

NEWSTRACK

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Great Moments from the Orienteering archives

**No. 5: Albert Einstein and Janet Leigh react to the news that
Kate Johnson is 2002 W18A East Midlands Champion**

Newstrack is the magazine of Derwent Valley Orienteers

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Thoughts from The Chair

Clumber Park was the venue for this year's East Midland Championships on 17th February where DVO yet again achieved a number of noticeable successes. Congratulations go to our new champions: John Duckworth (M21), Andy Jackson (M35), Steve Buckley (M55), Peter Bourne (M60), Kate Johnson (W18), Ann-Marie Duckworth (W35), Viv McDonald (W50) & Pauline Ward (W55).

This is an excellent start to the new year.

You may remember that in my first thoughts as chair, I wrote that one of the roles of the DVO committee was to seek and represent your thoughts on orienteering and that we were always receptive to your input. Brian Ward raised the excessive physical difficulty of the Green courses found within the East Midlands, an issue which had been bugging him since moving to the area. This is a topic which is now not only being discussed within the club but also across the East Midlands region and at various BOF committees. Ernie Williams and Brian have written an excellent article in last month's EMEWS presenting the case for a less physical but still technical course. Read the article, contribute to the debate and remember that DVO's committee is there to take forward your thoughts and ideas. Which reminds me. Don't forget the next open committee meeting on Wednesday 13th March 2002. As well as there being a run at 7.00 and the meeting at about 8.15, Sue Russell is to give a presentation on the role of the Derbyshire Fire Victims Support Unit.

On 16th March the club is holding a one day First Aid course leading to a British Red Cross Basic First Aid Certificate. The club is keen to increase First Aid awareness and places are open to all members. Sue Russell will be leading this and the likely venue is either Belper or Derby (yes, this is the same Sue Russell who's talking at the open meeting. Being a First Aid instructor is just another of her many talents). Please contact me if you would like a place on this course or would like to put your name down for the next one.

This year's club annual dinner returned to the newly refurbished Hartington Youth Hostel. The dinner formed the nucleus of a weekend of activities with a bike O, a footpath score, the dinner and annual awards ceremony, and on the Sunday a gentle run! The food was excellent, the venue atmospheric and the company splendid. The annual awards were presented after the dinner and were given as follows:

Orienteer of the Year
Junior Orienteer of the Year
Most Improved Orienteer
Most Enthusiastic Newcomer
Journalist of the Year

John Duckworth
Matt Dickinson
Paul Robinson
Dave Vincent
John Hurley

Finally, nominations were taken for the club Personality of the Year. This prize is awarded to the person who in the opinion of the club (well those members at the dinner anyway) has through their sportsmanship enriched the lives of the club, orienteering or sport as a whole. It was a bumper year with nominations coming thick and fast. Voting took place with some surprising results but avid readers of NEWSTRACK will instantly recognise the top three placings:

Joint third place went to Graham – can-a anyone-a see-a ma glassas – Johnson; and Gwyneth – oops I've broken my arm on the string course – Shooter.

Second place went to Michelle – if you want to know the time ask a cash machine – Mackervoy.

But first place was awarded to Rex Bleakmen for declining an invitation to have a good time with two young ladies from Locarno by pointing out he was quite capable of having a good time all by himself.

And finally, DVO has just been awarded a further £2000 under the lottery-funded Awards for All. The bid was for money to buy another laptop computer and network card for use with e-punching, a generator to provide power at all our events, and publicity boards for use at the increasing number of development and training events we are being asked to attend. Thanks go to Viv Macdonald for her effort in this successful bid.

See you out there (but only if you started ahead of me – ed).

Robert Shooter

Just in case you missed the reference to the Open Meeting in Robert's piece, here's a further reminder:

March Open Meeting

Your chance to influence DVO policy and plans to spend all the money they keep throwing at us comes on Wednesday, 13th March at the usual winter venue, the upstairs room at the Queen's Head on Chesterfield Road, Belper. Runs start at 7.00 pm, and the meeting starts at 8.15pm. This time, as a bonus Sue Russell has agreed to give us a short talk on the role of the Derbyshire Fire Victims Support Unit.

Why is Dave Walker losing interest in Orienteering?

Just a few thoughts and possible reasons for my current apathy towards the sport that has dominated my leisure time for the past 25 years.

If, after reading this article, any members have similar feelings and possible solutions then they may be useful in the 'Great Debate' on the future of the sport and where it is going.

Firstly my apathy may be due to my advancing years, I am now 60 years old, retired and with a bit more time on my hands. This means instead of looking forward to Sunday mornings and a good thrash around some grotty forest in the East Midlands I can take my exercise any day of the week, and this can be cycling, running, walking or, if the weather is inclement, a session at the Gym followed by a swim and sauna.

Although this may be a contributory factor, what about the cut and thrust of competition? Am I losing my desire for competitive sport because my old body is becoming more fragile and susceptible to injury, or is it that you reach a stage where you are no longer fit enough to compete?

Well these are some of my excuses, but I think the problem is not just one of old age. I think many long-standing members find it difficult to raise the enthusiasm for just one more run on Cromford Moor or Stapleford Woods, no matter how good the planning of courses may be.

We tend to follow a regime of C4 and C3 events each year in the same areas with little variety. To stimulate the sport we need more variety, more Score Events, more Relays and maybe more inter-club competitions within East Midlands clubs designed to include all members wishing to participate and not a select few. A couple more Bike 'O' events wouldn't come amiss either.

Foot and Mouth also played its part in reducing activity in orienteering and gave myself and others an opportunity to do something different. However, one innovation I did enjoy was the series of Street Events, this is an alternative we must continue to promote.

Another factor to be considered is the non-participating spouse (usually the wife, but not always). Orienteering is centred around the participants and if you are not taking part then you might as well not be there, since if you cannot take part in the post-race inquest, then nobody wants to talk to you.

Well after all this what keeps me coming along on Wednesday training nights and attending the odd event? It's a social thing. Over the years I have made many friends in orienteering and nowadays I enjoy the social intercourse as much as

the orienteering course. This I feel is the key to maintaining a thriving sport, the club must provide more than just a series of events throughout the year, it must create a social atmosphere where active members and non participants can enjoy a variety of sporting and social activities and especially for the juniors and younger family members.

I believe we are moving towards this in DVO and consequently have not suffered a decline in membership in recent years compared with most other clubs. However, we should not be complacent, there is still much more we can do to hold on to existing members who are losing interest and to attracting new members of all ages.

Speaking for myself I am looking forward to three events in 2002, all of which I am involved with, these are, firstly planning the Police Relay Championships, secondly the Orienteering Day at our new permanent course venue at Foremark Reservoir and finally another Bike 'O' based on Foremark on 23rd March. It is strange that I should be looking forward to organising rather than competing, should this be the formula for all old orienteers in their retirement?

Any comments and ideas to the Editor please.

Dave Walker

Editor's thoughts:

No-one will deny that orienteering has its problems but this is the first time anyone has mentioned falling numbers in M60! I think Dave's problem is largely an 'age thing'. I have no doubt that when I reach Dave's advanced years - not for some time yet, I hastily point out - I will find other things to occupy my time, and orienteering will possibly play a less important part in my life. I presently have only two free days a week, but will surely approach life differently when I've got seven.

I've been orienteering for over 20 years in the East Midlands, but my appetite for the sport in general remains undiminished and, if anything, has been increased by the enforced lay-off caused by F & M. Even after all this time, there are still areas I'm running on for the first time - Burnham Beeches and Bosley Cloud in the last three months - as well as some areas I'm never likely to run on, including Stapleford.

The answer to maintaining interest for any East Midlands orienteer lies largely outside this region. I have to accept that the prospect of running another course on, ooh let's say Blidworth, fills me with dread, which is why I haven't run there more than once in 15 years. I wouldn't put any DVO areas into this category, apart from possibly Bottom and Farley Moor; I still find Cromford a challenge even after what must be 30 times. However I hardly ever run on East Midland areas outside Derbyshire, but still find somewhere to run most Sundays. Being

situated where we are does mean that there is usually an event to enjoy somewhere within an hour's drive, you just have to make the effort to look and find it. In the last three months or so, I've had enjoyable runs on Carsington, Bosley Cloud, Dimmingsdale, Burnham Beeches, Delamere, Clumber – and I've also been round a course at Rawnsley. The majority of these have been outside EMOA but did not involve excessive distances.

I do not see an answer to the non-orienteeing spouse. Can you think of any sport where non-participants are not going to feel left out? One answer, as Dave suggests, is to organise more DVO social events, but this needs someone willing to take on this responsibility; it is done on a rather ad hoc basis at present.

Personally speaking, merely providing a greater variety of events within the East Mids will not cause my pulse to run any quicker. NOC organise a Robin Hood Relay event every summer but it attracts not a great number outside NOC. Similarly our street events attract a loyal following – including me – but it is a select following, mainly from within DVO. These sorts of event should supplement the basic diet of colour-coded events at times of the year (winter and summer) when options are less obvious, they should not replace it.

A Macdonald Miscellany

DVO Shop

As well as O tops, short and long sleeved T shirts, sweat shirts and the jackets, we also have a large selection of second hand shoes donated by Kim and Steve Buckley. Donations of between £5 and £20, depending on their condition, will go to Club funds.

Weekend Abroad

Join us for the tenth anniversary of the DVO weekend abroad. A seriously social occasion – sight seeing, eating, drinking and one training run! This year it will be at the beginning of the half term week from 19 to 22 October. The favourite seems to be Prague from East Midlands if we can get a good flight price with BMI Baby (from £25 each way).

I'm making enquiries about this but it would be helpful to get names as soon as possible.

Czech Five Day

While we are on a Czech theme...we are considering going to the Czech five day event, from 31 July to 4 August. It is north east of Prague and usually a really good event. If you are interested, please let me know and I will circulate details and be happy to co-ordinate entries.

Viv Macdonald (01629 734307)

East Midlands Champ (what me?)

A night of eating, wine tasting and accommodation in a B & B in Melton Mowbray, followed by a cooked breakfast on the Sunday morning may not be everyone's idea of preparation for the East Midlands Championships

We drove to Clumber for a late start – to give us time us to blow off the cobwebs. Having recently experienced deep lapses of concentration on courses, my main concern was not to do anything too silly - like 180 degree errors or being in the wrong block of forest. In fact I always find getting out of the start triangle difficult at Clumber because the paths are confusing. But I set off and took it at a steady pace. A slight overshoot at number 4 and then steady again, muttering the usual things about counting off paths and wishing I was fitter. Some luck on my side in finding the tripods – always awful controls – and steady into the finish.

No-one was more surprised than me when I looked at the results and found I had won the course and the East Midlands Championships against some formidable opposition. I haven't stopped grinning since Sunday!! Maybe going up to the W50s isn't so bad after all.

And as for Graham's comment "didn't many turn up?"

Viv (East Midlands W50 champ 2002) Macdonald

Compass Sport Cup 1st Round - 10th March 2002

The free coach will leave from the bus stop outside the Buckleys' house at 7:15 a.m. (yes, that's 7:15 a.m.; betcha never thought you'd be up that early on a Sunday). Parking adjacent in Church Lane North; that's off the A6 just on the Derby side of the A38/A6 Palm Court Roundabout; heading into Derby turn first right after leaving the roundabout. There is room on the coach and spare entry slots for a few more people. Even if you think you don't stand much chance of scoring come along and support the club. The entry fee for those whom I pre-entered is £6/£2 + 50p contribution per adult towards the parking fee and the driver's tip. If you would like a place, ring me this evening.

Final Call for JK and British Relays

There are some spare places in the entered teams, but I can always enter further teams. But I am not a mind-reader. You must let me know.

Liz Godfree 01332-515862

Life's a Beech

Despite orienteering for 25 years, I have somehow managed to avoid the charms of Burnham Beeches. Don't quite know why. Possibly prejudice against south-east areas, possibly the distance - though some DV Orienteers who came and went in a day assured me that it was less than two hours from Derby. Some may recoil at the thought of spending four hours plus on the road for a run that, hopefully, does not last much longer than an hour, but I suppose that's what separates those with the orienteering bug from the rest. The fact that I considered it at all is in part a result of those terrible desolate months in 2001 when there was no orienteering and many of us were reduced to running endless loops round Allestree Park on a Sunday morning with no discernable end in sight. It has made me appreciate the value of orienteering and more inclined to travel to enjoy it.

I'm not sure that I would have travelled to the event in a single day, but the opportunity to spend ninety minutes at Sixfields Stadium on the way down on Saturday and the irresistible attraction of a night spent on a Scout Hut floor in the company of the East Midlands Junior Squad proved too much.

The National Event label attached to this area was, for once, a guarantee of high quality orienteering and a healthy field of competitors. Apart from the British Champs, this was the first large scale event that I'd been to since the end of the Swiss 5 Days last August, and it was good to experience again the hallmarks of a big event, the buzz of a rapidly filling car park, runners dashing haphazardly in all directions and long queues for the portaloos.

A new year meant two changed age classes as Hilary went up to W20 and Kate to W18. W20 is a funny age group. Lying in the no-(wo)man's land between junior and senior, it suffers from the inevitable drop-off in numbers as late-teenagers find other things to do with their time on a Sunday morning, like staying in bed. As a result, it is quite common for there to be only around 4 competitors. Another problem is the increase in distance. By the time you reach W20L, you could be looking at 6 or 7km, which, unless you're fit, can be a struggle. The result of this, but mainly the need for competition, was that Hilary had been entered for W21S, and for the first time ever was actually running less than Kate on W18A. I can't help thinking that something was wrong with the course combinations, because Kate was running the same course as Val on W40L, a massive (for her) 7.3km.

This also had another unfortunate consequence when I directed Hilary to the same Start as the rest of the family, neglecting to take account of the reduced length of W21S. Hilary turned up with a couple of minutes to spare, only to be redirected back to the car park and then in the opposite direction to the other Start. As you can imagine, I was about as popular as Kenneth Lay at an Enron shareholders' meeting.

The shorter courses kept to the northern area of the map, but fortunately mine was long enough to venture south into that part of the map that was of particular interest to me for reasons entirely divorced from orienteering.

The Christmas before last, Val bought me (well, I bought it myself actually, and pretended Val bought it for me) 'The Movie Traveller', a guide to film locations in the UK. I was casually leafing through this a couple of months ago when I happened across Burnham Beeches and was astonished to find how many parts of it had been used for one film or another. The middle section of my course was a veritable tour of these various sites. One of the bends on a road going into the forest was used in Goldfinger, where Bond's Aston Martin is being chased by Goldfinger's henchman and, on going round this corner, releases an oil-slick in the path of his pursuers. Appropriately Stephen Rea chased Forest Whitaker through these very woods in the Crying Game. Perhaps the most significant location, had I managed to find it, was the path which Sid James and Bernard Bresslaw wander up trying to find the nudist colony in the seminal Carry on Camping. Wind in the Willows, First Knight, The Princess Bride and Robin Hood Prince of Thieves all had scenes filmed in these woods. Robin Hood, I think, is remarkable for the number of scenes filmed in various parts of the country, none of them in Sherwood! According to the book, if you look behind one of the trees in Burnham Beeches, you can still see plaster of paris where Richard 'Lancelot' Gere had a tryst with Julie 'Guinevere' Ormond in First Knight. I don't believe it for a moment, but, had I had a lousy run, I might have been tempted to find out.

Burnham Beeches is not a particularly technical area but what it does provide is kilometre after kilometre of virtually uninterrupted, brashing-free running through glorious deciduous woodland, and how many British areas can you say that about? Whilst I'm in laudatory mood, I would also like to compliment the quality of the map. Whilst the north of the map was runnable white, the south was covered in a network of thicker clumps of vegetation, often the dreaded rhodo bush. Every single one of these was perfectly mapped and, after a few controls, I felt I could trust the mapper's judgement implicitly. So many maps are ruined for me by inconsistent vegetation boundaries or interpretation of runnability; I've lost count of the number of times I've finished an event with the nagging conviction that the map could have done with an extra shade of green all round. The result is irritation and lack of confidence in the map leading to uncertainty, and a lousy run. Well, that's my excuse anyway.

A decent run on my part was spoilt by lack of concentration on a very long leg on the return to the northern part of the map. How I ended up where I did I have still to work out, but I have to confess that I had to seek out the last resort of a scoundrel and ask a W65 where on earth I was. I have to feel sorry for W65s but they are prime candidates for interrogation. They're easy to catch, you see, even for me, and experience shows they have an unerringly accurate sense of their own position on the map. Bless 'em all.

FIXTURES

The list below shows the more local events plus a few major events. For a more comprehensive list see EMEWS or the BOF website. Please check before travelling.

March 2002

- 9th C5 DVO Come and Try It Incorporating Schools and Youth League Event, Shipley Park, Heanor
- EM Val Johnson, 12 Chevin Road, Belper, Derby DE56 2UW
01773 824754
- 10th EA **EAOA Compass Sport Cup 1st Round.** High Lodge Warren, Thetford.
TL/811852.
- O3 Organiser: Rachel Thomas, 01638 750752.
See elsewhere in Newstrack and ring Liz Godfree
- 17th WM OD Colour Coded Event. Overley Wood, Alcester. SP/113567.
- C4 Stephen Bates, 01926 632406. £4.00/£1.00. String course.
freespace.virgin.net/paul.furness/index.html
- 17th EM NOC Colour Coded Event. Bestwood Country Park, Nottingham. SK/572463.
- C4 John Middler, 01332 391823. jmiddler@fsnet.co.uk £3.50/£1.50 String course.
- 23rd DVO Foremark Bike O
See elsewhere in Newstrack
- 24th YH **AIRE Badge Event.** Baildon Moor, Shipley. SE/154404.
- C3 Organiser: David Shelley, 01943 875935. djshelley@talk21.com
Entries: Michael Cox, 14 The Avenue, Scholes, Leeds, LS15 4AS, 0113 273 6195. cox_scholes@lineone.net CD: 11/03/02. £6.50/£3.00. EOD +£1.00/£1.00. Chq: Alienteers. EPS-SI. String course. EOD CC courses - W, Y, O & LG - £3.50/£1.50. Dogs under control near start and finish.
- 24th EM LEI Colour Coded Event & EM Galoppen. Grace Dieu & Cademan, Coalville.
SK/437180.
- C4 Andy Portsmouth, 0116 230 1337. andy.portsmouth@btinternet.com
£3.50/£1.50. EPS-SI. String course. Parking £1.00. <http://www.leioc.co.uk/>
- Mar 29th- SW **JAN KJELLSTROM INTERNATIONAL ORIENTEERING FESTIVAL 2002**
Apr 1st
- C5 29th - JK Training Event. Sallowvallets, Coleford. SO/600125.
- C1 30th - **INDIVIDUAL DAY 1 & UK CUP & FCC.** Lydney Park, Lydney.
SO/610038.
- C1 31st - **INDIVIDUAL DAY 2.** Moseley Green, Blakeney. SO/645080.
- R1 1st - **JK Relay Championship & UK Relay Cup.** Lydney Park, Lydney.
SO/610038.

April 2002

- 6th EM LEI Colour Coded Event & EM Galoppen. Swithland Woods, Loughborough. SK/530124.
- C4 John Marriott, 0116 236 4295. jmarriott@leics.gov.uk £3.50/£1.50. EPS-SI. String course. Parking £1.00. No dogs. <http://www.leioc.co.uk/>
- 7th WM **WRE Badge Event & Midland Championships.** The Wrekin, Telford. SJ/629092.
- C3 Organiser: Marcus Eassom, 01952 811204.
Entries: Graham Hardy (MC2002), Russet Lodge, Manor Orchard, Culmington, Ludlow, Shrops, SY8 2DN, 01584 861418. graham@russetlodge.freeserve.co.uk CD: 15/03/02. £7.50/£2.50, SI hire £1.00. Lim EOD +£1.00. Chq: Wrekin Orienteers. EPS-SI. String course. Lim CC courses W, Y, O & LG - EOD £4.00/£1.50. Parking £1.00. Dogs on lead.
- 14th SW **NATIONAL EVENT.** Blackdown Hills, Taunton
- C2 Organiser: Arthur Vince, 01935 863429.
Entries: David Holmes, Grindelwald, Nailsbourne, Taunton, Somerset, TA2 8AG, 01823 451343. dholmes@btinternet.com CD: 17/03/02. Fees: 13th - £3.00/£1.00 EOD +£1.00. 14th - £9.00/£4.00. Third and subsequent children in a family - free. SI hire for one or both days - 80p. No EOD for 14th. Late entries up to 1/4/02 - +£1.00. Chq: Quantock Orienteers. EPS-SI. No elite courses. Lim CC courses on 14th. Bussing from event centre on 14th. freespace.virgin.net/robin.heath/qohomepa.html
- 20th EM **DVO Come and Try It Event**, for Derbyshire Countryside Service, Cromford Moor
Mike Godfree - 01332 515862
Very limited courses.
- 21st EM **DVO Colour Coded Event, Crich, Matlock. SK/348516.**
- C4 Stephen Wilson, 01332 850762. StephenWilson@23PaddockClose.freeserve.co.uk £3.50/£1.00. EPS-SI. String course. Parking £1.00. Dogs on lead. DVO [web](#).
- 22nd EM PAA 2002 Police Athletic Association Orienteering Championships. Crich Chase, C4X Belper. SK/345520. Organiser and entries: James Allen,
- 27th **DVO Coaching, Southern Lakes**
Details to be announced
- 28th NW **LOC NATIONAL EVENT & FCC.** Bigland Hall, Ulverston. SD/358834.
- C2 Organiser: Graham Walkden, 015395 32793.
Entries: Marion Inchmore, Newlands, Storth Road, Storth, Nr. Milnthorpe, Cumbria, LA7 7HS, 015395 62378. CD: 10/04/02. £10.00/£4.50, Family 2 + 2 or more children £25.00. Lim EOD. Chq: LOC. EPS-SI. String course. Parking £1.00. Dogs in car park only. <http://www.lakeland-orienteeing.org.uk/>
- 28th EM LOG Colour Coded Event & Galoppen. Twyford Woods, Colsterworth. SK/946238.
- C4 Ian Durrant, 01522 532245. ian.durrant@lincoln.gov.uk £3.00/£1.00. EPS-SI. String course. Special "Purple" course aimed at road runners.

This flaw did not entirely ruin a good run, and I ended up in the top half of the field, no mean achievement for me at a National event. One feature of these events is that the same familiar names crop up time after time on M45L. Most of them are simply that, just names, haven't a clue who they are otherwise, but they do provide a barometer of form. The inconsistency which dogs my orienteering means that I can never be sure where I finish in the results so I tend to class my run according to my position relative to others whose orienteering is characterised by monotonous consistency. It must be so boring to know where you're going to finish in the results before you even start. Anyhow, today's run was better than a Rod Postlethwaite, better than a Paul Furness but sadly not an Alan Poxon (A John Rye is beyond my wildest dreams).

Get Knotted

I'm indebted to Alex Ross for the inspiration for this next item. Alex passed to me an article by Mark Adams extracted from Happy Herts' club magazine. I won't reproduce it word for word, but it deals with a particularly knotty problem that plagues runners and orienteers alike, that of keeping your laces secure whilst running.

Over the years, the steps which I have had to take to overcome this recurring nuisance have become increasingly elaborate. I think it must be something to do with the coating applied to laces these days because I don't remember tying double-knots on the plimsolls I wore in the gym at school. Anyhow, the double bow is simply unreliable – although a handy tip is to soak the lace in water to increase gripability. (The problem is that your laces usually don't get wet until after you've started running and therefore after you've tied your laces).

I hate that uneasy sensation of a steadily loosening lace whilst running. You try and kid yourself that it won't get any worse and you can ignore it until the finish, but inevitably it becomes slacker and slacker until it flaps about like an elephant's ear. Still you press on, prompting well-meaning folk to offer you the information that 'did you know your shoelace is undone?' until you have to give in, stop and do the damn thing up again.

So now, not only do I double-knot, I also apply the electrician's tape to bind the loops together, and thread the final ensemble through the laces where they cross from eyelet to eyelet. This adds precious minutes to the already interminable pre-event ritual, and also means you have to try to undo the whole apparatus at the end of the race with shivering and numb fingers.

The solution to this proposed by Mark Adams is the Frentz knot, apparently invented by ex-Happy Herts member Tom Frentz before emigrating to New Zealand; whether the two are connected is not explained.

The knot is actually amazingly simple, easier to do than describe. Since I'm left-handed and fed up of the whole world being designed as if peopled entirely by those of a right-handed persuasion, I will assume the opposite, thereby giving the majority of DVO a chance to experience discrimination at first hand.

1. Tie an ordinary single bow. You will have a left loop and a left end, a right loop and a right end.
2. Thread the left loop through the right loop, and, keeping the left loop taut with a finger, pull the right end, thereby causing the right loop to disappear and the left loop to be secured by a knot where the right loop used to be (I hope, if you've made it this far, that you're keeping up).

That seems to be it. It does look a bit peculiar and I think it must work better with short laces because you seem to be left with one short end, one loop and one long end, all of which still needs to be secured somehow. In fact the only way of doing this that I can think of is resorting to tape, which rather defeats the point, or tucking the loose ends underneath the cross-laces.

The most impressive thing about the knot is that, when you've finished, all you do to undo it is to pull the other end of the lace, the end of the loop you secured earlier and, hey presto, the whole thing falls apart.

It may be 'distinctive but not flashy, its quiet difference implying a deliberate selection to achieve superior performance', but does it actually work? Well, I'm writing this before the WCH Rawnsley Badge event so, on behalf of readers everywhere, I will carry out my own consumer test and report back. Can you stand the tension? Can the knot?

Post-match analysis. Well, it was a game of two feet. Right foot – fine, no problemo. The difficulty of what to do with three flapping ends was solved by falling back on the old shove-it-through-the-cross-lacing technique, the knot held fast and fell apart with a judicious tug of the short lace only when it was supposed to. But the left lace was a disaster. The problem was the long end which had to be doubled to fit into the cross-lacing. It proved no match for the Rawnsley brambles and, whilst the knot itself held, the long end was flailing about for most of the run, which made it a pointless exercise.

This rounded off a thoroughly unsatisfactory day (by the way, I'm about to go off on a completely different subject – a general moan about the Rawnsley event). The weather was foul, the course a series of path runs, and we M45s were expected to run on a 1:15000 map, as were the M55s too, I understand. This was purely because the planner had decided to combine several courses, some of which customarily run on a 1:15000 map. Now I have no objection to this, per se, but these were laser produced maps, as evidenced by the use of a brown the colour of chicken stock – not a lot of use when you're looking for an earthbank amidst identically coloured contours in the gloom of the forest – so why, when

there was no Entry-on-the-Day, could they not produce separate age-coordinated maps?

As if this wasn't enough, my half-decent run was completely ruined by a (professional) mapper's mistake, extending a non-existent fence across woodland instead of running it round the edge; I wasn't the only one standing scratching their head, wasting precious time wondering where on earth I was, and it's this sort of carelessness that rankles long after the event has passed. This was officially the worst event I've been to this year. OK it's less than two months old, and I'm sure there's others out there waiting to seize its crown, but they're going to have to try v. hard.

So far as the holy grail of the perfect knot is concerned, the quest continues. I have a non-orienteeing friend who swears he has the solution. I will research this. Prepare for Get Knotted Part 2. Bet you can't wait.

Foremark Bike O Event - Saturday 23rd March 2002

- By Car:** Parking will be at Foremark Reservoir - Carvers Rocks car park (SK333227), which is signed from the A514 between Ticknall and Hartshorne, 10 miles south of Derby.
- Cost** Seniors £3.50, Juniors (under 18) £1.50. Pay at the event.
- Entry:** Limit of 100 riders. Enter by phone to the organiser. Individuals or Pairs, but under 16's must be in a Pair.
- Start Times** 1100 - 1200. Blocks of up to 5 riders at 5 minute intervals.
- Course** 3 hour score event using lanes, white roads and cycleways. Penalties for time taken over the limit.
- Terrain** Suitable for road bikes or mountain bikes with road tyres. No rough tracks or mud.
- Maps** Specially drawn 1:50,000 map with pre-marked control points, issued 5 minutes before start time. **Clues** No banners or punches. Clue sheets and instructions issued on arrival. Answers to clues to be written on clue sheet, e.g. name of landlord of the Wheel Inn.
- Organiser** Dave Walker, 6 Malin Close, Alvaston Derby DE25 0HG
01332 574003 (before 2100 please)

Mike Godfree Creates an Orienteering Map

Orienteering maps are drawn to an internationally agreed specification. This means that the symbols are the same wherever you compete in the world. The colours were carefully chosen to enable the runner to quickly assess different route choices by showing the likely running speed and visibility. Thus the basic white is for runnable woodland. As speed decreases, 3 shades of green are used so that dense green represents impenetrable areas of rhododendrons or gorse in this country. In contrast bright yellow shows areas which are not only runnable but also open with no vegetation. In other countries familiar symbols used for unfamiliar vegetation like vines can give you pause for thought but the system is much easier to cope with than having to learn new symbols for every country.

Another obvious difference from conventional maps is that orienteering maps are orientated to magnetic north. So there is no conversion to carry out between the compass bearing and the map grid. The change in magnetic north from place to place and over the years is minimal for the size of an orienteering map or its likely lifespan.

There are three basic stages to creating any map: surveying, cartography and printing. It would be possible for us to do the full survey from scratch but usually we start with a base map. This can either be the Ordnance Survey map or a photogrammetric plot. The OS map is probably not the ones most people are familiar with. As well as the 1:50,000 Landranger and 1:25,000 Explorer maps the OS also produce 1:10,000 maps and 1:2500 or 1:1250 plans which are more suitable for our purpose. Nowadays these are printed on demand from a central repository. This also has the advantage that you only pay for the actual area required rather than for fixed sheet lines and these are expensive. The 1:10,000 map has the advantage that the contours are included. Sometimes we can now get these in electronic form without going through the paper stage at all. A photogrammetric plot is produced from a pair of aerial photographs by a skilled technician using a stereo plotter. This works best in open areas with sparse tree cover as we need the ground contours not the tops of trees. Another problem can be that the technician cannot tell the difference between a sleeping sheep and a boulder!

There is other base information becoming more widely available now, often for free on the web. This consists of aerial and satellite photography. This can be useful for locating vegetation changes which show up well from the air. But we have found that whereas photographs taken with a low sun are useful for a flat area like Carsington Pastures, they are useless if long shadows from tall trees obscure all detail in the shade.

This base survey can then be taken out in the field and compared with reality. If you are lucky, the OS map will be accurate and up to date. More often there will

first be a stage of filling in the gaps and making corrections. Most surveyors will in fact draw up the detail that the OS provides and reprint at a suitable scale. For a competition map that will usually be at a scale of 1:7500, i.e. twice the final scale. The print of the base map will be covered with drafting film and sealed on a board. Drafting film is used because it is stable when wet and pencil markings can be repeatedly rubbed-out without any damage. The first stage in the field is to survey any line features like paths, fences and streams that are not on the base map. Although more sophisticated tools such as a rangefinder can be used most orienteering maps are completed by using compass and pacing.

The surveyor starts at a known point on the map and uses a sighting compass to record the bearing that a fence or path takes, then paces the length until a significant bend and repeats the progress. At each stage he draws a length of line on the draft. Hopefully when he reaches another known point on the map the line will match up. More often there needs to some adjustment to what is known as the closure error. Once all the line features are complete the surveyor moves on to point features like depression, small knolls and boulders. These are usually pinpointed by either compass and pacing or by cross bearings on known features. With these there is more artistic skill involved as it is often impossible to show all the detail at the chosen scale. That is why the survey is usually done at 1:7500 for a competition map. What will fit at that scale using hand-drawn symbols will usually look all right when printed.

On finding three closely spaced boulders on the ground the surveyor has to choose between various options. If all three are to be shown they will be further apart on the map than their true distance on the ground. They could be shown as a boulder group or the surveyor could choose to show only the one large one and omit the others. Needless to say whichever option he chooses the competitor will find a criticism!

Then there are contours to add. Another very subjective area. If contours were shown with absolute pin-point accuracy then a significant feature could be completely omitted because it just failed to top a particular contour, yet other much less significant features could stand out on the map because they happened to cause a contour line to bend around them. On orienteering maps it is regarded as more appropriate to use the contours to show the land form as the runner might see it. This can involve moving a contour to go out round a minor knoll or into a niche on a hill side when strictly it shouldn't. Sometimes a form line is used as a sort of half contour to show the land-shape where the slope is not even between two contours. Finally there is the vegetation to fill in. This can be another difficult area. For instance one edge of an area can be definitely open and that other edge definitely wooded but there is no definite line where it changes from one to the other. Yet on an orienteering map there is no provision for shading the yellow gradually. There has to be sharp change between the yellow open and the white woodland or the scattered trees symbol.

The end result of the survey stage is a survey draft of the map. Then it is back to the computer. Almost all orienteering cartography worldwide is now done with a computer program called OCAD written by a genius from Switzerland. You can download a free demo version of this from www.ocad.com if you are interested in creating your own maps. The survey draft is scanned in and then traced at the computer screen. The remaining cartography is concerned with creating a layout for the map which is pleasing to the eye, contains all the legend required and yet will fit either on a standard paper size or with other maps to make a standard size.

Until recently most good-quality orienteering maps were then printed using 5 colours of ink (or 6 if the purple course overprint was also used). The computer program generates 5 files, one for each colour yellow, green, blue, brown and black. These 5 files are then sent to an image setter which produces 5 films. The films are black and white. The printer would then make plates from the films and pass the paper through the press 5 times. Each pass uses a different colour ink. So first the yellow could be printed. Then after cleaning the press, mixing a different colour ink and allowing the paper to dry from the first pass a second pass would add the second colour. This process is repeated 5 or 6 times. At each stage the registration has to be checked. This is why most O-maps have a star (the DVO symbol) or segmented circle so the runner can check the registration and that all colours are present. The printer checks it with additional marks which are usually trimmed off before you see the map. Sometimes the press will pick up two sheets of paper and miss a colour completely on one of the sheets. I ran a White Rose relay once where I had find a stream on a map with no blue! This laborious process explains why the minimum economic quantity of maps printed this way is approximately 1500. The cost is in the films, set up time and mixing the ink. The paper cost and the time to print each colour is minimal. A printer used to printing orienteering maps needs no instructions but there are specifications of paper-weight and type as well as registration accuracy limits. Take a magnifying glass to a map printed in this way and you will see that the half tones like slow runnable woodland or rough open consist of an array of single colour dots which give the eye the impression of half the colour depth of the full tone.

More recently laser and ink-jet printers have reached a quality which is certainly good enough for school use where the map has enlarged symbols. You may have run on some Walton-Chaser maps printed with a laser printer and puzzled over some of the green slow run and half yellow rough open areas. Ink-jet prints need to be laminated as they are not waterproof as was proved by one runner at Kinver Edge. Laser prints can suffer from patches of runnable woodland appearing where the toner has worn off from repeated folding. Take a magnifying glass to a laser printed map and you will see the fine dots of cyan, magenta, yellow and black which give the eye the impression of the correct colour. But these have the great advantage that the courses can be printed on the maps at the same time with no increase in cost and will all be accurate. You

will appreciate that if a different purple film and plate is needed for each course with only 30 runners or so the costs mount rapidly (approximately £50 for each course). So no doubt as laser printers improve we will see more maps printed this way. DVO has used these for all our recent Street O and schools maps partly because of the economy of a small print run and partly because of the while you wait service as the disc can be fed directly into the colour copier/printer.

So take a closer look at the map you are running with. Look at some of the admin information printed on it. Who surveyed it? Who drew it? Who printed it? Is it based on the Ordnance Survey in which case it will bear the licence number or a PG plot? At the moment the only DVO maps that are based on PG plots are the professionally produced maps of Eyam Moor, Carsington Pastures, Chatsworth and the series that were originally produced for the 1991 JK by Harveys, Shining Cliff and Cromford Moor.

Any of the club's mappers would be happy to take you along on a day's surveying or we can show you the basics at the computer screen.

Mike Godfree

Orienteering Check-List

Once again, I am indebted to the ever reliable SYO News, which never seems short of a wide selection of contributions. A couple of issues ago, Brian Shaw (a DVO local member to boot) penned a handy list of all those items essential for any O event, and as someone who is always forgetting something, the latest being gaiters at Clumber, not a mistake I'll quickly repeat, I thought it well worth reproducing with the occasional comment of my own:

Colour-coded events

- Map (second blank map if there are second master maps and the organising club is generous enough to provide one)
- Map case ie poly bag. Our house is always full of bags lying around from assorted badge events, but strangely the car never is. Particularly prized are the self-sealing ones you sometimes come across. If it's bucketing it down, and no protection has been supplied, a very large bag may allow you to mark up inside it. In fact, if you took a very large bag and the weather turned nasty, you could bivvy in it too!
- Pen. Brian recommends the waterproof type rather than biros which tend not to work in cold weather or if it is damp, and to hang it round your neck on a string to ensure it is still there at the second master maps. So far as the first is concerned, I'm still a red biro man myself, and though I am never actually sufficiently organised to manage this, a blue biro may be worthwhile for single map courses with second master maps. Orienteering

pens seem to disappear more rapidly than an Indonesian rain forest so I opt for a cheapo biro every time, plus it doesn't run. So far as pen retention is concerned, those who purchase a DVO top will find a handy vertical socket on the right of the front pocket.

- Compass -- preferably without bubble
- Whistle
- Control card (for the increasingly rare non-electronic events) with control codes and descriptions copied on -- correctly.
- Control description list otherwise
- Transpaseal to protect non-Tyvek cards in inclement weather
- Means of carrying control card. Val swears by the punch-hole in the top left hand corner, piece of elastic (or string) looped through and over the wrist method, whilst I am a die-hard two safety pin attached to the front of the O-top man. I've often wondered about which is the more popular method, I suspect I am in the minority here again. Whilst Val's technique does allow for greater flexibility and differing control height, I can't stand the card flapping about myself. The only time I regret the safety pin option is when the control is a metre and a half up in the air on top of an earthbank say, and the only approach is upwards; strangulation can be a risk in these circs.
- Electricians tape for laces -- see article before last!
- Optional personalised extras such as sweat band, visor, insect repellent, ankle binding, flask and sandwiches, and, yes, gaiters.

For electronic Badge events with pre-marked maps:

- Dibber or dobber
- Control description sheet
- Control description carrier. We all swear by the transparent wrist sheath secured with elastic, into which the con descs conveniently slot -- though planners do need to bear in mind that the maximum capacity of these holders is about twenty controls. How did the 33 control M21Es cope at Burnham Beeches?

Brian suggests keeping this list in your O bag or box, so no-one has any excuse, me included for turning up at the master maps sans pen again !

Forthcoming Attractions

Don't miss National Orienteering Week: 8th -- 16th June.

Or the Footpath Relay, based around Ashbourne, on 22nd June

Or the First Annual EMOA Inter-Club Relay on 2nd June. Further details in next Newstrack

Val's Coaching Corner

1. Saturday April 13th. 10.00am – 12.00 noon
Crich Chase. Meet in the lay by on the A6 in-between Ambergate and Whatstandwell (GR 339533)
Exercises suitable for Light Green / Green + standard.
2. Saturday April 27th. Time TBA.
Lake District. (Day before National Event at Bigland)
Exercises suitable for Light Green / Green + standard.
Further details on DVO website nearer the time
3. Saturday May 11th. 10.00am 12.00 noon
Bottom Moor. Meet at GR 324633, small car park, signposted from the top of Slack Hill off the Matlock – Chesterfield Road.
Exercises for beginners and juniors up to Orange standard.

Individual coaching can be arranged at most C4 events but please ask Val in plenty of time. For all coaching please E-mail or ring Val (details as for the Ed).

JK2002 Accommodation

Ever get that déjà vu feeling? It was in Newstrack December 2000 that I announced that DVO had luxurious JK accommodation lined up in the form of Beaver Lodge, headquarters of the First Forest Scout Group at Parkend in the middle of the Forest of Dean, maybe within walking distance of the events themselves. Well, of course Foot and Mouth intervened and the rest, as they say, is history. But 12 months later on and the JK resumes where it left off at Lydney Park. I'm pleased to say that once again Beaver Lodge is at our disposal. A brief reminder of its attractions: a main hall, 8m x 8m, and two smaller store rooms, room (it says) for up to 60 plus up to 40 campers in its grounds, and blessed with 2 cookers, 2 fridges as well as toilets and a single shower, which should be fun (but it's OK 'cause the Godfrees have hired a cottage nearby at great expense so we can all go and use theirs, I'm sure they won't mind).

One facility it does not boast is plates and cutlery so bring your own.

8m x 8m is not that big actually so we Johnsons at least are coming prepared to camp – nothing to do with most of DVO burgeoning junior section occupying the interior I'm sure.

An attractive feature is the price of £36.00 per night, £108.00 for three therefore, so the more we can squeeze in, inside and out, the cheaper it becomes for all concerned. It has become traditional for the Saturday night to be an all-in DVO dinner-with-a-small-d, to which anyone is invited, resident or no. Don't miss.