



NEWSTRACK

DECEMBER

1990



## DVO OFFICIALS

Chairman	: Steve Kimberley	XXXXXXXXXXXXXXXXXX XXXXXXXXXX, Chesterfield 0246 233575
Secretary	: Mike Godfree	26 Rangemoor Close Mickleover, Derby 0332 515862
Treasurer	: Dave Clough	The Croft Park Street, Alfreton 0773 833059
Minutes Secretary	: Viv MacDonald	The Cottage Cockshead Lane Two Dales, Matlock 0629 734307
Newstrack Editor	: Alex Campbell	3 Gorsey Close Belper 0773 822572

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### EDITORIAL



**M**erry Xmas and a Happy New Year to you all. The end of another glorious year of Orienteering! Here's to 1991!!

It was agreed at last years Club Dinner that we should perhaps have a presentation each year at the Dinner to reward the skilful, the hard workers, the ugly and the idiots amongst us! The committee therefore will be presenting several awards at the Club dinner on the 8th March. Would all DVO members please make an effort to nominate fellow DVOers for the following awards:

Sports Personality of the Year (This is a Fun award)

Most prominent newcomer!

Newstrack reporter of the year!

DVO Orienteer of the year! (For orienteering achievement or  
for work beyond the call of duty)

Special Mentions (anything!)

Any other awards that you believe should be given!

All nominations to be passed to committee members before the end of January!

Please accept my sincere thanks for the many and varied reports I received for this months issue, especially to the Godfrees for sending their reports on disk! If you see or here something unusual or funny while orienteering

it only takes a call or a few moments to jot down a note to pass on to me at the next event/training night or drop it in the post. Share those amusing moments with the rest of the club.

Why not advertise those duplicate/unwanted? Christmas presents in the next issue of Newstrack. What happened to our budding artists and comedians, I haven't had a drawing or Joke for a while, get scribbling!

To finish with I thought you might enjoy this little story: During the 5 days we were without electricity I decided to venture out and purchase some batteries for our small portable TV. Being the canny scot that I am I thought it would be better to buy rechargeables (would then be able to use them over and over again when we go away in the caravanette - good thinking eh!). I ran home full of the excitement of seeing the movie that night. Put them in the TV - no power, read the packaging - CHARGE BEFORE USE. Drat, thinks me, I'll need to give them a quick charge before the film tonight, puts them into the charger and plugs it in! WHAT A TWIT - no electricity, back to the shop to buy ordinary batteries.

By for now! See you at Cromford.

## Deadline For February Newstrack Is 12th February

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## NEW MEMBERS

A WARM WELCOME to the following new members:

Phillip Woolands	: 4 Downham Close, Mickleover, DE3 5SZ
Boddy Family	: 1 Moorway, Breadsall, DE7 6AR
Jill Collins	: 49 Kew Cres, Gleadless, Sheffield, S12 3LQ
Charles Stuart	: 1 Hemmingway Close, Newthorpe, Nottingham
Anthony Turner	: 12 Glossop Road, Little Hayfield
David & Hilary Ellis	: Sunnyside, Whitwell, Worksop
Garrity family (Janet, Pete, Chris and Nicola)	: 10 Peveril Crescent, West Hallam
Neil & Judy Addison	: 42 Hallam Way West Hallam
Stacey Family (Richard, Jenny David & Michael)	: 45 Rectory Lane, Breadsall
Morrison Family (Allan, Barbara, Kyle, Cairn & Lewis)	: Hatfield Farm, North End, Wirksworth
Jim Moore	: 95 Coronation Drive, South Normanton
Amanda Swift	: 4 Jubilee Court, Belper

We hope you enjoy your Orienteering with DVO

## CHAIRMAN'S SPOT



(Malham Moor: National Event VIII)

I've never been to Malham before so I eagerly awaited this chance of running on what my old geography books told me was 'one of the largest areas of limestone pavement in the country'. Having been there, I have to admit, it WAS different.

The weather played a big part on the day, approaching it could be seen that there was variable mist on the hills. As a result I set off quite early and only had about ten controls in the mist, out of about twenty four, whilst later runners had almost all their controls in the mist.

The area itself was fast runnable moorland except for the limestone pavement. Speed on the pavement varied from person to person, some jogged, most walked, and I did see one person (a woman, or is that being sexist?) crawling on hands and knees. Almost always it was quicker to go round the pavement or find gaps.

On the M21 course many orienteers had a problem early on. One of the legs, if followed on the drawn line, directly crossed Gordale Scar and what seemed to be a vertical 100 foot drop. Most followed a runnable path to be greeted with the sudden drop only to then cutback to follow a different route. It is rumoured that your editor, using special climbing techniques - taught in deepest Scotland, persevered on the straight line. (Too true, shortest route, but scary! - Ed.)

Another feature of the longer courses was a very long leg, up to 2.5k, broken up by many crossing points. These crossing points unfortunately made the navigation easy, on what could have been an interesting leg.

Overall this was a very interesting area but too fast for my liking, and was made more technical by the mist, though as this was variable it made the competition a little bit unfair. I haven't got any results yet so can't give any DVO positions. (But I have, they are printed under NAT VIII later in the mag. - Ed.)

Steve Kimberley

P.S. This report is written from memory as I have just moved house and cannot find my Malham Map!

# COMPETITION

## FALSE OR TRUE

The following questions from last months competition were false:

1. Until 1957 it was illegal to go swimming in the State of New York on a Sunday.

## UNTRUE

3. In Southern Italy tulips are not grown because they are nice to look at, but also because they are considered a delicacy and are regularly eaten as part of a salad.

## UNTRUE

5. Benjamin Franklin invented the digital clock in 1777.

## NO, HE DIDN'T

12. President Dwight Eisenhower was once North American Monopoly Champion.

## UNTRUE

15. No mammal has poisonous glands.

## THE DUCK-BILLED PLATYPUS HAS

16. A gorilla's brain weighs 10lbs.

## NO, IT WEIGHS 1 1/4 LB

19. The Emperor Napoleon was an alcoholic.

## UNTRUE

24. Six different dialects are spoken in India.

## WRONG, THERE ARE 845!

## THIS MONTH'S COMPETITION

Eight members of DVO attended an event recently and arranged their start times at five minute intervals. Amongst the friends Mike Dale was the third person to start, twenty minutes before his father, who started ten minutes after Liz. She particularly enjoyed the early part of the course, finding the gully easily, though after crossing the stream for the first time, controls A9 and K6 proved troublesome to her, especially the later, where she found a lot of water had collected in the depression.

Sue was first to finish, just 36 minutes after Steve Hill started. He was the fastest of the group and completed the course fifteen minutes faster than Sue's husband, having done very well on the leg from the depression to C8. The gully was not the first control, but came immediately before the boulder and after A7, which was not the path junction.

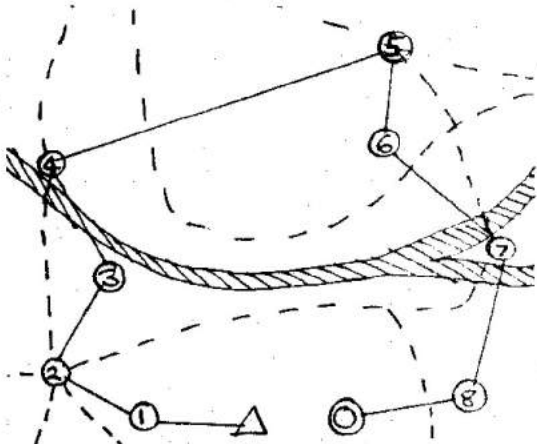
Andy Wood started just after John but reached the final control, D2, two minutes before him, though he lost a minute on the run in to the finish. The woman called Grove found the knoll easily, but later lost a lot of time looking for the correct path junction. She was the fourth person to finish, but was ultimately placed last. Miss Banks and Mike finished at exactly the same time, eight minutes before the last finisher, who came fourth, with a time of 64 minutes. The person who was placed second had a time of 58 minutes. L3 was the fourth control after C4.

Judy started at 10:35 and took fifteen minutes longer than Mike's father, who was two places above Liz in the results list, beating her by two minutes. By the fifth control, Steve had overtaken Dave and by the next, the re-entrant, which was neither C4 nor L3, was well ahead. The first and seventh persons to start finished first and last, but were finally placed third and fourth, respectively. Thus, Dave Field, in fifth position, was two places below his wife, although he had had no difficulty finding the ruin.

One control was hung on a bridge and one control code was J5.

CAN YOU WORK OUT EACH PERSON'S START AND FINISH TIMES, GIVING BOTH THEIR TIME FOR THE COURSE AND THEIR FINAL POSITION? ALSO, CAN YOU LIST THE CONTROLS IN ORDER, GIVING A DESCRIPTION AND CODE FOR EACH ONE?

Answers to Ed. by Feb 12th. (Would the owner of the above competition please supply answers to ED! Ta very much)



## FAMOUS QUOTES

The infamous Judy Buckley was overheard at a Wednesday Training Night saying "I had to chase the men!".

"I'm not stupid!" were the words of our new Treasurer Mr. David Clough.

Andy Stevenson was overheard telling someone who was obviously very gullible "I'm Tea-Total!" (as good at telling stories as Sue!)

Speaking of Sue: she was overheard at a recent committee meeting saying "I've got ear-ache! I MUST NEED A DRINK!!"

Another little ditty heard by one of the Newstrack spy's was that of John Hurley's at the White Rose while heading for the Pub. "There is no scope for error." They then rounded the corner to see a FOR-SALE sign outside the pub! Andy Thomson then followed on with "Does anyone have the telephone number of the estate agent?".

### Quote of the Month!

Wednesday 12th December was designated DVO Business Meeting Night, so I dutifully turned up as per usual at the Alfreton Sports Centre to find myself in a minority of one. After a reasonable interval of time, it dawned on me that perhaps the venue had been re-arranged so I proceeded to the next available possibility at Ripley. DVO members were still noticeable by their absence.

I availed myself of the showering facilities at Ripley, mindful of the absence of electricity chez Johnson for the past 5 days and the peculiar looks I have been getting lately from those coming within sniffing distance.

Upon emerging, and on the verge of giving up for the night, I was hailed by Tony Berwick who, unlike me, was aware of the change in venue but, like me, knew little more. We both decided to look into the usual meeting room to see if anyone else was going to turn up, only to disrupt frenzied preparations for Ripley Old Age Pensioners Christmas Bash.

A matronly figure looked up and espying Tony enquired:

"Are you Santa Claus?"

well at least he wasn't mistaken for one of the guests. Later that evening I completed my tour of Amber Valley Sports Centres by reuniting with those more knowledgeable members who turned up at Belper.

Graham Johnson

[ M - Not Quite As Old As Dave Brodie! ]



## SOCIAL ACTIVITIES

### Annual Club Dinner

This is planned for Friday the 8th March at the Duke of Devonshire in Beeley (Near Chatsworth). There will possibly be a mini bus running from Derby!

Unfortunately there are only 72 seats (not the mini bus, the restaurant), first come first served, names to Christina Wright please!

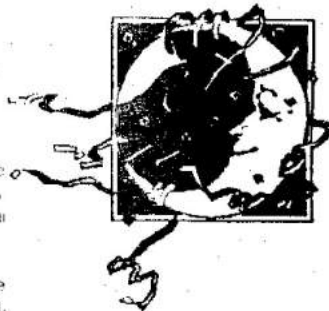
The cost will be £9 a head and further details (e.g. times) will be displayed on the club notice board and the next newstrack.

Christina

### New Year's Eve Party

Guess what folks, this will be held on the 31st December, what a surprise! The venue will once again be at the Buckley's. Bring some food, lots of drink and a game!

Please give your names to Christina or Kim in advance.



## SPORTS PERSONALITY



Mr. Graham Johnson has been nominated for this months Sports Personality of the month by a fellow DVO'er who spotted him knocking on the door of an Orange & White Caravanette only to discover that it was not occupied by the Campbells but by complete strangers. These strangers were not too amused as they had opened the door to welcome him only to find he didn't want them & at the same time had let in all the cold air!

Another nominee has got to be John Hurley for his impressive training runs on Wednesday evenings. Not only is he leaving the rest of the pack standing, he is also adding extra distance and climb at the end of the run just to push himself that wee bit further.

However this months winner, as you can see from the engraving on the above trophy is Judy Buckley for her scintillating run / victory at the National Event in Epping Forest. Congratulations Judy - a tremendous run with some notable scalps! (How about a report/copy of your map with route choice drawn to show us how you did it.)

## DEAR ED.



said Steve." Maybe it's JK91 on the 5th!

A Spy!

Dear Ed

Here's an "overheard" in the forest that I picked-up while skulking in the woods at Matlock: "If there isn't a piece of string to follow, just run after all the other competitors". So that's where I've been going wrong!

Christine Pollard

Dear Ed,

The DeVi0usness of a certain Tony Berwick knows no bounds. On a recent trip to a night event this said person needed to know the

Dear Ed,

Anyone interested in purchasing a DVO Club 'O' Suit get in touch with John Birkin at any of the events, or on 0773 49167. The club are always interested in new ideas for a new suit. If you have a creative new design pass it on to any committee member. We are currently looking at the possibility of purchasing club licra tights. What a site that would be on a Wednesday night!

John.

Dear Ed,

An extract from a highly organised, efficient DVO Committee meeting: "Are you still all right for the 5th of January at Calke Park, Dave?" "I thought I was organising Linacre on that day, John!" "Are you sure it's not Rough Pitty-Side"

## WANTED SLOW RUNNERS

To keep us company on the cold dark training nights.

Runners of all abilities welcome at training nights.

7pm Wednesdays:

1st & 3rd Wednesdays at the  
Wilkinson's, Duffield  
2nd, 4th & 5th Wednesdays at the  
Buckley's, Allestree

Runs to suit ALL abilities.

way so I used my torch to light the map, using up the batteries. When we arrived Tony found his small car torch, which he said he had forgotten. What a way to nobble the opposition!

In the Dark of Ambergate.

## NEXT DVO OPEN MEETING

Will be held on the 2nd Wednesday in March at either the Alfreton Leisure Centre or at Belper Sports Centre at 8:00 (7:00 for a run).

Please check with a member of the committee nearer the time to verify the location.

## ATTENTION ALL ORGANISERS

The Campbells have a small trailer in their garage which can be used for transporting equipment to and from events. Please feel free to give them a call to borrow it for an event.

## FIRST AIDERS

Anyone with First Aid qualifications should let a member of the committee know as soon as possible.

Dear Ed,

For those who are unaware of the facility, to check if a major event has been cancelled you can telephone the BCF Answer Phone Service out of office hours. The number is 0629 734042. This is the same number used during office hours!

Dear Ed,

An interesting article in the NATIONAL PRESS (Daily Mirror) mentioned our wonderful sport, Orienteering. It read as follows:

## RUSSIANS MUG RUNNER FOR TRENDY TRAINERS

Athlete Pete Newman was mugged on holiday near Moscow - for his trendy pair of Western trainers.

Pete, 31....landed in hospital with cuts, bruises and concussion following the thieves attack.

he had just bought the Reebok running shoes for £35 in Britain. But a similar pair cost nearly £80 in the Soviet Union - around 5 weeks wages for the average Russian worker.

Fireman Pete, from Lympstone, Devon, was on a visit to Exeter's twin city of Yaroslavi, 150 miles

from Moscow, with the DEVON ORIENTEERING CLUB.

Their sport involves running over rough terrain with a map and compass.

Pete had gone into a bar when some youths admired his shoes and offered to buy them.

Pete politely refused but things got a bit nasty.... locals set off a gas canister. everyone else rushed out, so no one could help him. Pete had his running shoes, watch and wallet taken....

There was some good news for Pete. Police arrested two youths and got the trainers back.

## **EASTERN EUROPE HOSPITALITY/EXCHANGE**

At the close of this years 5 day event in Czechoslovakia I was approached by 3 separate groups of orienteers from Lithuania and Czechoslovakia. All were interested in orienteering in Britain next year. They would be interested in visiting next year for either our JK next Easter or the Scottish 6 day or other Multi-day events.

There problem is that their currency is valueless in the West and they have to look to us for hospitality for their visit. The groups I spoke to were mature professional people who would be perfectly able to reciprocate hospitality at any of their major competitions but they would be totally unable to pay for any of their stay in this country.

Is their anybody prepared to extend the hand of friendship and offer to look after the travel, food, accommodation and possibly enter our fellow orienteers from the Eastern block.

I have already had a few offers and will be writing shortly to ask when they wish to visit and how many of them would like to come across. They may drive or fly, come in couples or in a minibus load, so all offers are welcome whether you could pay for an entry fee, help with transport or offer beds and food.

Please let me know as soon as possible if you can help and I will coordinate the visits.

Steve Buckley  
(0332 552664)

## **LAUNCH OF THE CAMPAIGN FOR REAL ORIENTEERING**

What IS real orienteering? It is an activity that takes place in REAL terrain...Where the occasional glance at the map really does make a difference to your performance. This activity involves getting the right blend of speed and caution we may as well plod around the pavements from home, a pastime more suited to those with single figure IQs.

Orienteers who set off in the dark early morning for Epping the other week were well rewarded....pleasant and mostly runnable forest with plenty of contour and other detail and little path running. In fact, REAL orienteering! And trees, lovely trees.

Other recent events have compared to this rather as Watney's fizzy bath water compares to a pint of Whatmole's Olde Extraordinary. There may be those who find pleasure in 3 km legs, uphill across bland moorland, between two pocket handkerchiefs of nice twiddly contour. Or perhaps others do not mind near-exposure in a force 327 on the Beaufort Scale (OK, so the weather can't be controlled, they say, but I've never been to B.... in anything less than a hurricane) whilst looking for 0.3 m depressions in 1.5 m of heather. There does indeed seem to be a school of thought which suggests that in orienteering competition everyone (well, nearly) should finish within 20 minutes of each other (in order of mindless running ability). Maybe it doesn't matter if you can see the control site, and sometimes the flag as well, from 500m and 20 boringly parallel contours away.

The campaign for Real Orienteering (a rapidly growing movement - its membership has gone from 0 to 1 in the last 20 minutes - just work that out as a percentage growth rate!) is intent on putting navigation back into our sport. The first draft of our manifesto is as follows:

1. The compulsory slaughter (or export to France) of all 40 million British sheep...thereby allowing trees to grow back on the upland areas ( and also considerably raising the average intelligence of the mammal population of the UK).
2. The compulsory slaughter (or export to France) of all planners who put in that extra 4 km run across empty nothingness just because they haven't got the courage to use discretion regarding BOF RECOMMENDED winning times.
3. Forestation of all golf courses, on the grounds that hitting small balls into small holes with expensive sticks is a much less constructive activity than using a map that otherwise no-one would bother to draw to go to places that otherwise no-one would bother to go to. ( New IOF symbols required for shallow sandy depression and large circular platform.)
4. Calling upon RAFO to create some interesting patterns of contours made up of many interlocking circular depressions. This might be particularly beneficial in inner city areas, making orienteering more accessible to a wide cross-section of the population. (Or would it decrease participation? - careful planning needed for this one).
5. Amputation (just above the knee for minor offenses, at the neck for more serious matters) of anyone participating in any of the following:
  - (a) marathon running
  - (b) fell running
  - (c) systematic training
6. Putting something in the tea of certain orienteers of training evenings so that certain other orienteers, especially those about to be "promoted" to M40, might get a chance to win for a change!

Dave Brodie

# A BRIT'S EYE VIEW OF 7 DAYS ORIENTEERING IN NORTH AMERICA

by Liz Godfree

(Liz wrote this for Orienteering North America so you have to read it as if you were over there)

It all began at Ross Wood, Day 2 of Loch Lomond '89, the Scottish 6-day orienteering event, when some of the Canadian "O" fraternity handed round details and entry forms for APOC 1990. Canada, the Rockies? Can we afford it? We dreamed, we pondered. At last on August 1st dreams became reality as we boarded the Lockheed Tristar at Heathrow bound for Vancouver.

Though worn out by the long flight and only a short night's rest we picked up our hire car, mercifully air-conditioned, and headed east along Highway 1 to Kamloops. Fertile fruit growing plains gave way to winding tree clad mountain passes as we progressed up the Fraser River in ever-increasing heat. We stopped at "lay-byes" (pull-outs to you) to view spectacular scenery and photograph trains of a length totally unknown in Britain. The semi-desert tundra of central B.C. amazed us - wasn't Canada a lush, fertile country?

Route-finding was easy and we were soon approaching Knutsford Trailer Park, our home for the next week. The "O" world had descended - Canadians, Americans, Aussies, Kiwis, Japanese and the Brits. All were welcoming and many pleasant hours were spent in apres-o post-mortems. The only major complaint was the mosquitoes - they don't half bite! However a recommended formula certainly eased the problems. The orienteering itself was excellent, though our M13 found the courses very simple compared with what he runs at home. Perhaps in unaccustomed heat that was just as well. Drink stations were absolutely vital, but were there enough of them on the shorter courses for the later starters? Due to a slight misinterpretation we Brits hadn't realised we'd be eligible for any awards other than the 7-day, and so we weren't present at prize-giving. We experienced the Kamloops Water Slides (but not the discount), white water rafting and swimming in fresh water lakes before heading east for the Rockies and Alberta.

A night in a motel in Revelstoke helped us on our way, enabling us to make a speedy ascent and descent of Mount Revelstoke, by car of course. An idyllic campsite by a creek at Field gave us ample opportunity for train-spotting at the Spiral Tunnels and for viewing the spectacular Takkakaw Falls. Sadly there was no time to linger and we proceeded up the Icefields Parkway taking in various glaciers en route. Then along the tree-lined David Thompson Highway to Rocky Mountain House, where we were too late for the model event, before pressing along through fertile prairie to Innisfail.

The school playing fields proved to be an excellent campsite and the football posts perfect for stringing up the washing line, but the picnic tables were very heavy to move! Who needs an alarm clock when the trains have to hoot 3 times at each ungated crossing? Once again the orienteering was excellent, the assembly arena perfect and the mosquito-repellent much appreciated. A paddle or swim en route was refreshing and most welcome. The townsfolk of Innisfail and Caroline knew all about orienteering, were most welcoming and genuinely concerned that we should leave Alberta with only good impressions. They were not disappointed. Hot-air balloon rides were a great attraction whilst we waited for the spectacular prize-giving to begin.

Rather than head south of Calgary to the Rogaine, which sounded too much of a marathon to us, we headed back to the Rockies again but via Drumheller and the Museum of Palaeontology, which was seething with orienteers. The abrupt change from fertile prairie to desert badlands was amazing and the heat was incredible.

Tourist-ridden Lake Louise, swarming with Japanese and their cameras was horrific. In contrast Mount Fairview was quiet and peaceful, with flora and fauna new to us. Compared to our O.S. maps Canadian topographical maps leave a lot to be desired but we found our way up through the trees to the Saddle and then up to the summit where we met a group of American orienteers. If only we could have spent longer exploring the many trails!

But we had to press on south across the border to Washington State. A certain degree of anxiety accompanied us as we had as yet no accommodation booked. We were assured there were plenty of campsites but no-one could enlighten us as where, merely emphasising the need to book in early on the day. Luck was on our side and we found a suitable pitch at Lake Eaton. Only afterwards did we make our way to the Event Centre at Cle Elum and find the school had been opened to campers. The model event was disappointing to say the least - running round a sewage works and rubbish tip. The logistics of getting members of the family to two different starts the next day was finally overcome but the M13 got lost between the start and the start triangle when the tapes disappeared. Straight line routes were impossible today, short of carrying a machete. Day two was better after we'd walked the plank but the children still had problems with an unadvertised different start and a control in the middle of the adult's warm-up area.

The computer system used over the 7 days was first class, producing fast and efficient results so that prize-givings were prompt. How much better that the final one was moved to Cle Elum school when we were all showered and refreshed.

Packing up wet tents for the flight home is no joke. However luck was with us in our Vancouver motel. The balcony steamed as tents dried out and "O" suits and shoes aired. We "did" Vancouver in one day by public transport but we still haven't seen Grouse Mountain. Cooler temperatures were welcome but not the poor visibility.

What are our impressions now that we are home again and recovered from the dreaded jet-lag? Superb organisations by the Canadians with some excellent orienteering for the whole family. New friends from all over the world and the temptation of a trip to New Zealand in 1994.



# NEWS FROM THE EAST MIDLANDS

## Changes to Badge Events and Ranking Calculations

As from 1st January 1991 some changes will occur to Badge events and the calculations of ranking points:

1. There will be no change to M/W10 - M/W19 courses with B courses being about two-thirds of the A course length and technically easier.
2. B courses for M/W21 and above will be discontinued.
3. Instead two courses of equal technicality will be staged, known as A Long (AL) and A Short (AS).
4. The shorter course will be about two-thirds of the longer course length.
5. Gold, Silver, Bronze and Iron standards will be attainable from either course. Badge times will be calculated from the average of the top three winners speeds on the long course. Short course standards will be calculated pro rata as a kilometre rate.

The Standards will be:

GOLD	within calculated winning time + 25%
SILVER	within calculated winning time + 50%
BRONZE	within calculated winning time + 100%
IRON	completing course successfully

N.B. A review of recent W21B and M21B courses using the new system indicates that the average speeds are much slower on these courses and that consequently Silver standard will be much harder and Bronze standard will be possibly be harder to attain for present B class runners. Note however that B courses are sometimes well over four-fifths of the length of A courses.

6. M70 and W70 classes will be introduced at top ranking events. M21C will continue at these events.
7. Ranking

Ranking times will be calculated from the times of the three highest CURRENTLY RANKED finishers on the long course with short course ranking points being calculated pro rata.

When insufficient runners take part in a class (e.g.W60) then the time on the next class up (e.g.W55) will be used to calculate the ranking points pro rata multiplied by a predetermined age allowance fudge factor. All courses should, in theory, have ranking times.

Paul Wright

# THE LATEST RANKING LIST

1	H Finlayson	W45	6	4425
2	J Buckley	W40	7	4271
3	S Buckley	M40	5	4200
4	R Clayton	W21	10	3985
5	A Thomson	M35	31	3978
6	D Dickinson	M45	18	3902
7	P Armstrong	M35	47	3834
8	J Hawkins	M21	31	3743
9	E Thompson	M21	39	3685
10	I Whitehead	M35	63	3672
11	D Brodie	M35	67	3642
12	A Campbell	M21	61	3516
13	E Smith	M45	63	3516
14	C Pollard	W35	32	3502
15	D Wilkinson	W45	36	3484
16	J Armistead	M45	70	3453
17	M Lancaster	M35	105	3398
18	J Shaw	W40	49	3393
19	J Buckley	W35	40	3389
20	A Armistead	W40	50	3382
21	B Bibby	M50	68	3378
22	M Dakin	M40	103	3333
23	M Godfree	M40	120	3246
24	J Hopper	M35	135	3243
25	D Skidmore	M40	123	3233
26	L Godfree	W40	66	3226
27	J Hurley	M35	139	3216
28	D Dickinson	M21	155	3213
29	P Jones	M21	159	3208
30	D Walker	M45	124	3180
31	S Kimberley	M21	177	3168
32	V Johnson	W21	86	3073
33	T Norris	M35	167	3052
34	G Johnson	M35	198	2935
35	M Gardner	M21	269	2911
36	N Forrest	M45	180	2900
37	S Davis	M40	232	2807
38	S Buckley	M21	323	2792
39	J Gale	W40	94	2773
40	S Russell	W21	153	2767
41	A Shaw	M40	255	2752
42	R Day	M40	257	2739
43	K Whitehead	W21	195	2620
44	E Norris	W40	112	2596
45	A Stalker	M40	300	2543
46	A Berwick	M50	158	2525
47	C Johnson	M35	277	2514
48	F Johnson	M60	55	2512
49	T Peach	M45		2495
50	A Stevenson	M21		2472
51	E Smith	W45		2452
52	M Jones	W21		2394
53	D Gale	M45		2369
54	C Campbell	W21		2356
55	J Birkin	M40		2311
56	A Kimberley	W21		2223
57	L Gilligan	W40		2187
58	P Stone	M35		2064
59	V MacDonald	W35		2048
60	S Harris	M35		2033

61	C Wright	W21	1961
62	D Foster	M35	1906
63	M Walker	W50	1500
64	Z Wilkinson	W19	4404 a
65	S Buckley	M35	4072 a
66	R Wilkinson	M45	4028 a
67	H Finlayson	W40	3748 a
68	D Godfree	M19	3372 a
69	D Dickinson	M40	3140 a
70	D Godfree	M21	3104 a
71	K Kendrick	W35	2924 a
72	A Hawkins	M40	2924 a
73	M Wynne	M21	2780 a
74	R Sanby	M21	2708 a
75	V Cornish	W45	2680 a
76	A Pryor	M21	2652 a
77	R Mason	M55	2612 a
78	Z Wilkinson	W21	2536 a
79	C MacDonald	M45	2536 a
80	C McDonald	M45	2532 a
81	D Wilkinson	W40	2524 a
82	J Buckley	W21	2508 a
83	R McDonald	M35	2504 a
84	R Bleakman	M45	2504 a
85	J Wickersham	M21	2484 a
86	K Machin	M45	2484 a
87	D Crofts	M45	2460 a
88	B Gibbs	M55	2444 a
89	M Cast	M21	2420 a
90	J Malley	W21	2300 a
91	T Salvoni	M45	2272 a
92	R Shooter	M35	2252 a
93	J Dakin	W21	2216 a
94	F Palmer	W21	2172 a
95	S Clarke	M40	2168 a
96	J Lancaster	W40	2160 a
97	T Seaston	M50	2132 a
98	D McGivern	M50	2084 a
99	M Keeling	W40	2072 a
100	H Stratford	W21	2040 a
101	R MacDonald	M35	2016 a
102	A Clayton	M35	1936 a
103	M Seaston	W50	1876 a
104	B Moses	M40	1848 a
105	A Carrington	W21	1732 a
106	K Kendrick	W21	1712 a
107	H Hall	M35	1544 a
108	P Goodman	M35	1524 a
109	R Keeling	M45	1328 a
110	G Diggory	M35	1252 a

Note: Points values followed by an 'a' are averaged values for competitors with less than four qualifying runs and are only given for interest and comparison. Also, to be accepted as fully ranked, a minimum of 2500 points is required.

## LOCAL EVENTS

### Eyam Moor 2/12/90

A very very cold day! All you could see from the car park was HEATHER and more HEATHER. Catherine decided against having a run and went round the yellow with the kids. Muggins, went round the brown as usual.

With only half the map to work with an excellent brown course with 20 controls was provided (no second master map!). Initially it looked as though the heather was going to hold you back, however it really only came into play for about 25% of the course. It was very much a fit persons course, the orienteering being quite easy in comparison to other recent events.

During the morning at the map sales I was asked for "One Adult and One Senior map please!". I don't think the smell of freshly sizzling bacon coming from the van was appreciated by our fellow orienteers on such a cold morning. Apologies!

## BADGE/NATIONAL EVENTS

### October Odyssey

The October Odyssey was held in county durham this year but attracted very few DVO members. This is possibly why I am top DVO on M21B on both days (I was the only DVO runner on these courses).

We set off bright and early knowing that the traffic on the A1 is horrendous. There wasn't a soul about and consequently we arrived hour early, only to find the starts had been put back an hour. (Aargh!)

The weather now decided to close in and although an intermittent rainbow, (perhaps 'Crock of Gold' was a checkpoint), in the valley held out promise of better things to come, they didn't.

Black Banks & Knitsley is a steep bank from the River Wear with open and especially runnable (The gale force wind for once was behind you) moor at the top. Longer courses used second master maps so the second stage was a bit of deja vu.

The weather for Day 2 was a complete contrast, Bright & Sunny. Hamsterle Forest is less steep but very similar in terrain. There is a very good permanent course here. (We tried it last year and Christina beat me) There is also a notice about orienteering in the Visitors Centre which displays a letter to Compass Sport by Mike Godfree!

### Best DVO

M21A Alex Campbell  
W21B Catherine Campbell  
M35B Ranald MacDonald  
W35A Viv MacDonald  
M45B Rex Bleakman  
ORANGE A. Bleakman

Paul Wright

Alham 11/11/90

see Chairman's Report for story.

Best DVO results were:

W19A	19	Zoe Wilkinson
W21A	9	Val Johnson
W21B	34	Mary Jones
W35a	12	Christine Pollard
W40A	8	Judy Buckley
W40B	4	Eleri Norris
W45A	4	Helen Finlayson
M13A	1	Chris Godfree
M15A	1	Alastair Buckley
M17A	4	David Godfree
M21A	14	Alex Campbell
M21B	23	Andy Stevenson
M35A	16	Paul Armstrong
M35B	1	David Brodie
M40A	6	Steve Buckley
M40B	7	Robert Day
M45A	4	Roger Wilkinson
M45B	4	Rex Bleakman
RED	1	Andy Clayton
STRING		Laura Campbell

Epping Forest 25/11/90

Errors of Epping Proportions" by A Beech - comber.

It was lovely weather on Sunday 25th November for "headless chickens". The sun shone, birds sang and the woods were beautiful in their Autumn colours. Yes, I saw a lot of woods as I ran round in ever-decreasing circles. (I think I'll blame the compass - it had a bubble in it!!) Seriously, it was a lovely area to run in, highly complex, fast and open. If you over-ran control there were few things other than Beech trees to relocate off. I can remember being spot-on on one of my controls and surprising myself! Although we had to bus into the area from the excellent car-parking, the bus service was frequent and organised. It seemed to be working quite well while I was on it (not everything was a disaster for me!)

Finally, how's this for yuppie-ism? A DVO member running through forest comes across a group of french people having a picnic (cloth on ground, large hamper etc - got the picture?) Skids to a halt in front of them and enquires "Is that this year's Beaujolais Nouveau?" "OUI" they reply "Like to try some?" At which invitation DVO member quaffs glass of same. And that's a National Event!! I have no report as to whether his progress was erratic afterwards.

Christine Pollard

## BEAUJOLAIS NOUVEAU

It was a great day in Epping Forest. Good map, fast, runnable forest, lots of chances to get lost. Things went from "Ugh" to "Yuck" very quickly but I could appreciate the challenge of the terrain. Still on the meat of the report - and every word of it is true - cubs honour, cross my heart and hope to ..... , well you know what I mean.

I was ambling along like a headless chicken somewhere between my 15th and 16th control in an unmapped, small (though perfectly formed) clearing chanced upon four people. Two men and two women sitting around a tablecloth spread with lots of dinner type goodies. One of the men was pouring himself a glass of dark red liquid as I approached. Now when you are about to rob over someone's dinner I always think it's polite to make some comment other so.....

'I don't suppose by any chance that that's the Beaujolais Nouveau...is it,' I ventured.

'Mais oui monsieur, certainment,' dit, I mean, said the man with the glass.

'Pour vous?' il dit, I mean, he said.

Quickly getting the feel of the whole thing (this proves that even though my legs had gone and my back was aching and I had a headache and one of my studs had fallen off my left shoe and I had laddered my tights and compass was upside down and I was looking at the white side of the map though thought the runnability was good but I couldn't speak for the lack of features) that I still had my wits about me, I responded with a...

'Mais oui, certainment!!!'

The gentleman, for such he must have been, promptly bent down, picked up another most handsome glass and poured me a tasty sample of the wine. It was delicious. Not pretentious like last year's but more subtle and without less of an aftertaste. I needed some more to be sure, of course. I expressed my appreciation for the refreshment and went on my way. Got lost (again) soon after that. I blame it on the wine. Will I get disqualified for taking refreshment at an unauthorised drinks station? The drugs test afterwards would have been a bit of a hoot!!!

Doug Dickinson

Please forgive the French. 'Spell-check' only in English!

## OTHER EVENTS

### CROMFORD NEW YEAR SCORE EVENT

The event on New Year's Day is a Score Event. A mass start at 11 am in the car park at Black Rocks Picnic Site, just off the Wirksworth to Cromford road. Return within the hour with as many of the controls visited as possible, points are deducted for every minute over the hour. It could be cold and the crags are dangerous at any time, so whistles will be compulsory and gaiters may also be compulsory, please come prepared. The event will take place whatever the weather unless the roads are closed so you don't need to phone me over Christmas to find out about it.

There is only one course, but permanent course maps will be available so you can bring all those friends and relations that you would feel guilty about going off and leaving with nothing to do.

Mike Godfree

### Church Stretton Skyline Fell Race

Years ago I took part in my first fell race at the Ashbourne Highland Games. On reporting back to friends at DVO they obviously thought that if I can do it and get a good result the race and field must be easy because this year over a dozen DVO members took part with DVO taking prizes for first over-all and first Vet.

I wonder if the same is going to happen with my latest (3rd) fell race. It took place on the 9th September on a very hot and clear day and was set in the beautiful village of Church Stretton. The organisers, Telford Athletic Club did a splendid job!

I was conned into this race by a friend from Wrekin Orienteering Club, who said "why don't you and the family come over for James' birthday party, and while the kids are having fun you and I can go for a jog!".

Some jog 18.5 miles & 4,300 feet of climb!

There were 5 climbs with the route circling us round Church Stretton. The views were magnificent early on, however I couldn't see anything towards the end (sweat in my eyes). After the first couple of climbs I got cocky and thought that it was going to be a doddle so started to pick up the speed. I slowly moved up from 105th to 93rd before the last climb (1 hour 20 mins. from the finish). However it was on the last climb that I died! Fortunately I managed to struggle (walk/jog) to the top and fell down the other side to the finish in Church Stretton in 89th position.

So come on lads and lasses lets see you out there next year, its a doddle!



## TRAINING



### Controllers Course

It is hoped to put on a Controllers Course early in 1991. It will be beginners course i.e. Grade III. (Grade I, being the top controllers). All those interested should give their names Pete Jones as soon as possible. Pete can be contacted on 0332 551334.

### Use Your Head

Your HEAD controls your running. It contains your brain (if you've got one!). Aerobic exercise causes the release of depression-lifting, pain blocking endorphins from the brain. We all have different physical abilities, but we can all develop our mental ability to have an enormous influence on our physical performances. Those of us who are mentally prepared have a definite edge over the rest. Mental preparation means motivation, relaxation, concentration on what's important during the race, discipline and enough self-confidence to do the training to achieve the goals we set ourselves.

You can use the head to VISUALISE success - the next time you are out for a run, imagine yourself running fluently and freely. You're on a high, nothing hurts, you feel as if you're soaring as you float up the hills and speed down the other side. (If only!) Before you go to sleep next Saturday, visualise yourself starting the race, punching at the first control having got there with no mistakes, then visualise yourself picking up each and every control without error, enjoying yourself and finally crossing the finish line to record your fastest time per Km.

Visualisation makes you positive both about training and competing.

One more point about your head! Did you know that you lose 20% of your body heat through your head? So think about wearing a hood or woolly hat when running on those freezing winter days or Wednesday Nights. Maybe we should have a club woolly hat!



arm weather can bring chafing problems -  
anywhere where friction occurs with material  
rubbing against your skin, like around the  
nipples. Invest in the runners friend,  
ASFLINE, and apply liberally to your nipples.



## FIXTURES

DATE	REGION	CLUB	TYPE	AREA	DETAILS
December					
16th	EM	HOC	Colour Coded	Walesby	?????????
16th	WM	HOC	Colour Coded	Pitcher Oak Wood SP/039675	A.Ving 0905 773481
23rd	YH	EPOC	Colour Coded	Storthes Hall, Kirkburton SE/185123	C.Kennedy 0424 605990
25th		SCOAC	Score	Rutland Water, North Shore off A606 (S23083)	45 minute score. Copy controls down between 10:00 and 10:30 START 10:30 Gary & Mary Boothroyd 0572 750097
26th			Fell race	Black Rocks at the bottom of Sheep Pasture Incline (By the Savage Works)	Start 11:00, 3 miles Organiser: John Arwistead
30th	YH	SYO	Colour Coded	Rivelin, Sheffield SK/282861	R.Pearson 0742 304202
January 1991					
1st	EM	DVO	SCORE	Cromford Black Rocks Car Park SK/291566	Hess Start at 11:00. 60 minute event. Organiser not at home!! Turn up, it will be on!
5th	EM	DVO	Colour Coded	Calke Park 3 miles south of Melbourne on A514	Christine Pollard 0332 810025 50p Car Parking Fee!
6th	WM	HOC	Colour Coded	Hewkbatch SO/755784	B.Turnbull 0304 873024
13th	EM	HOC	Colour Coded	Clipstone	Andrew Jones 0623 795437 NO BROWN COURSE!

DATE	REGION	CLUB	TYPE	AREA	DETAILS
13th	WM	WRE	Badge Event	Bishops Wood Market Drayton SJ764324	D. Deakin 0952 811348 (£3.00/£1.50) EOD Only!
27th	YH	SYO	Badge Event	Strines, Sheffield, S8/225876	Strines Badge Event 129 Lydgate Lane Sheffield S10 5FN (CD 7.1.91) (£3/£1.50) SEF & Ltd EOD Enquiries to 0742 868951
February					
2nd	EM	DVO	Night Event	Drum Hill	Organiser/Planner: Paul Wright 0775 856387 3 courses: easy/intermediate/hard Contact Paul for more details.
3rd	WM	NCH	Badge	Deadesert & Ravensley, Cannock Chase SK/024151	S. Findley-Robinson, Ty-Cearless, 16 Cottage Close, Hodnesford, WS12 5BS (05430 5653 early evening preferred) CD 14.01.91 SEF Ltd EOD, Fees not yet known
9th	EA	NOC	Night Badge Event (Midland Champs)	Brandon Park Thorford TL/752842	Midland Champs, K. Ryder 9 Shenfield Cres., Brentwood, CM15 8NN 0271 220474 (CD 12/1/91) SEF & Ltd EOD Fees Not Known Yet.
10th	EA	SOS/ SUFFOC	Badge Event	Brandon Park TL/790850	R. Byrd 8 Rockhill Rd, Bury St. Edmunds IP33 3XD, 0284 767839 (£3.50/£1.50) EOD Only
10th	EM	DVO	Colour Coded	Linacre Car Park at Pub Contact Ann for GR.	Organiser: Ann Armistead Controller: Dave Cloagh
17th		HALO	Badge Event	Willingham Woods 2 miles east of Market Rasen on A631 TF/140850	Starts 10:00 to 12:30. Organiser: John Gilton 0430 840303 Entry: John Gilton, 13 Runner End, Holme on Spalding Moor, York, YO4 4EP (£3/£1) (CD:4/2/91) THE ABOVE INFO IS DIFFERENT FROM THAT SHOWN IN BOF NEWS - PHONE ABOVE NUMBER TO CHECK DETAILS!
23rd	WM	NOC	British Night Champs	Clent & Hagley SO/938807	M. Griffin, 32 Ladypool Close, Halesowen, B61 8SY (021 550 8445) CD 23.01.91 SEF (Fees?)
24th	WM	GO	Badge	Sutton Park, Sutton Coldfield SP/100970	M. Simpson, 181 Loxley Road, Stratford upon Avon, CV37 7DU (0789 55343) CD 03.02.91 Fees not known, SEF & Ltd EOD
March					
3rd	SC	BRD	NATIONAL I	Star Posts, Bracknell (British Champs Area 1989)	Entry: Concorde Chase, 12 Jerrywood Mill, Wokingham, Berks, RG11 4UG. (£5.50/£2.00) Payable to Concorde Chase. CD:3/2/91. CRECNE. SEF only.
10th	YB	EBOR	Badge Event	Barns Cliff Scarborough SE/947858	E. Baxes 12 Thornville Avenue, Scarborough, YO12 6PR (0723 367480) (CD 16/2/91) (Further details not yet available)
17th	WM	NDOC	NATIONAL II		No Info Yet!
20th	EM		JX91		You should ALL know about it, because you are all helping at it, aren't you!!!!

DATE	REGION	CLUB	TYPE	AREA	DETAILS
April					
21st	EN	DVO	Relays & Colour Coded	Kedleston park SK/305413	Org: Tony Seaton 0332 514090
May					
4th-5th			BRITISH CHAMPS		No info Yet!
June					
21st	EN	DVO	Club Champs	Longshaw	??????

# DERWENT VALLEY ORIENTEERS

## COLOUR CODED EVENT

### CALKE PARK

SATURDAY JANUARY 5th

- VENUE CALKE PARK, a National Trust property, 3 miles south of Melbourne on the A514.
- TRAVEL Approach park from A514 signposted 'National Trust, Calke Park'
- TERRAIN Fast, open, runnable parkland.
- MAP 1:15000, 5m contours, five colour, January 1989.
- COURSES Colour Coded from white to brown. Free string course.
- STARTS 10.30 to 12.30  
Registration opens 10.00
- PLANNER Doug Dickinson
- ORGANISER Christine Pollard  
0332 810625
- ENTRIES On day only
- FEES Adults £1.40 ; Juniors 60p  
50p car parking fee, please have change ready.