



NEWSTRACK

January 2012



Steve Buckley of LOC (but himself a DVO Life Member) collecting the third place prize from Chris Millner of the National Trust at the Compass Sport Cup Final

Newstrack is the magazine of Derwent Valley Orienteers

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Editorial

A warm welcome to all those reading Newstrack for the first time. I am aware of at least 6 newcomers moving from other clubs as well as others new to the sport. I hope you enjoy your orienteering with one of the leading clubs in the country.

Our best wishes to Chris Owen who has had to give up the editorship, at least for the time being, because of illness. I do not intend to keep on editing Newstrack so would welcome either another guest editor to take on the next issue or someone to take on the job permanently.

Copy date for the next issue March 1st. Let me have any contributions and I will forward them to the next editor.

Mike Godfree (temporary editor)

Open Meeting invitation

The next open meeting will be held at The Bell Inn, Cromford on Wednesday 11th January. There will be the usual run first at 7p.m. and the meeting will start at 8:15. This is your chance to quiz the committee members, put your views and generally discuss all things orienteering. The Bell Inn is situated on Cromford Hill (B5036) at the junction with North Street, the first turn on the left going away from the A6. Parking either on the hill or in the residential streets opposite. This is your club, come and make your views known.

AGM

You can read the formal minutes of the AGM on the web site in the Members' Area but there were some changes to officials that all event officials need to be aware of. Claire Selby has taken over as treasurer as Roger Keeling had completed his maximum 3 year term. Similarly Steve Kimberley stepped down as chairman and his place has been taken by John Hawkins. Sal Chaffey joined Ian Hodson as the members' representatives on the committee.

Chairman's Introduction

In the words of the well-known Jay Rayner (*Ed. Who?*), one has to grab the attention of one's reader in the first line of an article ... however, as in snakes and ladders, unless you are looking for good bedtime reading, you may choose to take the ladder to the start of the next article ... of course you may alternatively choose to persevere with this!

DVO has in excess of 300 members which is a quite sizeable club. I believe I know maybe 100 of you by name and/or face which leaves quite a few that I don't know. I therefore thought, this being my first article for Newstrack as Chairman, that I should perhaps introduce myself to you in a few words. So here goes ...

Born in Portsmouth many years ago (*Ed. M50*), grew up in Fareham, Hampshire, studied at Southampton University. I have since worked in many locations in the rail industry.

I was fascinated by maps and navigating from an early age and took to running, partly as I was and am, totally useless at all ball sports. I was pretty reasonable at running at school in that I was one of the few to take cross country runs seriously, many of the others took short cuts, smoked fags or generally messed around, so that meant I was often one of the first three to cross the line!

My first orienteering event was as a result of looking for something to do on a Sunday some time in 1985. A friend and I went to a colour coded event at Bedfords Park near Ilford, Essex. It was a Wayfinder's course I think, probably a Red or Orange in normal parlance. I made a few blunders but found all the controls in the right order and really enjoyed it. I could not wait for the next event. At this next event, a summer evening event, I did the hardest course, maybe a blue. Now this was somewhat tougher but I managed to get round OK – I was totally unsure as to what a re-entrant was but I found it! I then joined the local club HAVOC and went to their and CHIG's summer evening events.

In the autumn I started going to all the events in the area. I then did my first badge event (Level B in today's terms) in East Anglia. Now that was 13km for an M21A course. I had never run that distance let alone orienteered it. By half way round I was suffering quite a lot, however somehow I managed to keep going and finished in 86 minutes and, as I found out when the results eventually came through in the post, I achieved a Gold standard! Crikey!

So by now I was hooked. Every weekend I was off with friends to events near and far. I did my first multi-day event at the JK in East Anglia. Now that was an experience both from an orienteering perspective (three tough days) and sleeping on the floor in a classroom with 30 others for two nights – phew! ... and so it went on.

In February 1987 I was promoted within British Rail and moved to Derby. I immediately joined DVO and went along to my first Wednesday club evening. There were perhaps 20 people of all shapes and sizes all eager to pound the roads in the dark. It quickly became apparent to me that these Wednesday evening runs and socials were the heartbeat and success of the club. They spurred on individual and club success, and provided the focus to put on the ever popular series of events each year. I am very pleased to say that still, every Wednesday at 7pm, the training run takes place albeit with not quite so many runners and an increased average age! You are all most welcome to go along to these runs – a good range of abilities is catered for – normally providing a run of 30 minutes to one hour. These mainly alternate between Allestree and Belper – please see the Club Diary for details or contact me for more information.

So I have been a member of DVO for 25 years now. Initially I competed for DVO intensively all over the country and indeed in France and Belgium. My participation then reduced as Sharon and I had a young family and despite my attempts the sport was not really for them. In the ensuing years I kept up a reasonable level of participation with highlights being – Midlands Champion M40 (2000 I think) and being selected to represent England at an event, can't remember which event, in about 1996. Over the years I have attempted to keep up my participation however I must say that the number of events I now get to each year is somewhat fewer than it used to be - I am attempting to make my come back!

So with a modest number of events under my belt in recent years I hear you ask 'How did you get to become Chairman?' I am afraid I have run out of space to be able to answer that question.

I hope to see you all out there at our events and other events. My target is to get to about an event a month for 2012 probably mainly DVO events. If you wish to contact me for any reason then I will be very pleased to respond to any questions or queries – my contact details are on the website. I very much look forward to 2012 and for us all in DVO to enjoy thrashing through the forests!

Regards, John Hawkins

Orienteering Coaching Days in the Lake District

Black Beck Woods, Bouth, nr Newby Bridge, Lake District

Saturday March 3rd (9.30am to 3pm) 2012

(Sun March 4th SROC Event on Whitbarrow. Make a weekend of it)

and

Stickle Pike & Caw (open fell), Lake District

Saturday April 21st (9.30am to 3pm) 2012

(Sun April 22nd LOC Stickle Pike Level B event. Make a weekend of it)

Managed and planned by Carol McNeill (LOC)

Would you like to join a group of DVO members for coaching on Lake District terrain at TD Levels 3, 4 & 5 (orange and above)? DVO Coaches will use the resources provided by Carol McNeill to organise coaching for club members on these two dates.

The cost for training is £5 per adult and £2 per junior (under 18) plus the cost of maps. Costs include access fees. £1 per vehicle may be charged for parking on arrival.

Group accommodation may be arranged if there is sufficient interest.

If you are interested please email Sal Chaffey at sal.chaffey@gmail.com by January 31st with the following information;

- Name
- date(s) you are interested in attending,
- course you usually run,
- whether you are interested in shared accommodation in village hall / youth hostel / B&B/ other.

Veteran Home International

Junior, Senior and Veteran Home Internationals are annual events, usually held in the autumn, with venues rotating around the home nations. Scotland were the hosts for this year's VHI and chose Royal Deeside for the venue. Excellent yes but it's a very long way north. I was travelling by rail and bus for over 7 hours – all those from south of Derby opted for a fairly expensive flight but shorter travelling time. However I was entertained en-route by the Stag Party Octet – the “groom” complaining that he'd been up all night with the baby!

Most of the England team were in B&B accommodation in Ballater though some opted for the cheaper bunkhouse. The individual event was at Birsemore by Aboyne. There may have been no midges at the 6 day this year but they made up for it in the trees where sweaty bodies gathered.

It was a long muddy trudge up a forestry track to the start where we had a good view of earlier runners. There was a loop for all but W65 before runners crossed back in front of the start area. This involved some boggy dead running before getting into a more intricate area, then returning along the same soggy ride and entering more runnable woodland. As ever I had trouble with the first control – I had stopped short – enabling Gill Manning of Wales to catch me. We leapfrogged one another for a couple of controls till I overshot and had to climb back up hill. It was after I'd crossed in front of the start area that the fun started. I recognised the colours of the ladies ahead of me and ran like the clappers to catch them up. Eventually there were 2 Welsh, 2 Irish, a Scot and me running in a pack. “We” lost one control till I

suspected we were looking too high on the hillside and dropped lower down through the boulder field. And then it was a race for the Finish line.

The evening meal was rounded off with a ceilidh and an excellent story teller who held her audience enthralled as she regaled us with the origin of tartan.

The format of the relays held at Coull by the Loch of Aboyne was different this year with two concurrent competitions – 2 men and 1 woman or 2 women and 1 man. There were no problems with the former but the latter – oh dear! Just remember that when DVO organised the event one Scottish team started with a Short map when they should have had a Long map. This time all the teams were expecting a short leg first with two long legs to follow. As I raced with others round the side of the loch, over the stile, through the waist high bracken and over a barbed wire fence I felt as though I'd already covered a goodly bit of my 2km course. There were 3 first controls then we came together again. As I struggled uphill between controls 3 & 4 I glanced at the descriptions on my map – Long 3.8km. I looked again and voiced my observations to Gill Manning on my right. “No, I’ve got 2km. Short”, she replied. “So have I” said a Scot. “Tell them I’ve got the wrong map” announced a second Scot! Oh well, this was Scotland getting their own back on DVO! The Scot and I raced round mostly together with only one gaffle.

By the time I finished I was exhausted. Suffice to say the four English teams ran 3 long legs whereas the four Welsh teams ran 3 short legs. As for Scotland and Ireland – who knows? The only sensible thing was to void the relay competition which was a pity as “my” relay team was the first of those doing 3 long legs to finish! Although England had won the individual day we still left feeling it was something of an anti-climax, as we set off on long treks home.

Now there’s a lesson for Ireland next year. My thanks go to DVO for their financial support towards my personal contribution. It was unfortunate that my Senior Railcard expired the day before I travelled north.

Liz

Sports Personality of the “Month”

On New Year’s Day Ros Bourne walking Georgia met Liz hanging controls and yet was still late for the start! Of course there was also the girl returning home unsteadily that morning with heels longer than her skirt. Not to mention the Johnsons’ builder who left 6” of wet concrete for the club committee to negotiate. The footprints were skilfully removed by a trowel-wielding Ian Hodson but to no avail as it was a frosty night so the concrete has all crumbled anyway.

Compass Sport Cup heat

The first round will be held on Sunday 19th February. We have been drawn against DEE, HOC, LEI, NGOC, NOC, OD and WCH to run at the WCH event at Brereton Spurs on Cannock Chase. Because of the number of clubs competing 2 clubs will go through to the final and if OD win 3 go through as OD were in the top 3 in last year’s final. This is DVO’s chance, I appeal to all of you to turn out and support your club on SUNDAY 19th FEBRUARY. Even if you are not one of the 25 scorers you can help to reduce the scores for the other clubs so there is a chance for everyone to contribute. Remember the club will pay half your entry fee.

Currently the entry details have not been published so I don’t know if it is individual entry or via me. Assume it is the latter and contact me via email (Liz.Godfree@btinternet.com) or by phone 01335 346004 with BOF number and SI card number by 1st February please. Watch out for me in my pink fluorescent hat at Shining Cliff.

Course	Eligible Age Classes	Course	Eligible Age Classes
Brown	Men’s Open	Green Men	M60+
Blue Women	Women’s Open	Short Green	M75+,W60+
Blue Men (Cup)	M45+, M20-	Light Green	M/W18-
Green Women	W45+, W20-	Orange	M/W14-

Liz Godfree

JK & BOC Relay entries

JK in Central Scotland, Easter weekend 6th – 9th April. Relays on Easter Monday. I need to have names by 20th February so we can take advantage of cheap entries. There is room for every club member in a relay team so stay and support your club. Let me know by email (Liz.Godfree@btinternet.com) with BOF number and SI card number. Remember the club will pay half your entry fee (so long as you are there to run on the day).

British Relays, Lake District, May Day weekend 6th May. Entries will be coordinated by Graham. Likewise there is a place for every club member. Email Graham on gmjandfam@aol.com with BOF and SI numbers. Closing date for entries has not yet been published.

Situations Vacant

Access Officer – Neil Forrest would like to stand down from this position on the Fixtures sub-committee. Whilst most areas have someone who usually negotiates access for events a co-ordinator is required to make sure this happens and to negotiate with landowners of prospective areas.

If you would be willing to take this on have a discussion with the Event Officials' Coordinator, Randal Macdonald.

Newstrack Editor – It would be good if someone took on this post who was willing to produce 5 issues a year (basically every two months with a summer break, ideally timed to be distributed at a DVO event). It needs an ear to the ground to gather the news and to know who to approach for contributions. There is scope for guest editors so you can try your hand with just one issue.

If you would like to know more talk to the Club Chairman, John Hawkins, in the first instance or to Mike Godfree.

On Handicapping

Dave Nevell has recently returned to Derby and rejoined DVO after several years out of the sport and then a few years as a member of HOC. Here he suggests a very scientific approach to handicapping that we might use for the Club Champs. I bet we still get a surprise winner though – Ed.

For a long time I have thought that orienteering's closest cousin in the sporting world was golf. Not what one might have thought was an obvious choice but on closer examination there are lots of parallels; both are a subtle mixture of the physical and mental, both appeal to both genders across the whole spectrum of age groups, but perhaps most significantly they both pose a series of discrete challenges where the individual participant has to overcome the problems designed by the planner of the course.

This article is not about golf. It is however about another aspect of that sport that can be utilised by orienteering. When I was asked in 2006 by the committee of HOC to come up with an improvement to what was then a fairly rudimentary handicapping system for use at their club championships, my thoughts immediately sprang to designing an individual handicap for every member, more or less along the lines of golf. This was before the days of British Orienteering's current ranking list, which had it existed then, might have been a candidate for constructing individual handicap factors. It is however, undoubtedly complicated and my main priority was to come up with something simple to maintain and easy to explain. This I did; it has been used continuously since 2006 and I propose that it will be of use to DVO as well. In fact, for reasons that I will explain later, I believe it will be of considerably more use to DVO than HOC, which is one of the reasons why I would like (if the club approves) to try it out. The most obvious use of such a system is of course for handicapping at the club championships but it has wider application – indeed, its very existence invites other uses as will be revealed.

I apologise if I am implying any existing system is no good. I have no idea what DVO currently do. There are, however, dangers and difficulties in basing handicaps on the National Ranking List; apart from the fact that not everybody is on it, it has the significantly awkward property of not being proportional to speed. In other words, assuming that Mr X with a BO ranking score of 1000 will complete a course in half the time of Mrs Y with a BO ranking score of 500 will just not work. This is an empirical observation

– I'm not entirely clear whether it was an intentional design feature but BO is stuck with it. So my advice is to steer well clear of it for handicapping purposes.

The system HOC use is as follows: For every local(ish) event at which there are a reasonable number of members competing (no point in doing the calculations for just a couple of folk), we calculate the average mins/km based on every finisher on all courses from Light Green upward, i.e. all the courses that are mainly in the terrain. This is the baseline mins/km (B) for the area. To make things really easy, we use median (i.e. middle) times rather than mean times – this is a massive saving of effort.

Then, for each competing member i , we calculate their individual mins/km (mk_i). The handicap factor for member i at that event is simply mk_i/B . Hopefully it is then obvious that if anyone runs at exactly the baseline rate, then their score will be 1. Faster runners will have scores which are less than 1, slower runners will have scores that are higher than 1. From experience I can say that the typical range of scores achieved will be in the range from about .5 to 2.

Across time, members build up a history of scores. Their handicap is then based on their average score over a period of time, say 1-2 years. It has been proven that only 2 or 3 scores will give a good indication of a competitor's ability, as these scores are usually remarkably consistent. Once again the median is used to measure the average – this gives stability in the face of freak bad runs. Using just a single baseline figure B across the whole event makes things simpler, more stable and gets round the problem of having few people on a course. This is a significant departure from the way that the BO ranking system works.

Having devised this scoring system, at any event it is possible to work out which member has performed best against what would be expected from their handicap. Therefore it would be possible to identify a "star DVO runner" at every event. If the event happened to be the club champs, then the star runner would be the handicap champion. For the particular case where a first past the post winner is required, the individual ranking scores can be converted easily into relative starting times since they are directly based on mins/km.

So for DVO, an ideal system. This is where HOC shoots itself in the foot so to speak as it traditionally conducts its handicap championships based on a 1 hour score event. Try as we have done, it has always proved impossible to devise a scoring system in a score event that is in proportion to what would be seen from times on a standard cross-country course. But devising a ranking list on score events alone is clearly a non-starter. However, I am pleased to say that HOC is now considering using their ranking list in conjunction with a one-to-one knockout competition to be conducted across the season, something that I think will work well and which could work for DVO as well.

The current state of play is that I already have a fair bit of data on DVO members and am prepared to at the very least publish a club ranking list for whatever use it may be put to. Anyone who has been to three local events in the last couple of years will qualify, and for the club champs, even less data would suffice. Members who only run on Orange or lower can have handicaps calculated too, but they will be flagged as such as it has been known for speedy White course winners, sticking the paths, to outperform most of the terrain-bound Brown course runners! Keep an eye out for more on the website.

Dave Nevell

(I think you can assume you have got the job! – Ed.)

Possible DVO Corporate Membership of Chatsworth

DVO can take out a corporate membership card for Chatsworth. It costs £450 a year and runs for the twelve months from when we buy it. It allows the cardholder to take up to five other people into the house, garden, farmyard and adventure playground for **free**. It can be used, for example, when the Sotheby's sculpture exhibition is in the garden (Sep/Oct) and at Christmas.

If, for example, a couple/family paid into the scheme £25, then we would need 18 to subscribe to cover the costs but we would get unlimited access for the year. The card would need to be booked in advance with me, so that I can keep track of it. I will look at putting when the card is booked out on the DVO website so that you can plan your visit. After the visit, you would need to send it back to me by post or drop it into our house (we live about 10 minutes away from Chatsworth).

The entry fees for Chatsworth for 2012 are not yet available but they are likely to be higher than the fees for 2011 which are:

Discovery card (for access to everything) - £17.50 and £14 for senior citizens. These are reduced to £15.75 and £12.60 by booking on line.

House and Garden - £13 and £11 for senior citizens (£11.70 and £9.90 on line)

Garden only - £7.75 (£7 on line).

So, if you are planning at least one visit, or have visitors in 2012, then this would be a very cost effective way of seeing the House and Gardens. If you are interested in taking part in this, please email me on viv.macdonald@btinternet.com by the end of January, so that I can assess the demand. The more who are interested, the cheaper it will be but I will need firm commitments by early March when the house re-opens.

Viv Macdonald

Compass Sport Cup Final – Longshaw, Sunday October 16th

Those of you who have renewed their membership will have seen the article by Viv and Ranald in the British Orienteering magazine, Focus. At the time that we staged the event British Orienteering were keen to rename this as the British Club Championships and it was a Level A event which means that technically we staged it on behalf of British Orienteering and as such they take two-thirds of any surplus in lieu of levy (but would also stand two-thirds of the loss). In fact the normal levy arrangement would have resulted in almost exactly the same payment to BOF. Since then Nick Barrable of Compass Sport magazine has fought a successful campaign to keep control of the competition and it has now been agreed that it will continue to be known as the Compass Sport Cup and will no longer be a British Orienteering Level A event.

Detailed below is a brief summary to detail the financial success of the event.

Compass Sport Cup Final - Longshaw	
Income	£8,096.00
Expenditure	-£3,935.67
Net Income	<u>£4,160.33</u>
1/3 of surplus	<u>£1,386.78</u>

A split of the income and expenditure is shown below:-

Compass Sport Cup Final - Longshaw		
Income -	Entry Fees	£8,086.00
	Dibber Hire	£10.00
		<u>£8,096.00</u>
Expenditure -	Controller / Organiser etc	
	expenses	£605.72
	Maps	£901.34
	Hire of services	£1,782.41
	Signage	£476.40
	Helpers vouchers	£80.00
	Insurance	£89.80
		<u>£3,935.67</u>

So overall this event has turned out to be a financial success for DVO as well an orienteering success. It is also notable that the figures are very close to the original budget.

With thanks to Claire Selby for providing the figures.

Competition Corner

Complete this sentence with an apposite phrase. The editor will award a Mars Bar to the winning entry.

“A day without exercise is a day.....”

The Last Car in the Car Park

When Mike turned into the car park, swung into a parking place, pulled on the handbrake and turned off the ignition, he had a most peculiar sensation. Not that there was anything outwardly unusual to be seen; fellow orienteers milling around, warming up, studying maps, shepherding children, all pretty typical for a Sunday event. No, it was something wrenched from the past, memory startled into activity by being here, here of all places. Thirty years ago he had been here. A different person, a child, a child in a similar situation, at a Sunday morning orienteering event. And he hadn't been back since. Hardly surprising considering what had happened that day; how could he forget it? Of course, he hadn't forgotten what had happened that day, but being here had already, startlingly, begun to fill in the nuances, the incidentals that he had suppressed.

It had been big news back then. “Boy rescued from cliff face in forest tragedy”. He had been that boy; he had been the good news that day, not the tragedy. He preferred not to think about the tragedy. With a pang he realised he shouldn't have come. But he had promised the club he would turn out in the knock-out competition against their local rivals. “Brand new map, Mike, area's not been used since the 1970's.” He knew why. But he needed to keep in shape. He had missed the last two training runs so guilt played its part too. And now he was here, too late to say no, too late to leave.

He registered, prepared himself to run and jogged towards the start under grey autumnal sky. The heavy overnight rain had cleared up for the time being but the ground was sodden and his shoes slithered awkwardly on wet leaves. The wrong place, the wrong time, the wrong footwear. His thoughts churned as he tried to concentrate on the job in hand. He knew roughly what to expect; undulating mixed woodland, rather too many brambles, just enough paths to be confusing, and an open steep southern flank of disused quarries and treacherous slopes. It was sure to be all well taped off; they wouldn't send the courses down there; it would be too dangerous, especially for kids. He hadn't meant to go that way, all those years ago. The map had seemed wrong somehow, and as he had grappled with its contrary teasing, he hadn't noticed the ground sloping away in front of him, gathering its own momentum....

He was off, checking the course, roughly planning ahead. He relaxed slightly; the planner had kept well clear of the southern part of the map. But the sense of unease was still crawling on the edge of consciousness and he made a small error on the first control, an overshoot, allowing the runner one minute behind to pass. “Come on Mike” he muttered to himself as he set off on the next leg, aware of his inadequate grip on the boggy and churned up paths, spots of rain starting to fall. He found some sort of staccato rhythm, progression in spite of his shortcomings, in spite of that insistent pain down his left side, and he began to think that it might turn out to be a reasonable run. The forest was quiet, few people in sight as the controls went by. But now the rain was getting heavier, like all those years ago, and his peaked cap couldn't completely shield his spectacles from its shimmering distortions. He stumbled on a root and fell heavily onto his hand holding the map, which became mangled and muddied. He wiped it as well as he could and peered at the next section. As he did so he was distracted by a lone figure running across his blurred field of vision. A child. He felt an odd surge of recognition; it was probably one of the kids in the club, he didn't know all their names. Sometimes they ran on the longer courses, trying to beat their Dads. The figure seemed to melt into the trees, running with the careless energy of youth. He realised that he was now completely alone.

Mike returned his gaze to the map and a feeling of utter disbelief flooded his whole body. How could he have not seen it earlier? Rather than heading north as he expected, the course ran south, down to the edge of the steep area. It wasn't possible, but somehow it was here, chillingly clear, unambiguous. What was the planner playing at? What was the controller playing too, come to that? He'd have a word at finish;

yes, he'd do that at the very least. Probably a letter too. Oh well, there was no choice for now, set the compass, head south, but not for the sun.

He only had vague recollections of what had happened after he had slid inexorably over the crumbling lip of the quarry when he was thirteen. The jarring explosion of deceleration, the loss of coherent vision, a figure somewhere way below, the blowing of a whistle, other voices, the flash of rotor blades, and an ominous terrible rumble that went on and on. The intervening years concertinaed themselves, he was that child again, he was free of pain, he was running without responsibility or expectation. South, south. The ground began to slope away from him. He checked the map. He was heading for a small platform near the top of the precarious steeper ground. He looked for signs of previous runners, footprints, flattened vegetation, but there were none. There hadn't been a soul in sight for the last ten minutes. He edged downwards, cursing his lack of grip, and then just as he thought he going to reach his destination, his legs shot away from him and he was sliding uncontrollably in to the depths below. The ground too seemed to move with him, and his acceleration was unchecked, terrifying. Limbs, thoughts and time tumbled chaotically until, as quickly as it had started, it stopped. He lay on the dank ground, trembling, checking for what hurt, gasping with the surge of adrenaline. When he stood tentatively, he took in his new surroundings. It was eerily quiet, shrouds of mist cloaking the ground, wrapping their cold wandering tendrils round him. The forest flank, dotted with stunted trees, rose above. To his right the valley brooded with thicker vegetation, but the view to his left made him catch his breath. Quarry cliffs towered up, grim faced and impassable, glistening, their tops seemingly in the clouds.

Inexplicably, Mike found himself walking nearer to their base. As he did so a, flash of colour high up caught his eye; a figure running, stumbling, sliding, a familiar figure. It was that kid he'd seen earlier, from what seemed like an age ago. Horror-struck, he watched as with the terrible inevitability of slow-motion, the figure scrabbled desperately at the loose ground on the edge of the precipice, teetered and then plummeted against the background of shiny grey stone. With a jolt something halted its downward motion, twisted gnarled branches, a miracle of co-incidence, a miracle of nature, the product of a battle against the odds to flourish from the tiniest crevices and now on hand to make their precious catch. Fifty feet up the child was shifting and moaning. There was no way Mike could either get up or down to help. "Don't move" he shouted, "Help's coming". He fumbled for his whistle and put it to his lips, the actions coming automatically, blowing the six shrill signals of distress. They echoed against the quarry walls, grey walls, grey sky, rain streaked memories. Was he down here on the valley floor or was he up there, pressed against hard stone? It was hard to tell. Six more blasts. Was he the one blowing? Then he could hear answering calls from beyond the murky horizon. More figures appeared and he gestured vigorously. Not to himself, but to the small figure whose life literally hung in the balance.

He was shaking uncontrollably, almost sobbing. He knew now with shattering reality whom he was looking at. The recognition sunk in, wave upon wave. He now knew the identity of the hero of those yellowing newspaper cuttings, the mysterious stranger. The impossibility had become impossible to fight. But he knew too the horrifying outcome of that day, how the story went next, the shocking climax. He alone knew instantly what the creaking, groaning and gathering roar signified. There was no point in running, for he knew his place in history. It was here, now and for ever.

Steve and Andy found Mike's concussed frame close to his southern-most control site. They were relieved as it was getting dark and cold and they knew something was wrong because Mike's car was still standing lonely in the car park. It was clear that he'd had a bad fall. Mike was groaning something about wanting to go south. They made him as warm and as comfortable as possible. "Poor chap" muttered Andy to Steve, "I bet he's had enough of this forest. No good going south, it's all out of bounds since the big landslide there about thirty years ago. We're not allowed to put controls anywhere near the edge nowadays, it's far too dangerous. There was a fatality there you know, some unfortunate chap who saved a kid who'd fallen into the quarry. Buried under hundreds of tonnes of wet earth. They never found a body".

Rocky Knoll

New Year's Day

70 competitors turned out at Wirksworth on New Year's Day for 3 courses with SI punching on the new ISSOM standard 1:5,000 map. This is considerably up on previous years using a score format with questions/answers on a "spider diagram" map. Around half were from DVO and extended family which still seems disappointing out of around 300 members. What format would appeal on that day, bearing in mind it should be simple so a couple of people can do everything, planning, organising, hanging, registering and download? Any offers for next year?

White Peak Area Development Project

In April 2011 the club received a grant from BOF of £1283 towards a total project cost of £2733 (the rest being the perceived value of volunteer effort) to develop orienteering in the White Peak area of Derbyshire. Whilst the money was specifically for mapping and buying gripples, the overall project was to develop a Community O Club in Matlock, following the development of clubs in Buxton, Chesterfield and Derby.

The Hall Leys map was completed and has been well used; Bakewell Town Park is almost completed. The Wirksworth Urban map will have been used by the time this is published. Thorpe Pastures is still in negotiation for access with the landowner (National Trust) before we order the PG plot.

Gripples – we purchased 40 sets of gripples, which enabled us to run events with SI equipment in the local area.

The Matlock Community Club was set up in May 2011 with Judith Holt as the Lead Coach and Viv Macdonald as the co-ordinator. We spent some time finding a venue and settled on Matlock Football Club as they had recently built a community room available for rent and it was across the road from Hall Leys Park. We held 8 evenings there with a total of 61 participants. The advantages of the venue were the closeness to the Park and we had hoped to develop a relationship with the junior football teams but didn't get a response from them. We did not have exclusive use of the room which was a drawback. We had a new (to Matlock) planner for the June event.

We held two events in the Park with the cones and SI boxes and attracted between 20 – 30 people to each session. We ran a taster session with Matlock Athletic club in May and had around 20 children and 8 adults, some of whom came to further sessions.

From September to October we moved to Whitworth Park, which had been previously mapped by DVO but needed modifying – a DVO member was re-united with his mapping skills to update the map! We rented a room but mainly used the park for various exercises. We held 6 evenings with 39 participants. This included four children (with parents) from the Athletics club.

From November to December we moved to the Arc, the new Matlock Leisure Centre. We have an excellent relationship with the Leisure Centre – we can use a meeting room at concessionary rate or meet for free in the café area (the café closes at 7pm and the space is available). It is a well used Centre and the club therefore has high visibility, with parents and children using the Centre. One parent took part recently as she was waiting for her daughter to have a swimming lesson. We have mapped the Dimple area behind the Centre, with money from the Derbyshire Dales District Council. We have held 5 sessions with 33 participants. These have also attracted two long standing members of DVO who have come to improve their skills in eg map memory, using a thumb compass, night orienteering. The Lead Coach focussed the evenings on preparing participants for the DVO night event at Allestree on 3 December. At that event two new junior members and one new senior member did the Orange course in very respectable times. The senior members benefitted from discussing tactics with David Parkin, a former British Night Champion, who is now a member of the club and contributing to the coaching.

Our reflections:

The BOF money has been essential in helping us to map areas to use and to buy the gripples.

We have also been able to use some of the Sport England money awarded to EMOA to fund publicity material, pay for a Lead Coach and for venue hire.

We have developed, with the help of Pauline Olivant, an excellent relationship with Derbyshire Dales District Council (DDDC). They have set up an Orienteering Steering Group for the district and Pauline, Judith and Viv are on this. The profile of the whole sport has been raised through this, including Judith being awarded the District's Veteran Sports Person of the Year. The District are paying for mapping the area behind the Arc and for permanent courses in the local parks. They organised a day of orienteering with a local disability group with Pauline and Judith. We have been asked to do taster sessions at three cross country events in the district.

We have a good relationship with the local paper (Matlock Mercury) who will always publish releases we send in and often ring to follow up an event.

Our credibility is enhanced by the liaison with BOF, through Pauline, and by having a Lead Coach who runs for England.

We have learnt that:

- Not all the publicity works – the leaflets to schools tend to disappear
- Kids love SI equipment and running in the dark with a head torch
- Sometimes you need to keep targeting the same group several times – eg the Athletics Club
- We have had good feedback from the parents of the children who attend.

Our future intentions:

- To focus on families rather than other age groups and possibly target after schools orienteering next year
- To run the outdoor session first (in the winter) and then come indoors for a debrief/discussion
- To integrate the training with DVO's level C and D events, so that we can prepare participants by looking at maps in advance and debriefing after the event
- To run two level D events with DVO
- To encourage one or two of our members to qualify as coaches.
- To run a taster session at the Arc in January
- To try and feed the Mercury with more articles

The funding has therefore been an important building block to start the club and help it to develop.

Viv Macdonald

January 2012

DVO Fixtures

For full details see DVO web site www.derwentvalleyorienteers.co.uk

Wednesday 11th January – Open Meeting. 8:15 p.m.. The Bell Inn, Cromford

Sunday 15th January – Shining Cliff Level C Event including EM League. see flyer in this issue

Saturday 11th February – Level D Event to be confirmed

Sunday 26th February – Lindop Level C Event including EM League. White, Yellow, Orange, Long Orange, Light Green, Short Green, Green, Blue, Brown.

Map Reference SK259686. From A6 at Rowsley take B6012 towards Chatsworth, after crossing river bridge (traffic lights) take sharp left into Carlton Lees car park.

Have you thought about becoming an event official?

It's time for New Year's resolutions. So, how about learning a new skill or contributing in a different way to the Club?

Most of you reading this will already make a significant contribution to the success of Club events by helping in one of the many essential roles, whether it is on car parking, registration, Start/Finish, etc.

However, the events also depend crucially on an Organiser co-ordinating the various teams and helpers in putting on the event – and Viv is responsible for the recruitment and support of those in this role. A Planner and Controller are also needed to plan the various courses to the appropriate level and standards and ensure the safety of the competitors out in the forest or on the moors.

In recent years we have lost the services of a number of very experienced event officials because they have left the area or have had to reduce their commitment for various reasons. This has left us very short, particularly of Controllers, and I am very close to having to cancel some events if volunteers are not forthcoming.

This is, therefore, a plea for volunteers to become Planners and then Controllers.

East Midlands Orienteering Association puts on a course every year for new Planners and Controllers but, if there is enough demand, we are also able to do so within the club, though it is always worthwhile working with people from other clubs and seeing how it might be done differently.

There are 3 levels of Controllers (Grades A, B and C) that have slightly different responsibilities, depending on the level of event. The British Orienteering website has more information but, in general, Controllers are responsible for:

- Ensuring the standards required for the event are delivered during the organising, planning, delivery and reviewing of the event
- The event and competition rules are adhered to
- Communicating with event officials using tact to influence the decisions the event officials take regarding the event
- Providing advice to event officials with regard to the potential pitfalls that should be guarded against
- Checking and advising on all aspects of the organisation of the event with the organiser and the planner
- Ensuring that the risk assessment has been carried out
- Ratifying the final paperwork for the event (final courses; course lengths and climbs; map corrections; control code allocations; course description sheets; overprinted maps)
- Providing feedback on all aspects of the event to organisers and planner

If you wish to consider becoming a Grade C Controller, you need to provide evidence of having completed the following:

- Organise a British Orienteering registered event at least once in the previous 10 years.
- Plan 3 events, at least one at level C and one within the previous 5 years.
- Attend a British Orienteering Level C controller course.
- Attend an Event Safety workshop
- Be appointed by the relevant Association

As a Grade C Controller you will be able to Control a level D or C event, which are the majority of the local events we put on. Level D events often have just White, Yellow, Orange and Light Green or a more challenging course. Level C events are those that make up the East Midlands League and are what people often call 'Colour Coded' events.

As we recruit officials for events for the next year, why not consider acting as an assistant to an experienced Planner or Controller and then undertaking the necessary training. It needn't take a lot of your time and we can find events relatively close to where you live if that suits you best.

I am able to lead the Event Safety workshop which takes up to three hours and can be delivered in a number of flexible ways to suit individuals. We will also soon be able to put on the Controllers course within the Club.

If you are interested or would like further information, contact me on r.f.macdonald@btinternet.com or on 01629 734307

Ranald Macdonald, DVO Event Official Co-ordinator

Your chance to take part in Medical Research

Andy Jackson is trying to get some healthy volunteers for a clinical trial that he is involved in at the QMC. It involves an MRI scan, a blood sample and a brief questionnaire, no treatments. They are particularly after the >40 year old, fit (i.e. not obese) of which there are plenty in DVO! They need to be able to match our patients, by both age and gender, to the healthy volunteers so that they can make the best possible comparison between the two groups of people. They are recruiting for the next 12 months.

If anyone wants any more information they can contact him directly through his domestic mail account (andy.jackson23atbtinternet.com) or give him a call (0115 932 4911).



Healthy volunteers required to help discover new treatments for liver disease

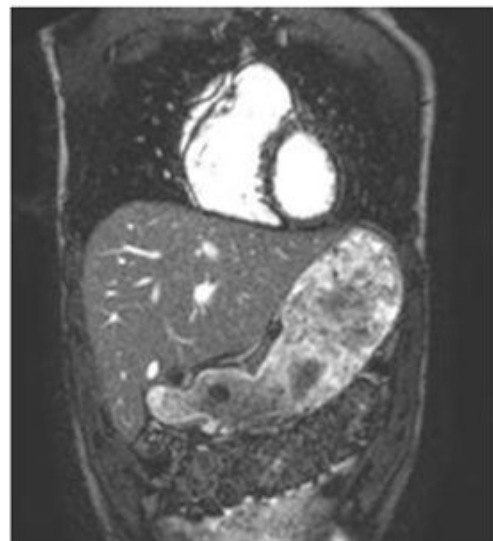
A disturbance allowance will be provided.

Monitoring and measurement only, no treatments.

Echocardiogram and MRI scans.

Are you over 40?
Are you in good health?
Do you want to help medical
research at Nottingham University?

If so contact
andy.jackson@nottingham.ac.uk
phone 0115 8231036
or register on line at
www.nddcbru.org.uk



David & Richard Parkin make an introduction

David(M75) and Richard(M40) PARKIN joined the Club on 1st January 2012.

Richard first represented GB as an 11 year old in the Continental Cup at Fontainebleau(winning) but gave up Orienteering a few months after winning the British M17(as it was then) at Shining Cliff. He returned to live in Matlock in May 2011 after 6 years in Northern Ireland where he renewed his interest in our sport. It will be interesting to see how he copes with the forest on 15th January.

David is a retired police officer who cannot remember a time when he was not running. In mid career he was awarded a scholarship to the London School of Economics and was a popular member of the cross-country team (possibly because he had a car and it was cheaper if he drove the minibus) Another team member was John Walker OD who enthused about Orienteering and one Friday afternoon announced that he had arranged for me to pick up his mate Robin Harvey OD and 2 girls from University College and take them to a Score event at Barossa Common(Sandhurst).

Knowledge of the use of a compass was rudimentary and so at the first 3 controls I asked for advice from the 'Squaddie' manning the control. Each was armed with an inkpad and stamp with which he punched our control cards. Black and white reprint of O.S. 1 : 25000. More difficulty with control descriptions " a redoubt" , "a slit trench" or "a stream bend" cf " THE stream bend" , "THE summit". "THE s" were marked on the map but "As " were not. After 90 minutes(and within the time limit) I was hooked. I had been more successful than the cross-country races where I unusually counted my position from the back.

First JK was in 1969 at Keilder when the snow was more than 2 feet deep(relay venue was changed because snow 3 feet deep there) The start was put back one hour but then I was first off.

3 hours 57 minutes and 26 seconds later I dipped at the finish line ; having swum a tributary of the Tyne. We were living in Bromley at the time and I thought it was a bit cruel when after these exploits my wife enquired if I would be back in time for tea from the 2nd BUSF championships. I protested "It's at Grizedale in the Lake District, love" " I know, I meant tea up there"

After University I was posted to Taunton and joined the newly formed Quantock Orienteers, was appointed Chairman and was soon planning and controlling events'

In 1972 I planned the British Junior Champs in the Forest of Dean and since have controlled the Harvester, JK and British Champs. I am still a Grade 3 controller but I struggle on the day to do justice to the longer courses.

In 1974 I was posted to Weston-Super-Mare and joined BOK. I was a member of winning teams at the JK and British in the older age groups on a few occasions but individual success escaped me until as a 2nd year M70 I won the JK in the Lake District and as an M75 the British in the New Forest. I have won my age group in the British Nights on two occasions.

We moved in January 2011 to Matlock in order to be close to our 5 grandchildren. I hope club members will introduce themselves to assist us to settle in.

David

(Ed. Welcome to DVO David & Richard – glad to see you at Wirksworth on your first official day as DVO members. Perhaps the other inter club transfers would care to write something to introduce themselves.)

Have you renewed?

We are sending this Newstrack to all 2011 members. You have remembered to renew your BOF/DVO membership haven't you? 116 individuals had not renewed and 199 individuals had renewed by Christmas.

The address labels are produced from the BOF membership list. Which member of a family unit is used as the addressee seems to be completely random; it certainly ignores the old principle of the lowest membership number being the one to use.

Shining Cliff Sunday 15/01/2012

DERWENT VALLEY ORIENTEERS

LEVEL C & EAST MIDLAND LEAGUE EVENT

(12 miles north of Derby)

Travel by Car: Signed from the A6 immediately north of the bridge over the River Derwent at Whatstandwell (SK 330544). Turn sharp left just beyond the 'phone box up New Road and continue for 1 mile. The car park entrance is via a farm gate and track on the left.

Note: Please approach from the A6 as the turning into the car parking area is too sharp from the other direction.

Please contact the organisers in advance if you intend to bring a coach.

Nearest Postcode for Satnav: DE56 2RB

Travel by Public Transport: Train or Transpeak bus service to Whatstandwell from Derby, Nottingham, Matlock and Buxton, then a mile and a half steep walk to the event.

Parking: Car parking will be in a large field owned by a local farmer (SK 326 532), adjacent to both the starts and finishes. There will be a car parking fee of £2.

Registration: 10.00 to 12.00. Entry on the day only.

Start Times: 10.30 to 12.30. The courses will close and all competitors must have completed their courses by 14.30.

Terrain: Wooded steep sided valley with intricate contour and rock detail. Courses go close to unfenced sheer cliff faces. Competitors are advised to be vigilant.

There are several SSSI areas which are strictly out of bounds and clearly marked on the course maps. Competitors' respect for these sensitive areas will ensure our continued use of this beautiful area.

Map: 1:10,000 with 5 metre contours.

Punching System: SPORTident. Dibbers for hire will be available at Registration at 50p – free for children and students.

Facilities: Mobile toilets will be available.

Dogs: On a lead only in the assembly area please.

Courses: The following courses will be available – White, Yellow, Orange, Light Green, Short Green, Green, Blue and Brown.

Entry Fees:

Adults – White to Orange	£3
Juniors/Students	£3
Adults: Light Green and above – BOF members	£6
Non members	£8
Family – BOF members	£15
Non members	£19
Family groups with a child on White, Yellow or Orange	£3 for one map 50p for additional maps
String Course	Free

Please be prepared to show your current British Orienteering membership card.

Safety: All competitors take part in the event entirely at their own risk.

Whistles are compulsory. Cagoules may be compulsory, dependent upon weather conditions on the day.

Once you have started a course, you must download, even if you do not complete the full course.

Officials: Organisers – Margaret & Roger Keeling Phone: 01629 82379601629 823796 (before 9pm please) email: margaret.keeling@mac.com

Planner – Graham Johnson

Controller – Ann-Marie Duckworth