

NEWSTRACK

NOVEMBER 2002



Great moments from the Orienteering archives:

No 4: Spartacus makes a mental note to mark up the "out of bounds" areas in future

Newstrack is the magazine of Derwent Valley Orienteers

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Thoughts from the Chair

Orienteering is a funny old sport. There can often be a thin line between success and failure but mediocrity can be a mile wide. I usually wallow towards the low side of mediocre (as good as that? – ed) except when fate intervenes with a particularly strong prod. So it is with some embarrassment, but immense pride, that I'm reporting my own success at becoming the Club Senior Champion, fate on this occasion being a rather generous handicap brought about by my previous poor performance.

Having got that out of the way I can move on to congratulate Simon Wright on becoming the Club Junior Champion. Simon apparently went full pelt until he was ahead of the opposition then slowed to a walk. I like his style, why take risks if you don't have to! There was a good turn out this year with 54 members competing and socialising afterwards. And remember, it is pitched as a serious but fun event with handicapping ensure the competition is wide open.

Dave Brodie has also achieved success in not only being selected to run for Wales but also winning the M50 Class at the Veteran Home Internationals (and becoming Welsh M50 Champion in the process). Dave has achieved this through hard work and determination over recent years, improving both fitness and orienteering skills.

Our AGM took place on the 25th September 2002 at the Queens Head, Belper, with 30 members in attendance. The Chair's review of the year is presented below. Three committee members stood down after reaching their maximum 3 year term of office. So Liz Godfree handed over the Club Captain role to John Hurley, Stuart Swalwell handed over the Fixtures Sub-Committee Chair to Dave Brodie, and James Allen stood down leaving the Committee Member position vacant. Brian Denness, Minute Secretary for 4 years, handed over to Dave Bennett, and Ranaid Macdonald moved from Vice Chair to Fixtures Sub-Committee Member. Derek Gale was voted in as Vice-Chair and Andy Maddison was appointed Social Secretary.

I thank our retiring officers for all the hard work they have put in over the years and welcome the new members to the committee. Future committee meetings will take place on a Tuesday, Wednesday or Thursday depending upon the month:

October, January, April & July	- Meeting on the day after 2 nd Wednesday
November, February & May	- Meeting on the day before 2 nd Wednesday
December, March & June	- Open meeting on the 2nd Wednesday
September	- Meeting on the 2 nd Wednesday
September	- AGM (Wednesday)
August	- No meeting

So over the next 5 months the schedule is:

Date	12/11/02	11/12/02	9/1/03	11/2/03	12/3/03
Day	Tuesday	Wednesday	Thursday	Tuesday	Wednesday
Meeting	Business	Open	Business	Business	Open
Venue	Johnson's	Queen's Head	Johnson's	Johnson's	TBA
Time	7:30pm	8:15pm*	7:30pm	7:30pm	8:15pm*

* After a run at 7:00pm.

Chair's Report to the AGM

Thank you for all coming tonight. This room is somewhat more cramped than our planned assembly at Alfreton Leisure Centre who alas double booked with the Alfreton Bowls Club.

From an orienteering point of view, it's been a good year for the club but this was regrettably tinged by the sad loss of Karen Jackson last November. I read Andy's letter in the last EMEWS thanking for the support he had been given and it heartens me that together we, the orienteering community, have been able to help in this way.

One of the first tasks I was called on to undertake as Chair was the 2000 / 2001 Schools League prize giving. Six schools took part and first prize went to Duffield Meadows School. Duffield Meadows School also took first place in the 2001 / 2002 competition. However, some schools found it difficult to compete in the league format so we had fewer entries, just four schools, from which only two actually qualified for the competition. So for the coming year we have taken the league element out of the schools competition and re-branded it as the Schools Championships. Development of orienteering in schools is an important part of our development activities particularly since orienteering is now included as an option within the PE adventure sport curriculum. So the club has been working closely with schools and Local Educational Authorities to service their needs and promote orienteering. We have run training events in schools and at Lea Green, put on Teacher Leader training courses and, as I've just said, are promoting a series of Schools Championship events for 2002/2003. Feedback from the training exercises has been excellent. All this is hopefully moving some schools' perceptions of orienteering from a curriculum option, to an interest, to a useful exercise, to positive enthusiasm.

Now the schools element is only one aspect within the club's overall development plan and I would like to touch on one other. That is individual development as both competitors and officials. Competitive development has obviously continued through our Wednesday runs, Friday circuits and Newstrack's coaching corner (I defy any one not to feel guilty after reading Val's article on mental preparation). We held a coaching weekend in the Lakes last April and plan a further session in 4 weeks. On the event officials' side we have provided training for the electronic punching system and 13 members attended Sue Russell's BRC first aid courses. If you think that there's an aspect of personal or club development that required just let us know.

It was our development activities and the way these were integrated into needs of the community which was largely responsible for DVO being awarded third place in the 2001 "Foundation for Sport and the Arts" Sport's Club of the Year competition. This is open to all sports across the country in which clubs are nominated by their governing bodies. It was a tremendous achievement coming third out of a total of 80 nominated clubs representing the best their sport could offer. This achievement came with a £1000 award.

We have been equally successful in seeking other funds, gaining "Sport for All" and "Derbyshire O-zone" grants to the value of £2500. This money is earmarked for specific purchases such as computers, display equipment and funding first aid and similar training. We have spent about half to date.

Last September the orienteering year started in the tail of Foot and Mouth disease, after which there was an explosion of events making it almost impossible to avoid a clash with competitions in adjacent areas. For about a month or two, we were spoilt for choice. DVO was certainly keen to re-establish itself and since September we have held 1 Badge event, 5 Club events, 14 Introductory / Training events, 5 Street / Bike O events and 8 Summer League events; and don't forget the Annual Long Run, making 34 events in total.

We have also done well in competitions with 8 EMOA Champions (John Duckworth M21, Andy Jackson M35, Steve Buckley M55, Peter Bourne M60, Kate Johnson W18, Ann-Marie Duckworth W35, Viv Macdonald W50 & Ros Bourne W55) and 3 Midland Champions (John Duckworth M21, Liz Godfree W50, Hilary Johnson W20). Alas no JK Champions this year but we had some good runs, particularly in the ladies relay teams and DVO had several top 10 placings at the British (Liz Godfree 7th W50, Steve Buckley 3rd M55, Alex Ross 5th M50, John Duckworth M35 & Al Buckley 3rd M21E). DVO juniors also had some success with 6 members being selected as part of the EMOA Junior Squad. Congratulations also go to Alex Ross for being selected to run for Scotland and Dave Brodie for being selected to run for Wales.

On the membership front, you will be pleased to know that we have more full BOF and local members now than we had, not only a year ago but also two years ago. And to encourage this further, we now offer a free trial membership period for newcomers who come along to introductory events, such as NOW week. This allows us to maintain contact and inform them of future events.

Foreign tours have always featured strongly in DVO's summer activities and this year members have ventured to Finland, Sweden and the Czech Republic in search of that perfect run. Then there was last October's weekend in Seville – no orienteering this time, just a social weekend away. Other social activities this year centred largely around food - the annual club dinner, JK club meal and the summer Bar-B-Q. The dinner returned to the newly decorated Hartington Youth Hostel where, in addition to a splendid meal, Rex Bleakman was awarded Sports Personality of the Year. Can I remind you that there are only 143 days to get in your nominations for the 2002 / 2003 SPOTY award.

Newstrack continued to inform, entertain and even stir up the odd controversy. I think that we are very fortunate that it is produced to such a high standard and we all appreciate the effort that Graham puts into this. I know we're the envy of many other clubs, indeed, Newstrack is looked forward to, and seems to stir as many comments, within both NOC and LEI as well as DVO.

Next year will see some changes to the committee with Liz Godfree (Club Captain), Stuart Swalwell (Fixtures Sub-Committee Chair) and James Allen

(Committee Member) standing down after reaching their maximum 3-year term of office. Brian Denness is stepping down having been Minute Secretary for 4 years, and Randal Macdonald is also stepping down from Vice-Chair. I thank our retiring officers for all the hard work they have put in over the years and remind them that there will always be an opening within DVO if they find that they have a little spare time on their hands.

Another change is that the committee has decided to hold some committee meetings on Tuesdays and Thursdays. This we believe this will relieve some of the pressure on committee members and avoid comprising training (or après-training) sessions on Wednesday evenings. It will not affect either open meeting or the AGM which will continue to take place on Wednesdays as usual. But it will mean that Steve Buckley no longer has to put up with the committee invading his home once a month. I thank Steve for allowing the committee use his house. Incidentally I calculated that the committee has spent more than a month just sitting in Steve's back room. The schedule of future meeting dates will be presented as an AOB item and I remind you that any member is welcome to attend these meetings as an observer.

On a similar theme, we should all know by now that Rex Bleakman has retired from Duffield Meadows School and that 1st and 3rd Wednesday runs are now being held at the Johnson's. As part of our thanks to Rex we are updating the map of the grounds and offering orienteering training for the staff and pupils.

Turning to the future. We already have 12 events lined up for 2002 / 2003, including a badge event at Chatsworth and the Harvester Relay. Looking further ahead to 2004. DVO are holding the British Night Championships, Steve Buckley and John Duckworth are planning of day 2 of the JK, and the club has offered to provide help on the day. I've invited Chris Phillips, the Day 2 organiser, to come along to an open meeting and outline just what JK2004 will require from us and how we can best support them, see Newstrack for details.

Robert Shooter Chair DVO

December Open Meeting - Wednesday, 11th December 2002

This will take place at the Queen's Head, Chesterfield Road, Belper at 8.15 pm; anyone fancying a run can start at 7.00 pm. As an added attraction, Val will be addressing you on preparation for an orienteering event, as a forerunner to a practical session next summer.

Quote Unquote

" In the middle of life, I found myself in a dark forest from which the true path was lost."

Who wrote this graphic description of an event occurring in the lives of many DVO members? He, or she, must surely have been an orienteer?

Answer on page 13

DVO Annual General Meeting Minutes 25/09/02

Present Mike Godfree, Robert Shooter (chair), Dave Bennett, Michelle Mackervoy, Terry Peach, Liz Godfree, Val Johnson, Graham Johnson, Steve Buckley, Brian Denness, John Hopper, Sue Russell, Jen Gale, Derek Gale, Stephen Kimberley, John Hurley, Paul Wright, Dave Walker, Roger Keeling, Margaret Keeling, Ian Grant, Tracey Grant, Rob Smith, Dave Brodie, Tony Berwick, Ros Bourne, Peter Bourne, Andy Maddison, Randal Macdonald.

Apologies Mike Gardner, Viv Macdonald, Alex Ross, Evelyn Ross, Anne-Marie Duckworth, John Duckworth.

Minutes Not available.

Chair's Report – Rob Shooter

Rob presented his Chair's Report to the AGM.

Secretary's Report – Steve Kimberley

- A good year in terms of membership, which has risen from 132 to 148 member units. These break down to: -

Senior – 64	Family - 52
Junior – 3	Group - 2
Local – 23	Trial - 2
Lifetime local - 4	

Making a total of 280 individual members.

Some who have failed to renew their membership still appear in the results of local events! The committee will consider this phenomenon.

- A new club handbook is in the process of being produced.

Treasurer's Report – John Hopper

- John tabled the Balance Sheet at 31/8/02 for discussion. There has been an increase in assets from £813 to £1481, due mainly to spending grant monies. The reserves have risen from £17,710 to £18,582.
- The Funds Movement, Income and Expenditure Account and Events Income sheets were also tabled and explained to the meeting in some detail by John.
- All of these are currently with the auditor for final checking.

Election of Officers

<u>Position</u>	<u>Elected</u>	<u>Proposed</u>	<u>Seconded</u>
Chair	Robert Shooter	Steve Buckley	Val Johnson
Vice Chair	Derek Gale	Val Johnson	Robert Shooter
Secretary	S Kimberley	Mike Godfree	Robert Shooter
Treasurer	John Hopper	Robert Shooter	Steve Buckley
Club Captain	John Hurley	Sue Russell	Paul Wright
Fixtures S/C	David Brodie	Robert Shooter	R Macdonald
Chair	R Macdonald	Robert Shooter	Brian Denness
Comm. Member	Vacant		

Presentation of Appointed Officers

Social Co-ordinators	Andy Maddison
Junior Representative	Kate Johnson
Equipment Officer	Tracey Grant
Newstrack Editor	Graham Johnson
Minutes Secretary	Dave Bennett
East Midlands Rep.	Rob Shooter
Coaching Co-ordinator	Val Johnson
Mapping	Mike Godfree
Permanent Courses	Mike Godfree
Publicity	Viv Macdonald
Development Officer	Ranald Macdonald
Junior Development Officer	Val Johnson

Presentation of the Budget

- John Hopper tabled the proposed budget for the year ending 31/8/03.
- This takes account of the doubling of the club levy by E.M. and increases in the cost of SI hire, which will now be based on the number of competitors.
- The club will be subsidising relays (if agreed under AOB) and this has been costed at £750.
- Overall there will be a loss of £1355 due to an expected drop in monies gained from grants and to raised outgoings.
- Illustrations of club event profits at a variety of entry fees were tabled. There was extensive debate about these possible changes and the decision was eventually made through two votes. In the first it was agreed by 19 votes to 8 that fees should be increased. The second looked at two pricing options and it was agreed by 22 votes to 3 that the entry fees should be raised to £4 Senior/£1 Junior/£9 Family.
- On the basis of these discussions and votes the proposed budget was accepted by the meeting.

A.O.B.

- Rude Competitors Ranald raised the issue of competitors being rude to voluntary officials at events. This has led to at least one resignation. All competitors should bear in mind that officials put a great deal of time and effort into events and while constructive criticism is welcomed so too is grateful appreciation.
- Club Competition Subsidies Robert proposed that DVO should subsidise certain club relay events to the tune of 50%. Ranald seconded the proposal and it was accepted unanimously.
- Committee Meetings Dates and venues for future committee meetings were tabled.

Meeting closed at 21:35

Size Does Matter: Return To Titterstone Clee – 10th November 2002

Memo to self: next time you enter an event, get out the road atlas before you fill in the entry form. It wasn't till we set off and I consulted the pre-event details – which is pretty good for me, it's usually on the way back – that I saw the words 'four miles east of Ludlow' and realised just how far this event was, almost, but not quite, beyond the two hour mark. (Just to annoy Dave Walker, we spent a few miles on the M6 on the way back thereby conforming to his 'trawling the motorways of Britain' stereotype).

The truth is, I suppose, that I'd wanted to return to Titterstone Clee ever since that ill-fated event on Day 3 of Springtime in Shropshire in 1999 when there was a spot of unpleasantness over the lack of a whistle at the Start and an over-officious official who charged me two quid for a changed start time. This had left a nasty taste in the mouth, reminiscent of the time I rashly attempted a beef casserole, and I was anxious to let bygones be bygones, and allow HOC to wheedle their way back into my affections.

There's nothing wrong with Titterstone Clee, it was the lack of advance information and warnings that had caused the problems last time. However the early signs were not auspicious. Routinely logging on to the HOC website the day before to download control descriptions and find out who was on the Start List, I found - neither. I suppose I've been spoiled but it has become routine for these services to be provided for Badge events. Evidently not south-west of Birmingham. It was fortunate that I had unusually enclosed an extra envelope for advance details rather than relying on the net, but these didn't include descriptions either, only the information that they would be 'on display' at the event. This was another practice I thought had gone the way of Michael Barrymore's career, that of trying to note down control descriptions from a sheet of paper flapping in the wind, plastered with rain, using a failing red biro on a fast-disintegrating piece of paper. What was more, we weren't even told how many controls there were on each course.

In the event, there were copy descriptions available – except of course for M45 where some philanthropic individual had walked off with a wodge of them for his mates, but you can't blame HOC for that (damn). So why weren't we told of their availability in advance? I don't know what is worse: no information or wrong information.

Despite late start times, we nearly didn't make it - Val taking a wrong turn in Birmingham when not concentrating on my excellent directions, I expect - and suddenly found ourselves heading towards Bromsgrove rather than Kidderminster, not a fate I'd wish on my worst enemy. Nevertheless I did make it to the Start with a whole minute to spare to compose myself.

The weather had been awful as we left Derby, but improved dramatically over Birmingham before taking on a decidedly oppressive aspect over Clee Hill itself. It could have gone either way and a 'compulsory cagoule' rule was enforced. Val pointed out something that I hadn't realised, that the regulation DVO jacket miraculously turns itself inside out, as if worn by 007 himself, to

reveal an adjustable elasticated strap so you can run with it secured to your waist. What a good idea I thought as I strapped it on. What a stupid idea I thought as I tried to run with it. With every stride it plummeted bungee-like to knee level before rebounding yo-yo-like, with a recoil a mouse trap would have been proud of. The alternative was even worse, to tighten the elastic so, whilst immobility was achieved, it was at the expense of a tourniquet-like grip round the waist that risked blood starvation to my nether regions, which I am rather fond of. Not having the time to exchange this ridiculous contraption for something more functional, I resorted to the desperate measure of jamming the cagoule down the back of my O-bottoms. This did cause the legs to shoot up alarmingly to halfway up my calves, in the manner of Tweedledee (or was it Tweedledum?). I long abandoned the idea of combining sartorial elegance with speed and navigation (well, I long ago abandoned those too actually) so on I plunged, care thrown to the wind, comforting myself with the thought that at least this was as close as I was ever likely to get to looking like Rod Stewart.

I like Titterstone Clee, another reason for going too. It's one of those areas where you can have a blooming good run, in the literal sense of the word. There's hardly a tree in sight and it's entirely open, apart from the odd gorse I still managed to run into, one waist-deep bog I managed to fall into, and a rocky area that could only be negotiated by adopting a technique similar to that of an Appalachian clog dancer. Previous visits had produced a feeling of familiarity that was only increased by the fact that today's Control 5 was exactly the same as Control 5 in 1999; spooky eh?

Nevertheless something wasn't quite right. I was making frequent errors, consistently undershooting controls despite the familiar 1:10000 scale that every failing M45 has a right to expect. As the course wore on, the errors mounted up and my chances of a successful run were disappearing faster than Derby County's chances of promotion this season.

My feeling of disgruntlement (is anyone ever grunted?) was compounded firstly when, expecting my usual Sportident printout at the finish, I found it unavailable and finally, when I returned to the car and compared my map with Val's. It was then that realised that I hadn't been running on a 1:10000 map at all, it had been a 1:15000 all along. All M45s had been junked in with M18s and W21s and given the same scale map without a thought for their constitutional right to a 1:10000. I don't know what annoyed me more, the fact that we'd had been ignored completely or that no-one had had the good grace to tell us in advance; this particular had of course also been omitted from the pre-event details, which rather begs the question what they were for.

Once again I left Titterstone Clee wondering whether it had all been worth while. The vast majority of my complaints could have been resolved with a modicum of thought and more importantly with a bit of advance explanation. Most people will put up with unexpected change and inconvenience if they are warned in advance and someone takes the time to explain the reason. It's surely not too much to expect is it?

The Secret of Their Success

Do you ever despair of actually winning a badge event course? Do years of incompetence and mediocrity ever get you down? Are your chances of securing a trophy slimmer than Jeffrey Archer's of being awarded the Booker Prize? Well never fear. Cut out and keep this indispensable guide to successful orienteering as pioneered by two of DVO's less than finest. If they can achieve it, anybody can.

The Genealogical Approach

For most of us, running for our country and gaining national honours is just a fantasy beyond our wildest imaginations. But most of us suffer from the disability of being English. Once we overcome this handicap, there is no limit to what we can achieve. So do like Dave Brodie did, dig out those family letters and photographs from the attic, spend hours in the local library, search the internet, interrogate obscure relatives you haven't heard from for years, second cousins twice removed, inlaws, outlaws, it doesn't matter.

Did your granny once take a day trip to Pwthelli? Does your father's aunty listen to Tom Jones' records? Does your uncle grow leeks in his allotment? These are the sort of clues that may lead you to wake up one morning like Dave Brodie did and discover suddenly that you're Welsh. Now some of you may be forgiven for thinking that Dave, or Dai as he's taken to calling himself, is as Welsh as Billy Connolly, but that's just the sort of blinkered thinking that explains why you've never run for your country yourself.

Once you throw off the shackles of Englishness and embrace a foreign culture as if to the manner born, the pond you swim around in miraculously shrinks accordingly. So my tip is to think big. Why restrict yourself to the British Isles; it will only get you a run in the Home Internationals? With a bit of imagination and a lot of investigation, you could find some Latvian blood coursing through your veins or some Slovakian skeleton rattling around in your ancestral cupboard. Go for it. International honours are yours for the taking.

The Quantative Approach

They say that if enough monkeys sat in front of enough keyboards, one of them would eventually type Hamlet. The same applies equally to orienteering. My second tip is therefore never give up. Never spurn the opportunity to enter a badge event whenever offered, no matter that bitter experience leads you to look for your position in the results from the bottom upwards. Eventually, by the law of averages, enough of your fellow competitors are going to commit enough howlers to allow you to pip them, like the allegorical tortoise, at the proverbial post.

It even happened to me once, which should be a source of encouragement to us all, and, oh look, entirely coincidentally, I see that Dave Brodie came first on M50 at the last National event.

The Geographical Approach

If you're fed up with finishing in the bottom third of a field of fifty plus, the answer may lie not at the gym or in the coaching manual but in the atlas. Why make life difficult for yourself by entering the same badge event as scores of your contemporaries? The answer, as before, may lie beyond these borders. Abundant opportunities lie in the exotic, if frequently less civilised, regions of Caledonia. Boldly go where Hadrian failed to go before. Comb that BOF Fixtures list. Seek out that obscure Scottish event and enter it! You too could strike it lucky like Mike Godfree did at a recent TINTO (who?) event at Drumlanrig (where?), when he came first in a magnificent, and I'm sure highly competitive, field of, erm, well, just six actually, winning by an overwhelming thirteen, that's thirteen, minutes. Who needs fantasy orienteering when you can achieve results like this without really trying?

If anyone perusing this feels that they have just read a snide and mealy-mouthed piece from a bitter, twisted and jealous man, then shame on you.

But talking of Dave Brodie:

Letter to the Editor

Dear Sir,

Outrage! I pay my annual membership fee. I eagerly await each issue of Newstrack. I search from cover to cover, reading page after page of tales of the woods that are doubtless of interest to somebody, somewhere [if only the writers]. And what do I find? Time after time? No Judith Chalmers, that's what! And to add insult to injury, this shocking and painful fact is waved under my nose, on the very cover.

I feel the need to draw it to your attention that, should this neglect of that awesome icon of the television age continue, I may be forced to write to you again. Or even not pay next year's membership fee until March! No less a protest will do, it seems, to make you see sense on this matter.

Outraged of Milford

PS I would like it to be clear that I am not the Concerned Council-Tax Payer of Milford who featured in your previous issue. Indeed, I am outraged [again!] that one of my own neighbours, apparently, should have the effrontery to presume to outrage ME. I can outgrump the combined forces of Graham Johnson and Dave Walker as featured in recent Newstracks, and make Victor Meldrew seem a genial wimp any day of the week. My enquiries continue regarding the true identity of this upstart.

(Sadly, the in-depth article examining Judith Chalmers' contribution to orienteering has had to be held over to, er, a future issue - Ed).

An Idiot's Guide to the New Junior Age Classes

For around two years now, the three North England and Scottish Associations have been running badge events using new junior age classes. East Midlands will follow suit next year, so this will presumably affect NOC's Sherwood Pines event as well as DVO's Chatsworth event. The scheme applies only to Badge and not to National Events. The aim is to help reverse the downward trend of juniors taking part in orienteering. Below is a summary of how it works, lifted shamelessly from the BOF website.

The new scheme is best summarised by the following table.

Course	Classes	Distances Km	Max age class for gold badge holders	Colour equivalent
1	JM1, JW1	1.5 +/- 15%	M/W10	White
2	JM2, JW2	2.0 +/- 15%	M/W12	Yellow
3	JM3, JW3	2.6 +/- 15%	M/W14	Orange
4	JM4, JW4	3.3 +/- 20%	M/W14	Light Green
5	JM5S, JW5S	4.0 +/- 20%	M/W20	Green
6	JM5M, JW5L	5.5 +/- 20%	M/W20	Blue
7	JM5L	7.5 +/- 20%	M/W20	Brown

There are three main differences compared with the old scheme.

1. All junior (under-21) age and colour-coded courses are replaced by the above. They are open to all juniors, with a simple split at each level into separate classes for boys (JM = junior men) and girls (JW = junior women). The number after the initials is the technical level, the same system that is already used at all BOF events, ranging from level 1 (White) to Level 5 (Green and above). Thus JM1 = junior men level 1.
2. The only age restriction (except for having to be under-21!) is that once a junior achieves a gold badge at one level, they may only stay competitive at that level if young enough (see the table for ages).
3. Courses have been generally shortened, mainly at Levels 4 and 5, particularly for the boys. Standard distances have been set, replacing the method of basing distances on the expected times in the M21 class. The next distances up for those wanting longer courses, are the open classes (M/W21).

Gold, Silver, Bronze and Iron badges are available at each level. Youngsters who already have standards from age classes can use them for credit towards level awards. Juniors will be able to use standards from JM/JW classes to contribute to age class badges.

Comment:

Speaking personally, I think that this is a good idea. Take Kate for example. She has been W18 this year but the W18A courses are too long for her, whilst W18B usually has no more than 1 or 2 competitors in it. The solution under the present system has been to enter her for W21S, which is about right in terms of

distance, but she is running against women almost twice her age and has few contemporaries with whom to compare courses, share experiences etc. W18 is a very difficult age group (tell me about it), just the time when girls especially find something else to do with their time, so it is vital that everything possible is done to make sure that they get the most out of their orienteering and are made to feel a valuable and valued participant in the sport.

When Kate has entered northern badge events, she has entered JW5S, equivalent to the Green she would do at a colour-coded event. Instead of finding herself as a minority member of W18B, she now finds herself part of a large badge class including good W16s, which is far more competitive.

However, let's suppose she were a newcomer to the sport. Under the present system, as a W18, she would still have the same choice: W18A, W18B or W21S, all of which presuppose a standard far above that which she would be capable of. Even if she survived any of these classes, she probably would be so chastened by the experience that she would never come again.

Under the new proposals she could enter, say, JW3, equivalent to an Orange, and compete in that class until she achieved a Gold Badge standard. Having done that, she could then progress upwards until she achieved the necessary experience and competence for a JW5S or JW5L (Blue).

The new system is much more flexible than the old. The only drawback for me is the nomenclature; JW3, JM5L etc. is not very sexy. Each class has a colour-coded equivalent, so I see no reason for these clunky titles anyway. If the usual C-C labels were used, every junior would know which class they were likely to enter, i.e. just as if they were taking part in a C4.

One potential headache has been raised by Brian Ward, though. He has the job of organising the Chatsworth Badge event, which also doubles as the Midlands Champs. He will have an array of Junior Trophies, all labelled according to the old system. The obvious thing to do, I suppose, is to recategorise them so the M10 trophy becomes the JM1 trophy. However you could still end up with an M10 not winning that trophy if it is in fact won by an M14 whose first badge event this is. Is this fair? And how do you check whether he has not previously achieved Gold standard, which is a bit meaningless on a White anyway. Furthermore West Midlands are sticking to the old system for the time being! A potential recipe for controversy, not to mention disaster, methinks.

If anyone does want to know more, including a longer explanation of the rationale underlying these changes, I do recommend that you go to the BOF site Members section, then to the pages dealing with these proposals.

Answer to 'Quote Unquote'

It was Alighieri Dante (1265-1321) in *The Inferno*. Dante was the very same person who wrote the words that should appear on every map of Blidworth, "Abandon hope all ye who enter here."

(Thanks to Concerned Council Tax Payer of Milford)

PATAGONIA HIGH PEAK RELAY - SUNDAY 17TH NOVEMBER 2002

This was novelty for DVO – a non-orienteering relay. Although this event has been established for a few years now, it had escaped our attention because it generally clashes with an orienteering event. Let's face it, had there been a half-decent event on, we'd all probably have been there anyway. It differed from the familiar Summer Footpath Relay, in tracing virtually its entire length along the High Peak Trail, and consisting of five legs on the way out from Cromford, and the identical five lengths in the opposite direction on the return journey.


Since each leg set off when the first runner on the previous leg finished what we had was, in effect, ten mini-races, and with 39 teams taking part, there was always someone to pit yourself against.

DVO managed to put in a creditable three teams, one composed of all women. It was a chance to make the other teams, who were on the whole from straightforward running clubs, aware of orienteering, which got a good plug from Dave Denton, the organiser at the prize giving, and to show them our quality. We put in a very commendable performance; DVO Men were 9th overall, 7th excluding the two teams who had the same runner twice on their relay, DVO Mixed Team were 28th Overall (11th Mixed Team) and DVO Women's Team were 32nd overall (5th Women's Team).

Leg	Start. (Place)	Dist. (miles)	Winners Leg Time	DVO 1. Men	DVO 2. Mixed	DVO 3. Women
1	Intake Lane 298568	3.81	23.35	Andy Jackson 11th 28.25	Dave Chaffey 24th 31.45	Sal Chaffey 29th 32.56
2	Hopton(bottom of incline) 257584	2.5	13.06	Steve Kimberley 15th 15.58	Margaret Keeling 31st 20.20	Ann-Marie Duckworth 34th 21.36
3	Longcliffe 226557	5.27	29.05	Alex Ross 21st 36.06	Steve Cann 18th 35.45	Jo Walker 23rd 37.20
4	Friden 172807	2.46	13.46	Graham Johnson 9th 16.20	Maria Addison 39th 25.47	Viv Macdonald 31st 21.31
5	Parsley Hay 147636	3.54	20.37	Paul Addison 10th 23.27	Mike Godfree 23rd 26.52	Liz Godfree 25th 27.04
Turn around						
6	Pomeroy 111674	3.54	19.01	Brian Denness 12th 22.32	David Disney 17th 23.39	Hilary Johnson 35th 30.17
7	Parsley Hay 147636	2.46	13.24	John Hopper 14th 16.23	Sue Russell 29th 20.30	Claire Gale 34th 21.26
8	Friden 172807	5.27	28.33	Simon Ross 10th 33.47	Dave Clough 34th 41.16	Helen Armstrong 32nd 39.52
9	Longcliffe 226557	2.5	12.33	Paul Armstrong 8th 13.51	Evelyn Ross 31st 19.09	Liz Thompson 21st 16.12
10	Hopton (bottom of incline) 257546	3.81	20.07	Steve Buckley 8th 22.57	Derek Gale 28th 28.12	Val Johnson 27th 27.50

A TYPICAL DVO FRIDAY CIRCUIT

DVO's regular keep fit session open to all members starts at Woodland School gym at 6.30 pm every Friday evening for more details see www.dvo.org.uk. Here's a taste of what you're missing:

Star Jumps	Wobble Cushion (Left Leg)	Upright Row (Arms - weights)
Shoulder Presses (Weights)	Shuttle Runs / Skips / Hops 	Bunny Hops (Bench)
Burpees		Pelvic Dips (Exercise Ball)
Crunchies / ½ Sit Ups		Bum Sits (Bench)
Lunges		Gun Drills
Dorsal Raisers		Tricep Dips (Bench)
Toe Taps (Bench)		Pluto Sniffs
Press Up		Wobble Cushion (Right Leg)
Squat Thrust / Mountain Climbers		Sit Up

This is a timed circuit, we spend 1 minute at each station, including change over, which means about 50 seconds of actual exercising. Everyone works at their own pace so there is no competition, except against yourself.

The New DVO Social Secretary, Andy Maddison is currently putting together a new social programme for the year. She will be asking you in the next edition just what you would be interested in attending/hosting, but in the meantime any ideas, suggestions or requests please email to Andy Maddison on andy@andys-house.fsnet.co.uk.

Eyam Moor Colour Coded Event - Sunday 8th December 2002

By Public Transport:	Bus to Eyam then 1½ mile steep walk to registration (SK209777) ½ mile E of Bretton. Bus: 65, 66, X67 from C'field, Sheffield, Buxton, 175 from Bakewell.
By Car:	The event will be signed from the A623 at Foolow (SK193760), 13 miles W of C'field, between Calver and Tideswell
Cost	Seniors £3 (DVO or BOF members), £4 (non-members); Juniors/Students £1; Family £7 (DVO or BOF members), £9 (non-members). E-punching Event. Dibbers can be hired for 50p.
Registration	10.00 - 12.00
Start Times	10.30 - 12.30
Courses	String, White, Yellow, Orange, Light Green, Green, Blue, Brown
Terrain	Open Moorland. Whistles, Cagoules to be carried.
	Dogs on a lead in the car park only. No dogs on courses.
Organiser	Rex Bleakman
Planner	Paul Armstrong
Controller	Peter Bourne

Shipley Country Park Score Event - Wednesday 1st January 2003

Venue:	O.S. sheet 129 gr 432454. 50p charge for the car park near the Visitor Centre. The access road is a turning off the A608 about 500m. W of Heanor town centre
Facilities:	Toilets in the Visitor Centre
Courses	60 minute score and Orange
Cost	Seniors £1; Juniors/Students 50p.
Registration	10.15 - 10.45
	Mass start for score course at 11.00 Orange – soon after 11.00 Courses close – soon after 12 noon.
Terrain	Typical C.P. – mostly open with small areas of woodland.
Dogs	Welcome.
Organisers	Brian & Pauline Ward 01773 850272 Brian@bp-ward.freereserve.co.uk