

NEWSTRACK

DECEMBER '89

"Orienteering in the Land"
"That Time Forgot"



E4 Mammoth's Left Tusk

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EDITORIAL

Hi again! It seems like only yesterday that I was putting together the October issue of Newstrack. Doesn't time fly when you're having fun. There has been a lot of Orienteering since the last issue and I have tried to cover as many of the events as possible. If you attend an event in 1990 and enjoyed it or something funny happened, or you would like to have a moan about something or someone - drop me a line (it only takes 5 minutes).

My thanks to all those who have contributed to the December Edition, both young and old. Thanks to them we have been able to record the activities of the DVO Orienteer over the last two months in the magazine that has been voted TOP MAGAZINE '89. (This was the result from a poll of well over 10 DVO Club Members)

Many of the articles that have been published in Newstrack over the years deserve to be acknowledged for what they are - absolute trash! But who cares, millions of people love reading trash every day e.g. the Sun and the Star and at the weekend the first paper to run out is the News of the World. Their reporters are paid for their hard work - so why shouldn't the roving Newstrack Reporters? I'll bet Judy has just fainted!! Unfortunately this is not possible, however I am hoping that I will be able to present a DVO Reporter of the Year trophy at the next Club Dinner (which hopefully will be in March - see below).

The Editor's decision is final, however if you get to him before he makes his decision you just might be able to influence that decision with the odd bottle or three of pure Malt Whisky.

I hope you all had a good christmas and new year. Here's to a prosperous and happy 1990 - Good Orienteering!

Alex.

* DEADLINE FOR FEBRUARY NEWSTRACK IS FEB. 11TH. *
* * * * *
* It will be ready for distribution Sunday 25th *

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CHAIRMAN'S SPOT

Your beloved Chairman has promised to keep you informed of what is discussed at future Committee meetings. But for now he has asked me to let you know that the next Open meeting will be at the Alfreton Leisure Centre on the 14th March. For the mad ones amongst us there will be a 'run' at 7pm. and the meeting will start at 8pm. We hope to have a guest speaker at each of the Open meetings from now on and Steve is busy organising one for March.

NEW MEMBERS

A WARM WELCOME to the following new members:

J. Malley, Croft Cottage, Ilam, nr. Ashbourne, Derbys
Richard Carrington, 2 Gresham Road, Derby
Roger & Margaret Keeling, New Road Farm, New Road,
Whatstandwell, Matlock
Philip Taylor, 7 Yardley Close, Swanwick, Derbyshire
Pete Goodman, 57 Church Street, Matlock
Rex, Adam & Alex Bleakman, 5 Lawn Avenue, Etwall, Derbys
Bob, Jane, Gwen, Sally & Esmond Tresidder,
61 West End, Wirksworth
Martin, Jane, Holly and Naomi Lancaster
96 Jackson Road, Matlock

BABY BOOM

Congratulations to Kath, Ian and Emma Whitehead on their new addition to the family - Jessica! Hope to see you all in the new year. (If I could have spelt the dogs name I would have mention him as well - sorry Cha....)

SPORTS PERSONALITY

There can be no disputing the winner of December's Sports Personality - DOUG DICKINSON. He has won this most esteemed award for being the first person in the history of the automobile to flatten the battery by showing off one of his 'Muppie' (middle aged yuppie) gadgets on his car, while doing registration at Eyam.

He was so cold that he decided to put the window up in between each person registering. Unfortunately for Doug, using his Electric Windows (show off) he ran his battery right down until there was no 'juice' left.

What a Wallie!!!

SOCIAL ACTIVITIES

Bonfire Night

November the 5th was a night to remember, and arrived BANG on time at the Buckleys. Once again our thanks go to Judy, Steve, Kim & Alastair for putting up with the usual rabble of DVO'ers. The kids had a ball - especially when they played a new game later on in the evening after the fireworks. It was called 'lets kill Alex'. Fortunately for me they were unsuccessful. All you kids out there take note - revenge is sweet!

Unfortunately, I can't comment on the Johnsons Guy as it had gone up in flames by the time I got to the bonfire. You'll need to use slow burning straw and asbestos clothes next year Graham.

Club Dinner

** PROVISIONAL **

It is hoped to hold the Annual Club Dinner at the Horse & Jockey in Messington on March 9th. See the January issue of EMEWS for an update.

COMPETITION

No orienteering event to go to? Too wet or tired for a training run? Then try this! The 10 locations described below are all on DVO maps. Several locations may be on the same map or they may all be on different maps. Simply state which map each location is on and provide a rough description of where on the map e.g. North/West corner.

All entries to the Editor by February 14th. The first correct entry out of the hat (assuming I get any correct entries - otherwise the most correct entry) will receive a bottle of delightful red wine. I am determined to get rid of it (it will probably make good sangria).

All other correct entries will get a free run at the next DVO event (providing that they offer to help at the event). Any entries with all the answers incorrect will win the booby prize of a free training run with John Hawkins on any Wednesday night of their choice.

1. Covered Reservoir (an easy one to get you going).
2. A pond with two islands of fight (one south the other east).
3. A trig point sitting on the boundary of Open land and Bunnable forest with a small depression immediately to the west.
4. A Trig point on a small area of 'rough open' in the middle of a 500m strip of fight.
5. 2 platforms separated by a narrow ride running SW to NE.
6. Open mineshaft & 2 buildings enclosed by a fence < 50m square.
7. 5 wee lakes all in a row.
8. 11 contours merging together to form 1 big brown splodge.
9. Fenced Hexagon of 'green' on a spur.
10. A circle of white with an orange centre containing 3 boulders.

For those relatively new to the sport and without copies of the DVO maps why not try the following puzzles.

- A) Take six matches and arrange them on the table in such a way that each match is touching the other five.
- B) What do the following words have in common?

PIRATED CRATERS SCAMPI TRAMPS SWINGERS BRANDY

LOCAL EVENTS

DVNO

Stands for DERWENT VALLEY NIGHT ORIENTEERS, which is a sub-species, small in number (and reputedly also in brain cells) of that species of biped mammals the Derwent Valley Orienteers.

This item is an update on Night-O. Since the last issue of Newstrack DVNOs have been to two events locally - the first of the season was SYO's club event at Wombwell Woods near Barnsley, on a dry and moonlit night. One map correction pointed out an "evil marsh", which was given a wide berth by all. As usual, at least for me, the first event of the winter exposed poor technique with it's resulting loss of time. Much more so than in daytime pace-counting is often essential, as otherwise the necessary re-location can be time consuming. DVNO's best result was David Godfree 1st on the medium length course.

The second event was the SYO badge event at Eccleshall Woods, never an easy area with it's multiplicity of paths, and considerably more difficult at night with a good covering of autumn leaves. Discretion being the better part of valour, I had arranged to go to the BOP Mapping Conference, had therefore not entered and therefore did not end up in my usual position at the wrong end of the results list! Most DVNOs were there on a dry but raw misty night - definitely no moonlight to illuminate the clearings.

Of the non-local events I went to the Southern Nights Badge Event near Aldershot (event report elsewhere in this massive issue of Newstrack).

Future Night Events as follows:

January 27	NOC	Theives Wood
February 10	HOC	Kinver
February 17	LEI	Grace Dieu Badge Event
February 24	DVO	Whitesprings *****
March 3		British Night Champs - Forest of Dean
March 17	WCH	Cannock

The Whitesprings event on Saturday 24th February

Registration 5.30 - 6.30 p.m. Grid Reference: 293654 (OS sheet 110)
Starts 6.00 - 7.00 p.m. 3 courses - Long, Medium & Short
(equivalent to Blue, Green & Orange)

This prestigious event is just one week before the British Night Champs, therefore a good opportunity for technique training for the big event of the year - or should I come clean with the truth that the British Champs are really the run-down event following Whitesprings?

Tony Berwick

Cromford Moor

Jock (strap) Campbell stormed his way to yet another Brown Course win, leaving DVO new recruit Y. Fronts some ten minutes behind. (I like it - jock strap, y-fronts and behind!!! Ed.) When is he going to produce this sort of performance at a major event? After two recent indifferent runs Yehudi is thinking of changing his name again.

The Blue Course saw a good result for veteran Barry Bibby, his temporary retirement from the rigours of Civil Engineering seems to be paying dividends. Perhaps he's started training again!

John Peach's comeback from injury reflected in a steady performance, and second place on the Green Course. Another comeback by John Birkin from recent injury, was foiled by lack of manpower at the start which confined his morning to that of supervising stub collecting instead.

Catherine Campbell seems to find the Light Green courses just right and almost emulated her husband (our editor), but eventually settled for 3rd place on what was considered to be quite a tough course physically.

Myself, I enjoyed a "stroll" round the Brown Course, being somewhat fatigued from the previous days cross country race, and it was good to watch the antics of some of my fellow competitors in the forest.

Cromford is never an easy place to plan and organise but all seemed to go well on the day, although I'm sure Andy would have appreciated just a little more help. So come on folks - VOLUNTEER your services for an hour or so at each event and we might all be able to have a run then. (and that includes John Birkin).

Top DVO Placings:

String	Esmond Tressider	1st
Yellow	Esmond Tressider	6th
Orange	D. Richardson	2nd
Red	G. Diggory	11th
Light Green	Catherine Campbell	3rd
Green	Terry Peach	2nd
Blue	Barry Bibby	1st
Brown	Alex Campbell	1st

Dave Walker

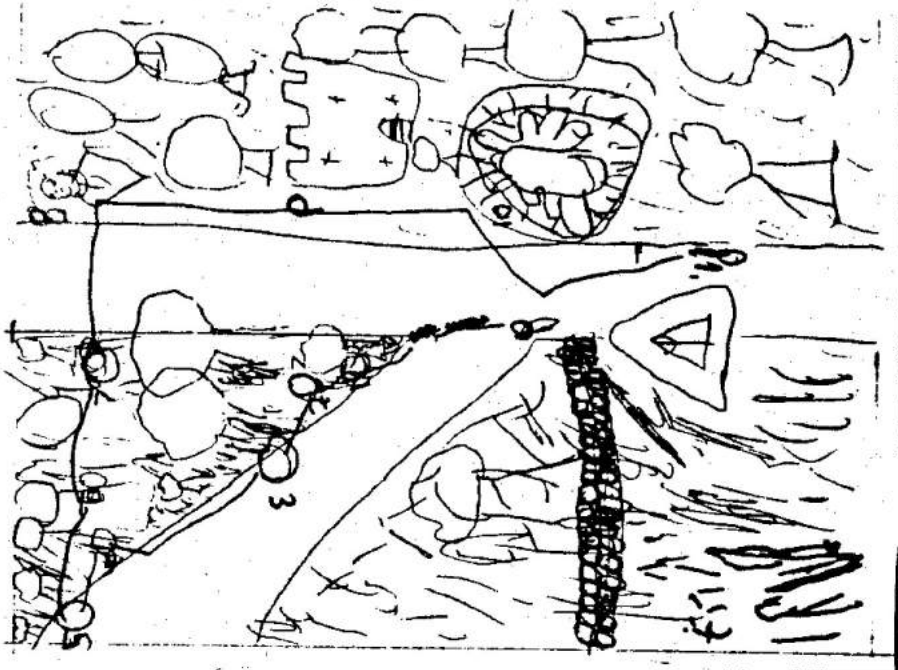
WEDNESDAY OCTOBER 29TH 1989.
STRING COURSE AT CROMFORD MOOR.

When we woke up in the morning it was wet and windy, by the time we got to Cromford Moor it had stopped raining and was warm and windy. We were driving into the car park when we saw Heather running down the field going to the string course.

We went to the start of the string course where we got our maps. Heather came with me and we went first. There were ten checkpoints and the string went straight ahead and then we turned left up the path and then into the forest. At checkpoint number eight, a picture of a clown we came out onto another path which took us straight to the finish. It took us six minutes to finish the course. We had lots of fun because we got lost and found ourselves again and it was a good course.

The ten Checkpoints were: 1. A Kite 2. A Mushroom 3. A Boot 4. A Fire 5. A Frog 6. A Telephone 7. A Lump of Cheese 8. A Clown 9. A Castle 10. A Spider in it's web.

ANNIE SIMMONS AND HEATHER CAMPBELL.
Aged 6 years.



Blidworth (5th November 1989)

Is there anyone out there who has not been to Blidworth? It is now a familiar area to many members but this time somethings had changed. At one time both the forest and the open areas were runnable, however now vegetation has grown in both types of land with young trees in the open making the going especially tough.

As a consequence most people chose to go round the paths instead of straight. This was the last run on the 1984 map so maybe the next map will better reflect the changes in vegetation.

Numbers at the event were down mainly due to competing events. Only 23 runners finished the Brown Course, which probably explains how I managed to win, covering 8.9 Km in 71.46 mins. Other DVO successes were Paul Seaston (YES he still orienteers!) winning the Light Green and Barry Bibby on the Blue coming Second.

One of the surprises for me however was the number of M21s running for DVO whose names I didn't know, some of whom performed quite well. Included in those are D. Wheatley, D. Foster, and D. Ellis (15th, 17th & 18th on Brown) and T. Oldrini & M. Charles (10th & 12th on Green).

Perhaps one day I'll find out who they are.

May!

Steve Kimberley

Bestwood (Sunday 10th December)

Early Sunday morning 6 a.m. the Hawkins-Cole family were wakened by a familiar sound - "Is it morning yet?" cried Josh; another day dawns.

Today we're going orienteering, first time for months, all are very enthusiastic except Sharon and Joshua, after breakfast headaches, bad legs and other excuses we ventured off for Bestwood. We arrive in a housing estate, this can't be right, but yes it is!

Josh goes first and thrashes round a mean string course in 13 minutes a P.B. I go next on the Brown Course, I take it easy (lies all lies - Ed.) since I haven't done an event for a long time, so I decide to jog round. Bestwood is a nice small wood, mainly deciduous with many reentrants, spurs and paths, anyway, I find Nos. 1, 2 & 3 all going OK, approaching the second master maps I think I see the editor, so full speed ahead, it wasn't him, it was another M35 (funneee! Ed.), anyway through the 2MM and a quick thrash to the finish - 51 minutes. Hows the Editor, he forgot his stub, control descriptions and has a bad ingrowing fingernail and more excuses for his 56 minute run. (I stopped to help an old lady across the road - Ed.)

Sharon surpassed herself on a Yellow taking only 40 minutes, not getting lost and finding them ALL! She says one day she'll maybe run a little, I hope she doesn't get put off by the flying pigs.

John Hawkins

Alton Towers

We set off in the trusty steed to a days orienteering at Alton Towers (orienteering?). The cold wind gusting around us with odd showers of rain flung in for good measure.

The 'old man' (it's a term of endearment) set off on his run first, so I set off towards the string course where Heather & Laura decide to take Henry & Henrietta !! under their wing and show them the ropes (or should I say string).

After this excitement I had some very early lunch, the old man arrived back and off I went. I must admit it was a very enjoyable course (Green). The only trouble was the elusive Mammoth's tusk. I hear you say 'How on earth could you miss that?' well don't!

I must say it was a bit off when another mother with 5 children was turned away from the string course at 12.25 by the chap in charge who said 'Sorry we're closing!'

The entertainment afterwards in Alton Towers was excellent and the Christmas lights were lovely. The Cups & Saucers ride was very unusual but not to be recommended after a hard run. The Octopus was highly recommended by the Johnson Family especially the biggest kid in the family Graham (he went on twice!).

I would think that the highlight must have been the visit to Santa's Magic Flight where Alex sat dumb struck for a full 10 minutes (collect yourselves from the floor). Yes you've guessed, 4 women (sorry Santa's helpers - lucky Santa!) did a dance routine in some amazing little outfits, the operative word being little. Anyway Santa was pretty spectacular, flying above the children, Laura was absolutely overawed by the whole display. All in all it was a very enjoyable day out and a very good way to start the festive season.

Catherine Campbell

BADGE & NATIONAL EVENTS

Tinto Twin Birthday Badge Event

Some of you will have seen that one of the training events for next year's JK is at Douglas, where the A74 becomes the M74, 20 miles or so south of Glasgow. Not only is the area convenient to the motorway, the area is actually split by it. The only (legal) way between the two halves is a walkway by the river as it passes under the motorway. Runners at the Tinto Twin event this October were enjoined to walk and keep to the correct side of the safety rope. The water on the walkway being only a few inches deep as opposed to several feet on the other side. In fact the flood water had subsided enough, at least at the daytime event, to walk through almost dry shod.

The night event had been distinctly wet underfoot though. At one point I am sure I missed the edge of the lake and was actually in it, judging from the steep bank I had to climb to get out of the water. Being Halloween weekend there is a night time string course with turnip lantern controls. In another twist to a laid-back event the starts had to be delayed by 20 minutes because it was too light!

The day badge event provided a welcome chance actually to see the area. Somehow both Chris and I found it more difficult in the daylight than the previous evening. Altogether a unique formula for a weekend's orienteering put on by a small but enthusiastic club. Don't forget to stop off on the way to Perth. Given an early start it will be just right to give you an appetite for lunch. Better still join us for next year's Tinto Twin on the last weekend of October.

Mike Godfree.

NAT VIII (The 22nd November Classic)

The Campbells spent 3 days on the south coast taking in NAT VIII wonderfully organised by Southampton Orienteering Club. Four runs by both Catherine & myself were compensated by lovely weather and an excellent firework display on the beach at Bournemouth. Some DVO results were:

M13A	Chris Godfree	5th	M17A	Alastair Buckley	5th
M15A	David Godfree	1st	M35A	Andy Thomson	8th
M40A	Steve Buckley	5th	M40A	Doug Dickinson	14th
M15A	Kim Buckley	1st	M21B	Mary Jones	17th
M40A	Judy Buckley	5th	M40B	Liz Godfree	1st
STRING	G.Thomson	16th			
	H.Thomson	16th			

NAT IX

A Seniors View

The organisers of National Event IX at Simpsons Ground provided me, an M50, with a map scaled at 1:10000 which enabled me to perceive most of the detail and to successfully navigate the first 9 controls which were in the forested part of the area (you would be hard pressed to make a mistake on the simple, and rather boring, moorland that followed). The point I wish to make is that my eyes went on the blink 3 years ago when I was an M45 but they still get a 1:15000 edition of the map. It could be that some in their early forties would also benefit from a larger map so who determines the matter?

As far as I'm concerned the only indisputable reason for opting for 1:15000 is the sheer physical size of a map at the other scale. However, given that young children and the older competitors successfully handled the 380 x 240 mm map it's hard to imagine that others could have been similarly adept. Furthermore after the competition I noticed many M21, M35 etc using the 1:10000 map to a) see where they had been and b) explain route choice etc. to fellow competitors. Need I say more.

Incidentally, those with memories going back a decade or more will have realised that the forested part of Simpsons Ground used to masquerade under the name Chapel House Plantation. It was a horrid place that was mapped in a most approximate fashion and thoroughly deserved it's poor reputation. However, thanks to the recent, accurate mapping the area was transformed into a detailed, challenging bit of orienteering terrain. There must be many other areas awaiting similar treatment.

Barrie Bibby

A Juniors View

It was up early and a relatively short drive up to the Southern Lakes and Simpsons Ground where National Event IX was to be held. The details said that if you're on your hands and knees crawling then you've not taken the optimum route, and they weren't kidding. The route in the forest usually consisted of following the marshes, which were open run. The rest of the map except for the southern third was covered in Green. The courses either went round the edge in the lighter green or down the southern part of the light green, the center was out of bounds.

But this was the least of my worries, I was terrified of falling in a marsh in case my plaster dissolved (I'd broken my arm the week before). I did fall over, and on my broken arm, but not in a marsh. The problem I found, was punching at the next control, it took about 2 minutes.

The moor section was better, being a lot faster, but not very technical. Over all I thought the area was not too bad but others did not enjoy grotting (? Ed.) around in dark green.

Alastair Buckley

Top DVO Results:

STRING	Laura Campbell	(7.52)	M13A	Chris Godfree	11th
M13A	Vanessa Smith	15th	M15A	David Godfree	10th
M15A	Kia Buckley	2nd	M17A	Alastair Buckley	9th
M15B	Mary Finlayson	6th	M21A	Alex Campbell	3rd
M17B	Maidi Dickinson	1st	M21B	Mike Wynne	38th
M21A	Val Johnson	7th	M35A	Andy Thomson	19th
M21B	Mary Jones	14th	M35B	Andy Clayton	19th
M35A	Christine Pollard	16th	M40A	Steve Buckley	7th
M40A	Helen Finlayson	5th	M45A	Edward Smith	39th
M40B	Liz Godfree	11th	M50A	Barrie Bibby	7th
M45B	Elizabeth Smith	16th			

Yellow J.Hopper + J 21st
Red C.Webb 30th

Eyam Moor Badge Event

A sunny day and an excellent car park, a good start to what was to be an enjoyable day at Eyam Moor. As far as I was aware the area was new to orienteering. The map was certainly new, a fine effort by various club members aided by Peter Roberts (EBOA) and Tony Thornley.

Those who had the East start missed out on two counts. The walk/jog to the west start provided competitors with superb views and allowed them to start in the more complex and challenging area of the map. The terrain adjacent to Bretton Brook was a combination of steep-sided hillocks, marsh and intricate contouring. The organisers claimed it was an area of landslip. I'm not a geologist but I wasn't too convinced of that opinion, perhaps someone could clarify the matter. Anyhow, it did require concentration and careful navigation and it's a pity we didn't have split timing at the gated crossing point to find out who had successfully navigated the first section and who were to later benefit from the more open, easier sections of moorland.

I could have done with less climbing on my course but it's hard to see how the planner could have accommodated my wishes. All in all a very pleasant event and hopefully at some future date we can look forward to another outing at Eyam but with the finish at the western end of the map in order that all may "enjoy" the superior terrain.

Prominent performances by club members included:

String Course: Richard Edwards & Andrew Potter 5 mins.

Yellow: Guy Johnson 10th Orange: C. Davis 20th
Light Green: Brian Royle 27th Red: C MacDonald 10th

M10A	Edward Shaw	8th	M11A	Chris Gilligan	9th
M13A	Chris Godfree	4th	M13B	Robert Gilligan	1st
M21A	Douglas Dickinson	5th	M21B	Mike Wynne	32nd
M35A	Andy Thomson	3rd	M35B	Chris Johnson	2nd
M40A	Steve Davis	15th	M40B	S. Clarke	12th
M45A	Edward Smith	22nd	M45B	Terry Peach	4th
M50A	Barrie Bibby	4th	M60A	Frank Johnson	8th
W11B	Katy Armistead	1st	W13A	Joanne Armistead	2nd
W15A	Lucy Wilson	4th	W15B	Mary Finlayson	2nd
W17B	Claire Gale	1st	W21A	Sue Russell	7th
W21B	Mary Jones	19th	W40A	Jenny Shaw	11th equal
W40B	Liz Godfree	1st		Jennifer Gale	11th equal
W45B	Elizabeth Smith	3rd	W50B	Dave Walker ???	1st

Barrie Bibby

Rivelin

This was a WET and BITTERLY COLD day out. We arrived in a thick freezing fog having only had 3 hours sleep and carrying 2-3 bottles of Mead inside. I'm afraid I don't remember much about this event other than it was tough and wet underfoot and freezing cold out in the open (where we spent most of our time). Catherine retired at checkpoint 9 and had to go past checkpoint 11 to report to the finish - she had only missed 10 but was too cold and tired to be bothered.

Some DVO results:

M10	E. Shaw	10th	M13A	C. Godfree	6th
M13B	R. Gilligan	3rd	M15A	I. Finlayson	7th
M19A	D. Godfree	2nd	M19B	K. Webster	2nd
M21A	A. Campbell	6th	M21B	A. Stevenson	18th
M35A	P. Armstrong	1st	M35B	T. Norris	2nd
M40A	S. Buckley	1st	M40B	A. Shaw	3rd
M45A	N. Forrest	9th	M50A	B. Bibby	9th
M50B	T. Seaston	1st	M55B	J. Martin	1st
M60A	F. Johnson	6th	M13A	K. Buckley	2nd
M15A	L. Wilson	8th	M15B	M. Finlayson	1st
M17A	C. Gale	9th	M17B	H. Dickinson	1st
M21A	V. Johnson	8th	M21B	C. Wright	21st
M35B	S. Diggory	12th	M40A	J. Buckley	4th
M50B	M. Seaston	1st			

Orange:	R. Keeling	10th
Red:	P. Seaston	7th
String:	H. Johnson	7th

Griffin Trophy for Families: THE BUCKLEYS - 1st

Southern Nights

(The Long Double-O : A Tale of 13.8k + 30 controls)

A visit to elderly relatives near London gave me the excuse to go orienteering in the distant deep south at Aldershot - a night badge event, followed by a bit of winter camping, then a badge event on the Sunday.

Both events were on Ministry of Defence land used for army training, and were joint productions by SN and BAOC with badge events combined with Army Championships.

The night event was on Long Valley (used for National II in early 1989), partly wooded heathland, a hybrid between Buddy and Cannock with many of the larger tracks used for tank training. Hollows in these undulating tracks had filled with water from recent heavy rain, so that I just hoped that they were six inches deep and not six feet! Control no. 2 was a gully, in fact an infantry slit trench, which I discovered by falling into it, five feet deep by two feet wide with the top obscured by vigorous heather. A long leg to 5 resulted in my coming unstuck from the map and spending ages in the rain trying to relocate on a complex of paths, rides and tracks. Another hour and 8 controls later I arrived at the finish.

Fourteen hours later I was at nearby Mytchett used for 1989 British Relays and so well known to many in DVO. Heathland again, similar to Cannock with a mixture of pine and birch, but wet after yet more rain. A long leg to 5 was a repeat of the previous night, lost with time consuming relocation (at this point readers think why didn't he stay home?). In between sharp showers there were brief spells of sunlight, brilliant on the bracken backed by pines..... and so at last into the finish after 8.4k, too far for an unfit M50. One saving grace was that Terry Harper did not venture south and so was missing from his usual place right at the top of my results list.

.....Results! For those readers hooked on DVO's triumphant march across the result sheets, in both events DVO's most outstanding success was in M5011

Tony Berwick

TRAINING

Interval Endurance Training

Training theory is essentially empirical. Coaches who give scientific justification of their methods are usually con men.

Athletes often used to train simply by performing their event at regular intervals - e.g. by running a timed mile twice a week in preparation for a mile race. Then coaches evolved the idea that to train for speed one should run short distances as fast as possible and to train for stamina one should run long distances at a slow rate. But what is stamina? Surely it is not the ability to run along way SLOWLY. We want the sort of stamina which enables us to maintain a FAST pace for a long time.

It seems logical therefore, to include in our training schedules some sessions of repetitions long enough to induce considerable fatigue but short enough to allow a fast pace.

Examples of such sessions would be:

- 4 - 12 times a 2.5 mins circuit, with 2 mins recovery
- or 3 to 6 times a 5-6 mins circuit, with 3 mins recovery

Notes:

1. The lower numbers of repetitions would be for younger girls. The Higher numbers of repetitions would be for fitter men. The number of repetitions would increase gradually with increasing fitness.
2. The pace of each repetition should be the fastest you can maintain as an average for the whole session; not starting flat out and getting slower and slower.
3. The run and the interval should be timed precisely to allow comparison between sessions to reveal progress. The easiest way to do this is to start each run a fixed time after the START of the previous run.
4. The circuit does not need to be on a track. It is better in parkland and could well include paths and even rough woodland. Steep gradients would enhance it.
5. This type of training is physically and mentally demanding. It should be carried out regularly but not too frequently and only when you feel fit and ready for it.

Training Session - January 20th 1990 - Cromford Moor

A session aimed at teaching skills for people who have run at a few events. If you have tried Orange or even Light Green and wondered how it is possible for the winners to do the course so quickly, then this is for you.

Meet at Black Rocks upper car park at 2pm. Bring a pen, compass and poly bag but give me a ring on 0332 515862 beforehand so I know you're coming, otherwise your first exercise might be map memory to find us. There will be a nominal charge of 50p to cover maps.

Wednesday Night DVO Runs

DVO training: every Wednesday night at 7pm. The 2nd, 4th and 6th Wednesdays of the month - we meet at the Buckley's house in Allestree by the A38. On the 1st and 3rd Wednesdays we meet at the Wilkinson's house in Duffield.

On occasions, e.g. on the evening of the committee open nights, we meet at the Alfreton Leisure Centre.

All ages and all speeds are welcome - an excellent cup of tea and a biscuit are provided for a nominal cost after the run. It is also an excellent way of getting to know other members in the club and keeping in touch with what is going on.

Equipment

Orienteering Suits: Anyone wanting DVO Club 'O' Suits or part suits i.e. Tops or Bottoms only? I am taking orders Now! Alternatives to the standard Ultrasport Elite Suit are:

- 1) Mesh Tops
- 2) Breeches

Prices at present are:

	Size		Size	
Suits	00-1	£12.95	2-8	£14.95
Tops Only	00-1	£ 7.25	2-8	£ 8.25
Bottoms Only	00-1	£ 5.75	2-8	£ 6.75

Please let me know your requirements as soon as possible. If you know your size, great! If you don't, I have size tables and can normally come up with a good fit.

Ultrasport have other items for sale at present which I will pursue if any interest is shown:

1) Golf Umbrellas with Club Logo

(I don't know what colours are available but would be looking for Green & White with Red Logo. The minimum order for the club is 10. Price £11.95 each)

2) Club T-Shirts (Polyester) & Sweatshirts (Polyester Acrylic)

(Prices depend on quantity ordered, number of prints etc. The more colours in the Logo the more expensive they are. Fabric colours include: Red, Black, Gold, Yellow, Navy, Sky, Royal, Silver, Jade etc. etc. - if you might be interested let me know)

10 more direction signs have been put into circulation as of Eyam Moor Badge Event, plus a new method of erection. (cough cough -ed.) This consists of a small rectangular piece of timber with usual bayonet fixing screws set at 75mm (this is standard on all signs bar two). The timber is grooved in the back to give good fit on round objects, posts etc. The fix is simple, just tape the block to the post etc. using masking tape and install sign in usual way. Masking tape has been installed in the sign box.

25 general purpose stakes for lane making etc. have also been put in the shed. These DO NOT have sign screws fitted and have steel caps. Do not take these out mis-taking them for sign stakes.

One last point: as equipment officer I pursue many equipment outlets and have contacts for stop watches, timers etc. If you are looking for anything like this please do not hesitate to call me. Telephone John Birkin on 0773.749167 - best time between 6-7pm.

John Birkin

P.S. Thanks again to all my helpers at Eyam Moor for devoting their time over the weekend.

PICTURES

Compass Sport 1990

This years Compass Sport knock out cup gets off to an early start in 1990 for DVO. We are up against Northern Navigators on the 21st January at the EPOC badge Event at Yateholme, Huddersfield (SE/121067). This is the nearest your illustrious team captain could negotiate. If you cannot make this event please get in touch with Catherine Campbell on Belper (0773) 822572.

We will be running the colour coded courses and NOT the badge courses. We need a good turn out so keep the 21st FREE!

Catherine

Chatsworth Badge Event and East Midlands Championships 1st April 1990

Offers of help please from all DVO members to the organisers, Christina and Paul Wright (0773 856387). Helpers will be entitled to a free run but must pre-enter on SEF by 10th March 1990 to Mike Godfree. There will be NO EOD for badge courses but a full range of colour coded courses will be available for EOD.

Christina

P.S. If you know of a source of BBC computers which could be used at this event please contact us or Rob Shooter. Thank you.

P.P.S. Latest Gossip! I've just heard from a very reliable source that Christina (Tina to her friends) can't even organise herself never mind a major orienteering event. Her husband Paul informs me that she got lost when touring abroad and ended up in the wrong COUNTRY! Do you believe it? For more information on this fabulous story contact Paul - but make it quick, before she kills him for leaking the story to the press! (By the way if there is any real SMUT news out there I will be only to glad to publish it! You can even remain anonymous).

National Event IV 1990

It is planned to use this event for our Annual Weekend Away. Val Johnsons sister has kindly offered us the use of her Youth Hostel in Wanswater for the night of Saturday 9th June.

There are six rooms available:

- 2 x 4-berth
- 1 x 6-berth
- 1 x 8-berth
- 2 x 14-berth

Prices are: Under 14 £3.40
Under 21 £4.00
Over 21 £4.90

Breakfast is £2.10, a wee packed lunch will cost £1.50 and a great big huge one will cost £2.30. Evening meals are £2.80 but we plan to have a Bar B Q in the evening: bring your own food and drink (not too much drink - remember NAT IV the next day).

All those interested should contact Val Johnson Belper (0773) 824754. If you wish to stay on the previous night (8th) please contact the Youth Hostel direct.

J.K. 1990 Scotland

If you have already booked accommodation for the JK and have a spare bed or two, or you have a spare seat in the car please get in touch with me (Ed.) and I will try and put you in touch with fellow orienteers looking for accommodation and transport. Likewise those looking for accommodation or transport if you leave your details with me I will let you know if anything drops up. Think of the petrol money saved by filling your car with free paying orienteers instead of travelling all that way on your own.

Summer League 1990

Dave Nevell has kindly volunteered to organise the 1990 Summer League. The events will be run on Friday nights and a handicap system will be in operation, a draft of which is detailed below.

If you have any thoughts on this (preferably constructive) e.g. ideas for events or volunteers for organising, please get in touch with Steve Kimberley or Dave Nevell.

Points awarded at each event:

The organiser gets 12 points

First in each race gets 12 points

Second 10 points

Third 9 points

Tenth 2 points

Everyone else who attends gets 1 point.

At the next event handicaps will be applied based on your current league position. This will be done by adding minutes to your time e.g.

First add 25t

Second add 20t

Third add 18t

Fourth add 16t

Tenth add 4t

The idea being to handicap those who would otherwise be near the top at each event.

There will be 3 Leagues: Seniors, Ladies and Juniors but courses can be combined. Some wrangling may be necessary for people who do different courses at different events.

Please get in touch with your comments/suggestions.

FIXTURES PROGRAM

- JAN 7 DVO Colour Coded event, Calke Park, MR 356240, Dave Walker,
6 Malin Close, Alvaston, Derby O332 574003
- JAN 7 HAD Colour Coded event, Central Park Scunthorpe, MR 891102,
H. Milton, 161 Scotter Road, Scunthorpe, 0724 861150
- JAN 14 SMC Badge Event, Salsby Forest, Northampton (SP/794516)
A. Harris 0908 669619 Ltd EOD.
- JAN 21 EPW Badge Event, Yateholme, Huddersfield, MR 121067,
P. Aspinall, 64 St. Albans Rd. Skircoat Green, Halifax,
0442 366878
- JAN 27 NCC Night League event, Thieves Wood, South Car Park,
John Dalton 0607 72140
- JAN 28 LEI Colour Coded event, Castle Hill Country Park, Leic.
MR 568080, S. Nichols 0531 354556
- JAN 28 SYO Colour Coded, Eccleshall Woods, Sheffield, MR 311826,
A. Pickles 0426 790708
- JAN 28 HCC Colour Coded event, Eymore Wood, MR 770790,
D. Williams 021 472 2296
- FEB 4 BH (21st Anniv) Badge Event, Ashridge North, Berkhamsted,
MR 984142, J. Currie, 6 Falconers Field, Harpenden,
0582 761978. (CD 8.1.90) SEF & Ltd. EOD.
- FEB 4 WCB Colour Coded event, Limmingdale, Cheadle, MR 060427,
S. Wilson 0785 812078
- FEB 4 NUCC Colour Coded event, Byrons Walk, MR 513532,
Caroline Waldon 0602 421041
- FEB 11 DVO Colour Coded event, Linacre Woods, Chesterfield,
MR 340732, S. Russell 0629 823712
- FEB 17 MIDLAND NIGHT CHAMPIONSHIP, Grace Dieu. Pre entries to
Christine Flemings, 20 Shakespeare Street, Long Eaton.
0602 731987 (CD 31.1.90) (£2.50/£1.50) SEF.
- FEB 18 NCC Badge Event, Budby, MR 627676, J. Pittson, 9 Hallam Way,
West Hallam, Derby 0602 326720. (CD 28.1.90) (£3.50/£1.00)
SEF, NO EOD.
- FEB 24 DVO Night Event, Whitesprings, Matlock, MR 292654,
Tony Berwick 0332 558998

- FEB 25 SHUOC Badge Event, Blacka Moor, Sheffield, MR 290805
 "Safe Start" Endcliff, Towers Drive, Higher Heath,
 Whitchurch, 0948 840522 (CD 26.1.90) (£3.60/£1.60)
 SEF and NO EOD
- MAR 3 BRITISH NIGHT CHAMPIONSHIPS, Worcester Lodge, Cinderford,
 MR 612147, F.Alexander, 24 Chestnut Road, Chippenham,
 0249 657129 (CD 3.2.90) (£4.50/£1.50) SEF
- MAR 11 NAT 1, Langley & Hamptworth, New Forest. MR 227168
 D. Wright, 8 Winterslow Road, Porton, Salisbury, SP4 0LR
 0980 610783. (CD 23.2.90) SEF, NO EOD (Fees not available)
- MAR 11 HOC Colour Coded event, Breakneck Bank, MR 715767,
 D. Williams, 021 472 2296
- MAR 18 Potteries Badge Event - Info in EMEWS out in January.
- MAR 24/25 TSB BRITISH CHAMPIONSHIPS, Sheffield/Barnsley, Robin
 Stansfield 0742 360969
 Day 1: Individual - Ewden Valley, Sheffield, MR270960,
 B. Seaman, 121 Dobcroft Road, Sheffield S7 2LT
 (CD 10.2.90) (£5.50/£2.50) Special entry form.
 Day 2: Relay - Deffer Woods, Barnsley, MR 268092,
 Steve Buckley has details.
- APR 14/16 TSB JK INTERNATIONAL, Dunkeld/Kincardine, C.Howie
 031 667 8267

DVA Fixtures Sub Committee Meeting Extract 6.12.89

1. Eyan Moor - National Event Autumn 1992: It was agreed to initiate a National event in Autumn 1992. Results from the recent badge event suggest that it is suitable and there were no significant access problems.

2. Badge Event Programs:

Chatsworth	1.4.90
Matlock	4.11.90
Clith	Spr.92
Eyan National	Aut.92
Shining Cliff	Spr.93
Matlock	Aut.93

3. Other Events programs:

1.1.90	Shipley Park score Event
7.1.90	Calke C.C.
11.2.90	Linacre C.C.
24.2.90	Whitesprings N.E.
29.4.90	Stanton (moor only) C.C.
18.5.90	Drum Hill Club Champs
20.5.90	Whitesprings C.C. & Schools League
17.6.90	Kedleston Park C.C.
16.9.90	Shipley Park CATI & Ltd. C.C.?
14.10.90	Allestree C.C. & Long 'O'?
7.12.90	Eyan Moor C.C. (moor only)
6.1.91	Calke C.C.
10.2.91	Rough Pitty Side C.C.
14.4.91	or 23.4.91 Kedleston C.C.
12.5.91	Bow Woods
16.6.91	Matlock E or W.C.C.

4. If anyone is interested in what is going on in the mapping world give me a call or contact any of the Fixtures Committee.

5. Next meeting 21.3.90