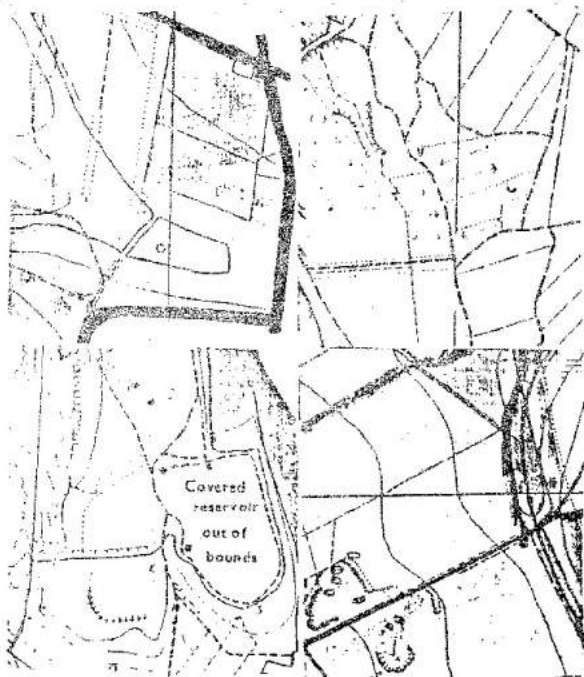


DVO

NEWSTRACK
OCTOBER 1988



DVO OFFICIALS

Chairman : Steve Buckley. 253 Duffield Road, Allestree
Derby 552664
Secretary : Mike Godfree. 26 Rangemoor Close, Mickleover
Derby 515862
Treasurer : Judy Buckley. 253 Duffield Road, Allestree
Derby 552664
Minutes Sec. : Sue Russell. Bankside Cottage, Uppertown,
Bonsall. Tel 062982 3712
Newstrack Editor : Chris Johnson. 34 Green Lane, Ockbrook
Derby 665744

EDITORIAL

One thing I don't wish to talk about is my recent performances in the new season of Open Events. My latest disaster was at Matlock Forest last Sunday. I shall probably end up as the only retirement on the brown course.

May I take the opportunity of using the editorial to repeat the appeals that constantly go out to all members to take an active part in the various elements of running our club. Please take serious note of the points mentioned in the final paragraph of Steve Buckley's report included in this issue.

Volunteers are always sought for our programme of events - please contact the advertised organiser as it is easier than expecting them to ring round from the membership list. My enjoyment of the sport has increased significantly since doing just that! Personally I'm looking forward to getting involved with JK 91 - which by the way proposes to use Shining Cliff and Crich Chase. Please contact Dave Brodie if you are interested in getting involved.

Chris Johnson

P.S. Can you identify the four East Midlands areas that make up the mosaic on the front cover? Entries to me - prize for any junior coming up with the solution

P.P.S Would you please note the new Club Secretary's name and address as above

WELCOME TO THE FOLLOWING NEW MEMBERS

P.A. Moody, 7, Charnwood Avenue, Sawley, Long Eaton, NG10 5HB.

Bernard Illingworth, 42A, Hurds Hollow, Matlock, Derbys. DE4 3LA.

DR & Mrs Fleming, Parkfield, Starkholmes, Matlock, Derbys.

Sue Pratt, 24, Windley Crescent, Darley Abbey, Derby. DE3 1EZ

Helen Stratford, 40, Field Rise, Littleover, Derby. DE3 7DE.

Alexander Stalker, The Chase, South Drive, Mickleover, Derby. DE3 5AN.

Martin Osborne, 8, Tamworth Street, Duffield, Derby. DE6 4ER.

Paul & Judie Taylor, 3, Gorsey Bank, Wirksworth, Derbys, DE4 4AD.

Rex Bleakman, 5, Lawn Avenue, Etwell, Derbyshire, DE5 6JB.

Successes

The year has seen a mixture of fortunes and disappointments in our activities. We remain a very competitive club at all levels and this is reflected in our second victory in the Compass Sport Cup. After very close matches in the quarter and semi finals which both went to counts on pieces we were amazed to overcome a strong SYO team in the final in the Lake District. A victory which reflected the commitment of members to take part and travel to the competitions and the excellent team management of Judy Buckley in cajoling members to run in the appropriate classes. This year has almost seen a rerun of 1987's competition with a notable victory against EM rivals NOC in the quarter finals and a likely semi final against BOK at Cannock again.

Individually we have seen club members selected for a variety of national honours:

Continental Cup in Ireland - Roger, Judy and Dave Nevell
Six Nations Junior International - John Seaston and Zoe Wilkinson
Scandinavian Training - David Godfree
Junior Home International - Alastair Buckley

Events

The customary programme of monthly fixtures has continued though not without difficulties:

Allestree Park was inundated with competitors in January whilst Stanton Moor failed to attract through advertising difficulties. Whitesprings and Drum Hill both were cancelled due to access difficulties.

These problems are reflected in the reduced club income shown on the accounts.

The year has seen String Courses for the younger orienteers a regular feature of our events. A popular attraction for many families which ensures that we have something on offer for the whole age range.

The Wednesday evening training runs from Allestree and Duffield have done a lot to build club spirit though it is a shame that the size of Derbyshire precludes many northern members from attending.

A technique training programme has been instituted by Dave Nevell with special exercises laid on at our Sunday events. Further training sessions and special competitions took place in the summer evenings which culminated in the Club Championships on Stanton Moor in July. Many thanks to this years organiser Dave Walker.

A variety of more social events have taken place from the well attended club dinner at the Palm Court Restaurant through to summer socials. Plans for other social gatherings have been made and this years social team would be pleased to hear of any bright ideas.

Developments

This has been the first year that the club has been run by committee rather than by open meetings. There have been a number of teething problems which are being resolved but generally this seems to have been successful and a constitution which confirms this structure is before you for adoption.

The committee format has caused a number of problems in finding event officials because this now depends upon getting volunteers from outside the actual meeting. The experiment of dividing the club into three area teams, each of which would take it in turns to stage events was modified into two teams for 1988/89 because of the difficulty of finding enough experienced team members.

Open meetings of the club have been held, the first one which chose the design for the new club O suit. John Birkin has continued to develop the range of sophisticated equipment available to us and our Compass Sport Cup victory brought us a new display clock for the start.

Mike Godfree has been active in developing Permanent Courses with our first available for use in Allestree Park and the second well under way at Cromford.

Future Plans

The club has to begin to address the imminent arrival of the JK in 1991 to the region and Derbyshire in particular with two of the three events planned to be staged in our area. Already this is beginning to soak up the time of our experienced members.

We have struggled this year to find event officials and are now beginning to face difficulties in offering events in our customary areas each month because of lack of maps and insufficient interest in resurveying and drawing new maps.

If the vastly experienced are to have the time to properly organise the JK so that it is a credit to our region then we must have those with some experience moving up to stage our regular monthly events and those with little or no experience helping out each month.

There is a questionnaire in this issue of Newstrack to assess the depth of help available in the club. Without this help the only option that the committee sees open to it is to curtail the frequency of regular competitions over the next few years in order to concentrate on the JK. This step would be regrettable as it would damage the local roots of the club who would be deprived of the sport in Derbyshire on a regular basis.

Please post the completed questionnaire to me or leave it in the box provided on the club notice board at the next event. I hope for a 100% response from this survey.

Steve Buckley

ECCLESHALL WOODS COMPASS SPORT CUP TIE
NOC V DVO

This was it. The long awaited clash of the giants of the East Midlands. Could NOC avenge their defeat of two years ago when DVO ran circles around them, or was it around the rhododendron bushes, at Beacon Hill.

NOC had not been idle in the intervening years, intensive training sessions through the bracken and brambles of Clumber and Welbeck were paying off with many notable successes in National and Regional competitions. High transfer fees were rumoured for the acquisition of the entire Heffernan family from MDOC. Coach Picksley even managed to retire DVO superstar Roz Clayton at the start of the season just as she was able to contribute to the Green team.

Well, what happened on the day. The results are clear with NOC strength down a little on the Brown courses due to overseas and other commitments, and with tricky courses through the summer undergrowth causing a few upsets, DVO eventually emerged victorious by just four points.

Steve Buckley

DVO scorers were as follows :

Orange : Kim Buckley(5);Tessa Wilkinson(4);Chris Godfree(2)
Red : Alastair Buckley(6);David Godfree(5);Ian Finlayson(1)
Green : Jenny Shaw(4);Judy Buckley(3);Bill Woodward(1)
Blue : Barry Bibby(3);Ted Smith(2);Zoe Wilkinson(1)
Brown(1) : John Hawkins(6);Dave Nevell(5);Steve Kimberley(3)
Brown(2) : John Seaston(6);Steve Buckley(5);Tony Thornley(3)

A fine sunny day saw the gathering of the clans high above Sheffield ready to do battle.

The disappointing runs of the early DVO members willed NOC into a false sense of security. I understand how desperate they felt as the controls governed by remote control from the EMOA/Sports Council sank into the ground when DVO runners approached and silently reappeared for NOC. Fortunately the later giants ran like the wind and their fairy steps were not detected.

Thanks for all who turned up, especially those who had tennis and family gatherings. We do need everyone's support, its often only seconds which make us victors. Sorry Alex but I'm sure its your turn to count next time.

A difficult choice for person of the match.

Could it be Jenny for a steady run on Green - a difficult course as the controls were especially prone to disappearing (the features aswell for that matter).

Or the M13 boys on red, our excellent victory over the M15's from NOC.

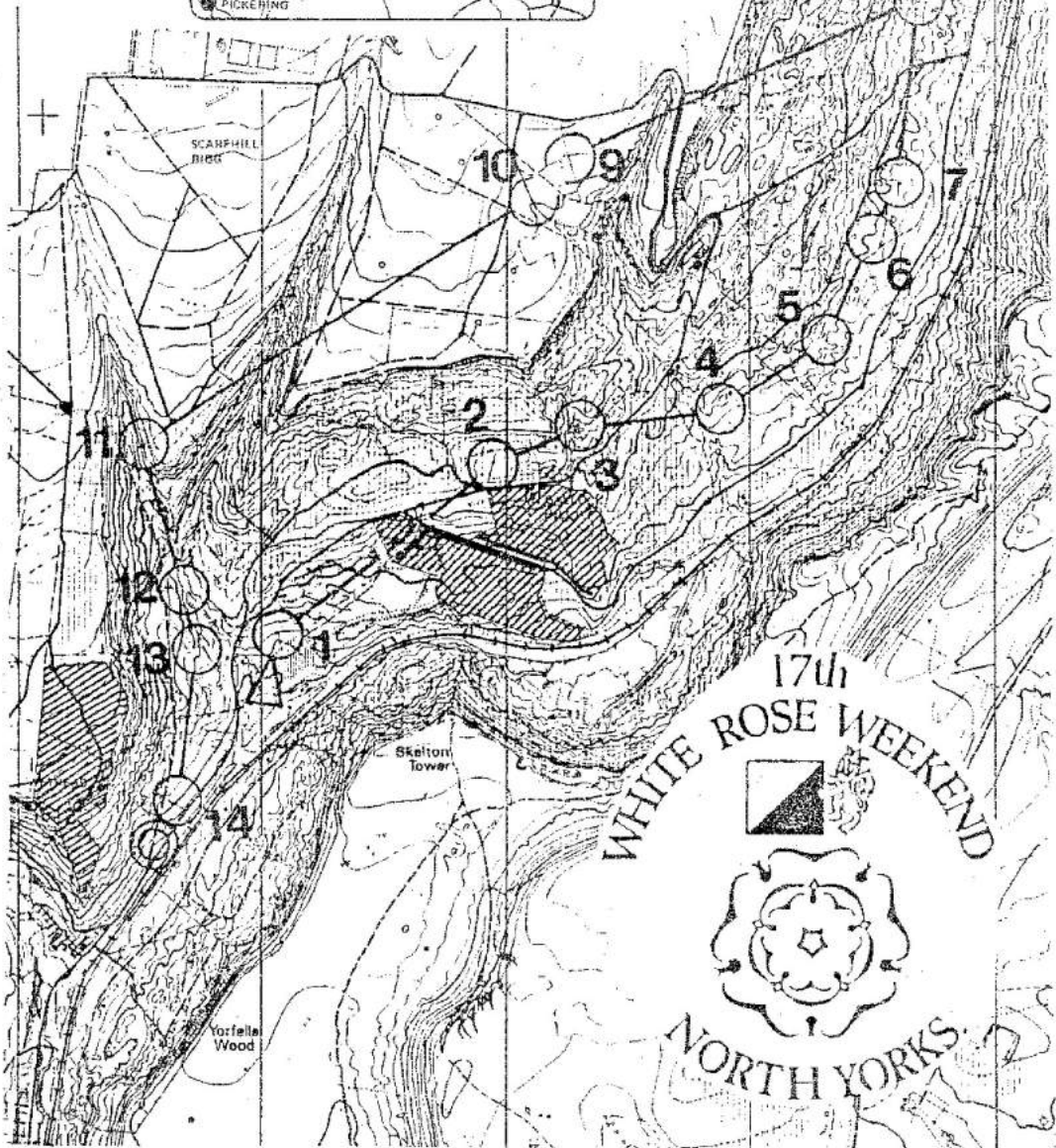
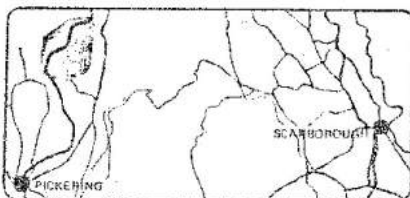
Or the speed merchants on brown, all of whom had fine runs.

I think I nominate the blue runners who struggled against the strength of NOC and without the 6 blue points we would not have won.

Judy Buckley

NEWTONDALE & LEVISHAM moor

scale 1:15,000 5m contours



17TH WHITE ROSE WEEKEND - NEWTONDALE & LEVISHAM MOOR
27TH-29TH AUGUST 1988

Arrived at our bed and breakfast accomodation in Levisham with one hour and ten minutes till my Day 1 start time, relatively fresh after the three hour drive after sitting in the expected traffic-jam at Whitwell-on-the-hill on the A64. Was this route choice correct? I reckoned that more severe delays might have occurred on the A1.

I had only entered M21B for the two days as I reckoned that I would not be fit enough for 2 days of M21A if I wanted to maximise enjoyment aswell. It was nice to get out again on day 1 but found the latter half of the course across the moor rather mundane and not exactly a challenge. The worse thing was running through the heather.

Day 2 was much more enjoyable and it is this course that I would like to describe in more detail to which I have added my leg times. See map on opposite page.

S-1 Follow edge of young tree plantation then northwards to ditch junction (1.48)

1-2 Thought of bees nests and bull leads me to track and straight into control from track junction (4.56)

2-3 Almost a direct line using path and straight across re-entrant/stream (3.09)

3-4 Use track to avoid undergrowth then stream to correct contour line and ditch end. I am slightly too high but no problem with visibility (2.56)

4-5 Contoured whilst checking features. Straight to it! (2.31)

5-6 Runnability of forest is good and I'm enjoying it so no need to climb to track. Had begun to pace and thought I should be there, the wet ground was beginning to confuse me. A little bit further and there it is (2.35)

6-7 More contouring. So simple isn't it! Lovely (0.57)

7-8 Travel north to track junction and directly north. Straight to a control...but I have read the control code as 145, this is 143. Double check control code on map, and read it again as 143. Check map. There are two groups of boulders mapped! Which one am I at? Waste some time, then check control code. It is 143! (4.48) Did anyone else have similar difficulty with 5's, 3's and 9's. I have got good eye-sight! Would not recommend this type of control sheet printing.

8-9 Cursing my unnecessary loss of time, get on track then path through rough open land, wet area, then scramble up hillside

searching for best route with good footing. Emerge just before bend (perfect line!) and take track all the way round to vegetation boundary (11.05)

9-10 What did the planners hope to get out of this leg? (1.11)

At this point I am stopped by a young lady who enquires as to where she is. She had overrun her first control by at least 500m. Pointed her in the right direction (straight through the clearing directly south but she decides to take the path!)

10-11 SW direction through forest and descend into the steep reentrant planning to emerge at the track bend. Best method of descent is on bottom, swinging from occasional trees like Tarzan. On the way down I come across my father (M60) who is ascending looking quite fresh but concerned. Can you tell me where I am?. Helped him on his way but by that time he was well down and decided to retire later. A question from a gentleman later to him however made his day when he was asked if he had run M40 or M45? Straight run into control (11.12)

11-12 Decide to follow hillside gently descending to path over stream. Going was a little awkward partly because of the density of bushes. Looking at the map afterwards I might have been better taking path on other side of stream. Narrow ride takes me into control. (4.25)

12-13 Continue along ride and straight to spur in runnable forest (2.11)

13-14 Decide to take track on lower ground rather than path. Have a shock when read code on control as 199 and I'm looking for 193. Check control sheet. I've done it again, misread the code on the sheet. (3.06)

14-finish (0.24)

My final recorded time is 57.18 and 36th out of 99 starters. Not particularly fast. Graham Johnson (no relation) beats me by 7 1/2 minutes on the day, himself finishing 16th. Graham - are you a faster runner or navigationally superior or both. Perhaps you would like to compare route choices etc. in the next issue.

Chris Johnson.

NUTRITION AND PERFORMANCE

Continuing the series started last issue, I now wish to discuss MAINTAINING ENERGY RESERVES. You should always ensure that your glycogen stores are refilled between runs, you must refuel between training sessions. If you fail to refuel you will start exercising with lower than normal energy reserves. Without the necessary supply of energy, how can you expect to train or compete?

I read an article recently in Mountain Biking that referred to competitors being given an evening meal of cold meat and salad....."so leaving to get a huge plate of spaghetti bolognese. The Italians have the ideal diet. We had pasta coming out of our ears!" Note: Wholemeal pastas are an excellent source of carbohydrates, known as complex CHO.

Studies have been performed which have shown that on completion of a 10 mile run followed by some interval running, muscle glycogen stores had decreased by about 60-70%. Typical carbohydrate intake for males is around 300-400g/day whereas a target should be around 525g and therefore the probability is that most runners are failing to refuel their body's stores of CHO sufficiently within 24 hours. A diet containing 500g or more of CHO each day is clearly a high or very high carbohydrate diet. Glycogen stores will of course become progressively depleted over periods of repetitive competition.

Variety in training is important to intersperse days of heavy glycogen depletion with days when glycogen stores are not so heavily taxed. Rest days are equally important as with no activity, little glycogen is used and the free time can be devoted to ensuring that plenty of carbohydrate-rich foods are consumed.

Attempts should be made to start the refuelling process as quickly as possible. It is ironic that the ability of muscle to replete the glycogen is greatest during the first hour following exercise - the time when most people least feel like eating [Although I remember eating as many chocolate bars and sugary drinks when finishing Day 2 at JK87]. Therefore rather than wait several hours before starting the refuelling process - attempts should be made to ensure that carbohydrate is available for the muscle to store as glycogen. This is particularly important if training every day or twice a day.

This series has been made possible by material made available from the National Coaching Foundation. The articles contain extracts only from this material and copyright is with the NCF and is to be observed. I should also point out that the complete text is available within the literature from the NCF or from the courses run by the NCF. Their address is 4, College Close, Beckett Park, LEEDS. LS3 3QH. More information can be obtained from the author.

Chris Johnson.

The Czech Tour 1986

Some recollections of the Buckley orienteering tour of Czechoslovakia.

We motored across through Germany and Austria in order to visit friends and "do" the sights of Vienna. As we approached the border from Vienna there was apprehension about crossing the border. Barbed wire, no mans land and guards with the soon to be familiar Red Star and Hammer and Sickle. A delay of only one and a half hours and we were allowed to proceed. Austrian lady with miniskirt and packets of cigarettes was waved through in a matter of only five minutes.

Event 1 - Bohemian 3 Day in central Czechoslovakia

Camp field in heart of rolling wooded hills, continental terrain. A friendly welcome by Rudolf of the Jicin club who we last saw on Whitby prom at the National whilst he was on a business trip. Avoid the Skoda rally in the middle of the field and select a quiet corner near the Scandinavians caravans.

Soon approached by variety of Czechs asking for us to change money. Direct them on to Aberdeen Uni minibus. Large character in yellow sweat top tries three approaches, offering crystal to buy as final resort.

Easy and rather short courses for us oldies made difficult by hidden controls on small features. Youngsters become accustomed to highly competitive races with many runners and equal numbers in B and C races. Busloads of youngsters from all over the country with their adult leaders seemed to be the norm. Little wonder that the locals did so well on the junior courses.

Camp site was well provided with drinks tent and hot dog stalls which seemed to provide many runners with three meals a day. Army provided warm sweet black tea at the finish, quite a change from orange.

Event 2 - Slovakian 3 Day in the far east

Fully acclimatised to (a) queuing for anything involving paperwork. about an hour to register at State campsites

(b) Eating out at restaurants, get there at 6pm and order the most expensive dish, most important of all dont pass by the restaurant and look for anything better, it wont exist and all the food will be gone when you return.

More approaches by money changers for the black market. Yellow sweat shirt much in evidence. Money readily available for shoes, compasses etc.

Tremendous orienteering area of negative terrain on high limestone plateau. Huge five contour deep depressions across the area easily confused with similar sized hills. Cheer home the Brits on Day 1 in the World Cup competition. Cheer home Japanese world cup competitor who gets led astray by the string course controls near the finish!

Similar results from the family to Event one. one bad day keeps us out of the top places, all feel we can do better. Kim sets off third in the chasing start but decides to go straight across a bramble filled depression (20m) lucky to ever get out and finish!

Kim adopted as honorary member of Oxford University O Club as coach and Bridge partner.

Yellow sweat shirt does good custom with party of British bikers in town square who temporarily take away the local small boys interest from our rusty Alpine car.

Event 3 - Jicin 5 Day nearer to Prague

Biggest event of the three with about five thousand competitors. Conservationists have restricted access to the famous rocky areas so three days are in continental terrain adjacent to the camp site.

Two days in the rocks, description sheets refer to Boulder 30m, presume it means length but upon careful approach it looms up and clearly means height. Crag controls are rarely at their foot and great care is needed to find the correct gaps to their summits. Failed on one occasion because the route went behind a huge chockstone.

Manage to pick up a silver medal on one day but blow the next with 180 degree error forcing a long detour around a maize field. Pleased to come through to sixth in the chasing start.

Accosted again by yellow sweatshirt but still refuse to do business as we have just used a Eurocheque in the local bank, it only took 48 minutes to cash with the scrutiny of the entire staff.

Reason for interest in Alpine revealed when a brand new model from Russia is seen surrounded by quite a crowd, another French production line bought up by the Soviets.

Rapid exit via sights of Prague before our visa expires and return to the blatant consumerism of the West.

Tips for future travellers:

Jicin well worth a visit for interesting terrain and good organisation. Slovakia good terrain and Bohemia good organisation. All events run annually.

Write before you go for an official invitation to the competitions from the organisers and obtain a Sports Visa from the Czech Embassy. This requires considerable diligence and pressure but will exempt you from currency regulations which enforce spending at least 30DM per day, about £10.00, per person. This is extremely difficult with meals being the only way to soak up cash and £2.00 is usually the top price for the main, and often only, course. Ordering the same again can confuse and bewilder the waiters. Beer is about 40p a half litre.

Do some rugby training for getting onto the compulsory buses to events in Slovakia.

Steve Buckley

EAST MIDLANDS ORIENTEERING COACHING PROGRAMME

At a recent meeting it was agreed that it would be highly desirable to organise a coaching programme on a regional basis rather than being club-based.

The following coaching programme was agreed for the region - please make a note of these dates and try to get along. All members of EM clubs are welcome to go along to any of the sessions.

1. Coaching in basic skills - aimed at all ages, beginners up to approx orange/light green standard - especially new members and families

Sat 10 Dec 1988 - Thieves Wood (N End) 2-4pm (NOC)

Sat 7 Jan 1989 - Allestree Park 2-4pm (DVO)

Sat 21 or 28 Jan 1989 - Martinshaw 2-4pm (LEI)

Sat 11 Feb 1989 - Stapleford 2-4pm (LOG)

Further details will emerge closer to the actual dates - watch noticeboards and newsletters.

2. Advanced Coaching - aimed at older junior/adult Gold standard

Weekend 18/19 Feb 1989 - N.Wales - provisional only

Saturday 22 April 1989 - possibly Cannock Chase

3. Women-only sessions - more sessions to be arranged

4. Regional junior squad - a new squad is being formed from M/W13 and older of Gold Standard. Please submit your names to

Peter Heffernan
20 Delville Avenue
Keyworth
Notts
Telephone : Plumtree 3699

by the end of October

Programme already agreed :

19 or 20 November 1988 - location unknown

3/4 December 1988 - BOF Regional Squads weekend YMCA Lakeside

11 December 1988 - Clipstone Forest

14 January 1989 - possible Cannock Chase

4/5 March 1989 - N.Wales area

Advertisement for the DVO boutique

John Birkin is trying to complete another bulk order for the new, stylish DVO 'O' suit. If you would not like to miss this opportunity, then contact John at any forthcoming event - look out for his Fiesta XR2 or give him a call on Ripley(0773) 49167.

COMPASS SPORT CUP TIE

Would all DVO members please note that the Compass Sport Cup Regional final will be against BOK on October 23rd at the WCH Open Event at Brocton & Milford (MR972210). Please see fixtures page or Orienteer magazine for more details. If you are unable to run or would like details please contact Judy Buckley on Derby 552664.

LAND ACCESS NEGOTIATORS

Land Access Negotiators have now been appointed for most of DVO's areas. The role is to - obtain permission from the landowners (except Forestry Commission) prior to each event - check after the event that no problems have arisen - between events to keep an occasional eye on the area and investigate changes of land use or ownership which could affect orienteering.

The negotiators currently are :

Crich	Steve Buckley	Robin Wood	no-one yet
Derby City parks	Dave Walker	Rough Pittside	Tony Berwick
Chatsworth	Ian Whitehead	Shining Cliff	deferred
Drum Hill	Andy Thomson	Stanton Moor	Roger Wilkinson
Hardwick	Steve Kimberley		and Bill Woodward
Lea Woods	no-one yet	Whitesprings	Dave Nevell
Linacre	Steve Buckley	Longshaw	Frank Mason
Matlock West	Alan & Jenny Shaw		

If anyone does not agree with this list, or is willing to fill the vacancies for Lea Woods or Robin Wood, please let me know.

John Hurley

ALLESTREE PARK Come and Try Orienteering Event - 11.9.88

The aim of DVO is to further the development of and participation in the Sport of Orienteering (DVO constitution). Come and Try It events seem an excellent way to fulfill this, especially on an area so close to Derby, in such nice weather. It was pleasing to see so many giving it a go and seemingly enjoying themselves. You will be pleased to know that we are donating £10 to Sport Aid 88 as a result of this event - approximately half the profit.

John Seaston and Ian Gregory

BRITISH UNDER-19 TOUR - HALDEN, NORWAY

While most of DVO relaxed in their gardens, recovering after a tough season of map memory novelty events, Zoe and I were being shipped off to the Venas Hut near Halden for two weeks of hard

training. An hours training in the morning, an open air swim at lunch, then an hours training in the afternoon being the daily routine. The weather was very good for most of the tour and so the lunchtime swim was very refreshing.

The forest were vast, highly detailed and generally runnable(6-7 minute K's if you knew where you were), but the runnability varied considerably from slower marshes to 'motorway' rocky ridges, even though they might both be marked as white. Because the forests were fast and quite open, the fastest route was often straight, picking off big features as you pass them, then relocating exactly and slowing down into the control. Although this technique is fast, it is hard to master. It requires accurate compass work, confident relocation on the run, then detailed map reading (the bit I had most problems with!).

We did all the usual exercises such as route choice, relocation etc., plus some interesting new ones. The best of these being Pursuit Control Hanging. This is done in pairs on courses of about 1.5K with 2 controls. Runner A sets off on the course with a couple of tags and when he gets to what he thinks is the control feature, he hangs one of them(no control flag already there). Runner B sets off 2 minutes after him and collects the tags in. If he gets to what he thinks is the control feature and there is no tag there then he carries on regardless. First one back wins. This forces Runner A to concentrate hard and be confident under pressure and runner B to run flat out whilst navigating. I might organise one of these in the East Midlands around Christmas time.

These Scandinavian tours are great fun and really bring you down to earth. The complex terrain really penalises any inaccuracies in your navigation and the minute mistake which 'didn't really matter' in Britain could cost you 5 places.

John Seaston

DVO BONFIRE NIGHT PARTY

Remember,remember the fifth of November!!!

at 253 Duffield Road, Allestree, Derby

FIREWORKS AT 6 PM **** EATS AFTERWARDS

PRICE £1.50 PER ADULT

Please bring a plate of goodies and timber or guys for the bonfire - all are welcome.

DVO SOCIAL COMMITTEE

The DVO Social Committee are now planning a program of events for the coming year. Any helpful suggestions for events you would like us to organise, please contact Christine Pollard on Derby 810625.

FIXTURES LIST OCTOBER - DECEMBER 1988

OCTOBER 1988

- 23rd WCH Open Event. Brocton & Milford, Stafford. (MR972210)
C. Boycott, 13 Dawlish Avenue, Stafford. (0785 664695)
** This is the event for the DVO cup match against BOX -
please see notice elsewhere in this issue
- 23rd SYO Open Event. Sandall Beat, Doncaster. (MR609037)
G. Seaman, 42 Whirlowdale Road, Sheffield. (0742 368263)
- 30th MDOC BADGE EVENT. Haggside. (MR172892)
D. Colley, 48 Hazlewood Road, Wilmslow. (0625 530123)
(CD 14.10.88) (£2.50/£1.00) SEF and limited EOD
- 30th EBOR Open Event. Allerthorpe, York. (MR753473)
D. Williamson. (0904 488296)

NOVEMBER 1988

- 6th DVO Open Event. Cromford Moor, Matlock. (MR313552)
D. Walker, 6 Malin Close, Alvaston, Derby. (0332 74003)
- 12th NOC Open Event. Thieves Wood, Mansfield. (MR546577)
E. Smith, 117 Church Lane, Bagthorpe, Underwood. (0773 810762)
- 13th BRITISH SCHOOLS CHAMPIONSHIPS. Lyme Park, Stockport.
(MR 965825) .H. Saunders, 2 arthog Road, Hale, Altrincham
(061-980-2220) (CD 15.10.88) (£0.50) Special entry form only.
- 13th SMOC Open Event. Dunstable and Whipsnade Downs, Dunstable.
(MR 005196) R. Cole, 20 Jacksons Close, Edlesborough.
- 19th LSOC Score Event. Beacon Hill, Loughborough. (MR 522148)
P. Sumner, Royce Hall, Ashby Road, Loughborough. (0533 363349)
- 20th LOG Open Event. Ostler's Plantation, Woodhall Spa.
I Durrant, 10 Bouitham Park Road, Lincoln. (0522 37989)
- 20th NVO Open Event. Badby, Daventry. (MR 565583).
Sue Roebuck, 5 Highlands Avenue, Spinney Hill, Northampton.
(0604 44967)
- 26th BRITISH NIGHT CHAMPIONSHIPS. Sandringham. (MR 688287)
B. Pilgrim, Woodley, Horden Road, Newton Flotman, Norwich.
(0508 470974) (CD 31.10.88) Special entry form
- 27th DVO Open Event. Matlock Forest East, Matlock. (MR 323631)
S. Kimberley, 41 Devon Drive, Brimington, Chesterfield
(0246 33575)
- 27th NATIONAL EVENT VIII - Sheringham
Please note that this event is definitely postponed till
Feb 12th 1989

DECEMBER 1988

- 4th SYO BADGE EVENT. Strines, Sheffield. (MR 237919)
M. Armitage, Crag Foot, Off the Green, Cubar. (0433 30271)
(CD 11.11.88) (£2.50/£1.00) SEF and limited EOD.
- 4th WCH Open Event. Hawksmoor, Cheadle. (MR 033440).
T. Duncan, Tuckshop Cottage, Denstone Collage, Uttoxeter.
(0829 591080).
- 11th NOC Open Event. Clipstone Forest (MR 616647)
N&J Evans, 32 Cemetry Road, Stapleford, Nottm. (0602 393530)

CHANGE OF ADDRESS

Andy Thomson, 5, Old Hartshay Hill, Ripley, Derby, DE5 3HU.

Ruth Hulme, 62, Greenhill, Wirksworth, Derby, DE4 4EN

John & Ann Armistead, 37, Highfield Drive, Matlock, Derby, DE4 3EZ.

STOP PRESS

The schedule for the next twelve months of Committee meeting has now been set and they are as follows -

9/11/88, 14/12/88 (OPEN), 11/1/89, 8/2/89, 8/3/89 (OPEN), 12/4/89,
10/5/89, 14/6/89 (OPEN), 12/7/89, 13/9/89, 27/9/89 (AGM).

Notice is hereby given of the next Open Meeting to be held on Wednesday 14th December at Ripley Leisure Centre commencing at 8pm. The major subjects to be discussed will include Social, Training and Coaching

MATLOCK FOREST EVENTS - 8th/9th October 1988

This event was discussed at the last committee meeting and it was agreed that a huge thankyou should be communicated to the Shaw family for organising this two-day event and a recognition of the imposition that this must have created with so many members away in the Lake District on the Sunday. It was felt that School's events would never be allowed on a Saturday again. Once more, to the Shaw's, our grateful thanks.

ADDITIONAL COURSE INFORMATION

November 5th 1988 - Planners course at Highfields School. Targetted at novices. All day course. Contact Mike Gardner.

November 5th/6th - Novice coaches - contact John Palmer at Sports Council, Nottingham. For school or club coaches. Location is Thieves Wood. £5 for EM members.