



NEWSTRACK

JUNE

1991



Congratulations  
John, Sharon & Joshua  
on the new arrival :

Joel

## DVO OFFICIALS

Chairman	: Steve Kimberley	10 Victoria Street, Brimington, Chesterfield 0246 233575
Secretary	: Mike Godfree	26 Rangemoor Close Mickleover, Derby 0332 515862
Treasurer	: Dave Clough	The Croft Park Street, Alfreton 0773 833059
Minutes Secretary	: Viv MacDonald	The Cottage Cockshead Lane Two Dales, Matlock 0629 734307
Newstrack Editor	: Alex Campbell	3 Gorsey Close Belper 0773 822572



Summer has arrived at last. The garden has taken precedence over the orienteering for the last few weeks. However, it's just about finished and we're looking forward to the Scottish 6 Days.

I was lying in bed at the weekend when the phone went. The voice on the other end of the line said "Hello, is that the Flying Scotsman?". It was a member of DVO's arch rivals NOC. He had just received the results for Matlock, thinking he'd had a good run he couldn't believe someone as heavy/slow as me could have beat him so easily. However, this was not the main reason for the call as I was soon to discover, he started asking all sorts of questions which seemed to be leading towards the obvious one of are you eligible for M35 now? The Cheek!

Being M35 himself he was worried that I might be in M35 now or soon and this worry had been made worse by the results for Matlock which had me down as M35-, I hope most folk noticed the '-'. Anyway, he needn't worry for another 18 months yet!

My apologies for the slight delay in getting to press but the pressures of work once again are to blame. My thanks to Catherine, who although busy herself, typed the majority of this months issue.

Alex

Deadline For AUGUST Newstrack Is 12th August

# INDEX

New Members.....	1
Chairman's Spot.....	1
Famous Quotes.....	1
Social Activities.....	1
Rocky Knoll.....	1
Dear Ed.....	1
Local Events.....	1
Matlock Forest.....	1
Badge/National Events.....	1
SROC Badge Event.....	1
Shouldham Warren & The Sincks.....	1
Other Events.....	1
Summer League.....	1
Event I Darley Park.....	1
Event II Drum Hill.....	1
Event III Crich Chase.....	1
Event IV Cromford Moor.....	1
Leading Positions.....	1
Event V Allestree Park.....	1
Remaining Fixtures.....	1
Club relays.....	1
Training.....	1
Treating Ankle Injuries.....	1
Coaching Weekend.....	1
Fixtures.....	1
DVO T-Shirts.....	2
Order Form.....	2

## NEW MEMBERS

A WARM WELCOME to the following new members:

Martin Browne : 31 Larges Street  
& Soo Downe Derby

Paul Blanks : 4 Common-Wood Cottages,  
St John's Road, Matlock  
Bath

Jill, Phillip : 68 Rectory Lane,  
& Richard Drury Breadsall,  
Derby

Mike Atkinson : 51 Hall Farm Road,  
Duffield

We hope you enjoy your orienteering with  
DVO.



## CHAIRMAN'S SPOT

### HELP!

We desperately require 2 equipment officers. There has been no response so far to our requests and the situation is getting desperate, these important positions must be filled, and soon! If you want to help your club please contact any committee member as soon as possible.

Sorry to harp on but we urgently need to fill these posts. In addition we will need to fill the post of Fixtures Secretary at the next AGM (Last Wednesday in September - 25th).

Steve Kimberley

\*\*\*\*\*  
\*  
\* The Next DVO AGM will be held at Belper Sports Centre \*  
\* at 8:00 pm \*  
\* on Wednesday 25th September \*  
\*  
\*\*\*\*\*

## FAMOUS QUOTES

### Quote of the Month!

Whilst waiting at the start at Matlock Forest, Sue Russell looked at her compass and said:

*"North has moved since we left the car!"*

# SOCIAL ACTIVITIES

## Barn Dance

It is proposed that DVO hold a Barn Dance around September/October time. Christina will advise us nearer the time of the arrangements.



## DVO Annual Barbecue

Saturday 27th July 6 pm onwards

Come along to the annual barbecue at Kilburn.

Everything is provided including salads, puddings and soft drinks.

All you need bring is your own food to barbecue, and any alcoholic drinks (there should be a barrel of beer available), also outside chairs, ground sheets, etc.

Cost: £2.50 per person 13 and over.

£1.30 per person 7 to 12

under 7 free

Facilities: Rounders pitch (hopefully marked out)! swing and climbing frame.

Travel directions: From the junction of the A609/B6179 turn on the A609 towards Ilkeston. After 1/2 mile turn right into Highfield Road. In 1/4 mile turn right into Dale Park Avenue. Bowler Drive is 5th on the right. Parking is limited so you may have to park on Dale Park Avenue.

Address: 11 Bowler Drive, Kilburn. MR383455.

Telephone Derby 780177, Ian and Kathy Whitehead, **BY 20TH JULY**

# ROCKY KNOLL

## in

### THE SIGN OF THE SPORRAN PART 5

The story so far.....Far too complicated for me to explain here. You'll have to dig out your back copies of Newstrack to catch up on the earlier episodes. To cut a long story short, Rocky Knoll is in a Scottish hotel bar talking to top 'O' star Stan Hole when two overcoated heavies walk in, closely followed by that well-known mapmaker, Toby Beeswick.....

Beeswick stood transfixed in the doorway, unsure of what to do. The two heavies were leaning against the bar. One of them looked up and appeared to motion Beeswick over, but the mapmaker seemed powerless to move, his eyes still staring in my direction. The heavies must have sensed that something was wrong and looked over in my direction too. I rose to my feet and two things happened in quick succession. Firstly the heavies slipped quickly to the side exit and disappeared from view. Then, left on his own, Beeswick appeared to panic and jumped back through the door he had just entered. Grabbing my hat and apologising to a startled Stan Hole, I dashed after Beeswick. As I reached the car park I saw the two heavies already zooming off down the road in their car, and Beeswick getting into another. I figured that if I ran straight after him he might get away in the car and I would be stranded, so I went straight to the Robin which was parked on the other side of the car-park from Beeswick. Jumping in, I turned the ignition key, but as usual the wretched car didn't start. However, judging by the spluttering sounds coming from Beeswick's clapped out old Cortina, he was also having trouble. We sat there, 30 yards apart, ignitions straining, but not daring to get out in case the other's car sprang into life.

Suddenly we were off. Beeswick swung out, the Robin in pursuit. Ah! The thrill of the chase. The road went uphill and soon became quite steep so that we were straining at the limit. I glanced at the speedo; 25 mph. This was ridiculous, flat out in a car chase and other cars were passing us. The Robin creaked and trembled, ahead the rust Cortina lurched and belched blue smoke. I swore never to drive a company car again.

As we reached the brow of the hill, the blue smoke ahead thickened and Beeswick's car juddered to a halt. Within seconds I was alongside his window. He was cornered. Beeswick was furious. "Bloody car wrecked by too many orienteering car parks" he muttered. I sat down beside him in the passenger seat. "What the hell are you playing at?" He looked slightly sheepish. "You saw those two men in the bar?" he asked. I nodded. "It's really them I'm trying to get away from. But I was trying to get away from you as well. If they knew that I had been talking to you then I'd be for it." I wasn't convinced. "For what?" I demanded. He looked resigned. "I might as well tell you now" he said "There's no escaping it".

I leaned back in the car seat and began to listen to his account. As he was finishing I heard a distant sound. It was an approaching car coming up the hill. Beeswick turned pale. "It's them. They've come back again, I recognise the sound of the engine". There was no time to lose. "Get out!" I shouted. "Quick, get in the Robin". He hesitated so I leant over, opened the door and pushed him out. We scrambled back and jumped in just as the approaching car sped round the corner. It swerved violently to avoid the Robin, skidded across the road and toppled gently into the opposite ditch. I put my foot down, and doing a quick U-turn was away back down the hill before they had time to get out of the car. The Robin excelled itself and we were soon out of sight. Beeswick allowed himself a chuckle. "First time I've made a successful getaway in a three-wheeler" he said, peering out of the back window. I said nothing, coaxing the car to go as fast as possible. We had to get back to

Hole and get him away from here, and we might not have much time.

The first attempt to find him was unsuccessful, the Hotel was empty. "He must be somewhere between here and his cottage" I said, figuring that it would take a good hour for him to run back. We must get there before they do. Even before we had time to go back outside we heard the roar of the heavies' car passing by at high speed. Lucky I had parked the Robin out of sight of the road. "They'll be going back to his cottage" I said, pulling out my map. We consulted it. There was one chance. If I could go on foot up through the forest and across the moor from the point on the main road nearest the cottage, I might just be able to intercept Hole. "You can carry on in the Robin" I said to Beeswick "and drive to the track going up to the cottage. Check to see if the heavies are up there, taking care not to be seen. Then if they are, do anything you can to block the track to stop them getting out. If they get Hole they'll have to escape on foot. That'll buy us time". I tossed him the keys.

Fifteen minutes later I was struggling uphill, bathed in sweat, even in the inclement conditions. I pondered on what Beeswick had told me. Things were starting to fall into place, but there were still some big gaps. Whoever these men were, and presumably they were connected with the sign of the sporran, they had coerced Beeswick into helping them prepare these bogus maps. They had also threatened to harm Jock McHarvey (whom they had kidnapped) if Beeswick didn't cooperate. Stan Hole appeared to be under their control through hypnosis. Something big was going on and I clearly had to get back to Hole before they did. I reached the edge of the forest and gained the skyline. Some three hundred metres ahead a track led past and downhill to Hole's cottage. Even as I stood there dripping from the combined efforts of myself and the weather, he was running smoothly by. I shouted and waved but the wind took my words away. It was too late. He was almost at the cottage. Looking down the hillside I could see figures waiting for him. The car was unmistakable. They had come to take him away.....

What will happen to Stan Hole?  
Can Toby Beeswick be trusted in the Robin?  
Can Knoll save the day?

Read on in the next edition of Newstrack!

Dear Ed,

A close relative of Toby Beeswick confided to me at Springtime in Shropshire that he was wearing his daughters clothes. OK, so this was only a Yogi Bear T-Shirt, but where will this cross-dressing end? And should we let this man near to our impressionable juniors??

Yours anxiously,  
"Worried" of Belper

Dear Ed,

Having recently received a copy of the latest IOF Mapping Specifications, I feel duty bound to draw the attention of all future mappers of DVO areas to the fact that there is now a brand new symbol for a vineyard. I shall be looking for this on the next edition of Matlock West.

Yours  
cartographically,

Belper's answer to Robin Harvey.

Dear Ed,

The East midlands Sports Council still require a Schools League Liaison Officer. Please ring Paul Wright if you are interested.

Paul.

## DEAR ED.



Dear Ed,

Please convey our thanks to Mike Godfree for a very entertaining slide presentation at the last Open Meeting. For those who missed it, it was about the Godfree's visit to the Asian Championships in Canada.

The Committee

Dear Ed,

The CATI to be held at Drum Hill on the 15th Sept. has been cancelled. We lost permission to run the event.

F.C.

## LOCAL EVENTS

### MATLOCK FOREST 16 JUNE

When the East Midlands Junior Squad took over the organisation of this event the first thing we did was to ring up Michael Fish. Sun, he promised us, would be the order of the day. As usual he got it wrong because it rained, rained and carried on raining.

Apart from that it was a good day. Unfortunately times were a bit on the long side on the Green and Blue but know doubt the weather was partly to blame. Anyone who thinks Matlock Forest is an easy area should have been doing Brown. Ian sent it round the old quarries and many people lost a lot of time by running too fast.

With superb efficiency I can bring to you top DVO results after spending Monday sitting at a computer:

White	4th	Laura Campbell	Yellow	2nd	K Kirby
Orange	13th	A Peach + 1	Red	6th	A Morrison
L Green	6th	G & C Johnson	Green	6th	T Peach
Blue	3rd	Barry Bibby	Brown	1st	The Editor

I hope you all enjoyed yourselves and look out for the new Junior Squad 'O' suits which the profits are going towards.

David Godfree

## BADGE/NATIONAL EVENTS

### SROC Badge Event - Torver Low Common (14 April)

Orienteering was invented for events like this; a beautiful spring day, technical and challenging terrain, a relatively small but high quality entry. These Lakeland commons are some of my favourite orienteering areas - roll on JK92.

My run went as follows :-

Start steadily as always, no problems with 1,2,3 except I'm already walking up the hills. At least I've no breathing problems so I'll finish today. Coming out of 4, I'm overtaken by Rob Lee (event winner) who is going very fast indeed. Lose sight of him soon after 5. Pause to admire the view across Conistoun Water.

Hit 6 spot on, no time lost so far. 6-7 looks fairly straight-forward, downhill with power-lines and a marsh as catching features. Charge off downhill leaping from crag to crag. Under the power-lines, hold on there's no marsh. Stop to admire Conistoun Water again and see the marsh below me. I've come down the slope at the wrong angle but luckily I can see the control flag from the above. Has anyone else been making the same kind of mistakes for the last 10 years?

A big climb to 10, which is in a vague area near the edge of the map. Then, leaving 11, I feel a sharp pain in my left foot. Stop to remove stone from my shoe but can't find one. Carry on but the pain is still there, commenting on this situation in a manner offensive to those of a delicate nature. After some high-speed hobbling, I discover I can run best with the

weight on my heel, that's okay uphill. Sadly, this is the fastest part of the course and much of it downhill. I continue in this uncomfortable way to the finish (control 19) losing valuable minutes (OK - seconds).

Back to the car I find the cause of the pain - a giant thorn over an inch long (OK - a gorse prickle about 1/4 inch long). How do thorns get inside both shoe and sock?

Also, I look at my course from the 1984 Northern Champs. Same map, same start, same finish, almost the same length. No, not the same controls. Then, there was 300m climb and I took 82 minutes, this time there was 550m climb and I took 97 minutes.

Now, how can I arrange a trip to Blea Tarn in June?

#### DVO Results - Silver or top half of course

W21S 5th - MARY JONES  
W40S 4th - LYNETTE GILLIGAN  
W40L 12th - HELEN FINLAYSON  
M21L 44th - PETER JONES

Peter Jones

#### Shouldham Warren & The Sincks

We decided not to go to Blidworth even with a new map but suffer instead a two hour journey to go to a small badge event in Norfolk. The area is quite flat forestry commission land with an extensive ride system consisting of two smaller areas connected by a 600m x 100m corridor. As a result of this the courses were both flat and very fast.

Numbers at the event were small, about 400, but at least this meant that distances to start and finish were small. My own course as expected was fast and by control three I was passed by a runner in very loud lycras, thankfully I passed him again at control six when he overshot. After 3.9km came the second master maps with 27 minutes on my watch, the guy in the lycras passed me again. Going onto control ten he starts to go away but misses it by just two metres overshoots and turns back to see me punching the control with a big grin on my face. Grin fades as he passes me at control eleven. By control eighteen he is still just in sight but by nineteen he has disappeared. I carry on to the finish with no mistakes having covered the 12km in about 75 minutes. Can't see the guy in the lycras. Five minutes later he turns up apparently he had overshot badly on control twenty and took a while to relocate.

As you might imagine I quite liked this event even though it was fast. Grouse however, at the time that I left the event 2 pm there were no grouse up on any course! I hope final results will not be too long.

Results are now here! The good news is that I came fifth unfortunately however still twelve minutes behind the winner Ben Hartman of Cambridge university. Ewan Thompson did better than me (as usual) and came second still six minutes behind Ben. Only thirty five competitors on the M21L course. The only other DVO person there was my wife Anne who came 8th on W21S.

Altogether despite the lack of technically taxing terrain or courses it still made a welcome change from Blidworth.

Steve Kimberley

## OTHER EVENTS

### SUMMER LEAGUE

Although admittedly a misnomer this year, the Summer League has so far proved just as popular as last year's and interesting scraps are developing for the titles of Male and Female Summer League Champions.

After 4 events the competition is particularly close in the Woman's category with no fewer than 7 people separated by just 3 points at the head of the list. The male category is not as close, but heavy handicapping of the leaders is bound to make it difficult for any one person to dominate. Read on to discover how this year's results have been unfolding.....

### EVENT I - DARLEY PARK - 26 APRIL

John Hawkins' pot pourri of compass, pacing and map memory clearly had many people foxed as the negative scores testify. Somewhat mysteriously incorporating the Inter City Championships, the idea of the event was to follow sets of instructions to find controls, and then remember where you had been at the end, your map taken away. The final part proved disastrous for some people with poor short term memories.

### RESULTS

Pos	Name	Total points	Summer league points
1	Steve Kimberley	35	12
2	Alex Campbell	35	12
3	Dave Godfree	33	9
4	Judy Buckley	28	6
5	Dai Bedwell LSOC	23	N/A
6	Ranald Macdonald	14	8
7	Terry Peach	3	7
8	Steve Buckley	2	6
9	Chris Godfree	-2	5
10	Alex Stalker	-3	4
11	Russ Buxton	-40	3
12	Dave Clough	-41	2
13	Viv Macdonald	-42	4
13	Gerald Taylor	-42	N/A
15	Jill Drury	-45	3
16	Daniel Kimberley	-64	1
17	Thomson Family	-66	N/A
18	Liz Godfree	-69	2
19	Mark Flint	-70	1
20	Karen Tyler LSOC	-73	N/A
21	Kim Buxton	-75	1
22	Michael Peach	-76	1
23	Lucy Harrison	-119	1
24	Sam Harrison	-171	1

## EVENT II - DRUM HILL - 10 MAY

In the return of 'Snooker O', competitors routes were governed by the choice of 6 trivia questions at each of ten 'red' controls, followed by 6 'colour' controls. With a perfect brain and a perfectly fit body, a score of 147 was possible, although unfortunately this 'maximum break' was never threatened. The women were in no way outclassed by the men in this event, perhaps a case of brains over brunn?!

## RESULTS

Pos.	Competitor	Pts.	Handicap	League Pts.
1	Steve Kimberley	107	69	6
2	Dave Godfree	97	71	7
3	Paul Wright	94	94	12
4	Sue Russell	88	88	6
5	Phil Pittson (NOC)	78	-	N/A
6	Christina Wright	77	77	4
=7	Martin Sleath	76	76	10
=7	Michael + Terry Peach	76	68	5
=9	Alec Stalker	73	65	3
=9	Mike Godfree	73	73	9
11	Trevor Denyer	72	72	8
=12	Dave Skidmore	66	66	4
=12	Tom Pittson (NOC)	66	-	N/A
14	Kim Buxton	65	65	3
15	Doug Dickinson	60	60	2
=16	Sibley Family	58	58	1
=16	Christine Pollard	58	58	2
18	Russ Buxton	45	41	1

(points and handicaps for pairs split 2 ways)

## EVENT III - CRICH CHASE - 17 MAY 1991

The object of this event was to test everyone's ability to judge time, distance and height. Participants were not told how long the courses were, only that they were short, medium or long. At the start all watches were handed in (to obvious consternation of some) and the location of the first control was copied into the map. At each subsequent control was another map with the location of the next control which could be copied onto the participants' maps. A number of people treated the whole thing as a map memory, which seemed to add unnecessary further degree of difficulty!

At the finish, time taken was noted, but not revealed, maps were handed in and the final sting in the tail was unveiled. A sheet was given to everyone which required them to estimate the time they took, the length of the course and the height they had climbed.

My problem was then how to use these estimates (guesses?) to rank everyone. I decided to take the percentages difference between actuals and estimates, add them together and see what they looked like. By doing this I could ignore whether a person ran the short, medium or the long courses because actual time and distance was unimportant. The results are below, with percentage differences in brackets in the following order:

**Time (T) + Length (L) + Height (H)**

Place	Name	Total	Handicap	(T + L + H)
1	Mike Godfree	29	12	(4 + 12 + 13)
2	Peter Jones	40	10	(7 + 5 + 28)
3	Trevor Denyer	43	9	(16 + 27 + 0)
4	David Godfree	44	7	(18 + 26 + 0)
5	Margaret Keeling	45	6	(2 + 6 + 37)
6	Sue Russell	53	3	(15 + 34 + 4)
7=	Steve Kimberley	57	4	(5 + 26 + 26)
7=	Alex Stalker	57	8	(6 + 29 + 22)
9	Helen Finlayson	67	4	(11 + 26 + 30)
10	Nick Sibley	68	6	(17 + 3 + 48)
11	John Hurley	69	5	(4 + 26 + 39)
12	Dave Clough	83	3	(2 + 68 + 13)
13	Barry Bibby	85	2	(21 + 57 + 7)
14	Paul Wright	90	1	(14 + 46 + 30)
15	Alistair Buckley	95	1	(24 + 54 + 17)
16	Liz Godfree	111	2	(8 + 28 + 75)
17	Christina Wright	114	1	(17 + 34 + 63)
18	Chris Godfree	116	1	(11 + 79 + 26)
19	Kim Buxton	194	1	(19 + 116 + 9)
20	Martin Sleath	335	1	(12 + 75 + 248)
21	Russell Buxton	478	1	(27 + 180 + 291)

Also finished: Sam Harrison, Lucy Harrison and Frank Hazledine.

Ronald Macdonald

**EVENT IV - CROMFORD MOOR - 31 MAY 1991**

Mary Jones organised this Norwegian style event which tested one's ability at anagrams. At each control site there was a letter, so as you progressed around the course, you accumulated parts of the anagram (which was the name of a control site) as well as some bogus letters. If you wanted, you could return to the finish without visiting all 13 controls, if you could guess what the answer was from the letters available. All people getting the answer correct were rated above all those getting it wrong.

**Results**

Pos	Name	Time	Handicap points
1	Alistair Buckley	40.05	12
2	Steve Kimberley	43.55	9
3	Steve Buckley	52.18	10
4	Paul Wright	57.18	6
5	Dave Skidmore	61.20	8
6	Helen Finlayson	63.06	6
7	Alec Stalker	63.55	4
8	Dave Clough	65.04	7
9	Trevor Denyer	68.11	1
10	Andy Stevenson	70.50	5
11	Kim Buxton	71.12	4
12	Judy Buckley	75.59	1
13	John Hurley	78.37	3

14	Russell Buxton	80.18	2
15	Tony Seaston	82.50	1
16	Christina Wright	85.57	2
17	Sue Russell	87.55	1
18	liz Godfree	89.42	3
19	Margaret Keeling	93.15	1
20	Nick Sibley	93.51	1
<hr/>			
21	Graham Johnson	39.03	1
22	Chris Godfree	40.06	1
23	David Godfree	49.25	1
24	Mike Godfree	55.32	1
25	Rex Bleakman	73.56	1
26	Roger Keeling	83.41	1

retired Mark Flint, Frank Hazeldine.

# AFTER 4 EVENTS THE LEADING POSITIONS ARE:

## Men

1	Steve Kimberley	31
2	Dave Godfree	24
3	Mike Godfree	23
4	Ranald Macdonald	20
=5	Paul Wright	19
=5	Alex Stalker	19
7	Trevor Denyer	18
=8	Pete Jones	16
=8	Steve Buckley	16
10	Alistair Buckley	13
=11	Dave Clough	12
=11	Dave Skidmore	12
=11	Alex Campbell	12
=11	John Hawkins	12
=11	Dave Nevell	12

## Women

=1	Sue Russell	10
=1	Helen Finlayson	10
3	Kim Buxton	9
=4	Judy Buckley	7
=4	Christina Wright	7
=4	Liz Godfree	7
=4	Margaret Kelling	7
8	Viv Macdonald	4

Thanks to all of you who have  
already organised those who have  
volunteered to help, and to those  
of you who keep turning up to run.

Dave Nevell.

# EVENT V - RUMM-O ALLESTREE PARK - 14 JUNE 1991

Long Course	Time	Penalties	Total
1 Alex Campbell	29.46	8	37.46
2 Steve Kimberley	38.12		38.12
3 Mike Jubb	39.01		39.01
4 David Godfree	31.05	8	39.05
5 Mike Gardiner	39.05		39.05
6 Ian Whitehead	41.35		41.35
7 Mike Godfree	49.08		49.08
8 Alistair Buckley	38.00	12	50.00
9 Ranald macdonald	53.00		53.00
10 Martin Sleath	45.12	8	53.12
11 Trevor Denyer	54.10		54.10
12 Sue Russell (1)	47.00	8	55.00

13	Alex Stalker	56.50		56.50
14	Paul Wright	59.05	2	61.05
15	Russell Buxton	61.20		61.20
16	Rex Bleakman	54.00	8	62.00
17	Judy Buckley (2)	62.26		62.26
18	Dave Walker	52.08	12	64.08
19	A G Monster	68.00	2	70.00
20	Kim Buxton (3)	57.54	15	72.54
21	Christina Wright (4)	76.05		76.05
22	Viv Macdonald (5)	80.20	27	107.20
23	Chris Godfree	47.16	61	108.16
24	Steve Wilson	71.05	60	131.05

\* Michael Harrison incomplete

#### Short Course

1	Campbell Family	33.40
2	Daniel Kimberley	44.25
3	Roy Harrison	48.50

#### SUMMER LEAGUE FIXTURES

June 28th	Alvaston Park Dave Nevell 0332 834269
July 5th	Grasmoor Country Park Steve Kimberley 0246 233575
July 12th	Shipley park (north car park - visitors centre) Alex Stalker 0332 513798
July 26th	Matlock Forest East G R 313633 Sue Russell 062982 3712

#### CLUB RELAYS - 6th JULY

This years club relays will again be at Cromford. Each team will have members to run between them 8 legs. Each team has to have 2 runners from M/W 35+, 2 runners from M/W17- and 2 runners must be women and no team can have more than one member of one family (understood! Ed.).

Looking forward to seeing you all there!

Sue.



## TRAINING



### TREATING ANKLE INJURIES

A couple of recent incidents and conversations with DVO members prompt me to make some observations about the treatment of ankle and foot injuries. Whilst it is obvious that after a period of rest most injuries will heal, realistically most orienteers want to get back to running as soon as possible.

With the Scottish 6-day not far away, the last thing anyone wants is to turn on an ankle on the first day and not be able to take any further part. I hope that these comments will be of help to someone.

It is not normally the ankle joint that is damaged, but rather the ligaments in the outside of the foot below the joint. Initial treatment should be:

- (a) as soon as possible immerse the foot in a stream or under a running tap or apply a cold compress for about 30 minutes to reduce swelling. The compress may be a tootle soaked in cold water or a plastic bag full of ice cubes.
- (b) Firmly apply a crepe bandage in a figure of 8 to compress any swelling.
- (c) Elevate the leg and rest it for as long as possible.

The worst of the swelling should go down within 24-48 hours. The normal advice would be not to exercise for a couple of weeks. Obviously if it is a severe sprain, or potentially a break, it would be unwise to ignore this advice. Everyone has to use their own judgement about the wisdom or otherwise of running with an injury.

However, I turned my foot over on the National Event at SINS and finished badly and in some pain, but by the application of a stirrup strapping I was able to run almost normally at Titterstone Clee in the Monday and had one of my best runs ever.

There are various ways of applying a stirrup but, with apologies to any doctors reading for any errors in this description, the method I use is follows:

1. Cut 3 18"-24" strips of 2"-wide none-stretch adhesive strapping (available from Ken Broad "a used by the Swedes")
2. Hold one strip under the middle to rear of the arch of the foot and pull the tape tightly up both sides of the leg and press firmly into place firmly into place, keeping the foot at 90 degrees to the leg. A second strip is placed, with a degree of overlap, next to the first one but towards the toes. The strips must be tight for the stirrup to

3. The middle of the third strip is placed under the middle of the arch and the two ends are crossed across the front of the ankle and taken around the Achilles tendon at the back. Again, it should be applied firmly, but not too tightly
4. A fourth piece of tape is wrapped around the leg just above the ankle joint to tie the whole lot together.

The effect of the stirrup is to prevent any sideways movement of the foot. In my experience it provides comfortable support without hindering the ability to run. After running, a normal crepe or elasticated tube bandage can be used in place of the stirrup.

The main drawback of the stirrup will be appreciated most by those with hairy legs - as I have! Advice, please, on whether to pull it off gently or with a quick rip.

If you want to take mild pain killers, Nurofen, which has anti-inflammatory properties, is probably more effective than paracetamol.

The application of a stirrup is best demonstrated by the use of diagrams - but I can't draw! However I am giving a talk on Mountain Rescue and Safety at the December Open Meeting and will be happy to demonstrate it there, if not before.

Ranald Macdonald

#### COACHING WEEKEND

Andy and I are willing to organise a club coaching weekend in either the lakes or at Plas-y-Brennin. This would cater for all abilities and we are open to requests for types of exercises wanted.

Before we book anywhere we would like to know:

- a) Who is interested
- b) When would you want the weekend
- c) Where you would prefer to go

We envisage the cost at £15-£20 per head + accommodation cost - (YHA type probably).

If you are interested please let us know as soon as possible as these weekends need to be booked well in advance. Watch the club notice board!

Roz & Andy Clayton 0773 836687

# FIXTURES

DATE	REGION	CLUB	TYPE	AREA	DETAILS
July					
6th-7th	WOA		Chase The Contours Weekend	Pyll Du, Blaenavon SO255110	6th: Badge event 7th: Chasing start Wefstart: 1000-1100 EMEFFFF, Gwari Dr, Higher beath, Whitchurch ST13 2NU (CD1 1/6/91 : £4.50/£3.50 both days - £3.50/£2 day 1 only) (CD2 15/6/91 - £7.50/£4 - £4.50/£2 day 1 only). SEF, No EOM for Badge Event.
13th			Fell race	Boston carnival	See Dave Walker (2 pm Start)
14th			Fell race	Ashbourne Games	See Dave Walker (3 pm at Ashbourne)
20th-21st			Two day Mountain Marathon	Back O' Skidda'	The Capricorn CD 1/7/91 Enq: 0282 68592
29th			Fell race	Bonsall Hill race	See Dave Walker (7 pm start)
August					
8th			Fell race	High Tor Hill race	See Dave Walker (7 pm start)
4th-10th	SOA		Southern Uplands 1991		Southern Uplands 1991 PO Box 91, Dunfries, DG9 3SG (CD 4/8/91) Special entry form required.
11th			Half Marathon	Meenor	Start 11:00
18th-25th	Derbys		Derbyshire Grand Prix '91	Derby	Sunday 18th Rells Royce 10K + Fun Run Monday 19th Derwent Runners, Markton Park XC 4.2 mile Tuesday 20th Chesapeake RC 10K Chaddo Chase Wednesday 21st DAY OFF Thursday 22nd BSCAC Joe Stone XC 6K + Fun Run Friday 23rd Sinfu/Grampian XMAS Pudding Pled 8.73 mile (min age 17) Saturday 24th DAY OFF Sunday 25th City Centre 10K + Fun Run  Entries to THE DERBY RUNNER, Unit C, Sandringham Drive, Spondon, Derby Tel: 0332 280048 Fees: £12.50 by 5/8/91 or £15 after or £18 on the day.
24th-26th	NE	EBOR	White Rose	Harwood Dale & Silpho Moor	Badge, Badge & Relay Special Entry form required
31st	SE		Relay	Hankley Common Gaildford SU888411	Harvester Trophy Relay Event See Russell Laking names
September					
1st			Half Marathon	Allestree	Start 11:00
8th	NW	NBOC	NATIONAL VI	Wacclesfield SJ952715	? Arthrog Rd, Hale, Altrincham, WA15 0HA 0612662925, CD 12/8, £5.25/£2, SEF only.