



Newstrack

April 2010

Guest Editor: Ranald Macdonald
(... only because no-one else wanted to do it!)



Anyone like to suggest a caption for this picture of three senior club members psyching themselves up at the British Elite Sprint Championships?

DVO website: www.dvo.org.uk

Club Contacts

Chair: Steve Kimberley 01246 280430 {Stephen@skimber.demon.co.uk}

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Congratulations to ...

JK Sprint:	Harriet Lawson, 2 nd W16	Sal Chaffey, 2 nd W45
JK Day 2:	Doug Dickinson, 1 st M65S	Ann-Marie Duckworth, 2 nd W40S
	Liz Godfree, 3 rd W60L	Pauline Ward, 3 rd W65L
JK Day 3:	Doug Dickinson, 1 st M65S (and overall winner, M65S)	

British Middle Distance Championships: Sarah Duckworth, 1st W10

British Elite Sprint Championships (age-related classes)
Liz Godfree, 1st W55/60 and Doug Dickinson, 1st M65/70

Congratulations to all these placed competitors and all others who took part in these events.

JK 2010 April 2nd to 5th All over Devon - A personal view

Was the journey and all the motoring round Devon, on a fairly wet and often chilly weekend, worth it for another set of orienteering experiences? Read on!

Day 1 Bicton College Relays were short and swift and for many of us it actually stopped raining for a while. I haven't done much of this type of orienteering but thoroughly enjoyed the frantic dash. Mine was all over in 14 minutes. Often very close results make it interesting. I beat Doug Dickinson by 1 second!

Day 2 Cookworthy Forest was to put it mildly 'a bit damp'. The Club Tents area resembled a mini Somme, but enabled the camouflaging of the DVO tent for the rest of the weekend. Out in the forest the running was fairly straightforward but very slippery. I fell over at least five times. Must buy some new O shoes!

Day 3 Braunton Burrows. My first time ever orienteering amongst sand dunes. Thank goodness it was dry. With dire warnings about the need for micro-navigation from many DVO colleagues I resolved to navigate the first few controls with care. Whoops! Did my usual and overshot the first Control by miles. Then did the headless chicken impression until I found No1, after that not too bad. Really enjoyed running down the large sand dunes, a bit like scree running.

Day 4 Relays "Well the least said the better" would be an appropriate phrase. Unfortunately in my carefree joy at going really well, or so I thought, I found out after downloading that I had missed one control altogether. Sorry team!

All in all JK 2010 was for this non-professional, fairly casual runner, an enjoyable experience. My accommodation, the meals, an opportunity to visit areas new to me and a few good chin-wags with fellow orienteers all contributed towards making this a worthwhile long weekend.

Northern Ireland 2011?

Rex Bleakman

JK Desserts or Post-Prandial Delights!

We decided to stay on in Cornwall to make the most of our new motorhome but also to take part in two further events.

The first was on the Wednesday morning following the JK at Wheal Florence, a former tin mining area near to Plymouth described by the original mapper as 'chaotic terrain'. At a scale of 1:2,500 with 1.5m contours it was about 200m across and 900m up hill. The Short Technical course certainly proved challenging enough. It was 2.5km with 163m of climb and 23 controls. I took 43.00 to finish 24th out of 70 finishers whilst Viv took 45.44 to finish 33rd – the winner took 22.39 and Graham Gristwood ran it non-competitively in 14.40! We were given a small portion of map with five controls to get a feel for the scale but it was still easy to overshoot and it took a while to work out the excellent map.

The second event was the following evening at the Eden Project with its Temperate and Tropical Biomes. We walked round the site during the afternoon to get a feel for it but that couldn't really prepare us for the complexity of the event. The map was at 1:4,000 with 5m contours, though the section including the biomes was blown up, though it didn't have any contours.

At one stage we had to climb to the top of the tropical biome which was extremely hot and humid. You can see the map on the Kerno site - <http://www.devonorienteering.co.uk/> - results, eden, route gadget.

Viv and I ran different courses but we ran at just under 15m/km and 19m/km, respectively. There was lots of climb ...

Great fun!

And then ...

We got back from Cornwall on the Friday of Easter week in time for the Nottingham City Race on the Sunday. It was a well-organised event with an attractive assembly, start and finish all in the Market Place, next to the big wheel. Personally, I found it a bit too much road running for my liking with little real route choice, though there were some interesting places to visit in the city centre. Viv appreciated being able to get a coffee beforehand which obviously fortified her to finish in 4th place – still a long way behind Liz Godfree who was 1st! Margaret Keeling also had a good run despite slightly overshooting the last but one control and finding herself heading towards John Lewis – a natural homing instinct?!

Then the following weekend was the British Middle Distance Orienteering Championships at Haverthwaite in the Lake District. The middle distance doesn't seem to have really caught on yet, perhaps because people think they aren't getting value for money. However, I took 68.17 for 3.3km with 215m of climb whilst Viv took 53.10 for 2.4km and 130m of climb. The winners on our courses took 32.45 and 35.28, respectively. The next

day was the British Elite Sprint Championships at Chorley which we didn't go to but have heard good reports on.

Perhaps we should put on a club middle distance event so that people can see how different it is from the classic distance, with far more controls and shorter distances between them meaning that you can never switch off. There was a good article comparing the two types of event in the last CompassSport.

Ranald Macdonald

Club Championships and Annual Dinner

The annual club championships - open to all Club members - will take place on Saturday 9 October 2010 at Calke Park, Calke Abbey. Val Johnson is planning the courses and further details will be available later.

The day will be rounded off in the evening with the Club Dinner and Annual Awards. This year it will be a ceilidh at Wirksworth Town Hall. Food will be provided by DVO Catering (Fairly) Ltd.

Please put these dates in your diary and we will send out more details in the next few months.

First Aid Course

Sue Russell has kindly agreed to run a First Aid course for DVO members. It will be over a couple of sessions, so that it can focus on the practical side of first aid. It will be particularly beneficial for members of the Finish team and Organisers to attend and anyone wanting to coach.

I have four names at present (Ray Stuart, Roger Hodgson, Nick Wilmot and Paul Beresford). Please let me have any further names and then Sue will contact you to arrange the dates. DVO will pay for the course.

Viv Macdonald 01629 734307 or email: viv.macdonald@btinternet.com

DVO Summer Series

Just because the major events are out of the way and we are looking forward to our summer holidays, there is no need to give up orienteering – particularly if you are going to the Lakeland 5-days, White Rose or some other event. This varied series of local events will keep you going for a further month!

1. Saturday 5th June – Ilam (see below)
2. Sunday 13th June – Darley Park
3. Saturday 19th June – Elvaston Castle Country Park (see below)
4. Friday 25th June – Bakewell Street O
5. Wednesday 30th June – Oakwood Street O
6. Sunday 11th July – Holmebrook Country Park

Series Co-ordinator: Mike Gardner

Further details will appear on the DVO website – www.dvo.org.uk

Cancellation of Linacre event

If you had an event in your diary for Linacre on Sunday 20th June – sorry, but it's been cancelled.

We are having local access problems which, hopefully, will be resolved in the near future to allow us back into the area next year.

Wednesday Evening Runs

Wednesday training for the time being i.e. probably this school term, is at Darley Barn, Darley Abbey on 2nd and 4th Wednesdays instead of the Mackervoy's'.

1st and 3rd Wednesdays from Johnsons', Belper.

Run at 7p.m and everyone is welcome!

Derbyshire Schools and Youth Group Orienteering Championships 2010

Saturday June 19th

Incorporating Derby City Championships **as part of** Elvaston Castle Country Park Local Event. Start Times from 10.30 – 12.00mid-day

Individual and Team Competition

COURSES

<i>BOF Colour Coded Standard</i>	<i>Championships School Year Group</i>
1. White	Years 5 and 6
2. Long White / Yellow	Years 7 and 8
3. Long Yellow	Years 9 and 10
4. Long Yellow / Orange	Years 11, 12 and 13

5. Orange / Light Green Open
Medals for the first 3 male and 3 female on each course
Medals in the open class to the first 3 male and female.

Primary, Secondary and Youth Group Team Trophy awarded for the best 6 scores from any courses.

Juniors may not be shadowed if they are to remain competitive.

Juniors are invited to come along and run whether or not they are part of a school or group team. Championships open to all juniors who either go to school in Derbyshire or are members of DVO.

To enter in advance and reserve maps, download the entry form and rules from the DVO website and return completed entry forms to the co-ordinator with a SAE by 31st May . Cheques made payable to Derwent Valley Orienteers.

Entries will be accepted on the day subject to map availability.

SAFETY – all courses are planned to British Orienteering Federation Guidelines. Parents, Teachers and Leaders are asked to make sure that youngsters only enter courses for which they have the experience.

Co-ordinator Val Johnson: gmjandfam@aol.com

CLUB COACHING DAY

SATURDAY 15th MAY 2010

9.30 – 15.00

A chance to practice your basic skills on some of the best terrain on offer in England. Graythwaite Estate in the Lake District is a lovely runnable oak woodland which, in May, should be at its best. The area is well mapped with good, detailed, contour and rock features .

Exercises will be planned by Carol McNeil, and aimed at Orienteers who are successfully completing Orange / Light Green Standard Courses. East Midland Coaches will be on hand to help you and to plan courses for more experienced orienteers.

Why not book yourself a place? Then all you have to do is turn up ready for a day in the woods. It's free for DVO members.

Names **MUST** be in by April 20th – this year the location of control sites are being sent out by OCAD, electronically, and we need time to prepare the exercises, print them off and make sure enough coaches are available so that everyone's needs are met.

Even better – stay over and enter the LOC Pike O Blisco Regional Event to be held the next day.

Book your place now.

Contact **Val Johnson** if you are interested.

Coaching Tip: Relocation – a key skill

Or..... How to find yourself when you haven't got a clue where you are!

- STOP = set about calmly trying to work out where you are. It really is no good running around hoping the control will 'pop up'. It rarely does.
- LOOK AROUND = for prominent features likely to be mapped eg dense forest; boulders; buildings.
- CHECK COMPASS = Orientate your map
- LOOK AT THE MAP = Can you see the prominent features? Where was your last known point? (This may be your last control) Where could you have run?
- HAVE YOU MADE A COMMON MISTAKE? = 90/180 degree error; Over run the control; Parallel error; Dragged off course by other runners / undergrowth / contours.
- STILL LOST? = If you cannot quickly find yourself, it is best to head for a prominent feature nearby and use this as an attack point.
- AND FINALLY = having got yourself back 'on course' put the mistake behind you. Do not rush to try and make up the time lost.

Val Johnson

What the rules say ...

However, if you really cannot find where you are, British Orienteering Rules (2010) say:

"7.2.3 Competitors shall not collaborate in any way unless members of a pair or group competing together"

Which means that you cannot ask for help as it is considered to be cheating. Obviously, we would not want to see a youngster distressed, but older competitors should learn to

take a safety bearing to a known feature on the map such as a road to relocate.

Further, an issue which has arisen at some events is:

“7.2.6 Competitors shall not enter ‘out of bounds’ areas and shall be liable to disqualification if they do so. Competitors finding that they have inadvertently entered an ‘out of bounds’ area shall immediately leave that area.”

Sometimes we enter an ‘out of bounds’ inadvertently but if the intention is to gain an unfair advantage then, yet again, it is cheating.

British Orienteering Rules 2010 can be found at:

http://www.britishorienteering.org.uk/downloads/documents/events_rules.pdf

British Orienteering Event Safety & Welfare Workshop

When: Saturday 19th June 2010

Where: Groby Community School, Ratby Road, Leicester, LE6 0GE

Time: 1.30 – 4.45pm

Cost: No charge

Who is this for: EMOA club members and, in particular, anyone considering or already booked to be an event official in autumn 2010 and onwards. Organisers, planners, controllers (of all grades) or any club member who helps at orienteering events. This is part of a new modular training system for event officials and attendance at this workshop will be part of all planner / controller / organiser training in the future.

Aims of the workshop: To provide event volunteers with an overview of safety and welfare issues which may arise as a result of staging an orienteering event of any size / level. Particular attention will be paid to practical measures which event volunteers can employ to minimize risks and what to do in the event of an accident or incident occurring.

To book on the course please email Hilary Palmer: hjpalmer@ntlworld.com by 3rd June

British Orienteering AGM 2010

The 2010 AGM was held on Saturday 3rd April at the North Devon Leisure Centre, Barnstaple. After a wet and muddy Day 2 of JK competition, over 100 people sought refuge from the mud at the AGM and discussed and voted on each of the ten proposals

The following is an overview of outcomes:

- 2009 Accounts were adopted
- Grant Thornton were appointed auditors for 2010 accounts
- Membership fees were agreed for 2011
- Mandatory requirements for clubs affiliating to British Orienteering were agreed
- Junior-only events will be included within the levy system in 2011 and 3 Juniors will count as the equivalent of 1 senior when calculating levy
- Levy fees were agreed for 2011
- Differential entry fees for local events will be at club discretion
- Differential entry fees will be publicised as an additional charge to non-members
- The current 3 tier event structure will be amended to a 4 tier event structure in 2011

From the 4 candidates standing for election, Neil Cameron, Mike Forrest and Lyn West were elected to the Board of Directors.

Lyn West was subsequently appointed as British orienteering Chair, Martin Ward as Vice-Chair and Mike Forrest Treasurer.

Funding bids for the Club

We recently made two funding bids for the Club. The first was to British Orienteering for £400 from their Development Fund, to upgrade our computer equipment. This is now old and needs to be updated to make it compatible with other equipment and give a faster service. Unfortunately, we were unsuccessful with this bid and have bought a new computer from Club funds.

The second bid is for more SI stakes and boxes and for security tags. The bid has been submitted to Sport England and we are waiting to hear the outcome. In the past, the SI control boxes and stakes were held by East Midlands and shared by the four clubs in the Region. It has been decided to split the stock between the clubs and for each club to supplement these, if they need more. This will help us to put on more regular events, without the logistics problems of transferring stock between clubs. We are also bidding for security (padlocked) tags, which we can use in urban/park orienteering for securing the box to a feature. This will mean that we can use electronic punching at these events, without worrying about the boxes getting stolen or vandalised. We will report in a future Newstrack if we are successful.

Viv Macdonald

Team updates

We used the team structure for the Regional and VHI event at Eyam in November and, generally, it worked very well. It was also used at Allestree Park and Crich Chase and further amendments have been made. We have got feedback from the team leaders and their deputies, which we are incorporating into the sets of notes we are doing for each team. We have also prepared a set of notes for the Co-ordinator's role, so that anyone taking on this will have some guidelines. These are being sent out to Co-ordinators and they will be made available on the DVO website.

We now have officials (Co-ordinators, Planners and Controllers) for most of the events up until the end of the year. There are still gaps in the programme and if you are interested in taking on any of these roles (or assisting in one of the roles), please contact us.

Ranald and Viv Macdonald (01629 734307):

r.f.macdonald@btinternet.com or viv.macdonald@btinternet.com

Veteran Home International

First a thank you to everyone who contributed in any way to the VHI weekend at Longshaw and Eyam - whether you gave up an hour or days of your time. It was good to see so many club members helping to make the events a success. The comments from the team members were very positive and they all seem to have enjoyed their weekend in Derbyshire.

A summary of the accounts are shown below - there might be some small items of expenditure to add. It is impossible to separate out the two days as so many of the items apply to both.

It is disappointing that we made a small loss from our largest event of the year by far but that is better than we feared at times when we had bet the whole of DVO and EMOA's bank balances on the event. No one item stands out though the marginal BOF levy rate of £2.50 for every competitor above 250 makes it difficult to recover the fixed overheads of a large event (there is no levy on the two Longshaw events) when the junior entry fee is only £3. Basically the loss is our contribution towards putting on one of the major events in the orienteering calendar.

Mike Godfree – VHI Co-ordinator

VHI SPECIFIC INCOME		£	EXPENDITURE		£
VHI Team payments		8424.50	Deposit, Hartington YHA		2600.00
DVO members staying at hostel		147.00	Balance for hire of Hartington YHA for VHI weekend		5270.00
Sub Total		8571.50	Mapping update – Eyam		299.14
OTHER WEEKEND INCOME			Fabian fees		171.78
Eyam pre entry fees		3058.50	VHI Relay numbers printing		12.96
Longshaw Score event EOD		108.00	Overnight insurance for controls		80.08
E-card hire		26.23	Longshaw maps printing		48.60
Eyam Moor EOD monies		897.50	Eyam Moor maps & control description printing		455.79
Sub Total Entry Fees		4090.23	Marquee hire Eyam		235.75
Total Income		12661.73	Toilets both days		805.00
			Materials for stile, tea & coffee supplies		45.43
			Longshaw Controller's mileage expenses		50.40
			Longshaw Planner's expenses		72.50
			Eyam Planner's expenses		92.86
			Eyam Controller's expenses		215.04
			Eyam Organiser's expenses		38.46
			Eyam String course expenses		16.58
			Eyam access		700.00
			Computing both days		412.98
			Eyam Moor Levies:		
			BOF		1122.50
			EMOA (including SI hire)		365.60
			Total Expenditure		13111.45
NET INCOME VERSUS EXPENDITURE					-449.72

Forthcoming Events

I have not had time to put together a table of forthcoming events so you should refer to the DVO website, the latest EMEWS or use the British Orienteering Events pages - www.britishorienteering.org.uk/event/findevent.php – and use the filters to find what you want.