOCK [FLAP TYPE]
- 1 CALL UP CLOCK MOUNTING POST
- 1 SET BADGE EVENT START LINE MARKERS
- 2 10 x 4 METRE POLYTHENE MASTER MAP SHELTERS
- 98 CONTROL FLAGS/MARKERS [BLANK]
- 125 CODED MARKER PLATES AA-Z AB-Z AC-Z AD-Z AF-Z
[NO LETTER I's]
- 118 CANES TO TAKE MARKER PLATES AND CONTROL FLAGS
- 2 SPIKES FOR MAKING HOLE FOR CANES
- 1 LUMP HAMMER
- 2 STILES COMPLETE [ONE LARGE ONE SMALL]

STOCK LOCATED AT 5 OLD HARTSAY HILL [ANDY THOMPSON]
TEL.0773 47781

- 1 STRING REEL [APPROX.1000 METRES OF WHITE NYLON CORD]
 - 1SET STRING COURSE CONTROLS
- N.B. IF ANDY HASN'T GOT THE STRING COURSE THERE IS A GOOD CHANCE HE KNOWS WHERE IT IS.

STOCK LOCATED AT 253 DUFFIELD RD(STEVE and JUDY BUCKLEY)
TEL. 0332 552664

IS AN EQUIPMENT WITHDRAWAL SHEET IN EQUIPMENT SHED.

HELEN FINLAYSON . NOW KEEPS THE EVENT NOTICE BOARD

STEVE and JUDY BUCKLEY KEEP THE CLUB NOTICE BOARD

DO YOU WANT TO IMPROVE YOUR ORIENTEERING?

What kind of an orienteer are you? Are you happy to turn out to events week in week out, running the same sort of courses, making the same sort of mistakes, and achieving the same sort of results? Or do you want to improve? If you do want to improve, how do you see this coming about? Is it just a question of building up experience, going to as many events as you can, and hoping that gradually, things will get better? Or is it a question of going into intensive training, spending more time getting fit, practising techniques, and reading all the latest coaching manuals? Or, perhaps, do you believe that you've either got it or you haven't, and there's not much you can do about it?

OK, that's it for questions. Perhaps we should consider what improvement actually means. It could mean better results; finishing higher up on the course you normally run. However, I would suggest that what is most important is your own personal improvement in what you are doing in the forest. Forget about finishing position for a moment; anyone can get better by running again and again in the same East Midlands forests and gaining familiarity with the terrain. What is important is the quality of your own performance, how you spend your time whilst competing.

There are two main areas which contribute towards performance in orienteering. Fitness and technique. Oh well, I hear you say, I'm never going to get any fitter or faster than I am now. That may be true, But would being fitter and faster actually help you. Think about the mistakes that you make when you are orienteering. How many of those are the result of going too fast, not being careful enough near the control, not bothering, or being able to read the map whilst you are running. I should think that every person who goes orienteering is capable of travelling faster than his or her map reading skills can keep up with. So running even faster will probably only increase your mistakes. Think about anybody you know who has come into the sport from a running background. These people have tremendous difficulty in adapting their excess speed to an appropriate level. I think that it is much easier for a walker/rambler to come into the sport than an athlete.

So let's leave fitness and consider technique as a means to improving performance. To say that if one can improve one's technique then one's performance will improve too sounds like a trivial point. However, there are really two aspects to

technique. The first is a head knowledge of what the techniques are, how to carry them out, and a development of those skills. The second is knowing when to use which one when, a point that I covered in a previous Newstrack article. I would call this second aspect, Technique Discipline. Oh dear, I can now hear you say, I just want to go out into the forest and enjoy myself, not worry about Technique Discipline and such matters. I think it depends quite how you gain enjoyment from the sport.

A lot of people enjoy doing a job well, even if it's only at their level. I doubt whether mistakes give anyone much pleasure- just try listening to comments made at the finish of an event. And unless you try to master the fundamental building blocks of the sport, you have limited scope for improvement, and eventually disillusionment creeps in.

It seems to me that when we begin orienteering, we are more or less sent out into the forest without much idea of what to expect, and consequently make a lot of mistakes. And in fact this is the only way it can happen, because it would be impossible to teach the theory of the sport to someone without them having had first-hand experience of the real thing.

It is only when we realise our deficiencies that the techniques can be seen in their true lights. Unfortunately, bad habits set in quickly, and I believe many orienteers never lose them. If you seriously want to improve, then this can only be achieved by going back to basics. This excludes no-body, from novice to elite.

When I was in the British Squad, our first get-together each session concentrated on this approach. The idea was to take a break away from competition, and go right back to the fundamental techniques that had perhaps become subconscious, and check them out. Pacing, compasswork, speed control, concentration, planning ahead, etc. Rather like the stories you read about professional golfers adjusting their swings. Mistakes were analysed, and used to direct attention towards certain techniques. For example, do you tend to undershoot controls, or veer off to the left.

It is difficult to do this in the heat of competition. If you want to go back to basics then trying to do it when you are worried about what your result will be is pointless. On the otherhand, sitting down and reading theoretical articles in publication such as this, or ENEWS, or CompassSport is equally pointless by itself. What is most beneficial is to attend coaching sessions that aim at teaching specific skills. These allow you to put the theory into practice without any other pressures of competition. You can make an absolute fool of yourself [and probably will] and it won't matter. Hopefully you will then find it easier to put the skills into use in competition.

Incidentally, just because you may be an experienced orienteer, it doesn't mean to say that some basic skills re-training isn't necessary.

The EMCA has now set up a comprehensive coaching programme, organised by Hilary Palmer [NOC]. I would urge DVO members to

take advantage of it, as there are a wide range of sessions, including a Basic Skills course on Jan 7th. at Allestree Park. [check for details]. 30% of the EMOA budget is now aimed at Development, of which this is a part, so EM members now have the best opportunities to improve their orienteering. So, it seems I have discharged my responsibilities to write a technical article once again, but you never know, I may get round to it some day.

DAVE NEVELL

Help Questionnaire.

Many thanks to the many members who have returned the questionnaire distributed with the last edition of Newstrack. I will be ensuring that your offers of help will be utilised as soon as possible. If you still have to return the questionnaire then please do so as soon as possible.

STEVE BUCKLEY.

Compass Sport Cup Final.

Another appearance in the final for the fourth consecutive year which this time led to our first defeat in the competition since Autumn '85. As expected it was our mighty neighbours SYO that won the day on Cannock Chase. There was an excellent turn out from many club members regardless of whether they expected to score for the teams. Members travelled from as far afield as Dorset, Cumbria, and Cambridge to take part in a splendid show of club spirit. This was the first year that the competition included a small clubs event and this added immensely to the final making it into a good sized competition with coachloads of competitors from Scotland and the far south. Unfortunately detailed results are still awaited to confirm our second place. Our thanks to the WCH for staging the final for us in delightful conditions on the Chase. Perhaps we may contrive an early defeat in 1989 so that we can stage next years final or alternatively we could win again to keep up with SYO's record of three victories so far to our two.

STEVE BUCKLEY

DECEMBER 1988

14th(WED) DVO Committee/Open Meeting at Alfreton Leisure Centre 8pm
ALL MEMBERS WELCOME

25th XMAS DAY

26th BOXING DAY

27th(TUES) SYO Open Event, Wombwell Woods, Barnsley. (MR383028)
H.Gibbs, 11 Mount Vernon Crescent, Barnsley (0226-281562)

31st(SAT) DVO New Years Eve Party at Steve & Judy Buckley's
FANCY DRESS AND SILLY GAMES
253 Dufield Road, Allestree. Tel : 552664
Please complete list on noticeboard or let Steve/Judy know
if you wish to attend. Bring food and drink please.

JANUARY 1989

1st DVO Special Event, Cromford Moor - Black Rocks Picnic Site
This is the official opening of the permanent course
See details elsewhere in Newstrack or contact Mike Godfree

7th(SAT) East Midlands Training at allestree Park. 2pm-4pm.
Coaching in basic skills for new members, families and
beginners up to Orange/Light Green standard.
Further details contact Hilary Palmer on Nottm.820651.

8th NVO BADGE EVENT, Salcey Forest, Northampton.
THIS EVENT HAS BEEN CANCELLED

11th(WED) DVO Committee Meeting at the Buckley's. 8pm.

14th(SAT) East Midlands Training. WOMEN ONLY. Thieves Wood, North End
2pm-4pm. Contact Hilary Palmer for further details.

15th LEI Open Event, Burbage Common, Hinckley. (MR449953).
Dave Rhodes, 4 Main Street, Newbold Vernon. (0545 573042)

LOG Open Event, Stapleford Woods, Newark.
THIS EVENT HAS BEEN POSTPONED UNTIL 12TH FEBRUARY 1989.

21st(SAT) East Midlands Training at Martinshaw Woods, Groby, Leicester.
2pm-4pm.
Coaching in basic skills for new members, families, beginners
up to Orange/Light Green standard.
Further details contact Hilary Palmer on Nottm. 820651.

22nd NOC Open Event, Bramcote Hills, Nottingham. (MR507381).
John Hopper, 108 Charlbury Road, Wollaton, Nottm.
(0602 299825).

28th(SAT) East Midlands Training. WOMEN ONLY. Bestwood Country Park.
2pm-4pm.
Contact Hilary Palmer on Nottm. 820651 for further details.

- 29th DVO Open Event, Linacre Woods, Chesterfield. (MR340733).
Steve Kimberley, 41 Devon Drive, Brimington, Chesterfield.
(0246 233575).
- 30th (MON) East Midlands Training. WOMEN ONLY. 169 Musters Road, Nottm.
Contact Hilary Palmer on Nottm. 820651 for further details.

FEBRUARY 1988

- 3rd/5th East Midlands Advanced Coaching Weekend. North Wales.
See full details in EMEWS Nov. 1988 or contact Hilary Palmer
on Nottm. 820651. NOTE : Money must be paid by January 7th
- look out for forms at events.
- 8th (WED) DVO Committee Meeting at the Buckley's. 8pm.
- 11th (SAT) East Midlands Training at Stapleford Woods, Newark
(MR862566). 2pm-4pm. Coaching in basic skills for new
members, families, beginners up to Orange/Light Green
standard.
Further details contact Hilary Palmer on Nottm. 820651.
- 12th NATIONAL EVENT X Kelling Heath and Sheringham Park
(MR105413).
B. Pilgrim, Woodley, Flordon Road, Newton Flotman, Norwich
Tel. 0508 470974. (CD 16.1.89) (£4.00/£1.50). SEF. EOD for
colour coded courses only.

LOG Open Event, Stapleford Woods, Newark. (MR862565).
Steve Kemp, 9 Hamilton Road, Lincoln (0522 35914).
- 26th DVO Open Event, Rough Pittyside. (MR266528).
Organiser - Rob Shooter.

MARCH 1988

- 8th (WED) DVO Committee/Open Meeting. Venue to be decided.
ALL MEMBERS WELCOME.
- 12th DVO Relay Event. Calke Abbey.
Organiser J. Hopper.
- 19th NATIONAL EVENT I/Midland Championships and Robin Hood
Trophy, Clumber Park, North Notts.
Organiser:
A. Thomson, 51 Leys Road, Ruddington, Notts, NG11 6JL
Tel. Nottm. 215760.
Entries to:
J. Dalton, 35 Crossdale Drive, Keyworth, Nottm. NG12 5HP.
(CD 27.2.89) (£4.00/£1.25). SEF>EOD for colour-coded only.