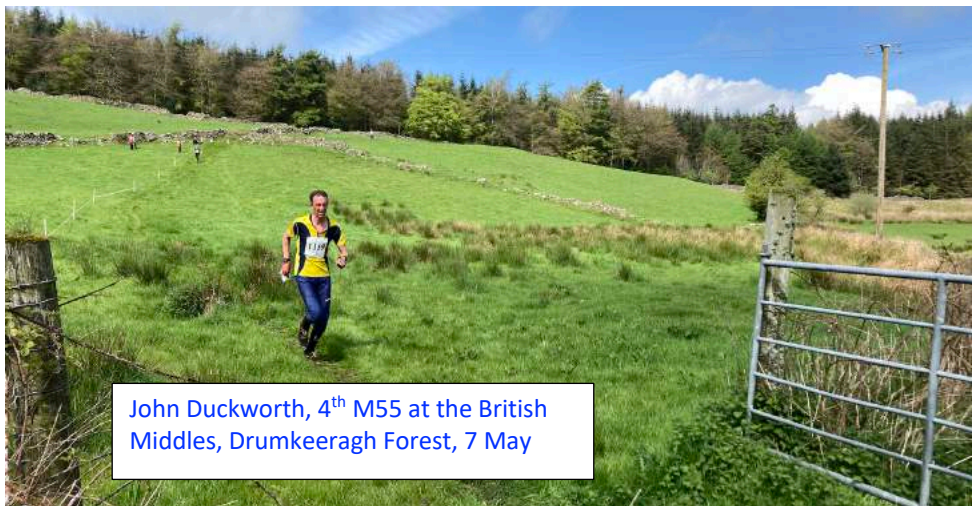




Newstrack July 2023



DVO members at the Irish Championships, County Wicklow 28 April–1 May



John Duckworth, 4th M55 at the British Middles, Drumkeeragh Forest, 7 May

The magazine of Derwent Valley Orienteers
Editor: sal.chaffey@gmail.com



Chair	Sal Chaffey
Vice chair	Jane Kayley Burgess
Secretary	Simon Brister
Treasurer	Helen Chiswell
Fixtures Secretary	John Cooke
Minutes Secretary	Dave Chaffey
Coaching and Juniors	Judith Holt
Club Captain	Christine Middleton
Committee Member	Vacant
EMOA Rep.	John Hurley
Junior Rep	vacant
Mapping & permanent courses	Mike Godfree
Event Officials Coordinator	Jane Kayley Burgess
Controllers Coordinator	Ranald Macdonald
Access Coordinators	Viv & Ranald Macdonald
Development Officer	Chris Millard
Informal Events Coordinator	Sal Chaffey
Event Safety Officer	Ranald Macdonald
Equipment	Russ & Kim Buxton
Web master	John Cooke
Publicity	Sal Chaffey
Social Rep	Anne Kayley Burgess
Welfare Officer	Anne Kayley Burgess

Facebook page

>> announcements & events



Derwent Valley
Orienteers

Facebook Group

>> discussion & chat



DVO Group

New Members

A big welcome to our new members Mark Cast M60, Jim Jenkinson M50 and Peter Sunley M45.

See you in the forest, or helping at an event soon!



Editorial

A big thank you to the Orienteering Foundation and those involved in bidding successfully for our Club Development Grant! See page 4 for further details ...

Thank you to everyone who has contributed to this issue. In the autumn, Newstrack will be online only, with the advantage of more photos, more space and more timely articles! Please send your contributions to me by September 3rd.

Hope you all have a great summer, orienteering or not!

Sal :)

July '23 What's inside?

Club Development News	4
Springtime in Shropshire	5
JK'23 South Lakes	6
Coaching Day	9
How to Win and Save Money	7
Jenny Tennant obituary	10
Irish Championships	13
Club kit & second-hand	23
Control Descriptions	24
Field Notes of an O Mapper	27
Sports Personality	28
Meet your Welfare Officer	28
Event Officials Needed	29
Puzzle Page	30
2023 Club Champs	32

Meeting dates

Fixtures Committee – Tues 12 September, 4pm at the Macdonalds'

Main Committee – Tues 19 September, 7:30pm at the Chaffeys'

AGM – Wed 18 October, 7:30pm at the Family Tree, Whatstandwell.



A quiet time now for inter-club competitions, but there is one on the horizon:

Club Captain's Corner

London City Race, Saturday September 16th

British Mixed Sprint Relays at Brunel University, September 17th

<https://slow.org.uk/events/london-city-race-2023/>

The British Sprint Relays will be held at Brunel University (West London). If you are interested in being in a team or have already agreed a team with others then let me know and I will enter you. It would be helpful if you could tell me by early August. Please reply to dvoclubcaptain@gmail.com

Before then there are lots of orienteering holidays to look forward to:

July 4th to July 8th – Dolomites, Italy

July 22nd to July 28th – O Ringen, Sweden

July 30th to August 4th – Scottish 6 or is it 5 days !!

August 11th to August 18th – World Vets Slovakia

August 25th to August 28th – White Rose Weekend Pickering

I hope you all have a great summer!

Christine Middleton, Club Captain

DVO helping at Day 3 of the Scottish 5-days

Ten altruistic souls ticked the box to help on Tues Aug 1st, at the Roseisle Classic distance race. Jane is Volunteer liaison with the S5D team!



Club Development News

We're delighted to announce Chris Millard has started work as our new Club Development Officer (CDO)! Earlier this year, the Orienteering Foundation awarded us funding for this post, to introduce new people to orienteering and enhance the experience of our existing members. Chris has been a member of DVO since 2010, and before that was active in Oxford University Orienteering Club, where he took up the sport originally. Beginners normally start with an

Orange course; Chris went straight to Brown and was immediately hooked! With his family, he has spent two separate years in Australia, running with Melbourne's Bayside Kangaroos. One of these years was during the early days of Covid-19, when Chris completed over 120 MapRuns in the city.

Chris is leading on 2 projects this year:

DVO have teamed up with British Orienteering's 'Find Your Way' (FYW) initiative

which aims to encourage more young people and families to have positive experiences in local green spaces using the virtual orienteering app – MapRun. Check out <https://www.findyourwayvo.org.uk/> to find out more!



What: A Sport England funded project to get more people engaged and active in their local spaces through virtual orienteering activities.

When: Virtual courses are open 24/7 our aim is to create some beginner-friendly courses around Derby, in the MapRun/UK/Find Your Way folder.

Why: DVO hope that this initiative will create connections between our club, community groups, active and school sport partnerships and social prescribing groups. We also believe that this venture will improve the community awareness of DVO, our events and activities, and should upskill current members in a range of skills such as MapRun creation, social media, event organisation and delivery.

Dates for your diary: We have two Find Your Way events in the summer and you would be welcome to join us to participate and to help and encourage new starters:

Thursday 17th August 1–3pm – **Arboretum Park**

Thursday 31st August 1–3pm – **Allestree Park**

Night MapRun Series

DVO are planning a series of smartphone-based events centred on the Derby parks and streets. These will take place predominantly on **Thursday evenings from mid-September onwards**. We hope to engage with local running clubs and community groups to inspire young and old to develop their navigational skills as well as provide a chance for socialising. Watch the DVO webpages for more details.



Please email Chris Millard (cjmillard@gmail.com) if interested in getting involved in helping with either of these projects.

Springtime in Shropshire

Jane Kayley Burgess



Annie and I love a multi-day event. Urban, forest, sand dunes or a mix of all three, we have enjoyed the small multi-day events such as the November Classic races in and around the New Forest and the wonderful Tamar Triple (sadly no more due to lack of areas and Devon's wish to concentrate on the Caddihoe).

We had never managed to get to SinS and this year were tempted by Kim and Russ with the promise of a very sociable event, sharing a campsite with Sal and Dave, Graham and Val. We entered. Having got stuck in the mud at the JK in the Lakes we emailed to ask the campsite if it would be possible to book hardstanding for the van. We were told (on second time of asking) that there was no hardstanding left and no power and if we wanted to book, use the website. We didn't. We took our £40 elsewhere and sadly missed the social aspect of the event.

But hey! We had three days of glorious sunshine and fabulous orienteering booked in a county we had barely skirted around before. We were not disappointed. No wonder people rave about Shropshire.

Not quite so beautiful was the bit of Telford we ran around on Day 1. The parking and facilities were spot on, with a bar available for a cold beer and chilli after the run. Ah, the run. Less than inspiring for Short Green, and sadly so because a tiny bit of imagination could have used two, rather than one (small) urban area, and would have saved us a rather tedious 500m slog around a lake and into a hidden, overgrown pit, and then down a frighteningly steep slope to a 320m run in. We were slightly confused by running colour coded courses on an Urban but I had been assured that SinS is a low key event and no one gets hung up on detail. Maybe the strong smell of weed near the children's play area had something to do with it.

Onwards towards pretty Shropshire, conical hills topped with bright green copses and not a lot of people around to make it feel like a tourist attraction.

Day 2 was the forest and rough (very rough) open of Brampton Bryan. Great name, fabulous area; steep and tricky with some lovely runnable woodland. Fine for those who had enough breath in their bodies after the 2km, 175m climb to the start! Oh, the eternal dilemma for the planner. Knowing that the best running was a good distance from the fabulous parking facility on the Harley Estate and, presumably wanting everyone to be able to use it. This time the Short Green course was lovely and, after a stupid 'if you miss your first control, just keep going, you're bound to find it somewhere' error, I loved every minute.

Day 3 promised another climb, this time of 200m but this turned out to be a typo much to the relief of all. Out in the open this time on a thankfully cooler day, with lots of controls so you can't go far wrong, can you? I had, for me, my best run ever and I was as excited as I was when I won my first show jumping rosette (aged 26) to come third to Jackie Hallett and Carol Edwards. I felt so absolutely gleeful that I didn't want to go home and we spent another lovely night camped outside Much Wenlock.

I don't suppose I will ever do that well again but I can try again in 2025. If you haven't been to SinS, now's the time to think put that late May Bank Holiday in your diary.

JK 2023 South Lakes

This year's event was based in the Lake District. Apart from some rain on the relay day, we were fortunate to have wonderful sunny weather. This created a nice relaxed atmosphere for socialising around the club tent. Spring at last!!!

Day 1 (Sprint): Lancaster University

A significant challenge of this event was negotiating the traffic on the M6 to get to the start on time. We allowed 4 hours for a 2-hour journey and arrived with about 30 minutes to spare!

Classic University Campus orienteering where the emphasis was on rapid decision making.

Rachel Duckworth was our highest placed runner, 1st in W20E, and Richard Parkin was 3rd in M55. All podium-placers had a tree planted in Scotland.



Day 2 (Middle-distance): High Dam

This area was described as having complex terrain in open/semi open and wooded areas, with plenty of contour and rock features. A technically and physically demanding area which many– including me – found hard! There was a mile walk to the assembly field, and then another very long walk steeply uphill to the Start. Some of us found the location of the start kite not very obvious as it was positioned slightly back from the maps.

Day 3 (Classic): Bigland

Unless you were in priority parking there was another long walk to Assembly and an uphill walk to the Start. You have to be fit to be an orienteer!

This area was described as a largely wooded area which on its western side has a steep rocky wooded slope which will be particularly challenging. I would wholeheartedly agree with this description! If you lost contact with the map at all, it was extremely difficult to relocate and for me very difficult to cover the ground quickly. There were many people wandering around in the forest. Well done to everyone who had good runs.

Top 6 Overall Results across the 2 days
(Day 2 position/Day 3 position)

Ben O'Donnell 3rd M20L (4th/8th)
Andrew Powell 6th M40L (6th/6th)
Richard Parkin 6th M55L (9th/6th)
Ranald Macdonald 4th M70S (4th/5th)

Alice Powell 4th W10A (2nd/4th)
Rachel Duckworth 1st W20E (2nd/1st)
Sarah Duckworth 3rd W21L (5th/4th)
Emily Powell 4th W40S (4th/2nd)
Judith Holt 2nd W70S (1st/5th)
Liz Godfree 5th W75 (6th/4th)



Dale Park Relays (see photo)

The Relays are always great fun and despite some rain this was an enjoyable event and a great club atmosphere. Many thanks to Mike for bringing the tunnel tent. We had 8 relay teams and everyone enjoyed themselves. Several people who hadn't done a Relay before commented on how enjoyable it all was. This was despite the long uphill, slightly muddy run to the start kite and the steep downhill muddy run to the Finish. The slightly frenetic commentary all added to the excitement. Although the area was described as having intricate contours and plenty of rock features compared with Bigland it

JK 2024, The Midlands

Next year, DVO are putting on the **JK Relays at Stanton Moor on Easter Monday, 1 April**. Please save the date, **WE WILL NEED ALL HANDS ON DECK!**

The other days are:
Sprints – Loughborough Uni
Middle & Classic Distance –
Beaudesert, Rugeley

seemed positively easy! Our star team winning second place in the M165 + was DVO Flying Saucers. Richard Parkin, Paul Addison (replacement for Dai Bedwell who had car problems) and John Duckworth. They were only 17 seconds behind SYO!

The Lake District does present some challenges in terms of parking and the location of the assembly areas. However, this is by far compensated by the challenging and wonderful terrain. All in all, despite my very average performance, I thought it was a really great festival of orienteering.

Christine Middleton

How To Win and Save Money

I obviously have nothing to offer in the How To Win Department – and I’m surprised that you thought that I might – but it did get your attention. No, it’s the saving money after you win that I might be able to help with.

People who win perpetual trophies such as Midlands or East Midlands Champion are often saddled with the tiresome – and I’m told, nowadays, quite pricy - task of finding someone who will engrave a little shield and attach it to the trophy, all at the champion’s expense. I happen to live in the same house as an orienteer with an occasional championship habit and, earlier this year, having drawn a blank with both of Belper’s trophy engravers, I turned inevitably to the internet for salvation.

I found it in the shape of **trophymaster.com**, who, for the very modest sum of £4.99 plus £3.50 postage (which you might be able to avoid altogether if you know someone in West Bridgford who could pick it up for you) provided me with a little shield (Size: S006 41mm (L)) with Val’s particulars on it, plus three tiny pins with which to attach it to the W60 East Mids shield. I did have to prise a 2013 Judith Holt shield from the front and transfer it to the back of the trophy to make way, but I achieved both operations with ease, nay aplomb, despite only doing one term of metalwork at school in 1966.

A further tip is to stick with White Rose mugs which require no engraving at all.

Graham Johnson

O Foundation Coaching Day at Graythwaite, south Lakes

Annie and Jane have booked in for the session run by Derek Allison. The deadline for booking is 30 Sept:

<https://www.orienteeringfoundation.org.uk/coaching-day-4th-nov-2023>

Please book as part of the East Midlands group:

<https://www.leioc.org.uk/event-details/?item=81815>

Jenny Tennant, 1931-2023

With the recent passing of Jenny Tennant, the British Orienteering community in general and Derwent Valley Orienteers in particular have lost of their great pioneering characters.

Jenny was brought up in Dorset and attended Dartford College of PE, where her prowess at lacrosse earned her a place in the England B team. After teaching in Eastbourne and Guildford, she took up an appointment with the Central Council for Physical Recreation where she was introduced to orienteering by a colleague.



Jenny in a 1971 issue of *The Orienteer*

Jenny attended an event organised by John Disley at Coldharbour in May 1965 and, running as a pair with Sophie Rex, won her class and decided that orienteering was the sport for her. She joined the Southern Navigators club and rapidly became one of the leading women competitors of the day. In 1966 she was 2nd to Hazel Hill in the first (and so far only) English Championships at Hindhead, and then back at Hindhead in 1967 she won the first ever JK individual women's trophy. From 1967 she achieved a string of top ten performances in the British Championships with a best placing 3rd in 1970.

In 1968 a British women's team was sent to the world championships for the first time but Jenny was only selected as a reserve on this occasion. However in 1969 she was selected to run for England in the "Landerkampf" competition against Scotland, Belgium and West Germany where she placed 4th. She was selected for the British team for the 1970 world championships in East Germany and placed 35th in the individual race, and then again for the 1972 world championships in Czechoslovakia where she ran in a relay team with Carol McNeill and Allyson Reed which placed 9th.

By 1973 Jenny had become the chairman of the BOF selection committee and did not see fit to select herself. However she did feature in the first world championships to be held in Britain in 1976, as planner of the women's relay courses at Culbin Forest on Scotland's Moray Coast. In 1980 a "Continental Cup" competition for non-nordic nations was held in France and Jenny won the W43 class, helping the GB team to an overall win.

In 1967, Jenny took up a new position as a PE lecturer at the Bishop Lonsdale college in Derby. She moved to a house at Blue Mountains on the outskirts of Duffield and set about her mission to form a new orienteering club in the area. She made contact with others who had started to compete, including John Clarke and Malcolm Taylor, and introduced her new neighbour Mary Griffiths to the sport. The new club was officially formed from this small core at a meeting in January 1969. There had been suggestions from some that the club should be called Derbyshire Dashers, but Jenny was insistent that an orienteering club should be named after a physical feature on the map rather than an administrative boundary, so Derwent Valley Orienteers came into being with Jenny as its first chairman.

In the early years of the club Jenny was very much at the centre of all activities. Wednesday evening training runs were held from Blue Mountains, often in the direction of Drum Hill and sometimes taking in circuits of a nearby disused quarry on the way back. In 1969 Jenny co-planned a score event at Shining Cliff with John Clarke, and then controlled an event at Lea Woods. In 1970 she took up mapping, first assisting Robin Harvey with a map of Shining Cliff used for the JK relays and then producing a map of Matlock Moor which was used for the Midlands Championships later that year. This map features the "Silas Wegg memorial stone": Silas Wegg being the pseudonym of a columnist in "The Orienteer" magazine with whom Jenny had a disagreement.

At the first British Relay Championships in 1972 there was drama in the Women's Open class after Maureen Brown was first home for ESOC, followed closely by Jenny. News came through that Maureen had been disqualified for a mispunch and hopes rose, only to be dashed when more news came that Jenny had also mispunched. In 1973 the DVO team did win but without Jenny who was the event organiser. Then in June 1975 Jenny had a memorable weekend, running in the winning BRC team with Allyson Reed and Judy Buckley at Hope Woodlands on Saturday and then planning the women's courses for the British Championships at Strines on the Sunday. Afterwards she expressed disappointment that the women had run through the marshy terrain much slower than she had expected.

In 1978 Jenny finally achieved a win at the British Championships at Tentsmuir in the W43 class, although in the 1979 JK she went back to the W35 class and placed 3rd. Through the 1980s she continued to perform at a high standard at the major events, with highlights including wins in W50 at the 1981 British Champs, W50 at the 1983 JK, W55 at the 1987 JK and W55

in the 1988 British. The DVO team of Jenny, Judy Buckley and Debbie Wilkinson won the W35 class at the 1982 JK and again at the 1983 British Relays.

Jenny also contributed to DVO's victory in the 1986 CompassSport Cup, scoring points on the green course in the final at Clowbridge.

Jenny was joint organiser (with Steve Buckley) for the 1982 British Championships at Shining Cliff and Crich. She also organised events at Crich in 1984 and a novelty relay on Farley Moor in 1987.

In 1988 Jenny retired from her day job and decided to move down to Somerset, to be closer to her siblings and their families. A final training run was held at Blue Mountains on 15/6/1988 after which a set of Crown Derby china was presented to Jenny. Steve Buckley reported on the event for the club magazine and stated "Her approach to training was as meticulous as her approach to all aspects of planning and organisation".

In Somerset, Jenny transferred her allegiance to Quantock Orienteers and continued to compete for many years. Of course we saw her at major events and were pleased to welcome her back at the DVO 40th anniversary party in 2009, but sadly she was unable to return for the 50th anniversary celebrations.

Gill Hunter (one-time DVO treasurer and 2nd leg on the winning 1973 BRC team) writes :

My first memories of Jenny were of training runs on a Wednesday evening in the early 70s as I joined DVO. It was lovely to run beside someone wearing a British Champion T shirt! I can't remember which year we went to the Swiss 5 days together, and I just finished a few minutes after her. We camped near to the Buckleys! It sure was wet! Many walking trips in the Lake District and 2 trips to Malawi, one whilst I was teaching there and another with me many years later, so I knew her well. Now she is at peace.

Debbie Wilkinson writes :

I first met Jenny on the finish of an event in Matlock Forest in December 1971 and possibly my first event. When we lived in Leek.

We moved to Derby in 1972 and soon became members of the fledging DVO. There was a small group of Orienteers who met every Wed evening

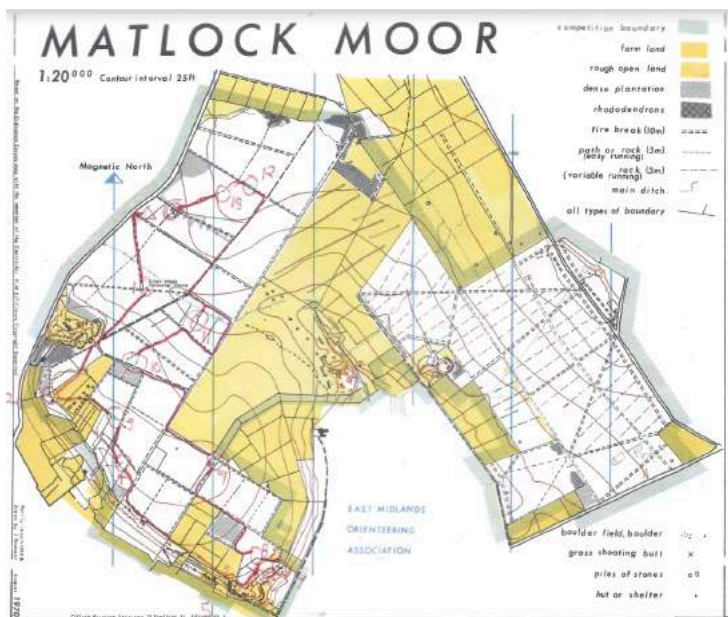
at Jenny's house The tiny living room of this 3 story terraced house up the narrow lane called Blue Mountains managed to seat up to a dozen runners for tea & biscuits after their Wednesday training run. The biggest problem was parking, Blue Mountains did not offer much space. I'm struggling to remember who was in this group. Rog & Myself, Steve & Judy, Jenny, Gill Hunter, Dave Sprakes, Malcolm Taylor, Mike & Deborah Reynolds.

An additional problem was our baby (Zoe) who came with us and was left sleeping on Jenny's bed whilst a late group of ladies ran after the first man got back. Jenny was always very welcoming and very accommodating. Our Zoe was joined by Tessa and Judy Buckley's Alastair before we gave up the hassle of transporting children and started employing baby sitters.

Those early Wednesday evening were very comradely but also busy. Every Wednesday was a club meeting as we planned and organized our early DVO events. Ultimately the club got too big and a committee was formed to meet monthly.

It was a sad day when Jenny announced she was retiring and moving down to Somerset, to be near her brother and his family.

Once Jenny left Derby we met her occasionally at major events but it wasn't until about 10 years ago we actually managed to call in and see her in Somerset. She gave us a warm welcome and a lovely lunch and we met Juno her Deaf Aid dog who was obviously a most precious companion. Jenny used to play the organ at her local church and was a bell ringer.



John Hurley

Ireland Where all the Courses are Green

(With acknowledgements to Action Photography for use of their excellent photos)

Once every decade or so, BOF arrange the orienteering calendar so some major champs take place in Northern Ireland, falling either side of the Irish Champs, always held on the Mayday weekend. The last time this happened was 2011 when the JK preceded the Irish Champs. This time the British Sprints and Middles fell on the Coronation weekend, giving orienteering republicans the ideal opportunity to do something more worthwhile and enjoyable than joining the 20 million glued to the telly in the UK!



Ten orienteering events in ten days is what we were promised. This sounds quite enticing until you consider the sheer draining relentlessness of the prospect. Our decision to take part in just six of the events – the four Irish events plus the two British Champs – was, in the end, an easy one.



Irish Sprint Champs – Glending

All the Irish events were in the Wicklow mountains south of Dublin, two in the east, two in the west. We chose a campsite in the west as our base, which meant the Sprints were within cycling distance – although the 23km (for a

1.9km course!) separating our campsite from the event seemed a lot shorter on the way out than it did on the return journey.

The event centre was the 'Blessington GAA'. In my ignorance, I had no idea what this meant and turned up expecting the usual sports centre. It turned out to be a car park surrounding a pitch, at either end of which was what appeared to be a pair of rugby posts immediately above a set of football nets. What a good idea to combine the two sports, I thought. No, Graham, that's GAA as in Gaelic Athletic Association, and these were Gaelic football posts – which I think double as hurling posts. We watched a hurling match on TV later in the week and were impressed by the skill and casual violence.



This was billed a sprint event in a forest, which certainly made it a novelty and, for me, a first. It was an amazing experience. The organisers had managed to find an entirely runnable, undergrowth-free forest. East Midlanders may find it difficult to believe that such an entity exists, but, trust me, it does. The vast majority of the area had been planted with pine trees whose vertical, straight trunks extended 20 metres into the air before the canopy of needles started, blocking sunlight to the forest floor and making it difficult for anything to grow beneath. The result was a largely white map and a fast, ideal medium for a sprint event. The accompanying photo hopefully gives some idea of what I'm describing.

A great way to kick off the weekend and top marks.

Shamrock Rating: 

Irish Middle Champs – Stranahely

The Middles were much closer to our campsite, a hilly 5km or so, and the cycling Johnsons and Duckworths (who opted to cycle to ALL six events, north and south, including the gaps in between) were joined by Judith and John, making a 60% DVO cycling contingent.

The sprints, having taken place on a Friday evening, had the air of a warm-up event, making this on the Saturday the first 'proper' event. Given that these were Irish Champs, I was taken aback by the modest number attending – the whole event had the appearance of a UK regional event – until I looked up the population of Ireland and found it to be just 5 million – amazing when you think of the impact Ireland and its culture has on the world. It made sense therefore for the numbers attending the event be much smaller than the UK equivalent. In fact, proportionally, the numbers at the event were more than respectable.

This was one of those areas I look back on with more affection than I did at the time. The map did not hold out much promise. The colour white was in short supply, being replaced either by steep open areas in yellow or, more commonly, light green areas – the IOF definition 'dense vegetation (low visibility) reducing running to 60–80% of normal speed' pretty much summed this up. This latter area was criss-crossed by a dense network of ditches, the site of two-thirds of the controls on my course.

Such was the omnipresence of these features that to lose track of them, a recurring motif of my 'run', was to lose all hope of relocation. My abiding memory of the event is spending my time doubled up like Groucho Marx, hunting through the maze of ditches in a forlorn hope of stumbling across my control. I ended up searching for my Number 9 as far north of Number 8 as 9 was to the south of it; it was that sort of day.

Nevertheless the map was accurate, the ditches were interspersed with controls in open areas to add variety and the only person I could find to blame for my failings was myself. How annoying.



It is a truism that friendliness is an essential part of the Irish character, and I found recurrent evidence of this during this competition, for I was not alone in my desperate plight. I repeatedly came across a W45 (the same one) on my course in similar difficulties. This W45 decided to adopt me and,

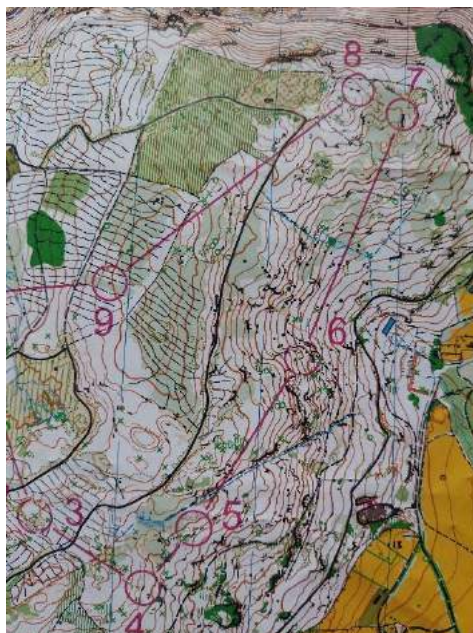


throughout this weekend and the next, would enquire after me, my fortunes and mental health – my situation really had been that desperate. This concern was not isolated; at the end of the four days, another Irish orienteer came over to us and expressed his fervent hope that we had enjoyed our stay. When was the last time you went over to a ‘foreign’ orienteer and wished them the same?

Shamrock rating: 

Irish Long Champs – Devil’s Glen

Devil’s Glen is certainly a formidable name for an O area, but fortunately there was nothing fiendish about it. In fact it was, I felt, a missed opportunity from the planner’s, and therefore the competitors’, point of view. To explain, the crowning glory of the area was an escarpment in the south-east of the map quite on a par with the similar feature we grappled with at Bigland in the JK. It was probably superior because, although at Bigland, it was possible to contour directly from one control to another, this was out of the question at Devil’s Glen because many of the crags presenting obstacles to this tactic were obliquely located, necessitating detours to overcome them. I could have happily spent the whole course on this type of terrain.





However the planner chose to position the start so we had to cross some very ordinary, straightforward ground to enjoy the best of the area. A start and finish a further 10 minutes' walk away would have brought much more of the good stuff within the scope of most courses. What a shame.



A peculiarity of the weekend was that, on finishing, everyone was encouraged not only to put their map in the usual communal bag but also to write their name on it. Thus the usual chaos which ensues when maps are eventually released was compounded tenfold by people shuffling through the piles for their individual map. Why? Everybody's course was the same. I never got to understand the thinking, so I refused to put my name on my map and took great delight in retrieving the first map I came across, autographed or not. Vive La Révolution!

Shamrock Rating: 

Sorry, John, but this was as close to an action shot as I could find.

Irish Relays – Tottenham Estate

Don't you just love motorcyclists? What a silly question. To their habitual crimes of wilful speeding, disregard for the safety of others and ritual disobedience of the Highway Code can be added drunkenness, hooliganism, rowdiness, boorishness and general crassness (probably a few other -nesses too).

Why the sudden outburst? We were minding our own business at the campsite after Sunday's event when in rolled three motorcyclists who, having set up camp, made a swift departure to the pub. Uh-oh. This could cause problems, I thought. Predictably it did, as they returned several hours later, well after we were snugly tucked up in our sleeping bags. Out came further booze as they proceeded to set up a fire around which indulged in Neanderthal gruntings in voices fit for broad daylight, without any thought for those unfortunates forced to listen to their moronic dribbling. By 1 o'clock. I'd had enough, so I wandered over and gave them the 'Do you realise what time it is?' speech. I hoped my polite but firm request would produce a positive response as I returned to the tent. Instead, the bone-headed leader of the pack wandered over and, after circling the tent menacingly, transferred his attentions to our car, the rear tyre of which he deflated, a fact we discovered only the next morning.

All of which is relevant to this account because I was down for first leg on the Relays an hour away. Thanks to the assistance of Keith Tonkin's tyre inflator. We did eventually make it, late, but without the availability of on-site inflation, both DVO teams would have had to scratch.

The Irish Relays adopt a novel approach to relay classes to address the problem of constructing teams when often the only way to accommodate different age classes is to shove people in Ad Hoc. The Irish solution is to preserve the two Premier Classes and carve up the remainder according to a handicapping system which ascribes a weighted number to an age class before determining the make-up of the team by reference to the total, regardless of



gender. The result is a competition comprising just eight classes in total, here covering just over 100 teams. The Pick'n'Mix approach worked very well.

DVO entered two teams of Johnsons, Duckworths and Godfrees, each divided into males (H18) and females (H24). The deflated tyre necessitated a hasty re-

organisation of H18 so John ran first. Thanks to his heroics, DVO H18 briefly led the competition before Mike and I brought us down to a more realistic 5th (out of 25). I don't know how the gaffling was achieved, but there were 27 variations in H18 – no point following!

The whole event was conducted in a relaxed, carefree atmosphere, nobody took it seriously and the result was hugely enjoyable.

Shamrock Rating: 🍀🍀🍀🍀

British Sprint Champs – Armagh

For the week following the Irish Champs, we based ourselves at Armagh, the site of the British Sprints. Beforehand the organisers helpfully printed a map of Armagh showing three sizeable chunks of the city obliterated in grey shading as being out of bounds. For five days we tiptoed round these areas for fear of trespassing, only to find when the veil was lifted on the Saturday, that one area was reserved for the Trail O competition we'd not entered at all while the sprints heats were to take place in the grounds of the city's observatory which we'd explored obliviously. So much for our efforts not to break the sanctity of the OOB.

From what we had seen of Armagh in the week, it did not look a promising place for a national sprint competition, but our doubts were completely unfounded. Unusually the Pre-Start lined up in one of the main streets of Armagh and led us through an archway into a maze of buildings, the precise nature of which I still don't know. It didn't matter because it was ideal for a sprint race, involving quick decisions amongst a tangle of alleys, passageways,

corners and enclosed courtyards. This was followed by the tour of the observatory, whose gardens were arranged in oblique patterns surrounding intricate and odd-shaped buildings. Only when we extracted ourselves from this brain-befuddling labyrinth did things become more straightforward as we meandered back to a finish in the Assembly area.

The eternal problem with large sprint events is the need to spend hours hanging around before the computer spews out the list of A and B Final competitors. I still can't understand why it takes so long, but if this is an example of AI in action, we have nothing to fear. It was something like four hours, and two postponements, before the Finals actually started.

They were set in the grounds of a hospital and made for an equally rigorous if more orthodox test of sprinting skills. Armagh passed its fitness for a national sprint final with flying colours (and I made the A Final too. Sorry, just had to slip that in).

Nobody seems able to answer the question why those in the B Sprint Final are required to run a shorter distance than those in the A, as if it were some sort of punishment. Both competitors have paid the same money to enter so why shouldn't they be entitled to the same length of course? Answers on a postcard to BOF Competitions Committee.

Shamrock Rating: 🍀🍀🍀🍀🍀

British Middles – Drumkeeragh



I haven't got a photo of the Middles so here's one of our and the Duckworths' campsite the night before the Middles. Jaw-droppingly beautiful, and not a motorcyclist in sight, or anyone else for that matter. The small building in the background is the shower and toilet block. First time I've been nettled in the showers – not a euphemism.

I'll be quite frank and say immediately that I hated Drumkeeragh. For the sake of balance, I will add that John Duckworth and EBOR's Steve Whitehead were full of praise for it so it just goes to show there's no accounting for taste.

If you're the NIOA and you get the chance only once every dozen years or so to hold a British Champs competition, you'd've thought that you'd go to some lengths to select one of your prestige areas to demonstrate the best in Northern Irish orienteering.

Consider then the programme notes on the terrain which offered the following: "the pine woods are densely planted and offer low levels of visibility and low branches" ... "the ground cover could be described as 'messy' due to the many small branches that litter the forest floor" ... "you may come across significant ditches that are unmapped" ... "the green striped 'slow run' symbol has been used where brashings and some remaining logs will be encountered". Doesn't exactly inspire confidence, does it? I'm sure Northern Ireland has better to offer than this.

The map itself was 70% covered in green, the majority being our old friend the light green ('dense vegetation (low visibility) reducing running to 60–80% of normal speed, remember) or parallel green lines also indicating reduced runnability but still good visibility (i.e. you can see it, you'll just have difficulty getting to it).

I sympathise with the planner because it was apparent that the job was made more difficult by late felling but, still, 12 of my 17 controls were in this type of terrain including three successive controls in light green itself, necessitating ploughing through the grot to get to them. Why, when you've got limited white forest to plan on, would you put so many controls in the alternative? The result was a turgid trudge through dense undergrowth, just as the event details promised.

As for the confessed omission of 'significant ditches', why, as a mapper, would you leave out something which you accept is 'significant' (synonyms: 'important', 'critical' and 'momentous' even). How am I as a competitor supposed to work out which ditches you consider to be important but have excluded and which not? As if that were not enough, the excluded, significant category also extended to boulders too, although no mention was made of this. I came across two boulders with a control planted between them (in fact denoting the path junction alongside). Search on the map as I did, I couldn't

find the boulders and concluded that I was lost. I wasted a good 10 minutes when, in fact, I was right on course.

Needless to say, I had a lousy run and a miserable, frustrating time.

Shamrock Rating: 🍀

To prevent an ending on a sour note, I'll finish by saying my Irish experience was overwhelmingly positive and if the opportunity to combine the two weekends arises in the future, I, for one, will not hesitate to grab it – unless they choose to send us back into Drumkeeragh.

Graham Johnson

Get your DVO kit at pre-Brexit prices!

Our Club O-tops and warm-up jackets with the distinctive contour splash are great in the forest and wash extremely well! We have various sizes of the following items:



Long-sleeved O top £32

Short-sleeved O top £30

Vest (Urbans/summer park races) £17

Warm-up jacket £30

When these items have run out, we will arrange another order, but prices will increase! More details <https://derwentvalleyorienteurs.org.uk/members/clothing/>

If interested, please email Sal and I can bring different sizes along to an event.

Second-hand SIAC bargain!

Two secondhand club O tops for sale, large size, a short and a long sleeved. Washed but never worn.

And a SIAC dibber.

Contact Steve Bennett 07795 511582

How do you use the Control descriptions sheet?

In the last Newstrack I wrote an article on planning and controlling saying I would produce one on control descriptions in the next edition. Well, here it is!

The key reference here is the International Orienteering Federation's International Specification for Control Descriptions (2018) available at www.orienteering.org. The symbols are used world-wide so that, whatever country you are in, there is no ambiguity and need for translation. The rules apply equally to cross-country, urban and sprint competitions, with minor variations for Trail Orienteering.

The IOF document says that:

“The purpose of a control description is to give greater precision to the picture given by the map of the control feature, and to indicate the location of the control flag in relation to this feature, thereby helping the competitor to better visualise the control site.

However, a good control is found primarily by map reading. Descriptions and codes can assist in this task ...”

The control description sheet contains the following information:

- Heading
- Start location
- Description of individual controls
- Nature of the route from the last control to the finish

A British Orienteering addition to the above is that the final box on the pictorial version or the final line on the written version must give details of the course closing time.

When printed, the description sheet boxes should be square, with a line dimension of between 5mm and 7mm.

The course length should be given to the nearest 0.1km, measured from the point at which the timing starts. Height climb is measured to the nearest 5m. (See below for how the distance and height should be measured.)

For most people, the most important information on the control description is the course name, length and climb, and individual control codes (although not everyone checks these!). However, there are eight columns on the sheet; from left to right they are:

A: Control number – in the sequence they are to be visited, unless it is for a score competition, in which case this column is left blank or indicates the control value.

B: Control code – a number greater than 30.

C: Which of any similar feature – when there is more than one similar feature within the control circle, e.g. south eastern.

D: Control feature – as shown on the map at the centre of the circle defining the control site, e.g. boulder, crag.

E: Appearance – e.g. overgrown, ruined. May also be used for a second control feature where the description requires this, i.e. crossing; junction; between.

F: Dimensions/combinations/bend – dimensions of the feature should be given where the size of the control feature on the map is symbolic rather than to scale, e.g. boulder, crag, depression. Also used for the two combination symbols (crossing, junction), and the Bend symbol.

G: Location of the control flag – position of the control flag with respect to the feature, e.g. west corner (outside), south foot, top.

H: other information – first aid, refreshments.

Simon Errington has produced a very handy, one page summary of the IOF control description sheet information, which is worth printing off – [Maprunner-IOF-control-descriptions-2018.pdf](#). In particular, it shows the symbols for special instructions such as distance from a timed start to the Start triangle, mandatory crossing points, and the nature of the route from the last control to the Finish.

PurplePen converts the pictorial descriptions to written for the shorter/beginners' courses.

Some common errors or omissions

1. Using the course distance generated by PurplePen rather than as prescribed in British Orienteering Rule 21.12:

For all types of event format, including Sprint and Urban, the course length must be given as that of the straight-line route from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), 'out of bounds' areas and marked routes. This is the shortest route which a competitor could reasonably possibly take, irrespective of whether or not the competitor would be sensible to do so.

Similarly, in Rule 21.13:

The total climb must be given as the climb in metres along the shortest sensible route. This may well be longer than the route used for measuring the course length.

2. Not having the Start on a mapped feature or on a line feature, or similar, for TD1 and TD2 courses.
3. Using 'junction' when it should be 'crossing'.
4. Not having dimensions on symbolic features such as boulders, crags, depressions.
5. Using 'navigate to Finish', which is the PurplePen default, rather than 'Follow tapes to Finish' as the IOF Rules make it clear that 'at least part of the route to the finish line should be a compulsory marked route'. There should be no chance of competitors not being able to find the Finish, which is exacerbated by longer distances from the last control to the Finish.
6. Omitting the 'courses close at ...' information as the last line on the control descriptions.

If you – competitor, planner or controller – have any comments or questions about this article, do get in touch and I'll respond in a future article. What I haven't covered is the other information that appears on the map, though this tends to be a concern mainly for mappers and the main event officials.

Ranald Macdonald, Grade A Controller

MUTTERINGS FROM THE UNDERGROWTH

FIELD NOTES OF AN O MAPPER

In which I share some of my mutterings about decisions I have to make out there in the wild, because if I have to grapple with them, so should you.

EPISODE 7: AWAY WITH THE FAERIES

On Longshaw Estate there is a small depression that was once a pit and at times over the years hasn't been there at all. How long it has existed and how it came to be is shrouded mystery, a tale told by those long gone. Was it the work of an industrious orienteer with his trusty spade?

An opportunistic eighteenth century miner? Or was it, as seems more likely, the subtle fabrication of the 'other people?'—no, not gamekeepers, but their more elusive counterparts, the faeries, ancient guardians of the forest.

More likely, I say, because this feature, this 'small depression' seems as ambiguous as its makers. When it is there, it is barely there at all. It has, if memory serves me, a diameter of only one metre and a depth less than thirty centimetres. Enough for an elf to cradle its offspring and shelter from the wind, but not enough to hide the orange and white of an orienteering kite, unless you were to lay it flat on the ground.

Now you might say, surely there are dozens, if not hundreds of such hollows scattered across the country and I would say nothing in reply because I would have my fingers in my ears, though if I were by some accident to hear you I would reply 'yes, but few of these are mapped, and fewer still were also pits!' And there is more mischief, because not sixty metres away lies an identical feature, the double of our elusive depression, a phantom never-mapped. How could this be anything other than supernatural? No orienteer would dig two pits and put only one of the map.

More likely this is a game they play with us, a trick. Blessing one planner with a nicely located feature for a control, while confounding another by changing its appearance (from pit to depression) and conjuring up its double, leaving the mapper chasing ghosts in a shifting, unstable world. This would explain a lot, these tricks: the boulders that move, the knolls that swell or shrink overnight like mushrooms, the extra ditches and gullies, and paths; every error and omission the work of the faeries, the 'wee folk'.

You may think this is whimsical, but I do not. I am serious. I cannot imagine this feature ever having been big enough to map. Someone chose to add it because they wanted to bring the orienteer through a pleasant stretch of wood. And others felt the same. What harm is there in that? Should I map according to the specifications or for congeniality? Who am I to remove it? And who would I offend if I did? Or is it all part of the game?

Sports Personality

Andy Leedham who at the Belper Parks Relays picked up an SI box that had been moved by teenagers. Thanks for saving the club £100 and sorry you became a human Geiger counter!

Gary Kelsall, for running the Blue course at Carsington (on the hottest day of the year) in a chicken costume. The excuse: it was his birthday! Next year, settle for KFC!



Meet your Welfare Officer: Anne Kayley Burgess

When and where did you first start orienteering?

I started orienteering around 7 years ago when Jane and I moved in together. I already ran with friends who orienteered but was reluctant to start as I had never used a map or compass and I was not very fit.

Highs and Lows of orienteering/running?

I have pretty modest ambitions. I'm pleased if I don't mispunch and am not last. I'm slowly creeping off the bottom. I love meeting new people and friends from different clubs. We have some good chums in other clubs now.

When Jane and I have legs in common, I'm very happy when I beat her (but try not to show it). [Most of us know that feeling – Ed.]

Not really any lows; I just feel disappointed with myself when I mispunch or feel that I could have done better. [We ALL know that one too! – Ed.]

Do you have a SIAC dibber?

Yes because it really improves my results. Ha ha, no it doesn't, but I do have one. It saves going to the bottom of muddy pits!

What do you enjoy doing when you're not orienteering?

I am not retired! I work as a nurse in a local hospital and have recently gone back to university to learn to do early pregnancy ultrasound scanning. I really enjoy my job but have promised Jane I will retire when I'm sixty.

Most memorable O holiday?

I have really enjoyed the two World Masters I attended. The first was in Denmark and the second in Italy last year. It was great meeting new people from other clubs and getting to know our club members better.

Favourite TV or radio shows?

I don't have a TV but I do watch Netflix. The best series recently was Happy Valley and I enjoy watching films. I don't watch any soaps.



Anne at the Belper Parks Relays

Event Officials Needed

If you would like to volunteer (yellow highlight), please contact janeburgess50@yahoo.co.uk Support can be given by someone experienced in the role. For updates to the table as new officials come forward, see **Future Event Officials** under the **DVO Events** tab.

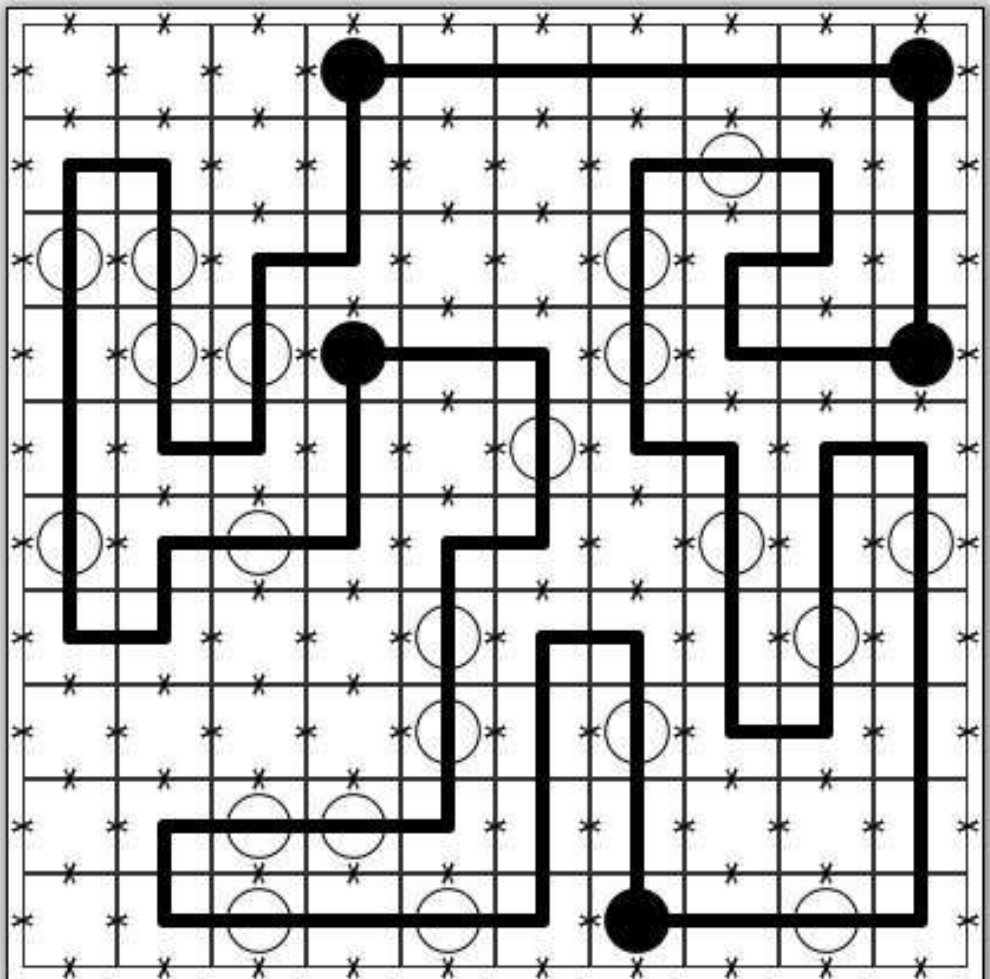
Event	Date	Level	Organiser	Planner	Controller
Kedleston Park	10 Sept	EML	Stuart Swalwell	Brian Denness	Doug Dickinson
Shipley Park	23 Sept	DVO Champs	Jane & Helen	Helen Chiswell	Jane KB .
Longshaw	8 Oct	EML	Stuart Swalwell	Dai Bedwell	Peter Gorvett
Elvaston Castle	21 Oct	Local	v	David Vincent	
Chaddesden Park	11 Nov	Local	v	v	
Linacre Reservoirs	25 Nov	EML	v	Marcus Scotney	Ranald M
Ashbourne Urban	1 Jan	EMUL	v	v	
Eyam Moor	21 Jan	EML	Ann Marie D	Mike Gardner	Martin Ward

Puzzle Page

David Vincent

Well done to Tom Hartland, Graham Johnson, Michelle Mackervoy, and John Hurley, for submitting correct solutions for the route in the previous puzzle. Here's the solution below:

Now then, your next challenge! Skip to the last line if you don't like maths!



The family all listened attentively as I read the final details and start times for Day 4. But their attentiveness was still inadequate – the following morning, everyone had forgotten their start times.

No signal, of course, in this wilderness! I have long taught the offspring to attach facts to items that need to be remembered, as a memory aid.

Unfortunately... on this occasion, their memorable facts were the only things that they could remember. They could all remember that all the starting minutes were in the 11:00 to 12:00 block.

So, as we made our way along those very narrow lanes towards assembly, the children made these statements about the number of minutes after 11 o'clock:

“I remember that four times Tom’s time plus three times Pip’s time came to 17”, said Craig.

“My time multiplied by four added to twice Tom’s time came to just one less than that”, said Pip.

Tom said: “I remember that Pip’s time doubled, plus three times mine came to Craig’s time”.

And what about my start time? Unfortunately, I was no better than them. I could remember, however, that mine was a prime number that didn’t contain any of the digits in the children’s start times, and was more than four times Craig’s time.

What were our start times?

For a bonus point – or as an alternative – what might our hypothetical fourth child have been named?

Answers to anorienteer@gmail.com by 31 August.

Join us for the exciting and sociable DVO Club Championships, Saturday 23 Sept at Shipley Country Park

All DVO members are invited to take part in this closed club event, followed by a picnic and presentation of Club Champs trophies and Annual Awards.

There will be three courses: Short/Junior, Medium and Long, planned by Helen Chiswell.

Start times from 10.30 onwards will be handicapped – a big thank you to Andrew Middleton for this – to aim for a mass finish at 12 noon.

The trophies to be awarded are:

Winning Man (1st across line): Chris Yardley trophy

Winning Woman (1st across line): Judy Buckley trophy

Fastest man: Peter Bourne trophy

Fastest woman: Karen Jackson trophy

Fastest Junior: Lithuanian trophy



Could the winners of trophies last year please bring them back or, if you are unable to attend, arrange to have someone bring them on your behalf?

Bring your own picnic and deckchair to chill after the race – or you can buy food from the café!

Please send your name, BOF and dibber number, and course you wish to enter to Andrew by Saturday 16th September to

Andrew.middlestone@gmail.com

First Aid Course

An Emergency First Aid at Work course had been arranged for Tuesday 21 November in Belper, cost £60 per person but the Club will pay if you are a DVO first aider or coach.

Please contact sal.chaffey@gmail.com if you're interested.