



NEWSTRACK DECEMBER 1991

Editor Receives Threat

Rocky Knoll threatens Editor with poetry!

Barn Dance on 29th Feb.

Rumour has it that All-in-One Lycra 'O' Suits (with hoods) will be available from a prominent DVO orienteer early next year!! Get your orders in quick - she expects a rush.

~~Winter Autumn Spring~~
Summer League Results
: see inside!

Merry
Christmas



DVO OFFICIALS

Chairman	: Steve Kimberley	10 Victoria Street Brimington, Chesterfield 0246 233575
Secretary	: Christina Wright	4 Ripley Road, Ambergate, 0773 856387
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

EDITORIAL



Tendonitis is the official name for it, me, I call it Flippin Frustratin! Anyone who may suffer from this in the future may be interested to know that the cure is 2 Aspirin 4 times a day! Enough of the sob story! Hopefully you will all receive this months issue before XMAS. I would just like it to be known that I don't take kindly to threats - not even from Rocky Knoll! I can't think of a worse fate than having to read poetry by an obnoxious twerp like Rocky! Sorry Rocky but I don't remember receiving October's issue of your latest exploits. If you can send it again I will include it in Febs. issue.

If anyone lost time wandering around Cromford looking for Whitesprings please accept my apologies for the miss-type on the coordinates.

It was nice to be so popular the other weekend. It was amazing to find out that I had so many friends that were concerned about me when Scotland lost their match to England in the world cup. The number of phone calls I received was tremendous, I would especially like to thank the chap who gave a beautiful rendition of 'Swing Low Sweet Chariot' down the phone.



It looks like some of you read the editorial in the last issue and we have a couple of contentious articles in this issue, keep it up and if any of you agree/disagree with anything drop me a note.

My thanks to all my loyal reporters, have a good christmas and a great new year!

Ed.

Deadline For February Newstrack Is 15th February

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NEW MEMBERS

A WARM WELCOME to the following new members:

- Steve Mee : 35 Brook Lane
Ripley
0773 746635
- Peter Robson : 16 Buxton Road
Ashbourne
0335 45251
- Helen James : The Woodlands
Alfreton Road
Coxbench
0332 781104
- Andrea Bowyer : 3 Gordon Road
Tideswell
Buxton
0298 871820
- Martyn Hodgson : 30 The Sycamores
Broadmeadows
South Normanton
0773 862547
- Charles & Jane : 10 Scarsdale Avenue
Heaney Littleover
0332 43727
- Paul Waddingham : 7 Yokecliffe Hill
Wirksworth
0629 823515

We hope you enjoy your Orienteering with DVO



SOCIAL ACTIVITIES

DVO Dinner - Saturday 29th February

It is hoped to hold this years DVO Dinner at the Hills Rest in Alfreton (on the High Street). The format will be a buffet with a Barn Dance - subject to availability of a Band. Can you please give your name and £2 deposit to Judy Buckley ASAP - first come first served!

DVO New Years Party at the Buckley's

Starts at 8pm. Bring Food and a bottle. Floor space available for those wishing to stay over - bring a sleeping bag. Then it's off bright and early to Allestree Park (5 minute jog) for the New Years day 'O' event.

DVO CLUB EVENTS

What did you do at the Club's last event?

No, I don't mean did you run the blue or the yellow course, nor even did you make certificate time, but what did YOU do to help? Think how many helpers you dealt with, car parking, registration, map sales, start officials, finish officials. Then less obviously, someone drew the map, planned the courses, hung the controls, calculated your result.

Orienteering events only happen because orienteers are prepared to help put them on in return for the pleasure of running themselves at other events. Remember that the organiser, controller and planner will have spent a lot of time before the event and when you leave there are still controls to collect, cards to check, results to type, equipment to return and maybe even a search party to organise.

Even a simple colour coded event requires as many as fifty helpers if it is to run well and all the helpers are to get the chance of a run themselves. Have you ever noticed how it seems to be the same people manning the start and finish each time? Why then has no one ever asked you? Every organiser has discovered a simple truth and that is that club members who volunteer are more reliable than those who have to be asked. When in addition each volunteer is one phone call received and each conscript may require half a dozen phone calls, you can see why the same faces crop up again and again.

It's your club, so next time ring the organiser and volunteer. The club is split into North and South teams to provide a focus and so members don't feel obliged to help at every event. But no one will be offended if you help the 'wrong' team.

A.N. Orienteer



SUMMER LEAGUE RESULTS 1983

After the first five events (up to and including Allestree Park on the 14th June) the leading positions were as follows:

Men		Women	
1. Steve Kimberley	37	1. Sue Russell	14
2. Dave Godfree	31	2. Judy Buckley	13
3. Alex Campbell	24	3. Kim Buxton	11
3. Mike Godfree	24	4. Christina Wright	10
5. Trevor Denyer	21	4. Helen Finlayson	10
5. Ranald Macdonald	21		
7. Paul Wright	20		
7. John Hurley	20		
7. Alex Stalker	20		
10. Alastair Buckley	18		

And so to the club championships at Longshaw which have been reported elsewhere in a previous Newstrack. Michael peach and Winifred Woodward scored maximum handicap points, whilst none of the regular Summer League competitors made any particular headway (in fact they all scored 1 point each!)

EVENT VII - Alvaston Park June 28th

No map being available for this area, the best thing seemed to be to get the competitors to draw one as they went round! However, control sites were referred to by clues only, not markers, and so the ultimate cheap orienteering event was devised - no maps, no controls and no idea where to go. The fine sunny weather hopefully compensated for people's disorientation. The scores were calculated on one's ability to plot located clues accurately on a minimal map - only a perimeter and a few reference points. The most inaccurately plotted control was 1.5 km out - not bad for an area only 1.3 km across!

Scores		Handicap Points
1. John Hawkins	31	12
2. Alec Stalker	27	10
3. Paul Wright	23	8
4. John Hurley	20	7
4. Martin Sleath	20	9
6. Kim Buxton	18	6
7. Christina Wright	9	4
8. Russ Buxton	-13	6

EVENT VIII - Grassmoor Country Park July 5th

Steve Kimberley went one better at the event he organised at Grassmoor Country Park. This was the event with no results! At least that's how it seemed when the elusive piece of paper went missing. Fortunately (in this



context at least) it was possible to remember all of the scores, since only six people turned up.

Scores		Handicap Points
1. Alex Campbell	310	9
2. Pete Jones	300	12
3. Ranald Macdonald	290	10
4. Paul Wright	240	8
5. Christina Wright	220	6
6. Mary Jones	130	4

EVENT IX - Shipley Country Park July 12th

Alec Stalker's 'Crossword' Event was a combination of clues obtained in a window style course and their insertion in a crossword grid. Knowledge of the IOF control symbols was a prerequisite and inspired guesswork seemed a useful tactic. Kim showed the whole field a clean pair of heels, including all the men.

1. Kim Buxton	57.50	0 wrong	6
2. John Hurley	60.25	0	12
3. Paul Wright	62.15	0	10
4. Sue Russell	64.48	0	4
5. Ranald Macdonald	91.08	0	9
6. Steve Kimberley	55.06	1	7
7. Alex Campbell	55.36	1	8
8. Chris Godfree	54.06	3	6
9. Campbell Family	72.32	3	n/c
10. Christina Wright	76.28	3	2
11. Jill Drury	87.47	3	3
12. Liz Godfree	88.43	9	1
13. Andy Stevenson	88.00	11	5
14. Martin Sleath	74.52	16	4
15. Russell Buxton	64.00	22	3
16. Tony Seaston	55.00	Retired	2

So after nine events and one to go, Steve Kimberley was 10 points clear; barring disaster, he had the title in his grasp. Paul Wright, Alec Stalker, Alex Campbell, Ranald Macdonald and John Hurley were all in the hunt for second place, being separated by just 7 points.

The women's competition was a close run thing. Kim Buxton just one point clear of Christina Wright; she would have to beat Christina in the last event and by a margin of at least 12% in order to stay in front.

And so to Matlock for the last event.....

EVENT X - Matlock Forest East July 26th

Sue Russell and Andy Stevenson concocted what sounded like the most mind blowing brain stretching exercise yet in the Summer League; this involved finding the next element in various cryptic sequences. Considering it took me about 10 minutes to get one right in the pub a couple of weeks later;



it must have been desperate whilst orienteering at the same time.

Unfortunately I have misplaced the results of this last event. However, the final results were as follows:-

FINAL POSITIONS

Summer League 1991

1. Steve Kimberley	66	(2)	1. Kim Buxton	30	(5)
2. Paul Wright	52	(=8)	2. Christina Wright	27	(1)
3. John Hurley	50	(11)	3. Sue Russell	21	(2)
4. Alec Stalker	47	(5)	4. Judy Buckley	13	(3)
5. Alex Campbell	42	(6)	=5. Liz Godfree	10	(4)
6. Ransald Macdonald	41	(4)	=5. Helen Finlayson	10	(6)
7. Pete Jones	37		7. Mary Jones	8	
8. Martin Sleath	35		8. Margaret Keeling	7	
9. Trevor Denyer	34		=9. Viv Macdonald	6	
10. Dave Godfree	31	(=2)	=9. Jill Drury	6	
11. Mike Godfree	25	(7)	=9. Winifred Woodward	6	
=12. John Hawkins	24		(8 women scored less than 6 points)		
=12. Dave Nevell	24				
=12. Chris Godfree	24				
=15. Steve Buckley	20	(10)			
=15. Russ Buxton	20				
=15. Alastair Buckley	20				
18. Dave Clough	19	(=8)			
=19. Andy Stevenson	17				
=19. Terry Peach	17				
21. Michael Peach	16				
22. Dave Skidmore	15				
23. Tony seaston	11				
=24. Mike Gardner	10	(1)			
=24. Mike Jubb	10				

(24 men scored less than 10 points)

Congratulations to Steve & Kim for winning the League this year. Cups will be presented to mark their achievements. Once again the women's competition was amazingly close. Last year, Sue was pipped by Christina by the equivalent of 1 minute in the last event. This year, Kim pipped Christina by the equivalent of an even closer margin in the last event. Steve made the pace all through the competition in the men's league, and nobody really got close enough to really challenge him in the closing stages.

Once again, I hope you all enjoyed the events. The total number of different people attending events in 1991 was 65, excluding those on the non-League courses, up by 5 from 1990, and the total attendance indicates that a repeat in 1992 would be welcome.

Dave Nevell

(On behalf of the club I would like to thank Dave for all his effort in organising what is proving to be a very successful Summer Diary of events.
- Ed.)



SPORTS PERSONALITY



I have only received one nomination for this months award, however it would prove very difficult to beat. Kim Buxton was at a party at hotel in Dovedale and was enjoying herself so much that she hadn't realised the time nor the amount of alcohol that she had consumed when she eventually got to bed at 03:30. Kim, probably sleep running, got up bright and early and went for a 90 minute run round Dovedale, rumour has it - doing some kind of Score event. She then drove off to Alton Towers for her 12:00 start in W21 and recorded a very decent time. WHAT A TWERP!!

CAPTION COMPETITION

Remember October's Competition - the picture of an orienteer being chased away from a control by a ferocious dog! Here's Graham Johnson's caption:

"Newstrack Editor makes strategic withdrawal from the country following Scotland's ignominious defeat at Murrayfield"

Very funny Graham! - Ed.



DEAR ED.

Dear Ed,

I am most concerned that the latest instalment of my heroic deeds was not published in the October Newstrack.

Although I sent it to you in good time (some weeks before the copy date), there was but no trace to be found as I eagerly thumbed through your normally excellent organ. I hope that you will be able to rectify this little problem or I may be forced to send you some of my poetry instead. Let this be a warning to you (we do have control over the ranking list too you know....).

Have a good Christmas (it's in your hands).

Rocky Knoll

(DEAR ROCKY, EVERY MAN HAS HIS PRICE AND YOU'VE FOUND MINE! PLEASE, PLEASE, PLEASE DON'T SEND ME ANY OF YOUR POEMS! INSTEAD, PLEASE SEND ME THE OCTOBER EDITION AGAIN AS I APPEAR TO HAVE LOST IT AND I KNOW THAT IF YOU SAY YOU SENT IT YOU REALLY MUST HAVE! ONCE AGAIN PLEASE ACCEPT MY MOST HUMBLE APOLOGIES YOUR HIGHNESS, YOUR HOLINESS, YOUR WORSHIP... GROVEL GROVEL GROVEL)



Dear Ed,

Congratulations to Mike Godfree & John Hopper on becoming Grade I I I Controllers.

Committee

Dear Ed,

The Committee would just like to let the Club know that the secretary will be writing to BOF expressing our amazement that an important decision like 'Not to fill the vacant post of Director of Coaching when Peter Palmer steps down' was taken without seeking wider consultation. Especially when there is no apparent reason to rush into such a decision as Peter will not be stepping down until summer 92.

The Committee.

Dear Ed,

The new Club T-shirts should arrive just before XMAS.

Graham J.

Dear Ed,

At the latest open meeting at Belper Sports Centre it was suggested that the new club 'O' suit should be Lycra bottoms of your choice and a new 'O' top of the same design as we are currently using but in the old (Blue/Yellow) colours.

If anyone strongly objects please let your voice be heard.

The Committee.

Dear Ed,

Please advise the Club that the next DVO Open meeting will be on the 2nd March at Belper Sports Centre at 8pm.

The Committee.



COACHES CORNER : Roz Clayton

Football, hockey, tennis, squash, swimming - I could keep going and name many other sports. What makes these sports different to orienteering? Participants in all sports want to do well and improve. They do this by getting help and advice from professional coaches in their sport; but how many sports offer free coaching? Very few I think; surely this is something that makes our sport different. Remember sat. Nov. 9th? It was a sunny warm beautiful winters morning; ideal for an hour or two trying to learn and improve your orienteering techniques. We had a warm classroom booked, free of charge, and two interesting exercises set out for all our keen new and less experienced club members to try. There was even a coffee shop on site and the whole morning would only have cost 30p to cover map costs. As it happened we sat in the sun for an hour, apologised to the park rangers for booking the room but not using it, collected the controls in and went home wondering why we had bothered!

In the last Newstrack details of that session and a weekend for more experienced orienteers were given. At the time of writing this I have received no completed forms for the weekend course either. Does anybody want to be coached? Okay, the weekend is not free but surely nobody can be expected to work all weekend for nothing.

On a brighter note the Wed. evening alternative training sessions seem to be going down well, with everyone participating with great enthusiasm. We are trying desperately to find a village hall or similar in the Allestree/Duffield area so that we can do some indoor sessions on these Weds. Unfortunately it seems to be a popular evening and most places are booked - so if anyone can come up with a venue I would be very grateful. Otherwise we will have to carry on outside in the dark!

A final thought - we are all participants in our sport but most of us are competitors as well. Improvement and success only come through practice. I look forward to seeing you all at the following practice sessions. Remember EVERYONE is welcome to all the sessions.

DATE	LEVEL	VENUE	TYPE OF TRAINING
Jan. 25th	All	Alton/Cannock Area	E.M. Junior Squad. Technique
Feb. 8th/9th	Green/Silver	South Wales	E.M. Junior Squad. Technique on detailed terrain (JK Type)
Feb 29th	All	Clipstone	E.M. Junior Squad. Technique on Fast Terrain (British Type)
March 7th/8th (NB: Forms in by 1/1/92)	Green/Silver	Lake District	Club Weekend. Technique on detailed terrain (JK type)

Further details of all courses ie. exact venue, times etc. from Roz Clayton 0773 836687.



The Not the White Rose 92

Next year swap North Yorkshire for South West France. The "4 Jours en Pays Landais" from Wednesday 26th August to Sunday 30th August has two individual days, the French Individual Championships and the French Relay Championships. The Event Centre is at Lit et Mixe, midway between Bordeaux and Biarritz. The running is rumoured to be sand dune pine forest, so not only are the trees further apart than at the White Rose, the sea is warmer and the wine is cheaper. I have got copies of the leaflet, let me know if you are interested and I will put a club entry together (final closing date for entries is 10th August 1992, but our booking will be off long before then!).

Other event details for your future planning include:

Vienna 5 days - 6.7.92 - 11.7.92

Norway 6 days near Kristiansand 5.7.92 - 11.7.92

3 days in SW Germany - 24.7.92 - 26.7.92

Swedish O-Ringen in Sodermanland - 20.7.92 - 24.7.92

Belgian 3 day near the Luxembourg border - 29.5.93 - 31.5.93

Swiss 6 day at Aarau and Tessin (3 days each) 10.7.93 - 16.7.93

Asia Pacific, North Island, New Zealand 5.1.94 - 16.1.94

Mike Godfree

SQUADDIES ON TOUR

The Sunday after the Scottish 6-day the tour met at Castle Douglas High School before hitting the road to Newcastle. Leaving a little late and after all the cars the minibus got about 200 metres before running out of petrol. The first training exercise was to push the minibus to the cheapest petrol station in town. Finally we arrived at Newcastle where we met up with the rest of the tour and bought more petrol.

The ferry crossing to Gothenberg took about 24 hours and included interviews about our recent races and aims for the tour. On the fun side there was a disco and the morning pig-out at the Smorgasborg. The one disappointment was the lack of Danish pastries for the eating competition.

From Gothenberg it was a four hour drive to Drammen which is a few miles beyond Oslo. Nothing much happened and we even found the hut without getting lost and without a map!

We got up late in the morning as the first exercise wasn't until the afternoon. Being a serious tour we started with our quote for the day,



"To run or not to run: that is the question:
Whether 'tis nobler in the mind to suffer
The taunts and jibes of outrageous coaches,
Or to take time against a sea of troubles,
And by navigating end them?
To win: to lose;
And by lose we mean your way."

This learnt we set out for the exercise, an easy course to be run at a comfortable pace and making no mistakes (3B for those who read the coaching newsletter). Through the week the exercises got gradually faster and harder as we gained confidence in some of the hardest forests in the world.

The first Saturday saw us get up early to set off for the races near Halden, some two hours drive away. Misunderstanding, however, found us two hours later heading away from the event and starting to worry. Using our superb relocating technique we turned round and Nick started his rally driving impressions.

Fifty minutes later we arrived back in a town we'd already been to and a short distance from the event. In the end only Alex missed his start, mainly due to his layed back approach to life.

The race wasn't one of the most enjoyable of my career, 9.1km, 275m climb (on 4m contours?). One leg was over 2km and another found me putting my rock climbing into practice! After 92 minutes and only 2 mistakes I arrived back to find myself second placed Brit and a staggering 26 mins behind the winner (the course was after all an M19E and Norwegian selection race). Even Julian Birkinshaw, one of Britain's best elite runners, was a long way down. Depressed but not defeated we set off for the nights accommodation. Spirits rose when we saw the large hut in the forest the fell back down when we heard we were in the small, old hut next door. Downstairs the lads did a sardine impression on the floor while the girls did one upstairs in the loft. During the night disaster struck. Liz had a nightmare and screamed so all the other girls started screaming and woke everyone else up. We jumped out of bed the next morning for the second race, 9.7km and only 550m of climb. After messing up one, two, three and fourteen I arrived back after 97minutes complete with wasp sting. Despite all this I ended up 19 minutes behind the winner and beat 15 Noggies compared to 3 the previous day. Britain again produced excellent packing at the back of the field.

On the way home we stopped off in Oslo for a pizza. After half an hour walking round Oslo perhaps we weren't having a pizza. Eventually we split up into groups and carried on looking. I can now recommend a small cafe in Oslo which does very nice, cooked while you wait pizzas. The trouble is that I don't know where it is.



Monday was a rest day, so we went swimming and played football. The rest of the week consisted of exercises planned by the juniors, a relay against the local club and the tour champs. As ever the best stories have nothing to do with the sport (a bit like the British tabloids). Roger made the mistake of having a birthday on tour. At midnight he was the only person asleep, but not for long. He got picked up in his sleeping bag and promptly fell out, having undone the zip. A now wide-awake Roger was carried outside and thrown on the ground where he found himself soaked with water and then smothered in flour. Not the best way to start your birthday.

The final weekend saw two more races, one near Drammen and one near Gothenberg. The first race was wet. It rained and it rained and it rained. The British results were quite good, but then we are used to running in the rain. There isn't much to say about the race at Gothenberg except that I had a disaster.

From the race it was a mad drive to the ferry terminal where a superb piece of queue jumping saw us quickly on to the ferry. After a very warm shower on the ferry I went and got some food

-----CENSORED-----

arrived home and collapsed into bed.

I would like to thank DVO for their contribution towards the cost of this tour. It is very much appreciated (if only by my Dad).

David Godfree



THE A TO Z OF EXCUSES

Have you ever looked at a set of results and felt that it didn't really tell the whole story? The problem is that, as things are presently organised, the whole thing is based purely on merit, when everyone knows that orienteering is largely a matter of luck. You have only to look at a few of my own results to come to the same inescapable conclusion. What is missing is something extra to take account of the human factor, that small but unforeseeable, unavoidable element that so often turns a superb run into a mediocre one.

This is what I propose, with the hope that by 1996 it will be the European standard - with the necessary opt-out clause for John Major of course.

With effect from 1st January 1992, the last box on the control card will be left for completion by the competitor after his run with a single letter that correlates most closely with the Official IOF List of Excuses. This will appear in the results sheet after the competitor's time so that a more rounded, informative picture can be gained by those who actually attach any importance to the things:

- A - Assisted Lithuanian to translate control descriptions.
- B - Boulder moved\missing.
- C - Couldn't find K6 (to be pre-printed on cards prior to Allestree Park events).
- D - Delayed helping old lady across road.
- E - Excess of contours (pre-marked for Rough Pitty Side).
- F - Followed someone not on my course.
- G - Got into conversation with Dave Walker.
- H - Hangover (pre-printed on Andy Stevenson's cards).
- I - Injury while chasing nubile W21 (or M21 if that is your persuasion).
- J - Jubby's a moron - not strictly an excuse but abuse is a wonderful cure for frustration.
- K - Knackered.
- L - LEI event.
- M - Marked wrong course from master map.
- N - New pair of O-shoes.
- O - O-bottom elastic snapped.
- P - Plagued by pests - can include wasps or lost W10.
- Q - Quicksand.
- R - Red biro gave up at master maps.
- S - Senility.
- T - Terminal incompetence.
- U - Unable to understand pictorial descriptions.
- V - Very foggy.
- W - Wait till I get hold of the planner.
- X - Xylophone - well do you know anything else beginning with "X"?
- Y - Yesterday's curry - revenge of.
- Z - Zebra stampede.

Graham Johnson (K).



EVENTS

Whitesprings

Although it was the first day of December it was a beautiful day (a wee bit cold) but nonetheless beautiful. Congratulations to NOC on beating AIRE in their first round match of the Compass Sport Cup. Our first round will be against DEE on 12th January at Sutton park. I had a late start and was nervous about the ankle especially with the news that there was a lot of windblown. Everyone was recording fast times and coming back wet and filthy.

Congratulations to Ted & Vanessa on there first event as Planners, I can only comment on the Yellow and Brown. It was a miracle getting a Yellow out of Whitesprings but they did and Laura enjoyed it - especially when she got to jump in the mud on the main path. The Brown was fast and furious I caught Mick Lucking at the first (started one minute ahead) and Ewan Thomson at the third (started two minutes ahead), however I must have started off too fast or the distinct lack of training (one night in the last 3 months) let me down as I couldn't keep up with the pace.

Best results from DVO were:

Yellow	K.Armistead	11th	21.30
Orange	Mary Finlayson	14th	42.06
L.Green	Maggie Gorman	9th	46.22
Green	D.Skidmore	2nd	47.55
Red	A.Blair	7th	70.46
Blue	R.Wilkinson	6th	63.18
Brown	J.Hawkins	3rd	63.40

THE GREAT DVO BOOZE 'O' FRIDAY 13th SEPTEMBER

1 Paul Gebbett & Kim Buxton	43.26
2 Steve Kimberley & Russel Buxton	46.11
3 Paul & Christina Wright	retd
4 Dave Clough	no partner

COURSE A

1 Paul G	10.07
2 Steve K	10.15
3 Paul W	11.28
4 Kim B	12.16
5 Russel B	12.55(wrg 4)
6 Dave C	13.57
7 Christina W	16.57

COURSE B

1 Steve K	9.50
2 Paul G	9.55
3 Kim B	12.08
4 Russel B	13.11
5 Dave C	13.57
6 Paul W	14.10

Sorry about the time of year but the Capricorn clashed with the original date in July. Thank you to the people who came.

David Godfree (Planner)



COMPASS SPORT CUP

Our first round match is against Deeside and will be played at Sutton park (West Midlands OA) on Sunday 12th January 1992. The more runners we can turn out the better so I look forward to seeing you all there! I'm sorry that I shan't be able to ring & invite you all individually. If you need more details or are not sure which course you should run to be competitive please give me a call on 0629 823712

Sue Russell

P.S. The following is a list of the courses you should run depending on your BOF age group - remember 1992 Age Group. (e.g. John Hawkins is now M40)

Yellow	:	M10, M11, W10, W11, W13
L.Green	:	M13, M15, W15, W17
Green	:	M55 and upwards W35 and upwards
Blue	:	W19, W21, M45, M50
Brown 2	:	M17, M19, M35, M40
Brown 1	:	M21

RELAYS - BRITISH & JK

Both of these events are creeping up on us already. If you know that you will be going & would like a relay run please let me know as soon as possible. Remember, though, that once your name is on the list you will be responsible for the entry fee, even if you don't run (unless you can find a substitute). Fees are £4 for British & £5 for JK.

May all your runs be good ones.

Sue Russell

P.S. Happy Christmas - see you on 1.1.92



FIXTURES

For those not yet up on the format for Wednesday night training runs; The first and third Wednesdays are at the Wilkinson's house for 7pm and second, fourth and fifth Wednesday's are at the Buckley's house for 7pm. The only exceptions are for Club open meetings, the next one being on 2nd March at Belper Sports Centre - 7pm for a run.

Please accept my apologies for the lack of information on many of the events but I can only print what information I have. At the time of going to press I had not received the latest info from ENEWS or Compass Sport.

DATE	REGION	CLUB	TYPE	AREA	DETAILS
January					
1st	EN	DVO	Mass start Score	Allestree 348407	Organiser R.Shooter At time of going to press could not contact Organiser. I think it is a 10:45 mass start - please check with Rob: 0332 661525
12th	WN		Colour Coded	Sutton Park	COMPASS SPORT CUP DVO v DEE
19th	WN	WCH	Badge Event	Sherbrook, Cannock Chase, SX 001167	Signposted from crossroads on A34 Cannock-Stafford, 4k N of Cannock Pre-entry to Mrs. B Bradley, 73 Ascot Road, Stafford, ST16 0AQ, 0785 55733 SEF, SAE, £4.50/£2.00 3/1/92, Ltd £00. String, Yellow, Orange DOGS ALLOWED - ON LEAD!
25th	EN	DVO	Colour Coded	Calke Park 367228	Organiser D.Walker
February					
9th	EN	NOC	Colour Coded	Strawberry Hill	
15th	EN	LEE	Colour Coded	Belvoir	
16th	EN	DVO	Colour Coded	Robin Hood 349249	Organiser T.Peach
23rd	YHOA	SYO	NATIONAL I	Ewden Valley, 12km NW Sheffield SX 270960	Fees £5.50/£2.00, CD 27/1/92 Entries: Beryl & Gay Seaman, 121 Bobcroft Road, Sheffield, S7 2LT, 0742 368263, Cheques to SYO, 2 x SAEs & SEF. DOGS in car park area only (LEADS).
March					
1st	EN	NOC	Badge Event	Clumber	
2nd		DVO	Open Meeting Training Run	Belper Sports Centre	7pm Run, 8pm Meeting
8th	EN	DVO	Colour Coded	Stanton (to be confirmed)	Organiser C.McDonald
22nd			BRITISH CHAMPS		
29th	EN	LEE	Badge Event	Renscliffe	
April					



DATE	REGION	CLUB	TYPE	AREA	DETAILS
5th	WNOA		NATIONAL II		
12th	EM	DVO	Colour Coded	Chatsworth (to be confirmed)	
18th-20th			JL WEEKEND		
26th	EM	NOC	Colour Coded	Bestwood	
May					
3rd	SEOA		NATIONAL III		
3rd	EM	LEI	Colour Coded	NVO area	
17th	EM	DVO	Badge Event		
24th	SOA		NATIONAL IV		

