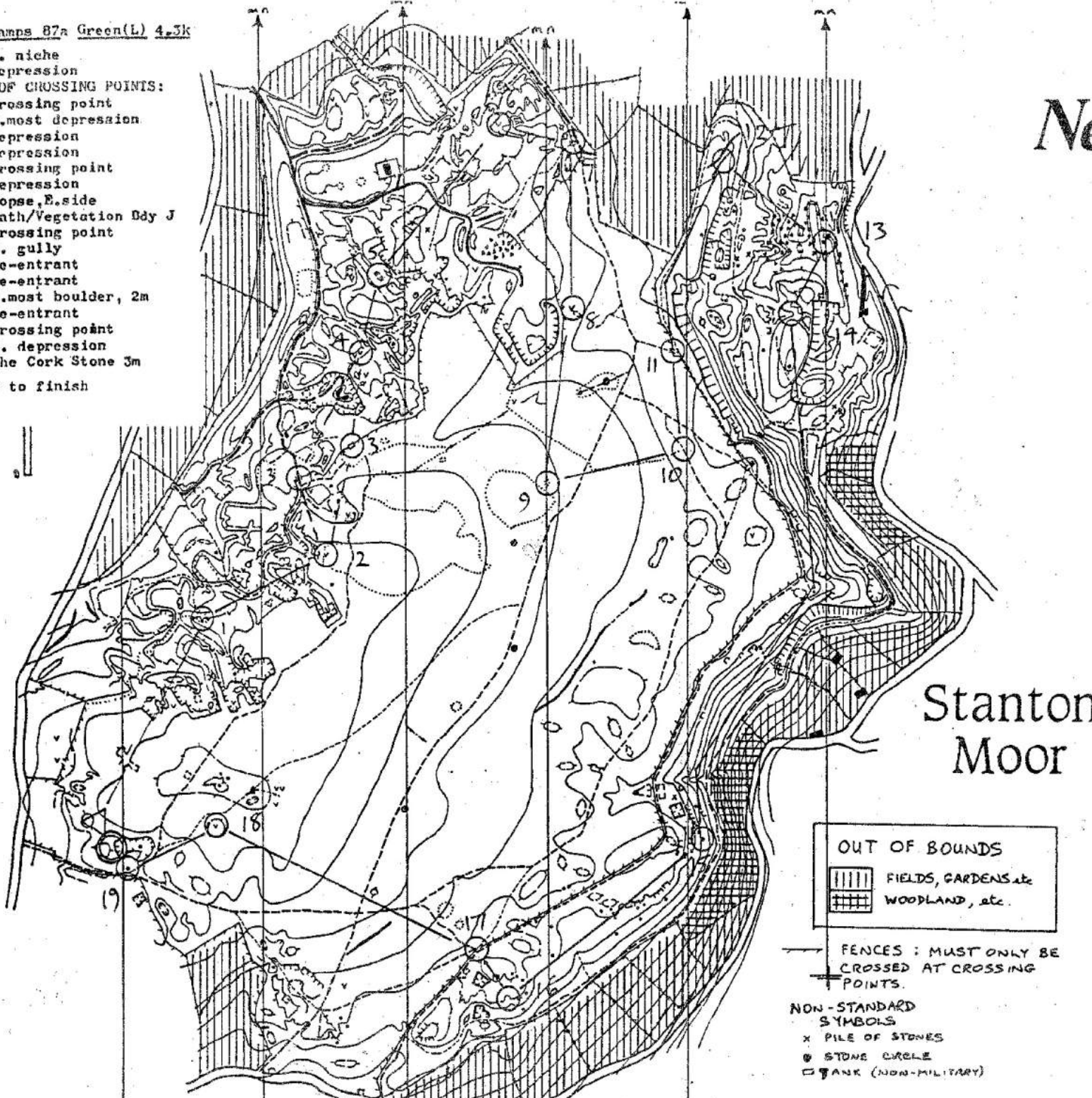


Club Champs 87a Green(L) 4-5k

1. Z1 W. niche
  2. A2 Depression
- CHOICE OF CROSSING POINTS:
3. Z8 Crossing point
  4. Z2 E. most depression
  5. Z3 Depression
  6. V3 Depression
  7. V2 Crossing point
  8. B4 Depression
  9. Y4 Copse, E. side
  10. Y5 Path/Vegetation Bdy J
  11. B6 Crossing point
  12. D9 E. gully
  13. C9 Re-entrant
  14. R8 Re-entrant
  15. Z5 S. most boulder, 2m
  16. C7 Re-entrant
  17. C8 Crossing point
  18. C1 E. depression
  19. B8 The Cork Stone 3m

Navigate to finish



# Newstrack

Juli '87

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## DVO OFFICIALS

\*\*\*\*\*

Chairman: Steve Buckley; 253 Duffield Rd.; Allestree (D.552668)  
Secretary: Terry Peach; 2 Hamilton Close; Mickleover (D.511722)  
Treasurer: Steve Kalaher; 27 Renals Street; Derby (D.368585)  
Minutes Secretary: Andy Thomson, 27 Tavistock Ave.Ripley (R.47781)  
Newsletter: Jo Thornley; 40 Jackson Road; Matlock (M.55589)  
Editorial Team: Lynette Gilligan, Tony Thornley, Ann Armistead

## EDITORIAL

\*\*\*\*\*

The welcome to new members is rather long this time, because I forgot to include it in the last issue. It is good to see so many people joining. I have also noticed several members taking up full membership, having been local members for a year. This is excellent as local membership is designed to be a taster year for those who are new to the sport. If you do only intend to orienteer locally and intermittently then by all means carry on as local members, but if you wish to spread your wings, full membership brings the EMEWS (regional newsletter), the opportunity of a reduced subscription to CompassSport, voting rights and of course right of entry to the British Champs and National Events.

## WELCOME TO NEW MEMBERS

\*\*\*\*\*

Mr N D and Mrs S R Wilmot, 244 Rolleston Road, Burton on Trent, Staffordshire. DE13 0AY 0283 65992

Mr F R and Mrs C A Bleakman, 5 Lawn Avenue, Etwall, Derbyshire 028373 3363

Bryan Davison, Clifton Cottage, Clifton, Ashbourne, DE6 GL, Ashbourne 43915

Sally Ann Croft, A13/99 Harvey Court, Queens Medical Centre, Nottingham NG7

Pauline and Martin Fretwell, 67 Broom Avenue, Alfreton, Derbys. DE5 7FW Alfreton 833715

David Canavan, Trees, Old Hackney Lane, Derbyshire 0629 2401

Mary Armitage, Crag Foot, Off the Green, Curbar, Derbyshire S30 1YH

Dr and Mrs J P Wright and family, 4 Ripley Road, Riversdale, Ambergate, Derbyshire. Ambergate 6387

David Clough, The Croft, Park Street, Alfreton, Derbys Alf 833059

Jennifer, Simon, Derek and Claire Gale, 1 Bent Cottages, Bent Lane,  
Church Broughton, Derbyshire. Sudbury 244

John, Jacqueline, Phillip, and Dawn Perry, 10 Pelham Street Ilkeston,  
Derbys DE7 8AR ILK 302344

David Wheatley, 6 Sunnyside, Whitwell, Worksop, Notts 0909 720807

#### N.B. LOCAL MEMBERS

You will notice, maybe, a number after your name on your address label. This tells me the month and year in which you joined; e.g. 587 means you joined in May 1987. A year or 6 issues later I am liable to delete your name from the address label file. Please can you be responsible for renewing your membership, I will not send individual reminders. The fee is £1.50, send your name, address and telephone number with cheques payable to DVO to Terry Peach, Hon. Sec., 2 Hamilton Close, Mickleover, Derby.

#### STREET EVENT AND BARBECUE

\*\*\*\*\*

On Friday July 17th there will be a street event and barbecue at Kath and Ian Whitehead's, 11 Bowler Drive, Kilburn GR382455. The barbecue will be from 7.0 p.m. onwards. Salads, puddings, charcoal will be provided, but bring your own meat and drink. If you have a barbecue set please bring it along. The cost of the barbecue is £1 a head.

Details of Score Event:

Map 1:10 000 black and white

Area Kilburn, Horsley and Denby Bottles

Terrain roads and public footpaths

Entry fee 20p

Prizes Please bring a small wrapped prize to go into a communal prize bin

Please let Kath and Ian know by 10th July if you intend to compete and send the money for the barbecue by this date also. Cheques payable to Kath.

#### FIXTURES ADMIN

\*\*\*\*\*

It is very helpful to the fixtures working party if approximate map counts are available. It stops us from scheduling an event when there are only 50 maps left. We shall try to keep a record of map counts together with the map stock at the Buckley's. Could organisers please maintain this record when removing or returning maps.

Files for each area are also kept at the Buckley's. A number of files have not been returned recently - Allestree, Darley Park, Drum Hill, Lea Woods, Sydnoppe and Whitesprings. Please check if you have these files.

This year the world championships are to take place in Les Vosges near Gerardmer - La Bresse close to the French / German / Swiss border and within a days drive of the channel ports.

I have an entry form for the WORLD CHAMPS rundown National EVENT and will enter any DVO members who would like a run on the world champs area at this event on Sunday September 6th after the Championships earlier in the week. (There's even time to get back to school for the start of term on Tuesday!)

Send details of names and classes together with 24 Fr (Senior) or 16 Fr. (Junior) before the end of July. £2.40 or £1.60 should cover costs.

Steve Buckley

\*\*\*\*\*

COMPETITION  
\*\*\*\*\*

There is an Orienteering club called Octavian Droobers. The competition is to say what you think this means. The correct and most ridiculous solutions will be published in the next edition. The inventor of this competition suggested a first prize of a week at Skegness and a second prize of two weeks at Skegness (to be taken at the winners' expense) If you don't fancy this competition try the next one.

\*\*\*\*\* DESIGN A NEW CLUB O-SUIT \*\*\*\*\*

A few years ago we ordered a club O-suit for the first time. The first proud owners were soon seen dressed in tatters as the stitching and material of the side stripes proved inadequate. This order was replaced by the supplier with a more robust version which have now done service for several years.

The past year or so has seen other clubs becoming ever more bold in their designs and colours of suits so that DVO seems positively dowdy and barely distinguishable from many other clubs.

SO, how about a new style suit! Now's your chance to make an impact on the o-scene by designing a new DVO suit.

Keep to the basic club colour of dark blue but with the addition of contrasting trim etc in the club badge colours of red, white and green, or use the existing gold/yellow trim, or create something entirely new.

Use the outline to colour your final design and let me have your results before the AGM in September so that a display can be made and a decision made after the AGM.

Steve Buckley

\*\*\*\*\* CLUB EQUIPMENT \*\*\*\*\*

Now that there is a lull in the club's activities before the new season can you please tidy out the garage / car / spare room / loft / shed under the stairs / under the bed / the cupboard and RETURN ALL THE EQUIPMENT that lurks there from this years events. Dont forget event files, maps and control cards as well.

If possible the treasurer will then effect an accurate stock check before the AGM in order to prepare estimates for the coming year.

Everything back to 253 Duffield Road by the July 8th meeting please.

ODE TO AN ORIENTEER - IN DEPRESSION  
\*\*\*\*\*

Monday morning - Horrible

have to go to work or school  
must be there by 9 o'clock  
what a silly rule

Tuesday morning - Just as bad,

how can it be I say  
Here goes, O well never mind  
Just got to last the day

Wednesday morning - even worse

got a depressing brown envelope  
with any luck it's just a bill  
No that's too much to hope.

Thursday morning - looking Glum

It's not gone well this week  
Can't remember the last time  
I had a good night's sleep

Friday morning - survived the week

Just last one day, then another  
Shall I go out on the town tonight  
No I don't think I'll bother

Saturday morning - no, NO!

Why do I wake so soon  
I'm sure I'd feel much better

If I slept til after noon

Sunday morning - we Orienteer

O I'm hapy, O I'm glad  
but I'm sure it's comming bottom  
that makes the week so bad!

Arthur Moe

A VOLUNTEER LAMENTS

One of the penalties of living where we do is becoming caught up, unwittingly, in one's neighbour's obsessions. A gentle introduction to a permanent course at Whinlatter was followed up six months later

by our first ever colour-coded event at Shining Cliff two years ago - a field filled with cars and hundreds of people rushing around in their nylon suits, dripping blood, sweat and tears! What had we come to!

Hundreds of miles later, over fifty different 'O' maps from all over the country even the washing machine understands the Sunday afternoon ritual of 4 pairs of muddy trousers, socks and gaiters, sodden trainers and 'O'shoes are an almost permanent feature of our kitchen. Yes, we are now equally dedicated to this sport which leaves other neighbours aghast and bewildered.

As with our involvement in the Scout Group we have found that giving enhances the pleasure of taking. In the early days a trot round an orange course and then home for Sunday lunch was sufficient. Not now at DVO events. It was only after we'd helped at Gremford Moor last year that we realised just how much has to be done on the actual day - carparking and registration is only a small part of it. What we found was friendship and a feeling of belonging. Taking in controls afterwards was excellent training in compass work, though I seem to think that mum acted merely as porter!

After organising his first event Mike came to realise just how much work goes into each event - not only the finding of willing helpers to man both Start and Finish from 10.30 - 2.30, but also people to register, car park, toilet attendants, refuse collectors, mathematicians, someone to put up and take down signs, people to check control cards, to type and copy results which then have to be inserted into envelopes, sealed and stamped. HELP!!

And what of DVO's latest event at Shining Cliff? Predictably we were roped in to help and by 8.30 am were on our way. While helping to set up - signposts, results strings, loc-tents, registration cars we were amazed at those orienteers turning up as early as 9.30 expecting to be able to register immediately for an early start even though registration time is from 10.00. The busiest time for registration seems to be 10.15-10.45 after which the rush eases leaving plenty of time for a later run. As always I was amazed at all the unknown DVO members - come and help at an event and you won't be an unknown face.

The climax of the day, of course, is always the run - good ones for all the family on this occasion. Once the cars start to leave it's back to the real work again - dismantling all that was set up only a few hours before. The old adage comes to mind: "Many Hands make light work."

It takes a long time if only a few people bother to stay to help, but by 4.00 pm the only evidence of our presence was some trampled bluebells and a flattened field. While tea cooked control cards were spread out on the front room floor and the task of checking began. Later we were joined by both Organiser and Controller so that by 7.30 pm the task was complete - bar the typing which was farmed out in four directions, even the Planner had her share.

"But I couldn't do any of those jobs," I hear you say. Nonsense, give it a chance. Our sons (12 and 9) help rather more than they hinder, so children are no excuse. What do you get out of it? Camaraderie and a FREE RUN - even if it does happen to be a pre-marked map for the wrong course! Don't be shy, don't wait to be asked, contact the organiser and offer your services at the next DVO event. Other clubs' events are doubly enjoyable now because you have no job to do and you have no pang of conscience about failing to offer your services to the organiser. You are free to enjoy your run and to take mental

notes on how you could have organised this event so much more efficiently!!

Liz Godfree

## EVENT REPORTS

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### THIEVES AND NORMANSHILL WOODS 21.6.87

NOC again put on a local event for those who did not attend the more prestigious National Competition elsewhere. This seems to be quite a successful policy, as I had to wait a full hour from registering to starting. The wait proved worthwhile (I was considering driving North for my 1.23 start time) nice, easy wood, plenty of paths (even more stumps) and brambles at a minimum. The blue course made good use of the area with no 2nd master maps but how they fit a 9km Brown course in such an area without boring the competitors I've no idea. When the results arrive it will be interesting to see how many people were prepared to put up with the tedium. Nevertheless a pleasant morning in agreeable surroundings. Other EMOA clubs might follow NOC's lead in providing for those who, for any reason, do not attend a big event a long way from home.

Rob Atkin

### CLUB CHAMPIONSHIPS

Thanks to Roger for organising a very enjoyable event on a super new area. Well done for organising a beautiful evening for it too. I am told the courses were excellent but having given up in frustration at my seventh control I don't feel able to comment on that!! The use of the village hall at Birchover for the apres O was an excellent idea as we have certainly outgrown even the largest house for a 'do' of this sort. Thanks to Winifred Woodward for organising this very important part of the evening.

Congratulations to the new Club Champion, Maureen Walker.

Lynette Gilligan

## SUMMER PROGRAMME 1987

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Fri July 12 DVO inter-club event. Calke. Rob Newton

Fri July 17 Kilburn path & street event and Barbecue

Ian Whitehead

Event details will be publicised at training evenings and events. If further information is required contact John Hurley on Derby 553561.

During the summer training evenings will be at these venues on the

following nights all at 7.0pm

July 22 at the Buckley's Tel Derby 552664  
July 29 at the Whitehead's Tel Derby 780177  
Aug 5 at the Peach's Tel Derby 552664  
Aug 12 at the Buckley's or Mike Gardner Derby 552117  
Aug 19th at the Johnson's Belper 472117  
Aug 26 Moorways Sports Centre, Moor lane from 6.30  
Sept 2 at the Wilkinson's Derby 840712

### FIXTURES

\*\*\*\*\*

July 3rd Winster Wakes Fun event, by popular demand. Starts 6.30 to 7.30. Includes virgin terrain. String to 5k courses. Offers of help please to Frank Mason Winster 738. Ring soon to avoid being left out.

July 11th THE WHITE PEAK WALK. A 26 mile walk around the beautiful hills and dales of the White Peak. Mrs S. Johnston, Lea Hurst, Monyash, Bakewell DE4 1JH

July 17th/18th Welsh O-Ringen Betws-y-Coed  
Organiser N. Campbell 19, Horrocks Rd, Upton, Chester

July 18th Inter-Club Long Distance Relay - Dark Peak.  
See details on page .

2/8 August Scottish 6 Day

29/31 August White Rose Weekend

(NB this is the flat season for orienteering - hence the short list of fixtures)

September 6 MATLOCK FOREST COLOUR-CODED EVENT. Offers of help soon please to Mike Gardner

#### \*\*\*\*\* LOST PROPERTY \*\*\*\*\*

I have a bag of maps left over from this years major events i.e. the JK, British Champs, British Relays and Shropshire. If you have not yet found your map then please contact me.

Also one dark green gacoule from the JK relays.

Steve Buckley

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Q To Frank Shorter I've heard that downhill running is a good way to develop speed. What would you recommend as workouts I can do on hills? Also what kind of hills should I train on? Should I do my hill training on a speed day or an easy day? (Kevin Bannon, Athens, GA)

A Shorter: Many sprinters use downhill running to improve their speed but the hill grade is very slight. Theoretically, distance runners could also use this kind of sprint training to get used to a faster leg rate. However, the trade-offs in terms of both injury and efficient use of time are substantial.

Running downhill is hard on your body. The more you do it the more susceptible to injury you become. Your lower back is especially vulnerable. Also, since real speed is only an asset in the sprint, and one can stay in an anaerobic state for no more than about three minutes, I think it is more prudent for a distance runner to concentrate on endurance. This means running repeats up a slight grade rather than down.

I feel the biggest return comes from running hill repeats of 300 to 800 meters at 80 to 90 per cent of your maximum effort. Finish the workout by jogging back down the hill. Because of the loss of leg speed there's a point of diminishing return at a ten per cent grade in the hill. Since the effort can approach one's maximum I definitely consider hill training a workout for a speed day.

### Stomach this

Do you remember doing sit-ups in gym class? Your teacher instructed you to lock your hands behind your head and bounce up and down until your stomach felt like a pretzel and your face was blue. If you couldn't do a hundred of them, you had to run around the gym for punishment.

So now you run for fun and detest sit-ups. But you might want to reevaluate that thinking. Though you did them incorrectly in your youth, sit-ups can improve your total fitness and aid your running. Dr. Roy Siegel, a New York chiropractor who primarily works with runners and dancers, feels sit-ups help prevent running injuries.

"By strengthening your abdominal region, you're helping to support your lower back and spine," Siegel says. "You can lessen the jolt to those regions and alleviate potential back problems caused by frequent running."

Sit-ups work the upper hips and abdominal cavity. "That's where all athletes generate power, whether they're swinging a baseball bat or running a marathon," says Jeff Mengold, the strength and conditioning coach for the New York Yankees.

The key to achieving benefits, experts agree, is to forget the old gym class way of doing sit-ups. "The best way to do sit-ups is slowly and deliberately," suggests Dr. Bryant Stamford, director of the Exercise Physiology Lab at the University of Illinois.

There are two philosophies about interval training. Some runners go for frequent repetitions with short rest periods. They believe the time between the runs should be kept to a minimum. That's been the system that has worked for me. I would do my 220 or 440, wait two minutes, then do another. If I were to do ten repeat 440s or 20 repeat 220s I would have to run each a good deal slower than a flat-out effort.

I have friends who subscribe to a completely different type of interval training. They reduce the repetitions, increase the speed, and increase the rest period. Their repeat 220s and 440s are done close to peak effort and are limited to three or four. The recovery requires considerable time so there must be a prolonged rest period between these efforts.

With proper rest, such high-intensity training can be done all day. A report on Russian rowers outlined just such a program. Crews went for eight hours doing repeat quality sprints when given sufficient recovery time.

What this amounts to is allowing blood lactate to return to acceptable limits. Research on this return to baseline has given us some guidelines concerning the necessary time for recovery.

One such report came from a British group using a portable lactate analyzer to determine when an individual runner had sufficiently recovered to do another repetition. The investigators studied an international sprinter over 19 weeks of training. They collected blood samples at one-minute intervals after a 255-yard sprint. The lactate level peaked at four minutes then fell to a high but "acceptable" level in eight minutes.

"You should have no momentum (the bouncing), but much concentration. Since the abdominal muscles are assisted by so many other muscles in the body, you must concentrate on using them."

Some sit-up advice:

- Bend your knees. Straight leg sit-ups strain the lower back and demand less work of the abdomen.

- Place hands on chest. You can place them near the head, but don't clasp them behind the head. "Avoid the jerking," warns Stamford.

Eight minutes was then prescribed as the rest interval between the runner's four repeats of the 255-yard sprint. He was then followed over the course of his training and was found to have a progressively earlier and lower peak, according to a report in the *British Journal of Sports Medicine*.

With 440s, the time required for blood lactate to return to near baseline levels would be somewhat longer. In one experiment on maximal exercise consisting of three separate six-minute runs with a ten-minute recovery, it took blood lactate 15 to 20 minutes to return to the acceptable level and 40 minutes to return to rest.

Apparently, if you want to do high-intensity, peak-effort interval training, you must lower the number of reps and greatly increase the time between them. That time span would be established individually but as a rule of thumb eight minutes between 220s and 16 minutes for 440s should suffice.

Whether you opt for multi-repetitions and a short rest period or quality and a prolonged one, it seems best to walk or jog slowly during the wait. This accelerates the removal of lactic acid from the blood.

### "The Runner" (U.S.A.)

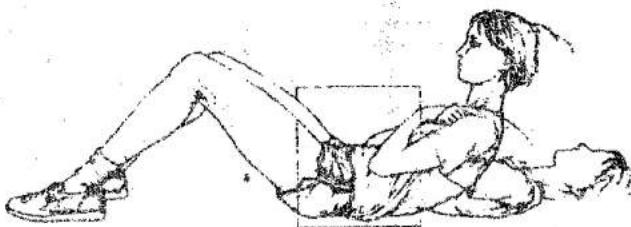
Supplied By

Allan Mason

- Rise up only a little. For maximal benefits, only lift far enough to feel your muscles tighten (it can be as little as six inches off the floor).

- Do a low number of repetitions. You don't have to perform 50 to 100 sit-ups to build muscles. That can build stamina, but not strength. Stamford recommends twelve to 16 slow, deliberate sit-ups. As you get stronger, stay in the raised position longer or do the sit-ups on an incline to build resistance.

—Tom Bannon



SLOWLY LIFT UP—BUT DON'T COMPLETELY SIT UP—TO BEST STRENGTHEN THE ABDOMEN

### Distance Estimation

Distance estimation consists of two distinct techniques:

1. Gauging the distance between two points on the map, then converting into a ground distance and
2. Judging the distance travelled on the ground.

Competitors have at their disposal an instrument which can measure map distance accurately to within 1mm (15m on the ground on a map scale of 1:15000) so it is surprising that many orienteers prefer to make a rough estimate to the nearest cm or, if using a premarked scale, to the nearest 100m. It is small wonder that the value of distance estimation is wasted on such careless people. Measuring accurately takes seconds, correcting a mistake takes minutes, so why opt for the sloppy technique when you know the value of precision?

Once the distance you have to travel is known, the most common method of judging it on the ground is by pace counting, but there are many other techniques used. However, it should be stressed that when an orienteer adopts something other than pacing it is a result of what he or she has learned while pace counting.

Many Scandinavians will tell you, if you ask them, that they used to pace count but that they no longer do so. This was, and still is, interpreted by many British orienteers as meaning that pace counting is a waste of time. Nothing could be further from the truth as a continuation of the questioning would reveal.

When these people tell you that they do not pace count, it generally means that they have developed some sixth sense which at any instant can tell them how far back a certain point was passed. Some believe that their brain is counting although they are making no conscious effort to do so; others think that it is a development of a sense of time which has elapsed; but whatever it is came after a long time of conscious pace counting.

All orienteers have, at one time or another, had the experience of missing a control by, what they will tell you, was only a few metres. The important thing is, how far past the control do you generally go before accepting that you have missed it and what then do you do about it?

An ex-World Champion once said that he would know for sure if he was 20m beyond his control and would hope to know of his mistake even earlier. Without hesitation he would retrace his steps to the last point where he knew exactly where he was. As he said, you can only look for a control from a position of certainty.

Contrast that with what you have done in the past. If you are like many British Orienteers you could be anything upwards of 100m, probably encountering a large linear feature beyond the control, before realising that you had missed the control. And then what? Would you run around like a headless chicken, hoping that the control will miraculously appear, or would you re-establish yourself at a known point without hesitation?

The value of reliable distance estimation lies in mistakes being discovered more quickly and in making re-location a positive movement. Until you can evolve a better method of distance judgement which will work for you, stay with pace counting.

We all know that our stride pattern will vary in different types of terrain and even towards the end of a race as tiredness sets in, but it is surprising how many orienteers, when attempting pace counting, do not make allowances for this. Their pace count does not work because of their own inadequacies and not because the technique has little or no value.

Team details for this relay are given below. Some of the team members have checked their route and the times are based partially on their estimates and mine where I have not had details from team members. My estimates have an asterix next to the runner's name.

Bill and Winifred have very kindly offered to telephone sit for the day so that late starters can phone them about the progress of the race and get an update on their likely start time as the race progresses and we depart from our schedule. Runners should phone Bill and Winifred as soon as possible after finishing their stage so that up to date information is available.

TELEPHONE CONTACT - BILL AND WINIFRED WOODWARD  
WINSTER (0629) 88323

The teams currently entered in the race are MDOC, Penistone FFR (2 teams), NOC (2 teams) and our two teams.

There is likely to be a barbeque etc by Cannon Hall in Cawthorne Country Park starting late in the afternoon in anticipation of the finishing runners. Further details from me in the week preceeding the event.

Please let me know as soon as possible if any of these details are incorrect so that amendments can be made. STEVE BUCKLEY - DERBY (0332) 552664

LEG TEAM A	DEPART	TEAM B	DEPART	Start location	and km
1 Steve Kimberley*	7:00	Doug Dickinson Snr*	7:00	Cannon Hall	8.2
2 Lara Dickinson*	7:30	Terry Richardson*	7:30	Oxspring Bridge	5.5
3 Doug Dickinson Jnr*	7:55	Bob Day*	7:55	Wortley Station	7.1
4 Simon Richardson*	8:20	Ian Gregory*	8:23	Oughtibridge	4.5
5 Jenny Tennant*	8:38	Heidi Dickinson*	8:41	Loxley Common E	1.5
6 Steve Kalahar	8:50	Paul Seaston*	8:56	Loxley Common W	5.3
7 Alastair Buckley	9:10	David Godfree	9:21	Malinbridge	4.1
8 John Hawkins	9:28	Rob Atkin	9:43	Rivelin Mill Br	10.1
9 Dave Walker	10:13	Chris Godfree	10:33	Hathersage	5.0
10 Mark Rogers	10:37	Dave Brown*	11:08	Peak G'den Cent	10.3
11 Dave Nevell*	11:15	Dave Skidmore*	11:51	Alport Bridge	16.3
12 Kim Buckley	12:33	Kath Whitehead	13:19	Fiddlers Green	3.5
13 Andy Shepherd*	12:51	Jeff Leighton*	13:41	Winscar Res'voir	6.1
14 Andy Shepherd*	13:11	Andy Clayton	14:09	Ramsden Res'voir	6.0
15 Roz Clayton	13:33	Jeanette Shepherd*	14:39	Wessenden Head	8.2
16 Pete Jones	14:13	Judy Buckley	15:24	Deer Hill Res.	5.2
17 John Hopper	14:33	Mike Gardener	15:50	Meltham	6.1
18 Steve Buckley	15:07	Ian Whitehead	16:26	Almondsbury Cas	9.4
19 John Hurley*	15:47	Rob Newton	17:18	Emley Moor T.V.	9.0
20 Gerry Hoban*	16:27	Steve Wilson	18:06	Bretton Park	7.4
E. T. A.	17:00	E. T. A.	18:46		

Don't forget to phone Bill and Winifred on 0629-88323

The acquisition of skillful distance judgement does not come easily and demands a lot of preparation, thought and application. You could start off by measuring out 100m on a forest road, preferably a stretch on a slope. On one side of the road the forest should be on broken ground and on the other side the vegetation sufficiently thick to prevent free running. Now count your strides for 100m on the road, on each side of the road and in each direction.

Having noted your results, go for a good long, hard run in the wood and return to repeat the exercise. The variation will be considerable and will give an idea of how difficult it is going to be, but if you wish to succeed this is something which should be practised at all training sessions and small events until you can automatically calculate the number of strides you require for a given distance, over any type of terrain and at any stage of the race.

An article in a recent copy of Compass Sport on 'Safety at Events' made me take stock of our own policies on safety and my observations have led me to put pen to paper and perhaps ask a few questions.

Are we equipped for emergencies - What do we know about hypothermia, or for that matter general first aid.

Due to the orienteering event in the North where an orienteer had to be rescued BOF's David Roach former Chairman of the Technical Committee made a BOF statement stating "Council have confirmed that all competitors take part at their own risk". The 1987 rules have been changed also which put the onus firmly in the hands of the orienteer and the club.

Discussions are being held at club level at the present time but I would just like to enlighten anyone that may be interested on the subject in question HYPOTHERMIA.

#### WHAT IS HYPOTHERMIA

In outdoor activities hypothermia is almost always caused by exposure and exhaustion. Briefly defined it is the severe chilling of the body surface leading to a fall in body core temperature. For the purposes of this article the body core consists of the skull, chest and abdomen, the rest of the body being referred to as the body surface.

#### EFFECTS ON THE HUMAN BODY

Normally the body thermostat maintains the core temperature at 37°C (98.6F) whilst the body surface is generally about 3°C (6°F) lower. When the body surface is severely chilled blood from the body core rushes to the surface, cools rapidly and returns to the core for warming, this induces a fall in core temperature. When the core temperature falls, blood circulation to non vital parts of the body i.e. the body surface is reduced as the core tries to maintain its temperature. If the core temperature cannot be maintained with this minimum circulation, shivering occurs. This is an automatic rippling action of muscle fibres, which can produce as much heat (and as much exhaustion) as heavy manual work. Needless to say the preservation of the core temperature is vital for deterioration of core temperature leads directly to mental deterioration, loss of co-ordination and eventually unconsciousness and death.

#### PREVENTION IS BETTER THAN CURE

Loss of body heat is greatly affected by the weather, snow, rain and wind, windchill being the most serious of these. One of the wettest times in the forest can be after rain or snow has stopped leaving branches sodden or laden with snow.

Short sleeved cotton T shirts are okay for the likes of Mike Jubb but he's usually back in the warm when most of us are still only halfway round.

Cotton T shirts and O suits are just not protection enough. Try using thermal tops and bottoms under your O suit or an old thin woollen jumper, wool or thermal wick fibres give far greater protection when wet. For maximum protection try carrying a light cagoule and perhaps a few glucose tablets in a bum bag (most people recognise me by mine - the bag I mean)

Don't keep going when you are excessively tired, cold and wet, retiring from an event is not terminal, to carry on could be.

#### SYMPTOMS

Unexpected and unreasonable behaviour.

Complaining of tiredness and cold.

Slurring of speech, distorted vision.

Shivering and falling.

Lack of enthusiasm, unable to make decisions.

Loss of consciousness a very late and grave sign.

All the above symptoms may not be present nor in the order given.

Some of the above symptoms are frequent in a diabetic on insulin but none of the treatment given in the following text will cause a diabetic any further harm, I speak from experience here being a diabetic for the past 14 years or so.

Cont/d...

#### INITIAL TREATMENT IF YOU ENCOUNTER A PERSON IN DIFFICULTIES

It is imperative that the body temperature is corrected as quickly as possible. Unless you are very close to the finish do not attempt to help the person to safety as they will already be exhausted and encouraging them to move will deteriorate their condition further.

If they are not in shelter try to find some, make a snow hollow, find a depression, get them out of the wind. Remember cold rises from the ground, try to find something to insulate them from the ground - twigs, heather, dried grass, bracken - try to find something, anything, even your map bag. Again if you are carrying a cagoule it could be useful here. If you have any glucose tablets and the person is conscious encourage them to eat them (it will help overcome the exhaustion). I have not met any orienteers yet who carry a hip flask but just in case, alcohol is strictly taboo, alcohol causes dilation of superficial blood vessels enticing warm blood away from the core.

Use your whistle to sound the distress signal. Six blasts repeated at one minute intervals. If you manage to attract help, take charge, organise them, get them to snuggle up to the person. If they have any spare clothes distribute them as best possible. Mark your exact position on the map, make for the finish and raise the alarm. At this point unless the organiser requires you further get yourself changed and warm, always remember that your own body needs attention as well as the victims.

RESCUERS will be called for by the organiser. Until then the Club team should locate the victim, give warm drinks, put victim in sleeping bag and plastic bag complete with 'snugglers' (not infant ones) if possible. Be prepared to give artificial respiration and do so until a doctor arrives.

REWARMING patients is not done in the field and is a specialised job. Further details of this can be found in the British Mountaineering Council's Hypothermia booklet available from:

British Mountaineering Council, Crawford House, Precinct Centre, Booth Street East, Manchester. M13 9R2 - Price D.40p.

#### CONCLUSION

I would hope that in the near future DVO could raise its own rescue teams, probably twelve volunteers making up two teams of six. They would need to stop until the end of each event. One team of six at each event would spread the load a little.

In accordance with new Rule 1-5 2 we must also have trained first aiders available at the finish. Would anyone in the club who would be prepared to take on these duties or who has first aid qualifications or higher, please contact me so that we can get an idea of how many people we have within the club.

#### \*\*\*\*\* IMPORTANT MEETING \*\*\*\*\*

The monthly club meeting to be held on July 8th at 253 Duffield Road, Allestree, Derby at 8pm will not follow the normal pattern of forward planning for future events but will be more of an open forum on the way forward for DVO.

The club has grown significantly over the last few years but is still run in the same way as it was when I first joined in 1972, namely an open club meeting at which all club business is conducted. Our activities have now grown to such an extent that the meeting has become unwieldy and inefficient, not to mention overcrowded for a house.

What is needed, perhaps, is a new structure eg a formal committee or working parties or subcommittees or more meetings or a clubhouse or a more central venue or .....

Come along and air your views, or let me know beforehand if you can't come personally, so that we can get the club on the right road to the turn of the century!

Steve Buckley

Derwent Valley Orienteers Club Champs 1987

Stanton Moor June 13

Held in memory of Chris Yardley

This is the first and perhaps the last time that the club champs has been held on "virgin" terrain. I'm sure most of you thought that a rather rudimentary map was a small price to pay for such novelty.

With the awful weather of late it was a relief when my prayers were answered in the form of a fine evening. It was also a great relief to see that no-one finished before the last competitor had started, though I must admit it was a bit close this time with Maureen's unexpectedly fast walk. I also wish to make it clear to next year's organizer that Heidi Dickinson must not be under-estimated! A first and a second in 3 years is more than her share!

After Mike Gardner's introduction last year of sneaky variations on the long course it was poetic justice that he was one of this year's disqualifiers. (?) Apart from the two number threes, which were alternatives for the competitor to choose from, there were also three other "pairs" which were permed over the two courses. (I'm afraid there's no excuse for not checking codes, even for Martin Wagness in the JK.) The pairs were no 1, 5, & 6.

Probably my favourite competitor this year is Kim Buckley. If the hand-capping is perfect and everyone runs to form then everyone should cross the finish line together at 8 o'clock. Kim was one second early! Thirty three competitors made my day by being within  $\pm 5$  mins., but the rest of you will have to either slow down or speed up next time.

Three people are marked with a \* in the results. This signifies they were given an needed handicap on the dubious grounds of injury. They claim to have walked! Another person gets two stars(\*\*) for not writing her time down on her card at the finish. Tut tut!

Lastly, may I thank on your behalf the following:

Mr J Wobster, Maddon Estate

Mr C Boucher, Stanton Estate, and Mr T Newton, shooting tenant.

The National Trust

Bill & Winifred Woodward for seeing to the village hall

Andy Thomson for printing maps (he said he had his eyes shut)

Ray Mason for helping put out controls and the start.

Tony Thornley for obaking cards

Box Clayton for helping collect controls

Myself for doing everything else.

*Roger Williams*

Pos.	Name	Finished	Yellow	Orange	S. Green	L.Green A	L.Green B
1.	M Walker	7.33.30			36.30		
2.	H Dickinson	7.33.50			27.50		
3.	A Buckley	7.36.19	18.19				
4.	D Dickinson(s)	7.37.15					36.45
5.	I Whitehead	7.37.18					37.48
6.	S Davis	7.37.19					44.49
7.	S Kimberley	7.57.20				33.29	
8.	D Godfree	7.57.37			22.37		
9.	I Finlayson	7.57.46				35.16	
10.	S Kaluber	7.57.53					43.23
11.	L Dickinson	7.58.04		25.06			
12.	C Gilligan	7.58.50	19.50				
13.	D Brodie	7.59.08				39.00	
14.	K Buckley	7.59.59	13.59				
15.	C Godfree	8.00.04	15.04				
16.	E Godfree	8.00.06			39.06		
17.	I Gregory	8.00.50				50.50	
18.	M Ward	8.00.56				34.26	
19.	J Tennant	8.01.01			43.31		
20.	D Dickinson(j)	8.01.03					35.37
21.	R Clayton	8.01.08					38.38
22.	Z Wilkinson	8.01.28					43.28
23.	S Wilson	8.01.29					51.59
24.	J Hurley	8.01.44				38.44	
25.	J Senaton	8.01.45				36.45	
26.	B Brown	8.01.53					50.53
27.	A Hemsworth	8.02.23	13.23				
28.	D Novell	8.03.02					34.02
29.	C Hemsworth	8.03.04	19.01				
30.	T Brodie	8.03.15	20.13				
31.	M Godfree	8.03.23					59.25
32.	A Thornley	8.03.27	16.25				
33.	S Buckley	8.03.32					33.32
34.	A Thomson	8.03.35					40.05
35.	A Berwick	8.04.33					52.23
36.	R Gilligan	8.05.05	23.03				
37.	I Forrest	8.05.47		33.47			
	C McDonald	8.05.47					51.47
38.	J Dirkin	8.08.08					50.38
40.	C Holland	8.07.00					
41.	H Finlayson	8.07.55			49.23	54.03	
42.	F Mason	8.10.45			57.13		
43.	C Thornley	8.10.46	33.46				
44.	J Hepper	8.11.15				51.15	
45.	A Gardner	8.11.33					59.33
46.	B Walker	8.14.10					58.10
47.	K Whitehead	8.16.15				54.45	
48.	B Gibbs	8.18.00				55.30	
49.	B Hemsworth	8.18.05	(late start)			43.35	
50.	F Skinner	8.21.10				45.40	
Disq	L Gilligan				++++		
	T Peach				++++		
	J Leighton				++++		
	T Wilkinson				++++		
	M Hughes					++++	
	J Thornley					++++	
	M Jubb WS	7.59.05				(37.05)	(58.26)
	M Gardner Wt	8.00.58					
	N Forrest Wt	8.05.42				(47.12)	
	T Rich'won WS	8.06.17				(56.17)	
	J Buckley Wt	8.06.30				(49.30)	
	R Newton Wt	?					
	T Thornley	29.00.00			?		

Design a club 'O' suit

