



"CAPTION COMPETITION"

ENTRIES TO ED. BEFORE  
30<sup>TH</sup> NOVEMBER

DVO NEWSTRACK

OCTOBER

1993

# DVO OFFICIALS

Chairman:	Dave Clough	2 The Croft Park Street, Alfreton 0773 520229
Secretary:	Christina Wright	4 Ripley Road, Ambergate, 0773 856387
Treasurer:	Martyn Hodgson	30 The Sycamores Broadmeadows, South Normanton 0773 862547
Minutes Secretary:	Mike Gardner	3 Gatcombe Close Oakwood, Derby 0332 665671
Newstrack Editor:	Alex Campbell	Brindle Bank Bridge Hill, Belper 0773 822572



## EDITORIAL

**I**m afraid the Ed is extremely busy with work this month (even I have to make an appointment to see him) so you'll have to put up with a very short but very sweet editorial this month from the Edess! Unfortunately moving house, and living out of boxes is not my idea of fun! We also have to confess that we had not been orienteering since the Scottish 6 Days, until the local event at Clumber park on the 17th October, hard to believe isn't it.

As I'm not used to this sort of thing, and the fact that we have not been to any events recently, we don't have any 'gossip'.

I understand from the Jonhson's that the White Rose was quite eventful, and quite a few of you received prizes.

I hope we can get back in to regular orienteering for the rest of the season!

I'm sorry I haven't much to tell you, but I hope you enjoy this month's Newstrack, even if it's a bit on the thin side.

I don't know if anyone noticed the results from Clumber Park on the 17th October, but I think it must be a case of who's coaching who???? (ref Alex and Kim)

For the benefit of you who are going to the Weekend in Bruges, see you on the coach.

Catherine.

### Deadline For December Newstrack Is 10th December

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# DVO AGM REPORT

Notes of the Annual General Meeting held at Belper Sports Centre on 22 September 1993.

Present: Dave Brodie, Judy Buckley, Kim Buckley, Steve Buckley, Kim Duxton, David Clough, Kevin Cunliffe, Helen Finlayson, David Godfree, Liz Godfree, Mike Godfree, Martyn Hodgson, John Hurley, Graham Johnson, Margaret Keeling, Stephen Kimberley, Ranald Macdonald, Viv Macdonald, Terry Peach, Ann-Marie Preston, Tony Seaston, Nick Sibley, Alec Stalker, Dave Walker, Ian Whitehead, Christina Wright,

Apologies for absence were received from John Duckworth, Mike Gardner, Anne Kimberley, Kathy Whitehead, Debbie Wilkinson and Paul Wright.

Minutes the minutes of the AGM held on 23 September 1992 were approved subject to the following corrections: Fixtures sub committee - John Hawkins should read John Hurley. Mapping coordinator - John Hurley should read John Hawkins. There were no matters arising.

Chairman's report - First of all I would like to thank everyone for coming this evening.

We have had another interesting and eventful year with several DVO members doing particularly well. David Godfree and Kim Buckley both came 1st in their respective age classes (M19A and W17A) at the JK. At the British Championships notable results were Kim Buckley 1st (W17A), Heather Campbell 2nd (W10A) and Roz Clayton 3rd (W35L). Roz Clayton and David Godfree finished top of the ranking lists for 1992. David Godfree and Kim Buckley were both selected for the Junior World Championships. I apologise to anyone I have missed.

We again competed in Compass Sport Cup this year and did well to beat Wrekin and Kinver in the first round and NOC in the second round at Woodbank Park before losing to EBOR at Castle Carr.

The club has again held several successful events this year including a national event at Eyam Moor and a badge event at Shining Cliff and 6 colour coded events. One event, Robin Wood, had to be cancelled due to feiling.

The Summer League was again very successful and it was nice to see a lot of new faces.

DVO has had a busy social calendar again this year including a barn dance, bonfire night party and the Cromford relays.

The club has invested in some new equipment this year. We have bought two new club tents (one to replace one that was stolen) and a new set of control markers with punches mounted on trestles which will make their debut at the next club event.

Last of all I would like to thank all the committee members for their efforts during the year and pass on my best wishes to the new committee.

### Secretary's report

We have 130 BOF units (3 more than last year). The total membership is 250 consisting of 57 families, 58 seniors, 12 juniors and 3 groups. There are also 12 local members,

### Treasurer's report

The annual accounts, audited, for the year ending 31 August 1993 were circulated.

The total income was £16,387 with expenditure of £13,170 giving an excess of income over expenditure of £3,117. The income from events was £15,266 giving a profit from events of £3,730.

The high profit from events was due mainly from the national event at Eyam Moor. The disappointing profit from the badge event at Shining Cliff was due to fewer competitors than expected, as a result of poor advertising, and the high costs involved.

### Election of officers

		Proposer	Seconder
Chairman	David Clough	Continue unopposed	
Vice chair	Sue Russell	Christina Wright	Tony Derwick
Secretary	Christina Wright	Continue unopposed	
Treasurer	Martyn Hodgson	Continue unopposed	
EM rep	Martin Brown	Continue unopposed	
Captain	Ann-Marie Priston	Dave Clough	Christina Wright
Coaching	No nominations - committee to co-opt		
Social Sec.	Viv Macdonald	Continue unopposed	
Minutes Sec	Mike Gardner	Continue unopposed	
Equipment	Steve Buckley	Continue unopposed	
Fixtures	Alec Stalker Paul Wright A vote was held and Paul Wright was duly elected.	Ann-Marie Priston Mike Godfree	Graham Johnson Dave Walker
Newstrack	Alex Campbell	Continue unopposed	
Committee member	Steve Kimberley	Ranald Macdonald	Ian Whitehead

## Appointments

DVO Diarist	Ann-Marie Priston	Tony Berwick	Judy Buckley
Permanent course development		Mike Godfree	Continue unopposed

The appointment of a permanent course manager was deemed by the meeting to be redundant.

Mapping coordinator	John Hawkins	Continue unopposed
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## Budget

The budget for 1993/4 was circulated and accepted with no increase in membership fees. The local membership fee is to remain at £3.

## Computer sub committee

A sub committee is to be set up to consider the possible purchase and implementation of a computer mapping system. Martin Brown agreed to chair the sub committee. The members of the sub committee will be Steve Buckley, Tony Derwick, Mike Godfree, Helen Finlayson and Dave Clough.

## Coaching

Ronald Macdonald, Graham Johnson and Val Johnson all expressed an interest in coaching juniors. It was agreed to leave any further action until a coaching coordinator has been appointed.

## Compass Sport Cup

The meeting agreed that we should enter again this year.

## Any other business

Graham Johnson asked whether the club library exists. It was agreed that the presence of the library needs to be advertised in Newstrack. It was also agreed that some books should be purchased for coaching purposes.

Ronald Macdonald asked that we should make available some compasses at registration for newcomers to borrow or hire.

It was established that a School's Liaison Coordinator is needed but that schools should be approached by individual contacts. Transport is also needed for some youngsters. It was agreed to look at the whole issue of schools orienteering at the next meeting. Graham Johnson, Ronald Macdonald and Kim Buxton all expressed interest at getting involved.

A request was made that EMOA be asked to put on a mapper's course.

Mike Gardner is to arrange a planner's course in the near future. This is to be advertised in Newstrack.

Helpers are wanted for the event at Matlock on 26 September 1993.

Jeremy Court has again volunteered to organise the Summer League, please contact him with any suggestions.

DVO long-sleeved T shirts are now available from Martyn Hodgson at £7 each. Sweatshirts will be available at a later date.

The meeting closed at 9.45 pm.

## NEW MEMBERS

Simon BARBER

Millholme, Hill Street, Rochester,  
Staffordshire, ST14 5JX

0889 590272

David HOBBS

Coachman's Cottage, Meynell Langley,  
Kirk Langley, Derby, DE6 4NT

0332 824289

Charles NIVEN and Family

1 Flixton road, Kimberley,  
Nottinghamshire, NG16 2TF

0602 383807

Chris RAMBLER

6 Brookside Glen, Chesterfield  
Derbyshire, S40 3PF

0246 566936

*Derwent Valley Orienteers welcome you to  
Orienteering.*

# TORVER BACK COMMON

JUNE 19TH

There was a nail-biting run-up to this event... would our control cards arrive before we left for Ulverston the preceding Friday? (those in the know realise that the Gilligans have gone one up on those people with camper vans and now have somewhere convenient to stay for Lake District events!). The cards actually arrived on the Thursday morning. (brinkmanship) The results were equally tardy, hence an event report about 4 months after the event!

Sunday was that rare thing - a sunny morning. We parked up and noticed that there didn't seem to be many people about, but it was only 9.15am (early starts and a 2.2K walk to the start). We took the opportunity to visit the loos before the queue grew too long. 5 loos for a badge event seemed to promise ginormous queues.

To the start and the warning about the hill made us anticipate a stiff climb, but it was nothing after Bank Road! The route to my first control was through thick bracken which wrapped itself round my legs making it difficult to progress. I regretted asking for an early start - somebody else could have trampled it down for me! I made it to the first control in 3 minutes but did not keep the pace up. Out of 14 controls I had 6 re entrants and 3 crags, so not a great deal of variety. There were 2 very long legs on my course (considering it was a short course), one totally featureless, with no climb or descent, and 5 more demanding shorter legs at the end of the course. I made a hash of no.10 overshooting badly. The area was so attractive that I found it difficult to stop admiring the view over Coniston water and to concentrate on the navigating.

As it was a hot day I was gasping for a drink at the finish, but there was no sign of it, just a tap for the caravan site. The squash was actually about 500 metres up the track, which seems a long way when you are tired and thirsty.

I arrived back at the car about noon, thinking I would have to wait for Chris, but he was sitting there, having done his 6.1K in about an hour. The glandular fever was obviously finally routed. Nigel had occupied himself by going for a jog up Brown Pike (one of the Coniston fells)! Perhaps I'll persuade him to orienteer again someday, but the shoulder injury sustained while directing cars at Eyam has had a poor effect on his motivation!!

I did see John Hopper who told me to stop dithering on a stile but I shall have to wait for the results to see if any other DVO types (except the McDonalds) were there. I took the opportunity to say hello to Viv's Dad. He only lives 8 miles from my mother in Sussex, but I met him for the first time in the Lake District.

So we ate the sandwiches and waited for the results to be displayed. And waited, and waited and finally gave up and left about 1.30pm

When I got back to Matlock I was afraid I'd run the wrong course. The control description gave W40S on the back of the map, but the front did not include W40S. (see photocopies) My control card told me to run Course 8 and that is all I checked at the start.



I will refrain from making uncharitable comments in view of the difficulty of running an event 100 miles away, but I was not particularly satisfied, particularly with the results service. To have no results displayed 3 hours after the first start time is bad enough, but then to wait over 6 weeks for the printed results is very aggravating. And difficult to understand since a computer was being used

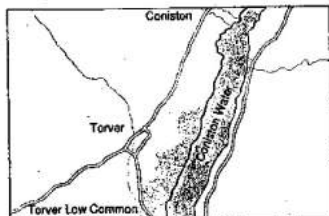
Finally the spell checker suggests substituting TOILER for TORVER!!

LYNETTE GILLIGAN

[illegible]

# TORVER BACK COMMON

scale 1:10000 contours 5m  
magnetic north



500m



Base map ..... J. Birkinshaw 1984  
Revised and redrawn ..... J. Birkinshaw 1987  
Minor revision ..... 1993  
Printing ..... MDOCPrint  
Copyright ..... MDOC 1993

Walls and fences  
marked in red  
may be crossed  
only at marked  
crossing points

road	—————	stony ground	.....
track	—————	contour	~~~~~
large path	—————	index contour	~~~~~
small path	—————	form line	~~~~~
fence	—————	depression, knoll	~~~~~
ruined fence	—————	small earth wall	~~~~~
wall	—————	crossable stream	~~~~~
ruined wall	—————	ditch	~~~~~
building, ruin	■ ■ ■	narrow marsh	~~~~~
sheepfold	■ ■ ■	marsh	~~~~~
narrow ride	—————	lake	~~~~~
car parking area	~~~~~	pond	~~~~~
boulder	~~~~~	open land	~~~~~
impassable cliff	~~~~~	semi, rough open land	~~~~~
small cliff	~~~~~	forest: run	~~~~~
distinct vegetation change	~~~~~	forest: slow run	~~~~~
crossing point	~~~~~	out of bounds	~~~~~

# CROMFORD RELAYS

The Johnson's continued their successful year by taking the honours at this year's Cromford Relays. All the other teams were handicapped and the results were spread over 11 minutes for a 4 hour race. This gave quite an interesting finish on the day.

Team 1	Steve Kimberley, Alan Blair, Keith Whitehead, Roger Keeling, Emily Hooper
Team 2	John Hopper, J. Court, Deborah Court, Ranald Macdonald, Emma Whitehead
Team 3	Mike Gardner, Viv Macdonald, Nick Sibley, Helen James, Eloise Court
Team 4	Dave Brodie, Ian Whitehead, Jennifer Gale, Jennifer Hopper, Daniel Kimberley
Team 5	David Clough, Derek Gale, Joy Hopper, Christina Wright, Margaret Keeling
Team 6	Paul Wright, Andy Stevenson, Claire Gale, Jemma Court, David Hopper
Team 7	Val Johnson, Graham Johnson, Hilary Johnson, Kate Johnson, Ruth Johnson, Dave Walker

## Results

1	Team 7	3 hrs 42 mins 59 secs
2	Team 3	3 hrs 55 mins 11 secs
3	Team 4	3 hrs 55 mins 11 secs
4	Team 6	4 hrs 0 mins 32 secs
5	Team 1	4 hrs 2 mins 31 secs
6	Team 2	4 hrs 5 mins 16 secs
7	Team 5	4 hrs 6 mins 42 secs

## Individual Times

### Long Course

1	David Clough	43.18
2	Ian Whitehead	49.01
3	Alan Blair	49.21
3	Mike Gardner	49.21
5	David Brodie	49.24
6	Steve Kimberley	50.26
7	Graham Johnson(2)	51.18
8	Graham Johnson(1)	52.55
9	Jeremy Court	52.58
10	Paul Wright	54.00
11	Andy Stevenson	56.24
12	Derek Gale	57.17
13	Helen James	60.55
14	John Hopper	61.27

### Medium Course

1	John Hopper	27.13
2	David Clough	27.16
3	Mike Gardner	27.31
4	Alan Blair	29.00
5	David Brodie	29.15
6	Andy Stevenson	29.42
7	David Walker	29.44
8	Ian Whitehead	29.46
9	Val Johnson (2)	30.34
10	Paul Wright	31.42
11	Val Johnson (1)	31.56
12	Ranald Macdonald	32.27
13	Margaret Keeling	34.40
14	Roger Keeling	35.09
14	Nick Sibley	35.09
16	Viv Macdonald	36.34
17	Deborah Court	44.46
18	Christina Wright	48.24
19	Jennifer Gale	48.38
20	Claire Gale	48.55
21	Kath Whitehead	57.05

# Short Course

1	Steve Kimberley	5.36	11	Jennifer Hopper	8.03
2	David Hopper (1)	6.18	12	Viv Macdonald	8.08
3	Helen James	6.47	13	Jennifer Gale	8.54
4	David Hopper (2)	6.50	14	Emma Whitehead (2)	9.10
5	Ronald Macdonald	7.02	15	Emma Whitehead (1)	9.13
6	Margaret Keeling	7.19	16	Kate Johnson	9.52
7	Jemma Court	7.40	17	Ruth Johnson	10.01
8	Hilary Johnson	7.44	18	Eloise Court	10.44
9	Emily Hopper (1)	7.54	19	Joy Hopper (2)	11.00
10	Emily Hopper (2)	8.00	20	Joy Hopper (1)	12.08
			21	Daniel Kimberley	12.10

Some people took scenic routes notably JH and K W.

## Advertisement

This little advertisement was sent to us anon.

But seriously folks, if any of you fancy the idea of wearing a skirt (sorry Kilt) then why not try out this original idea.

**ADVERTISEMENT**

Spend 4 hours being pampered and wearing a dress - just like a real Scotsman!

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Och Aye the Noo. I am braw interested in being Scotch for the day. Please send me details, Jimmy. Name \_\_\_\_\_ Address \_\_\_\_\_

# DEAR ED.

**Dear Ed.**

Mick Lucking and Angela Dawes of NOC were married in September. In view of Mick's association with DVO over the years, in particular by way of auditing our accounts, I asked the committee to approve the expenditure on a wedding present. The choice of gift was easy, given their facetious article about us in EMEWS after they had joined us last year in France, it had to be a pair of camping chairs. The fact that Mick was asked to control our next Chatsworth badge event whilst writing the following thank you letter was sheer coincidence!

Mike Godfree

**Dear DVO**

We are writing this letter while sitting in our new low level deckchairs. We decided not to go camping on our honeymoon so the chairs are actually 6" above our living room carpet, not green grass. Your presents were a well timed surprise as the previous deck chairs that Mick owned finally collapsed at this year's cub camp. Happily the wedding day was most enjoyable with very fine weather unlike most of the rest of September. We stayed in the Cotswolds and then travelled on to Bath. Neither of us had been to Bath before and we were very impressed. Now we are back at 6 Long Lane trying to fit the contents of 2 houses into one. For a change we have done no orienteering at all but I suppose we will have to start running again. Many thanks for the chairs.

Best wishes

Mick and Angela

**Dear Ed.**

It is often suggested that dogs become like their owners, but can this also be true of surf-boards? How else do you explain a trip from France to Hawaii? A 180 degree error off the French coast, then missing Africa, South America, Antarctica and Australia would take some explaining at the post-event debriefing. Or was there some human intervention. Did a French girl relaunch the board in the Med before a trip through the Suez Canal? After all DVO members were in New Zealand at Easter to help it on its way.

As ever you will notice that EMEWS was ahead of the news with its last cover. Obviously Ivan O'Map staging the first O event on his Hawaiian island. The final question of course is; who within DVO could lower himself to read the Sunday Sport when there is Newstrack, EMEWS, BOF and Compass Sport to read?

Yours

Mike Godfree

# **Wednesday Training Events**

**7pm, All Welcome,**

***Runs to cater for all abilities.***

## **Venues**

**The Buckleys**                      253 Duffield Road  
   Allestree  
   Derby

**and**

**The Wilkinsons**                      20 Castle Hill  
   Duffield  
   Derby

## **The Dates**

**The Buckleys**    13, 26 October  
                         10, 24 November  
                         22, 29 December \*  
                         12, 26 January

**The Wilkinsons** 20 October  
                         3, 17 November  
                         1, 15 December  
                         5, 19 January

**Belper Sports Centre, 8 December**

\* Confirmation of these dates is required...

**Please come along and meet the gang!!**



## COMING EVENTS

At the next DVO open meeting there will be a discussion about the form of the Club Dinner

Please come to the meeting to have your views known or contact a member on the committee.

## Recent Events

### French Championships

W45	Judy Buckley	1st
M45	Steve Buckley	7th
W17	Kim Buckley	2nd
M19	Alistair Buckley	8th

### 7 Nations International

M19	David Godfree	5th
M19	Alistair Buckley	6th
W17	Kim Buckley	4th

### Relay

Roger Goddard Alistair Buckley Jeremy Edwards	} 3rd (1st British Team)
Kim Buckley Helen Hargreaves Megan Smith	} 1st

# **FIT TO DROP**

## **FACT SHEET**

### Introduction

We have all been victims of a cold and sore throat at some time or another. Less often, those amongst us who exercise frequently and vigorously may have noticed that afterwards we often pick up a minor infection. We may also have noticed several of our best athletes running into trouble with 'undiagnosed viral complaints' causing them great anguish as they fail in their bid for honours.

As more and more of us fill our expanding leisure time with sport and competition we are increasingly at risk from the effects of overdoing it. What are the dangers and how can we best prevent them becoming a problem? What should we do if we do develop a cold or a sore throat while training? And if we are worried about the potential dangers of overtraining how should we adapt our behaviour? Where can elite athletes go if they encounter long term problems? The FIT to DROP FACT SHEET will answer some of your questions and set you on the right track.

### The Science

As with many areas of science and medicine we do not yet know a great deal about the exact way that the immune system works. Even less is known about the specific physiological and biochemical effects of exercise on the immune system. What do we know is mostly obtained from the experiences of ordinary people whether they be competitive athletes or have just had problems with infections.

From the scientific evidence that is available it is clear that exercise certainly affects our immunity. The body's defences comprise a finely balanced system which is in place to prevent invading organisms causing illness and disease. In a normal healthy person these natural defences will deal easily with the viruses encountered in everyday life. Indeed, at moderate levels of exercise the effects are beneficial but the more we push our bodies to the limit, the more we tend to disrupt the immune system and reduce our ability to fight infection. This appears to be due to the suppressive effects of hormones such as adrenaline and cortisol produced by the body during training. The more we disturb the status quo of this system the more likely it is that we will pick up an infection. Scientific investigation does tell us for certain that intense exertion such as the marathon dramatic effect on the entire immune system, reducing the levels of cells which effect make up the body's natural defences.

The extra physical burden of intense training is just one component in the total stress equation. Awareness of additional mental stresses inherent in competition



and other major life events enables us to make sensible decisions about how much exercise to take.

### The Danger Zone

Viruses - give them a window and they'll jump right through it!

The first danger zone to be aware of is the one immediately following every intensive training session or competition. Your salivary antibodies, the first line of defence against foreign bodies like viruses and bacteria, drop by up to 70% after an exhausting event like the marathon and this depletion can last for up to 20 hours. So anyone engaging in this type of activity is susceptible to infections during this period. But, with rest, the body should be able to cope with these infections which often manifest themselves as a cold or sore throat.

The second danger zone exists for those sports men and women who train hard and compete frequently for long periods. They put themselves at risk of a general depression of the immune system. Physical and mental stress over long periods can wear the immune system down giving viruses and bacteria a much larger window of opportunity to successfully evade the body's defence system.

Danger zone three is the one to be avoided at all costs. If an athlete goes down with a virus and trains hard or competes while the body is trying to fend it off, there will be much greater chance of it taking grip. If a virus does get into the system and is dangerous, it can cause very serious problems. It may lurk in the body and cause heart failure or it may result in chronic post-viral fatigue which can knock you out for years. It can wreck sporting careers and have a dramatic effect on lifestyle.

### Do's and Don'ts

There are seven golden rules which should always be followed to ensure that a virus picked up does not turn into a major problem. They are:

1. Never train or compete with a sore throat or a cold or other infection. Rest until you feel good again, wait for a few days more and then resume light training.
2. Do not rush back to the same training level you were at before the infection. Build up slowly, making sure you feel comfortable with the training level you have set yourself.
3. Adapt your training to your situation. If you are suffering from additional stresses in your every day life, relationships, moving house and so on, compensate by reducing your normal training levels.
4. Allow yourself time to recover by building rest into your training schedule.

Even when you are training build in frequent periods of rest and relaxation to allow your body recover. It is especially important to have a proper rest of a least four weeks after an intense endurance competition like marathon. Proper rest is an important part of any training programme.

5. Train for the right reasons. Make sure you know exactly why you are doing every mile, every push-up and every kilogramme. It can only be counter-productive to push yourself past limits that your body can easily cope with. Don't copy other athletes' training routines - what works for one athlete may not be right for another.
6. Taper your training. As a competition approaches, reduce the amount of training you do, gearing your body for the event.
7. Listen to your body. If you are feeling under the weather or not 100%, ease off the throttle and take it easy.

### Elite Athletes

Many athletes in recent years have run into trouble with viral and bacterial infections. Seb Coe, Steve Ovett, Liz McColgan, Steve Cram, Jon Ridgeon and a host of others have fallen foul of infections. Because these athletes push themselves to physical limits most of us would never dream of they are walking a constant tightrope between supreme physical condition and immune depression. With the pressures incumbent on today's elite athletes to succeed it often takes more mental discipline to refrain from training with an infection than to 'train through it'. It is important for the health and success of our athletes and sports people that the message is well received.

### Recreational Athletes

The same principles apply for recreational sports men and women as apply for the stars. Although they are unlikely to encounter the danger zones described above as frequently or for as long as top athletes, viruses and bacteria do not discriminate between Seb Coe and the club runner. If you don't train sensibly and respond to your body appropriately, you are inviting trouble

### Contact

For further information send an S.A.E to :

Dr Lynn Fitzgerald  
Department of Medicine  
St George's Hospital Medical School  
London SW17 0RE

# FIXTURES

DATE	REGION/ CLUB	TYPE	AREA/GR	DETAILS
OCT				
30th	SOA	Tinto Badge Event	Lanark, Scotland (NS/8633)	Night Badge Event & Scottish Night Champs, Harpenden Wood, Lanark
31st	SOA	Badge Event	Stonehill Wood, Lanark. (NS/8937)	SEF, Limited EOD L. Young, 7 St Ninians, Lanark, ML11 7HX. (0555 661955)
31st	SYO	Colour Coded Event	Canklow, Rotherham SK/430901	S Bulleyment, 38 Barnard Ave, Coal Aston, Sheffield (0246 411932)
31st	WCH	Colour Coded Event	Shoal Hill, Cannock (S/962115)	R.Niven, 9 Chepstow Drive, Wildwood, Stafford. (0785 662486)
NOV				
6th	NEOA	Night Champs Badge Event & Colour Coded Event	Chopwell Wood, Rowlands Gill (NZ/132582)	G. Rose, 26 Huntington Close, Kingston Park, Newcastle (091 214 0010) (£3.00/£1.50)
6th	NOC	Colour Coded	Walesby, Worksop (SK/670703)	R Hatfield, 32 Davies Road, West Bridgford, Nottingham 0602 814101
7th	British Schools Champs		Clumber Park, Worksop (SK/618745)	J Clarke, 17 Friars Court, The Park, Nottingham, NG7 1EW 0602 419603 CD 17/10/93 (£1.50 Special Entry form req'd. No EOD Organiser: H Palmer (0602 820651)
7th	EPOC	Badge Event	Rishworth Moor Halifax (SE/020162)	P Scarf, 3 Moorland Cottages, Cragg Vale, Hebden Bridge, 0422 882555 CD 25/10/93 (£3.50/£1.50) SEF Ltd EOD
7th	SOC	(November Classic) Badge Event	Highland Water New Forest (SU/241089)	A Richardson, 26 Brassey Road, Winchester, SO22 6SB 0962 864523 CD 09/10/93 (£3.50/£2.50)SEF No EOD

13th	LEI	Colour Coded	Bradgate Park SK/542114	D Bedwell, 397 New Ashby Road, Loughborough, 0509 215885
14th	CLOK	Nat VII	Stokesley, Middlesborough NZ/531083	P Archer, Glebe House, East Harsley, Northallerton 0609 82420 CD 18/10/93 (£7.00/£3.50) SEF No EOD
21st	SN	Trophy Badge Event	Long Valley, Aldershot SU/831511	Safestart (SN) PO Box 22, Whitchurch, Shropshire, CD 31/10/93 (£3.00/£1.50) SEF, Ltd EOD
28th	SROC	Nat Event VIII (& Northern Champs)	Blawith & Torver, Coniston, SD/245900	P & G Ferguson, 11 Cromwell Road, Lancaster LA1 5ED 0524 39477 CD 01/11/93 (£7.50/£3.00) SEF Enquiries A & G Turner (0772 747348)
DEC				
4th & 5th	HALO Weekend	4th - Northern Night Champs  5th - Badge Event	Willingham Woods, Market Rasen, (TF/122903)  Willingham Woods, Market Rasen (TF/122903)	J Fulwood, Sunnyside, Church Lane, Willoughby, Alford, LN13 9SU 0507 466314 CD 22/11/93 (£8.00/£2.00 or £4.50/£1.50 per day) SEF Ltd EOD
** 5th	DVO	Calke Park	Colour Coded	Use Ticknall Entrance Organiser: K Langhorn 0332 553570
12th	NOC	Colour Coded Event	Blidworth Woods Mansfield SK/595544	K Bannister, 24 Albert Road, West Bridgford, Nottingham, NG2 5GS (0602 821154)
19th	SOS	EA Champs Badge Event	Roman Valley, Colchester (TI/986217)	J Graham, 73 Sweet Briar Road, Stanway, Colchester 0206 571859 - 6pm-8pm CD 30/11/93 (£4.00/£1.50 SEF Ltd EOD.
JAN 1994				
** 2nd	DVO	Shipley Park	Novelty Score	Organiser: Nick Sibley 0773 852015

23rd	QO	Badge Event	Great Headon, Minehead SS/947443	D Holmes, Grindelwald, Nailsbourne, Taunton 0823 451343 CD 02/01/94 £5.00/£2.50 SEF Ltd EOD
FEB				
** 6th	DVO	Colour Coded	Robin Hood or Cromford Wood	Organisers : Viv Macdonald Margaret Keeling 0773 852991 Planner and controller needed now!!
** 19th	DVO	Midland Night Champs	Allestree Park	Organiser : Martin Brown 0332 294876 6 pm start £3.50/£1.50 (offer now to help at all these events, Helpers get a 50% reduction on fees - Juniors free at colour coded events)
APRIL				
** 23rd	DVO	Badge Event	Chatsworth	Organiser : Steve Kimberley 0246 233575 Fees £4.50/£2.00

### ***Please note:***

*Keep the following dates free for DVO : 6th Feb 1994  
6th March 1994  
5th June 1994*

***\*\* Offer to help at all DVO events, and helpers will  
get a 50% reduction on fees (junior free at colour  
coded events)***

# THE SIX DAYS BBQ





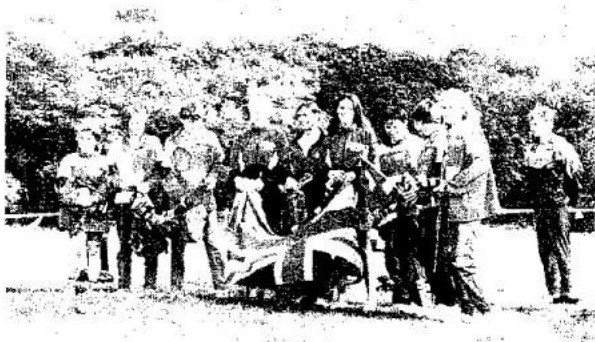
# DVO IN COMPASS SPORT

(WITH THANKS TO NED PAUL).



## **Brits show Good Form Abroad**

Many British orienteers competed successfully abroad this summer, among them Jamie Stevenson (left), winner of H18L at O-Ringen, Roz Clayton (centre), who won one day at O-Ringen in D35L and Karen Darke, who won the HandicapO at O Ringen (see story on page 42).



Above: Helen, Kim and Megan — 1st in the D20 relay at Star Posts