

NEWSTRACK

NOVEMBER 2001



Great Moments from the Orienteering archives

No. 4: Dr Livingstone finally emerges from 'southernmost thicket'

Newstrack is the magazine of Derwent Valley Orienteers

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(New) Thoughts from The Chair

The first action of a newly elected Chair is almost inevitably to thank the previous occupant for their efforts and contributions brought to the role. This is a tradition I am not about to break since I believe that over the last three years Ranald brought to this position a degree of professionalism, enthusiasm and commitment that must be the envy of most other clubs. Ranald has been involved at just about every level in the sport from: Parking to Planning; Diarist to Development; Toilets to Tours; DVO Shop to BOF Restructuring; and latterly EMOA Vice Chair. And although Ranald has now stepped down he has not moved very far taking the position of Vice Chair which, together with his other active roles, will be of benefit to both our club and orienteering.

This year saw some other changes to the make-up of DVO's committee.

Firstly, Steve Kimberley is our new Secretary as Mike Gardner stood down after three years' service. The role of our secretary is somewhat deceptive. You expect the secretary to keep our membership records and to be the focal point for correspondence in and out of the club but it's not that simple. It always seems that the 31st December lasts for about 3 months in orienteering renewal terms and the club receives more than its fair share of junk mail as well as a few really valuable nuggets that need a quick response. Mike has done a sterling job of managing all this and also found time to revamp and twice update the club handbook, not to mention his organising, planning and other supporting roles.

Secondly, Tracy Grant is our new Equipment Officer since Michelle Mackervoy is retiring to take up a new job of Mum. I sure many of you will appreciate that the task of keeping track of over 100 controls, trestles and punches and other miscellaneous equipment is insignificant compared with knowing the whereabouts of just one clean baby-grow. (yes, but wait a few years and see how it compares with looking for a child's lost e-card – experienced ed)

So may I offer sincere thank you to our retiring officers and a warm welcome to the new committee members.

All too often committees can give the impression of becoming remote from the general membership. I would hate to think this could happen in DVO where one in three meetings is run as an open meeting allowing both visibility of the committee's actions and feedback from the members. Indeed these meetings are often used to canvass the opinions of broader section of the club - so please feel free to come along and have your say. But you don't have to wait for the open meeting to bring something to the attention of the club, just contact any committee member, by person at events, phone, letter, e-mail, DVO e-group or even an article in NEWSTRACK. So if you have a particular idea or just want to express your view on an issue, use the committee to help make it happen.

We all know the impact that Foot and Mouth has had on orienteering this year so I hope I'm not tempting fate since it looks like there's some light at the end of the tunnel. As I write, the radio reported that there has been no new cases since September although it would probably be the end of November before they have confidence that a new hot spot won't erupt somewhere. Clearly this is good news and consequently we are gaining access to more areas but a few land owners, quite rightly, will need high confidence that the risks are low before they allow orienteering again. So it may be later in the year before we can access these.

The real impact of Foot and Mouth on the club could occur if we do not get our usual high renewal rate in the new year which would be a shame as 2002 offers a full programme of events. I'm particularly looking forward to the Shining Cliff event in March as this marks the return of our first event to be cancelled. Looking further ahead DVO is committed to the Harvester in 2003, the British Night Champs in 2004 and Day 2 of the JK also in 2004. So the future looks good and DVO is making it's contribution to it.

I hope to see you out there.

Robert Shooter, Chair, Derwent Valley Orienteers

Talking of Open Meetings:

December Open Meeting – 12th December 2001

We revert to the usual venue for December's open meeting – the Queen's Head, on Chesterfield Road, Belper. The meeting will start at 8.15 pm, with a run for those of that inclination at 7.00pm. And can someone else turn up this time so I'm not running by myself. Thanks.

And talking of Ranald, you can't keep a good man down, so here, for those who missed his peroration to the assembled masses at the AGM or for those who simply wish to relive the occasion, here are his stirring words in full. Feel free to cut them out and stick them to the fridge.

Chair's Report to Annual General Meeting 26 September 2001

I would like to welcome everyone here tonight for our Annual General Meeting. It's good to see so many of you here. This is my third, and final, report as Chair of the Club. I hope that I am handing on the responsibility with the Club in at least as healthy a state as I received it from Sue. I am pleased to report another fairly successful year despite particularly difficult circumstances.

However, I must start by reporting two great losses to the Club. Firstly, the sad news of Judy Buckley's death came as shock to many in the orienteering world, as well as to her many friends and colleagues. We want to remember Judy in some way and have asked Steve, Ali and Kim to think of some annual award which the Club could make in her memory.

A second great loss to the Club came as Debbie and Roger Wilkinson moved to the Lake District after many years of commitment and hard work for orienteering both locally and nationally. It was Debbie I turned to when deciding whether to become a BOF Councillor as she had carried out the role earlier. We have made Debbie and Roger lifetime local members in recognition of the way their efforts are valued by the Club.

I would like to repeat what I wrote in my last column in Newstrack:

"I have found it an interesting time leading the Club through what are quite difficult times for orienteering. With membership declining quite dramatically nationally we have done well to hold up our numbers, though the full results of food and mouth disease will take some time to filter through. However, the last three years have very much been a team effort and I would like to thank those who have given a considerable amount of their time and energy on the Committee as well as at events.

The Club only survives because a relatively small group of people are prepared to plan, organize, control, map, coach, look after equipment, produce newsletters and carry out the other roles essential for the smooth running of a voluntary organization. It's rather invidious to mention names, but I really must thank Val Johnson and Mike Godfree for their exceptional efforts over the last couple of years (supported, as in my case, by equally involved 'other halves' – Graham, Liz and Viv). Awards for All funding, our involvement with the Derbyshire and Peak District Sport and Recreation Forum, the Schools League and our development activities in general have owed much to their, and some others', enthusiasm for what goes on locally." And they haven't finished yet as we are putting the Club forward as part of the Active Sport Partnership together with Derbyshire, which will have considerable benefits for the Club but means we will need to do more about Coach Development in particular.

My thanks also to Mike Gardner (Secretary) and Michelle Mackervoy (Equipment Officer), both of who are standing down.

With all major events cancelled as a result of foot and mouth there are few individual achievements to note. However, Kim Buckley's selection and qualifications in the World Orienteering Championships in Finland this summer are worthy of note. Similarly, Pauline Ward and Matthew Dickinson were selected for England for a competition in the spring, and Pauline was later selected for the Veteran Home Internationals. Our congratulations to them both.

The recent Twin Peaks event at Macclesfield Forest saw a return to form for a number of people including Liz Smith, Liz Godfree, Dave Chaffey and Doug Dickinson, all of who won their classes. There were also a number of top ten places (4 on the M35) and the rest of us would certainly have suffered more if we hadn't gone to either the Scottish or Swiss 6-day events.

The Club Championships were held at Linacre in July with the senior trophy being won by Paul Robinson and the junior winner Thomas Wright.

The club has continued to put on a regular programme of Colour Coded, local, summer evening and night events until foot and mouth disease struck in the week of our Badge Event at Shining Cliff. We quickly got a programme of Street O events going which kept a hardy group of people used to getting up on a Sunday morning. We also managed to keep the Schools League going and again my particular thanks must go to Val Johnson and Mike Godfree for their continued efforts in putting on so many events and arranging for helpers.

What with weekly circuit training, some Sunday morning runs, as well as the regular programme on Wednesday, and series of summer evening events, we actually put on more activities than we would in a normal year. However, with the further cancellation of Chatsworth and the postponement of Eyam in December, it looks as if it will be some time before we are back to normal. However, at least we have a secure financial base and last Sunday's event at Cromford saw a return to the sorts of numbers we are used to. Our first Colour Coded Event using electronic punching seemed to work very well. However, we do need to get more people trained up to work the system so that James Allen and Mike Godfree can get a run in future. This Saturday sees the first 'Three Edges Run' from the Grouse and Claret at Rowsley, following on from earlier 'Three Dales' and 'Three Trigs' runs.

We are committed to continuing with Street O, even if events get back to normal, as the result of an award we have won from the EMOA for our Urban Orienteering submission. We are keen to involve running clubs as a way of attracting adults to orienteering and this may be a format which appeals to them.

My thanks also to the others on the Committee who I have not mentioned but give up the second Wednesday in each month to sit through exciting discussions about the Club Development Plan and the goings on at the East Midlands Committee. In addition they have their roles to do with finances, equipment, fixtures, etc. to carry out. We continue to have good working relations with Pete Coddington, the Outdoor Recreation Development Officer for Derbyshire. This also resulted in us putting on an orienteering event at the Derbyshire Adventure Youth Games at Carsington and Black Rock in June, which attracted several hundred children. Val and I made a presentation to the BOF Club Development Conference on our activities and the Club has been nominated for one of the

Sports Club of the Year Awards provided by the CCPR and the FSA. Walton Chasers won this a couple of years ago and received £10,000!

Social events this year included the dinner at Wirksworth Town Hall with the accompanying ritual humiliation of the Sports Personalities of the Year and other awards. Thanks again to Val for organising the dinner and to all those who contributed the food. The dinner next year will be on Saturday 2 February, returning to Hartington Youth Hostel. We also had a bowling evening and the October weekend abroad was to Madrid – this year it's Seville and next year will be the 10th anniversary trip. A group also went to Centre Parcs in December and we had a barbeque at the Hopper's in the summer.

Congratulations also to the Chaffey's, Duckworths and Jacksons on their production of future orienteers!

And finally, I would like to thank you all for coming here this evening, for volunteering or having your arm twisted to help at events, and urge you all to continue the same for the coming year. I wish the incoming chair well and hope that I can continue to have a development role within the Club in addition to being one of your BOF Councillors and Vice-Chair of the EMOA. Thank you.

Ronald Macdonald – (Ex-)Chair, Derwent Valley Orienteers

Too much training is bad for you! (Contributed by Paul Wright)

From an article by Michael Le Page in the "New Scientist" No 2300 21 July 2001

In Sweden between 1979 and 1992 sixteen elite orienteers died of sudden heart attacks. Statistically only no more than one person should have been so affected. Now Lars Wesslen of Uppsala University has found evidence that the culprit is a bacterium called *Bartonella* which infects humans and animals and is found throughout the world.

Bartonella has been suspected of being the cause for several years but until recently there were no tests available to identify this organism. Two strains of *Bartonella* have been found in the hearts of four of five sudden death victims and in the lungs of the fifth. The bacterium has been found to cause damage to the heart muscles in cats similar to that found in twelve of the sixteen victims.

Also antibodies to *Bartonella* have been found in the blood of 31% of elite orienteers tested compared to only 7% in a control group of blood donors.

Wesslen cites excessive overtraining which makes the elite athletes more vulnerable to the bacterium.

Further reading - Wesslen: Scandinavian Journal of Infectious Diseases (sounds a riveting read)

DVO WEEKEND
at
HARTINGTON YOUTH HOSTEL

February 2nd/3rd 2002



Saturday 2nd
Bike 'O'

3 hour Score Event using a brand new
DVO map
12.30 start
£TBA

Annual Dinner and Awards
(including Sports Personality of the Year)

£12.50 Adults

£6 Juniors

Bring your own drink.

7pm



Accommodation available in 2,3,4,6 & 8 bed rooms at £13.50 / £9.50 per person, breakfast £3.30 / £1.80 (adult / junior).

First come first served for the smaller rooms.

Sunday 3rd February -

Walk, Run, Ride or Read the paper, the choice is yours.

Pot Luck Lunch 12.30. Bring a dish (of food) and tuck in.

Ring Val Johnson to book your place now. 01773824754

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. **All events are still subject to cancellation at very short notice. Please check on websites or with organisers before travelling.**

November 2001

- 10th- YH **South Yorkshire Weekend**
11th
- 10th O4 Inter Club Event. Ecclesall Woods, Sheffield. SK/311826.
See elsewhere in Newstrack
- 11th C3 **Badge Event.** Burbage Moor West, Sheffield. SK/290834.
Organiser: Phil Haywood, 0114 236 3003. philh@sypte.co.uk
Entries: Jenny James, 20 Riverdale Road, Sheffield, S10 3FB, 0114 266
3169. jjames@stanleyworks.com CD: 28/10/01. £5.00/£2.00. Lim EOD
+£1.00/50p. Chq: SYO. EPS-SI. String course. Parking £1.00. No dogs.
- 11th EM LOG Colour Coded Event & Galoppen. Bourne Woods, Bourne.
TF/075202.
C4 Ian Durrant, 01522 532245. ian.durrant@lincoln.gov.uk £3.00/£1.00.
String course. Dogs on lead. No Red course.
- 17th EM **DVO British Schools Championships Training / Selection Event**
Thieves Wood / Harlow Wood, Mansfield. See elsewhere in newstrack
- 18th EM **NOC British Schools Championships.** Sherwood Pines, Mansfield.
SK/611646.
O2X Organiser: Mick Lucking, e-mail only. bsoc01@lucking.co.uk
- 18th WM BUOC Colour Coded Event & WM Galoppen. Sutton Park, Sutton
Coldfield. SP/113962.
C4 Richard McGinn, 0121 472 3887. Fees TBA.
- 25th WM **HOC Badge Event & Midlands Championships & WM Galoppen.**
Kinver Edge, Kinver. SO/837828.
C3 Organiser and entries: Ian Chafer, 29 Woodcock Close, Northfield,
Birmingham, B31 5EH. CD: 09/11/01. £7.50/£3.00. Lim EOD +£1.50.
Chq: HOC. EPS-SI. String course.
freespace.virgin.net/mike.farrington/Harlequins

December 2001

- 2nd EM **DVO Colour Coded Event. Carsington Pastures, Ashbourne.** SK/251546.
C4 John Northall, 01335 370592. £3.00/£1.00, Family £7.00. EPS-SI. White to Blue courses only. Parking £1.00. Dogs on lead in car park only. DVO web
- 9th EM **LEI Colour Coded Event & Yvette Baker Trophy Final. Beacon Hill Country Park, Loughborough.** GR/523054.
C4 Roger Williamson, 01509 412132. £3.00/£1.50. String course. Parking £1.00.
- 9th WM **WCH Colour Coded Event & West Midlands Championships & WM Galoppen.** Dimmingsdale, Cheadle. SK/053442.
C4 Patrick Murray, 01538 266224. £4.00/£1.50, SI card hire £1.00. EPS-SI. Parking £1.00. Dogs on lead in car park only. <http://www.walton-chasers.co.uk/>
- 16th YH **SYO Colour Coded Event. Sandal Beat, Doncaster.** SE/598033.
C4 Pat O'Grady, 01302 701134. £3.00/£1.00. String course. White to Blue courses only.
- 23rd EM **NOC Colour Coded Event. Harlow Woods, Nottingham.** SK/546576.
C4 Hilary Hodgkinson, 0115 922 2655. stephen.hodgkinson@ntlworld.com
£3.50/£1.50. EPS-SI. String course. <http://www.noc-uk.org/>

January 2002

- 1st EM **DVO Score Event. Hardwick Hall, Chesterfield.** SK/480640.
S4 Stuart Swalwell, 01335 347814. stuart.swalwell@virgin.net £3.00/£1.00, Family £7.00. Parking £1.50. Dogs on lead in car park only. DVO web
- 20th EM **LEI Badge Event. Old Dry Hills, Corby.** SP/946860.
C3 Organiser: Simon Ford, 01162 598277. di.ford@btinternet.com
Entries: Thelma Spalton, 31 The Burrows, Narborough, Leicestershire, LE9 5WS, 0116 275 1265. gerry.spalton@btinternet.com CD: 29/12/01.
£7.00/£2.50. Lim EOD +£1.00. Chq: Leicestershire Orienteering club. EPS-SI. Lim CC courses - W, Y & O £4.00/£1.50. Dogs on lead. <http://www.leioc.co.uk/>
- 27th WM **WCH Colour Coded Event. Milford, Cannock Chase.** SJ/974210.
C4 Barbara Heathcote, 01889 882436. £4.00/£1.50, SI card hire £1.00. EPS-SI. String course. Parking £1.00 payable at meter. Dogs on lead in car park only. <http://www.walton-chasers.co.uk/>
- 27th EM **LOG Colour Coded Event. Stapleford Woods, Newark.** SK/860565.
C4 Ian Durrant, 01522 532245. ian.durrant@lincoln.gov.uk £3.00/£1.00. String course. No Red course.

British Schools Orienteering Championships

Saturday 17th November

Thieves Wood / Harlow Wood, Mansfield, Notts.

Helpers are still required for this event, please ring Rex Bleakman to volunteer your services.

01283 733363

Macc Forest: A Joycian (or is it 'Joycean') Odyssey

The literary model for Saturday's run would have to be James Joyce's *Ulysses* – in short, a real epic (it was certainly a Blooming awful area – ed). After legging it straight into my start box, the first control was quite easy if you read the directions of the stone walls correctly. No 2 was a typical Macc Forest leg: over or round? I went over and Dave went round, beating me by 3 mins, but I got him on No 3 as he hit the control on the 10 metre cliff foot too high. On the mountain marathon leg to No. 4 we both went direct(ish) and both wished we hadn't.

The next two legs were OK, thanks to the stone walls, but why on earth didn't I follow Kim to No 6? It must have been something to do with having a 1:10000 map, as suddenly I found I'd climbed 3 contours too much up the path! I was relieved to get to No. 8 (in a mere 71 mins!) as, from here, the course started to go down hill. I checked my map at this point, just in case I'd picked up M21L by mistake as it did seem a bit long for 6.8k, but no, it was W35L.

The downhill legs were pretty brambly with large bits of fight straddling the optimum route so progress was slow again. I'll save Graham ranting about bending the magenta lines to compulsory crossing points by ranting myself. Eleven to Twelve was shown as a straight line on the overprint, which is all very well if you can climb a 6ft high stone wall with barbed wire on the top. Instead I had to run 400m to the crossing point, so I can conveniently blame my 5 minute error en route to 12 on this bit of dodgy planning! I mistook 2 contours very close together for a cliff, and hence started to look for the 20 x 15m depression in the wrong block of forest. I wandered round for a couple of minutes, hoping a huge depression would suddenly materialize out of the brambles, and then realized that there weren't meant to be brambles in the block where the control was, and ran back to the correct block and found the control. Easy when you know how. Having seen the brambles on the direct route to 13, I went via the road and went to someone else's control first as, by now, I was too tired to check the map properly, but soon found my control and the elephant track to the Finish.

We'd parked in the parents' and helpers' car park, which meant no Wilf's, so we were all starving by the time we had our fish'n'chip "lunch" in Buxton at 5:30! Better go and make some sandwiches for tomorrow now!

On Sunday I was hoping for something like *A Portrait of the Artist as a Young Man* – much shorter and easier to understand! My wish came true. No Start angst, as it was my turn to use the 'Permission to punch' slip for parents with split starts & No. 1 was up a ride I'd run down yesterday, so that was easy. Nos 2 & 3 were OK; No. 4 I ran along the road to, but jumped back into the forest too early (give me a nice bit of road to run along and you can guarantee I'll get into oxygen debt within about 90 seconds), jumped back onto the road and attacked "133 Ruin, north-east corner" successfully this time.

Nos 5 and 6 were OK, due south, then due east – and both legs executed more or less 'on the line'. Six to Seven was a choice of "contour through some green forest" or "descend through some white forest and climb a ride". Dave and I both chose the latter, although he did execute the leg 3 minutes faster than me! I beat him to No. 9 (by a comfortable 15 seconds!) by taking a civilized route via some nice duck boards, while he went direct and wrote 'Grot!' for that leg on his slip of splits. No. 9 I beat him by 48 seconds by expediently following a handy stone wall, but he beat me to No. 10 by going direct, when I climbed up 75 metres to run along the path (only by 24 seconds mind – not that Dave and I are competitive or anything!!).

It was at this point I started following Val, so got a bit of a pull for a couple of legs, but in trying to catch her up I got into oxygen debt and followed her to 202 instead of 207. I stood there incredulously for about 30 seconds, thinking that maybe the end '2' was actually a 7 with a black mark across the bottom (or some other planner's error of similar ilk), and then regained partial control of my senses and did a passable impression of a headless chicken for a further 3 minutes (coming out at 202 again!!!), before stopping long enough to read the map for sufficient time to allow both eyes to focus and connect with the brain – at which point I realized the control was further down the ditch and promptly went to punch it!

I ran along the road to avoid the forest fight that MDOC had sadistically placed between the last control and the Finish, only to find Val a good 5 minutes ahead of me in the download queue, quipping something about yes I did know she's a W40 and I'm a W35 and different courses etc. Still, she could have found my control for me before climbing back up to hers, she was certainly going fast enough!

I was going to write this up in the Joycian 'stream of consciousness' mode, but there would have been too much swearing for some of Newstrack's younger members (don't want to corrupt you Kate – yet!) (Too late! – Kate's Dad) (I don't read Newstrack anyway – Kate herself!) – especially on each of my 5 minute errors at the penultimate control (must watch for this phenomenon at BOC) & when I found out that Karen Jackson beat me on both days!

Editor's Fourpenn'orth

There must be a rare disease which afflicts all officials at National events. Let's call it nationalitis. The chief symptom of nationalitis is the irresistible desire to make courses 20% longer than they should be. I have never understood the reason for this. Saturday's M45L National event course was 8.2 km and 580 metres – yes, 580 metres – of climb (what happened to the 5% rule?) whilst Sunday's mere Badge event was 6.7 km and 460 m. Why? By what contortion of logic was Saturday's event more of a contest than Sunday's, except by virtue

of being longer. What are we supposed to be testing? Would the winner of a 6.7 km National course be any less worthy a victor than an 8.2km winner?

If Macclesfield were a superbly runnable area, every minute on which was an enduring pleasure, I might be able to understand the philosophy, but it ain't. You only have to look at the times to realise that the officials got the distances hopelessly wrong. Macc is in fact a very compact area, and the only way of getting any sort of course with any distance out of it is by sending competitors at least once up one of its steep sides and then up the other. It's bad enough getting one course out of it but getting two is a challenge even greater than that facing Colin Todd at the moment. Even so there was absolutely no excuse at all for one leg on Day 2 being identical to a leg on the previous day. Did the planners not speak to each other and swap notes? It should not have been too difficult to ensure we at least went the opposite way round on Day 2.

Once again, I feel that planners are missing the opportunities given to them by electronic punching. Old habits die hard and both days' courses looked as though they had been planned with the need to avoid controls being taken out of sequence being paramount. Planners, you don't need to do this any more. So long as clarity is preserved, more compact courses can be planned with the emphasis on getting the best out of the most runnable, most technical sections of the map. So what if number ten is close to number five? No-one can take them out of turn and get away with it. At the British we had eight controls within an area of half a square kilometre, the course criss-crossing itself twice, and no-one felt they were repeating themselves.

So you'd like a go at planning ?

Andy Mackervoy ruminates post- Cromford

About eighteen months before the event, when it's too far away to appear threatening, you accept the responsibility that is an integral part of belonging to a club - you volunteer to help.

Soon a nice document on how to plan an event comes through the door. Eagerly tearing at the envelope, you reveal a monstrous volume of jargon about TD5's, and planning Badge events. Not a murmur about the simple facts such as the suggested length, climb, and number of controls to have on each colour course, or layman's terms for technical difficulty such as white needing to be totally on line features, with a control at each decision point. It may seem obvious to some readers, but this planner started orienteering in his late twenties, and has never run a course below Green standard.

So the event is drawing closer. Decide if you will use conventional 'clipper' controls - requiring non-crossing routes, or manned controls, or 2nd master maps

(tricky planning) - or electronic punching with criss-cross routes, as complex as you like (easy-peasy).

Then you need copies of the map to enable armchair planning. This is not, despite the name, sorting out where you can sit while out in the forest, but is a first attempt at plotting the ~~downfall~~ routes for your fellows to run. It is best to identify start and finish locations. This stops your runners going round in circles. (Some will still do this, but at least you've tried to circumvent the majority).

With the advent of the worldwide web, it is easy to look at the results from previous events to see how long and hard the courses were, the times taken, and how many competitors were on each course. This helps in calculating how many control description sheets to photocopy, and also the likely numbers of people you can expect to complain about that nasty control near the finish on the Brown course, for example. I used the formula:

$$\frac{\text{All competitors on Brown}}{1} = \text{number of complaints}$$

(This actually gives too low a figure, and needs adjusting up a little.)

Once all your courses are nicely organised, you get to visit the area to locate the control sites on the ground, and put some tape out to mark them. This is the time you discover that the best sites are now waist high in bracken. And neck high in brambles. Luckily, you will have selected too many control sites at the initial phase, so you have some spares to fall back on. And the blackberries were quite tasty as well.

Then the second run round with your controller, to check the suitability of each site in the context of the competitors who will be visiting it, and eventually you are ready to draw up the master maps.

It is at this point that you discover that one of your control sites has been omitted from the recently-updated map, and that you've got the choice of either a) adding a dot by hand to 2,000 maps to represent a 1m high boulder, or b) use a different feature.

The big day looms, and it is your job to put out the controls, and persuading colleagues to help bring them back in afterwards. Allow plenty of time for this. (the putting out and the persuading) Remember it is easy to run in the forest with just a map in your hand. With a rucksack weighing many kilos, overflowing with pointy, snaggy bits of metal, grasping at every low branch as you flounder around the steep, slimy north-facing slopes looking for "base of crag, 4m," you aren't that mobile. At least not upwardly.

Once all the controls are out, and the controller has verified them, you can sit back and wait for the flak from the disgruntled headless brigade at the finish

before, spirits cheered by the endless enthusiasm of your paying guests, you head back out to reclaim the club's fixed assets from the much-flattened jungle, and make the mental note that you'll endeavour to be nice to planners in future.

Andy Mackervoy

How the world sees us - This contribution is from 2 families, friends of the Chaffeys, who bought their kids to the String Course at Cromford, not having done any O before:

"Orienteering was fun - the kids loved it and would indeed have done a longer course if they could! They needed a bit of practice to avoid continually falling over the string! We all found Zoe hilarious in her very detailed explanation of what to do - "...and if you get back, I might give you a sweetie!" Dave wasn't brusque at all - we were just early as the kids were keen to get going! We hadn't intended to disturb him but didn't know who else to approach! We were invited by the lady on enquiries to do another course, but we were entirely flummoxed by this new world we'd stumbled across and didn't feel prepared - but we'd be interested in tripping around a course another time if we could!"

"Kids loved it - thought they'd been to the real Hundred Acre Wood!"

Club Captain's Corner

Thank you to all those who took part in the footpath relay on 15th September. Some of us ran in pleasant dry conditions – others were soaked to the skin, sorry! DVO was the only club to run two fully competitive teams. As a result our fastest runners ran the longest legs (11.3Km and 8.7Km) on the two teams. Undoubtedly one super team would have been more highly placed than our final positions of 6th and 8th out of 9 competitive teams. One of the 11 teams didn't run the long leg and one didn't meet the handicap rules.

Walton Chasers will organise next year's footpath relay on a date to be decided.

SYO are hosting the single round Compass Sport Cup competition this year at Eccleshall Woods. Although I feel it is against the spirit of the usual competition which is open to all club members I have entered a pre-selected team (4 people on each course only, 3 to count). Watch this space for results.

Liz Godfree

DVO Colour Coded Event
Carsington Pasture
(near Matlock, Derbyshire)
Sunday 2nd December 2001

By car: Car parking is on minor road (SK245547) 2½ miles west of Wirksworth. The event will be signed from Wirksworth Market Place. Wirksworth is signed from the A6 between Derby and Matlock.

By public transport: Bus service 411 from Matlock or Ashbourne to Carsington village, then 1 mile steep walk.

Cost: Seniors £3 (DVO or BOF members), £4 (non-members); Juniors/Students £1; Family £7 (DVO or BOF members), £9 (non-members).

The event will use Sportident electronic punching. Sportident cards can be hired at Registration for 50p.

Registration: 1000 - 1200

Start: 1030 - 1230

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

Terrain: Steep open ground, with pit detail. Longer courses also use Harborough Rocks which has much rock detail. **Please take care not to run onto the pits as some conceal former mineworkings.**

No dogs allowed

Organiser: John Northall 01335 370592

Planners: Jayne Malley & Sue Russell

Controller: John Hopper