



# NEWSTRACK DECEMBER 2010



**New Silva model (incorporating sundial)**

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

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## Editor's Opener

Welcome to the December edition of Newstrack from me, Chris Owen, the new Editor. It's fun to be taking this on, and I look forward to putting out lively issues of Newstrack in the future. It has been suggested that I try to get an issue out every two months, and I will make that my aim.

In this issue we feature reports from the USA Championships, the Venice Urban Race and a "junior eye view" of Swiss O, as well as an account from closer to home, our Club Championships at Calke. There is an article in which Ranald explains the "NEW new event structure" (never a year goes by without one, these days!) and Level A to Level D events are all explained. Maybe the music will stop now, so we can stick with that structure for a while.

Enough from me, other than to apologise for the lack of the customary fixture list at the end. It is a good excuse to check out the new-style British Orienteering website. The fixture finder is at <http://www.britishorienteering.org.uk/index.php?pg=80>. Ollie O'Brien has revamped his fixture finder too: <http://sloweb.org.uk/ollie/map/index.php?p=DE6&filter=yes>. The 'DE6' in there is postcode information (adjust to taste) and the 'filter=yes' bit is to filter out smaller and more distant fixtures.

Also of course, a very big thank you to all contributors. Keep on scribblin'!

## Sports Personality of the Month

The return of a popular corner of Newstrack – get your nominations to the editor for the next issue.

There was John Hurley surrounded by over 30 young ladies at Carsington. Unfortunately they were heifers and he was defending the yellow course control at the time.

It is only a rumour of course but we are reliably informed that Steve Kimberley chose the cheap parking option at Wirksworth for the club barn dance. Unfortunately he failed to notice that the car park would be locked at 10 p.m.

Then a joint nomination for Karen Bedwell and Ros Bourne at the club champs. Karen who could see the control below the ha-ha but couldn't reach it because of the bracken was directing Ros who couldn't see it. It is not clear if they then exchanged dibbers.

## **Compass Sport Cup**

We have drawn the heat at Beacon Hill (LEI) on Sunday January 16<sup>th</sup>. The club needs as many members as possible to turn out. Even though only the best 25 score, every extra runner can mean fewer points for the other clubs. Help the club to make a strong showing and we should be capable of getting a place in the final. It is all pre-entry via club captains so if you are willing to run I need you to let me know by January 7<sup>th</sup> at the very latest your BOF number, 2011 age class and SI number (or intention to hire dibber). For the event details see the LEI website ([www.leioc.org.uk](http://www.leioc.org.uk)). You must run the designated course for your age (unless you wish to run up):

Brown M21/M35/M40  
Blue Women W21/W35/W40  
Blue Men M45+ M20-  
Green Women W45+ W20-  
Green Men M60+  
Short Green Veterans M75+ W60+  
Light Green M/W18-  
Orange M/W14-

(Note that shadowing is not permitted but there should also be white & yellow EOD courses for the rest of the family)

Email your details to me at [Liz.Godfree@btinternet.com](mailto:Liz.Godfree@btinternet.com) (I will acknowledge emails so if you get no acknowledgement please check) or phone 01335 346004. The club will subsidise half your entry fee (so long as you run on the day of course).

**Liz Godfree**

## The New 4-tier Event Structure

Just when many of you had got used to the three tier event structure, even if you didn't like it, a new four tier structure was agreed at last year's BOF AGM and comes into operation on 1st January 2011. So, having used Levels 1, 2 and 3, we're now moving to Levels A, B, C and D, with Level A being the major national events and Level D local events.

The definitions of the four levels are **primarily** based on the purpose of an event, with 'authority to schedule' as a prime aspect of the definition and event quality a further element.

<b>Level</b>	<b>Purpose</b>	<b>Authority to schedule</b>
<b>D</b>	To provide opportunities for participants to orienteer at a venue near to them and at relatively low cost; events will be aimed at providing local competition and increasing participation.	Clubs
<b>C</b>	To provide opportunities for participants seeking competition at a wider variety of venues and against a varied group of competitors but without wishing to travel great distances.	Associations
<b>B</b>	To provide opportunities for more experienced competitors seeking a wider variety of terrain, challenging courses and competition, and who are prepared to travel longer distances for this.	British Orienteering Fixtures Group
<b>A</b>	British Orienteering's Major Events providing opportunities for competitors to take part in the ultimate orienteering challenges in the UK.	British Orienteering Major Events Group advised by Fixtures Group

### What will this all mean?

**Level D** events will typically be our local Saturday morning events with White, Yellow, Orange and Light Green courses but will also include the summer series and street O events. These events can be scheduled by clubs as they are likely to draw from a very local area and not conflict with other clubs' events.

**Level C** events are those which form part of the East Midlands league, with a range of courses from White to Brown. For next year we are also planning to include a Short Green course as this might better meet the needs of older orienteers who want the same technical difficulty as a Green course but with less physical difficulty. In particular, they have said they don't want it just to be the Light Green course. On our more technical areas, where there is a clear distinction between Green and Light Green, including a Short Green will hopefully be popular and may in 2012 form part of the East Midlands League. The East Midlands Fixtures Secretary – Ian Whitehead – will co-ordinate these on behalf of the clubs to avoid clashes of nearby events.

**Level B** events will be on higher quality terrain and include courses up to Black as well as Very Short Green, Short Blue and Short Brown. The North West is using only Level B events for their Regional League but they have much better terrain than in the East Midlands. The Scottish 6-day event is likely to be Level B. We are planning to offer Eyam Moor and Bretton Clough as a Level B event in 2012.

**Level A** events will include British Championships, JK and the Area Championships – Northern, Midlands and Southern – and will be managed by the BOF Major Events Group. The CompassSport Cup/Trophy Final, which we are putting on next October, will also be a Level A event.

### **Implications for event officials**

New event rules, guidelines and appendices are currently being finalised to reflect the new structure. It is important that Planners and Controllers are aware of the changes that affect what they are doing. I will summarise the changes in the next Newstrack.

Organisers must make sure that they complete and have signed off the risk assessment form. DVO Fixtures Committee is looking to prepare risk assessments for all areas but they will need to be modified depending on the season and any special factors.

There are also implications of BOF's insurers requiring that anyone under 16 years of age on the day of the event must not cross major roads on urban events. This may well apply to other events where there are road crossings as I encountered a few weeks ago at Eccleshall Woods when controlling the event for SYO.

**Ranald Macdonald**

DVO Event Officials Co-ordinator



## **"More O in Moreau!" USA Championships 2010**

We were planning a visit to Boston in October for Helen's grandson Mori's fourth birthday so when Ian (Finlayson) said this coincided with the US Champs in upstate New York, to which he and wife Wendy were planning to go, we readily agreed to tag along.

Ian and Wendy are friendly with Andy and Kristin Hall (Federer), formerly of LEI and now also living in Boston, who were also planning to go to the event with their two children. They would be joined by Kristin's parents (also orienteers) who live in New Hampshire.

All these folk are known to us from previous visits to the States so we were delighted when Ian said we were all booked into the Glens Falls Hotel in the small town of Glens Falls on the River Hudson near to the Adirondack Mountains. The hotel also turned out to be the event centre for the championships, offering special rates for the weekend. With its 1920s grand opulence largely retained it made quite a contrast with our usual 'O' event overnight digs in our campervan! We were impressed by the piles of JK 2011 flyers at registration, but the fact that there were piles may have just reflected lack of take up. Still, someone had shown initiative!

We had not entered the urban sprint event, so for us it was a two-day affair using the wooded hillsides around Moreau Lake State Park, about 4 miles south of Glens Falls. It proved a most glorious setting with the deciduous woods in their perfect autumn/fall colours reflected in the placid lake. The tourist season being over, the orienteers had virtually exclusive use of the extensive car parking by the lake shore and the kids had a big adventure play ground and sandy beaches to amuse themselves with. Orienteering in the States has, for the size of the country, a small but dedicated following such that though these were the national champs there were just over 400 competitors – rather like one of our more popular Regional events. It had their usual laid back but efficient organisation plus the bonus of cookies, apples and bananas for all finishers alongside the usual drinks.





We were warned in the Planner's notes that rock features (which were in profusion) were not always consistently mapped and there were more rootstocks than were mapped as well. On top of that, those on the longer courses might encounter hunters with guns and were advised to wear bright colours! But there was little undergrowth, so runnability was quite good if you could navigate and cope with the physicality.



Helen is ready for the "off" (photo Neil Forrest)

Our party had some excellent results to take home to Old and New England. Helen came third in W65, Ian was second in M35, Wendy was third in W35, Kristin won her course as did her son Ethan and Dad Tony Federer on theirs, with daughter Bridget third as well. As for me I had a value for money run of two and a half hours on day one and did not start day 2, to preserve a complaining knee joint!

At the presentations, after a run of awards to the big U.S. club Delaware Valley Orienteering Association (DVOA), the presenter announced Helen as a member of that club before correcting himself with DVO UK.

So a very enjoyable weekend was had, topped with a romp in early snow in the Green Mountains of Vermont on our way back to Boston.

### **Neil Forrest**

***Swiss orienteering courses*** are harder than the ones back here for W/M10. Rachel and I had two sprint races through the towns. My first control was harder than my Mum's. I did it on my own. Then we had two runs in the forests that were full of horses and undergrowth. There was no straightforward path route to our first control in Switzerland.

The fireworks were amazing, especially because the town switched off all the street lights. They were huge and looked beautiful. It was really fun competing in the World Masters Orienteering Championships and I hope I can do it next time.

### **Sarah Duckworth**



### **Look out for the flag**

It is the intention of the DVO Committee that at all DVO events and at all other events recommended by Rocky Knoll, the DVO flag will be flying. Where possible the pop up tent will be there but otherwise it will be by a vehicle. The idea is to provide a focus for club members to gather to share experiences on the courses, get feedback for any training being done or just socialising.

It is hoped that the DVO coaches will be around to give advice, along with other experienced orienteers. If nobody is around then do not give up as it will not be possible to have someone there all the time, but somebody should appear from their run within a few minutes.

**Derek Gale, DVO Development Officer**





## Venice 2010

This is the third time we have visited Venice for the urban race with a difference though this time the weather was not as pleasant as on previous occasions: cool rather than rain, except for the evening we arrived. No hotel for us this time though – we were travelling with Viv and Ranald Macdonald and we had booked an apartment for the five nights we were staying. There is always a tingle of excitement on landing at Marco Polo airport and getting the water taxi over to the main island, particularly when you say you want to go to 'The Rialto'. We waited by the Grand Canal for our contact who came and conducted us to a very dilapidated Venetian street (actually very similar to most 'off the tourist route' streets) but then showed us a nicely renovated apartment. I think we were not expected to eat and drink there as there was little in the way of crockery and we had to go out and buy some wine glasses!

The plan was that we would meet up with the rest of the East Midlands contingent on Friday when they arrived and we would throw a small party in the apartment using our roof terrace. Some small things got in the way of this as we had forgotten it was pitch black on the terrace at night and a small trip would send you plunging into the canal 30 feet below! More significantly, BMIBaby's starter motor did not work at East Midlands airport, leaving the group stranded for a few hours. We had thought to postpone our get-together until the Saturday but people who had come by other routes started turning up, so in the end we all got together as planned. The DVO contingent then went off to have a meal by the Grand Canal adjacent to the Rialto. The whole group got together for a joint meal the following day.

Sunday was the Urban race. Venice is ancient and the buildings reflect that, except for the Sports Centre which, being modern, has to be made of cast concrete without windows. Fortunately it is hidden from casual gaze by being down a side street which is tricky to find. As you are never more than a few feet from sea level there is no 'climb' on the course, though each bridge takes it out of you. As a result the planners have been able to use the climb space on the control descriptions to say how many bridges are on the optimum route. As the event takes place through the tourist area,

an extra feature of the map was brown shading on some streets indicating congestion, so you could avoid it or enjoy it!

We had a twenty-minute walk to the start and then the usual start procedure. I will not bore you with the detail of the run only to say that the planner had put in butterfly loops after crossing the Rialto and I must have been brain dead by then as I started doing one of them the wrong way round! Fortunately I spotted it in time as I clocked the wrong control, but then I took a crazy route to number 10. The finish was by the exit of the Grand Canal into the main lagoon – one of the most spectacular finishes there could be. Overall a respectable time, but it could have been so much better (but isn't that the usual statement)!

That should have been the end of the excitement but, arriving at Marco Polo airport on the Monday, the board was lit up in red with most flights cancelled or delayed due to a strike. However, this time BMIBaby came up with the goods, turned up on time and off we went.

**Derek Gale**

## **UK Masters Cup**

As Chair of the BOF Senior Competitions Group, I have been working for some time to put together a UK Masters Cup. Its launch was announced on the BOF website recently. The competition comprises 19 Level A and B events – 3 Urban, 2 Sprint, 3 Middle, 1 Night, 1 Chase and 9 Long – of which 8 are needed to count. To qualify you need to run your age class and someone will convert your time if you are running an urban event.

The principles of the competition include that they should cover the whole country and that they involve a variety of event types. Hence the number of Middle and Urban/Sprint events which, for those who have never tried them, are well worth having a go at.

Unfortunately for me the Long cross country events have to be the long course when I am used to running short. Oh, well, perhaps I'll get fitter next year ...

**Ranald Macdonald**

## Club Championships 2010

I am embarrassed to have been 1<sup>st</sup> lady over the line for the third time in six years. I understand that Graham based his handicapping on DVO's runs on Carsington Pastures, and I was the planner that day!

Quite rightly, I was the last of the old ladies to start, but perhaps my starting five minutes ahead of the long legs of Harriet and Nathan was too large a gap. But then, who ever said that handicapping was an exact science? Maybe I "crossed Graham's palm with silver"!!

### **Here's my commentary on the Medium course (see attached map):**

I overtake the general public (who are accustomed by now to runners en route to Number One) and glimpse DVO tops in the distance. I've spotted Stuart on the lake shore, but take the upper path to Number Two, eagerly indicated by a family waiting for the next runner.

En route to Number Three I meet a pack heading for Number Four. Can I catch them? By Number Five the pack has spread out, but it's obvious where controls 6 and 7 are – no need to map read. I agree with Jen that I am running and not walking. Adrenaline seems to have countered the cold and sore throat, or maybe this is how my flu and subsequent pneumonia started! By the time I near the enclosures that are controls 8 and 9 the pack has found them already and I am able to cut corners.

Now for that long Number Ten. I decide against following the others across the rough open and head out to the road instead, keeping to the cropped grass. A short way along the road, then into the wood and a long run through the open. The next pack is in sight. I'm led into Number Ten but have a slight hiccup at Number Eleven - is it 115 or 116? Ann-Marie advises checking the box.

I negotiate two stiles, then on to controls 12 and 13, following Lesley by now, and into 14 using a long course runner ahead of me. Then it's back out to the track, through the wood and out into the open (or bracken, to be more precise). Karen is standing by the ha-ha. She can see the control but can't get to it and is shouting instructions to Ros, who's fighting her way through the bracken but can't see the control! With a thank you to both I punch and run off.

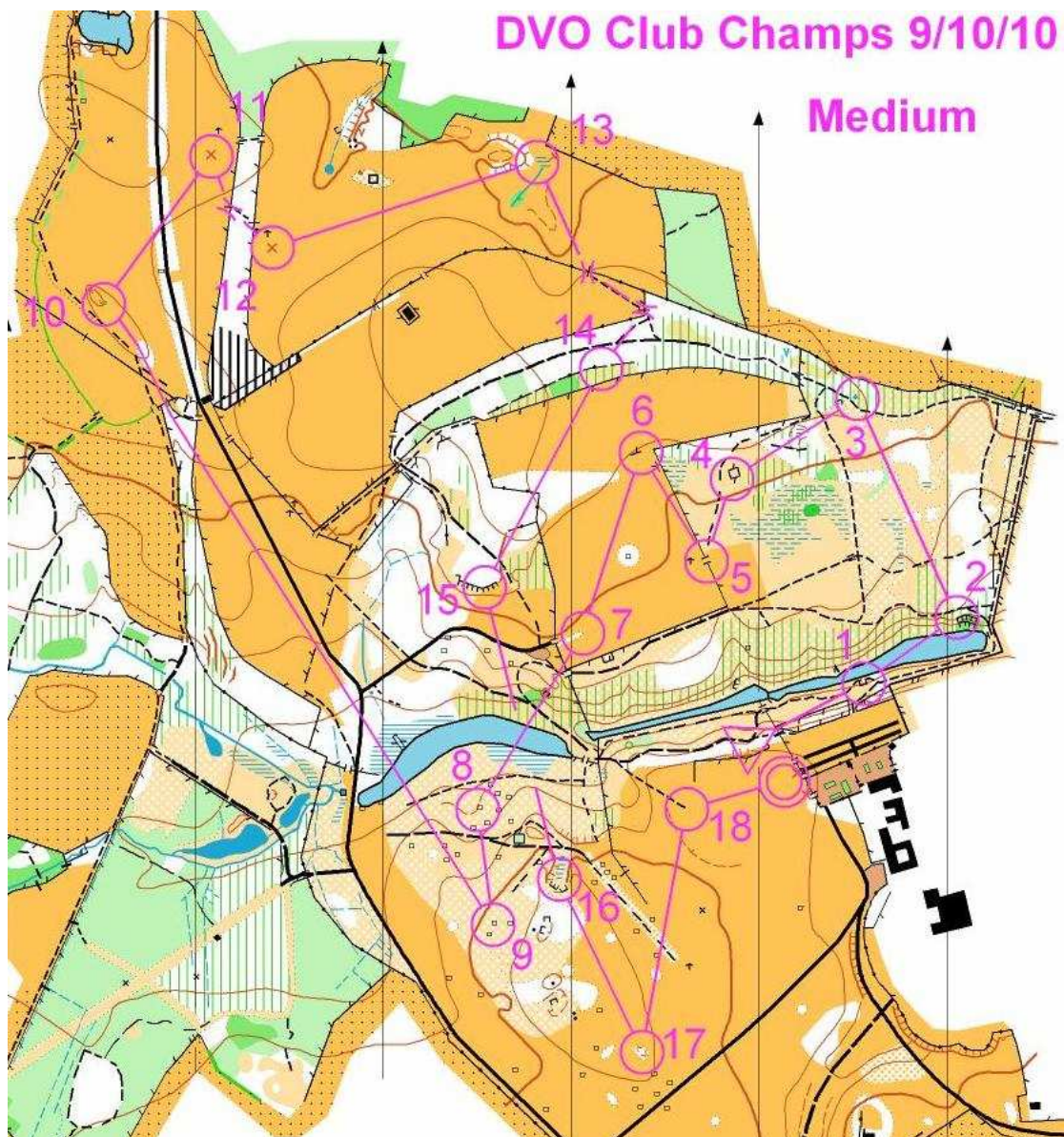
I'm on my own now and have to navigate to control 16. Mark's M16 legs climb out round the crag more quickly than mine and he's running faster to Number 17, which is visible on its hill top. It

seems a long way to 18, but Mark puts on a spurt when his sister Joanna appears running for the Finish. I run as fast as I can towards the folks at the Finish, not realising till later that Mark and I are 1<sup>st</sup> man and 1<sup>st</sup> woman over the line.

It was a great run, but a bit like a crocodile in places. Last year's arrangement, with loops taken in different orders, though also in an open area, meant there was more navigation and less chasing, as folks were 2/3 minutes apart. But that would not have been so viable at Calke, where there was scope for a longer run without repetition. Which does the club prefer?

Finally thanks to Val and Graham for staging a popular event. It's an honour to have the Judy Buckley trophy – a visual reminder of all Judy (and Steve) gave to the club in their many years with DVO.

**Liz Godfree**





## Rocky Knoll Recommends

Hopefully you will receive this Newstrack in time for DVO's first event of the year on New Year's Day. The usual format of a mass start score with questions/answers (well would you want to get up extra early that day to hang controls?). Yet again a new venue, this time Ripley. The next day there is SYO's Blacka Moor event right on the Derbyshire border.

On the 8<sup>th</sup> January MDOC are re-staging the Lyme Park event that they lost last year. If you have not been before, this is to be highly recommended. The Billy Goat format means that you are allowed to miss one or more controls from your course (more if you are older) so you have an extra logistical problem to think about on your way round. Take a tip from those who have been before – miss out the tussocks on the moor if you can. And all for a good cause – Lake District Mountain Rescue this year.

The following weekend we have our **Compass Sport Cup heat on Sunday 16<sup>th</sup>**. We have drawn the heat at Beacon Hill (LEI). **Don't forget you have to pre-enter via the club captain.** The club needs you to turn out to support. Maybe we can get to the final, which we are staging in November as competitors. Saturday 22<sup>nd</sup> we have our own event at Eyam Moor. Let's hope the weather is suitable. You can rerun much same experience at Marsden Moor the next day, or some would prefer Cannock Chase with slightly less heather.

Then it looks like a thin patch apart from the British Night Champs at Bentley Wood on 5<sup>th</sup> February. On Saturday February 12<sup>th</sup> we have our postponed Shining Cliff event (it needed to be fitted in before the birds start nesting and whilst the already-printed maps are up to date). The bracken and brambles should be at their best for many a year after the bad weather. And the following day is NOC's Robin Hood Trophy at Sherwood Pines.

Two weeks later MDOC are bravely staging this year's Twin Peaks in the Lake District on Torver Common. Could be excellent or could easily be a problem with the weather.

Then at last our own events return to Sundays with Hardwick on 6<sup>th</sup> March.

Further ahead/afield there is the World Masters in Hungary at the beginning of July and the Scottish 6 Day around Oban in August (don't forget the midge repellent!). Both are assured of DVO representation.

## **Want to be an Event Official?**

As ever, we are always looking for Organisers, Planners and Controllers for forthcoming events.

To be a Controller you need to have done an official course which the EMOA runs every year. Organisers and Planners can work with a more experienced person as a mentor or attend the annual course put on by the EMOA. We are also planning to put on a half day course in the early summer for Planners and Controllers.

We also plan to put on another first aid course in the summer but hope more people will take up the opportunity as coaches need it and organisers and others would certainly find it useful.

However, in the meantime, if you would like to have a go at planning or organising do contact us and we can allocate you to a forthcoming event.

We desperately need officials for some events in 2011 – a Controller for Hardwick Park on 6 April; a Planner and Controller for Stanton Moor on 25 September; a Planner for Carsington Pastures on 13 November

### **Ranald and Viv Macdonald**

DVO Event Official Co-ordinators

(01629 734307 or [r.f.macdonald@btinternet.com](mailto:r.f.macdonald@btinternet.com))



## **DVO Open Meeting**

Wednesday 12<sup>th</sup> January  
Venue: Bell Inn, North Street, Cromford  
(Check website beforehand to confirm)

Run at 7.00 pm meeting starts at 8.15 pm

We are having this meeting a bit further north to enable club members from Buxton and Chesterfield to attend.

As well as general club business we would like feedback on the following:

- The DVO Club Strategy and its implications for club activities
- East Midlands Orienteering Association development priorities and funding – this affects us as we pay an EMOA levy at many events as well as an annual membership fee.
- Event official training

