



**NEWS  
TRACK**

JAN 85



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### EDITORIAL

After the christmas break I just manage to get this edition of Newstrack out. Late again. Lack of time and space have meant that one article has had to be left for the next issue. So be warned in the next issue comes '20 ways to get out of orienteering and training' (as used by Robert Shooter). New in this issue is a peice on scientific tests but before you take it all on trust remember that it was an American College that laid down the guidelines.

I hope you all have an enjoyable season

Hwyl

Steve.

PS I will get a newsletter out on time once this year!  
PPS Chris, you will get your creme egg sometime!

# NEWS

As might be expected the Christmas period has meant not much news to report on. However there was a business meeting before Christmas. Event wise this meeting was also quite with the preparations for most events running smoothly. One exception was the Whitesprings event in late March. First of all it was decided to move the event to the Saturday 23rd as there were clashes on the Sunday with nearby badge events. Also new were the other officials, John Hopper as organiser and Barry Bibby as controller. Since then we have also found out that the Territorials no longer intend attending so we could have a very low attendance event.

The Interregionals was also discussed again in some detail. The date of Monday 6th May has been fixed with BOP and the team leaders of helpers was also confirmed as shown below.

Buckleys	Entries	J. Hopper	Finish
1 Whitehead	Car Park	S Kimberley	On the Day results
2 Walker	Prizes	Nicklins	Toilets
3 Thorpe	Start	T Peach	Treasurer
4 Hooton	Interregional results		

A lot more volunteers will be required on the day and no doubt if you don't volunteer you will be contacted. One additional helper is Val Johnson who has agreed to provide venue for supper for results checking and typing session.

Another championship event was also discussed, the East Midlands championships to take place at Annesley this year. We had been asked to provide a Trophy but the discussion was to which class this trophy should go to. Eventually it was decided that it would be a trophy for the M21 class, or the W21 class if another club was providing the M21 class trophy. This was decided on the basis that open classes should be the first to have trophies allocated to them

A subject which has cropped up often before came up again. That is, how can the club provide for the needs of members from all parts of the county? At present the membership 'centre of gravity' is close to Derby, and so it is not unreasonable that this is where the meetings are. However, this leaves a substantial proportion of our members 'out in the cold' - unable to become more involved in the club and to take more benefit from membership because of travelling distances. It also means that it is much more difficult to recruit new members from out of the Derby and immediate environs - thus the 'centre of gravity' is self-perpetuating, and orienteering is not being promoted in an area of substantial population. There are a number of possible solutions:

1. A separate club in the Matlock/Chesterfield area - at present there is not the strength of numbers to justify this, or to take on the work. Also, such a club would include in its catchment area most of the Derbyshire orienteering areas.

2. Some training sessions could be held in Chesterfield or Matlock instead of Allestree and Duffield - this would be to take facilities away from one area in order to provide them elsewhere. This would be unreasonable to some very loyal club members.

3. Some training sessions in the Chesterfield and Matlock areas as well as in Allestree and Duffield, together with some special events (eg night street events) in appropriate locations.

Thus a Spring Training Programme has been devised in an attempt to implement solution 3. This remains a subject for discussion at the next business meeting (in which all members are welcome to participate) but some dates for February and early March are as follows:

Feb 6th Training run, Castle Hill, Duffield.  
Feb 13th NIGHT STREET EVENT, Sherwood Leisure Centre, Matlock. Starts from 6.30.  
Feb 20th Run PLUS O-technique session, Castle Hill, Duffield.  
Feb 27th Run and BUSINESS MEETING, 253, Duffield Rd., Allestree.  
Mar 6th Training run, Castle Hill, Duffield.  
Mar 13th NIGHT STREET EVENT, venue - any suggestions????

In the meantime, the club needs to know exactly what it is that we do want to provide for ourselves as club members. The editor therefore requests answers to the following questions:

1. Do you want training runs (once a week) to be held in the north of the county?
2. Would you prefer to have just the occasional run in the north of the county, to be held with runners from the Derby area?
3. Would you like to see training venues other than members' houses?
4. Would you attend training evenings practising specific orienteering techniques?

Replies to the editor as soon as possible, please.

Lastly you may have found with this newsletter or EMEWS some raffle tickets. Don't worry, they are for you to sell. Could you please return all stubs and money to Ian Whitehead by the 24th March.

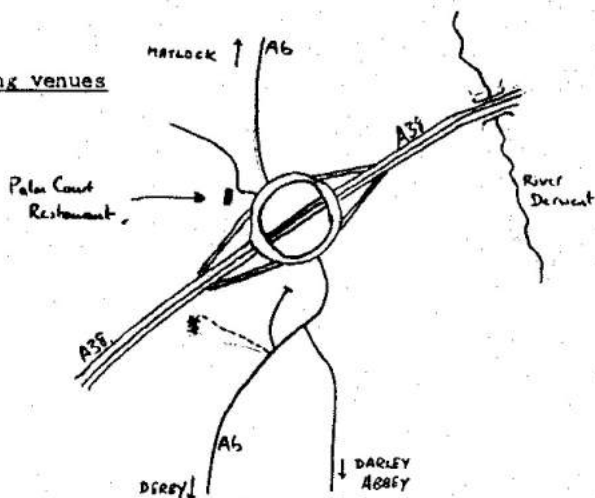
## SOCIAL

The DVO dinner was held for the first time at the Buckleys new house in Allestree. With the expectation of a high standard of food competition was again stiff for the best position to get out of the dining room quickly. Rob Shooter must have felt his luck was in after getting a seat only two away from the door. Unfortunately for him it seemed to be the far table of the Whiteheads, the Wilkinsons, Judy Buckley, Mike Gardner, Peter Berwick and Steve Kimberley, who seemed to get the drop most of the evening. This proves that its not necessarily where you sit but who you sit with that matters. Suspense was provided throughout the dinner by Rob Shooter (that man again!) with people trying to guess what novelty he would come up with this year. Unusually this year it was his poppy which rose 1½ feet from his buttonhole into the air on a wire. Dave Nevell came a creditable second by having a revolving bow tie. After the excellent food served by the nearly as excellent juniors from DVO, came the games. These ranged from the newspaper tearing game devised by Dave Nevell to games where you had to guess the advert. All in all a very enjoyable evening and my thanks go to all involved in its organisation.

The DVO pub crawl though without the numbers of the past still managed to be one of the best. Starting at the railway station much to the amusement of the waitresses there we set off towards the Darley Abbey. On the way we tried a line event which had been set up by John Hurley. The first person to a control won one point. As ever Mike Gardner won. All at the Abbey were treated to the sight of myself and Ian Whitehead sat at a table unable to drink their last pint. (We had had more than anyone else.)

Finally an event which is to be organised is a DVO visit to the pantomime at Nottingham. To be held at the end of February I would like all names and preferred date before the end of January. If enough people are interested I might try to arrange transport.

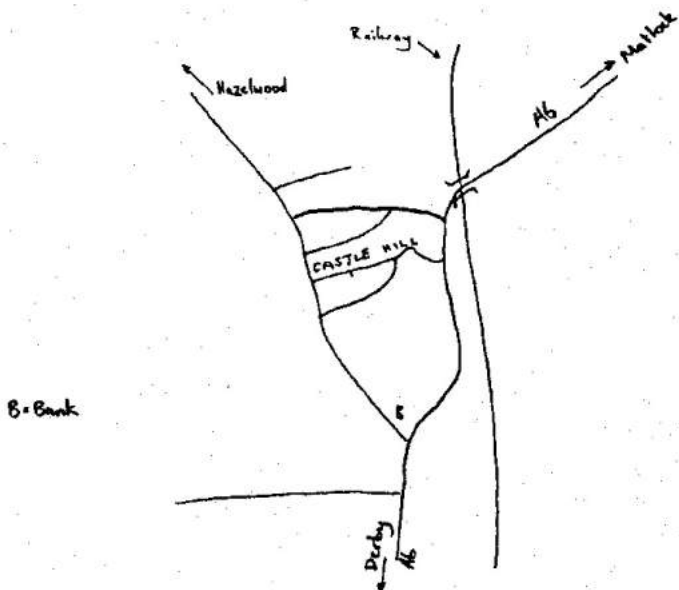
Evening Training venues



The Buckleys 253 Duffield Road Allestree.

From Matlock - Follow A6 till you come to the Allestree bypass at the Palm Court Restaurant. Continue on A6 about 300 yds past roundabout there is a cul de sac on the right. Park in cul de sac. House is down the drive just to the left of the start of the cul de sac.

From A38 north - turn off A38 at first slip road after the River Derwent. Follow directions as above from Palm Court restaurant roundabout.



The Wilkinsons 20 Castle Hill Duffield.

From A6 North. - From Milford into Duffield. Over railway bridge and Castle Hill second turning on the right. Park near top of hill.

From A6 south. - Through Duffield past Derbyshire Building society over the Zebra crossing, turn left just before the Midland bank. Go up the hill past parked cars. Castle Hill is second on right.

# RELAYS

Following last year's expose of DVO's relay strengths I thought a different look at them might be useful. Next year we have the British Relays on our doorstep in Clipstone, but the JK is in the North East not so accessible. Form is very difficult to predict but I have tried to look at all of last years results to come up with the following views.

Having lost Eddie Harwood we now have DAVE NEVELL as the only certainty in our open team, assuming our M35 team is as last year. Dave has the habit of producing storming first legs and is an excellent relay runner so commands his place easily.

From now on things get a little more difficult to select. My own personal view is that TIM DALLAS is really our best second string relay runner if he runs first leg. He ran storming runs in both the JK and White Rose first leg and given the flat fast nature of Clipstone Tim could well be up there with the best of them. This obviously leaves us with a problem as both Tim and Dave prefer first leg running. My suggestion is Tim first and Dave second as Dave is the better navigator and could well put us in the first few going into the third leg. Tim's one problem is inconsistency but he normally seems to peak well for the big events.

Leading the pack for third spot is MIKE GARDNER who had only one good relay run, the British, last year, but who's consistency kept him ahead of the rest of the pack. Whether he will keep this form up with other distractions is the question.

Next in line would seem to be STEVE KAMBERLEY who has improved a lot in the last year, so that he is consistently pushing the top ones to go better (see Badby results). His storming White Rose run should see him in contention. Unfortunately his habit of distributing Jaffa cakes to team mates seems to have slipped recently. This could well count against him.

The four above are probably the favourites to make up our JK relay team but they are pushed strongly by the others who follow. Remember the British Relays are local and on Clipstone.

JOHN HURLEY - John's running ability should boost his claims for a place at Clipstone, but his overall orienteering seems to have had a resurgence already this year. Continuation of these results could well put him in contention for the top team. Has the advantage of great height making it easy to spot him at changeovers.

ANDY THOMSON - Andy and the White Rose relay love each other. How he can continue to produce 20 min/K's there after good individual runs is beyond this correspondants imagination, otherwise he could well be in with a chance. His consistency otherwise is good and could easily be one of the fastest legs from a second team place.

PAUL ARMSTRONG/JOHN HOPPER/ANDY SHEPHERD - As the British is local and on a runners area our top runners must be considered. Paul is not as fast as he was but he can still run most of us into the ground. John continues to be one of the fastest of the Wednesday night trainers but still can't seem to get it right in the forest, while Andy is a relative newcomer he is now our fastest runner. If he continues to improve he could soon be up there challenging the more established members.

Remember Andy can go twice round the forest at his speed to everyone else's once.

ANDY CLAYTON/IAN WHITEHEAD/ROB SHOOTER - Andy keeps disappearing off abroad so his navigation must be improving but his speed in the forest still seems a little inconsistent. Could still be the dark horse though. Ian is currently injured but still is one of the best navigators in the club. Due to poor planning he won't be at the JK, but could be in with a shout if his fitness returns for the British. Rob seems to have got relays sussed. You make up a team and then don't turn up. You then can't be accused of letting the team down. Clever one Rob but a good days traing could get him into a higher team.

ALEX PRYOR/DAVE BRODIE/GRAHAM JOHNSON - Alex has the charming habit of not being one of the central members of the club but producing great results when they count, in the British Individual for instance. Could well get in a high team if he's available for selection. Dave continues to be consistent without being spectacular and is a good bet for a place in a team - exactly which team will depend on how much weight being club chairman carries. Graham is battling hard to get in but is still a shade too inconsistent to be a certainty.

There are many others who could claim a place, especially for the British Relays. Lets see how many we can get out to these.

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## G F G E T E P

Many people in the club have probably heard of the various scientific tests which can be made to test ones athletic potential. Very few people however have access to the complicated and expensive equipment necessary to do these tests accurately. Recently though I've come across material which should enable anyone to make an estimation of some of these tests.

First of all a warning though, all the following is based on scientific formula but it should be emphasised that they are only estimations and should not form the basis of any hope, worry, or training program. Foremost these tests are intended as a bit of interesting fun.

The first of these tests is to get a value for maximum oxygen uptake ( $VO_{2max}$ ). This is the amount of oxygen an athlete is able to deliver and absorb by the body tissues when working your hardest. Basically the higher your  $VO_{2max}$  value then the faster you could run for any given breathing effort (if of course your legs are also up to it). Top marathoners have a  $VO_{2max}$  value somewhere just above 70. An estimation of this value can be made from a short fast test like a 1.5 mile run. This distance is sufficient to predict maximum aerobic capacity because about 95% of the energy to perform this test will be derived from aerobic sources. If the distance is too short then too much energy could be derived from anaerobic sources. The formula used to calculate  $VO_{2max}$  is shown below.

$$VO_{2max} \text{ (ml/kg.min)} = \text{Speed (m/min)} \times 0.2 \frac{\text{ml/kg.min}}{\text{m/min}} + 3.5 \text{ ml/kg.min}$$

0.2 is the energy requirement for running one metre per min.

3.5 is the resting energy requirement.

This procedure can be simplified by using the table below.

Time 1.5 miles (min. sec)	Mile Pace (min. sec)	VO <sub>2</sub> (ml/kg.min)	Distance in 60 mins (miles/hour)
15.00	10.00	35.7	6.00
14.45	9.50	36.3	6.10
14.30	9.40	36.7	6.20
14.15	9.30	37.3	6.32
14.00	9.20	37.9	6.43
13.45	9.10	38.5	6.54
13.30	9.00	39.1	6.67
13.15	8.50	39.7	6.80
13.00	8.40	40.7	6.92
12.45	8.30	41.3	7.06
12.30	8.20	42.1	7.20
12.15	8.10	43.3	7.34
12.00	8.00	43.7	7.50
11.45	7.50	44.5	7.66
11.30	7.40	45.5	7.82
11.15	7.30	46.5	8.00
11.00	7.20	47.5	8.19
10.45	7.10	48.5	8.37
10.30	7.00	49.5	8.57
10.15	6.50	50.5	8.78
10.00	6.40	51.7	9.00
9.45	6.30	52.0	9.23
9.30	6.20	54.3	9.48
9.15	6.10	55.7	9.72
9.00	6.00	57.1	10.00
8.45	5.50	58.7	10.29
8.30	5.40	60.3	10.58
8.15	5.30	62.1	10.91
8.00	5.20	63.9	11.26
7.45	5.10	65.9	11.61
7.30	5.00	67.9	12.00

You can also ~~XXX~~ calculate from this table your anaerobic threshold.

In an endurance event that lasts over 20 minutes an athlete cannot maintain 100% of the maximum oxygen uptake. The percentage that can be maintained for long periods is sometimes referred to as the anaerobic threshold.

To take the test try to run as far as possible for 60 minutes. The table shown indicates the oxygen cost (VO<sub>2</sub>) of the running relative to the distance covered. The anaerobic threshold is calculated from the formula:

$$A.T. = \frac{\text{Oxygen Cost for 60 minutes}}{\text{Maximum Oxygen Uptake}} \times 100$$

To calculate my test figures I did the following;

My best time for 1.5 miles is about 8.30 which gives a maximum oxygen uptake of 60.3. My best mileage for 60 minutes is about 9.00 which would give a maximum oxygen uptake of 51.7 therefore my A.T. would be  $\frac{51.7}{60.3} \times 100 = 86\%$  which just goes to show how inaccurate these methods

are! The figure I just worked out should be for an elite marathoner. All formula come from the American College of Sports Medicine addendum to 'Guidelines for graded Exercise Testing and exercise prescription.



# GALLOPEN

Listed below are the final DVO positions in the East Midlands gallopen for 1984.

Name	Age	1	2	3	4	Name	Age	1	2	3	4	
R Wilkinson	M40	798	858	779	727	791	B Gibbs	M45	430	427	436	0 323
S Buckley	M35	688	808	740	836	768	T Thornley	M35	601	587	0	0 297
J Seaston	M13	659	582	695	904	710	A Kempson	W17	614	552	0	0 291
B Bibby	M45	760	733	680	656	387	K Drew	M11	543	615	0	0 289
J Buckley	W35	804	657	658	656	694	P Seaston	M13	487	485	0	0 243
M Gardner	M21	624	728	684	713	687	M Toplis	M21	489	422	0	0 228
Z Wilkinson	W11	693	569	731	729	680	T Wilkinson	W10	419	461	0	0 220
D Dickinson	M15	714	617	668	716	679	S Davis	M35	425	445	0	0 217
J Hurley	M21	628	718	655	674	669	T Tennant	W50	785	0	0	0 196
E Robson	W15	763	550	657	542	630	E Harwood	M21	710	0	0	0 177
T Dallas	M17	709	726	574	472	620	R Clayton	W21	632	0	0	0 158
I Robson	W13	625	603	632	616	619	R Sharp	M17	588	0	0	0 147
S Kimberley	M21	633	600	644	591	617	A Thomson	M21	583	0	0	0 146
A Buckley	M10	591	564	563	719	609	N Forrest	M40	575	0	0	0 144
I Whitehead	M21	606	664	609	555	608	D Waller ??	M40	558	0	0	0 139
D Walker	M40	601	591	617	599	602	W Woodward	M50	532	0	0	0 133
J Cunniffe	M17	593	544	538	639	578	G Walker	M10	529	0	0	0 132
D Brodie	M21	578	537	608	514	559	T Horsewill	M21	511	0	0	0 128
J Thornley	W35	597	542	486	593	554	P Berwick	M17	496	0	0	0 124
D Nevell	M21	576	691	475	442	546	K Radford	M13	463	0	0	0 116
K Cunniffe	M21	536	538	561	544	545	G Collett	M21	459	0	0	0 115
G Johnson	M21	544	581	546	473	536	M Gibbs	W17	456	0	0	0 114
K Buckley	W10	463	648	474	542	532	C Armitage	M21	458	0	0	0 114
R Shooter	M21	475	568	557	501	525	P Seaston	M15	457	0	0	0 114
S Farnworth	M17	482	554	516	476	507	C Winter	M13	456	0	0	0 114
G Collett	M21	514	568	478	447	502	K Whitehead	W21	452	0	0	0 113
B Bibby	W40	520	448	482	549	500	M Jubb	M13	446	0	0	0 111
A Pryor	M21	503	471	488	539	500	V Johnson	W21	443	0	0	0 111
A Berwick	M45	552	443	483	505	496	T Drew	W13	421	0	0	0 105
T Richardson	M40	517	481	464	515	494	P Hawkins	W10	421	0	0	0 105
J Hopper	M21	579	430	430	490	482	W Pritchard	M40	419	0	0	0 105
A Thomson	M21	634	656	548	0	459	M Drew	M35	414	0	0	0 103
D Wilkinson	W35	600	569	655	0	456	A Boyes	M21	414	0	0	0 103
A Shaw	M35	428	489	419	459	449	L Nicklin	W19	404	0	0	0 101
A Hawkins	M35	552	500	552	0	401	S Thomson	W21	400	0	0	0 100
P Armstrong	M21	550	448	574	0	393	C Peach	W35	398	0	0	0 99

That is the final list off the computer but I have noticed a few errors. For example Andy Thomson appears twice and if these were combined then his final aveage from his best four events would be 605. Others who might benfit if errors were corrected might be Dave Walker and Paul Seaston. I hope that these errors don't detract from your enjoyment of last years gallopen and that you have a better score next year.

On the subject of things East Midlands could you please note that badges for the colour coded courses should be obtained from Dave Walker and not the secretary Ian Whitehead.

# PAST EVENTS

Badby. Nene Valley Orienteers Club event.

As mentioned in the last newsletter this was a particularly enjoyable event for DVO members. We had winners on the orange, red, blue and the first four on the brown course.

The only thing that marred the event for me was the map, I kept having to remind myself that green on the map could mean that it was really quite runnable.

Looking through the results several performances stand out. Roger Wilkinson first place on the blue (not too unexpected) by the handsome margin of 7½ minutes. Doug Dickinson managed to better this on the red course where he won by 13 minutes. John Seaston won his course by 6½ minutes, not quite as good. On the yellow course Kim Buckley whilst not winning did well against much older competition by coming third. Lastly we have Dave Nevell coming third on the Brown but you have to take into consideration an injury halfway round the course which laid him out on the floor. I don't think he did it just to let me beat him for a change.

Well done to all.

Full results below. Starred times achieved certificate standard.

## White Course

T Wilkinson 22.03 \*

## Yellow Course

3 K Buckley 33.33 \*  
5 A Robson 40.24 \*  
11 S Richardson 52.57 \*

## Orange Course

1 J Seaston 28.34 \*  
2 Z Wilkinson 35.08 \*  
3 I Robson 39.41 \*  
6 M Jubb 42.15 \*  
13 A Buckley 58.13 \*

## Red Course

1 D Dickinson 34.47 \*  
2 A Kempson 47.44 \*  
40 R Nowak 95.17 \*

## Green Course

4 J Buckley 50.25 \*  
6 D Wilkinson 52.47 \*  
9 E Robson 64.18 \*

## Blue Course

1 R Wilkinson 46.51 \*  
3 R Clayton 55.02 \*  
4 B J Bibby 57.12 \*  
6 S Farnworth 60.58 \*  
8 D J Walker 61.24 \*  
35 T Richardson 81.35 \*

## Brown Course

1 M Gardner 50.45 \*  
2 S Kimberley 52.27 \*  
3 D Nevell 53.27 \*  
4 J Hurley 53.51 \*  
10 D Brodie 61.28 \*  
11 S Buckley 61.36 \*  
19 A Clayton 66.42 \*

# FUTURE EVENTS

Slowly but surely the events are getting more frequent but we start off with two DVO events.

January 27th DVO Open event Allestree Park.  
Malcolm Bridges 22 Clifton Drive Mickleover. (D.517659)

Another chance to run in Derby's most popular area. Amixture of open golf course and runnable forest with just a bit of fight thrown in to make it interesting. Courses should be ideal for novices.

February 3rd DVO Open event Lea Woods.  
Dave Walker 6 Malin Close, Alvaston Derby. (D.74003)

One of DVO's least known areas last used for the club championships : two years ago. However most people have seen the map at least as a copy of it is included in the DVO Handbook. A small but intricate area on a fairly steep hillside.

February 10th NOC Open event Stapleford Woods.  
G Allen, 20 Weston Close. Sutton in Ashfield (0623 515551)

A very flat and fast area but with little runnable forest. The grid pattern of rides and paths make it a runners area. Be prepared for very fast times. Could be used for our compasssport cup tie with Norwich.

February 17th LEI Badge event Coleorton.  
J Sutton, 10 Barnstaple Close, Wigston Leics.(0553 985974)

An area that I know nothing about. However I seem to remember some doubt as to whether or not it would be on on the scheduled date. Best to check well in advance. ~~in 1/20~~ SUBSTITUTE EVENT: ASTON FMS, LEICS.

February 24th DVO Open event Rough Pitty Side.  
Andy Thomson, 27 Tavistock Avenue, Ripley Derbys. (0773 477817)

A comparatively recent DVO area which has only been used once before. As the name implies it is a steep valley but not quite as rough as Whitesprings. Also benefits from the small area of open moorland added onto one side.

A big gap now to.....

March 23rd DVO Open event Whitesprings.  
John Hopper 43 Parkway Chellaston Derby. (0332 )

Please note the new date, a saturday, and the new organiser. Unfortunately we couldn't arrange a new area. Despite all psat remarks Whitesprings do have something to offer. Generally it can be described as a steep sided valley with a small area of comparatively flat thick coniferous forest at the head of the valley.

March 24th Chasers Trophy Badge event. Dimmings Dale Cheadle.  
D. Smith, 28 Palmouth Avenue, Weeping Cross, Stafford.  
(0785 660314) Closing Date 26.02.85.

Again not an area I know anything about, but the OS map shows a steep sided valley with an intricate forest shape. I would expect this to be both a physically and technically demanding area. But then I have been wrong before.

MARCH 31st City of Sheffield & Griffin Trophy event. Cawthorne.  
E Pyrah, 1 The Fairway, Lodge Moor, Sheffield.  
(0742 302451) Closing Date 09.03.85 + EOD.

An interesting area about one half walk forest with an varied ride system whilst the other half is fast and runnable but with a few very detailed areas.

March 31st LEL Open event. Grace Di u.  
D Bramley, 21 Pitsford Drive. Old Ashby Road Loughborough.  
(0509 36217)

If you dont quite feel up to a badge event you could always try this event. Still this is not the easiest of areas. It is complicated with many crags. However there are also a lot of paths which may be of help to novices.

One event missing from the above is.....

March 3rd BRITISH CHAMPIONSHIPS Wyre Forest.  
Closing Date January 15th.

The climax of the year though this year unusually early. No details have been given about the exact area, just that it is in the Wyre forest. Personally I have orienteered once in the Wyre forest region at a wood called Longdon Wood. This was a very varied area. Vegetation was very runnable in the north and south but there was a considerable amount of fight and young trees in the middle. The whole area was covered by an extensive path system which was completely irregular. In the south there was also a number of streams in steep valleys with platforms along the sides. Whilst this may not be the area being used I'm sure that the British area will be just as interesting.

\*\*\*\*\*  
STOP PRESS.....  
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JK relays - those wishing to take part please give names AND ENTRY FEES to Mike Gardner as soon as possible.

DATE OF NEXT BUSINESS MEETING - Weds 30th Jan - 253, Duffield Road, Allestree.  
There will be a run first as usual which will start at 7.00pm.