

NEWSTRACK

JUNE 1989



DVO OFFICIALS

Chairman : Steve Buckley. 253 Duffield Road, Allestree
 Derby 552664
 Secretary : Mike Godfree. 26 Rangemoor Close, Mickleover
 Derby 515862
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 Newstrack Editor : Chris Johnson. 34 Green Lane, Ockbrook
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EDITORIAL

What does an outgoing Editor have to say?

My original intention when taking on the position was that I should see the job through for maybe two years and in that respect I have fallen short of my target but hope that I have succeeded in the primary objective of Newstrack in supplying a vital means of communication to all club members, with perhaps a little entertainment value as well.

Whilst holding the position I have certainly become more aware of all operational aspects of the club and now appreciate the significant hard work that any members put in to allow other club members and orienteers generally to enjoy the sport. I have also made a number of good friends through getting involved and would openly encourage all members to follow suit.

I am very pleased to announce that Alex Campbell will be taking the role and I wish him every success with the production. I asked him for a telephone interview and all he asked me to mention was that he was Scottish! Good luck Alex, by the way, the Editors position does slow you down in the forest! Finally, many thanks to all those members who have contributed and helped with all my issues, especially my mother who spent many hours typing.

I'm off down the City now to earn my fortune, see you out there!

Chris Johnson.

D.V.O. ANNUAL BARBECUE.
SATURDAY 22nd JULY.
6.PM. AT KILBURN.

SALADS, PUDDINGS, SOFT DRINKS,
 BITTER (HOME BREW) AND BARBECUES SUPPLIED.
 BRING YOUR OWN MEAT & FAVOURITE DRINK.
 COST :- £1.50 AGED 13 AND ABOVE. 50P 7 TO 12 FREE UNDER 7.
 FACILITIES :- FIELD FOR PLAYING ROUNDERS, FOOTBALL, E.T.C.
 PLEASE PHONE AND PAY BY 15th JULY TO :- IAN & KATHY WHITEHEAD
 11, BOWLER DRIVE
 KILBURN,
 DERBYS.

TELE DERBY 780177

WOMEN FOR COACHING
November 11/12 1989
Coaching for Women at Plas-y-Brenin

A weekend course at P-y-B to promote an interest in coaching among women. Open to all women orienteers. Details from Debbie Wilkinson 0332 - 840172.

QUIZ

The answers to the True/False questionnaire in the April issue were:-

1:F 2:F 3:T 4:F
5:T 6:F 7:F 8:F
9:F 10:T 11:F 12:T
13:F 14:F 15:F 16:F
17:F 18:T 19:F 20:F
21:F 22:F 23:F 24:T
25:F

Check it out now.
The winner was no-one.

FIXTURES SUB-COMMITTEE MEETING 24. 5. 89.

Snippets from the above.

JK 1991 - Lindop now not being considered for use.

Bretton Clough Badge 26.11.89. It would not be possible to hold a National Event on this land before 1991, it was therefore decided not to reschedule the event. The map is progressing well and should be on target for production run of 2000 anticipated. The event is to be registered in the next 2-3 weeks, organiser S. Buckley, entries M. Godfree, planner J. Hawkins. Entry fees to be considered prior to registration possibly £3.50/£1.50.

Chatsworth Badge 1/4/90 - Someone is required to resurvey. It cannot be the Midland Champs or the EM.

Autumn Badge 4/11/90 - Matlock still considered a possibility.
Planner - Dave Dickinson

Mapping program continues:

Linacre- Godfree to consider a Permanent Course

Lea Woods- Skidmore re-mapping, A Thomson to speak to planning office about any development in the area

Robin Wood - Now not available due to blockage of the local roads at the last event and also large numbers in attendance, so said the gamekeeper [report from Steve Davis]

Repton Shrubs- no progress

Drum Hill - J. Hawkins to speak to A Thomson re negotiating access etc.

Kedleston- Almost Done

Turning Blue at Whitesprings?

I was introduced to orienteering by a friend with 2-3 years experience of the sport and who seemed to wax lyrical over its virtues at every opportunity. Having little real spare time beyond the routine of life and an involvement with Squash, giving up Sunday mornings to jaunt across the countryside seemed to be a bit too much. Nevertheless, on a nice sunny morning in February, my wife and I attended our first event, at Bramcote Woods, did an Orange course and from that day have become hooked. Some few months later after many subsequent outings, I decided on the advice of this friend to push myself a little bit harder and do a Blue-coded course. Having done a few outings at red standard, I was reasonably hopeful of completing the course! Whitesprings was a great venue but an unforgiving taskmaster. Having managed to navigate the first 10 controls correctly to reach the second master maps in just over an hour, I felt that I might just squeeze in with a respectable time for a first attempt. However, whilst proceeding through Controls 11 to 16 safely enough, it was then that I came unstuck in finding the DITCH! Maybe it was my over-confidence or lack of experience in attempting to struggle through impenetrable coniferous terrain that I ended up somewhat astray from my planned route and in the Marsh. Trying not to give up (never say die), I tried for too long to check this one off my control card. But to no avail! Time flies as they say, and with the clock on just over 2 hrs, I decided to head for the finish taking in Control 20 on the way. All in all I felt that I had learnt a lot and was confident of making the grade at Blue - eventually. I learnt that whilst fitness can always be worked upon, other factors such as awareness of terrain, map reading skills and less time wasted locating controls need to be improved. Afterwards, a feeling of tired satisfaction allowed one to think of future excursions in equally beautiful locations. Meanwhile, my wife had already completed her first solo Red course and had been waiting for some considerable time for me to arrive at the finish.

Graham Diggory (M35)

Junior News

Alistair Buckley and Chris Godfree have been training with the M15 British Squad at Halden in Norway mixing with the Scandinavian juniors.

Kim Buckley is currently in Sweden with the Swedish juniors representing W13 British and will then go to spend a further two weeks with a local club.

Zoe Wilkinson is also on tour with W17's in Scandinavia.

LONG DISTANCE FOOTPATH RELAY.

Below find the teams for the 20 Man Relay around the Robin Hood Way to be held on Saturday 8th July. We have more or less filled the teams up now, but anyone who has not got a run and is still interested should contact me as soon as possible, as there are always injuries etc. so we still might need you.

It is hoped to keep teams fairly close together and to encourage this NOC are staging Mini Mass starts at two points during the day. This will hopefully keep everyone fairly close together and make for an interesting day.

Anyone who wants to act as coordinator by taking phone calls to keep people in touch with how the teams are getting on would be gratefully received (anyone in during the morning and running in the afternoon could also perform this role).

The route does take a rather convoluted tour of Nottinghamshire so if anyone wants to just come along and follow it you would be welcome. I have details of the changeovers, as should all team members. Also there is planned to be a barbecue, somewhere near the finish at Edwinstowe. All are welcome but as yet I have not got exact venue from NOC. Phone me near the day.

For those in the run- Please do your best to check your route and let me have an accurate time for your leg. I will do my best to circulate or phone you of any changes to your time a few days before the race. Any questions- phone me, Mike Gardner, on Derby 665671.

Leg	Dist.	Team 1 Runner	Start	Team 2 Runner	Start
1.	5.75	Steve Kimberley*	7.00	Carl Webster	7.00
2.	4.00	Rob Atkin	7.24	Al Buckley(M15)	7.25
3.	4.25	Judy Buckley(M40)	7.48	Helen Stratford(M)*	7.50
4.	9.50	Steve Buckley(M40)	8.08	Neil Forrester(M40)	8.11
5.	3.25	Paul Armstrong	8.46	Alan Shaw	8.50
6.	6.50	Kim Buckley(M13)	9.19	Jenny Shaw	9.24
7.	2.00	Jo Thornley(M40)	9.50	Hopper Jnr(M11)	9.56
8.	2.25	John Hawkins	10.00	Andy Stevenson*	10.07
9.	4.25	Sue Russell(M21)*	10.33	A Thornley(M13)	10.41
10.	13.25	Dave Nevell	10.55	R. Manwaring(M35)	11.04
11.	3.50	Chris Godfree(M11)*	11.48		11.58
12.	8.50	Mike Gardner*	12.04	Rob Shooter	12.15
13.	11.00	John Hopper(M35)	12.38	Steve Davis(M40)	12.50
14.	7.50	Dave Godfree(M15)*	13.22	Terry Peach(M40)	13.35
15.	9.50	John Hurley	13.52	Dave Brodie	14.06
16.	14.50	Dougie Dickinson	14.31	Dave Walker(M45)	14.46
17.	7.00	Ian Finlayson(M15)*	15.29	John Birkin*	15.45
18.	7.50	Dave Crofts(M45)	16.00	Lucy Wilson(M15)	16.17
19.	6.25	Barrie Bibby(M50)	16.30	H. Finlayson(M40)*	16.43
20.	7.75	Ian Whitehead*	17.00	Steve Wilson	17.19
End			17.35		17.55

Event Report - Swithland Woods

Leicester Orienteering club managed to gain access to the Bradgate Trust land again for this event. There has recently been a dispute between Bradgate Trust and the Nature Conservancy Council with LEI in the middle. This has hopefully now been settled and LEI will have access to Outwoods, Beacon Hill, Bradgate Park, and Swithland again.

However, LEI were lucky with the weather and the Swithland event, held on June 17th, had glorious sunny and hot conditions. A full set of colour coded courses were available with the Blue and Brown courses using a special training map which had no paths, tracks, etc.

As I competed on the Brown course this proved quite tough especially in the Open area of Swithland, looking for a depression amongst bracken when you're not too sure which side of the path it is. However, with careful navigation you could successfully get round a challenging course. I must admit I found the course quite enjoyable though a little long. I was out for 90 mins, the winner when I left had taken 70 mins (a member of LEIUC, obviously local knowledge!), whilst Dave Nevall took 72 mins and Alex Campbell 80 mins.

There seemed to be a reasonable turn out for a Saturday event, and with an ice cream van in the car park after the event all seemed to go quite well. LEI even put up the results on the day.

MIKE GARDNER.

DVO DEVELOPMENT PLAN

The draft development plan shown below was discussed at the Open Meeting held at Alfreton in June.

This is a draft of the forward plan to be put to the AGM of DVO next September.

It is needed in order that we can identify priorities within the committee and produce a budget for the forthcoming year. To my knowledge the last 20 years of DVO have successfully bumbled along by spending funds demand.

There has been an EMOA development plan for a number of years now we have a duty to consider our contribution towards that plan.

RESPONSE TO EMOA PLAN

Section D Retention of interest

1. Provision of more low cost summer evening club events in city parks etc.

2. Increase in number of badge events.

DVO now plans two per year

3. Coaching courses for bronze/silver standard orienteers complementary to EMOA provision.

Do people prefer Weds, Sats, or Sundays to fill the gaps in events- let us know your opinion. The club also needs to find a coordinator for these courses. Any volunteers?

Section E Increase in participation

1. Development of permanent course, especially urban areas

Shipley Park, Linacre for 1989/90 any more?

2. Extra open events- One per month is the target.

Section F Increase in awareness of O in schools

1. Schools into events and schools league
2. Promotion of O literature for schools
3. Promotion of developed permanent courses
4. Schools liaison officer is sought- any volunteers within the club

Section G Others

1. Controllers course - region
2. Planners course - club
3. Coaching Instructors Course - region?
4. Mapping course - club
5. Toilets at open events - now a definite policy

Other club priorities

1. Equipment
2. Mapping
3. Land access
4. Event Officials

Produced by Steve Buckley 13. 6. 89

SPECIFIC RECOMMENDATIONS ON FLUID BALANCE

The human race is very inefficient when it comes to converting the energy stored in food into mechanical work. Only about 20-25% of the available energy stored in carbohydrate or fat is converted into a form which the muscles can use to contract and generate force. The remaining 80% is lost as heat. During exercise, when the rate of energy utilisation increases, the rate of heat production also increases. So in order to prevent an excessive rise in body temperature - called hyperthermia - the body must take steps to lose this additional heat. It can do this by several mechanisms, the most important of which is through the evaporation of sweat on the surface of the skin.

Although sweating is a very effective way of losing heat, care must be taken to ensure that it does not result in dehydration. When sweating is prolonged or pronounced, progressive dehydration will result. This water loss will cause serious problems if no attempts are made to replace it. Losses of fluid corresponding to as little as 2% of body weight can result in pronounced impairments in the capacity to perform muscular work.

Your body needs to balance the losses and intake of fluids in order to maintain the capacity to regulate body temperature in the same way a car needs cooling fluid in a radiator. A reduction in cooling fluid will lead to a reduced ability to remove heat from the engine [the muscle] and deliver it to the radiator [the skin] where heat may be lost. Consequently, the temperature of the system will rise until the engine ceases to work. Similarly, when sweating losses greatly exceed replacement, the circulatory system is unable to cope and skin's blood flow falls.

With this comes a reduction in sweating and a reduction in the ability to lose heat. As a result, body temperature will rise - with potentially fatal consequences.

Considerable care should therefore be taken to ensure adequate hydration before, during and after exercise so as to avoid thermal distress. It is most important that you apply these

principles in training - not just in competition. Progressive depletion of your body's fluid stores can occur over several days of insufficient fluid intake in the same way as the progressive depletion of glycogen! Remember that these points apply equally to all sportsmen and women - not just marathon runners - especially to those exercising indoors.

Here are a few tips to help you maintain fluid balance:

*Always ensure that you are fully hydrated prior to taking exercise. Never start exercising in a dehydrated condition. Avoid large amounts of alcohol the night before.

*Take some fluid prior to exercise. For example, take 400-600 ml of water 30 mins before activity.

*During exercise, small amounts of fluid should be taken little and often. You should start drinking early during exercise - do not wait until you are thirsty. Try using a cyclists' water bottle as a container.

*Plan for regular water breaks where possible. Athletes should be encouraged to drink even if they are not thirsty.

*As cold drinks empty from the stomach faster than warm or hot drinks, the drink should ideally be between 8 and 13C. Larger volumes empty more quickly from the stomach than smaller volumes - however, beware of having too much fluid in the stomach!

*Salt tablets are to be avoided at all cost. There is ample salt in the diet without having to take extra salt at mealtimes.

*Splashing water on the skin during exercise will also help lose heat through evaporation.

*Acclimatise to exercise in warm environments carefully and adequately prior to competition.

*Following exercise, start the rehydration process immediately - do not wait for several hours before refuelling. Ideally always carry your own supply of fluid in your kit bag so that you are never caught short. Do not rely on the coach or organiser of an event to provide fluid.

*You must condition your body to get used to taking fluids - do not only use fluids during competition.

*When used with care, commercial drinks can assist in the replenishment of fluids whilst also providing additional carbohydrate to supplement the body's energy reserves.

However, if used incorrectly, they may actually impair performance through nausea and stomach discomfort. Worse, they may inhibit fluid absorption, thereby accelerating dehydration. Ideally, these drinks will contain small amounts of carbohydrate [less than 2.5% if in the form of sucrose or sugar - i.e. 2.5g carbohydrate per 100g water, up to 5-10% if using a glucose polymer or syrup]. The electrolytes are not present to replace those lost in sweating but to help increase fluid absorption.

MAPPING WEEKEND 20/21 MAY

On the weekend of 20th & 21st of May some of our members went off to map Eyam Moor, assisted by Pete Roberts of Roberts Mapping. We met at Eyam Youth Hostel on Saturday morning and

discussed surveying techniques before choosing a small area to map. After preparing our boards we travelled to the moor. Most of the moor mapped on the Saturday contained pits and gullies which were accurately plotted with the help of compasses, pacing and a PG plot. Apart from a break for lunch we mapped until 5pm when we returned to the Youth Hostel. Back in the study room we drew up our day's mapping and Pete Roberts combined them on to one sheet.

At the evening meal the adults discovered what the juniors learn on coaching trips, if you want the food grab it and how to work dishwashers. After the meal we returned to the study room to watch the latest comedy, the BOF mapping video.

Later on three idiots went mapping and the rest went elbow exercising around Eyam.

On the Sunday after eating the Hostel's supply of toast we went out mapping again. This time we learnt how to draw contours (I hope I don't end up running on the bit I mapped)!

Eyam Moor looks like being a very interesting area so book November 26th in your diary now for the Badge Event there, or even better volunteer to organise or plan, but don't leave it too late or you'll end up emptying the loos!

David Godfree

RELAYS

As many of you will already know our M17 relay team has been very successful this year having won the Scottish and British relays. What is even more surprising is that the team consists of three young M15s, Ian Finlayson, Alastair Buckley and David Godfree! At the Scottish we finished the first leg 5th place then came back 2 minutes clear after the second leg and increased the lead to 9 minutes at the end. At the British we came back with the pack on the first leg, 3rd on the second leg and with South Yorkshire hot on our heels early on came back almost three minutes clear of DEE and SYO.

David Godfree

A WARM WELCOME to the following new members:

St. Nicholas D of E group c/o 4 Hazel Close, Ashbourne
Catherine & Andrew Brightmore, 6 Kilburn Rd, Dronfield Woodhouse
Simon Lawrence, 45 Castlefields, off Chatsworth Drive, Tutbury
Sallie & Graham Diggory, 169 Belper Road, Stanley Common
Lorraine Eagle, 9 Scarborough Rise, Breadsall Hilltop
Terry Salvoni, 28 Montrose Court, Hough Green Chester
Lucy Wilson, 70 Wellington Street, Matlock
Sharon Holford, 6 Cherry Close, South Normanton
Annie Carrington & Mike Wynne, 120 Almond Street, Derby
Christopher & Hannah Simmons, 74 Long Row, Belper

HEAR YE HEAR YE. HERE IS OFFICIAL NOTIFICATION OF
THE DERWENT VALLEY ORIENTEERS

CLUB CHAMPIONS HIPS 1989 TO BE HELD AT

KEDLETON PARK, DERRY ON FRIDAY 11th JULY
MAP REF SK 30SLW2 USE VILLAGE ENTRANCE ONLY

- NEW AREA - NEW MAP - PREPARED
- OPEN TO ALL PAIDUP MEMBERS - 3 COURSES ROUGHLY BLUE GREEN & YELLOW/ORANGE (RUN WHICH YOU LIKE) - YOUR STANDARD AND COURSE WILL BE TAKEN INTO ACCOUNT WHEN ALLOCATING START TIMES - THESE WILL BE AVAILABLE FROM 12.7.89 - COST £1.10/50 APPROX (DUE TO LAND USAGE CHARGE) FOR ENTRY - CONTACT J. HAWKINS 11 NEW RD DARLEY ABBEY DERRY IE3 1DR 0322 552104/557593 - STATE YOUR CHOSEN COURSE AND YOUR STANDARD - EARLIEST START TIMES AROUND 12.45 - PRIZES/GIVING AFTERWARDS AT THE BUXLEYS - BRING FOOD AND DRINK!!

ALSO ANNOUNCING

DVO'S SUMMER EVENING TRAINING RUN PROGRAMME '89

ADVENTUROUS JOURNEYS OF DISCOVERY ONTO LITTLE KNOWN FOOTPATHS ETC. AROUND DERBYSHIRE.

FROM 26 JULY 89 TO 30 AUG 89 TRAINING RUNS WILL START AND FINISH AT THE LOCATIONS BELOW. THERE ARE USUALLY 30 or 4 GROUPS OF DIFFERENT STANDARDS/SPEEDS GOING 5-10 MILES EVERYONE IS WELCOME NEW & OLD MEMBERS THERE WILL BE CHANGING ROOMS FOR BOTH SEXES - START TIME JUST AFTER 7 P.M. - CUP OF TEA AND CHAT WHEN YOU FINISH.

- 26.7.89 STEVE & ANN KIMBERLEY W1 DEVON AV BRIMINGTON CHESTERFIELD
- 2.8.89 NO RUN 0216 233575
- 7.8.89 SUE RUSSELL BANKSIDE COTTAGE UPPERTOWN BONSALL 062982 3712
- 16.8.89 GODFREYS 26 RANGEMOOR CL. MICKLEOVER DERRY 0332 515862
- 23.8.89 IAN & CATH WHITEHEAD 11 ZOWLER DR. KILBURN 0332 780177
- 30.8.89 ROB NEWTON 63 DERRY RD MELBOURNE 03316 2786

DVO BARBQUE 22.7.89 at IAN & CATH WHITEHEADS
ADDRESS ABOVE - BRING YOUR OWN FOOD/DRINK

DVO PROVISIONAL FIXTURES PROGRAMME

Where REQUIRED is shown, please offer your assistance to Steve Buckley
except for Team N events in which case Steve Kimberley

				Organiser	Planner	Controller
June	27	Tue	SOCIAL - Canal Trip from Shardlow	C Pollard		
July	1/2		Harvester reays - South West			
	8	Sat	Long Distance Footpath Relay	M Gardner		
	12	Wed	Committee Meeting			
	14	Fri	Club Championships - Kedleston - after at Buckleys	J Armstrong	J Hawkins	
	22	Sat	BAR B QUE - at Ian & Cath Whitesheds			
	26	Wed	Summer Training Run - Chesterfield	S Kimberley	0633 233573	
	30-3 Aug		Scottish 8 Days			
August	9	Wed	Summer Training Run - Boreall SK 173683 approx	S Russell	062582 3712	
	16	Wed	Summer Training Run - Mickleton SK 311357	M Godfree	0322 515802	
	18	Sat	Booze 'O' (New Reschedule to SEPT 14 TH)	M Gardner/L Davis		
	23	Wed	Summer Training Run - Kibburn SK 362455	I Whitehead	0332 760177	
	26-28		White Rose Weekend - North Torus			
	30	Wed	Summer Training Run - Melbourne	B Newton	03316 2786	
September	17	Sun	CATT Event - Markeston Park	B Stratford - Annie		
	24	Sun	COLOUR CODED - Team S - Adlestree Pans	REQUIRED	S Davis	REQUIRED
	27	Wed	AGM - Ripley Leisure Centre			
October	8	Sun	Schools Individual Champs - Wagesby			
	29	Sun	COLOUR CODED - Team N - Cromford Moor	A Thomson	J Hopper	P Jones
November	26	Sun	BRETTON CLOUGH BADGE EVENT	S Buckley	J Hawkins	REQUIRED
December	13	Wed	Open meeting - Alfreton			
			SOCIAL - DVO pub crawl - location unknown			
January	14	Sun	COLOUR CODED - Team S - Calks	D Walker	M Gardner	M Godfree
February	11	Sun	COLOUR CODED - Team N - Rough Pitsy Side/Linacre	S Russell		REQUIRED
March	14	Wed	Open meeting - Alfreton			
April	1	Sun	CHATSWORTH BADGE EVENT	REQUIRED	S Kimberley	REQUIRED
April	29	Sun	COLOUR CODED - Team S - Stanton Moor	REQUIRED		I Whitehead
May	20	Sun	COLOUR CODED - Team N - Whitesprings	REQUIRED	REQUIRED	REQUIRED
June	17	Sun	COLOUR CODED - Team S - Kedleston Park	REQUIRED	M Godfree	REQUIRED

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FIXTURES/EVENTS PROGRAMME

Date	Event	Contact	Further Details
Jul 30 + Aug 5	LOCH LOMOND 89 Day 1: 20th Duchray Water, Aberfoyle (MR 503014) Day 2: 31st Ross wood, Drymen (MR 372972) Day 3: 1st Airds Park, Oban (MR 952334) Day 4: 3rd Glen Argy, Inverary (MR 095086) Day 5: 4th Rosneath Forest, Drymen (MR 372973) Day 6: 5th Inth Adway, Aberfoyle (MR 522990) Entries to: Loch Lomond 89, Po Row 1, Tom, Anywhere. KAYO TLY	Englewood D. Allison, 56 E. Skirling St Alva, Fife 5MA (0859-61210)	(D) 30.6.89. Limited entries therefore.
Aug 26/28	WHITE RIFF WEEKEND, Waco (MR 552812) Day 1: BADGE EVENT Day 2: BADGE EVENT Day 3: RELAY EVENT	B. Roberts 8 Hibberd Avenue, Haxby York YO2 8MP (0904-762310)	Special entry form req'd (D) 22.5.89 & 11.7.89 Ed.

