



# NEWSTRACK

## September 2011



**I think it must be over THAT side actually...**

**Newstrack is the magazine of Derwent Valley Orienteers**

Editor: Chris Owen

Email: [csowen@btinternet.com](mailto:csowen@btinternet.com)

## Club Contacts

Chairman	Steve Kimberley	<i>lazyorienteer@googlemail.com</i>
Vice Chair	John Hawkins	<i>john.hawkins87@ntlworld.com</i>
Membership Secretary	Derek Gale	<i>dg.244@btinternet.com</i>
Treasurer	Roger Keeling	<i>rogerkeeling@aol.com</i>
Fixtures Secretary	Jen Gale	<i>jg.244@btinternet.com</i>
Coaching and Juniors	Val Johnson	<i>Gmjandfam@aol.com</i>
Club Captains	Graham Johnson	<i>Gmjandfam@aol.com</i>
	Liz Godfree	<i>Liz.Godfree@btinternet.com</i>
Buxton rep.	Ro. Cole	<i>Rocole.okra@googlemail.com</i>
Derby rep.	Rex Bleakman	<i>rexbleakman321@btinternet.com</i>
Chesterfield rep.	Steve Kimberley	
Mapping Officer & permanent courses	Mike Godfree	<i>Mike.Godfree@btinternet.com</i>
Event publicity	Dave Bennett	<i>davebderwent@aol.com</i>
Event officials; Planners, controllers Organisers	Ranald Macdonald Viv. Macdonald	<i>r.f.macdonald@btinternet.com</i> <i>viv.macdonald@btinternet.com</i>

## Editor's Opener

Chris sends his apologies but work, illness and holidays have prevented him producing this issue. So now with the calling notice for the AGM, details of the Club Handicap Champs as well as the club dinner we have a bumper issue. The various photographs & map extracts can be viewed in colour on the web site version.

The next Newstrack will be published in about two month's time. Contributions to Chris.

You may have seen that Britain has been awarded the World Championships in 2015 to be held in conjunction with a Scottish 6 day in Moray & the Cairngorms.

Mike Godfree (temporary editor)

## Chairman's piece

It has been a while since the last item I penned and there have been plenty of events since then.

This time of year marks a new season and new challenges. There are also changes at this time and this next AGM for me will be my time to give up the Chairman's role. At the AGM both myself and Roger Keeling (Treasurer) will have been in post for the three years and as per the Constitution will be resigning from the roles. These are important posts and it is important for the club that they are filled promptly. And contrary to popular belief people haven't been lined up for the posts.

So for this AGM I hope you will attend even if it is just to make sure that your name is not put forward for a vacant post.

Finally this October the Club is hosting the Compassport Cup at Longshaw. Helpers will be required to make this event a special event for all competitors, so if you haven't put your name forward yet, feel free to contact myself or Viv Macdonald.

## AGM

The club AGM will be held on Wednesday 12<sup>th</sup> October at The Bell Inn, Cromford starting at 8 p.m. (Training Run at 7 p.m.) Turn into Cromford from the traffic lights on the A6, The Bell Inn is at the junction of North Street, the first turning on the left off Cromford Hill. Parking on North Street, on the hill or in the residential streets opposite.

### AGENDA

1. Apologies
2. Minutes of 2010 Meeting
3. Matters Arising
4. Chairman's Report
5. Secretary's Report
6. Treasurer's Report
7. Amendments to Constitution – none have been received
8. Election of Officers
  - a. Chair
  - b. Vice-Chair
  - c. Secretary
  - d. Treasurer
  - e. Captain
  - f. Fixture's Secretary
  - g. Committee Member
9. Appointed Officers  
The current positions are

Social	Vacant	Lead Coach	Val Johnson
Equipment	Paul Wright	Mapping	Mike Godfree
Newstrack	Chris Owen	Permanent Courses	Mike Godfree
Access	Neil Forrest	Publicity	Dave Bennett
Press	Paul Wright	Minutes Secretary	Ann Armistead
Development	Derek Gale		
EMOA Rep.	Steve Kimberley		
Junior Rep.	Val Johnson		
10. Presentation of the Budget
  - a. Full, Local and Social Memberships fees.
11. Life Memberships
12. A.O.B.

## Sports Personality of the "Month"

I'd like to recommend Sue Russell for 'Sports Personality of the Month'. At the recent Summer League sprint score event at Repton School she inadvertently ran across a section of grass which had been sprayed with weed killer. Due to her route choice she couldn't see the sign asking everyone to keep off the grass until she had already run across. Feeling very guilty she confessed to everyone at the Finish and was promptly given Headmaster's Detention!

There could be several nominations from the Irish Relays but it would be unfair to nominate the one person who made his mistakes in full view of the club tent, whereas most did their headless chicken impressions out of sight.

In any case this was trumped by John and Judith, who set off in good time to catch their ferry at Dun Laoghaire. On arrival they found the gates closed and no sign of an Irish Ferries terminal. Only to look at their tickets to find they were sailing from Dublin itself which is a good half hour away. Good to report that they still made the boat. There is something to be said for returning from the same terminal as you arrived at.

Margaret Keeling was doing well at the POTOCScore event in Stone with a finely judged run to get back within the hour when she was faced with a closed level crossing. Goes to show you should always research the rail timetable.

Steve Kimberley on the last day of the Scottish 6 day decided to stick with class leader Tim Tett. Until he downloaded Steve was puzzled why Tim had diverted slightly en route to control 5. Only then did he realise that the diversion was to punch control 4!

Get your nominations to the editor for the next issue.

## Compass Sport Cup Final – Longshaw, Sunday October 16th

This will be the biggest and most prestigious event that DVO have staged for some time with around 1100 competitors and as such could do with help from every club member. If you have not been approached by a team leader or do not know which team you are in please contact Viv Macdonald ([Viv.Macdonald@btinternet.com](mailto:Viv.Macdonald@btinternet.com)) to offer your help.

Runs for helpers will be before or after the competitive runs. Either 10:00 to 10:30 or 12:30 (or a bit later) to 13:00 with open start times. **There is no entry on the day.** If you want to run before or after helping then email [Mike.Godfree@btinternet.com](mailto:Mike.Godfree@btinternet.com) with course (see final details or rules on BOF site), BOF number and SI card number and pay (£5 seniors, £2 juniors) at enquiries sometime during the day or even afterwards if that suits where you are helping. Although there will be gaps in the main starting block you are not to start until 12:30 so that only runners from the competing clubs are on the area.

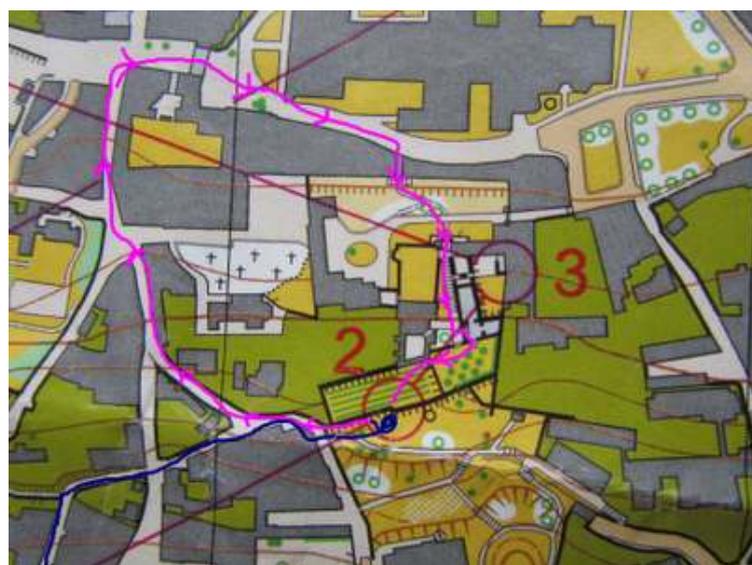
## Lincoln City Urban Race

50		
50		

Question – what is the difference between these 2 control descriptions?

Answer – one is crag inside SW corner, the other is crag foot. Or to put it another way about 5 minutes or a disqualification. Given that the previous control on our

course had been described as crag top, why could this have not also been described as crag top? Mike



Spiked the first control on the run and headed for control 2 ( blue line) which was in the complex of the 'Bishop's Palace', just south of the Cathedral ... Control was described as a 'crag' with the kite in the 'inside south west corner'. Easy route, ran up the steps into the garden ... huge wall on left side as I ran in ... stopped at the wall corner ... **no control** ... the wall was the crag and the control was 6 metres above me on the other side of the wall. Pink route shows the route into the control ... leg time : 8 mins 2 seconds !!

**MUST READ CONTROL DESCRIPTIONS CAREFULLY IN**

**FUTURE.**

Course C 5.1k 90m

Actual distance run : 8.175k

*Doug Dickinson*

## Club Handicap Champs – 1<sup>st</sup> October

This year's championships will be held at Ilam on Saturday 1<sup>st</sup> October. This is a free event for ALL club members but you do need to enter (there is no Entry on the Day). There will be 4 courses junior (yellow standard), short (2.2Km orange), medium (4.7Km light green) and long (6.3Km not technically difficult). Entries by email to [Mike.Godfree@btinternet.com](mailto:Mike.Godfree@btinternet.com) with BOF number, SI number and preferred course (the handicapper reserves the right to move you to a more appropriate course). Start times around 10:30-11:30 will be published on the web site with the usual hope that everyone will finish at 12 noon. Trophies for first on junior course, first male and first female across the line, fastest male and fastest female. Parking (pay & display – free for NT members) in main car park at Ilam Hall.

To be followed by:

## DVO Annual Club Dinner and Awards

Wirksworth Town Hall  
Saturday 1 October  
7pm for 7.30pm

Three course meal, courtesy of DVO Catering (Fairly) Ltd: starter, main meal with vegetarian option and pudding.

Adults £7.50; Children 6 - 16 years £5; children 5 and under - free..

Cash bar (Licensing restrictions mean we cannot take our own alcoholic drinks)  
Orienteering games!

Please let me have your names by Tuesday 27 September, so we know the numbers for food.  
Viv Macdonald (tel 01629 734307; email: [viv.macdonald@btinternet.com](mailto:viv.macdonald@btinternet.com))

## New Year's Day 2012



Put a date in your diary now. Celebrate the New Year with a run round Wirksworth on a new Sprint standard 1:5,000 scale A3 map. Mass start at 11 a.m. for short, medium & long courses complete with SI punching. P.S. The sample here omits contours which could be significant !

My dictionary defines the antonym to "re-entrant" as "salient"

Have we been dumbing down calling it a "spur" all these years

*Paul Wright*

## **“The distances some people will travel to find a small entry event”** ... to quote Dai Bedwell’s reaction to this account.

The setting was the Fruška Gora, a range of rolling hills which rise from the plains of central Serbia in the south, and drop down to the River Danube in the north. It is a national park, and contains 16 monasteries of the Serbian Orthodox Church, built from the 15th century onwards. This year’s Strazilovo Cup took place in the forest next to the monastery at Beočin. Two years ago, the Strazilovo Cup was a World Ranking Event, but this year it was just a normal Sunday event. Even so there would normally be entrants from nearby Romania and Bulgaria, but most potential foreign visitors had been in Serbia only the previous weekend, when there was a World Ranking Event as part of the Belgrade Open, so foreign entrants were down to some from Hungary - probably visiting just for the day - and me.

I had pre-entered, and so my arrival was anticipated by the organisers - for whom a British entrant was obviously quite a novelty - and I had a very friendly welcome. I also felt there was a sense of expectation, that I must be a ‘proper’ orienteer to travel so far for an event; would I be able to live up to it?

Starts were pre-allocated, all within a one hour block from 1100. There were about 240 competitors in total, the largest class being M21E with 24, the oldest classes were M60 and W55, and a good proportion of the total were juniors. Orienteering in Serbia is a much younger and less experienced sport than in Britain, and has no bulge in numbers in the 40s and 50s classes. Entry on the day was possible, by registering at the clubhouse in a park in Novi Sad city centre, 18km from the event!

The forest was nicely runnable, with few low branches, and undergrowth that was flat to the floor at the beginning of spring - although with potential to be a quite thick by the end of the summer. The most technical part of the area was near to the start and finish, where there were many streams, ditches and gullies, and steep narrow re-entrants. Further out the hills were more gently contoured, and the controls were hung to be clearly visible, so navigation on this stretch was quite straight forward, although the planning did largely avoid route choices along paths. Coming back, the steepest climb on the course was followed by short technical legs through the last controls, to finish on the edge of the assembly area.



Finishing was rewarded with a cereal bar as well as a bottle of soft drink. The mild, dry weather encouraged most competitors to stay for prize-giving; a few barbeques were set up in a clearing by a stream, and the organising team cooked themselves a pot of fish stew. The prizes were medals for 1st, 2nd and 3rd on each course - and I'd not let myself down, getting 2nd place (out of 9) on M35 !

*Dave Bennett*

Characteristic Fruška Gora terrain

PS: Predrag and Ana, if you happen to read this article, many thanks again for helping me get to the event.



## Never Give Up!

Finally reached the penultimate control and ready to slow down? Well here is evidence that you should go for it. Recently at the Dick Slee's Cave event (yet another name for Sherbrook) I was lying 59th at the penultimate control. Only a 100 metre dash left for the finish control, a split of 13 seconds. Final position 57th, two places gained. OK 57 out of 97 is never going to trouble the prize giving but think about it. If I can gain two places in the final leg how more important it can be in say the Compass Sport Cup. Trophies are won on such small changes. So never slow down until you have dibbed that finish control. *(and if you are conned into a photo run through for Paul don't punch at the finish a second time – it is the second time that will count – Ed)*

*Paul Wright*

## Views from the JK

(from the cameras of Doug Dickinson and Mike Godfree)



'Beyond the dunes' (only those who went will understand). Day 2, with the Mountains of Mourne in the background, sweeping down to the sea.



DVO fly the flag at the Irish Relays



Into the finish, Day 3 (again only those who were there will appreciate the little dots going round in circles)

## Satellite Club Success

How do you judge success? When the money was obtained from Sport England for the creation of the six Satellite Clubs (now called Community 'O' Programmes) in DVO and NOC there were a whole slew of Key Performance Indicators (KPIs for short) that were established to enable us to make that judgement. However, it transpires that there is a much better way to judge success and it is very visible and very measureable.

There we all were, gathered round our flag at the JK Relays on Tyrella West, cheering our teams on as they struggled or should that be straggled in with the loudspeaker system bringing news of the teams on the course from the radio control and as they finished. Whilst the Men's and Women's Open races always attract attention there is always enthusiastic support for the Mini Relay. The first 4 teams raced past us within 15 seconds of each other but then Joe Uprichard led the next bunch in about 90 seconds behind for a very creditable 5<sup>th</sup> place. Joe handed over to Sarah Duckworth for the second leg who raced off into the distance. The second leg runners returned, now split into two groups of about 30 seconds apart followed 30 seconds later by Sarah – not only maintaining the team position but cutting the lead by 30 seconds.

Sarah handed over to Louis Forshaw-Perring who took off like a rocket after the teams that were still in sight. It was sometimes difficult to hear exactly what the commentators were saying so when we heard DVO's name being mentioned we all looked at each other wondering if we had heard correctly that we were somewhere near the lead at the radio control. Then the leaders of the Mini Relay emerged from the final control with Louis leading the way (accompanied by great cheering from us) into the finish to win by 8 seconds with third some 11 seconds further behind.

And the reason for mentioning the judgement of success for the Community 'O' Programmes – both Joe and Louis are members of DVO through starting at the Buxton hub and developing their skills there. Well done to all three members of the team.

For the record, Joe ran course 8-3 and was 3<sup>rd</sup>, Sarah ran course 8-7 and was 2<sup>nd</sup> and Louis ran course 8-4 and was 1<sup>st</sup>.

*Derek Gale*

DVO Development Officer



Louis, Sarah and Joe. The smiles say it all. Fine photo courtesy of Sue Allard.

## Matlock Community O Club Night

We are starting again with the Matlock community O club night. Four sessions are booked at the Whitworth Centre, Darley Dale on Wednesday 14,21,28 September and 5 October from 6.30pm-8pm. Come along and learn orienteering skills, have fun, get fit and bring the family.

Judith Holt (01629 582325) and Viv Macdonald (01629 7343070 or [matlocko@btinternet.com](mailto:matlocko@btinternet.com))



Three girls at the club night planning their route. Thanks to Judith for the photo.

## Event Safety and Welfare Workshop, 5<sup>th</sup> September 2011

It is now a requirement for Event organisers, and ideally other event officials, to take an Event Safety and Welfare course so that they are fully aware of the requirement, rules and guidelines. Reports from earlier workshops were that they were very informative, participative and useful as they provided the opportunity for people to talk about a wide range of issues around event organisation.

Hilary Palmer ran this three-hour workshop for us at the Bell Inn, Cromford and there were 16 participants from DVO and one from NOC.

Hilary got us working in small groups, moving around into new groups and sharing our ideas in plenary sessions. There was no sense of being talked at or being told what we had to do – apart from needing to complete a Risk Assessment for **every** orienteering event and activity we put on. Rather than seeing this as an imposition, it is good practice in helping us to think through all the risks involved, the level of those risk and what we have to do to mitigate against them.

A number of issues came up which were obviously new to some of those there, such as the need, for insurance purposes, to keep a record of the names of all those at an event, whether competitors, volunteers or those shadowing a competitor. Whilst this may seem quite onerous at the moment it will no doubt just become routine very quickly.

Similarly, the need to complete a risk assessment form and to get it signed off by a Controller or, for Level D events, by a Coach or someone who has completed the Event Safety course; which means there are another dozen or so people in the Club who can do this. I am also being registered as a Tutor so that we can put on our own courses in the future, perhaps in conjunction with other clubs.

Another issue was the meaning of 'Courses Close at 2.30pm' as it is not always appreciated by some newer competitors that this means that controls will be collected in from this time and that

really it means 'You should report to the Finish by 2.30pm as controls will be collected from then on'. Can anyone think of a short, snappy way of expressing that?

We also discussed how we ensure the welfare of volunteers who might be standing on a remote, wet Finish for some time, though we agreed that our team system does seem to work in that people work shifts and tell their team Leader or deputy what their needs are on a day and are not asked to be present at every event – at least they shouldn't be if the system is working properly!

Finally, we considered the needs of young people and vulnerable adults at events through a series of scenarios which might occur.

Viv and I will make the necessary changes to organisers, planners and controllers notes and circulate these in the near future.

All in all, a very worthwhile evening which got us all thinking and engaged with the issues. Our thanks to Hilary Palmer for such a stimulating evening. Hopefully we will put on another workshop early next year for others who would like to take it.

*Ronald Macdonald*

DVO Event Official Co-ordinator

## **Interland 2011**

Four DVO members selected to run in the Interland competition. Has this happened before? For Liz Godfree it was not a new experience, for Judith Holt, Harriet Lawson and Nathan Lawson it was their first time.

### **Liz writes...**

It is always an honour to be invited to run for England at Interland (a 6 sided European match, the inspiration of the late Judith Wingham of SROC) especially when one is accompanying 3 other club members. When the team selection appeared I was recovering from illness so this was just the incentive I needed to regain my fitness.

Travelling by coach is always exhausting even with the break between Dover & Calais and the overnight stay in Bruges – I didn't spot DVO's Campanile this time but the coach did a circuit of the town, passing slowly in front of the railway station with all its bikes, before heading for the motorways north through Belgium and Holland to Northern Germany.

By the time we reached the training area near Lübecke we were very glad to get out of the coach to stretch cramped legs. I never find training/score events very satisfactory but as a means of getting into German maps it was useful. 'Distinct trees' were deciduous amongst coniferous, or coniferous amid bare-branched deciduous. Indistinct paths and rides were just that – hidden beneath fallen leaves so easily run across. Veg. boundaries were unreliable, contours more certain.

Sunday began really early at 6 a.m. (5 a.m. GMT) and by 7 a.m. we were heading for the event with the relief bus driver, Clive Hallett of BOK at the wheel. The event centre was in the village Sports Centre/Primary School (little people, little loos!) just 1km. below the woods in which we ran. Once again we had a steep hillside with a mix of deciduous and coniferous forest, with no bracken and fewer brambles than we are used to; the brashings and fallen branches now only too familiar after a hard winter. As ever I could have done better – relocation is my weak point. The other DVO members excelled and England retained the trophy it has held for 15 years.

Weather wise it was a perfect weekend, bright, sunny, comfortable temperature – 'lifas' for the wimps amongst us. What a waste to spend so much of it in the coach! Arrived home at 4:15(GMT) on Monday morning crawled into bed exhausted. Was it worth the travelling? Yes. Friendships renewed, new friends made and another country to add to those where I have orienteered.

### **Judith writes...**

I had once previously been selected as second reserve for the Interland. When I decided to retire at 60 my boss (a woman aged 67) asked why? My reply was that I wanted time to try to improve my orienteering results. The Interland selection was one of my goals so I was thrilled to achieve it at the next opportunity.

The trip would have been much more daunting had I not had Liz's guidance and support. Yes, the journey was an epic but even that had the benefit of giving more time to get to know other team members. One magic moment to savour was jogging along the warm-up track to the sound of distant church bells and realising that this was it, my first ever run for England. The terrain suited me. I kept my nerves in check by focusing on the moment and I was not afraid to pause briefly to check my location and route before pushing on as hard as I could. It was one of those runs you choose to remember.

### Harriet writes...

During the weekend that I travelled to Germany for Interland 2011 I achieved many things; one of these being able to grasp a brand new terrain and perform to the best of my ability with very few mistakes. The journey however was one of the most tedious I have ever been on as the journey home took over 8 hours to even reach the ferry at Calais. Having said this, for the fabulous terrain, excellent hospitality from the hosts and the excitement of meeting new people (including from the countries) the journey was definitely worth the experience.

## Liz Godfree / Judith Holt / Harriet Lawson

### World Masters Orienteering Championships Hungary 2011

Just eight of us from the club this time at the WMOC in Hungary. Judith and John, Viv and Randal (both in Mobile Homes), Mike and Liz, and Jen and I, the latter two couples having rooms in a rather strange house in Harkány, 25km south of Pécs, the Event Centre. We arrived on Thursday evening and drove to Pécs on the Friday to visit the Event Centre to pick up our bibs etc. including the print out of the final bulletin. We then did the urban model event at a stroll to identify the control style and the mapping standard. What we did not do was look closely enough at the final bulletin which described a feature on the sprint qualifying event map that was thought to be confusing but was also identifiable on the Pécs map so we could have gone and looked at it as I am sure many others did. I paid the price for that the next day.

Saturday was race day – the Sprint Qualifier around the streets of Pécs which is an old city with plenty of little alleyways. Running round the streets was not too taxing but early on in my course I came across the feature described in the bulletin which was a corner tower of the old town walls. Unfortunately, I failed to recognise it so rather than go through the passageway (marked purple on the image) I went around the top. I am not sure how much it cost me but I am putting it as my excuse that I did not make the 'A' final. The rest of the course was okay though there were other route choices that may have been better. The route I chose happened to go through the Basilica grounds twice which had the unfortunate effect of me running through a wedding party on both occasions, the first time crossing just behind the bride (I avoided her train). We were warned beforehand that we might come across such but I wonder if they were! Anyway, it was the 'B' final for me though the rest of the Harkány party made the 'A' with Judith also there.



Sunday was the Sprint Final at the town of Komló which was an old mining town with lots of high rise apartment blocks. They certainly caught me out as I set off from the start thinking I was going between one pair of blocks but was in fact one block over. Much confusion until I realised what I had done. Fairly straightforward after that though most of us had a very long run between controls 2 and 3 with no real route choice so I would query whether that kind of leg should be in a sprint race. No prizes for DVO, I am afraid.

Our biggest worry was Bramble who had picked up an infection and was very poorly but I will leave Viv and Ranald to pass that story on.

The long distance events were all in the Mecsek Hills north of Pécs near the village of Orfú, close to the official camp site where the two DVO mobile homes were. Monday was a rest day with the qualifying races on the Tuesday and Wednesday. I was going reasonably well up to the fifth control where my planned route to the sixth went wrong when I failed to notice a ride that I intended to take so ended up way off line and had to run through the start though judging by the way the officials got out of the way I was not the only one. However, with that and another mistake at the ninth control it meant I was in the middle of the pack so needed a good result the following day to get into the 'B' final with 'A' being too far. You can guess what happened. I had a 4 minute error on the first control and then found the vegetation very difficult to get through so lost time with a bad route choice on the third and with more errors on the 10<sup>th</sup> and 12<sup>th</sup> controls I thought I had dropped to the bottom final. However, I was clearly not the only one who had had a bad day and whilst I did not get to the 'B' final I was fairly well placed in the 'C'.

We had been keeping an eye on the weather forecasts for the area and the Hungarian Weather Website had the usual pictograms for what the day would be like with Sunny Intervals and showers the common theme for the week with the temperature rising. However, the Thursday picture for the rest day was a bright sun but Friday, the day of the finals was a glowing red thermometer and a weather warning which seemed to be directed at us as it said "Very high temperatures which will be hazardous to those undertaking outdoor physical activity". We put our DVO tent up in the Assembly Area with the temperature at 38°C and with us all off at significantly different times we were out in it all day. The area was a forested karst region with huge sinkholes, some of which were very deep indeed. The forest was good to run through and if you were careful with counting the sinkholes and watching the compass which for once I did you could have a good run. Unfortunately not all of our party managed that so no prizes for DVO again. The summary position is below with special mention of Judith coming 13<sup>th</sup> in the 'A' Final.

Name	Final	Runners	Position	Time
Ranald Macdonald	M55-D	57	7	73:17
Mike Godfree	M60-A	84	77	80:52
Derek Gale	M65-C	84	6	61:08
John Cooke	M65-D	44	36	106:20
Viv Macdonald	W55-C	62	17	75:02
Liz Godfree	W60-A	80	67	73:47
Judith Holt	W60-A	80	13	49:55
Jen Gale	W65-B	60	51	74:18

*Derek Gale*

## **The Scottish 6 Days (and amazingly midge free)**

There was a fair representation of DVO in the Oban area for this event and the Gale/Selby contingent had a cottage (well actually more of a wooden chalet) on the east side of Loch Awe.

Day 1 was near the sea north east of Oban. In fact so close to the sea that one of the starts was on the beach. I started really well, if slowly, finding the first 5 controls pretty well spot on. Then I had a senior moment, navigating unerringly to No. 8, but worse was to come. Having scrambled up a steep slope to try and rectify my error, I got to the top only to find I no longer had my map. Having scrambled back down (not a process I enjoyed much) to look for it unsuccessfully, I scrambled back up yet again. Still finding no map, I bent my mind to the

problem of finding the finish without a map. I've never been much good at map memory, so had no idea where my course went after No. 8; fortunately the loud speaker announcing incoming finishers was loud enough to be heard where I was, so I gradually homed in on it. Needless to say, much humour was derived from my misfortune and whether I had my map was enquired after on each subsequent day.

Days 2 and 3 had the same parking area, north of the A85 east of Oban, though the orienteering was on the north day 2 and the south day 3. I managed to complete both days, finding all the controls and still in possession of my map, which I regarded as an achievement. By normal standards, however, I made several costly errors on day 2 including finding my 5<sup>th</sup> control before my 4<sup>th</sup> and I was forced to descend one of the slopes in a sitting position due to the precipitous nature of the ground. It's a sharp reminder of how technical Scottish areas can be. I had a much better run on day 3, though I still managed to find my 9<sup>th</sup> control before my 8<sup>th</sup>, not a recommended navigational technique.

Day 4 was theoretically the closest to our accommodation if they hadn't banned approach from that direction, and furthest from the sea. This was probably my best day, but still included a wobble at 4 and a mindless following of the herd between 9 and 10 to find myself the wrong side of the stream that cost me several minutes. I could have done without the very steep descent between 3 and 4, many more of these sedentary descents and I'll have no lycras left.

Day 5 was not my finest hour; this again was on the coast and I'm not sure why I started searching for my 5<sup>th</sup> control dramatically short of its actual position, but by the time I'd scrambled up and down several scary outcrops without finding it I decided to call it a day. So, although I returned with map intact, I was somewhat short of control times.

So, one more day to redeem myself; indeed, since the 4 best days count and I'd already effectively discarded 2, it was my only chance to put in a full set of scores. Day 6 overlooked Loch Etive, mostly from a great height. The planner had kindly decided to limit the climb on the course to 50m by giving us 190m to climb in the last 1 km to the start. Now I personally feel this was misguided because, like a number of my peers, I find steep descent more taxing than uphill and one thing course descriptions never show is the extent of the down (I'm thinking of starting a campaign to include this), though I'd worked out that if you start 190 meters above assembly and end in assembly, adding the climb on the course, you're going to have some pretty steep downs. I wasn't disappointed. Having said that, apart from something of a walkabout at my 2<sup>nd</sup>, which my granddaughter rescued me from (humbling) I could have had a reasonable time had I been able to manage the downhill between 4 and 5 and 8 and 9 at more than a snail's pace – I spent some time on the steepest bit observing other people to decide which route would allow me to descend without injury. Still, a full set of controls and not my longest time of the 4 days I completed.

Here are the other results, some pretty good ones:

Posn	Class	NAME	D1	D2	D3	D4	D5	D6	Total
5 <sup>th</sup>	M14 A	Nathan Lawson .....	8	14	4	3	2	6	15
34 <sup>th</sup>	M40S	Christian O'Donnell .....	33	29	32	28	32	*60	121
55 <sup>th</sup>	M40S	Mike Nolan .....	*60	*60	*60	*60	*60	41	221
32 <sup>nd</sup>	M45L	David Lawson .....	24	50	74	23	28	43	118
35 <sup>th</sup>	M45L	Dave Chaffey .....	47	51	81	24	31	22	124
4 <sup>th</sup>	M45S	Andy Sykes .....	3	7	6	*100	10	6	22
38 <sup>th</sup>	M50L	Stephen Kimberley .....	35	26	70	27	42	*135	130
88 <sup>th</sup>	M50L	David Vincent .....	83	91	98	76	70	79	308
63 <sup>rd</sup>	M55L	John Hurley .....	68	106	98	52	48	55	223
68 <sup>th</sup>	M55L	Ian Whitehead .....	47	62	78	72	58	*135	239
19 <sup>th</sup>	M60L	Mike Godfree .....	5	5	29	29	34	24	63
37 <sup>th</sup>	M60S	Dave Skidmore .....	24	34	37	23	41	34	115
31 <sup>st</sup>	M65L	Derek Gale .....	30	41	55	17	45	29	117
85 <sup>th</sup>	M65L	Doug Dickinson .....	17	*115	*115	*115	25	*115	272
30 <sup>th</sup>	M65S	Doug Dickinson .....	*65	22	5	4	*65	*65	96
59 <sup>th</sup>	M65S	John Cooke .....	22	*65	*65	*65	*65	*65	217
52 <sup>nd</sup>	M70L	Tony Berwick .....	51	43	50	46	*65	44	183
20 <sup>th</sup>	W10B	Sophie Vincent .....	*30	15	14	20	18	17	64
20 <sup>th</sup>	W12B	Freya Nolan .....	*20	18	*20	17	15	17	67
36 <sup>th</sup>	W14A	Jessica Selby .....	35	26	37	28	34	32	120

18 <sup>th</sup>	W16A	Harriet Lawson .....	12	10	*45	*45	10	29	61
34 <sup>th</sup>	W16A	Amy Kimberley .....	34	31	33	27	31	30	119
8 <sup>th</sup>	W18S	Emma Vincent .....	8	8	10	6	8	5	27
8 <sup>th</sup>	W20S	Samantha Vincent .....	7	6	8	6	9	5	24
18 <sup>th</sup>	W35S	Claire Selby .....	*30	11	11	12	*30	*30	64
34 <sup>th</sup>	W40L	Julia Nolan .....	*55	38	44	17	27	36	118
53 <sup>rd</sup>	W40S	Vivianne Lawson .....	*55	45	45	*55	*55	*55	200
23 <sup>rd</sup>	W45L	Sal Chaffey .....	20	40	20	8	21	23	69
29 <sup>th</sup>	W50S	Kathy Whitehead .....	30	23	38	13	36	22	88
51 <sup>st</sup>	W50S	Anne Kimberley .....	40	43	52	*65	41	42	166
14 <sup>th</sup>	W60L	Liz Godfree .....	14	15	*85	13	9	4	40
42 <sup>nd</sup>	W60L	Judith Holt.....	6	33	16	*85	*85	*85	140
48 <sup>th</sup>	W60L	Ann Armistead .....	58	43	38	*85	47	35	163
38 <sup>th</sup>	W60S	Ruth Ellis .....	28	32	44	30	32	35	122
15 <sup>th</sup>	W65L	Pauline Ward .....	14	12	17	35	20	12	55
21 <sup>st</sup>	W65L	Helen Finlayson .....	29	22	30	41	19	9	79
52 <sup>nd</sup>	W65L	Jen Gale .....	*65	44	41	43	*65	50	178
4 <sup>th</sup>	W75S	Gill Milner .....	4	3	3	2	*10	*10	12

\* Score generated because day not run or punch missed.

*Jen Gale*

## DVO Fixtures

For full details see DVO web site

Sunday 25-9-11 Carsington Pastures. Level C (White to Brown). EMOA League Event

Saturday 1-10-11 Ilam, Club Handicap Championships – see details elsewhere in this issue.

Saturday 1-10-11 Wirksworth Town Hall – Club Dinner and annual awards evening – see details elsewhere in this issue.

Wednesday 12-10-11 AGM. The Bell Inn, Cromford. 8p.m.

Sunday 16-10-11 Compass Sport Cup Final, Longshaw. See details elsewhere about runs for helpers.

Sunday 20-11-11 Calke Park. Level C ( White to Brown). EMOA League

Saturday 3-12-11 Allestree Park Night Event.

Sunday 1-1-12. Urban Event, Wirksworth. New 1;5000 A3 Sprint standard map. Short, Medium & Long courses with an 11 a.m. mass start.

## Wanted! - DVO Event Officials

It's that time again when we plead/cajole for event officials without whom, of course, our events just can't run. We will approach individuals for the various events but, so as to give everyone an opportunity to volunteer, here are the events for next year that need officials.

Date	Location	Level and courses
15/01/2012	Shining Cliff	C (W-Br + SG + LO)
26/02/2012	Lindop	C (W-Br + SG + LO)
15/04/2012	Riber Hillside/Bow Woods	C (W-Br + SG + LG)

10/06/2012	Alleestree Park	C (W-Br + SG + LG)
16/09/2012	Longshaw Estate	C (W-Br + SG + LO)
29/9/2012	Clough/Cambridge Woods?	D, Club Championships
28/10/2012	Carsington Pastures	C (W-Br + SG + LO)
25/11/12 Sun	Eyam Moor & Bretton Clough	B (W-Black)

For Eyam Moor and Bretton Clough on 25 November 2012 we need an Organiser/Co-ordinator and a Planner as, being a Level B event, an out-of-club Controller will be appointed. This is a great opportunity for someone to move up from planning the eight courses at Level C to a larger number of courses in more challenging terrain.

The Club Championships on 29<sup>th</sup> September is normally planned/organised by one person but does benefit from having a Controller to cast an eye over the courses and check any issues on the day. We are hoping to have a new area for next year's competition.

On 21<sup>st</sup> April 2013 we are putting on the British Middle Distance Championships on Stanton Moor and Hill Carr Woods, a Level A event. John Duckworth has agreed to be the Planner but again, we need a Co-ordinator/Organiser and this is the opportunity to take responsibility for a Level A event and might be good for two people wanting to work together. You will be supported by the British Orienteering Event Managers.

Finally, the Club will also be putting on the British Schools Championships at Shipley Park on 17<sup>th</sup> November 2013 – a Level B event. This will need a Co-ordinator/Organiser and Planner.

There will also be a full range of local events and activities throughout the year requiring planners and organisers, many as part of our Community O Clubs in Buxton, Chesterfield, Derby and Matlock, suitable for newer officials for whom we will provide mentoring support.

If you would like to 'claim' a spot, do get in touch with either Viv (Organisers/Co-ordinators) or me (Planners and Controllers).

Thanks, in hope and anticipation!

Ranald and Viv Macdonald  
DVO Event Official Co-ordinators  
r.f.macdonald@btinternet.com or viv.macdonald@btinternet.com



# Derwent Valley Orienteers

*Regional Orienteering Event,  
part of the East Midlands League*

## Carsington Pastures & Harborough Rocks

(near Matlock, Derbyshire)

### Sunday 25<sup>th</sup> September 2011

**By car:** The event will be signed from the from the A5012 (Via Gellia), 2 miles west of Cromford (grid ref SK262564, satnav co-ordinates N 53 6 14, W 1 36 36); and also from the B5035 (Ashbourne to Cromford road) near Brassington (grid ref SK234522, satnav co-ordinates N 53 3 59, W 1 39 8). Car parking will be in a field off the minor road from Wirksworth to Brassington (grid ref SK250546, near postcode DE4 4ES, satnav co-ordinates N 53 5 16, W 1 37 41). Parking fee £2.

**By public transport:** Bus service 110 from Matlock or Ashbourne to Carsington village, then 1 mile steep walk.

**Cost:**

**Adults** on Light Green, Short Green, Green, Blue, Brown courses: £6 (National and East Midlands members of British Orienteering); £8 (non-members)

**Adults** on White, Yellow, Orange courses: £3

**Children and Students** on any course: £3

**Family** £15 (National and East Midlands members of British Orienteering); £19 (non-members)

**Family** groups with a Child on White, Yellow or Orange will pay £3 for one map and can purchase additional maps for 50p

The event will use SportIdent electronic punching. If you do not have a SportIdent card, you can hire one at Registration. Hire fee of 50p for Adults, free for Children & Students.

**Registration:** 1000 - 1200

**Start times:** 1030 - 1230

**Courses:** White, Yellow, Orange, Light Green, Short Green, Green, Blue, Brown

The Brown course will have 32 controls, so competitors with version 5 SI cards (numbered 1-499,999) will have some split times missing on the splits printout; this will not affect the recording of your overall time.

**Terrain:** Fast open with intricate contours and rock detail and many depressions as a result of former mining activity. **Whistles must be carried.**

No dogs allowed at all, not even in cars.

**Organiser:** Derek Bishton dbishton@hotmail.com 01773 742951

**Planner:** Paul Wright

**Controller:** Steve Kimberley

*Next DVO event:*

*Sunday 20 November 2011, Regional Event at Calke Park, 10 miles south of Derby*