



Liz Godfree at the TAYside Christmas score event near Perth, note PeakRaid winners' buff. Photo credit Geoffery Hensman of FVO.

The Benefits of Orienteering throughout the Lifecycle!



Some of Team DVO at the Beacon Hill CompassSport Cup Heat



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	Stuart Swalwell
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 Richard Plumb M70, Neal Blatherwick M65, Charles Bartlett M45 and juniors Darwin and Clifford Buxton, Ella-rose Barber, Oscar Buxton and Peter Birchall.

Do say "Hi" at an event!

Editorial

Following headline-making research from the University of Ontario, this issue's theme is the benefits of orienteering in old age. It really does refresh a part of the brain that other sports can't reach!

The next issue is planned for collection at our event at Markeaton Park on June 24th, giving a submissions date of June 11th. Lots of major events to report on, with the Coronation being broadcast to the British Sprints in Northern Ireland!

Wishing safe travels to the British and JK to those attending, or if staying local, why not bring friends along to the Derby Parks events? A Happy Easter to all readers!

Sal :)

March '23 What's inside?

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Meeting dates

Main Committee – Tues 14 March 7:30pm at the Chaffeys'
& Tues 20 June 7:30pm

Fixtures Committee – Tues 6 June 4pm at the Macdonalds'



Club Captain's Corner



CompassSport Cup

This year's CompassSport Cup was held at Beacon Hill, Leicestershire on 12 February. It was a very good turnout from the club, with 66 entries. It was a close match between ourselves and OD, with OD beating us by just 22 points. Many thanks to everyone who turned up to support the club and congratulations to our 25 scoring runners who were:

Dai Bedwell 100, Jake O'Donnell 100, Andrew Powell 99, Richard Parkin 99, Emily Gay 99, Andrew Middleton 99, John Duckworth 99, Dave Chaffey 98, Ann-Marie Duckworth 98, David Newton 98, Tom Hartland 97, Sal Chaffey 97, Val Johnson 97, Andy Sykes 97 Helen Chiswell 97, Liz Godfree 96, Chris Millard 96, Francesco Lari 96, David Vincent 96, Sally Calland 96, Amanda Price 96, Marcus Scotney 95, Graham Johnson 95, Sophie Vincent 95, and Mike Godfree 95.

I think it's worth explaining how the scoring system works. There are 10 age-related classes and the winner of each class scores 100 points decreasing by a point for each subsequent place. In the junior classes and the Supervets, the scores decrease by 2. Don't ask me why?! The top 25 scores count but only 4 can count in each class.

However, it's important to stress that everyone's result can help as you may push a rival team's score down. Often the scoring is very close and gaining these extra points is important. In the recent West

Anglian heat in the Trophy Competition, there were only 3 points between the first two teams. So, each point can be critical!

Most people will be aware that at Beacon Hill in the junior classes of a potential 8 scoring runners, we only had one. Fortunately, Jake scored a 100 points. However, that is not quite as bad as it sounds. I think that OD scored 12 more points from their 5 junior counting runners compared with our 5 lowest counting scores. So, certainly having more people in those classes would have helped, but depending on their results, we still may not have won. However, the result would clearly have been a lot closer.

Typically, you are most likely to score best in your age category. So it's helpful if people keep this in mind. Clearly if you run up a class you will be running against younger people. However, because we are short of people in some classes, I asked several people to run up a class, which they helpfully agreed to do. However, in my opinion asking people to run up is a bit of a judgement call as to how things will work out best for the team. If we had 4 counting runners in each class, that would be great but we don't and this may well still be the case next year. Although we can hope that our new Club Development Officer will improve this situation.

It would have been nice to qualify for the Final but nevertheless I thought it was a very enjoyable event, a lot of fun and a very positive team spirit. Scrumptious cake from Sal too! *[A huge thank you to Christine for coordinating our Team, and thanks to the Committee for enabling us all to have a free run! – Editor Sal]*

Relays There are several relays coming up over the next few months:

British Championships, Sunday March 26th Hambleton Woods

Cost £60.00 per team [likely to have passed the closing date]

JK Relays, Monday 10th April, Lake District

Cost £70.00 per team, Club pays half

Please let me know by March 12th if you would like an entry for either of these Relay teams.

Irish Relays Wicklow May 1st

Graham Johnson has kindly offered to coordinate these entries, so please contact him directly gmjandfam@aol.com

Future Events

Over the summer there are lots of orienteering holidays to choose from. These include:

5 days in the Dolomites Italy June 29–July 5

The World Masters in Slovakia Aug 11–18.

The Scottish 5 days in Moray July 30–Aug 4



Lots of orienteering to look forward to!! What a great sport it is, even when the terrain is as hard as it was on Burbage Moor today!

Christine Middleton, Club Captain

Trophy haul and overseas performances!

Congratulations to **John Duckworth** who ran for England in the 5-way Interland match at Kattenbos, near Lommel in Belgium on March 5th. The Flanders Belgian Team won (on home ground) and John placed 5th in M50!

Malcolm Spencer at the European Police Champs (24–26 Feb). Malc reported “I had a reasonable run in the SYO sprint and also our middle distance event. This gave me 1st place in the combined competition for M60-70.” Well done!

Bronze at the British Night Championships (18 Feb) Richard Parkin



As the light drains from the sky and the countryside thickens, you wonder what it is you are doing, heading into the night to orienteer. Surely, you’ve got things the wrong way around. You should be heading home, thinking of what you’ll cook for dinner, putting your feet up. Then the tall pines loom and you’re in it now; there’s no way forward but through.

This thought always occurs to me as I arrive at a night event. It doesn’t really let me go until I’ve got my lamp on and I’m jogging to the start. Then the fun begins.

Moors Valley Country Park (Ringwood Forest South) was a relatively benign venue for night orienteering, compared with Ilkley Moor in the snow in 2021. A plantation with a grid of paths and ditches and only half a dozen contours, you can’t go too far wrong, but for a good result you have to run hard and spike the controls—spectral grey and orange kites slumped like Chinese

lanterns on the branches of a thicket. I managed to do that for the most part and emerged from the darkness with a bronze medal around my neck. (Okay, poetic licence, we had to wait until 10pm to get on the podium in the cafeteria. In the meantime, rewarding myself with cake and coffee.)

You can find the RouteGadget here: <https://tinyurl.com/ms4ue9vz>

East Midlands League 2022

Certificates and trophies were presented at NOC's Silverhill event 5 March. Congratulations to all the DVO high-placers:

Orange	2 nd Alice Woodward	2 nd Peter Birchall
Light Green	2 nd Judith Wicks	
Short Green	1 st Jane Kayley-Burgess	2 nd Derek Gale
	2 nd Ruth Ellis	3 rd Mike Godfree
	3 rd Marg Keeling	
Green	1 st Kim Buxton	
Blue	1 st Dai Bedwell	
	3 rd Francesco Lari	
Brown	2 nd Marcus Scotney	2 nd Emily Gay

Read more about the League & the 2023 events:
<http://www.emoa.org.uk/league/index.php>

DVO email group – the old Yahoo group for informal chat has been replaced by a googlegroup. To join the group, email dvo-members@googlegroups.com and an Admin will approve your membership.

Calling all National Trust members!

I am hoping to submit a resolution to the National Trust's AGM, to request that it plans improvements to walking and cycling routes to its properties. To submit the resolution I need the support of at least 50 National Trust members, so if you have been a member of the National Trust since at least 1 January 2022, and would like to support this resolution, please e-mail me, **David Bennett**, at ntwalkcyclerroutes@gmail.com, and I will e-mail you a form to print, sign and return by post. (National Trust rules require signatures on resolutions to be in ink: unfortunately they cannot accept electronic signatures.)

If you support the resolution, you can also help by forwarding it to friends and acquaintances who may also support it – and you can of course do this even if you are not a National Trust member yourself!

ORIENTEERING FOR SCHOOLS – Aims & history

As some of you will probably know during my teaching career, of some 38 years, I was always committed to giving Primary aged children the opportunity to enjoy and learn the skills of a wide range of sporting experiences.

My belief has always been that if you give young people a positive, enjoyable experience the first time they try a sport, or activity, then they will remember that and may, at some time in the future, come back for more.



@OS4Schools

<https://www.orienteeringforschools.co.uk/>

When, in 1973 I had my first experience of orienteering, whilst on a Winter Mountain Leadership Course in the Lake District, using a black and white map and pin punches on the fells near Helvellyn, I was hooked – what a great sport!

From then on, whatever school I worked in, I made sure that the children had opportunities to have a go at orienteering as part of the schools PE Curriculum.

At the age of 44, in 1988, I decided to finish playing Hockey and my next sport, naturally, was orienteering. I joined DVO and since then have thoroughly enjoyed the sport and the company of many fellow DVO members for many years. When, in 2002, I retired from my Headship at Duffield Meadows, I knew that I now had



Rex at the Swiss 6 Days 1996 in Brunnen

District Primary Orienteering Relay Competitions 2023

The 2022 Amber Valley Relay Competition at Eyes Meadow, Duffield was a great success. Over 80 Year 5 and 6 children loved competing in teams, it was great fun! This encouraged Jim and myself to try expanding the Relays idea. We have received very positive comments from the District Leaders and so far have arranged the following:

1. **The Bemrose School, Derby - 18th May** after school (WOD)
2. **Whitworth Park, Darley Dale - 23rd May** afternoon
3. **Shirebrook Secondary School (near Bolsover) - 7th June** afternoon
4. **John Port Spencer Academy -28th June** afternoon
5. **Eyes Meadow, Duffield - 29th June** afternoon



Chesterfield, Erewash and High Peak have also expressed an interest, dates TBC.

The top 2 or 3 teams from each district will qualify for the **County Final on Tuesday 11th July at Swanwick Hall School, from 4pm.**

For all these events we will be planning the Relay Courses, getting the maps printed, enlisting help from DVO members, on the day setting up the courses and Start and Finish areas, providing the electronic timing and Download equipment, sending the Results and generally organising the event beforehand and on the day.

Our charge for this is £300.00 per competition to cover hiring DVO's equipment (**£100.00 will be paid to DVO for each competition**), plus our costs and helpers travelling expenses.

If any DVO members would like to support this O4S initiative by offering their help at one, or more, of these events that would be very welcome and encouraging >> Please email or call Rex.

At these events we will also be promoting the DVO Derby Parks series.

Let's work together to give lots of young people the opportunity to enjoy our great sport.

[Rex 07808173590 rexbleakman321@btinternet.com](mailto:rexbleakman321@btinternet.com)
[Jim 07910802458 jimdjenkinson@gmail.com](mailto:jimdjenkinson@gmail.com)

Orienteering can delay cognitive decline: Research from the University of Ontario

Emma Waddington is an elite Canadian orienteer and academic, whose work linking navigational ability with positive outcomes for brain health in old age made headline news in January (spotted by Hilary Palmer of NOC).

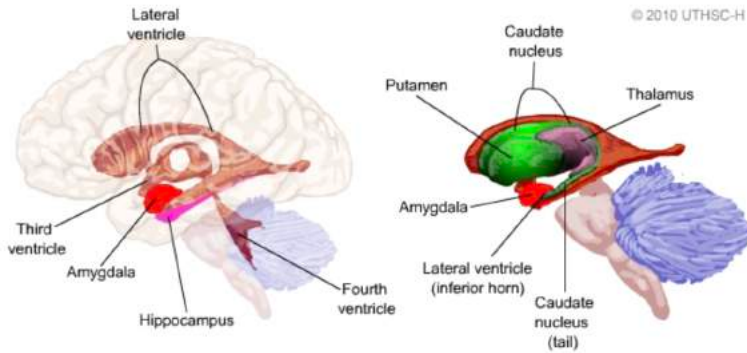
Emma and her co-researcher found that orienteering experts report more proficient spatial processing and memory across adulthood. They propose a use-it-or-lose it hypothesis: “Without consistent use of our navigational aptness, we may risk losing aspects of our spatial processing abilities and their supporting neural architecture.”

They explain that navigation can be divided into 2 categories, and that we switch between the two many times while navigating.



Type of navigation	<i>Egocentric</i> 1st person perspective “relative to the body”	<i>Alloentric</i> 3 rd person perspective “relative to the environment”
Mediated by the ...	Hippocampus* (The hippocampi atrophy quicker than the caudate nucleus, so people with dementia struggle with this.)	Caudate nucleus
Orienteering example	– 3D model of the terrain ahead – Visualisation of the control (For people with dementia, a 3 rd category called procedural navigation strategy – using landmarks – can be learnt, in order to compensate.)	– Bird’s eye view – Thumbing the map

* We speak of the hippocampus, but of course there are actually two hippocampi, one in each brain hemisphere. For the non-brain surgeons among us, I had to plunder the internet to find out where these bits are:



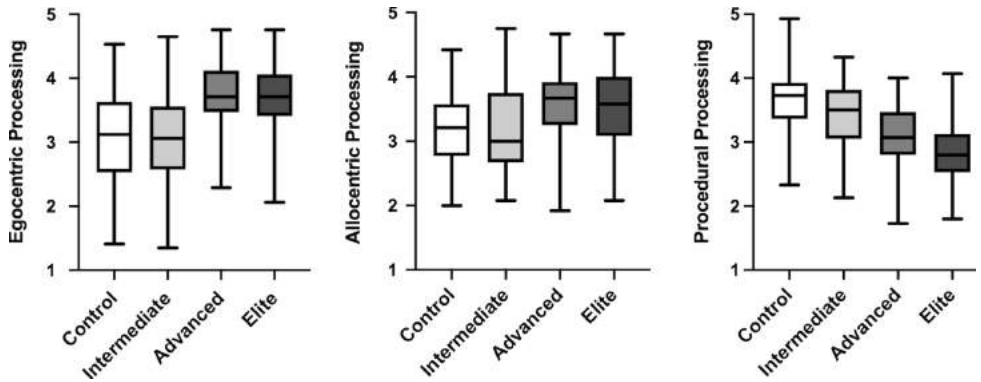
(Diagram from the University of Texas:

<https://nba.uth.tmc.edu/neuroscience/m/s4/chapter06.html>)

Returning to the Canadian research, a sample of 158 adults aged 18–87 took part. This included 44 non-orienteer ‘controls’ and 114 orienteers of intermediate, advanced or elite performance level.

All participants were asked to complete the **Navigational Strategy Questionnaire (NSQ)**, in which they used a 5-point Likert scale to rank 44 items describing concepts related to one of three navigational strategies to receive an average score for each strategy (shown in the boxplots below):

1. The use of **hippocampal-dependent allocentric spatial processing** was assessed with questions such as “I usually attempt to mentally represent route segments, turns and their spatial relationships from a top-down aerial perspective”.
2. The use of **egocentric spatial processing** indicates that individuals approach navigational tasks from a first-person view and can: “... visualize [the] environment in the form of a 3D spatial layout ...” Though egocentric navigation is not dependent on hippocampal processing, the hippocampus aids in transitioning between egocentric and allocentric spatial processing when navigating.
3. The use of the **procedural strategy** assesses an individual’s reliance on non-spatial methods for navigation with a preference for: “...following directions with descriptions of landmarks at turning points rather than using a map.”



Even after controlling for age and physical activity levels, the findings show that advanced and elite orienteers had better (albeit self-reported) spatial processing abilities than controls and intermediate-level orienteers “suggesting that engagement in the sport of orienteering may be beneficial to essential aspects of spatial processing and memory across the lifespan.” Hippocampal navigation is thought to protect against cognitive decline, possibly because the sport tunes into our evolutionary past:

“The closest surrogate to hunter-gather activity is the sport of orienteering, which naturally and simultaneously combines high-intensity interval exercise with navigation.”

The authors propose an Adaptive Capacity Model (use-it or lose-it): “In the context of aging-related changes, spatial memory is hypothesized to provide a ‘scaffold’ for episodic memories.” The failure of this scaffold is thought to underlie the deterioration evident in Alzheimer’s disease. As such, orienteering could be an effective intervention to enhance brain health.

You could argue that grappling with technology, land access – even the pop-up tent – are great ways to keep many club members on their toes! And that’s before they’ve crossed the start line. Of course, as the researcher suggests, bright people and confident map-readers may self-select into the sport (I like to think so)!

How could orienteering be offered as an intervention against cognitive decline? At a high level, the sport is very daunting, but local events and permanent courses could be promoted more widely to at-risk groups. However, the main thrust of club activities should be to develop members and recruit young families and runners into the sport, rather than social prescribing. But something to think about!

Summarised by Sal Chaffey

Waddington EE, Heisz JJ (2023) Orienteering experts report more proficient spatial processing and memory across adulthood. PLoS ONE 18(1): e0280435.

<https://doi.org/10.1371/journal.pone.0280435>

Continuing with the ageing theme, once over 35, orienteers change age groups every 5 years, on the 1st of January of the year of their significant birthday. That first year in an age category is known as the 'Glory Year' as you're younger than most of your rivals and thus have a better chance of winning!

I turned to the DVO Facebook group for numerological inspiration, and have Andy Parry, Francesco Lari and Murray White to thank for the last three associations!

What's your Glory Year Combo?

0 & 5 Tombola wins



1 & 6 Dice opposites

7 & 2 Pairs of clean & unclean animals on Noah's Ark



8 & 3 Frank Lampard & Ashley Cole

9 & 4 Squares of 2 & 3



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://derwentvalleyorienteers.org.uk/members/clothing/>
If interested, please email Sal and I can bring different sizes along to an event.

Markeaton Parkrun

Kit appeal: the Parkrun Committee are asking for donations of old sports kit including shoes for asylum seekers and refugees in Derby. Please email Sal if you have any to donate, or take it along to Markeaton Parkrun (from 8:30am every Saturday). Many asylum seekers really enjoy the camaraderie of Parkrun!

Call-out for Derby Parks events: I have asked for an announcement about the Derby Parks Series at the briefing before the 1 April Parkrun. I'll be there in DVO kit, and it would be great if anyone else local can join me in club tops! It's a mission to get some new runners to come along to our events!

Derby Parks Orienteering

Saturdays, 1 - 3pm

15 April Arboretum & Normanton Parks

13 May Alveston Park

27 May Darley Park

24 June Markeaton Park

8 July Allestree Park

Beginners welcome!

3 courses

1-5km

Adults and groups £5

Children (w/o adult) £3

<https://derwentvalleyorienteers.org.uk/future-dvo-events/>

sal.chaffey@gmail.com

The DVO Website

Dave & Sal Chaffey

The new website has been live for almost a year now, and, while many things work in the same way as the old site, a recap is due.

The content of the home page is largely related to events, but if you scroll down you will find **Latest news for DVO members**, which are blog-type articles. This part of the website is great for more timely communication than Newstrack can offer! From any part of the site, clicking on the DVO logo takes you home.

Very current news such as Final Details for events is in the scrolling text.

The **Officials Help Page** has guidance and resources for organisers, planners and controllers.

To access the **Members Area**, you need a login. Go to the DVO Members tab and select Register for Members Area and you will be sent a password. This allows you to access the following information:

- Committee and AGM Minutes
- The Membership List
- Our Areas and Events database

It also allows you to edit information, via the DVO Database, for forthcoming events, if you are the Organiser (and John Cooke as Fixtures Secretary has allowed you access).

1. When signed in, under the Members tab, click on Members Area.
2. Go down to DVO Database.
3. Click on DVO Area, Event and other administration.
4. Click the Events Edit button.
5. Here, you will see a list of events to which you have editing rights.
6. Click on Event and select the event you wish to edit, and press Continue.
7. There, you can edit the fields and add free text in various fields, and click **Update Event Data** when you've finished. (Remember to check the parking grid ref displays correctly on StreetMap after updating.)

>> **Level D and many Level C events** can display Final Details simply as a table generated by the database fields, adding course lengths and any other information in the Notes field (ask John Cooke for help if needed).

>> **For some Level Cs and above**, organisers will need to produce a PDF for Final Details, that can be added to the site by emailing John Cooke copying in Dave Chaffey: jholtcooke@gmail.com and dave.chaffey@gmail.com

British Orienteering Insurance webinar 30/1/23

Howard Black (BO Club Support Manager) & Amanda Wynne-Jones

(Howdens)

Summarised by **Sal Chaffey**

The BO insurance policy has always been something of a black box, but the £10 million public liability cover is something that landowners often like to see proof of – so I was keen to join this webinar.

The British Orienteering policy is brokered by Howdens, who are specialist sport and entertainment insurers with 35 years' experience. The actual insurer is Hiscox. As a BO-affiliated Club, DVO benefit greatly from this cover.

Three things I learnt:

(1) If club members travel abroad for ORIENTEERING HOLIDAYS, we are covered against liability (but not loss), as long as Howdens have been informed – phone number below.

(2) The THREE ACTIVITIES RULE. For many years, we used the small print message that beginners are not covered if they take part in more than 3 events per year. Like the spinach and iron myth, this has been debunked! **Non-members are covered at all competitions** (partly because named in the Results), **but not at activities** (less formal records kept). Another reason for this is that DVO has a duty of care to its members, but less so to non-members.

There are some implications for future beginners' programmes (which count as Activities because Results are not produced, and a levy is not payable):

- if more than 3 sessions, make membership compulsory; or
- explain at the start of the session that participants are not covered by British Orienteering liability insurance beyond the 3rd session, unless they become members.

Having said that, it's difficult to think of a scenario when a beginner causes injury or damage. Much more likely is a road traffic incident at an urban event. As competitors we must use the utmost care, and as event officials we must uphold the Rules.

(3) RISK ASSESSMENTS: orienteering is inherently dangerous as it takes place on exposed moorlands and forests, so risks of tripping over a tree-root for example are implicit. However, we must have evidence that we are trying to keep people safe, and this is in the form of Club policies such as Safeguarding, as well as the risk assessments for events. Committee minutes

also play an important part in documenting continuous engagement with safety issues. A few tips:

- Keep records for 6 years, or longer if children involved.
- Volunteers shouldn't act beyond their remit (should have attended the relevant workshops or received peer-mentoring).
- However, an innocent omission is covered, if you acted reasonably.
- Forward any letter/claim/writ/summons to Howdens UNANSWERED.
- Howdens Development Team 0121 6988160 (if you need additional cover for something specific).
- Howdens Claims Team 0121 6988000.

Ranald as DVO Safety Officer needs to be informed of any incident requiring involvement of a third party such as the Mountain Rescue or a hospital admission (more than a trip to A&E for 'patching up'). The Club accident book (or equivalent paper trail) should contain witness contact details and photos of the incident/damage (as well as obvious facts: what, who, when, where).

A live recording of the webinar is available in the Members area of the BO website: <https://www.britishorienteering.org.uk/webinars>

Review of 2022

Dave Nevell

The end of 2022 saw DVO on the cusp of a momentous milestone. The event at Allestree Park on November 13 was the 999th to have been staged by the club meaning that the Dronfield Urban event on January 2nd 2023 was set to be the 1000th. It's been a long time coming; at the onset of Covid restrictions the tally was at 974 and under normal circumstances this major landmark would probably have occurred in early 2021 so it's been a bit of a limp to the line. Somewhat perversely Dronfield does not represent a traditional DVO venue at all. It's not been used before, is not a hotbed of membership and is right on the edge of the normal geographical event envelope. Allestree Park would perhaps have been more fitting (7% of all DVO events having been held there) but it was not to be. However it is just possible that we just miscounted somewhere.

All in all, another year of low activity if measured by the number of events (just 11) but look at the quality. No fewer than 3 Level Bs (photos, next page). Only in one year (1986) have there been more events equivalent to Level B or above and 2010 was the last time there were 3. The three events in question were UKOL (Chatsworth), EM Champs (Stanton Moor) and the British Schools Score Champs

(Shipley). Not surprisingly the largest turnouts were from these three (365 and 362 from the first two respectively).

To summarise (2021 figures in brackets),

Level A (Major)	0	(0)
Level B (National)	3	(0)
Level C (Regional)	5	(3)
Level D (Local)	3	(8)



All 11 at different venues, with every one of those having been used before. This included the 69th use of Allestree Park and the 54th use of Cromford Moor, these being at 1 and 2 on the all-time list. The last time there were fewer than 3 Level D events (or equivalent) in a calendar year was 1980.

There were 2111 attendees over the year at 192 per event on average, both well up on 2021. The average attendances by event level were (2020 in brackets).

Level B	312	(n/a)
Level C	198	(234)
Level D	62	(71)



The lowest turnout throughout the year was 49 at Brierley Forest Park. You would have to go back to at least 1973 to find a year with a higher lower turnout. All events were on either Saturday or Sunday which has only ever happened before in 1968 and 1969, i.e., almost one thousand events ago.

Here's to the next thousand!

Planning and Controlling – some reminders

From recent discussions at the Finish/Download at a number of events around the EMOA and more widely, it's clear that not all the Rules are being applied consistently. This may create confusion for officials and bemusement on the part of competitors. New Planners should ideally take a Planners' Course, though this is not always possible, particularly for Local/Level D events. However, there is plenty of advice available and the latest version of the British Orienteering *Rules of Orienteering* will answer many of your questions: <https://www.britishorienteering.org.uk/page/rules>

The first point is a reminder that the **Appendices have the same status as the Rules** – they are ‘musts’ and not ‘shoulds’. There must be good reasons for not applying the letter of the Appendices and not just on the whim of an event official. This particularly applies to

– Appendix B: Course Planning

– Appendix E: Event Safety.

For example, the table following 2.3.5 in the Course Planning Appendix defines the planning requirements for each level of Technical Difficulty together with the orienteering skills to be tested. It should always be by your side when Planning or Controlling. It also reminds us that controls must be no more than 200m apart on the White Course and a maximum of 350m on the Yellow.

The Start must be on a mapped feature, identified on the ground by a control banner – for the TD1 (White) and TD2 (Yellow) courses the Start must be a path or similar feature. It must not be at a junction or intersection, as this would require a decision on which way to go without knowing where they have just come from [like picking up your phone in a new city and using Google maps for directions; a U-turn is sure to follow. Ed.]. If other courses don’t use the same Start, it must still be on a mapped feature. (Rule 28.2)

The **Start kite** should be left in place until all competitors have finished and not removed by the Start team. It is a part of the course and competitors may relocate on it, particularly late starters.

The White Course – it is generally considered bad practice to number the controls consecutively as inserting or removing controls can lead to confusion for the competitor. They should get used to checking the code at each control and ideally to checking the feature on which it is located.

The Finish can prove the most controversial, for some reason. To quote the BOF Appendix on Course Planning:

5.1.1 The precise location of the finishing line must be clear to all competitors approaching it.

*5.1.2 It is important to ensure that the finish is easily located. **A common last control with taped route to the finish will ensure this.** (my emphasis) This will also ensure that competitors all approach the finish from the same direction and improve the flow of competitors through the finish system.*

5.1.3 As a minimum, the finish should consist of a punch unit and control flag, preferably with a prominent finish banner. There should be no possibility of a competitor being unable to find the finish. Sufficient punching units should be used to

cope with the likely frequency at which competitors will finish. (Note – each stake is an individual control. As well as a punching unit it MUST have a kite hung on it.)

5.1.4 The finish should be manned as it may often be the first place where a competitor can report that an injured competitor needs urgent assistance or a problem with the course.

(Rules of Orienteering, Appendix B: Course Planning)

This means that when setting up an event in PurplePen, the instruction should be changed to ‘follow tapes to Finish’, rather than ‘navigate to Finish’, and, of course, the tapes need to be put out! Too many final controls involve an element of navigation rather than a straight sprint for the line.

Control Numbers on the map should be placed where they can be read clearly and there is no chance of confusion. In particular, if controls 6 and 9 are close to each other when competitors fold their maps, they may be mistaken so it is good practice to underline both numbers.

It’s also good practice in DVO to add a white outline around the number so that it stands out against certain colours, particularly on urban maps, against open land or thick vegetation. In PurplePen, go to Event, then Customise Appearance, increase ‘White outline around numbers’ to 0.1mm or 0.2mm. (For help on PurplePen, see Mike Godfree’s excellent guide <https://derwentvalleyorienteers.org.uk/members/officials-help-page/> or <https://www.derwentvalleyorienteers.org.uk/committee/Purple%20Pen%20for%20Planners.pdf>)



In conclusion, if as a Planner or Controller you think “but I don’t do that”, then perhaps you should go back and read the Rules and Appendices as well as Barry Elkington’s excellent articles on course planning or Hilary Quick’s Orienteering Course Planning – Practical Guidance, both available on the BOF Resources website -

https://www.britishorienteering.org.uk/organiser_library

In the next Newstrack I will take a look at **Control Descriptions** as this is an area where many errors or omissions occur.

If you have any questions or aspects of Planning and Controlling you would like me to cover, please email me at r.f.macdonald@btinternet.com.

Ranald Macdonald
Grade A Controller and DVO Event Safety Officer

Allestree Park – the latest

Many of you are aware, not least from competing there last November, that Allestree Park is no longer a golf course. Owned by Derby City Council, it closed at the end of 2020 and there has been a consultation on re-wilding the park. This has been co-ordinated by the City Council and Derbyshire Wildlife Trust, together with the University of Derby.

I made a submission to the consultation in April 2022, though I didn't receive any acknowledgment. Following it up this February, I was told that a report had gone to cabinet and was being progressed.

The consultation report and other documents can be found here: [Next steps for rewilding Allestree Park | Derbyshire Wildlife Trust](#). There was reference to my submission:

Four formal proposals for Allestree Park including:

- *Derwent Valley Orienteers (DVO) who support the proposals and would like to add a suggestion 'To provide space and facilities for people to exercise and take part in activities either individually or collectively.' They suggest there could be a permanent orienteering course at Allestree Park.*

This is, of course, only one point from many I made. I stressed that DVO had been using the park responsibly for many years and would like to see it being used for a wide variety of community activities, including orienteering. If anyone would like to see the whole submission, just get in touch with me.

Ranald Macdonald DVO Access Officer

EMOA Championships, Clumber Park, Jan 29th



Congratulations to the Club members who won their class at the East Midlands Championships! The full list of winners can be found in EMEWS 286 here:

<http://www.emoa.org.uk/emews/emews286.pdf>



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 SIX: IN ROUGH OPEN, NO ONE CAN HEAR YOU SCREAM

It's an open secret that rough open on an orienteering map can be anything between super fast and very, very slow. Those of us who went to Burbage Moor for the Northern Champs were treated to the full-spectrum experience, wading through treacle in deep heather on one side of the valley and gliding across dead bracken on the other.

Putting aside the merits of the course planning, I want to consider why we (have to) tolerate this lack of information on runnability out on the moors but not in the forest.

ORIENTEERS GIVE 110%

The mapping specifications provide a chart for runnability of the terrain.

No	Percentage	Description	Examples	Approx speed (min/km)
1	> 100%	Easy running	Lawns, paved areas, paths	< 4
2	80 - 100%	Normal running speed	Rough open land, forest	< 5
3	60 - 80%	Slow running	Stony ground, undergrowth, dense vegetation	5-6:40
4	20 - 60%	Walk / Difficult to run	Very stony ground, undergrowth, dense vegetation	6:40-20
5	< 20%	Fight	Extremely stony ground, very dense vegetation	> 20

Until I had studied the specifications, I had always assumed that 100% runnability was maximum speed because it is famously absurd to say you gave 110%. But that is not what it means here; here 100% is simply a reference

point. The figures in the chart are based on a notional speed through flat and open runnable forest of 4min/km. On tracks, paths and short grass, you are assumed to exceed "100%." [So see that you do so from now on!]

Rough open, as you'll see, is equivalent to runnable forest and like runnable forest it permits a variation of speed of only 20%. [Pause for snorts of laughter.] And yet the variation is typically much greater. So why don't maps provide more information on the runnability in these areas?

Legibility is one concern. The only means to represent reduced runnability in open areas, typically due to vegetation, are the undergrowth screens, the green hash lines, but these make the detail beneath them harder to read. Legibility tends to be given precedence. If the orienteer is going to visit those areas, they will need to be able to read the detail. Again, this also applies in the forest.

Time is another factor. Moors can be vast and relatively featureless. Is the mapper supposed to test the runnability by footing it up and down the wilderness to create a complete and accurate assessment of its runnability? Ideally, yes. Pragmatically, not so much.

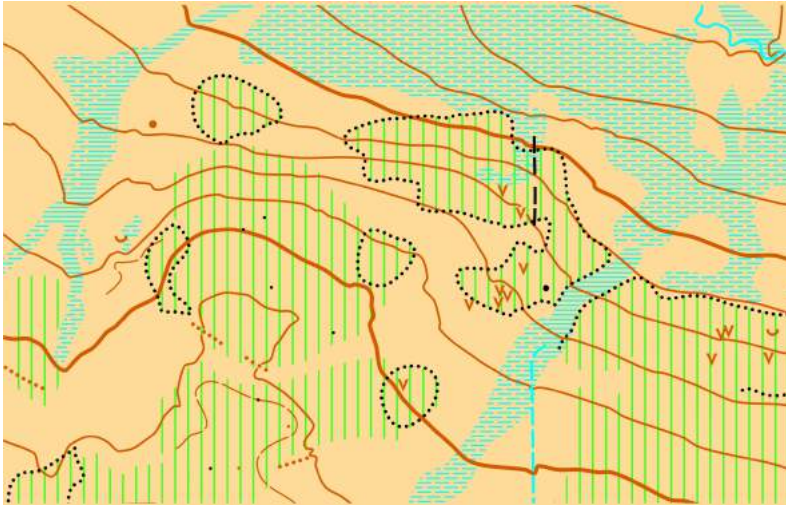
WHAT HORROR LURKS IN THE HIDDEN DEPTHS

But some undergrowth does get mapped. Areas of bracken, typically. Parts of Devon or the Quantock hills can get thick with bracken and it is often impenetrable. The orienteer needs to know where to go to avoid it. But why not heather as well?

I think time is part of the reason here too. In season, a field of bracken is obvious and its density can be assessed by standing on the edge and saying 'yey or nay, or stay away,' or words to that effect. Heather, on the other hand, is always there, in the background, a rolling surface whose depths are a mystery ... until you wade in.

This is another instance of where LIDAR data can come to the rescue. For example, I believe I've managed to fathom the depth of the heather on the moors behind Chatsworth. While exploring the area using the old map, I ended up wading and muttering through some deep heather. Later, when I processed

the LIDAR, I found that by tweaking the vegetation height parameters I could identify the location in which I experienced that misery. And I confirmed it corresponded to the other areas of deep heather as well.



In the extract, I've identified the stands of heather using the distinct vegetation boundary symbol [416], where the boundaries are distinct. This is non-standard because, curiously, the specifications invite use of the symbol in the forest only. I fear it will have to be deleted prior to an event. Indeed, if the event were staged now the undergrowth screen would have to be removed where the bracken had died off.

Here, at least, I was able to map the areas of slow running and thus provide a better guide to speed through the open terrain. But it takes time and I was familiar with this area. Is it likely we'll pay mappers for the extra hours checking heather on the exposed hillsides of national parks in Wales, or the Yorkshire Dales? Do we want this extra information on our maps? Or have we grown accustomed to muttering in the undergrowth? Is it just one of those things?

To be continued, ad infinitum.

RICHARD PARKIN

Meet your new Treasurer: Helen Chiswell

When and where did you first start orienteering?

I have been orienteering for a long time! My Dad (WIM) is a keen orienteer and so I started with him when I was about 8! My first independent event was the November Classic in 1987 in the New Forest. It wasn't long after the great storm of Michael Fish fame, and there was significant new windblow in the area. A fallen tree caused me to miss a path junction on my W10B course, get completely lost and I spent the next hour or so wandering round the area intermittently blowing my whistle! Eventually someone helped me find my way back to the finish! It wasn't the best start to my orienteering career and my mum was in the car park worrying slightly about where I was. I think my navigational skills have steadily improved since then!

Highs and Lows of orienteering/running?

The highs of orienteering for me have to be the opportunity it gives for me to meet up and travel with family. Events always provide a great excuse to meet for a Sunday lunch or even spend a week together somewhere.

The low of orienteering for me is reading the 'holiday O' fixture list in CompassSport magazine each January and realising that I can pick no more than one of the week-long European events on the list, as sadly I still have to work for a living!

Do you have a SIAC dibber?

I was finally treated to a SIAC dibber for my birthday about 4 months ago. It seems like a game changer for sprint races! However, today's terrain at Blind Lane was incredibly rough with lots of things to climb up and over, and when I arrived at control 10 my shiny new SIAC dibber was no longer on my finger! So no, I now do not have a SIAC dibber, but maybe it will have to be replaced!

What do you enjoy doing in your (non-orienteering) free time?

I wish I was retired already, but I have a plan to get there soon! In the meantime, I work as a consultant in supply chain and logistics. Given I have to work, it's not too bad! My work is very project based takes me all over the country (and further afield) to wherever the customer is situated. I am current working in a whiskey distillery in Scotland!

What do you do when you are not orienteering?

Being an orienteer, I love anything outdoors – so I also spend free time and holidays doing long distance cycle tours and hikes in various mountains. Most recently I have completed the Coronallacs trail (5 days roughly around the perimeter of Andorra) and

over Christmas and New Year we cycled the length of Jordan, which apart from the very vicious dogs, was an excellent experience!

Most memorable O holiday?

I have done a lot of “orienteering tourism” over the years. It’s a great excuse to go somewhere that you otherwise would not – some of the more exotic places we have managed include Serbia, Macedonia, Montenegro and Bulgaria. But I think my stand-out O-holiday experience would have to be the O-Ringen. I finally made it there in 2022 and it was like attending the Glastonbury of orienteering! Fantastic terrain, great courses and an amazing atmosphere! It should be on any orienteer’s bucket list!




Favourite TV or radio shows?


I don’t watch a lot of TV, but if I do its usually a documentary or something to do with travel. I follow a few cycle tourer blogs – it’s amazing to see what people get up to, and gives me inspiration for my future trips!

Helen at the Veluwe 2 days in Holland, October 2022.

Events List


Dates and entry platforms are subject to change, so please always check Events info from the DVO website – <http://derwentvalleyorienteers.org.uk/events/future-events/> and other clubs' websites: **NOC, LEI, SYO, LOG**.  = part of East Midlands League, EMUL = East Midlands Urban League, **UKOL** = UK O League, L = Local, R = Regional, N = National.

March

- Sun 19 R  **Burbage Common & Woods.**
- Sat 26 **UKOL Cold Ash** (British Championships)
- Sun 27 **Hambleden** (British Relay Championships)



April

- Sun 3 R **Bentley Woods, near Hinkley**
- Fri 7 **UKOL JK Sprint, Lancaster University**
- Sat 8 **UKOL JK Middle, High Dam**
- Sun 9 R **JK Long, Bigland**
- Mon 10 **UKOL JK Relays, Dale Park.** (Entries now closed.)
- Sat 15 L **Arboretum Park** (+ Urban Long Course in Normanton; new map; EOD)
Britain's oldest public park, established 1840 (see photo below)
- Sun 16 R  **Byron's Walk, nr Hucknall, NOC**
- Sun 23 **EMUL Buxton Urban**, entries via the DVO website using Stripe (extract above)
- Sun 30 R **Wombwell Woods, SYO**



May

- Sat 6 N **Armargh City**, British Sprints
- Sun 7 N **Drumkeeragh Forest (County Down)**, British Middle Distance Champs
- Sun 1 R  **Aylestone Meadows, Leicester**
- Sat 13 L **Alvaston Park, Derby**, EOD only, Registration 1–3pm
- Sun 21 **EMUL Dishley Urban, Loughborough**
- Sat 27 L **Darley Park, Derby**, EOD only, Registration 1–3pm
- Sat 27 **UKUL Telford Urban** (SINs Day 1)
- Sun 28 **UKOL Brampton Bryan** (Midlands Championships and SINs Day 2)
- Mon 29 **UKOL Corndon Hill** (SINs Day 3)

June

- Sun 4 **UKUL York City Race, EBOR**
- Sun 11 R  **Carsington Pastures & Harboro Rocks**
- Sun 18 U **SW Sheffield Urban**
- Sat 24 L **Markeaton Park, Derby**, EOD only
- Sun 25 **EMUL Barrow on Soar Urban, SE of Loughborough**

- July Sat 8 L **Allestree Park, Derby**, EOD only



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
Arboretum Park	15 April	Derby 1	Sal Chaffey	Sal Chaffey	–
Buxton Urban	23 April	EMUL	Jane K-B	David Newton	Paul Addison
Alvaston Park	13 May	Derby 2	Rex B	Rex B	–
Darley Park	27 May	Derby 3	Kim Buxton	Judith Holt	–
Carsington Pastures	11 June	EML	Nicola Hart	Simon Brister	Dave Chaffey
Markeaton Park	24 June	Derby 4	v [redacted]	Chris Millard	–
Allestree Park	8 July	Derby 5	v [redacted]	Jane K-B	–
Kedleston Park	10 Sept	EML	Stuart Swalwell	Brian Denness	Doug Dickinson
Shipley Park	23 Sept	Club Champs	v [redacted]	v [redacted]	
Alfreton Park	27 Sept	Schools.	[as 2022; practice for Schools Score Champs, Leics]		
Longshaw	8 Oct	EML	Stuart Swalwell	Dai Bedwell	Peter Gorvett
Linacre Reservoirs	25 Nov	EML	v [redacted]	v [redacted]	–

JK Relays 2024

****Helpers will be needed****

Stanton Moor 1 April International Sal Chaffey John Duckworth Simon Thompson (HOC)

Puzzle Page

David Vincent

Well done to Darren Cook, Mike Gardner, Sue Russell, and Doug Dickinson on finding the answer “KNOLL” for the previous puzzle. Now then – back to that famous DVO area – Symmetric Shrubs.

The Team Captain was very keen to help members prepare for the upcoming sprint relays and had a word with the planner for the event at Symmetric Shrubs. “They punch the control, and then come to a stop while they study their map! They need to practice planning ahead and running through the controls”.

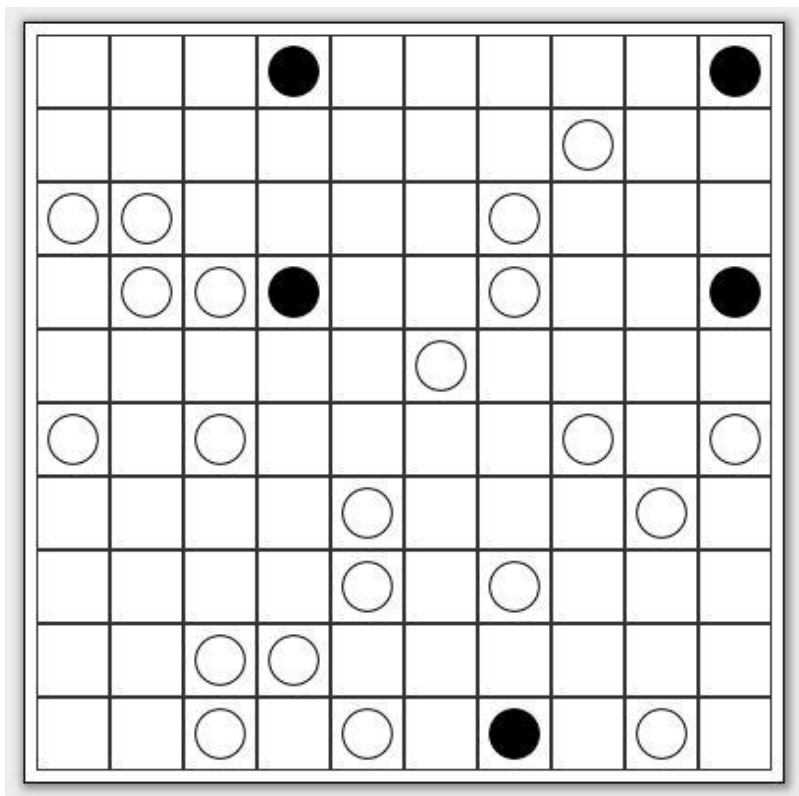
“I’ll see what I can do”, said Planner.

And so... the start lane details took some absorbing:

“Runners must run into each **black control** *without* changing direction through the hectare preceding the control, then change their bearing by 90° at the control, and then continue in that direction all the way *through*

the next hectare.

Conversely, runners *must not* change direction at a white control, but must have changed direction in the preceding hectare and/or the following hectare”.



Runners could of course change direction in other squares, as long as the above rules were followed. Runners could not use the diagonals – a long-standing rule at Symmetric Shrubs. The start and finish were in the same place, so that the route formed a complete loop, with no hectare being visited more than once.

The Planner was pleased with his course, especially as he had had to avoid a total of 20% of the available hectares due to ecological sensitivity. Can you deduce the course?

Answers to David at anorienteer@gmail.com by 11 June please.