

# NEWSTRACK

# FEBRUARY 2000



No wedding is complete without a good punch-up

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**NEWSTRACK is on the Net on the DVO website @** [www.skimber.demon.co.uk/orient/dvo/newstrac/newstrac.html](http://www.skimber.demon.co.uk/orient/dvo/newstrac/newstrac.html)

## Thoughts from the Chair

A rather belated Happy New Year to everyone. I hope you all enjoyed Christmas and the millennium and are fighting fit for the new year of events. In fact we have had quite a few already and I would like to congratulate our nine East Midlands Champions who won at Bradgate Park. The Shining Cliff event the following week was held on a wonderfully sunny day and gave us surprisingly dry running given the time of year.

I am typing this having just returned from a local event at Elvaston Castle. With around 80 initial starts and many people running two or even three courses, the event was an outstanding success. There were many first-time orienteers – both adult and junior. These local, low cost and low personnel events must be the way for us to attract new people into the sport, though many will be unlikely to travel far to events. With few helpers needed it would be nice to see a few new people getting involved to take the strain off the regulars. I'm sure many of you could guess the names of most of the 9 who helped today!

Circuit training continues on alternate Friday evenings – contact James Allen for details if you would like (?) to come along. Paddy, our instructor, makes us work really hard but is particularly concerned to avoid injury by ensuring that we warm up properly and do the exercises correctly. At £1.50 a head it is good value and to those who don't believe that we need upper body as well as leg strength, it's perhaps even more important to have that back and chest strength when tackling hills. And why is it that I feel fine on Saturday but ache on Sunday?

Viv and I really enjoyed our trip 'down under'. We had Christmas and a few days holiday in Tasmania before moving on to New Zealand. With temperatures in the mid 20s, though often cloudy and with some heavy rain at times, it was quite a contrast with the 2 degrees we arrived back to in Manchester! The orienteering was challenging as well there being fun events such as one at midnight to see in the new millennium and another at dawn on 1 January. It was good to see Roz and Andy Clayton in their adopted homeland and, as those who have seen the latest CompassSport will know, there were opportunities for relaxation as well.

During the event we had an interesting discussion with David Hogg, from Canberra, who we had camped next to on our first visit to Tasmania in 1991 and then met up with again at the Asia Pacific Championships in 1995. Australian orienteering seems to be experiencing a different phenomenon to us with the largest class at last year's National Championships being W16, followed by a large gap in elite entries, and then big classes at 45, 50 and 55. There are 8 clubs in Canberra and between them they put on over 100 events a year. This includes a summer mid-week lunchtime competition. As they have more than 20 maps available within 20 minutes of the city centre it is possible for people to have a run during their lunch breaks as well as attracting retired people and housewives (Ranald, if you are a chair, shouldn't they be houses? – the Spirit of Paul Wright). The main message for us was

the effort put into developing schools orienteering and having lots of local low key events.

Which takes me on to the final item. Val Johnson and I attended the BOF Club Development Conference in York at the end of January. With over 70 participants from over the country we were given considerable cause for thought from the reports of developments such as school leagues, 'O-zones', fundraising and the training of event officials. We have already begun to take on board many of these developments through our Awards for All money and putting on more local events. Our publicity strategy certainly brought more new competitors to Shining Cliff. We have also had discussions with the county and local councils and Mike Godfree will soon be kept busy mapping reclaimed mining areas in Bolsover! Val is also making good contacts with schools and the appropriate council officials as well as getting her picture in CompassSport at the National Coaching Conference last December. At least it proves she was there!

However, once again the burden is falling on the same few people. If you are interested in getting involved in club development, please come to the Open Meeting on 8 March where we will be discussing the Club Development Plan. It would also be nice to have someone who would take on a fundraising role as this would allow us to reduce the cost of entry to our events – something else that has got us unfortunate publicity in the latest CompassSport. And 'yes', I have spoken to Mark Thompson about his comments on the relative costs of badge and colour coded entries at Eyam.

The reality is that many people's expectations are for good quality maps, toilets and the best terrain for orienteering – and at Eyam that meant we incurred high costs for mapping and land access. I think we are now providing a well-balanced programme of events with 3 badge events every 2 years, a colour coded event every 6 weeks or so, 6 local events on Saturdays making the most of our permanent course areas, summer evening events from May to July, and coaching and training sessions when possible. But, once again, all this activity is for YOU, so why not add an hour or so to an event by offering to help? There are experienced officials who will help you, so don't worry about not knowing what to do.

And finally ... as we have now had to downgrade Longshaw to a Colour Coded event in October because no planner was forthcoming, would someone like to take the planning of the Badge event at Shining Cliff and Chatsworth in February and October 2001 off me? I don't think it fair that I plan two consecutive badge events and would like to give someone else the opportunity.

**Ranald Macdonald, Chair, Derwent Valley Orienteers**

For reasons which will become clear, there are no event reports as such this month, but instead, following Thoughts from the Chair, we have:

## Cogitations From The Editor

This is not intended to be a rival to 'Thoughts from the Chair' but I appreciate that a newsletter editor is expected to contribute to the organ he edits too. I normally use this opportunity as therapy to exorcise some of the demons which possess me, but today's event (I write this having dragged my weary body round Hawksmoor and Dimmingsdale) is the first I have attended since Shugborough, well before Christmas. In fact, I have only attended two events in four months, a record not equaled in over 20 years of grappling with the fundamental principles of this sport.

What has gone wrong? Well, January was a write-off, as I first succumbed to the dreaded flu bug, struggled to overcome it before collapsing under its influence a second time. But, even so, I have to beg to differ with the aforementioned esteemed Ranald's comment that we've had quite a few events already this year – in my humble opinion there've been too few! This certainly hasn't been the fault of DVO; in the six weeks since the turn of the year we've managed a New Year's Score, a Colour-coded in Shining Cliff and a Local Event and Night Event at Elvaston. Next month sees a Whitesprings Colour-coded and a Bottom Moor Local Event.

No, we must look elsewhere. In any month between September and May except perhaps December, we in DVO ought ideally to be able to look forward to one event in Derbyshire, Notts and Leics, and also either a club or badge event in one of the surrounding areas. Two Sundays ago the nearest events were near Huddersfield and Coventry, last Sunday, near Scunthorpe and Shrewsbury, first weekend in March, Scunthorpe again(!) is the only event within 100 miles.

NOC's contribution was the Double Quick, which had to be down-graded to the Single Quick due to lack of interest. I can see the point of Short Events in technical terrain, and since they are now an established part of the International scene, I can also understand why it is necessary to organise events to improve techniques – but in Blidworth and Thieves Wood? As you might have gathered, I am less than enamoured with the idea of paying more for less, i.e. more than a colour-coded fee for a shorter course. I venture to suggest that two colour-coded events on separate Sundays on these two areas would have generated more interest and profit for NOC. Actually I hear that NOC organised a Blue Short course on whichever area they used on the Sunday, which sounds a lot of fun and might have attracted even me if it had been publicised.

All this may sound like another moan – and it is – but the serious side to it is that in theory, we are supposed to be capitalising on a swell of interest in the wake of the World Orienteering Champs. Orienteering differs from other sports in so many ways, one being the time and effort necessary to organise an event. If you suddenly take up an interest in football or swimming, it is relatively easy to satisfy that interest by going out and kicking a ball about, going to your local swimming baths etc. To attract new people to orienteering, you have to be able to offer a readily available supply of events within a

reasonable distance or people will just lose interest. Not everybody is fanatical enough to travel half the length of the country this Easter to compete in the JK. We can't offer an event every weekend in Derbyshire, although as demonstrated above, DVO is getting pretty close to offering one every other weekend. We need to be able to convince people that, if they can't orienteer in Derbyshire next weekend, they can at least try an event in a neighbouring county.

The other subject that I want to bore you with has also been touched upon by Ranaid in his Thoughts is That Letter, from Mark Thomson to CompassSport. For those who do not subscribe, Mark's letter started out as a general complaint about the cost of high profile events such as the JK, British, National events etc. Senior entry for the British is £11.00 and a staggering £14.00 for late entries. Many people will be responding, like the writer of the preceding letter, SWOC's Jane Seward, by not entering at all. However Mark's main aim was to point out the disparity between badge event fees and entry-on-the-day colour-coded fees; at Brown Clee National Event, the adult C-C fee of £3.00 is £6.00 cheaper than the National course fee. The reason why Mark's letter has particular relevance to DVO is that, as a P.S., he criticises the club's policy of charging his son £1.00 to run a Yellow at Eyam Badge, and giving him a pre-marked map, when if he had entered his correct badge class, M10A, on the day, he would have been running the same course, using the same map, but paying an extra £2.50 for the privilege. You'd've thought he would've been grateful and shut up about it!

I think that Mark completely misses the point. The implication of his letter was that, if you can put on a C-C course for £3.00 then you should be able to organise a badge event for a similar cost. Mark asks: 'What is the extra £2.50 for?' I don't know how many events Mark has organised recently – as a Forth Valley Orienteer living in Nottinghamshire, I should think the answer is not many – but a few moments thought ought to tell him the answer. Toilets, computers and their attendant paraphernalia, do not come free.

But Mark has made a reasonable point, although he probably did not realise it. Why should colour-coded competitors get so cheaply what the rest of us are paying for? Why should we subsidise people like Mark who can't be bothered to enter in advance and cause hard-pressed organisers so much hassle on the day when they have plenty of other things on their mind more worthy of their attention? It is obviously illogical for his son to run the same course under the same conditions for £2.50 cheaper than his badge counterparts. Next time Mark turns up to a DVO badge event and enters a C-C course, he should be charged the full badge fee!

Mark's letter may have exactly the opposite effect that he intended. The reason for the differential in entry fees is partly, I think, for the sake of consistency but partly because, if someone happened to turn up at a badge event, never having been to an event before, you wouldn't want to put them off, thinking that every event cost £7.50 to enter. C-C fees are set to reflect the facilities available at the usual C-C event – washing line results/no computers, rudimentary toilets etc. If, at a badge event, C-C competitors are

to be given the benefits of Superbogs, pre-marked maps, instant results, then is it not reasonable that they should pay for them? I am not seriously suggesting that badge C-C entrants should pay the same as badge competitors – just Mark Thomson – but, following Mark's letter, I don't think maintaining the C-C/badge disparity is defensible any longer. Badge C-C courses should have to pay their way; increases by at least a pound are the logical consequence of this.

Incidentally I noticed at Hawksmoor that Mark had again entered a Green C-C presumably on the day rather than pre-entered a badge course. He came second. Well done Mark. But was there really the same satisfaction as I got finishing about halfway down a field of M40s? I like to think not. The purpose of C-Cs at badge events is surely to cater for the novice who just happens to turn up or who is not yet ready for a badge course, or simply for the person who forgot to pre-enter or had a change of plan. It is a better-than-nothing rather than a satisfactory alternative. If Mark prefers to enter C-Cs at badge events, that is of course his prerogative, but I think that he is in a very select minority.

That Letter also raises questions whether we really need the high standards that a badge event currently offers. Yes, everyone appreciates having their result on display within minutes (or even hours in the case of Hawksmoor) but the cost of computers is phenomenal, literally hundreds of pounds in Eyam's case, particularly when the cost of the marquee to house it is added on. If people were openly offered a choice of one pound off the entry fee in return for no computers, I'm sure that most would accept having to wait a bit longer for their result to go up on a washing line – although this would be more labour-intensive, demanding more DVO manpower and commitment than is presently evident.

Here endeth the lesson.

### Letter to The Editor – Dave Skidmore

The DVO Publicity Strategy is an excellent and much needed approach and should be loudly applauded by all members.

I would like to make one or two comments:-

1. Target novice adults. This in my view is a key area for improving the well being of the sport. One new adult member today and next week/month/year they may be bringing along friends, partners, children, children's friends, grandchildren, parents or colleagues. Newcomers to a sport are often the most enthusiastic campaigners. Adults often have the resources (money & mobility) not available to children. They are also potential helpers, organisers, Newstrack editors (yes please – Ed) etc.

Retaining and recruiting adults as members is therefore paramount.

**As a club we should continue to ensure that all our events provide courses for all abilities (not just all ages ) and persuade other clubs to do the same. After all, it is our members who are attending their events.**

Colour coded courses do this by default, but Badge events are often lacking. Many is the time over the last few years where the colour coded courses on offer at Badge or championship events are White, Yellow & Orange only or even occasionally none at all. In my view, all badge and championship events should offer a colour coded option up to and including Light Green. There can be quite a significant jump between the abilities (technical and physical) required for Orange & Light Green and again between Light Green & say W21S. We must accept that a lot of people (adults & children) do not progress beyond Light Green or Orange standard for reasons of fitness, technical skills or just plain desire - and we must cater for them.

What are the options for say a 25 year old woman of Light Green standard? -

- a) Go round the orange course getting little satisfaction out of it.
- b) Enter W21S and possibly be out 2-3 hours having a really bad time.
- c) Not bother at all - and if she doesn't go then maybe her friend won't go either.

There was a time a few years ago where this was not a problem, when the badge courses on offer were say (W21A & W21B) or (M50A & M50B) - where the B courses were technically and physically a little easier. For various reasons this was changed and along came S courses, which made concessions to people's fitness abilities but not their technical skills. Now this issue may be outside the scope of the club's recruitment drive but it is an important point and should not be forgotten.

The idea of sending out questionnaires to members not renewing is a good idea. Whilst this might seem a little like shutting the door after the horse has bolted, at least it might stop more horses escaping. I think we could extend this idea a little and send out a complimentary copy of Newstrack to non-renewing members in September/October at the start of every new season. We could even cast our net now and send out the latest issue to those not having renewed during the last 5 years.

The reason that I am suggesting this is based on my own experience. In the early eighties I let my membership lapse for 3 or 4 years and lost complete contact with the sport. It was only by chance (some might say mis-chance) that I started again and I feel that some contact from the club might have kicked me into action sooner.

DVO membership forms and details of the club/sport should be available at every club event and handed out to all who register as Independent. Why go looking for members at galas or markets when they are already there?

David Skidmore

## Report on Electronic Punching in the EMOA

James Allen is DVO's rep on the grandly named "East Midlands Orienteering Association Electronic Punching Sub-Committee" which met for the first time recently. I reproduce his (slightly edited) report on the proceedings so people know what's going on in what is to many a new, exciting and fast-moving development and to provide an introduction to some of the issues for those for whom the subject is completely unfamiliar.

The issues:

### **Do we want Electronic Punching in the East Mids?**

By and large yes. E-punching was seen as a step forward in several areas e.g. the recruitment and retention of younger orienteers, adding value to competitions for all competitors, simplifying the collation and production of results, the ability to make better use of areas, the opportunity to introduce different competitive formats.

Those of us who had used e-punching, all bar 1, were agreed that it was without doubt an improvement over existing methods. The addition of split timing, and the availability of those times within minutes of finishing gave a real sense of fulfilment (or despair) at the end of an event. It improves flow through controls and puts added emphasis on navigation as competitors spend less time in the vicinity of the control.

A few problems were raised. The question of losing track of which control you were heading for and not having the paper check available. It was felt that this was one of the skills of the game (my view as well), and that it was not often an issue.

The biggest problem would be theft and vandalism. The group was concerned that substantial resources could be lost, and therefore require replacing at extra cost. It was felt that the most straightforward way of avoiding loss would be to retain traditional punching for the white and yellow courses, as these controls are most likely to be seen by the general public. There was some evidence that the youngest competitors prefer paper punching. I'm happy to be corrected.

The second way to avoid loss would be to carefully choose areas upon which it was used. There would be the potential to use equipment at least a dozen events

I expressed the view, as has been voiced to me, that an increased reliance would be placed on the 'hard-core' of helpers and club officials. The group agreed this would be the case. Ray Barnes (NOC) suggested that we might be able to have the e-punching administered at any event for little more than expenses. Would we want to sub-contract results?; maybe at national and large badge events, but perhaps not below that level. The ability to use the



equipment to its fullest may well add value to smaller DVO events. It would certainly reduce the incidence of the dreaded 2nd master map.

Are we willing to rely on a nucleus, have we the will to broaden the skills base? I look for views on this issue in particular.

Another issue is the increased burden on the planner. Anyone who has put out or collected DVO's T-bars will be well aware that any more than an armful is a nightmare, add control boxes, of whatever description, and it becomes a big issue. One that needs thought. Views please.

The view of the committee was that e-punching should be adopted by EMOA.

### Which System?

Ray was asked to outline the systems concerned. It comes down to Emit or Sportident. There is no other known available system. The issue of future development of equipment was discussed. Them that know reckon the e-cards of both systems will not be upgraded for some time. The control boxes are more likely to be upgraded, but the area with most potential for development is the software running the system. Improvements to this area are less likely to cause problems and large expense than any of the other. Future developments are likely to revolve around result analysis, progressographs etc. 3 or 4 years down the line. Radio linking of controls may be possible at smaller scale events than Tampere 2001, but that is star gazing.

So SI or Emit? It's my view that there is no choice, for good or bad, the UK is an SI country. A decision was not reached on this point. The LEI rep felt it wasn't appropriate to adopt SI without investigating Emit, and we have resolved to go away and digest the SEOA's research into both systems.

I personally feel this is a bit of a paper exercise. If the EMOA went for Emit we'd probably be on our own, face a potentially larger capital cost as we'd have to have sufficient Emit bricks available to rent at the largest event. After all will orienteers spend £52 to use their brick in one region only? 700 bricks at say £40, with a discount, equals a lot. The current breakdown as I understand it is:

Scotland	SI
NW & SE	SI
NE	Not yet investigated
YH	Resolved not to look at it yet. SYO are keen to be involved
EM	Deciding
WM	SI decision imminent? Already using at certain events
EA	SI subject to lottery
SC	Doesn't meet as a region, SMOC buying their own SI system
SW & NI	Don't know
Wales	Don't know, but are using SI at W 5 Days

## FIXTURES

The list below shows the more local events plus a few major events. For a more comprehensive list see EMEWS or the BOF website. If you are uncertain about an event, check with organiser stated. Newstrack cannot accept responsibility for wasted journeys.

5<sup>th</sup> YH **HALO Colour Coded Event. Elsham Hall Country Park,**  
Sun C4 **Brigg. TA/030120.**  
Neil Harvatt, 01302-739140. £2.50/£1.00. String course.

Looks like another O-free weekend again.

12<sup>th</sup> EM **DVO Colour Coded Event. Whitesprings, Matlock.**  
Sun C4 **SK/300647. Organiser :Andy Jackson, 01332-668571.**  
**See Page 13 of Newstrack for more details**

12<sup>th</sup> World Ranking Event, UK Cup & FCC Short Race. Bentley  
Sun Wood South, Atherstone. SP/291966.  
C4 **Lim C-C Event (Yellow-Blue). Bentley Woods North.**  
Atherstone. SP/291966. EOD £3.00/£1.00.  
Organiser: Mike Savage, 01564-779347.

19<sup>th</sup> EM **LEI Compass Sport Cup First Round. Wakerley, Stamford.**  
Sun C4 **SP/963987. Organisers: Rachel Scott & Pete Lawrence, 01536-**  
**481857. Parking: £2.00.**  
Phone Liz Godfree (01332) 515862 and travel in style.

25<sup>th</sup> EM **DVO Local Event. Bottom Hill, Matlock. SK/329626.**  
Sat C5 **Robert Shooter, 0115-9322945. Lim CC courses.**  
**See Page 13 of Newstrack for details**

26<sup>th</sup> WM **HOC NATIONAL EVENT & Midland Championships. Brown**  
Sun C2 **Clee Hill, Ludlow. SO/619854.**  
Organiser: Robert Vickers, 01384-377008.  
Entries closed. No EOD. CC - W, Y, O & LG. String. No dogs.

## April

1<sup>st</sup> EM **NOC Colour Coded Event. Sherwood Pines, Mansfield..**  
Sat C4 **SK/612645. Organiser: Gill Hatfield, 0115-9814101.**  
Fees: £3.00/£1.00. Non BOF £4.00. Full C-C. String course.

2<sup>nd</sup> WM **WCH Colour Coded Event. Aston's Bank/Brocton & Milford,**  
Sun C4 **Cannock Chase. SJ/978170.**  
Organiser: David Bushnell, 01785-605412 (before 21.00).  
Parking fee £1.00. String course. 4km Wayfarers course.

- 2<sup>nd</sup> Sun EM C4 **LEI Colour Coded Event. Watermead Country Park, Leicester.** SK/609113. Paula Baldry. 0116-2673468. £2.50/£1.50. String course. No Brown. Pay/display parking fee.
- 9<sup>th</sup> Sun NE C2 **CLOK NATIONAL EVENT. Mulgrave Woods, Whitby.** NZ/844113. Organiser: Peter Archer. 01609-882420. Entries: Safestart, 22 The Willows, Raglan, Usk. NP15 2HB. 01291-690702. E-mail: j-powell@dial.pipex.com CD: 21/3/00. £7.50/£3.50. Studs/OAP £3.50. Late entries after CD up to 2/4/00 + £1.00. Chq: CLOK. String course. Lim CC. Parking - cars £1.00, minibuses £2.00. Dogs on lead in car park.
- 9<sup>th</sup> Sun EM C4 **LOG Colour Coded Event. Twyford Wood, A1 Coisterworth roundabout.** SK/946238. Organiser: Ian Durrant, 01522-532245. £2.50/£1.00. String course.
- 16<sup>th</sup> Sun EM C4 **DVO Colour Coded Event. Stanton Moor, Matlock.** SK/242624. Organiser: Paul Addison, 01629-640397. Parking at the caravan site used last time. £3.00/£1.00 non BOF + £1.00, Family £7.00 Non BOF + £2.00. String course.  
**NOTE: NEW FEES DUE TO INCREASE IN BOF LEVY**
- 22<sup>nd</sup>-24<sup>th</sup> **JAN KJELLSTROM INTERNATIONAL ORIENTEERING FESTIVAL**  
Somewhere in Scotland
- 29<sup>th</sup> Apr-1<sup>st</sup> **May Spring in the South Weekend.**  
Somewhere down south.
- May**
- 6<sup>th</sup> Sat EM C5 **DVO Local Event, Pools Brook Country Park, Staveley, Chesterfield.** Organiser: Dave McGivern (01246) 452826  
Registration at Visitor Centre. W, Y, O and Score.
- Jun**
- 11<sup>th</sup> EM **DVO Colour-coded Event, Calke Abbey**  
Organiser: Doug Dickinson (what's your new telephone number, Doug?)

Extract from SYO News: '9<sup>th</sup> April Wombwell Woods. Organiser and Planner required'. And we thought we had problems!

So at least 6 regions will have or are likely to have SI in place in some way soon. None has adopted EMIT. We were provided with copies of the SEOA research material, available at:

[www.jmay24.freerive.co.uk/epunch/index.htm](http://www.jmay24.freerive.co.uk/epunch/index.htm).

This is very informative. It also demonstrates a certain dissatisfaction among SI veterans when using Emit. Well worth a read. I don't see the point in duplicating this work.

#### **Funding.**

The decision isn't which system but how to pay for it. The general view was that the lottery sports fund was the way to go. It was felt that we shouldn't ask for a full grant but offer to make a substantial contribution from regional funds. EMOA has around £7000 in reserve. Ernie Williams (LEI) and Ray felt there was a will spend some of this. I didn't feel qualified to offer comment without club input, but it is fair to say that considerable resources are available to orienteers in the East Midlands.

The cost of a full SI set-up for a region our size is likely to be around £12000. It was felt that the lottery might be asked to provide half to two thirds of this. Asking for full grants may jeopardise other applications. A large contribution also demonstrates commitment.

How to fund the contribution. Two methods: EMOA pays it all. Or something similar to the bond system. For example DVO is a larger club with more resources and more opportunities to use e-punching than LOG, therefore DVO would buy a larger bond. In return for this bond DVO would have first call and not be required to pay a rental fee from EMOA for the first x years. LOG would buy a smaller bond but pay a nominal rent for use. We should also be willing to rent the equipment to third parties, SYO, PAA, SHUOC, RAFO etc? It was suggested that SYO might like to be involved, I felt they were more appropriate as customers than partners.

Next steps. We are meeting again on 28th March. By which time we are to have consulted our clubs. Ernie will make an interim report to the next EM meeting. No formal steps will be taken without in club consultation.

From DVO's point of view, I would like to discuss the issue at the open meeting next month.

**James Allen**

## Derwent Valley Orienteers Colour Coded Event

Whitesprings (near Matlock, Derbyshire)

Sunday 12th March 2000

By car: Signed from the A6 at Darley Dale, between Matlock and Bakewell. Parking will be along a minor road off the B5057, 2 miles north-east of Darley Dale (119/SK300647).

By public transport: Bus to Darley Dale Institute, then 2½ mile walk. Services TP, 61 from Nottingham, Derby, Matlock, Buxton (Derbyshire Busline 01332 292200).

Cost: Seniors £2.50 (DVO or BOF members), £3 (non-members); Juniors £1; Family £6 (DVO or BOF members), £7 (non-members).

Registration: 1000 – 1200

Start times: 1030 - 1230

Courses: White, Yellow, Orange, Light Green, Green, Blue, Brown; also String

Terrain: Woodland

No dogs allowed on courses. Dogs must be on a lead elsewhere.

Organiser: Andy Jackson 01332 668571

Planner: Karen Jackson

Controller: John Hopper & Ranald Macdonald

## Derwent Valley Orienteers Local Event

Bottom Moor (near Matlock, Derbyshire)

Saturday 25th March 2000

By car: Between Matlock and Chesterfield, the event will be signed from the A632, 3 miles north-east of Matlock (119/SK329626).

By public transport: Bus service 17 from Matlock or Chesterfield to top of Amber Hill (between Matlock and Kelstedge), then ¾ mile walk. (Derbyshire Busline 01332 292200).

Cost: Juniors £1. (All the courses are aimed at juniors but adults wishing to take part may also do so for £1.) If you are bringing a group please phone the Organiser before the event.

Registration: 1000 – 1200

Start times: 1030 - 1230

Courses: White, Yellow, Orange, Score

Terrain: Woodland

No dogs allowed on courses. Dogs must be on a lead elsewhere.

Organiser: Rob Shooter 0115 932 2945

Planner: Val Johnson

## DVO ANAGRAMS

- |    |                    |     |                      |
|----|--------------------|-----|----------------------|
| 1. | I'm a keg of beer. | 6.  | I plug wrath.        |
| 2. | Kids are moved.    | 7.  | I dine, belly maker. |
| 3. | Johan harms nog.   | 8.  | Band T evident.      |
| 4. | Valued hog C.      | 9.  | Avoid Bear, D.       |
| 5. | Be Yvete's luck.   | 10. | Relaxs O             |

I'd like to thank the contributor, but Val has forgotten who thrust them into her hand. Perhaps they should remain anonymous, particularly in view of Anagram 9 which, unfortunately, is too near the truth for comfort.

**Answers next Newstrack.**

## Friday Night Training

Steve Bird, in his definitive book - Get Fit for Orienteering, says: '...most orienteers completely ignore the training of the muscles in their arms, shoulders and abdominal regions, perhaps because the importance of these muscles in a sport like orienteering is not obvious at first. If you have abdominal and shoulder muscles that are in poor condition they are more likely to fatigue during the later stages of an event causing your body to sag and make running more difficult. You may have experienced this when running over difficult terrain. Upper body strength is also an asset when hauling yourself up a steep slope or climbing out of a deep gully'. So get yourself to Ripley every other Friday (**MG**)

Or to put it another way:

### **Descent into Purgatory, a Personal Account**

It is said that every football team that plays Galatasary in Turkey is greeted by the home supporters with banners proclaiming 'Welcome to Hell'. I sometimes think that a similar banner should be displayed as you enter the sports hall of the Police Headquarters at Ripley. My personal hell would consist of Paddy (although why he's called Paddy is anyone's guess since he doesn't appear to have been any closer to the Emerald Isle than I have) standing over me yelling at me while I do Pluto-Sniffs (don't ask) for all eternity.

For reasons which we probably cannot fathom ourselves, twenty to twenty-five DVO stalwarts turn up at two weekly intervals to have muscles that they didn't even know existed stretched, clenched, strained and pulled beyond their limited endurance. And still we come back for more.

For those who have yet to sample the delights of Marine Press-ups, each session begins and ends in a deceptively gentle fashion. Seriously, there are

lessons to be learnt for us all here. The first twenty-odd minutes are spent simply stretching those muscles that are about to be exercised in order to warm them up. How often do we just turn up to the Start, go through the motions of trying to push a tree over and launch into a course, laughingly trying to kid ourselves that we have warmed up? Paddy, bless him, brings warming-up out of the closet and gives it a thorough airing. This can be comical at times as when DVO walks round in a circle with one arm outstretched across its collective chest like so many demented daleks ('Stretch your arm to the point between discomfort and pain' has become a catchphrase, although for some reason Kate prefers to count the number of "Kay?'s - 36 is the current record).

I particularly enjoyed the exercise two sessions ago when, with John Hopper as a partner, I was positively encouraged to grasp him round the wrist (and he me) and force his hand to make violent contact with his head and/or (preferably both) kick his ankles. All those years of being whupped on badge and colour-coded courses suddenly welled up inside me and I developed quite superhuman strength as I gave him the thrashing of his life. Personally I think this particular exercise could become an integral preliminary to all future events.

Then the serious business of fitness training begins. I think that, slowly, as the weeks go by, Paddy, the little tinker, is slowly turning the screw. I missed the first session of the year, but two weeks ago, he devised a particularly fiendish torture, whereby 45 seconds (never have I known time to pass so slowly) of shuttle runs were succeeded by 45 seconds of bench jumping were succeeded by 45 seconds of press-ups, burpees, squat-thrusts, star jumps, tricep dips, and on and on and on, through variations of torture unimagined since the days of Torquemada. I felt nothing could outdo this, but last session, two weeks' deliberation produced yet another devious twist. First he lured us into a false sense of security by announcing that each activity would be reduced to thirty seconds, before casually mentioning that the number of activities was to be increased to twenty, ten concentrating on the lower body, ten on the upper.

The most evil sting was leaving the infamous Marine Press-ups till the very last. This exquisite indignity requires you, whilst forcing your screaming arms to descend towards the mat for a last few times, to raise an alternate leg in the direction of your elbow (try it some time, though obviously not in mixed company). When you're asked to do this at the end of three-quarters of an hour of non-stop, lung-bursting, muscle-wrenching activity, the effect is akin to an attack of Tourette's Syndrome as you are reduced to a quivering wreck on the mat, slaving uncontrollably and gibbering unintelligibly.

Yes, it really is great fun for all ages. And, believe it or not, week by week, it does make a difference. You probably would not realise this from my performance at Hawksmoor, but unfortunately, whilst Paddy can hope for corporeal improvement, science has yet to devise any simiarily enhancing technique for the brain. I swear that, as I hauled myself up the interminable contours of Dimmingsdale, those aged limbs of mine did respond to the

challenge with a little more alacrity than they would have done **without** Saint Patrick's ministrations.

(Fitness sessions will continue until further notice or breakdown on a Friday at Ripley Police Headquarters – from the A38 take two left turns at the second roundabout – at fortnightly intervals from 3<sup>rd</sup> March, starting at 7.00pm).

And that reminds me, I think that James Allen should be immediately arrested and tried on a charge of Deliberately Arranging Shift Patterns So They Coincide With Fitness Sessions – I haven't seen him sweat an honest bead since December.

## Club Captain's Corner

### **Compass Sport Cup Match at Wakerley on Sunday 19<sup>th</sup> March**

At the time of going to print there are still seats available on the bus leaving Allestree at 8:30. A bargain at £2 adults, £1 juniors especially considering that you will save the £2 car park fee. It is too late to pre-enter but there is entry on the day and we are assured by LEI that there will be a yellow course as well as the cup courses. Come and support the club, you never know, with your help we might get through to the final, ring Liz Godfree on 01332-515862.

### **JK and British Relays**

I am still taking names for the JK (Scotland April 24<sup>th</sup>) and the British (Herefordshire, May 14<sup>th</sup>) relays.

Liz Godfree 01332-515862

## DVO Weekend Abroad

It's time to decide where we'd like to spend a warm weekend abroad this Autumn. The favourite seems to be Madrid. Seville would also be good but flights go out late on the Thursday and return early on the Sunday.

Madrid would be about £330 for flight, B and B, from Manchester airport.

The dates depend on the half term. If most of you were planning to do the Karrimor (28 - 29 October), then we would go from the Saturday to the Tuesday (22 - 24 October).

Please let me know as soon as possible if you are interested, so I can check availabilities.

Viv Macdonald (01629 734307)



## Mike Godfree's This and That (not to be confused with Odds and Sods)

Twice recently I have been embarrassed by planners' tapes left behind in the forest. I was inspecting proposed new permanent control sites at Black Rocks with the warden when at one of the ruined wall corners in the woods we found two old tapes. The second was a very strange conversation with a woman whose dog had wandered off the path at Elvaston. "Out of curiosity" she wanted to know if the numbered tape she saw was anything to do with orienteering.

It is normal practice for the event planner to hang a piece of tape at the control sites to enable the controls to be hung accurately at the event. Also some planners and controllers like to visit the sites independently to confirm that the site is correct. Some controllers will then hang a second tape. When the control is placed before the event it is normal to leave the tape in place, although sometimes it is a good idea to at least move it to somewhere less visible. This then should ensure that if the control is removed during the competition competitors have confirmation that they have been to the right place and the control is missing.

So that we are not accused of adding to the litter, can we ensure that planners remove any tapes for sites that are not in the end used? More importantly can control collectors regard it as part of their job to remove all tapes that they can find?

Running – no I'll rephrase that – stumbling through the Peak Pits part of Shining Cliff at the recent event reminded me that the club used to have a telescopic pole for mounting the call up clock so that it was visible above the eager throng of would be runners. It was made of aluminium and collapsed to about 3 feet in length. I last remember seeing it at a Badge Event in Shining Cliff many years ago when we started in that part of the woods. Is it still there, or is it lying unused in someone's garage? It would be nice if it could be brought back into use again.

Just visible from the dip in the M1 between Junctions 29 and 30, opposite the derelict Markham Colliery is Pools Brook Country Park. This is the site of our latest permanent course. Although the village is called Poolsbrook the country park is alongside the river called Pools Brook. The park is signposted from the A619 in Staveley next to the bridge over the railway. The formal opening of the course will take place at the schools event on Saturday May 6<sup>th</sup>. Maps from the Tourist Information Centre at the Peacock Centre in Chesterfield or as ever from me.

My recent appeal in this worthy publication for Permanent Course Guardians brought a much better response than I had hoped for. Thank you to all who volunteered.

**Mike Godfree**

## Letter To The Editor 2

Although the times, they are a-changing and New DVO is a politically correct, ever so serious, conservative outfit, some of us forty-somethings still hanker back to the golden days of our youth and remember the Booze 'O'. So DVO fixtures Committee, when organising the Summer league for next year please remember the Booze 'O'

Anon of East of Ripley

P.S. It is strongly rumoured that Dave Clough and Mike Gardner were the last winners of the prestigious trophy (bucket).

## Odds And Sods

### **Sports Personality of The Month**

A particularly notable crop this month as first:

**Andy Hawkins** somewhat optimistically rang John Duckworth and Ann-Marie Priston to see whether they would be willing to be help at the Shining Cliff colour-coded event only to have his invitation politely refused. John and Ann-Marie asked if they could be excused duties on this one occasion as they were getting married the day before. Then:

**Jayne Malley** decided during the Marsden Moor Badge to navigate to her next control by aiming off a footpath. She had to abandon this tactic, being unable to find the footpath in question. Nothing unusual in that you might think – except that the footpath in question was ....the Pennine Way. But the Winner is:

**Ted Smith** who on his antipodean travels took part in an event adjacent to a nearby town. Setting off from the Start, he was forced to return and recommence twenty minutes later, having navigated as far as the local prison - where presumably he was kept for questioning on a charge of impersonating an orienteer.

\*\*\*\*\*

Did anybody watch 'Soldiers To Be' on BBC1 recently? For us, the chief attraction was not the trials and tribulations of a group of squaddies as they were put through the humiliations of Army training, but the fact that the whole thing took place at Catterick, venue of last year's October Odyssey. We could relive the highs and lows of that experience all over again, and play Spot the Control. Who'd've thought that '425 - Gully End' would one day make its debut on national telly as a trench in a docusoap?

**Into The Twilight Zone** This story comes courtesy of Alex Ross. Early competitors at a badge event down south reported to the controller that one control – 115 – was without punches and in the wrong place. A disbelieving controller, accompanied by some of the complainants, went out into the forest and, lo and behold, found control 115 in the correct place and with punches. However a further search revealed another control nearby, also with the 115 code. It turned out to be a control not collected in from an event held on the same area - seven years previously. Spooky or what?

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As regular readers of Newstrack know, I am constantly on the lookout for references to orienteering in the most unlikely places, a novel, a Hollywood romance, that sort of thing. I was recently reading a review of 'Seven Days and Seven Nights' (Harrison Ford and Anne Heche get stranded on a desert island, they fight, they kiss, that's it really). The reviewer accused the film of making being castaways seem like a weekend of orienteering. Initially this simile conjured in my mind images of sensory deprivation, terrifying confusion, unimaginable terrors and extreme weather conditions. Then I realised that the reviewer had never actually been on an orienteering weekend, and actually meant the opposite.

## **February Open Meeting**

This will be as last time in the upper room of the Queen's Head on Chesterfield Road, Belper – fork left at the Market Place and continue for half a km uphill. Runs at 7.00 and meeting at 8.15pm.

## **COACHING CORNER**

### **Junior Coaching.**

The next session for the DVO juniors will be held at Bottom Moor on Saturday 25<sup>th</sup> March at 1.30pm finishing at 2.30pm. The theme will be 'Setting the map' so bring along your compass. Please ring Vai to book your place – it's a lot easier to plan a session numbers are known.

### **Personal Improvement Day.**

Twelve members are going to Great Tower on Saturday 1<sup>st</sup> April, I believe there are some places left if anyone else wants to come but please ring BOF office direct.

**Vai Johnson**

Kate says the Newstrack Cover is boring so:

# Competition of the Month

This month's competition (this month only!) is to design a new front cover for Newstrack.

In your entry you must include:

Graham Johnson  
12 Chevin Road  
Belper  
DERBYSHIRE  
DE562UW

[Gmjandfam@aol.com](mailto:Gmjandfam@aol.com)

April 2000

A picture of something to do with orienteering.  
And, of course, Newstrack

The prize will be to have YOUR design on the April 2000 front cover.

Please send your entries to:

Newstrack Competition  
C/o Kate Johnson  
12 Chevin Rd  
Belper  
DERBYSHIRE  
DE56 2UW  
or  
e-mail [Kjdude2k@aol.com](mailto:Kjdude2k@aol.com)

The closing date for all entries is Easter Sunday.

(This is not a joke)

(I have a bet with her that no-one will respond – Graham)