



Some of the  
DVO East  
Midlands  
Champions  
27/9/21  
at Chinley  
Churn  
(more on p.2)



When Newstrack went to press, Graham and Val (W60 winner) were at the French 5 Days in the Jura mountains – hence the absence of trophy!





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## New Members

A warm welcome to new Club members Stephen Bennett M65, Richard Spencer M50, Ruth, Matty and Danny George W50, M16 and M12. See you in the forest soon!

## Editorial

It's great to be eventing again, especially the lovely day at Chinley Churn for the East Midlands Champs (Peter Cull's photos here: <https://petercull.smugmug.com/Chinley-21/n-HftPq5/> ) Thanks everyone for all the photos and contributions in this issue!

Autumn Newstrack will be distributed at Kedleston on 26<sup>th</sup> Sept so I'll set a provisional copy date for the 19<sup>th</sup>. Enjoy your summer travels and staycations!

Sal : )



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Well, orienteering is gradually returning and many of you will have been enjoying some good quality events over the last couple of months. Unfortunately all of our delayed holidays from last year have seemed to clash with all the recent major events. However we have certainly enjoyed the local D events and its certainly very nice to be back to orienteering.

The first event we missed was the **British Middle Distance Championships** in the Lakes which I gather was fairly challenging. DVO had several top finishers including:

Jake O'Donnell 4th M16  
Andy Powell 2nd M35 (see photo, p.2)  
John Duckworth 5th M55  
Rachel Duckworth 2nd W18  
Judith Holt 2nd W70



Well done to everyone involved in the Chinley Churn event particularly Chris O'Donnell (Planner), Nicky Hart (Organiser) and Mark Garside (Controller). DVO were very successful with many East Midland champions:

Jake O'Donnell M16, Ben O'Donnell M18, Andrew Powell M35, Richard Parkin M40 (M50), John Duckworth M55, Alice Powell W10, Alice Woodward W14, Rachel Duckworth W18, Sally Calland W35 (W45), Helen Chiswell W40, Sarah Parkin W45, Nicola O'Donnell W50, Val Johnson W60, Viv McDonald W65, Liz Godfree W70 and Jen Gale W75 (photos shown of all except 3 in print edition).

Many congratulations also go to Rachel Duckworth for being selected to represent Great Britain at the European Youth Orienteering Championships in Lithuania (19–22 Aug), and in the Junior World Orienteering Championship in Turkey (5–10 Sept). We wish her all the best for her tours!

I am looking forward to the Scottish 6 days at the beginning of August. It has now been confirmed that we will all run on 3 days only.

The **British Sprint Relay & Sprint Championships** will be held at Skelmersdale on August 21/22<sup>nd</sup> <https://www.britishsprintchamps.org.uk/page/446> Mike Godfree has kindly offered to organise relay teams. So if you want to run in a relay team then please contact Mike on [mike.godfree@btinternet.com](mailto:mike.godfree@btinternet.com)

The **White Rose Weekend** will be held on August 28th and the **British Long Championships** in Devon on October 2nd. There will not be a relay team event on the second day but a middle distance race.

After July 19th Octavian Droobers are planning to apply for permission to use Sutton Park, Birmingham, for the **CompassSport Cup Final**. So hopefully we will be able to have last year's final at last on October 17th. Once that's confirmed I will send an email round asking for interest. I have a lot of holidays planned for the autumn so it would be helpful if people could let me know as early as possible if they would like to run at the CompassSport Cup. This is a fairly local event, so hopefully we will have a really good team entry.

It's hard to know what the future holds but certainly, in terms of orienteering events, it's looking a lot brighter than this time last year. Hope to see you in a forest soon.

**Christine Middleton Club Captain**

## **Whitworth Park, Darley Dale – Saturday 21 August**

Many of you will know that we have used Whitworth Park, Darley Dale many times for local orienteering events, club training nights and several World Orienteering Days for local primary schools. The Trustees have never charged us and have always been very welcoming. The Club gave a contribution to the Park at the beginning of the pandemic to help them keep going.

They are now having a Party in the Park to celebrate the re-opening of Darley Dale and the surrounding area. A number of local clubs will have stalls there and DVO has agreed to have a stall and put on a small fun orienteering exercise to showcase our sport. There will be music and food.

The event is from 12 noon on Saturday 21 August to 6pm and we would appreciate any help from club members. If you can spare an hour or two please contact Jane Burgess on: [janeburgess50@yahoo.co.uk](mailto:janeburgess50@yahoo.co.uk)

## **Volunteers needed for Newcomer Retention Group**

The Orienteering Foundation is a charity (independent of British Orienteering) set up to develop the sport in many different ways (e.g. grants to clubs for particular projects; commissioning adult training days).

A "Newcomer Retention Group" has been established by the Foundation to investigate best practice in turning newcomers into regular participants.

Despite the wide variety of "dealing with newcomer" experience in the Group, it recognises that there are almost certainly many other people who could contribute to the Group's work.

Anyone willing to help the orienteering community build guidance and good practice on the topic of retaining newcomers is invited to contact the Group's Chair

at [nm.cameron@btinternet.com](mailto:nm.cameron@btinternet.com) as soon as possible, or email Neil to arrange a phone call.

The Group is particularly interested in hearing from any individual or club which has experience and/or relevant data in this area but would also welcome opinions or ideas from anyone on this important topic.

More details can be found at <https://www.orienteeringfoundation.org.uk/newcomer-retention-group-launched>

Viv Macdonald

## Meeting dates

7 Sept (Tues), 7pm – **Fixtures Committee** at Jane's and/or via Zoom

14 Sept (Tues), 7:30 – **Main Committee** at the Chaffey's and/or via Zoom

13 Oct (Wed), 7:30 – **AGM**, at the Family Tree, Whatstandwell. All welcome!

## World Masters 2022

Mike Godfree

A date for you diary – World Masters Orienteering Championship in Puglia, Italy, 8–16 July 2022 [Chaffey's will be there – Ed.]. Bulletin 1 now available at <https://eventor.orienteering.org/Documents/Event/4392/1/Bulletin-1>. Sun, sea, sand and orienteering. Usual format of Sprint model, Sprint qualifier, Sprint final, rest day, Forest model, Forest qualifier, rest day, Long final. Possible by train with either a night in Milan or a night on sleeper, if they are running again, Paris to Milan.

I would like to thank all the people who enquired after my wellbeing following my hip replacement. Hopeful of being able to run again soon.

Mike Godfree

## Kim Baxter Physiotherapy

A lot of our older members will know the Sheffield sports physio Kim Baxter, who grew up as DVO junior champ Kim Buckley. But newer members may be interested in the connection – especially if prone to injury and living close to Sheffield! [although Kim also works with clients remotely]. Kim explains:

“Growing up in Derby as the daughter of two teachers [Steve and Judy; see photo, page 8] dedicated to orienteering and maths, three things were drilled into me: work hard, treat others as you would be treated yourself, and SYO is the Great Satan.

Wednesday club runs from our house in Allestree were as big a part of my childhood as Johnny Morris, Johnny Ball, Jon Bon Jovi and John Hurley. As a

teenager my CV proudly included “Ceramics Sanitation Technician” and “Senior HAZMAT specialist” but, when not washing dishes for the DVO club dinner or creosoting the club shed in our garden, I was out doing my best to win medals and cover DVO in orienteering glory. Along with brother Al and Dave Godfree, DVO made up a quarter of Britain’s JWOC team in 1994, and I was still a DVO club member running at my first World Champs in Norway in 1997. After that I moved to Interlopers for a while before being tricked into the annoying habit of winning relays with SYO.

Out of curiosity I see Mum won the British Relays Open class for DVO four times – 1973, 1975, 1979 and 1980. Looking through the archives it seems I’ve matched that with wins in 2004, 2013, 2014 and, 2019 – our win in 2017 being correctly discounted as SYO’s club captain had neglected to check whether our Aussie ringer had a British passport. I’m looking forward to seeing if my daughter Ella wants to try to keep up the record – she already wins the family run-in split competition at most events.

But whilst I’ve loved, and occasionally loathed, the world of elite orienteering, there’s been nothing in orienteering as much fun as coaching a group of eight W12s on Wednesday club nights. Six started orienteering through Sheffield’s successful Saturday schools series and the five that travelled to the recent British Middle Distance Champs at Summerhouse Knott were only denied a clean sweep by Eskarina Medlock of Wessex in 5th. But far more importantly than any of that, they still love running around the woods just being kids.

As a physiotherapist with 20 years’ experience of private practice since leaving



the NHS I’m happy to have built up a thriving practice in south west Sheffield based on word of mouth recommendations from orienteers, fell and ultra runners as well as road runners. I spent 10 years as physiotherapist for the British Orienteering team and my practice partner Sally Fawcett has competed for GB at ultra-running in several world championships. It’s been a fascinating journey forming my own personal picture of how these runners are getting injured, how they

Kim and GB Team Coach Liz Campbell at the Tim Watkins Trophy 2017 on Whitbarrow

are getting better and how Sally and I can help them with that. Whilst we try hard to stay current by reading lots of research, we also apply as much specific reasoning and logic as we can to each patient because after 20 years the one unequivocal conclusion is that every individual really is, individual.”

<https://www.kimbaxterphysiotherapy.co.uk/>

POSTSCRIPT Kim and Richard’s daughter Ella Baxter W12 had an excellent result on the Green course at Chinley Churn, coming 2<sup>nd</sup> less than a minute down on clubmate James Bryant M14.

## Ted Smith

Those who knew him will be sorry to hear that Ted died on 12<sup>th</sup> September 2020. I gather from his son, Phil, whom we bumped into at the British Middle Distance Championships in the Lakes in June, that he had been living with Parkinson’s disease for some time but that he “passed away peacefully at home”. He was 79.

Viv and I remember spending a wonderful day on Lochnagar with Ted and Liz on the ‘rest day’ of the Scottish 6 Days when we were all younger and fitter. A group of us from DVO also went to the World Masters Orienteering Championships in New Zealand in 2000 and saw in the new Millennium together. They were both great company.

Our thoughts are with Liz and the rest of the family.

**Ranald Macdonald**





## WOC success for Nathan

Another ex-DVO junior Nathan Lawson (now OD) had a great result of 25<sup>th</sup> place at the WOC Sprint Final at Terezin in the Czech Republic. Nathan was just 90 seconds down on the Swedish winner, and 2 seconds behind Chris Smithard who placed 24<sup>th</sup>. Read more about Nathan and Team GB's performance at:

<https://www.ontheredline.org.uk/news/woc2021-sprint-report>



## DVO Freelist email group

To keep up with informal Club activities, such as arranging lifts, please join our new Freelist group (this has replaced the Yahoo group). Send an email to [dvo-request@freelists.org](mailto:dvo-request@freelists.org) with 'subscribe' in the Subject field OR visit the DVO list page at <http://www.freelists.org/list/dvo>.

**To send a message** to the DVO mailing list, if you have joined, simply send an email to [dvo@freelists.org](mailto:dvo@freelists.org).

## Interested in becoming an Orienteering Coach?

The club has several coaches – Val Johnson, Ann-Marie Duckworth, Judith Holt, Rex Bleakman, Randal Macdonald, as well as Stuart Swalwell and myself. Stuart and I qualified in 2019, after attending 3 EMOA training days at Sherwood Pines the previous winter. This was followed by several weeks' independent work with a group of learner orienteers and a coaching mentor before the final assessment at TD4/5 – at which many of you acted as guineapigs!

Quite a lot of work, but it leads to a Level 2 qualification, and has enabled both of us to lead sessions with schools, youth groups and with DVO. It was great to get to know the trainee coaches from the other East Midlands clubs, as well as meeting coaches from across the UK at the British Orienteering Coaching Conference every other January. There is always lots to inspire at this event!

Hilary Palmer (NOC) is the East Midlands Coaching lead trainer, and hopes to run another set of training sessions in the near future. If you'd like to know more about what's involved, please drop me an email – [sal.chaffey@gmail.com](mailto:sal.chaffey@gmail.com). Doing the course and working with other coaches and has been rewarding and fun, as well as helping you reflect on your own performance.

# WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 39

Lies are the new truth.

## Orienteering's Coming Home

It'll be flying into East Midlands Airport from Benidorm at about four thirty on Monday (page 9)

Fourteen day's quarantine will be required (page 19)

Just please don't bring back any more of those stuffed donkeys (Page 99)

Other news: Huge yellow object spotted in sky – public advised to remain calm (page 4)

### BOO celebrates release milestone

There was great excitement at BOO last weekend as the Organisation celebrated the release of the 500th orienteer back into the wild. Due to lockdown huge numbers of them have been forced to live in captivity and there has been great concern about whether over that period they would have become over-domesticated and unable to adapt back to their natural habitat. However it appears that the scheme has been a huge success.

"We really didn't know what to expect at first" quoth anonymous BOO spokesperson Eric Slowly (92). "There was a bit of concern when we released the first batch at Cromford Rocks and they just stood there gazing blankly at their maps. But after a few minutes they all started running around like headless chickens and we knew that everything was going to be alright."

Members of the public have been warned to stay clear of the release areas for the next few weeks. "They should be perfectly safe but we can't take any chances," dribbled Slowly. "We just need to give them the best possible chance to get back to their normal state of befuddlement and confusion".

### NEW RELEASE: Going LocO in Lockdown

What has local film-maker Donald McRanald been up to over the last year of lockdowns? Why, making a new film of course. If his first release Last Control in Allestree Park could be described as a dark film, which is reasonable since it was set during a Night Event, then its locally-filmed sequel could be dubbed a spectacular riot of colour. Yellow, Orange, Red, Green, Blue, Brown: Lynne Acre and Rock Coppice show their enviable technique and remarkable athleticism at every standard, and unflinchingly so for over two hours. There are no dibbers this time but the hand of Technical Advisor Bob McNut can be discerned in several scenes where orienteering equipment is put to a robust range of navigational uses. Aficionados of the genre and especially those of the iconic Acme Thunderer will especially enjoy the 'six blasts a minute' whistle sequence. It goes without saying that the two main protagonists give full value for money, easily earning every BOO badge going and then

some. Another step on the road to super-stardom for the irrepressible and effervescent Lynne Acre.

As we say in these parts, essential viewing!

"A stunning piece of work. I particularly enjoyed the cameo appearance by Margaret from the Apprentice" – Hugo Thynne, Belper Thunderer.

**The Orienteer – How It works (continued....)**



There have been many great characters in the sport over the years

Who can forget twiddling thumb compass expert Ronnie "Delia" Smith.

Or Gordon "Gordon" Bibb, the fastest dibber west of the Erewash.

Or even Billy "The Fish" Mackay, Codnor and Waingoves' finest.

There are now rumours of recent sightings of The Naked Orienteer.

Nice telescope.

## **FORTHCOMING PUBLICATION – “Get Your Rocks Off” (WSC publications)**

*It is almost fifty years since Cromford Rocks was first used as an orienteering venue by the club. WSC brings you some excerpts from a new book produced by expert experts looking into some of the highlights of half a century of activity there.*

Ah, Cromford Rocks. The very name conjures up memories of halcyon summer evenings spent yomping through its swathes of oak, birch and pine, the sound of crickets chirping, bees humming and local youths chopping up the permanent course posts for firewood. What could be more idyllic than wandering around its sunny glades, tussling through head high bracken whilst searching for one of Frank’s infamous bingo controls. Cromford Rocks, the very soul of the club, an iconic and historic venue. As Queen Mary would surely have said if she had visited here, “When I die you will find Cromford Bottom graven on my heart”. Or perhaps the other way around.

Due to its central location for the membership, Cromford Rocks was an obvious candidate for the club’s first specialist orienteering map. Early events had been held on OS black and white photocopies but new ground was broken in 1973 with the arrival of Silas Wegg’s extraordinary new survey. Printed at an average scale of 1:8848, with magnetic north lines drawn at 33 degrees to the vertical (because that made it fit nicely onto a sheet of A4), not to mention its trilingual legend (English, Welsh and Swedish), it unleashed a completely new orienteering experience on an unsuspecting public. Other controversial features included specialised symbols for local items including abandoned cars and percentage ground cover of litter. Sadly to say, this bold new advance in cartography proved to be the Beta-max technology of its generation and following the need to provide counselling sessions for traumatised orienteers who had run on the map, the club abandoned these initiatives to the dustbin of history.

In 1985 the area played host to the first and only application of a very early and experimental version of the orienteering Duckworth-Lewis rule. Following a thunderstorm, Cromford Brook burst her banks and several control sites were swept away causing the event to be abandoned. After several weeks of calculation, reconstructed results were produced, although they were subsequently discredited as nobody could understand them. The subsequent retrieval of a large quantity of orienteering equipment from a nearby cricket pitch is what is thought to have inspired the rule’s inventors to apply it elsewhere and the rest, as they say, is history.



*Expert experts from a top secret laboratory on a hillside near Belper (Gateway to the North) taking a rest from their research at Cromford Rocks*

1990 saw the area stage the club’s attempt to establish a new record for the world’s longest string course. Having laid out over 14km, the record attempt was ultimately deemed unsuccessful due to its sheer length being beyond the ability of any toddler under the age of three to complete it, a requirement of claiming the record. Accusations of child cruelty were played down although the removal from the course of over 20 youngsters suffering from exhaustion and over-exposure to Postman Pat had to be skilfully handled.

In modern times the area has acquired a reputation for staging quality night events. These have been enhanced by the unfortunate misprint on a set of event details in 2000 when the phrase “dogs welcome” inexplicably became corrupted to “doggers welcome”. The attendance at that year’s regional night championships broke all records.

In 2007, amid a fanfare of publicity and with the attendance of many local dignitaries, the new permanent orienteering course was opened. This broke new technological ground, featuring vandal proof control sites, the capability for 24/7 electronic timing and a post-course diagnosis service. Unfortunately, numbers for its first year of operation were still dismally low as no-one had thought to update the map-vending procedures which still involved a man sitting in hut three miles away which was open every third Thursday afternoon when there was an “r” in the month.

So, with Cromford Rocks remaining the club’s most used area, this new booklet should appeal to young and old alike. And watch out for the next WSC publication due early 2022; The Joy of Dibbing.

## Sports Personality of the Month

We normally nominate members of DVO for this but could I nominate Sean Greateorex of Lobby Farm, Oker. His parents own half of Oker Hill and I got permission from them for us to use it for a training session.

Stuart put the controls out in the afternoon but by the time we got to the other side of the hill from the start, two had disappeared. He searched for them and the following day Ranald and I went and looked and spoke to a number of locals, who were shocked that someone would take the controls.

Malc put an item on the Neighbourhood Watch Facebook page and someone said the controls had been found and were at Lobby Farm. When I went to pick them up, it turned out that Sean was the guilty person. He was coming off the hill after looking at his sheep, had seen these controls, forgotten the training session was on and had taken the controls off the hill ("as I am always finding stuff left behind on the hill"). A good ending.

**Viv Macdonald**

"Have you remembered to put my O-shoes in, Russell?" asked Kim Buxton before the Elvaston Castle event.

"Yes, I have," Russell assured her.

And, to be fair to Russell, he was quite correct.

There were only two problems.

One of the shoes was from a new pair and one from an old.

And they were both right feet.

**Graham Johnson**

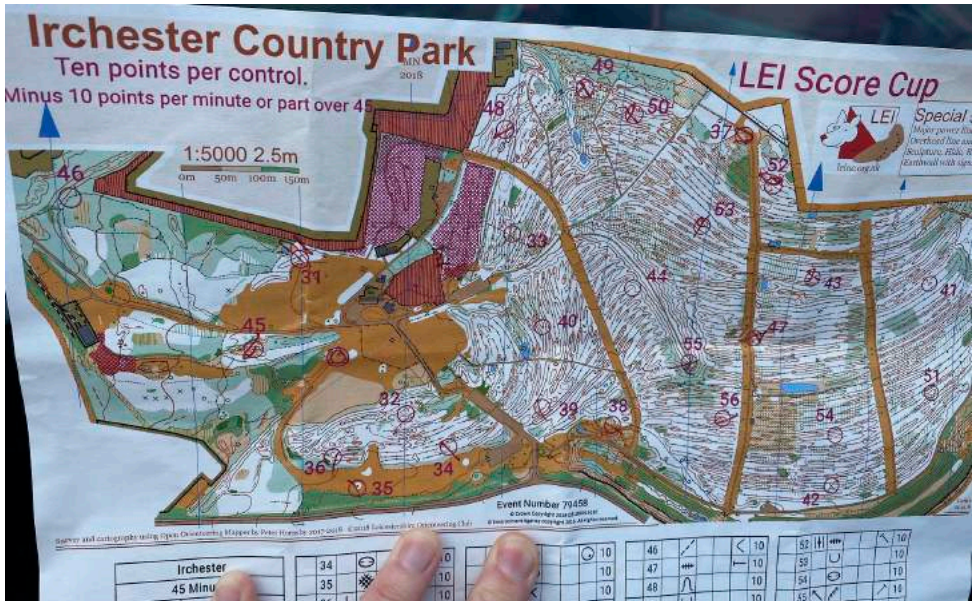
## Major Sal's Summer Roundup!

**Sally Calland**

'Well what a month so far! My Strava tells me I have been busy orienteering, as do my hamstrings!!

Before I start rambling on about July I would just like to head back to June to mention an LEI summer series score event I did in Irchester Country Park, the oldest in Northamptonshire. What an area! It's an old ironstone quarry and the evidence is obvious (see map). I imagine most of you have ran there before, but for me, I found it a fascinating area, which challenged my orienteering and made me think, slow down and concentrate much more than usual (bad, I know. I should always be doing all of those things, right?)

I still had an average run, the hundreds of earth walls challenged me a LOT but I did get round with a reasonable amount of success. If you have never been, you should.



So back to July. I have completed the Peak Raid winter series (4 x 2hr score events) over the past few months, but two of the four in the space of a week. On both

events (maps below) I was over ambitious. I did not consider the contours enough in my planning and so I was constantly re-jigging my plan (as the Army tell me 'No plan survives first contact with the enemy', so I was prepared to replan)!

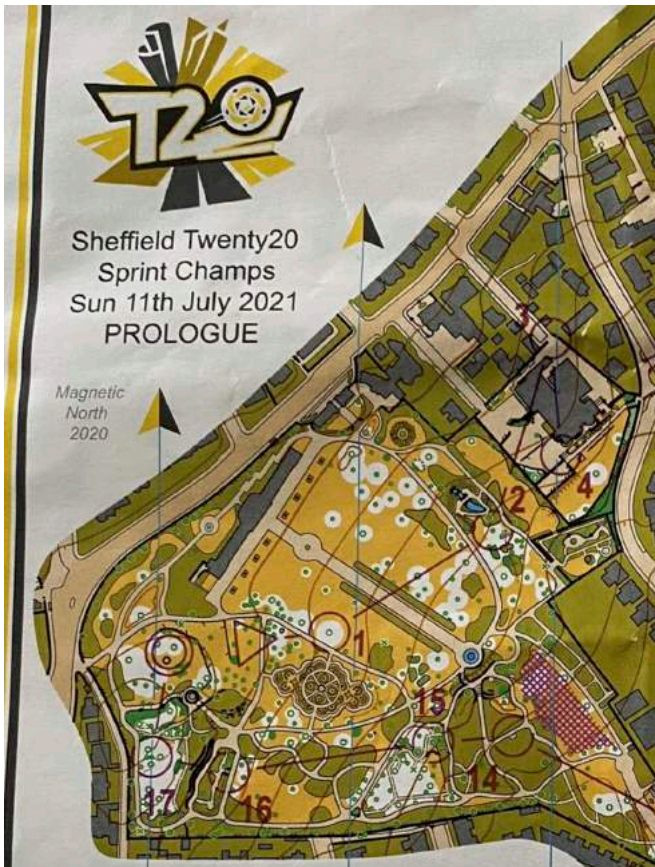
Annoyingly, my Garmin watch would shout 'goal' every time I was close to a control and so I had to wait a few extra seconds for the buzz from MapRun (honestly!). Left is the view from control 18 from event 3 – a killer climb! I can definitely recommend the event, for walkers or runners and the next series starts soon.

The final bit of waffle from me is about the Sheffield Twenty20 Sprint



Championships last weekend. It consisted of a Prologue around the Botanical Gardens and then a Chasing start around Weston Park. My prologue run was another average one and I made a mistake going to control 2 (see the map, I ended up too close to the path) and I dithered a little going to 10 trying to find the snicket to the South. That being said, I was sat in third place, just 20 seconds behind 2nd place. There had been a lot of MP on my course (mostly 7-8-9, due to it being a straight line), so I was reasonably pleased to make it through.

The stress and pressure was mounting but I was able to pull away a little on the route around the lake to 7. I was back on track and felt a little better until control 10. I just did not go far enough along the building and the control was tucked in well, so my rival was back! Arghhhhhh!! I knew the last part of the race back in Weston Park was tricky with 4 controls dotted around one water feature. Somehow, I managed to keep my nerve and ran very, very hard to lose my rival again into the finish. I had done it, but only just.

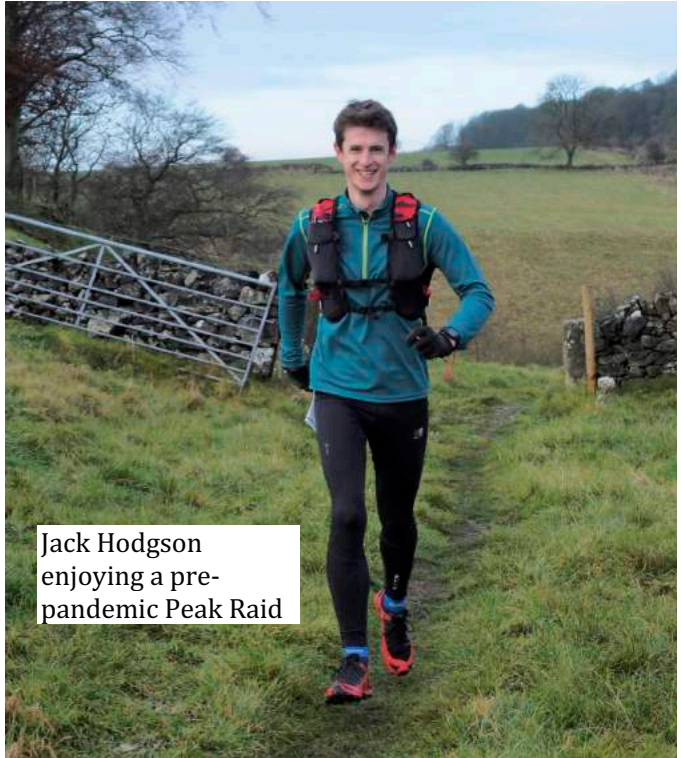


So what did I learn? Focus, focus, focus! I did get extremely distracted by my rival and should have just calmed down and attacked the race like I do with any other urban. It was a great event and I loved every minute, but I just allowed the pressure to get to me a little too much. I kept my 3rd place overall, so there was a happy ending! Waffle over and out!!'



# Peak Raid News

The first event of the autumn series is only three weeks away on Sunday 15th August. Starting from Warslow village hall the course visits Ecton Hill, Wetton Hill and the Manifold Valley. The area offers some tough climbs, runnable paths and fantastic limestone scenery. Entries here:



Jack Hodgson  
enjoying a pre-  
pandemic Peak Raid

[https://www.sientries.co.uk/series.php?series\\_id=498](https://www.sientries.co.uk/series.php?series_id=498)

## Latest Peak Raid MapRun Results

Congratulations to everyone who has successfully completed a 'Winter Series' run and a special well done to the current overall leaders.

Men: 1st Mark Anderson, 2nd Jonathan Whilock, 3rd Martyn James  
Women: 1st Jennie Stevens, 2nd Julia Nolan, 3rd Alison Barrett

The overall results and age category results on Tuesday 20th July can be found here:

<http://explorerevents.co.uk/.../Peak-Raid-MapRun-Results...>

Here is a link to the live individual leaderboards for each event:

<http://explorerevents.co.uk/maprunf-winter-series-2020-2021/>

If you notice any errors or omissions please let us know.

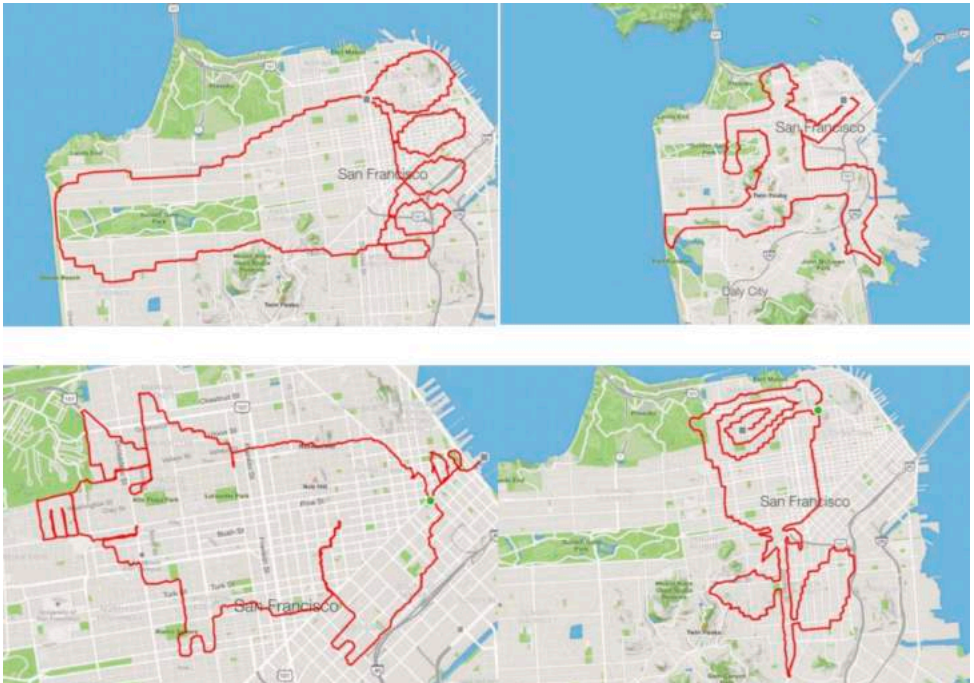
Remember that the last day for a competitive run is Saturday 31 July



## Lennie Maughan: Running Artist Graham Johnson

This has, strictly, nothing to do with orienteering, but it is urban, running-related and worthy of your attention.

I've been on Strava since 2014 and, along the way, amazingly, I've picked up 60-odd people who follow me and a similar number to whom I've returned the compliment. This last category is a disparate bunch indeed. The majority are orienteers and cyclists, but some I have only the tenuous of connections with. There's a woman I met on a single occasion at a petrol station in Union, Missouri, who cycles the same 24km ride every day of the year, a Spaniard we put up at our house one night and a Belgian with whom I have no connection that I can think of. Someone else who falls into this apparently random category is Lennie Maughan, but in this instance I am one of 10,000 of his followers and this may give you a clue as to why:



As you can see, Lennie lives in San Francisco, a city whose grid-like pattern of myriad streets provides a canvas for 'running art', as Lennie's particular talent has been dubbed, and which would not have been possible without Strava's means of recording its users' activities.

The story goes that in 2015, Lennie noticed that some other users were posting less ambitious pictures often of body parts (it doesn't take much imagination to

work out which) and he quickly came to the conclusion that there were more worthy ways of developing this idea and elevating it to an art-form. Ever since he has posted one of these images a month, around 75 so far, hence his army of followers. His first was a Spock Vulcan salute and subsequent efforts have ranged from a cat through the Starship Enterprise to the state of California. Until now perhaps his most famous and ambitious endeavour has been his Frida Kahlo (right).



You have to take some time to appreciate the marvel of Lennie's endeavours. First of all, he has meticulously to plan his image, then he has to work out how he is going to execute it, and finally he has to run the whole thing from start to finish in one go, regardless of length, in the knowledge that it will take only one error and the whole exercise will have been rendered a complete waste of time. He tried to complete the Frida portrait on a previous occasion but hit a reservoir he'd not noticed before and had to run round it, giving Frida an apparent cyst on her eye. On another occasion, his phone battery ran out.

The Frida Kahlo took him 6 hours and 8 minutes and clocked in at 29 miles. If you look at the image closely you'll see that he doesn't just run up and down the streets but also from side to side to create the wavy effects, though how he manages this in San Francisco's busy traffic I don't know.

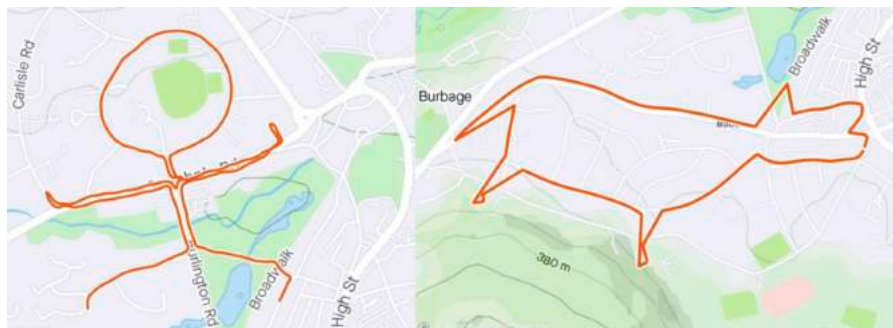
He may just have outdone himself with his latest effort (right). This took a massive 47.7 miles of running over a period of 8 hours and 45 minutes (nearly 4 miles an hour) and, not forgetting that San Fran must be one of the hilliest on the planet, 1100 metres of climb. If you did



doubt that Lennie crafted this masterpiece in one go, he's posted a Relive track of his run which is a wonder in itself and shows that he created the feathers of the flamingo's wing last of all.

(Going off at a slight tangent here, in 2018, ultra-runner Ricky Gates ran every one of San Francisco's streets over 46 days, logging over 1,300 miles and 147,000 feet of climb. I could easily write another article on Ricky Gates, but that's not an invitation.)

You might think that no-one could even begin to even think of emulating Lennie's achievements, but you'd be wrong for even in the modest ranks of DVO there is a proto-Lennie who, despite his youth, is possibly as you read this planning something as ambitious in Buxton, as close as Derbyshire gets to San Francisco. Step forward, for he is surely too modest to do so, our very own Ben O'Donnell:



## Event Officials Needed

Enjoying the return to O? Why not volunteer as an organisers or a planner? Support available, as well as lots of resources on the DVO Officials Help Page. Speak to Jane Burgess [janeburgess50@yahoo.co.uk](mailto:janeburgess50@yahoo.co.uk) to find out what's involved in filling a 'v'[acancy]. Thank you! [see **Future Event Officials** under the **DVO Events** tab]

<i>Event</i>	<i>Date</i>	<i>Level</i>	<i>Organiser</i>	<i>Planner</i>	<i>Controller</i>
Hardwick Park	25/8/21	Try O	Mike G	Mike G	N/A
St Elphin's Park/Lea Green	18/9/21	Local	Ann-Marie	Brian Ward	N/A
Kedleston Park	26/9/21	Regional	Stuart Swalwell	David Pettit	Dai Bedwell
Foremark Reservoir	20/11/21	Local	v	v	-
Hardwick Park	28/11/21	Regional	v	Andy Middleton	Doug D
Melbourne Urban	2/1/22	Regional	Malc Spencer	Doug D	Mike G
Chatsworth	29/1/22	Regional	v	Chris Millard	-

**Planners please note** – the Club SI kit, stakes and kites are now stored in the Chaffeys' garage, as Dave is in the process of taking over from Derek. We owe Derek a huge vote of thanks for his 15+ years of work as custodian of the kit!

# Fixtures List

Because there's a lot of uncertainty, please always check Fixtures info from the DVO website – <http://derwentvalleyorienteers.org.uk/events/future-events/> and websites of other clubs: **NOC**, **LEI**, **SYO**, **LOG**.

## August

Sun 15<sup>th</sup> U **Lincoln City Race**, EM Urban League, enter via SiEntries  
Wed 25<sup>th</sup> L **Hardwick Park** Try O, Family course & a Challenge course (Light Green).  
Enter on the day, Reg 11–1. Contact Mike if you're able to help

Sat 20<sup>th</sup> UKOL **British Sprint Relay Championships, Skelmersdale**  
Sun 21<sup>st</sup> UKOL **British Sprint Individual Championships** (entries via Mike)

Fri 27<sup>th</sup> L **White Rose 1: Hollicarrs**, Escrick, York (Night Score)  
Sat 28<sup>th</sup> L **White Rose 2: Skipwith Common**, York (Classic)  
Sun 29<sup>th</sup> R **White Rose 3: York City Race**. Entries opening soon.



## September

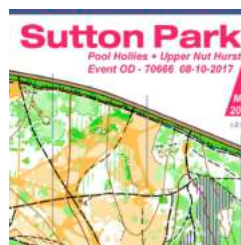
Sun 12<sup>th</sup> R **Clifton Campus**, EMOA Sprint Championships  
Sat 18<sup>th</sup> L Venue TBC: either **St Elphin's Park, Darley Dale** **\*\*NEW AREA\*\*** or **Lea Green** Entries via DVO website or EOD and pay by card.  
Sun 19<sup>th</sup> U **Burbage Village**, near Hinckley, EM Urban League  
Sun 19<sup>th</sup> R **Cowm's Rocks** (SYO, near Snake Inn). Entries from 26 Aug via Fabian4  
Sun 26<sup>th</sup> 🗺 **Kedleston Park**, entries via Fabian4

## October

Sat 2<sup>nd</sup> UKOL **British Long Championships: Braunton Burrows**, Devon.  
Sun 3<sup>rd</sup> U **Shepshed**, near Loughborough  
Sun 10<sup>th</sup> U **Boston Town**, details <http://www.logonline.org.uk/wp/>  
Sun 17<sup>th</sup> L **CompassSport Cup Final at Sutton Park**, contact Christine Middleton  
**\*\*The Final is doubling as the 2021 DVO Club champs\*\***

## November

Sun 14<sup>th</sup> R **Boothorpe & Hanging Hill**, nr Swadlincote  
Sun 20<sup>th</sup> L **Foremark Reservoir** Entries via DVO website  
Sun 28<sup>th</sup> R **Hardwick Park** Entries via Fabian4



## December

Sun 12<sup>th</sup> R **Cademan & Thringstone Woods**, nr Shepshed  
Sun 19<sup>th</sup> L **Walesby**, details <https://www.noc-uk.org/> nearer the time

2 Jan '22 U **Melbourne Urban** Entries via Fabian4

# A sweet tale

“Thank you!” is the message to all of you who kindly ordered my Italian biscuits [don’t mention the Euros – Ed.], and made a donation to Alzheimer’s Society. I raised enough funds to enter The Great North Run this September.

The message for me, from Alzheimer’s is “Let’s start training”. And so, I must put on my running shoes, and leave the baking to you!

## Ricciarelli (40 biscuits)

*For the dough*

300 gr (10 oz) ground almonds

300 gr (10 oz) caster sugar

Grated zest of 1 lemon

1 tsp vanilla essence

1 tbsp honey (clear or set)

2 egg whites, beaten



*For the coating*

Icing sugar

## Method

Pre-heat oven to 140°C/275°F/Mark 1, and place a sheet of greaseproof paper on a baking tray.

Mix all the dough ingredients together and divide it into four parts. Roll one part into a sausage shape, on a surface covered in icing sugar. Cut this, from one end to make 10 biscuits.

Gently press each biscuit into the icing sugar, coat it and place it on the baking tray. Repeat this until you have 40 biscuits.

Place your tray on the middle shelf and bake for 15–20 minutes.

Keep a careful watch at this stage, and do not let the biscuits brown. Enjoy!



**Amanda Price**



I set two puzzles last time round, Sibling Stumper and a word grid. I rapidly began to wish I hadn't set the former; it led rapidly into the labyrinthine world of probability where nothing is as it seems. So let's start with the word grid. The words to insert were:

Theta	Thorn
Moles	Delay
Crawl	Stews

I had correct answers from Jane Burgess, who also sent a delightful photograph of Rowan (no extra points I'm afraid Jane), Francesco Lari, Mike Gardner and John Hurley.

As far as the probability questions goes, several pages of argument and counter-argument could be written and since this is an orienteering magazine, that would not be appropriate. There is a set of simple answers (0.5 every time) and a set of complex answers. It all comes down to the subtlety of the way the question is worded and even I can't decide which way I ended up pitching it (it's that tricky!). Anyway, I'm going to give points all round for those who ventured an opinion, namely to Jane, Francesco and John. John was the only one who tackled it in the way intended and got all answers correct. For the record the answers were  $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{13}{27}$  and  $\frac{199}{399}$  respectively with liberal use of Bayes Theorem. I'm glad someone cracked it so I think a bonus point would be only fair.

Complaints on a postcard etc etc. Let's have another one.

### Ridiculous route choice

Frank was sent to collect in a set of 10 signs marking the route from the car park to the Start. These were spaced equally, 100m apart. Just to get a bit of extra training in he decided to take a ridiculously long route. Considering the signs to be labelled from 1 to 10 (with 1 at the car park) and with the aim of picking up number 6 last (which was bigger and more awkward to carry), he chose the sequence 1-10-2-9-3-8-4-7-5-6. This was then a total of 4.5km from the point at which he collected the first to the point at which he collected the last.

Frank missed a trick though. With a different starting point from number 1, but still ending up at number 6, what is the maximum distance he could have taken (measured from the first sign to the last sign) and what route would that entail?

Answers to [dnevell3@gmail.com](mailto:dnevell3@gmail.com) by the editor's copy date.