



**NEWS
TRACK**

OCT '85

E d i t o r

Jo Thornley

Colour Coded Courses

THE WHITE COURSE

This course is aimed at the young beginner. It is normally between one and two kilometres long. Easy control sites are chosen such as path bends, ride junctions, stream and path crossings. It should be possible to complete the course by staying on tracks and paths the whole time. The controls should be frequent: never more than 300 metres apart.

THE YELLOW COURSE

This course is suitable for the adult beginner or the youngster who is beginning to read maps. Families, groups and pairs are encouraged to do this course. It should be possible to do the Yellow Course entirely on tracks and paths but an element of route choice may be introduced:

e.g.

See diagram back page

"Should I go to the left or the right or dare I cut across the terrain?"

This course is between 1 and 2km long.
There should be controls every 200 to 300 metres.

THE ORANGE COURSE

The Orange course is aimed at the more experienced youngster, Silver standard at least for the under 12s, or the older novice who wants a map-reading challenge. Control sites are harder line features such as ditches and gullies and obvious point features like boulders and crags. This course should be between 2.5 and 3.5km.

THE RED COURSE

The red course is for the older novice or runner with little orienteering experience. It is a good excuse for a "burn-up" round the woods without too much danger of getting lost. The controls will be about the same difficulty as for the orange course. The course length is between 4km and 5k.

THE GREEN COURSE

The green course is aimed at the experienced orienteer who wants a technically difficult course which is not physically demanding. It is therefore rarely more than 4.5km but the controls will be difficult and the route choice testing.

THE BLUE COURSE

The blue course is aimed at the fit, experienced orienteer. Hard control sites are chosen and the course is long, between 5km and 7km.

THE BROWN COURSE

The brown course is for very fit, experienced orienteers. It is usually between 7km and 9km.

NOTES

1. Distances are measured in a straight line between controls. To give you some idea of the time a course will take, novices can clock up 20 to 30 minutes per km, while the experienced will do 5 to 10 minutes per km depending on terrain.
2. Course lengths vary according to the terrain. Courses will be longer on flat open parkland such as Allestree Park than on steep, rough country such as Rough Pitty Side.
3. The Green, Blue and Brown courses are not recommended for pairs or novices. If you cannot orienteer and you go on one of these courses you are liable to prove a headache for the organisers who do indeed get very worried if people are out in the forest for more than two hours.
4. The above notes are the editor's ramblings and not official, but I hope they come somewhere near the truth and will be of help to newcomers to the sport.

COLOUR BADGES

Badges can be gained by completing three courses of one standard within the certificate time. Certificate time is about half-way down the list of finishers for all except the White course where all finishers qualify. If you have gained three such times and would like a badge send your results and 30 pence to Dave Walker, 6 Malin Close Alvaston, Derby. Please don't forget to enclose an s.a.e.

THOUGHTS 1

Did you hear the one about the Irish Orienteer who thought that a piece of sand paper was a map of the desert?

Sorry - that's a bit coarse (or maybe too fine for some of you).

DVD A.G.M.

This took place on 25th Sept. and was kindly hosted by the Buckley family. Most of the officials were re-elected:

CHAIRMAN Dave Brodie
&EMOA Rep. The Boat House, Golden Valley
&DVD DIARY Editor Riddings (Leabrooks 605870)
VICE-CHAIRMAN Dave Nevell
12 Wilson Street
Derby (Derby 368585)
TREASURER Ian Nicklin
82 Farnworth Road, Mickleover
(Derby 511177)
GENERAL SECRETARY Ian Whitehead
11, Bowler Drive, Kilburn
Derbys. (Derby 780177)
MINUTE SECRETARY (He's quite a normal size actually)
Andy Thomson, 27 Tavistock Ave.
Ripley (Ripley 47781)
DVD NEWSLETTER Jo Thornley
40 Jackson Road, Matlock,
DE4 3JQ (Matlock 55589)

Dave Nevell is also the editor of EMEWS and I am sure would be grateful for contributions to the regional newsletter.

NEW CLUB ONLY MEMBERSHIP

At the AGM it was decided to introduce a club only membership for the fee of £1. This will entitle people to six copies of the newsletter. This new level of membership is for people who only want to orienteer occasionally and don't want to travel far, and for people who are new to the sport and are not yet sure if they want to be members of the region and the British Orienteering Federation (BOF). Club only members will be able to take part in the EMOA Galloper. They will not be eligible to claim badges in National Badge events or run in club teams at the British Relays or JK relays. There is no club membership fee for people who are full members of EMOA or BOF. Any club only member wishing to become a full member may deduct a £1 from the fees shown below. Please note it is very cheap for juniors to be members. So far we can welcome three new members under the club only scheme. They are:

Rob Tresidder
61 West End,
Wirksworth,
Derbys. DE4 4EG (Wirksworth 3953)

Kevin Ryan,
80 Becher Street,
Derby, DE3 8NN (Derby 32667)

Rob Atkin,
2 Cobden Road,
Matlock (Matlock 57495)

Could members please advertise this service to their unaffiliated friends?

MEMBERSHIP FEES FOR 1986

BOF SENIOR	£3.65	FAMILY	£5.30
EMOA "	£2.35	"	£2.70
Total	£6.00		£8.00

BOF JUNIOR	50p	GROUP	£2.25
EMOA "	£1.00	"	£3.75
Total	£1.50		£6.00

Present BOF members will receive a reminder from National Office. New members should ask Ian Whitehead for a form. DVD now has 90 different names on its membership list. Would anyone like to count the number of bodies?

EDITORIAL

I have done most jobs in orienteering: planner, organiser, controller, secretary, chairman, loo emptier, with varying degrees of efficiency, but this is the first time I have attempted to do a newsletter. Hence the strange position of the editorial. However please bear with the omissions and mistakes. All contributions will be gratefully received at 40 Jackson Road, Matlock. However I reserve the right to omit or amend, but only in the interests of true journalism of course. Copy for next issue due end Dec. by 10.12.85 please.

Chesterfield Marathon Sunday 20th October

It was a lovely day for running, cool and dry. There were about 700 runners most of them doing the half marathon. Our new member Rob Atkin (Ratkin to his friends) turned in a very good time of 83 mins 44 secs for the half marathon. John Hurley beware! Your editor hopes to be selected for the A team next year, having put in a time of 105.49 for the rather hilly course. All finishers received an enormous pot mug for supping their home-brew.

THOUGHTS 2

Heard from a young orienteer (not too distantly related to your Editor) after a brilliant run on one day of the Scottish 6-Days.

"Well I didn't get lost 'cos a boy overtook me and I followed him."

"Did you follow where you were going on your map?"

"No - he ran too fast so I didn't have to bother. It was only because of the controls that I could keep up."

CLOUD NINE

Saturday June 22nd on Thorpe Cloud at the start of the Derbyshire Round Relay and at 6.55 a.m. there are only eight runners present and your team manager is progressing from slight to severe panic. But it turns out that Barry Bibby doesn't care for hanging about on wet and windy hilltops and he appears with at least 90 seconds to spare. Paul Armstrong and Andy Shepherd both suffer a little from following the exact route on the map while the opposition go round a quicker way. However as the race settles down we are third behind MDOC and Penistone Footpath Runners.

Tony Thornley comes into Castleton well clear of the remaining teams. Dave Nevell has a flyer on Lose Hill and Win Hill and is heard to complain that the downhill bits were hard. Just 5 minutes down now and Alastair Buckley, who is only ten years old, turns in the fastest time on the leg down to Grindleford Station where he hands over to Roger Wilkinson. Roger, too, turns in the fastest time for his leg to Curbar Gap. Judy Buckley and Zoe Wilkinson having already run, Roz Clayton and Angela Gardner complete our prescribed quartet of female runners.

I take over on Rowsley Moor now 7 minutes down, but both MDOC & Penistone still have two women to run. Curiously Penistone have fielded one on the long leg and I leave her in a cloud of dust (and a cry of Hi Ho Silver!) But MDOC are drawing away and Dougie Dickinson dashes into Belper 10 minutes down. Andy Thomson has a young lady to chase over the Chevin but he can't catch her (for once!). We try to confuse the MDOC last leg runner over his route but have no luck as he went to school in Derby. So he finishes at Derby Cathedral just 6 minutes clear of Mike Gardner after a relay of 88 miles.

Considering that last year we were 30 minutes down over a similar relay along the Staffordshire Way I think this is an excellent performance and everyone should be well satisfied. Start training now to knock 20 seconds off for next year.

Results

1. MDOC 10hours 35mins
2. DVO 10.41
3. DEE 11.31
4. POTOE 11.54
5. WCH 11.54
6. PFR 11.55
7. NOC 12.01
8. MEROC 12.42
9. DVO 2 12.58

DVO TIMES

leg 1 Barry Bibby 24.08 Ian Nicklin 26.02
leg 2 Paul Armstrong 33.42 Steve Farnworth 35.40

leg 3 Andy Shepherd 66.20 Malclom Taylor 90.40
 leg 4 Judy Buckley 30.10 Jeannette Shepherd 33.56
 leg 5 Tony Thornley 66.20 Tim Dallas 67.24
 leg 6 Andy Clayton 21.35 Ian Whitehead 24.00
 leg 7 Dave Nevell 47.00 Neil Forest 59.08
 leg 8 Steve Buckley 36.40 Dave Walker 46.19
 leg 9 Zoe Wilkinson 20.24 Kath Whitehead 24.40
 leg 10 Alastair Buckley 11.04 Kim Buckley 14.59
 leg 11 Roger Wilkinson 26.07 Jo Thornley 31.28
 leg 12 Roz Clayton 28.15 Brian Gibbs 40.09
 leg 13 Angela Gardner 24.14 Val Johnson 31.31
 leg 14 John Hurley 57.24 Graham Johnson 74.12
 leg 15 Tony Berwick 18.20 Simon Richardson 20.14
 leg 16 John Hopper 33.22 Terry Richardson 41.26
 leg 17 Dougie Dickenson 23.35 Terry Peach 28.38
 leg 18 Andy Thomson 18.50 Jenny Tennant 29.25
 leg 19 John Seaston 23.32 Paul Seaston 28.50
 leg 20 Mike Gardner 30.48 Mick Jubb 29.33

Certain mad members of these teams then went on to run in the Harvester Trophy in Pickering forest. The result was not an outstanding success, suffice it to say that we are determined to do better in Sutton-Park next year!

REPORTS ON OTHER EVENTS

Well all I have received is the Derbyshire Round and I'm not prepared to write the whole newsletter myself. So let's be having them, doesn't have to be long, just a paragraph with the bare details or a personal comment on the course you ran or even a bit of gossip. Did you know that Steve Kimberley won M21A at the recent National Event in Wales? He admitted that having run there 4 times before was an advantage.

SOCIAL EVENTS

Something to look forward to, or rather two things:
 Saturday 7th Nov DVO Dinner at Steve and Judy Buckley's house, 253 Duffield Road. Plentiful food and wine for £6 a head. If you would like to go please ring the Buckleys asap and send a cheque payable to J.Buckley for the appropriate amount.

Tuesday 31st December New Year's Eve Fancy Dress Party at Dave and Marilyn Brodie's, The Boat House, Golden Valley, Riddings (Leabrooks 605870). The theme is Goodies and Baddies. Food and drink will be £1 a head and please bring a bottle. Let Dave and Marilyn know you are going at least one week in advance. Party starts at 9.00. Children welcome.

TRAINING RUNS

During the winter these take place at 7.00 p.m. Usually three groups set out: ladies, gents and youngsters, so one can usually find a group that is going at the right pace. Tea and biscuits are provided afterwards, but please leave 10p toward the cost, more if you eat a whole packet of biscuits. Training takes place on Wednesdays as follows:

1st and 3rd Wed. chez Wilkinson, 20 Castle Hill, Duffield (Derby 840712)

2nd, 4th, 5th Wed. chez Buckley, 253 Duffield Road, Allestree (Derby 552664)

and in Matlock:

2nd Wed. chez Thornley, 40 Jackson Road (Matlock 55589)

A business meeting is normally held after the run on the last Wednesday of the month. Do turn up, especially if you want to prevent yourself from being volunteered to do a job you do not want.

NEXT BUSINESS MEETING WED 27th Nov.

STREET EVENTS

Two street events are planned; one for the 2nd Wednesday in February in Derby West and the other for the 1st Wednesday in March in Matlock. More details in the next newsletter.

TECHNIQUE TRAINING FOR ADULTS

Bob Seager, the National Coach for this region has pointed out that very little technique training is provided for adults. It has been proposed that NOC and DVD should take it in turns to put on a training session once a month. These will not be events. There will be no pressure to run hard or to beat your neighbour or the clock. Usually there will be exercises such as route choice, compass and pacing, or contour reading. The first session will be on the 25th or 26th Jan, organised by DVD, the second session on the 8th or 9th Feb, organised by NOC. More details in the next newsletter or hopefully in EMEWS.

HELPERS WANTED

Did you know that if you helped at an event you got a free run? Our next event is a Badge Event at Crich Chase. Lots of helpers will be needed to man registration, carparks, start, finish etc.

If you would like to help please contact the Organiser Debbie Wilkinson on Derby 840712. Another onerous task is checking control cards and typing results after an event. Please volunteer occasionally so that the work does not always fall on the same shoulders.

Matlock Moor Event 22nd September

I don't know if the 12th was glorious but the 22nd certainly was. The loveliest time to be in the forest was at 7.30 in the morning with the sun rising over the tree tops in a great golden haze. I do enjoy orienteering but planning occasionally has greater rewards. The following hastily composed and highly inaccurate report appeared in the following week's Matlock Mercury.

Orienteering on the Moor

A SMALL ad in last week's Mercury and superb weather helped to attract a field of over 400 competitors to Derwent Valley Orienteering Club's event on Matlock Moor on Sunday.

Local organiser Jo Thornley of 40 Jackson Road, Matlock, was amazed by the turnout.

A great deal of work goes into arranging an orienteering event - from preparing maps to hanging controls.

Jo was well satisfied. "It makes it all seem worthwhile when you see a lot of people enjoying themselves", she commented.

Notable performances were produced by young Christopher Gilligan (7) of Rock Cottage, St John's Road, Matlock, who came fifth on the beginner's course, and Barry Bibby (45) of Wirksworth, who won the Elite course in 55 minutes, beating many men younger than himself.

Highfields teacher Simon Gibbs narrowly beat colleague Dave Furness on the second longest course.

"Quite difficult, but great fun" was his comment.

Next local race is Drum Hill near Duffield on October 6.

Further information on orienteering can be obtained from the National Office at Darley Dale (Matlock 734042).

WANTED

Orienteering shoes sizes 2 and 5 for A. and C. Thornley, ring Matlock 55589

THOUGHTS 3

"The young orienteers of today become the Steve Buckleys of tomorrow" (Confucius)

JUNIOR NEWS

Several juniors from DVD are looking forward to spending a training weekend at Dimmingsdale Youth Hostel on the 9th/10th November. The training on the Saturday will be organised by DVD's living legend and maestro Roger Wilkinson. The Roaches Badge Event is on the programme for the Sunday (qualifications for this event include at least Severe standard Rock Climbing and a Staffordshire outcrops guidebook).

Young Christopher Gilligan aged seven who did so well at the Matlock Moor event has had to stop orienteering for a while. He has gone down with appendicitis, and had the offending organ removed. He should at least feel lighter and healthier when he eventually gets back to the woods.

You are never too young to start.

Ruth and Hilly Johnson were seen enjoying the sunshine on the White Course at Matlock. They will soon have a younger brother or sister to show round as well. And the three of them together might manage to pull Daddy round his course faster as well!!

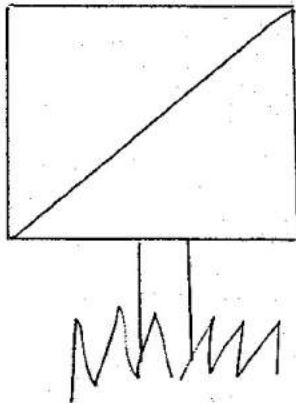
W10s Tessa Wilkinson and Kim Buckley came first and second at the Ogof Ffynnon Ddu National Event in October. Andrew Thornley (M10) came second also. Congratulations to all three (no other good results known).

JUNIORS!!!

This is your page.

Please send Auntie Jo some contributions for the next issue.

Under 8's
Colour this
banner. Prize
for best entry



FIXTURES

Nov 3rd Lei Open, Coleorton Nr Ashby-de-la-Zouche.
MR 379185 K.Elliott 0509 890515

Nov.3rd DEE Open Primrose Hill, Kelsall
MR 535678 E.Ellis, 0244 660488

Nov 10th POTOC Badge (R) The Roaches, Leek
MR 010610 G Cherry 0782 658647
Colour-coded courses available for EOD
£1.20, 50p

Nov 17th Alan-a-Dale Open, Clumber North, Worksop
MR 607757 A.Kemp 0623 754026

Nov.24th WCH Open Shugborough, Stafford
MR 965210 A.Pugh 0785 881709

Dec. 1st DVO Badge, Crich Chase.
Parking at the Tramway museum.
Preentries £1.50 and 80p (I think) + EOD
Debbie Wilkinson Derby 840712

Dec.15th Matlock Forest East Colour-coded
Dave Nevell Derby 368585

Jan 12th Linacre near Chesterfield
Colour-coded
Francis Mason Matlock 88738

Feb 16th Robin Wood Colour-coded
Malcolm Bridges Derby 517659

March 16th Chatsworth Badge (R)
Ian Whitehead Derby 780177

(MR: map reference

EOD: entry on the day

Open: these events are usually colour-coded)

DVO CLUB ONLY MEMBERSHIP

Keep in touch. Get 6 copies of Newstrack, the Derwent Valley Orienteers own newsletter.

NAME:

ADDRESS:

TELEPHONE:

I ENCLOSE £1 CHEQUE PAYABLE TO DVO

Send this form to the Hon. Secretary Ian Whitehead, 11 Bowler Drive, Kilburn, Derbyshire

Page One Diagram that was forgotten

