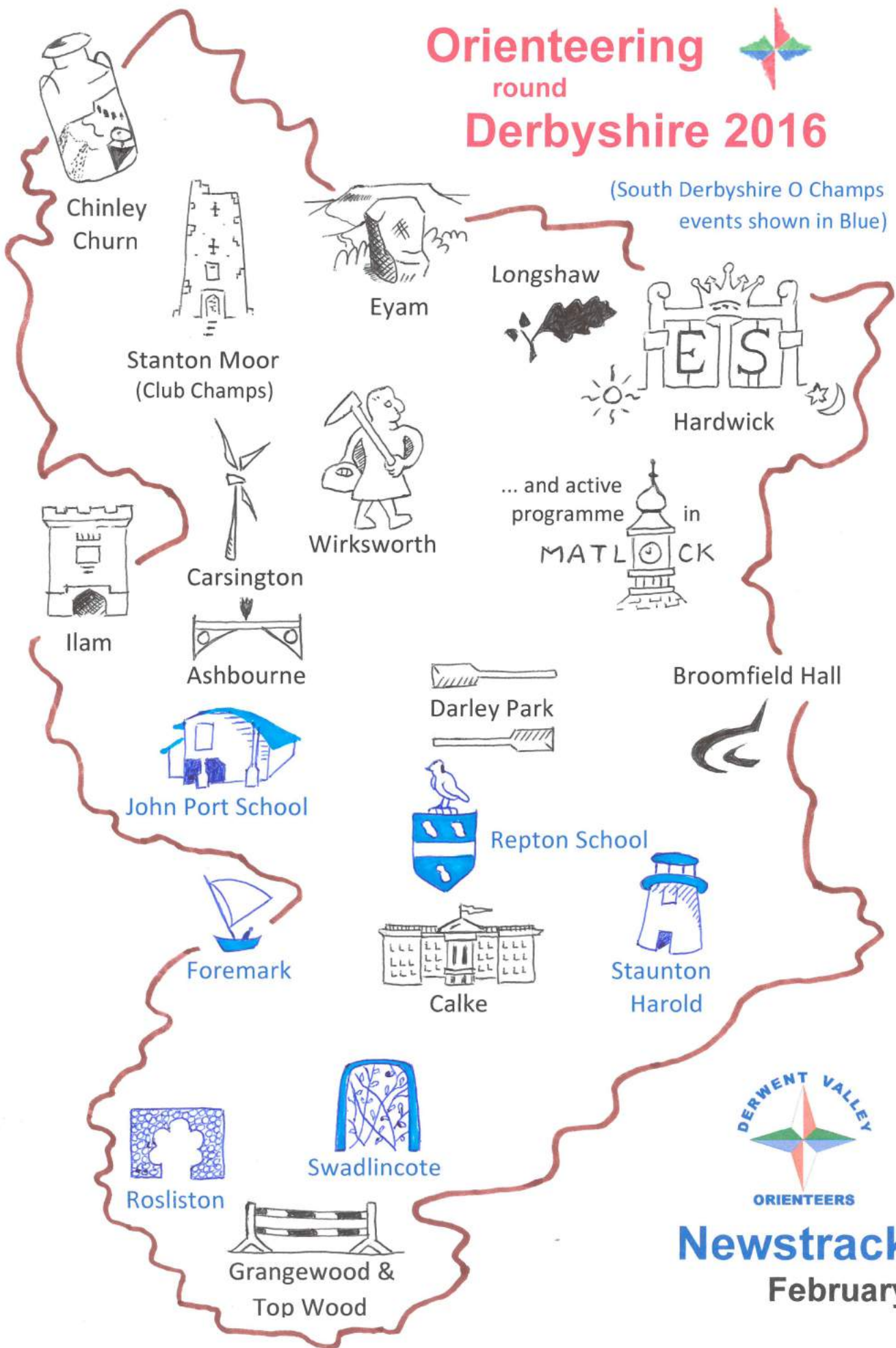


Orienteering round Derbyshire 2016



(South Derbyshire O Champs events shown in Blue)



Newstrack
February

DVO Club Contacts

Chairman	Stuart Swalwell	stuart.swalwell2412@mac.com
Vice Chair	Vacant	
Secretary	John Hawkins	john.hawkins16@sky.com
Treasurer	Roger Keeling	rogerjkeeling@aol.com
Fixtures Secretary	Stuart Wicks	stuwicks@stadtgenwicks.plus.com
Minutes Secretary	Dave Chaffey	Dave.chaffey@gmail.com
Coaching and Juniors	Val Johnson	Gmjandfam@aol.com
Club Captain	Liz Godfree	Liz.Godfree@btinternet.com
Committee Member	Rex Bleakman	rexbleakman321@btinternet.com
EMOA Rep.	Mike Gardner	mikegardvo@sky.com
Matlock Rep.	Judith Holt	judith.holtcooke@btinternet.com
Junior Rep	Elizabeth Bedwell	liz.bedwell@btinternet.com
Mapping & permanent courses	Mike Godfree	Mike.Godfree@btinternet.com
Event Officials Coordinator	Ann-Marie Duckworth & Jen Gale	jasrduckworth@btinternet.com jg.244@btinternet.com
Controllers Coordinator	Paul Addison	pxaddison@aol.com
Access Coordinator	Viv & Ranald Macdonald	r.f.macdonald@btinternet.com
Development Officer	Ann-Marie Duckworth	jasrduckworth@btinternet.com
Informal Events Coordinator	Ned Needham	richardaneedham@outlook.com
Equipment	Paul Wright	Cpstwright@tiscali.co.uk
Web master	John Cooke	jholtcooke@btinternet.com
Press	Paul Wright	Cpstwright@tiscali.co.uk
Publicity & Social Rep	Both vacant	
Welfare Officer	Sue Russell	01773 857318

New Members

Welcome to new club members Adam Steventon, Kirsty Turner, Ashley Buxton, Ella-Rose Barber, Jane Stirland and Yvonne and Nicole Clarke. Also to the O'Donnell family: Nicola, Ben and Jake. See you at an event soon :)

Editorial

The first Newstrack of the year always gives results of the previous year's leagues, with league fixtures for the year coming. The last 3 pages list UK and East Midlands League events – pop it on your fridge, in your diary or in the time-off request book at work to be sure you get maximum points!

News just in: Newstrack has won one of CompassSport's 2015 Newsletter Awards and the Tube map cover last January won best cover! So, thank you all for contributing "stuff that people enjoy reading" as Nick Barrable puts it, and keeping the magazine diverse.

Copy date for the next issue is **17th April** to give out at Calke Park on the 24th. Good luck in your spring events!

sal.chaffey@gmail.com

Open Meeting, 27th April, The Family Tree, Whatstandwell

This meeting is timed for the Wednesday before the British Champs at Brown Clee. Come along to look at maps & discuss your tactics. Run at 7pm, Meeting at 8pm, new faces welcome – there's free tea, coffee & parking too!

Entries for Level B event at Longshaw, 6th March

Please pre-enter (via Fabian) if you wish to run at this event. This reduces the effort (and thus the help required) on the day. This time helpers will get a discount when entering the discount code which you can get from your team leader.

Mike Godfree

DVO jackets and O tops

Be smart, look good and wear your club kit with pride. Look at the models on the DVO web site home page. I will put in an order for more O tops soon so let me know of any more that are required straight away. See the club web site under members/clothing for details of sizes and options. Experience says that even for a tight fit you need to err on the large side and definitely if you want a looser fit. Short sleeves were only £20 for the last order and £28 for long sleeves thanks to the weak euro but prices depend on exchange rate & order size.

I still have club warm-up jackets in stock. These are £30 for a very comfortable jacket. Again see the web site for information. You can always ask to try either a jacket or top on for size.

Mike.Godfree@btinternet.com

YOUR CLUB NEEDS YOU !!!!!

Every event in DVO's Level D Programme for Summer 2016 caters for beginners, families, school & youth groups. Plus a Challenge Course for regular orienteers and the confident.

Following discussions we have settled on having three localised series:

- A South Derbyshire League of six events (SDOC 2016)
- A Derby and District series of Park Orienteering
- A Matlock Summer Evening Series.

You will find the details of these on the club website under Fixtures.

Already many club members have offered help with Planning, Organising and, that essential ingredient, being there to help newcomers and beginners enjoy their Orienteering experience. Please encourage friends, family members and any groups you have contact with (e.g. Scouts, Guides, Cadets, etc) to give Orienteering a try!

Anyone wanting to be involved please contact:

viv.macdonald@btinternet.com for the Matlock Series.

rexbleakman321@btinternet.com for the South Derbyshire League.

richardneedham@outlook.com for the Derby and District series.



Club Captain's Corner



Invitation to ALL DVO members - come to the Club tent, meet fellow Club members, support your Club in national competitions!

How can I do that?

By taking part in the CompassSport Cup and the JK & British Relays!

I've never done that before. I'm not very good. Would u really want me? 😊

YES! There's a place for everyone at the CompassSport Cup, and the complex scoring system means that every runner can help DVO to victory!

Read 10:38

Okay!

1. When are the competitions?
2. What do I do now?
3. How much will it cost?

Calling all Juniors ...

Yvette Baker Trophy Heat

Spring Cottage (LEI)

Sunday 10th April

Run in your local heat & let's see if we can make it to the Final at Wormley Woods in Hertfordshire on July 3rd!

Email Ann-Marie for details:

jasrduckworth@btinternet.com

1. CompassSport Cup – SUNDAY 13th MARCH

Where? Abraham's Valley, Cannock Chase, venue for last year's Midland Champs (the Chase at its best according to Walton Chasers).

Further details on WCH website at <http://www.walton-chasers.co.uk/wp-content/uploads/2015/11/CSC-Prelim-Details-130316.pdf>

What course do I run?

BROWN M21, M35

SHORT BROWN M20, M40, M45

BLUE WOMEN W21, W35, W40

BLUE MEN M50, M55

GREEN WOMEN W20, W45, W50, W55

GREEN MEN M60, M65

SHORT GREEN VETS M70+ W65+

GREEN Junior MEN M16, M18

SHORT GREEN Junior WOMEN W16, W18



ORANGE MEN M10, M12, M14
ORANGE WOMEN W10, W12, W14

There is a Yellow course for those juniors not up to Orange standard.

What do I do now?

I make all the entries. So e-mail me (Liz.Godfree@btinternet.com) your BOF and SI number (tell me if you need to hire a dibber), age class and whether you would prefer an early, middle or late run or if you need parental splits. **Names to me by 20th February please to meet Walton Chasers' closing date.**

Cost? DVO will subsidise the cost of your run by 50%. You pay me £4.25 (adult), £2 (junior) on the day.

This year we are up against HOC, LEI, NOC, OD and WCH.

With the help of all club members we could make the final again. This year there is no need to stay away, it is being staged by SYO at Tankersley, near Barnsley, on **Sunday October 16th**.



2. JK Relays – MONDAY 28TH MARCH EASTER MONDAY

Where? Storthes Hall, near Huddersfield

Further details <http://www.thejk.org.uk/index.php?pg=282>

Teams comprise different age class combinations. When I have enough names I will make up teams. If 3 of you wish to run together let me know.

What do I do now? I make all the entries. E-mail me (Liz.Godfree@btinternet.com) your age class, BOF and SI numbers and I'll do the rest. Names to me by 20th February.

Cost? DVO will subsidise the cost of your run by 50%



3. British Relay Championships – SUNDAY 1ST MAY

Where? Brown Clee, Bridgnorth, Shropshire.

Further details at http://www.theboc.org.uk/page/Relay_race

Teams are comprised of different age combinations to those at JK.

What do I do now? I make all the entries, E-mail me (Liz.Godfree@btinternet.com) your age class, BOF and SI numbers and I'll do the rest.

Cost? 50% subsidy



Map samples for the British Relays

You should now know many more DVO members especially those in your age group and know that DVO is a sociable club which welcomes and values ALL of its MEMBERS.



See you at the Club tent!

Liz Godfree



Are We a Miserable Unfriendly Lot?

So there I was at Wharnccliffe running (not many places at Wharnccliffe that I come even close) along a path, when I encounter a dog walker. So I smile, as usual, can't hurt to be friendly to anyone you come across. And she says, "You're the first one that's acknowledged me. They all run past ignoring me." And I say, oh they're just concentrating. "But they all look so miserable." She says. "I thought you did this for fun."

Now I know a lot of runners are very serious about it and perhaps "fun" wouldn't be the word they'd use, but surely most of us believe we do it for fun. And my point is, we should all (even the serious contenders) manage a smile as we pass, because it might just stop people vandalising our controls and generally feeling antipathy towards us. And, how can we hope to encourage more people to take part in our wonderful sport if we come over as a miserable, unfriendly lot.

So, this is a plea for everyone to try and at least smile as you pass non-orienteers, who knows what a difference it might make?

Jen Gale



Ashbourne New Year's Day event

Mike Godfree (Controller)

We have had a mass start for these New Year's Day events for at least the 4 previous events, Wirksworth, Matlock, Bakewell and Ilkeston, which have all been conventional courses rather than a score. Eyebrows are raised at having a mass start for conventional courses. However feedback from each of these events about the format has nearly always been very positive. Some like the head-to-head race itself. Others comment that they soon get away from (left behind by) the pack. Others have said that they like the instant feedback about alternative route choices as they are either ahead or behind their rivals at the next control having taken a different route. Yes, you need to ensure that there is a long run to the first control and/or plenty of control boxes at it. Another merit that we had not thought about is that if there are any complaints from the public, by the time they have noticed people racing past and wanted to complain then it's all over!

The problem with doing a score event in an urban area is that you have no control over the routes that competitors take which can have safety issues as you can no longer feed them into a safe road crossing with a time-out if necessary. One intriguing result is that if there has been a timed-out road crossing then even though you cross the line in front of someone they might still have a faster overall time if they spent longer on the road crossing.

The whole reason for doing this originally is that it reduces the manpower required to the minimum. No start team, no finish team, registration in a limited period and those registering can themselves take part. And all over quickly so we can ALL get home for New Year's Day lunch only a little late.

We can look forward to Belper in 2017, but this time on the Bank Holiday [Monday, 2nd January](#) as the traditional West Midlands Laurie Bradley Score [on 1st January](#) is close (Cheadle) next year. [Sal adds: and I'm mapping Belper, with O-Cad lessons from Mike!]

Eyam Event: Organisers Report – “a testing weekend”

Ned Needham

Funnily enough I've come to enjoy the vagaries of being an Organiser, as much as I enjoy Orienteering. This time, however, Eyam was a little different.

Organising the Eyam event was (to the surprise of some readers) quite enjoyable for a number of reasons. I like to contribute something positive towards the Club, and the other Club members (in this case Lester – Planner and Ranald – Controller) are good to work with and supportive when it comes to problems. Eyam was no differen ...

As we all know it did turn out a little different and only because of something that we can't control. The Great British Weather!

I was staying in the area for the weekend as I stay in a cottage called Willow Croft in Litton, not far from Eyam. I'd met with Lester and Ranald earlier in the day (bright blue skies, and a little breezy, but looking promising for tomorrow) and all the Controlling, Planning and Organising was coming together. The Controls were being put out, and I was putting up the signs giving final directions for our expected competitors, not so thought “Mother Nature!”

Later in the evening the first flakes started to fall, we were expecting them but were certain that all would be well in the morning.... I woke early 4:30, took a look outside and thought... “Hmmmmm going to be a “testing” day today”. I made myself a cup of tea, took out the comprehensive Co-ordinators notes and read the sections about Cancelling an event. I wrote down what I needed to do and took a walk outside.

I sent my first e-mail to Stuart, Lester and Ranald at 4:58, and went back to bed feeling confident that even though the event might have to be delayed or cancelled I knew that the right decision would be made. I also knew that I wouldn't be left to make the decision on my own.

The rest, as you know is history...

My point is that Controlling, Planning and Organising are all part of the sport of Orienteering in which the club is dependent on volunteers, and I know from experience that it can be a little daunting but currently there are only a small number of club members who are contributing to the Officials section of Orienteering and we need more. I will continue to Organise (I'll be there for the rescheduled Eyam event in December) but those who we rely on more and more may not.

Please Volunteer.... You'll not be on your own, and it's very rewarding once back home with a cup of tea and slice of cake.



Snow at Litton

A Big Weekend in Edinburgh

A haggis is a sheep's stomach stuffed with ingredients, some spicy, some stodgy and some that are best not to ask too many questions about. Edinburgh University's Big Weekend was very similar: satisfying fare, despite being a bit of a pudding in places – though some would argue that it was not as offal as that.

One of its novelties was the chance to try out Sportident's new contactless dibber (the company would like me to spell it SPORTident, but for obvious reasons I won't), a supply of which they had donated for use through the weekend. As science progresses, refinements of older models tend to reduce in size, the mobile phone being a case in point, but Sportident has bucked the trend, designing its new dibber to resemble a large oblong mint humbug, stripes and all, that no longer seems sure to which part of your body it belongs judging by the acreage of elastic strapping which accompanies it. Most people wound theirs round their hand but since the front of mine has evolved specifically to hold my compass, the dibber had to go on the back, which was all rather awkward. The contraption also seems confused as to what it wants you to do with it; since it is 'contactless', it should no longer need to be dibber-shaped, but it still is because they haven't yet devised a way to get round sticking it in a hole in a box to be cleared and checked.

First chance to try it out was at the Night Sprint event around the King's Buildings campus of the University. Only two courses were on offer, forcing me to opt for the longer 3.9 km in compliance with my lifelong policy, designed to prevent me ever suffering the humiliation of being beaten by Val.

The first thing I noticed on picking up the map was that it was printed on ordinary paper and encased in one of those punched arch-lever file plastic envelopes. There has been a recent disturbing trend in the world of stationery towards making these pockets semi-transparent, and this was the type selected for use in this event (the technical term is 'orange peel finish' – Ed). As if being unable to see the map through the plastic was not bad enough, the material also reflected the light. I solved the problem by removing the map and discarding the envelope altogether (although Val spent most of the evening trying to find a glare-free streetlight to study the map under).

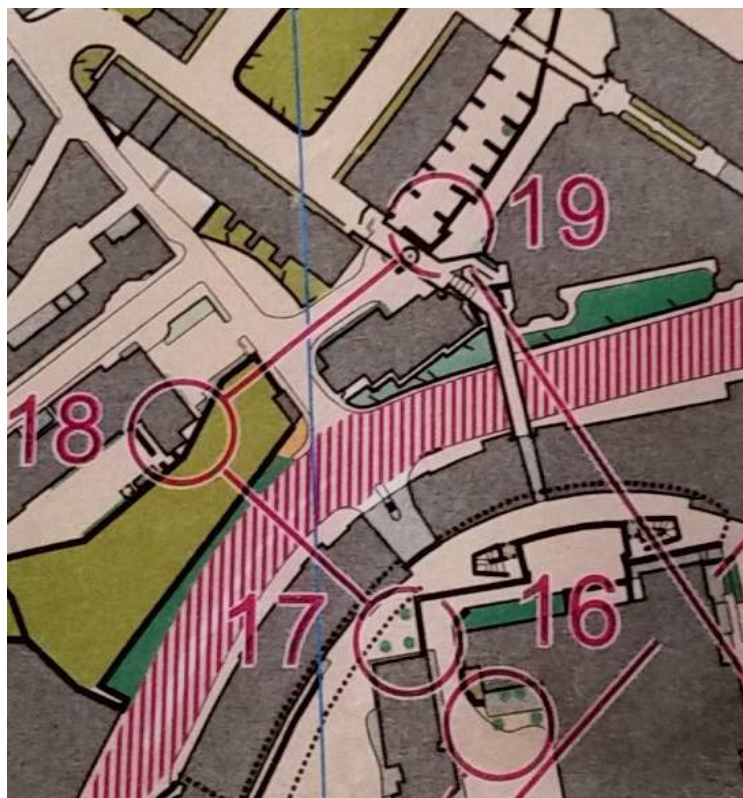
The second thing I noticed was that the 1:4000 area covered by the map was only 4 inches by 3 and included 34 controls, which made for a busy production even if they were spread over two sides. As if the sight of 20 controls swimming before my eyes were not bad enough, the first control launched me into a sequence of four butterfly loops covering 17 of the first 21 controls. On arrival at Control 1, I had a bewildering choice of five exits, only one of which of course was correct. I'm quite used to running around in circles while orienteering but not usually as sanctioned by the planner.

My biggest objection to the rival EMIT punching system has always been the absence of any sound confirming successful location of the control, resulting in uncertainty and a high (personal) disqualification rate. If in designing a contactless dibber that both flashes and beeps at the same time, Sportident thought they'd devised a foolproof system overcoming this drawback, they were wrong. No manufacturer has yet devised a system failsafe against a fool like me, which explains why, even despite visiting every control, I was still disqualified. I put it down to vertigo induced by running in ever-decreasing circles. Safe to say I remain immune to the charms of the contactless dibber. Can't we bring back pin punches?

One thing I will say in the device's favour is that it keeps beeping like an alarm clock so long as you're in the vicinity of the control. Initially this was rather confusing; I didn't know whether to move on or go and make Val a cup of tea. I eventually decided that this was a good thing because one of my (many) orienteering bugbears is the habit of some people finding a control and then standing by it for five minutes, broadcasting its whereabouts to all and sundry, while working out their next control. Anything that encourages them on their way has to be a Good Thing.

Saturday brought an Urban event on the streets of Edinburgh itself. Most courses started in the west of the map, to the south of the Exchange area, a multi-level complex including hotels and a conference centre. I'm not saying the use and mapping of this area was controversial but this has so far generated 59 posts over four pages of Nopesport. See if you can tell why from the example

This is taken from one of the longer courses but 19 was my number 3, and Val's number 2 to 3 was 17 to 19. Try and work out what route you would take and how you would overcome the problem of 19 being surrounded by black lines, including those at the south-west edge of the circle which in fact denote a concrete bridge several metres above the control you are looking for (so they are not crossable unless in a suicidal mood in contrast to the homicidal mood prevalent amongst the competitors having to grapple with this conundrum). The answer in fact is to run over the bridge, then up to the top of the street before doing a U-turn and heading back to run underneath the bridge from the west. The only way to work that out without prior knowledge of the area was trial and error. I took over 5 minutes to perform the necessary mental gymnastics, and this was by no means untypical.



The problem arises from trying to fit a three-dimensional problem into a two dimensional map. In this case, the general feeling was that the map was deficient in omitting dotted lines indicating an underpass, as seen on the bridge in the north-east corner of the map. Another misleading piece of mapping is to be found in the two sets of stairs either side of the number 16 on the above map, neither of which seems to be accessible from one direction and either of which had to be negotiated in going from 16 to 17 on this course since these controls are on two levels. Such controls can be great fun and one of the features which make urban events so different, but too many times, as on this occasion, the planner seems to be trying to trick the competitor rather than present a problem that can be resolved using the clues presented by the map.

These controversies were rather unfortunate and clouded the event when in fact Edinburgh was one of the best UK urban areas I have run on. Often picturesque places which have plenty to offer the tourist - Chester springs to mind - are a big disappointment to the orienteer since they offer little in the way of complexity. In the case of Edinburgh, apart from the last two or three controls, there was no leg which did not offer a navigational challenge of some sort or another, the narrow streets either side of the Royal Mile that we briefly visited being a case in point.

Sunday offered a Level C event on Holyrood and Meadowfield Parks around Arthur's Seat. It was quite remarkable that all three of the weekend's events, so different in nature, took place within a couple of miles of each other, and all accessible by Edinburgh's excellent transport system. Apart from offering only a relatively limited range of colour-coded courses, Sunday's event had all the feel of a Level B with a large area split into two, mapped at different scales, and a climb to the Start up a stone staircase so long and steep you expected Saint Peter to be at the top of it.

Brown and Blue courses also offered the novelty of a mini-mass start for those who could be bothered to get up in time, i.e. not me. To accommodate the mass-starters the planner had introduced butterflies (again!) and gaffling to the courses, a step which fed down to the traditional starters so we ran on alternately adjusted courses with no loose descriptions. The terrain was largely open, rather like running on a Lake District fell, apart from the network of gorse bushes on the edge of which many of the early controls were sited and which put concentration at a premium.

There can have been few January weekends in Edinburgh which incorporated not a drop of daytime rain and temperatures in the mid-teens. All of this made for fast and hugely enjoyable running conditions culminating in a kilometre leg from one side of the map to the other and, praise be, a downhill finish. I was completely unfamiliar with this area beforehand but will return either to run again or wander as a tourist, maybe both.

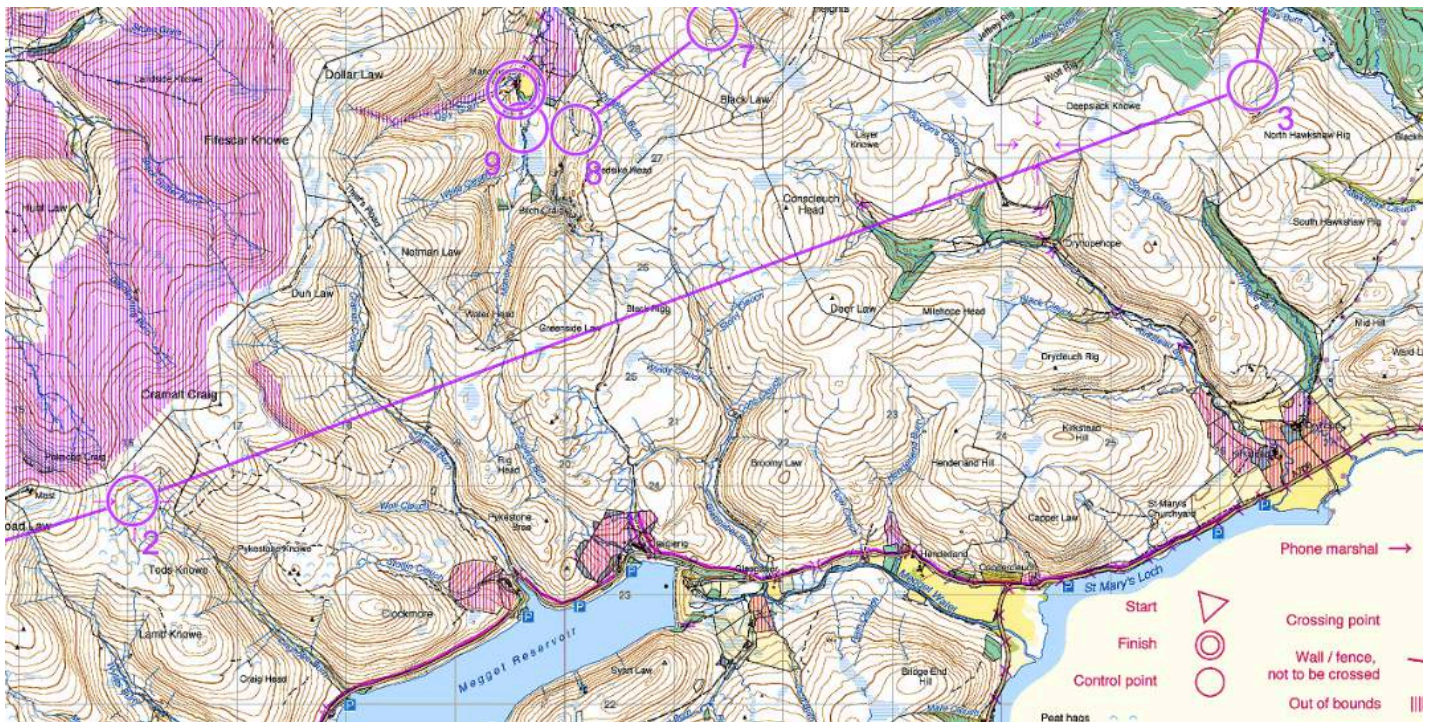
DVO's presence at this event was evident in the form of the Godfrees and Chaffeys, four of us competing on the Blue course. I'd got Dave 7 minutes behind me and Sal 11 minutes. I expected to see at least one and maybe both before the end and was pleased to hold Dave off until six controls before the finish. As for Sal, what happened? (Gaffling & inability to count, grrrr - Ed)

So, Paul Addison and myself are running along the banks of the Megget Reservoir and everything's looking good. We're knocking off a km every 5.15 mins, getting something to eat (jelly babies, cocktail sausages and rice cakes with Belgian chocolate– the food of athletes) and it's even stopped raining.

But something's niggling at the back of our minds. It isn't wondering what's happened to the sheep with the panicked expression that had come over the top of a waterfall we were crossing before it disappeared downstream. So what's worrying us?

I should explain that we're about two hours into the first day of the OMM Mountain Marathon, aka 'The Karrimor' to those of us of a certain age. The 3rd leg, of 11km, has some 600m of climb on the straight line and is the critical route choice of the day. Having studied the options it was obvious to us that the optimum route was to drop out of the hills, run alongside the reservoir for about 8 km, and then climb back up into the mountains to the control.

And then that niggle crystallizes into a sudden realisation. If we're on the optimum route, how come there isn't another soul in site?



It's probably worth rewinding 36 hours....

It's a typical Thursday evening in the Duckworth household and I'm getting ready to go training. Ann-Marie wanders through with the phone with Paul on the other end. 'Hi John,' he says 'what are you doing this weekend?'

And so on Saturday morning I find myself in the Tweedsmuir Hills jogging with Paul up to the start line of the OMM. The rain's coming down in stair-rods and we seem to be the only ones lining up for the A-course maps. As Paul says, we had thought this was a phase of our life we'd got over and moved on from.

We had a successful few years running the Karrimor together in the past but I'd given up mountain marathons over 10 years ago. Whereas we used to spend all summer training and preparing I hadn't even done much running in the months before preferring to ride a road bike nowadays. Nonetheless, I still had a cupboard full of 'state of the art' mountain marathon equipment, or at least it had been state of the art in the last century, so I considered myself good to go even at such short notice. Looking around the start area, however, it was clear things had moved on a bit – mountain marathons and the kit seem to have got lighter, expensive and somewhat 'cool'. I was self conscious about our retro look and decision to go for comfort over speed.



However, once we got running in the hills I remembered how much I loved spending a weekend racing in the mountains. The rushing water, the reds and browns of autumn, and the weather changing every five minutes is fabulous. And it's magical to have the freedom to run wherever you want for mile after mile in a huge landscape of mountains.

Day 1 seemed to go ok(ish) with about half a dozen significant climbs and mostly good runnability on the hills. We ended up running for just over 8 hours to the overnight campsite covering 45 km with 2000m of climb. Somehow it didn't seem quite right to be met by Mike Godfree at download as if we'd just done a lap of Allestree Park.

The Karrimor campsites I remembered were always in a marsh at high altitude but this time we were in the valley bottom in a grassy field. What surprised me more was the fact we were the only ones in a Saunders Jetpacker tent (there was one other but it was plum coloured and they don't count – Andy Jackson take note). This was the only tent to be seen in 'back in the day' and so attracted what I considered to be admiring glances from everyone else in the field with their fibreglass poles and garish colours.

What else has changed? Well the dehydrated food is much better now, the portaloos have lights, and there were drones flying above us filming what was going on – well worth a look at <https://youtu.be/T9hR1n3k67k?t=96>

We finished 7th on Day 1 putting us into the early start block for Day 2 running head to head with the other highly placed runners. Unexpectedly this made it a bit more sociable as we were running with other teams of a similar pace so we could have a chat. We spent several km running with a couple from the Swedish Army who were tethered to each other by a nylon cord - it seemed to work for them as they eventually got away from us.

However, the second day of 35km was characterised by a series of absolutely brutal climbs e.g. 250m of climb in 0.5km up to a control. There was one big route choice leg where we again found ourselves all alone. Everyone else went over the top of the mountain – we went round the mountain and scrambled up the back of a corrie, partly because it looked just as quick but mostly because it looked more fun. As it was, the people we left the previous control with arrived at the next control at exactly the same time despite the different routes.

We finished the second day in 7th overall against all the youngsters and won the veteran race. That's something else that's changed since we last ran the Karrimor together – we've got old.

I have to thank Paul for inviting me on what was, without doubt, the most enjoyable event I ran last year. It's just a pity my place was as a result of Ned being injured. It's reignited my passion for running in the mountains, so much so I've already entered the Saunders Lakeland Mountain Marathon this Summer with my daughter Sarah.

And just in case you're wondering, of course we'd chosen the optimum route.




East Midlands League 2015 DVO results

This is an exhaustive list of all club scorers in the EML. The League comprised 15 races, with the best 8 results counting. A few people are listed twice as they entered a different course over the year, due to injury or progression (Ben!) – well done all, it shows a great turn out from DVO!

(The **Prize Giving** took place at the EM Score Champs at Clumber as we go to press.)

	Male	Female
White	1 Teddy Edwards 3558 (4)	4 Alexa Lindsay 6529 (8)
Yellow	4 Jake O'Donnell 2000 (2) 6 Ben O'Donnell 1647 (2) 5 Austin Hibbs 1659 (2) Abbots 9 Harrison Dodd 967 (2) Abbots 11 Ivan Smith 924 (2)	2 Aimee Mayfield 2422 (3) 4 Anne Cunningham 2000 (2)
Orange	4 Ben Mackervoy 2193 (3) 5 Matthew Griffiths 1926 (3) 7 Jake Bayley 1559 (2) 8 Peter Mackervoy 1312 (2)	1 Isabella Edwards 4852 (6) 3 Elsie Jones 2583 (3) 4 Viv Macdonald 1270 (2)
L Green	4 Samuel Davis 4099 (5) 7 Ben Mackervoy 2270 (3) 10 James Bedwell 1609 (3) 12 Ray Stuart 1471 (2) 13 Stephen Knowles 1175 (2)	1 Rachel Duckworth 7954 (8) 6 Sarah Parkin 2746 (6) 7 Amanda Price 2686 (4) 8 Grace Pennell 2175 (4) 10 Sarah Blackburn 1017 (2)
S Green	3 David Parkin 7148 (8) 10 Roger Keeling 4658 (9) 11 Dave Skidmore 4334 (5) 14 Ranald Macdonald 3341 (4) 16 Tony Berwick 2695 (4) 17 John Cooke 2337 (4) 18 Brian Ward 2245 (5) 23 Terry Peach 1446 (2)	1 Pauline Ward 7539 (9) 2 Ann Armistead 7479 (9) 3 Jen Gale 6623 (8) 4 Helen Finlayson 5460 (6) 6 Alison Hayes 4953 (10) 8 Ruth Ellis 4216 (5) 9 Judith Holt 3953 (4) 10 Christine Middleton 3174 (4) 15 Donna Hawkins 1957 (3) 18 Kirsten Williams 1400 (2) 20 Karen Bedwell 938 (2)
Green	3 Andy Hawkins 7054 (10) 5 Stuart Swallowell 6379 (8) 11 Doug Dickinson 4980 (5) 13 Dave Skidmore 4422 (5) 19 Mike Godfree 3759 (4) 20 Stuart Wicks 3590 (6) 26 Lester Hartmann 2994 (4) 29 Malcolm Spencer 2885 (4) 36 Simon Davis 2036 (4) 37 Ian Hodson 1992 (4) 39 Louis Forshaw-Perring 1882 (2) 41 Rex Bleakman 1832 (2) 45 Paul Goodhead 1515 (2) 51 David Vincent 1470 (2) 56 Tom Jenkins 1208 (3) 57 Paul Wright 1199 (2) 58 Tony Stirland 1120 (2)	2 Liz Godfree 6912 (7) 4 Sarah Duckworth 6590 (7) 5 Margaret Keeling 5993 (10) 8 Cathryn Goodhead 4169 (7) 13 Lynden Hartmann 3679 (5) 15 Jen Gale 3469 (5) 16 Susan Allard 2754 (5) 17 Ruth Ellis 2583 (4) 22 Claire Selby 2059 (3) 23 Emily Powell 2049 (3) 24 Jane Burgess 2034 (3) 25 Sue Russell 1991 (3) 27 Dawn Moore 1741 (2) 31 Rebecca Perring 1504 (2) 32 Kim Buxton 1437 (2) 33 Val Johnson 1418 (2) 34 Viv Macdonald 1368 (2) 36 Caroline Howells 1185 (2) 37 Judith Berry 1154 (2) 38 Donna Hawkins 1066 (2)

<p>Blue</p>	<p>1 Derek Gale 7653 (12) 3 John Hurley 7147 (8) 4 Michael Lindsay 7006 (9) 6 Mike Gardner 5952 (8) 10 Murray White 5416 (8) 12 Martin Picker 5028 (9) 14 Dave Chaffey 4931 (6) 15 Doug Dickinson 4891 (5) 17 Paul Goodhead 4597 (6) 19 Andrew Mackervoy 4179 (5) 23 Andrew Middleton 3779 (4) 27 Jonathan Cundill 2996 (4) 29 Mike Godfree 292 (3) 33 Andy Sykes 2698 (3) 39 Roger Hodson 2186 (3) 40 Adrian Northcott 2076 (3) 45 John Hawkins 1868 (2) 49 Louis Forshaw-Perring 1794 (2) 52 Brian Denness 1586 (2)</p>	<p>2 Sal Chaffey 7561 (8) 4 Rachel Davis 6441 (13) 6 Joanna Goodhead 5433 (7) 8 Kim Buxton 4520 (6) 15 Michelle Mackervoy 1767 (2) 17 Rebecca Perring 1432 (2) 19 Ann-Marie Duckworth 1359 (2) 20 Elizabeth Bedwell 1350 (2)</p> <p>Longstone Moor (minus mist!)</p> 
<p>Brown</p>	<p>4 Alan Le Moigne 6031 (12) 6 Russell Buxton 5951 (8) 7 John Duckworth 5599 (7) 9 Robert Smith 5339 (6) 10 David Pettit 5051 (9) 12 Dave Vincent 3947 (5) 14 Paul Addison 3855 (4) 19 Dave Bennett 3103 (4) 23 Dai Bedwell 2435 (3) 30 Richard Parkin 1816 (2) 32 Mark Goodhead 1537 (2) 33 Andrew Powell 1519 (2) 36 Chris Millard 1423 (2)</p>	<p>1 Helen Chiswell 7883 (10)</p> <p>Full results at: http://www.emoa.org.uk/league/galop_pentable2015.pdf</p> <p>2016 counting events at: http://www.emoa.org.uk/league/index.php</p> <p>Next EML event... </p> <p>Bestwood (NOC) ...Raise your heart rate on Valentine's Day!!</p>

The UK Orienteering League



UKOL is one of British Orienteering's well kept secrets. Liz is the highest placed DVO at 7th with 495 out of a maximum 500 points with David Parkin (31st -474) and Doug Dickinson (38th - 461). As well as the individual league there is also a club league. DVO are 12th which is probably a fair reflection considering our Compass Sport Cup final position. The contributing scorers are:

David Vincent (M50), Joe Uprichard (M16), Richard Parkin (M45), David Parkin (M80), Mike Godfree (M65), Liz Godfree (W65), Derek Gale (M70), Louis Forshaw-Perring (M16), John Duckworth (M45), Ann-Marie Duckworth (W45), Doug Dickinson (M70), Sal Chaffey (W50), Sally Calland (W40), Elizabeth Bedwell (W18), Paul Addison (M55).

There seems no rhyme nor reason for the order in which we are listed. The scoring for the club league is also complex but seemingly doesn't account for which club you ran for at the time. Overall this probably reflects willingness to travel the distance to major events more than ability.

More details and 2016 counting events at: <http://www.ukorienteeringleague.org.uk/Home>



The UKUL is getting more popular, but not many DVO members have chalked up the 7 (counting events) required for a quorum, perhaps because of the distances involved. My most extreme excursion in 2015 was a day trip to Gloucester with the Godfrees!

Women Young Juniors

8th Rachel Duckworth W12 100(1)

Male Veterans

42nd Dave Vincent M50 240(3)

43rd Dave Chaffey M50 228(3)

Women Juniors

15th Sophie Vincent W14 176(2)

Male Super Vets

38th Stephen Kimberley M55 302(4)

Women Open

15th Helen Chiswell W35 258(3)

Male Ultra Vets

2nd Doug Dickinson M70 670(9)

Women Veterans

2nd Sal Chaffey W50 655(7)

14th Mike Godfree M65 499(5)

17th Derek Gale M70 406(5)

Women Super Vets

18th Anne Kimberley W55 303(4)

Women Ultra Vets

5th Liz Godfree W65 490(5)

15th Jen Gale W65 352(5)

50th Judith Holt W65 93(1)

Coming to a String Course Near You

"Is it too late to go back?"

It seems only nine months ago, probably because it was only nine months ago, that Newstrack announced the nuptials of Hilary Johnson and Oliver Lewis. Both have wasted no time and Newstrack can announce the arrival of Eira (it's Welsh for snow, but you probably knew that already) on 17th December. Both Graham and Val are coping well with their additional responsibilities as grandparents and have pencilled in Spring 2017 for Eira's orienteering debut.



WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 15

Winner of a 2015 RumpassSport Newsletter Award

(about b***** time too)

Hundreds caught out by new decimal degree system

Navigational mayhem at New Year's Day events across UK (p 3)

Decimal compasses going for £100s on black market (pp 92-96)

Have standards slumped? – 180 degree error now 500 degree error

Inside - Page 7 will once again be unfortunately missing. Our apologies.

Podamonium

There were sensational scenes once again at the East Midlands String Course Championships, which was sponsored as usual by Bad Dog Breweries. The Cromford Rocks event disintegrated into chaos and farce with distressed youngsters being led away by angry parents following the abandonment of the prestigious prize-giving ceremony. With just moments to go before the handover of sets of specially commissioned beer mats by the mayor of Belper (Gateway to the North) to the excited winners, BOO Health and Safety officials stepped in with the shocking news that the podium had been deemed unsafe due to "excessive wobble" and proceeded to erect tapes and barriers around the construction in order to prevent any accidental or deliberate ascent of it.

"The podium will be quarantined and examined by BOO podium experts with special wobble meters to ascertain the origin of the wobble" explained anonymous BOO spokesperson Eric Slowly. "Unfortunately our spare podium is out of commission due to unforeseen circumstances. Who could possibly have suspected that loaning it out for the British Amateur Sumo Wrestling Championships would coincide with a freak six-way dead heat for first place? Meanwhile we ask that this whole area is evacuated immediately in case of sudden topplement. Thank you."

As sobbing and howling five-year olds were being dragged away in the background, spokesperson Suzie Jacuzzi (Ms), Secretary of the British Podium Society, commented. "All of this talk about unsafe podiums is an absolute disgrace. It's a complete distortion of the true facts and puts out the wrong signals to the younger generation. Let's make this quite clear once and for all. The correct plural of podium is podial!"

(Climbs onto her high horse and gallops away)



The unsafe podium at Cromford Rocks (photo taken from the designated safe distance of 200m)

And now a Public Health warning from the British Podium Police

Kids! Never ever play on an unattended podium. Just one wobble and in all likelihood you will be flung into the path of an oncoming train. Or electrocuted. Or drowned at the very least. And another thing. Orienteering podiums are statistically the most dangerous podiums of all podiums; eight podiums out of every ten podiums are liable to spontaneously.....(*dies horribly under the hooves of a galloping horse*).

And now a Public Health warning from the British Horse Police

Kids! Never ever play anywhere near an unattended horse. Just one sudden gallop and in all likelihood you will be forced to take refuge on a nearby unattended podium which in all likelihood will wobble, flinging you into the path of an oncoming train.....etc etc etc.

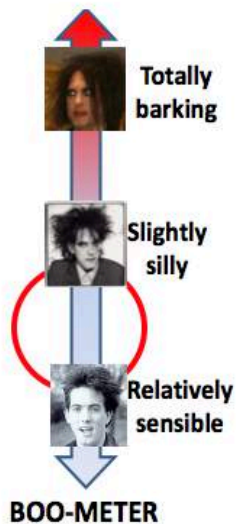
Anyway, you get the drift. Nothing like this could ever happen at the Big Orienteering Organisation could it? Er.....check out BOO Watch overleaf.

Well fancy that!

The Swedes have over fifty different words for podium. (*We made that one up. Good work etc – Ed*)

BOO Watch

Recent attempts by the Derwentians to obtain two podiums (sic) from BOO were met with the response that it would not be possible as they had become unsafe. But be reassured, BOO will be getting some more in shortly. How does that work then? Argos or John Lewis? Can you get Nectar points? We should be told where our money is going! (*That's the spirit -Ed*)



'O'bituary

The sad passing of Planksie has caused "The Major" to put pen to paper.

It is said that some people are born as great orienteers, some achieve orienteering greatness and some have orienteering greatness thrust upon them.

Hogwash!

Balderdash!

Incorrect!

Planksie's achievements surpass that sort of smartarse categorisation. He was, without doubt, simply the greatest ever designer of orienteering podia.

Bar none!

Aficionados of the genre will nod sagely in agreement as I say that some of his work as a younger man transcended the very boundaries of sport. His all-inclusive omnipodium, with space for every competitor, was a game-changer. His design made entirely of half empty chutney jars was thought by many to have been worthy of the Turner Prize. And who can forget his controversial trapdoor podium unveiled at the JK? It brought tears to my eyes, as it did to the prize winners.

What a character!

Following a bizarre gardening accident in which he lost several fingers (later found not to be his own) he devoted himself to proving that the great pyramid at Giza was not as previously thought, a tomb but in fact an enormous podium. He failed and died a broken man.

I shall be there to "see him off"!

Because, as my dear friend Barty Rootstock used to say, "Always make sure you attend other people's funerals otherwise they won't attend yours".

Or something like that.

Bob McNut's Incredible Orienteering Archives – Number 2: Prototype Flying Podium



What more can I say about this inspired invention than this photograph already conveys? The idea was to elevate the prize winners to a height where everyone in the crowd could easily see them. It would have worked, if only the pesky laws of physics hadn't got in the way.

Poetry Corner

A Haiku*

Inspired by a visit to Borrison's at Belper (GTTN) following an event at Cromford Rocks.

Orienteering
Infinitesimally
Better than BOGOF

Another Haiku

Inspired by the 2016 AA Motoring Map Book

Orienteering
It sounds eastern, don't you think?
Great Yarmouth maybe?

We thank you. Please donate if you feel able.

By EJ Throbb (aged 97½)

*(no need to Google, just trust us)

The Orienteering Foundation

Who we are

The Orienteering Foundation is a registered charity, independent of British Orienteering. It was set up with money from a bequest from Bertie & Elsie Ward and is now raising further funds and awarding grants. The objectives are to promote the sport of orienteering through enhancement, innovation and alleviation of hardship.

The Orienteering Foundation is built on your generosity. We welcome all donations, no matter how large or small, and there are many ways you can contribute. Many grants have been made, for example supporting national teams at the World Schools Championships, regional squads training at home and abroad, and enhancing the Junior Home Internationals. There has been a historical focus on juniors, but we welcome grant applications for any projects that meet our objectives.

There have been some recent changes to the Orienteering Foundation and this article gives you the up-to-date news.

New web site

The Orienteering Foundation has substantially revised its website

(www.orienteeringfoundation.org.uk) which now includes details of how to donate, how to apply for funding, and reports from funded projects - let us know what you think.

New Orienteering Foundation Chair

At the Trustees' meeting in September, the Trustees elected Neil Cameron as Chair for the period until early 2018.

Making grant applications

The process for making grant applications is under review but full details of the current process and an application form can be found on the new web site. We are keen to have new applications by January 2016 so that they can be considered at the next Trustee meeting on 1 February. Deadline dates and the application form are on the website.

Donors

Thank you to all those who continue to support us, or have recently started a regular donation.

We are of course always happy to receive donations (this can be done directly from the web site if you wish) and to discuss the work of the Foundation with potential new donors (contact the Chair or any other Trustee). Donation methods and sources include:

- ▲ Regular monthly or yearly donation
- ▲ One-off donation
- ▲ A bequest left in your will
- ▲ Proceeds from fund-raising activity
- ▲ Donation of volunteer expenses: instead of ignoring expenses, claim them and give them to charity (the Orienteering Foundation)

Orienteering Foundation and Contacts

You can contact the Orienteering Foundation by e-mailing

chair@orienteeringfoundation.org.uk or admin@orienteeringfoundation.org.uk The Chair can also be phoned on 01684 294791.

Following some recent changes and new appointments, the full list of contacts is:

- ▲ Neil Cameron – Chair & Trustee, phone 01684 294 791 chair@orienteeringfoundation.org.uk
- ▲ Duncan Archer – Trustee
- ▲ Malcolm Duncan – Trustee
- ▲ Andrew Evans – Trustee
- ▲ Pauline Olivant – Trustee
- ▲ Viv Macdonald – Administrator, admin@orienteeringfoundation.org.uk
- ▲

We still have a vacancy for a new Trustee and we are particularly interested in recruiting someone from the North-West or Scotland.

For further information on all of the above, and details of recent grant awards and new stories, see the recently updated website: <http://www.orienteeringfoundation.org.uk>

Viv Macdonald

Event Safety and Welfare Workshop

In an updated Appendix C: Event Officials, which takes effect from January 2016, British Orienteering has outlined the advised experience for the main officials at all events. In particular:

1.1.5 All Event Officials should be on the Register of licensed Event Officials before undertaking their roles, except in the case of Level D events where a new Event Official will be under the supervision of an experienced mentor.

(<https://www.britishorienteering.org.uk/images/uploaded/downloads/Appendix%20Cv3.32015.pdf>)

The implication is that officials at level D events should also eventually meet the requirements to become licensed.

In my capacity as Club Event Safety Officer, my main interest is to ensure that all event officials have completed the mandatory British Orienteering Event Safety and Welfare Workshop. There are those who feel that is an unnecessary bureaucratic interference by British Orienteering. I disagree as I think it is right for competitors to know that the officials putting on one of our events have given proper consideration to their safety and welfare.

The workshop is just that; a practical session giving participants the opportunity to share their experiences and learn from others. There are those who feel that they have been doing the job so long that they have nothing to learn. Again, I disagree. We can always reflect on the way we have done something and learn how to do it better. We also all need to keep up to date with any changes to the Rules and Appendices as well learning about different practices from other clubs that we might want to adopt.

If you are an organiser, planner or controller who has not attended a workshop do let me know and I'll put one on to suit your circumstances. It helps to have at least a few people so that there can be discussion. It lasts about two hour and a half hours and, other than a bit of preparatory reading, I will provide all the materials you will need.

Ranald Macdonald

DVO Event Safety Officer

The Members' Area of the DVO website

Many of you will already be aware of the members' area on the DVO website but for those who aren't . . .

What is it?

It is an area of the website that can only be accessed by DVO members who have submitted a member's login request. It contains information private to the club and its members.

How do I get a login?

Under DVO Members in the left hand sidebar there is the option to **Register** (see Fig. 1). This will take you to a form asking for your name, your email address and your BOF number. Submitting this form sends an email to me and I, after checking your eligibility, email you back with a login name and a password. This is a manual system so it can take a little time depending on when I check my emails etc. I may also need to check eligibility with the club secretary, particularly in the case of new members who may not yet be on the membership list.

What is in the Members' Area?

Once you have logged in a new tab will appear under the <Members> tab entitled <Members Area> (see Fig. 2). From this tab is a fly out menu giving access to the following:

- **Committee Minutes** – minutes of AGMs, Main Committee, Fixtures Committee and some Open Meetings.
- **Entry Fees** - details of standard DVO entry fees – useful for anyone organising an event



Home	Permanent Courses	Links	Gallery	Contact Us
Members Area				
Newstrack			Committee Minutes	
Committee			Entry Fees	
Club History			DVO Financial Matters	
Constitution			Financial Contributions	
Officials Help Page			Event Safety	
Coaching			DVO Database	
Clothing			Membership List	
Yahoo Groups			Qualifications And Licences	

Fig. 2

- **DVO Financial Matters** – a PDF document relating to the authority required to spend the club’s money.
 - **Financial Contributions** - outlines the circumstances in which a club member may be offered financial support e.g. selection to represent their country.
 - **Event Safety** – a table defining Derwent Valley Orienteers’ approach to event safety.
 - **DVO Database** – a useful resource which contains details of DVO areas and previous events including the number of participants on each course.
 - **Membership List** – a PDF list of all DVO members

including address, email and phone number. Updated by the club secretary on a regular basis.

- **Qualifications and Licences** – a PDF list of members’ orienteering qualifications e.g. coach, planner, controller etc.

We are always open to suggestions for additional content for the members’ area and indeed the website in general. I can be contacted at jholtcooke@btinternet.com or via the <Contact Us> tab on the website.

John Cooke, DVO webmaster

Communication

Jane Burgess

Communication is an awkward subject. We all want it. In fact we all demand it. How familiar is this: 'I didn't know this was happening until yesterday' or 'I thought this was next week'. 'I didn't know this was cancelled' or 'Where are we supposed to be meeting?'. Who knows, you may have even said it yourself. It's not made easier by the fact that communication in this day and age moves on so fast, so we can add to our list of grumbles 'I don't use Facebook', 'Twitter? That's for celebrities', 'I don't read my email', 'Yahoo! groups are so outdated'.

So when a bunch of us don't know an event is cancelled, that the time has changed, that there is a really good training event organised on Crich Chase, who's to blame? And more importantly, what can we, DVO, do about it?

Two real and recent examples to ponder. The attempted use of, and subsequent debate about the use of **Yahoo! groups** to send start times out. A great idea as it delivers an email to your inbox and you don't even need to look at any web page to find out your own information. Not great for those not on the DVO Yahoo! group either because they don't know about it, haven't registered to be on it or don't read their email. Second instance. Coach to junior member: 'Are you okay to be the team leader?'. Puzzled look from junior. Dad to junior and coach 'Oh, I didn't tell you about the email'. Junior 'It would be better if you used the xxxx account'.

So two elements to this. What media should DVO use to communicate with its membership and how would members like to be communicated with? We range in age from four score to very junior so we don't all want the same methods of communication. We might never look at emails but might Tweet daily and be on Facebook all day long. Or we might read Newstrack from cover to cover and nothing else.

And there are different types of information that need to be shared. What's happening next year, next month and tomorrow or, crucially, what's not happening tomorrow or even this morning. What's happening within DVO and what's happening in Estonia. DVO can't make you read your emails, log on to Facebook at the right time or read the website but we could help to get the message across to you

This needs debate and discussion. Any feedback to Club Chair Stuart Swalwell (stuart.swalwell2412@mac.com)

Thanks Jane! The Editor adds:

- We do update the website, Yahoo and Facebook. To get the latest news (for instance, the recent cancellation of Eyam) straight into your in-box, search the web for Derwent Valley Orienteers Yahoo! Group and sign up.
- We are hoping to launch an e-bulletin in the future. This will eventually be more frequent than Newstrack and can, as well, go to non-members, schools etc.

Know Your Team Leader

No 7: Malc Spencer

Malc is DVO's Parking and Registration Team Leader. As such, his wife Hilary can tell if your car will fit into any DVO parking area, just from the make and model!

When & where did you start orienteering/join DVO? I started orienteering in the mid '90s. This came about following a roadside discussion with a work colleague (James Allen) about obtaining some detailed maps of woodland near Repton. He obviously intrigued me about the detail on O maps and I started attending local events and was hooked.

Highs & lows of any previous roles in DVO? I have only really worked on the Parking Team since the introduction of the team system.

Likes & dislikes of your current role in DVO?

It's satisfying to get competitors parked safely and efficiently at events. Sometimes this can be in adverse conditions. Most competitors are appreciative of our efforts. Myself and Helen (Registration) are lucky to have a nucleus of reliable helpers.

It would be nice to have a bigger pool of regular volunteers so that we do not have to put on the same people each event. It would also mean that we could run two "shifts" ensuring helpers get a run.

Do you enjoy the new formats (Urban, Sprint)?

I have not actually competed in any "sprint" events (I'm too slow!). I have now started attending urban events. To be honest I did not expect to enjoy them because I like being out in the countryside but they are good competitive fun. perhaps it because they rely on the basic principles of quick decisive accurate map reading (including contours) but taking out the variables such as the runnability or otherwise of forested or moorland areas.

What do you enjoy doing when not working/orienteering? Away from orienteering I enjoy Archery, motorcycling and general DIY.

Most memorable orienteering "holiday"? With Hilary not competing I have not really been on any recent orienteering holidays. In the past I have attended multi day events in Hungary and Sweden to compete in the European Police Championships. The format was usually a sprint and classic event on consecutive days followed by a solathon. This consisted of orienteering interspersed with pistol shooting. This was good fun but the downside was penalty laps if you missed the target and sadly I wasn't the best shot around!

When the European team came over here the Finnish team used to go out socialising till the early hours then get up and still thrash us. The annual police champs is being held at the approaching Longshaw event, sadly Derbyshire probably won't enter enough to win any team prizes this year. I will be there and probably James if not working that day.

Hungary is the only time I have seen wild boar out in the forest. As I sped towards a control during a warm up training session therefore was a family of about 8 standing around the flag (small piglets and protective looking parents). Fortunately the sight of me in some gaudy training gear was too much and they all ran off!

Favourite TV show/film? I am not an avid TV watcher but do enjoy natural history and travel programmes.



Malc in Dec 2015 at the piazza del Popolo, Rome, looking towards St Peter's

Sports Personality of the Month

On New Year's Day Ann-Marie gripped a control to a waste bin in the centre of Ashbourne. Unfortunately in such a way that the refuse collector couldn't empty it so she had to go along mid competition to undo the padlock!



At the Matlock Urban, Kim Buxton set off confidently to her first control on the Women's Veterans course: "I navigated quite correctly to the first control on my map but was convinced I'd made a mistake because the control when I got there was not the same number as on my descriptions. It was only when Sue Russell caught me up, by then convinced that it had been given the wrong control number, that I realised I had still got the control descriptions from the Grantham Urban (a few weeks before) on my wrist."

Ann-Marie and Sal are banned from Matlock car wash. The DVO parking mats proved dirtier than the average car! Next time, it's down to the river! Here's Ann-Marie hauling one at Longstone Edge.

Photo: Jane Burgess

Fuel Corner No 2 ⇔ Foolproof Fruit Flapjack

When Sal appealed in November's Newstrack for 'something sweet', she probably didn't have me in mind, but I thought I'd contribute this failsafe recipe nevertheless. It has never failed to produce the goods, even though I generally have more in common

with King Alfred than Queen Mary (Berry) when it comes to cakes.

In the ceaseless war of chewy v crunchy, I'm firmly in the chewy camp but it's surprising how quickly chewy can turn into crunchy if you leave this in the oven too long!

300g marger (the recipes all say butter but this isn't gourmet cooking y'know);

75g sugar of the brown variety;

120g golden syrup (I buy the stuff in the glass jars, not in the tins, so you can remove lid, whack it in the microwave, heat it up and pour it out on to the scales without leaving half of it on the spoon);

450g porridge oats (you can vary this with degrees of rolled oats if you're that way inclined);

75g sultanas/raisins or similar.

1. Preheat the oven to 190C / 375F / gas 5. Line a 30 x 20cm baking tin with greaseproof.
2. Melt the butter with the sugar in a pan, mix in the syrup, take off the heat and stir in the oats and dried fruit.
3. Press evenly into the tin and bake for 25 minutes or until set and golden.
4. Cut into squares a few minutes after the flapjack comes out of the oven but before it hardens and then allow to cool completely.
5. Eat before, after or even during a run for extra whumph (a technical term).

Makes 12 chunks. Enjoy.



These are not CGI flapjacks (Graham is referring to his original photo, from Wikipedia, that rather disturbingly took you to the flapjack entry! Ed)

Sent in by **Graham Johnson** 

More recipes please to Sal by April 17th please!

☆☆ Star Runners ☆☆

Date	Venue	Star Runner	Course
8 Nov	Thorsby	Helen Chiswell	Brown
13 Dec	Longstone	Amanda Price	Lt Green
27 Dec	Castle Hill	Alan Le Moigne	Brown
3 Jan 2016	Boundary Woods	Ivan Smith	Yellow

It's become a bit of a tradition of ours now to find a weekend orienteering event once a year for a family rendezvous. It's somewhere different every year and so long as we can all fly there easily from our respective local airports, it's a goer! Last year we had planned and booked a weekend in June in Reykjavik to coincide with Ice-O (I'm sure you saw Mike's report on this in a previous edition of Newstrack). However, fate conspired against us, when my Dad's chest pain problems finally manifested themselves in a heart attack in late May. He definitely wasn't up to travelling and orienteering in Iceland in mid-June! Whilst my sister and I continued without him, we felt it only fair to find a suitable event for his comeback later in the year! And so the idea of a weekend at the Seville O-meet in late November was born!

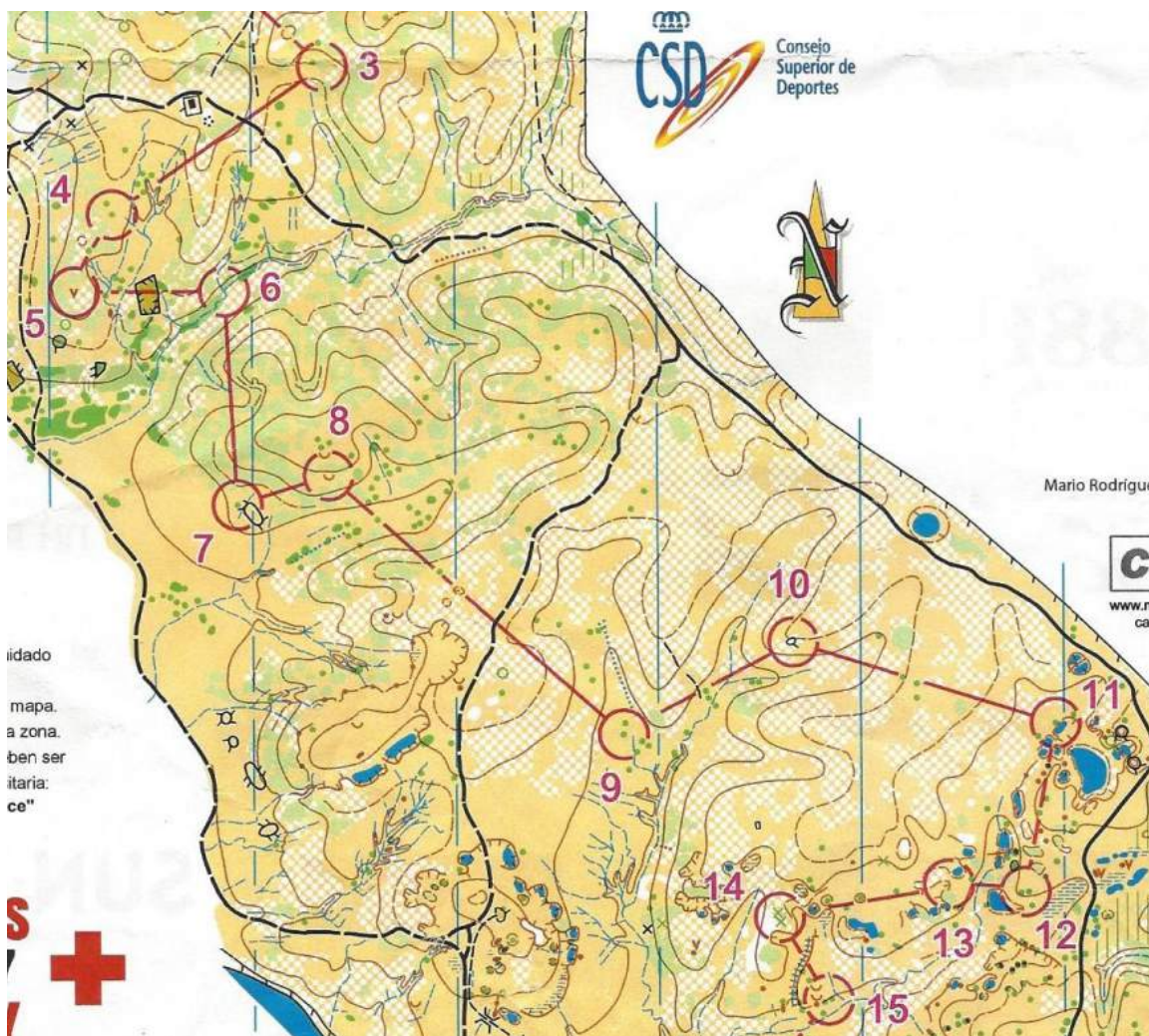
Although all the orienteering action was in Seville, flights were pricey and not very convenient. A quick bit of Google maps research showed that Seville was only short drive from Malaga – where there are LOTS of very cheap flights from all corners of the UK! Car hire was also the cheapest I have ever seen – just £22 for the weekend!

There were 3 events over the weekend – a middle distance, a night sprint and the main Seville city race.

Saturday started at a nice leisurely pace with the middle distance race held in the late morning. The event was on a nature reserve "Dehesa de Abajo", about 30 minutes' drive south of Seville. The sun was shining and the area was really beautiful with lakes surrounded by pine and wild olive trees. It was so warm I almost wished that I had packed my shorts!



View from the middle distance assembly area



Middle race map

Call up for the start was at minus 15 minutes and there was then a 1.5km walk/jog to the start. On the way you could see flamingos in the lake, which was a strange start to an orienteering event. With the distraction of the flamingos and the long distance to the start, some people were only just getting there in time!



The area and the race were superb! Lovely open running amongst the olive trees, with technical orienteering needed to make sure you stayed on track. I managed a good clean run, with only one small error where I drifted off the line amongst some denser olive trees.

We were greeted at the finish with water, bananas, persimmon (sharon fruit) and cake! It made all the effort seem worthwhile! My clean run paid off and I managed to hold on to first place in W35 and claimed my medal and two books about walking and birds in the local area – all in Spanish unfortunately!

We headed back to Seville for an afternoon of sightseeing and coffee drinking, ahead of the night sprint race, which was held in one of Seville's famous parks – Maria Luisa. The park is only small (34 hec.) and is said to be of Spanish cultural and historical heritage. It contains lots of fountains, monuments, ponds and monumental buildings (apparently part of the Ibero-American exposition) and it made a perfect area for a fast and furious night sprint!

Maria Luisa is one of Seville's main attractions so the event gathered a lot of public spectators. The race around the main park was as expected – very fast, and at times a little confusing in the dark! The last few hundred metres however were around the Plaza de España, and took almost everyone by surprise, as the map suddenly became multi-level. I joined several other people running up and down flights of stairs looking for controls, before I worked out what was going on! It was stunning setting for the finish however, and added an extra bit of challenge to the courses. There were no prizes for the sprint as an individual event (luckily for me!) Instead the times for all three races were added together for the overall results for the weekend, so there was everything to run for in Sunday's city race!



The final control in Plaza de Espana

Sunday morning saw the main city race event. This was the last event in the Euro City Race tour and so had quite a large number of runners – many of them Brits! For me this was the least exciting of the three races from an orienteering point of view. Whilst the running around Seville was very pretty and provided a quick way to make sure you had seen the whole city, the orienteering was not that challenging and I have definitely been in trickier urban areas. All that said the sun was shining and I was racing to retain my podium position, so it was definitely still a fun race!

Early starters definitely had the advantage of much quieter streets, and by the end of the race it was almost impossible for runners to find their way through the crowds of pedestrians near the finish. With a relatively early start, I managed a clean run, although it wasn't enough to fend off the speedier runners, and I managed 5th. However, it would seem that my orienteering skills in the middle distance paid off, and when the results were aggregated I had managed to maintain my lead! A box of chocolates and tin of olive oil were mine!



Chocolates and olive oil

There were podium finishes for many other Brits too – in fact we dominated almost every class from M/W50 upwards! From DVO, Liz and Mike Godfree both also took home collections of books, chocolates and olive oil!

Plans are already underway for this year's weekend family orienteering rendezvous. The target is Florence in October. Hopefully there will be some late winter sun and even if not at least we can take in the sights of Florence and make a short side trip to Pisa to see its leaning tower!

Tips from a running nurse: Metabolism

Your New Year's resolutions to eat less or train more may by now be forgotten - so here are some facts and figures to spur you on! We often speak of having a fast or slow metabolism and it's interesting to look more closely at this. Your basal metabolic rate (BMR) is basically the amount of calories your body consumes at rest and accounts for 60-75% of your daily energy usage, depending on how active you are (see diagram). Lots of factors affect the speed at which we burn calories, and the BMR equation takes *most* of these into account:

Male BMR

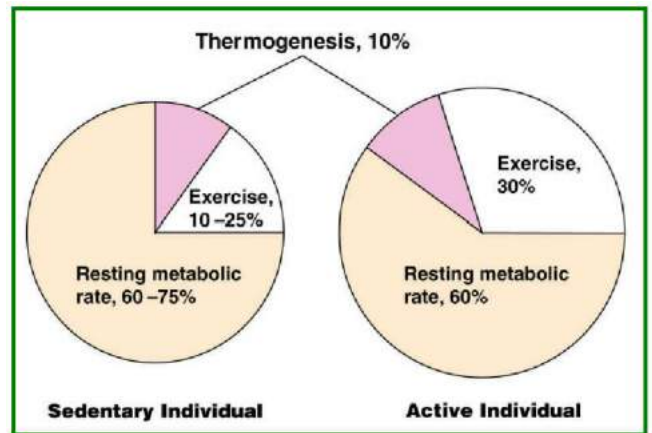
$$66 + (13.7 \times \text{Weight in kg}) + (5 \times \text{Height in cm}) - (6.8 \times \text{Age})$$

Female BMR

$$655 + (9.6 \times \text{Weight in kg}) + (1.8 \times \text{Height in cm}) - (4.7 \times \text{Age})$$

Or calculate on the web at: <http://www.bmi-calculator.net/bmr-calculator/>

Apparently, the only factor omitted in the equation is the proportion of fat to muscle. People with more muscle burn more calories.



My own calculation of basal metabolic rate is: $655 + 528 + 297 - 235 = 1245$ calories/day

To translate this into daily calorie needs, you then use something called the Harris Benedict formula, devised in 1919 in Boston to compare energy expenditure between healthy subjects and those with conditions such as diabetes and thyroid disorders:

No exercise	$1.2 \times \text{BMR}$
Light " (training 1-3 days/week)	$1.375 \times \text{BMR}$
Moderate " (training 3-5 days/week)	$1.55 \times \text{BMR}$
Heavy " (training 6-7 days/week)	$1.725 \times \text{BMR}$
Very heavy " (training twice daily)	$1.9 \times \text{BMR}$

I train three times weekly, so my calorie allowance should be $1.55 \times 1245 = 1930$ cals/day. I counted my calories for a few days in January and found that actual consumption was more in line with "Heavy training" ($1.7245 \times 1245 = 2148$ cals/day), so felt quite virtuous!

All this is rather cumbersome, so some quicker rules of thumb for calorie consumption are:

- We consume 100 calories per mile running, 70 walking – accurate for a 60kg individual (calories burnt per mile = weight in pounds \times 0.53 if walking, or 0.75 if running; walking is more efficient)
- We consume 10% fewer calories per decade of life from our 20s onwards (mainly due to loss of muscle)
- 1lb of weight = 3500 calories, so to lose 1lb in a week, reduce daily calories by 500.

And big thighs are in!

Researchers at Kings College London followed 324 sets of female identical twins over 10 years to study the effects of lifestyle factors on aging. Generally, the twin who had larger thigh muscles at the outset of the study exhibited less brain decline 10 years later. The Alzheimer's Society's director of research welcomed the findings but did caution that better performance in memory tests doesn't translate into a reduced risk for dementia, but, hey, every little helps!

<http://www.kcl.ac.uk/newsevents/news/newsrecords/2015/November/Fitter-legs-linked-to-a-fitter-brain.aspx>

In the merry month of January I ran/raced 5 times and each time was thwarted by the curse of the 'all terrain wellie' (ATW). This phenomena has manifested itself in the development of my pet orienteering hate - after brambles (have I told you before about my hate of brambles?) - and it is MUD.

Mud – definition - **soft, sticky matter resulting from the mixing of earth and water.**

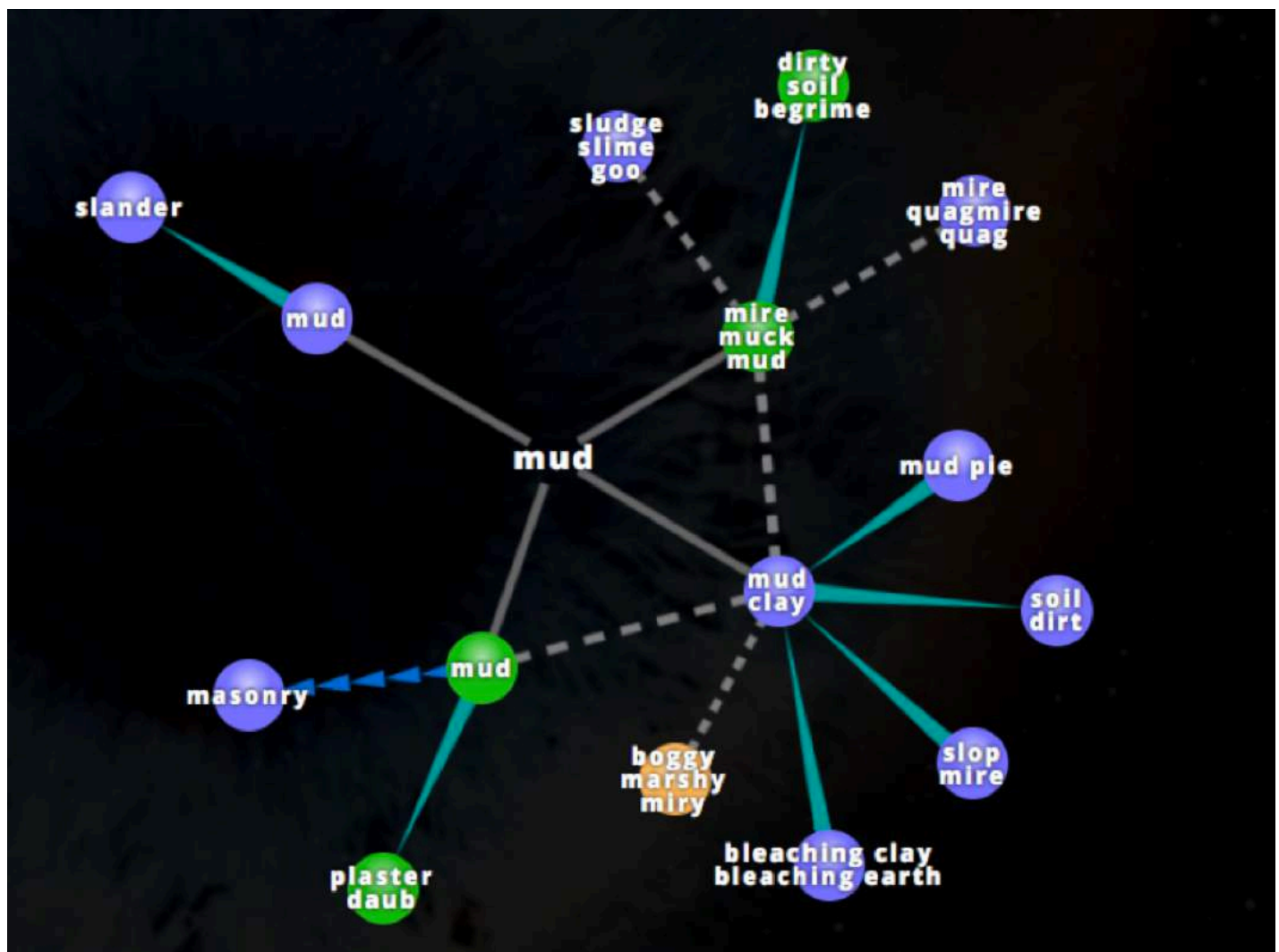
"ankle deep in mud, we squelched across a meadow". Synonyms: mire, sludge, slush, ooze, silt, gumbo, dirt, clart ...

The mud I am talking about is the person made type caused by the pressure made by the, usually green, all terrain type of wellie (ATW) that follows specific routes (paths) through areas mapped for orienteering.

It seems wrong to single out specific event but I will.

I can't really complain about Ashbourne Urban, except for the last mud slide across the field to the finish. So with hope in heart two days later I travelled south to TVOC's Urban event at RAF Halton, missing the delights of NOC's Boundary Wood. It rained! It rained a lot! And the middle part of the course left the comfort of tarmac to wend its way through a local wood. The track was sludgy, sloping and slippery. It had been walked to within a smidgen of its life by the ATWs. Guess who chose the shoes for urban racing?

Not to be deterred the next weekend I drove to the south of Birmingham to race on COBOC's Lickey Hills, an area that I had not visited for many years. The final details explained that 'some paths might be muddy'. They were right except for the word 'might'. The terror of the ATWs had been at work and what's more was still in evidence during the race. On one particular downhill section towards a small wooden bridge I got out of control. Well my legs, feet and other bits were not quite coordinated in the prescribed manner and I gained erratic speed on the descent. 'Look out!' screamed a lady in charge of various dogs and children, 'He can't stop!' She was right. I couldn't and didn't. I skateboarded



(without a board) across the wooden bridge cum mud slide and was brought to a halt by the bramble patch on the far side of the stream. I looked up to see dogs and children clustering round a lady ... and then they started to clap (not the dogs). Dignity gone I picked myself up and squelched off, in the wrong direction.

And so, not to be deterred, the next weekend I went west to OD's Hartshill Hayes. A complex little area not unlike Eccy Woods in parts, including the mud. I discovered quite quickly to stay off the paths where possible in order to avoid the pitfalls of the ATW effect. As an aside, those of you who assiduously follow Route Gadget of these events will have noticed that I did it again, the third time in a chronological year. I went to a control, ran off somewhere and then, after a while, returned to the same control without recognising I had been there before – 7 minutes this time. Hmmm ...

Desperate now and certainly not wanting to be deterred the next weekend I went to LEI's Hicks Lodge/ Shellbrook/ Willesley (What's in a name? that which we call a rose by any other name would squelch as sweet – apologies to WS, Romeo and Juliet) and I learned the new skill of 'orienteering slalom'. This involves running/squelching/sloshing/shambling/splashing forward whilst doubled up and hitting small trees out of the way with your arms in the manner of slalom skiers. And I discovered that the area has a variety of types of mud with some wonderful black stuff well quagged (my new word in honour of WS) by the ATWs. Oh, it also rained.

The upshot of all of this mud is that Kay has decided that we need two washing machines, one for normal stuff and one for the mess that I bring home each weekend.

2015 – Review of the year's events

Dave Nevell

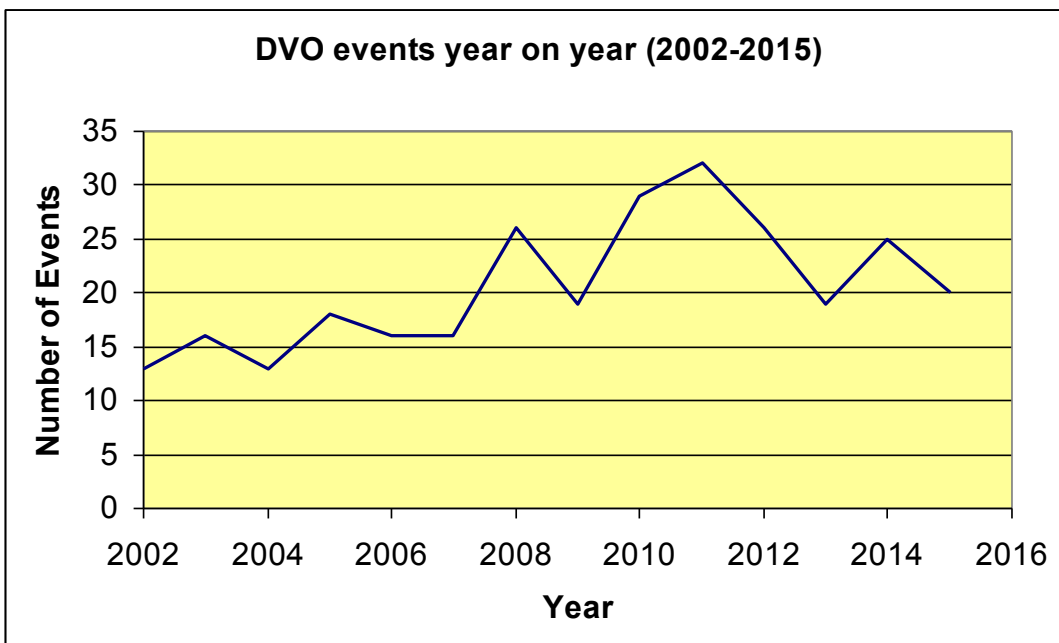
2015 was a slightly quieter year than its predecessor, with no single big event to match the Midlands Championships of Longshaw in 2014. In all, 20 events were staged, the most prestigious of which was the East Midlands Championships at Birchen Edge in November which, not surprisingly, also saw the highest turnout. The 356 competitors there were almost upstaged by the 344 seen at Cromford Moor in April where numbers were boosted by the Yvette Baker Trophy heat. The trend of events staged over recent years is shown in the graph below. The record of total DVO events has now risen to 596, with many smaller events mainly in the 1980s and 1990s still to be established. In all, under the British Orienteering classification system the events came out as follows (2014 in brackets):

Level A:	0	(1)
Level B:	1	(0)
Level C:	7	(9)
Level D:	12	(15)

The EMJOS event at Bramcote Hills just before Christmas causes a bit of a classification quandary as it was registered as a NOC event on a NOC area but had considerable DVO input including the organiser. I have decided not to include it as a DVO event because if I did, it would imply any future EMJOS event run on a DVO area by a NOC organiser ought to count

as a NOC event. Or should it be a joint event (with LEI as well!)? If anyone has really strong views on this then please let me know – I suspect however there are far more important things to worry about.

No area was used more than once in 2015 and of the twenty venues, three of them were on "new" areas for DVO, namely Ilkeston Urban, Cambridge Woods and Chinley Churn.



The event at Longshaw was the 25th on that area (at least). The sequence of putting on a single night event continued (Calke) and as in 2015 there were three closed events (two schools championships and the club champs). Also as in 2015, three urban events were held.

The total turnout for all events combined was 2634 at an average of 132, just 4 lower than in 2015, which compares very favourably because, as already mentioned, there was no one big event. The average numbers at each of the lower levels were as follows (2014 in brackets):

Level C: 238 (218)
 Level D: 51 (52)

This shows the attendances to be holding up well. There were 9 Saturday events, 8 Sunday events and three others in midweek including a rare Thursday one. Having said that, Monday remains the day of the week least used for orienteering, DVO not having staged a Monday event since New Year's Day 2007. This trend is to be bucked in 2017 with an Urban in Belper on January 2nd.

Puzzle Page

Dave Nevell

The final puzzle of 2015 boiled down to finding prime numbers which used the digits 0-9 once each and made up the lowest total. With double points on offer, this was a tricky finale and there were several contenders who could have claimed top spot in the final standings. The correct answer was 567, made up of 2, 3, 5, 67, 89 and 401. Getting rid of zero was the tricky bit. I had three correct answers, from John Hurley, John Hawkins and Tom Jenkins. Jen Gale, Chris Millard and Alan le Moigne all offered 585. Chris and Alan were so close, both using 2 and 3 to make up 23 instead of on their own. John Hawkins' solution was undoubtedly the most inspired I have every received in many years of setting puzzles. It begins;

So the approach is a bit like getting into a night club ...

The odd numbers are women and generally gain easy access (3 5 7), then there is a good looking chap (2) who is a friend of the bouncer and gains easy access.

Others are not so lucky. 4 6 8 and 9 need to be accompanied generally by one of the women above or by 1. 9 and 1 are concerned that the bouncer may try it on and need to enter with a friend.

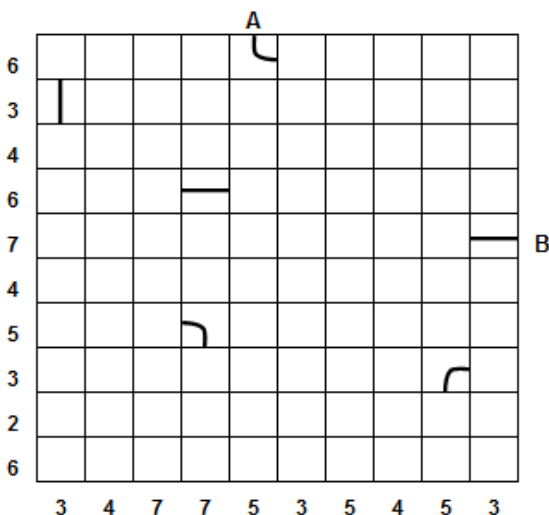
Then there is 0. 0 is clearly not too acceptable to the bouncers and has to be smuggled in between two of the others including at least one woman.....

And carries on in the same questionable vein until reaching the correct solution. You are clearly in the wrong job John, the education system is crying out for talent like this!

To the final standings. The top six were as follows. Congratulations to Jen (again). Despite a slip at the last and Sal not entering in November you managed to hold on.

Jen Gale	9 points	Sal Chaffey	6 points
John Hurley	8 points	John Hawkins	6 points
Alan Le Moigne	8 points	Tom Jenkins	5 points

Off we go again then.



New Year Nightmare:


Frantic Fred had a rough time at this year's Hangover Handikapp on New Year's Day. His route between consecutive controls A and B was, to say the least and maybe due to the excesses of the previous evening, interesting. The numbers at the side of the grid indicate how many times Fred's route went through each row and column and several small sections of that route are already shown. The only possible routes within a cell are straight or curved and the route never crosses itself. Which way did Fred go? Answers as to dnevell3@gmail.com by the editor's copy date please.



2016 O Planner




UKOL (UK O League) – best 10 scores from 19 races

 (UK Urban League) – best 7 scores from 18 races (6 for Juniors MW16-, 5 for MW12-)

 East Midlands League – best 8 scores from 15 races (**DVO, LEI, NOC, LOG**)

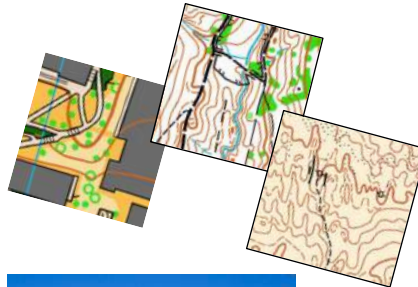
EMUL (East Midlands Urban League) – best 4 scores from 7 races

February

- Sun 14th  Bestwood Country Park, near Hucknall
- Sat 20th **D** Longshaw (National Trust Challenge event)
- Sat 27th **UKOL** Cademan & Thringstone Woods (British Night Champs)
- Sun 28th **B** Sherwood Forest (Midlands Champs & Robin Hood Trophy)
Enter via Fabian4, **closing date 17th Feb**

March

- Sun 6th **B** Longshaw, enter via Fabian4, **closing date 28th Feb**
- Sun 13th **CSCup** Abrahams Valley, Cannock Chase (WCH; DVO's heat)
- Wed 16th **D** Hardwick Park
- Sat 19th **D** Darley Park
- Sun 20th  Grimsthorpe Castle
- Fri 25th **UKOL** Leeds University (Sprint)
- Sat 26th **UKOL** Wass (JK Day 1)
- Sat 27th **UKOL** Kilnsey (JK Day 2)
- Mon 28th **Relay** Storthes Hall (JK Relays)



April

- Sun 3rd  Sherwood Pines
- Sat 9th  Livingston, Edinburgh (INT)
- Sun 10th  Spring Cottage (YBT Heat)
- Sat 16th **D** Broomfield Hall
- Sat 16th **UKOL**  Whitby (CLOK)
- Sun 17th **UKOL** Mulgrave Woods (CLOK)
- Fri 22nd **D/SDOC** Repton School
- Sat 23rd  Hanging Hill
- Sun 24th  Calke Park
- Sat 30th **UKOL** Brown Clee (British Long Champs)
- May 1st **Relays** Brown Clee (British Relay Champs)
- May 2nd **C** Tamworth Castle Urban (WCH)



May (post-British)

- Sat 7th **D/SDOC** Swadlincote Woods
- Sat 7th  Science City Sprints, Cambridge
- Sun 8th **EMUL** Southwell
- Sun 15th **C** Sandall Beat (SYO)
- Sat 21st **UKOL** Balmoral (Scottish Championships)
- Sun 22nd  Grimsby
- Sat 28th  Plymouth (Tamar Triple + Davidstow Moor & Mt Edgcumbe)



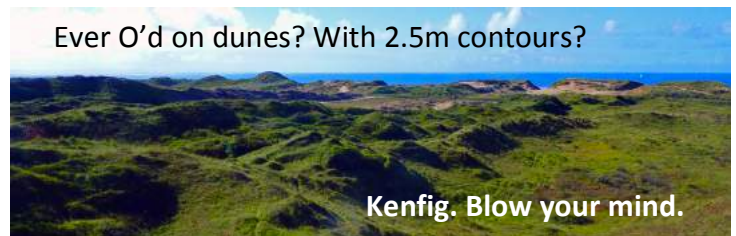
June

- Sun 5th C Attercliffe/Don Valley Urban Sprint
Wed 8th D/Mat The Arc, Matlock Leisure Centre
Sat 11th D/SDOC Staunton Harold Reservoir
Sat 11th UKOL Olympic Park, London (British Sprints)
Sun 12th UKOL Leith Hill, Dorking (British Middles)
Wed 15th D/Mat Cambridge Woods, Darley Dale
Sat 18th ☒ Carsington ... practise your contour skills before Kenfig!
Wed 22nd D/SDOC Rosliston Forestry Centre
Wed 22nd D/Mat Forty Acre Wood, Matlock
Sun 26th EMUL Ibstock and Heather
Sun 26th Relay Cleeve Hill, near Cheltenham (NGOC; Harvester Relays)
Wed 29th D/Mat Farley Wood, Matlock



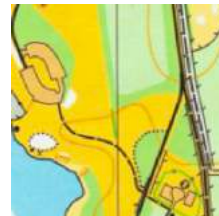
July

- Sun 3rd B Wormley Woods (HH; Yvette Baker Trophy Final)
Wed 6th D/Mat Bottom Moor
Sat 9th UKOL Stockport (Sprint)
Sun 10th UKOL Manchester
Mon 11th D/SDOC John Port School
Wed 13th D/Mat Oker Hill (tbc)
Sun 17th EMUL Nottingham
Wed 20th D/Mat Whitworth Park, Darley Dale
Sun 24th UKOL Kenfig North (Day 1 of Croeso, Welsh 5 Days)
Mon 25th UKOL Kenfig (Middle Distance, Day 2 of Croeso)



August

- Sun 14th Lincoln City (also EMUL)
Sat 20th D/SDOC Foremark Reservoir, try it! →
Sun 21st Newcastle (NN)
Wed 24th D Longshaw (Try Orienteering)
Sat 27th B Dalby Forest (EBOR; White Rose)
Sun 28th B Dalby
Mon 29th Relay Dalby
Mon 29th Wantage and Grove (TVOC)
Wed 31st D Ilam Park (Try Orienteering)




September

- Sat 3rd B Aindale, near Formby (DEE; part of Liverpool Big Weekend)
Sun 4th Liverpool City Centre (SELOC; Liverpool Big Weekend, Part 2)
Sun 4th Wells (BOK)
Sat 10th B London City Race (SLOW)
Sat 17th UKOL Todmorden Urban (PFO; part of Lancashire Hotpot Weekend)
Sun 18th UKOL Hurtswood, Burnley (PFO; Hotpot Weekend, part 2)
Sun 18th Guildford (GO)
Sun 25th B Chinley Churn →




Key: UKOL (UK O League), (UKUL), ☒ EML (DVO, LEI, NOC, LOG)

October

- Sat 1st EMUL Dishley Grange, Loughborough
- Sat 1st UKOL Agglestone Heath, Poole (WSX; Caddihoe Chase Day 1)
- Sun 2nd UKOL Agglestone Heath, Poole (WSX; Caddihoe Chase Day 2)
- Sun 9th  Byron's Walk



Sat 15th **DVO Champs** Stanton Moor, mass-finish [fun event followed by Social](#) 

Sun 16th **CSCup** Tankersley, near Barnsley (SYO; CompassSport Cup Final)



Sat 22nd  Grangewood & Top Wood Plantations

Sat 22nd  Great Malvern (HOC)




Sun 23rd EMUL Bourne (north of Peterborough)



November

- Sat 5th B Salisbury City Race (Sarum)
- Sun 6th A Fritham & Islands Thorn (SOC November Classic)
- Sun 6th C Burbage (SYO)
- Sat 12th D DVO informal event, Venue TBA
- Sun 13th  Bradgate & Swithland
- Sat 12th UKOL Sandscale Haws, Barrow (Middle; LOC/SROC Weekend)
- Sun 13th UKOL Torver High Common, Coniston (Long; LOC/SROC Weekend)
- Sat 19th  Oxford (OUOC)
- Sun 20th EMUL Wirksworth
- Sun 27th B East Midlands Championships, venue "likely to be Wakerley"

December

- Sun 11th  Eyam Moor
- Sun 18th  Walesby Forest
- Sat 31st  Ratby and Martinshaw

Can you
find the
Chair
Stone
at Eyam?



Cut-off dates for 2016 major events

JK 2016 (via SI entries)

	Sprint	Day 2	Day 3	Relay Team
By 11 February 2016	£14 (£7)	£21 (£10.50)	£21 (£10.50)	£42 (£27)
By 3 March 2016	£16 (£8)	£23 (£11.50)	£23 (£11.50)	£51 (£33)

British Individual Champs, 30th May, <http://www.theboc.org.uk/>

Entries close 10th April

Croeso, July 24th-29th (via Fabian)

Daily charge per course

	Age Class course		Colour Coded course	
	Senior	Junior	Senior	Junior
Up to 29 February 2016	£14:00	£4.00	£7	£4
1 March 2016 to 30 April 2016	£15.00	£5.00	£7	£5
1 May 2016 to 30 June 2016	£16:00	£5.00	£7	£5
From 1 July 2016 if maps available (online only for age class courses)	£17.00	£5.00	£7	£5