



NEWSTRACK

WINTER 2009



**Newstrack is the magazine of Derwent Valley
Orienteers.**

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Editor's Opener

Newstrack wishes you all a happy orienteering new year. There will be plenty to look forward to - the usual big calendar events of the British Champs followed by the JK and in the summer some challenging areas for the Scottish 6 Days and that is only in the U.K. Nearer home it will be a significant year for DVO with the club's 40th anniversary, the possible formation of a satellite club based in Derby and in November the Veteran Home Internationals come to Derbyshire with relays on Longshaw followed by the individual event on Eyam Moor. There is more on the latter in this issue. Of course the club as usual will be staging a range of lower key events to cater for all levels of competitor.

On a personal note I have regretted not being able to orienteer for much of last year due to a seriously arthritic ankle. Having decided I don't really want to put up with not being able even to walk comfortably I have recently had an operation for an arthroscopic ankle fusion – hence the delay in getting Newstrack out. Recovery will take at least 12 weeks but then I should be able to walk comfortably again and even maybe to 'light jog'. So I hope to be able to manage some "O" events later on and cease being just an armchair editor.

By the way the cover for this issue was chosen some weeks ago on the sod's law likelihood that I would have been able to use my new X country skis locally this winter if I had not been incapacitated. Beats weather forecasting.

The Spring Newstrack is scheduled for late April but I will need items to include. This issue is a bit light due to the recession hitting creative (or even factual) writing.

Neil Forrest

N.B. the next open meeting of the Club will be on 22 April – venue yet to be determined. Details will be on the club website – dvo.org.uk which is always worth checking for up to date information and details of club officials.

Thoughts from the Chair

Well its a new year, with new events, new challenges and new members.

New events for me are the city centre races. Already I have competed in Lincoln and aim to do Cambridge, Oxford, London, Sheffield, and perhaps Durham later in the year. For me they bring a new challenge to the orienteering and somewhere different to run, for my daughter they bring somewhere new to shop.

New events for the club, are an event to celebrate the 40th year for DVO and the staging of the Veterans Home internationals at Eyam and Longshaw. The challenge will to be ensure good quality events getting enough helpers to reduce the workload on those already involved in their staging.

A number of new members are as a result of the new satellite club at Buxton. This is part of an initiative from the club to get more people to try orienteering. After the initial success of the introductory event at Pavilion Gardens, coach Dan Riley has run weekly sessions in Buxton further developing skills in Buxton. It is hoped that this is just a first stage and satellite clubs will be set up in other parts of the county. The challenge here is for the club to build on the initial success and put on events and training for all our members new and old.

In the meantime welcome to all who have joined the club and I hope you enjoy your orienteering in the new year.

Steve Kimberley

DVO Shop for club kit and other goodies is operated by Dave Vincent
phone 01773 882831.

A message from the Club Captain

After a number of years of exceptional service Graham Johnson has handed over the reigns of the Club Captain. On behalf of the club I would like to thank Graham for the excellent job of organising DVO team entries which has allowed many of us to compete in some enjoyable events.

For 2009 we have three events to consider in the near future. Two relays events:-

British Relays New Forest 1st March

JK Relays NE 13th April

And the inter-club competition first round

CompassSport Cup 29th March Sherwood Pines (NOC)

Will anyone wishing to be entered for these relay and team competitions who has not already been in touch please send me details and preferences for which classes and or team members you would like to run in/with. Phone 01455 271208

Oh and if you thought the funky names were a thing of the past think again! That will be the selection of Harriet and Nathan now!

Dave Lawson

East Midland Champions from Clumber on 1 February 2009

W12	Jessica Beresford			
W14	Harriet Lawson		M14	Benjamin Beresford
W18	Jean Sellar			
W35	Claire Selby		M35	Paul Beresford
W40	Sal Chaffey		M40	John Duckworth
W45	Ro Cole		M45	David Lawson
W50	Val Johnson		M50	Paul Addison
W60	Liz Godfree			
W65	Pauline Ward		M65	Derek Gale

Well done all the above – a commendable slate for DVO. Also worth mentioning is Doug Dickinson's victory in M60S, A particularly good result for Doug given his health problems last year.

DVO Diary Dates

All the events below are being put on by the club, for club members and others from further afield. If you would like to help out as well as run, please contact the organiser beforehand. (see web site for details).

The C5 events are small events particularly suitable for beginners and less experienced orienteers, usually with only a few courses. The C4 events will have the full range of courses from white to brown and would be expected to attract people from a wider area.

For full details and to check any changes please see the club web site www.dvo.org.uk.

Feb 4th	Lindop	C4	
21st	Elvaston	C5	
Mar 7th	Stanton Moor	C4	
28th	Darley Park	C5	
<i>Apr 22nd</i>			<i>Open meeting</i> See web site for details
May 16th	Linacre	C4	
<i>June 6th</i>	<i>Watch this space!</i>		<i>40th Anniversary</i> See web site for details
June 7th	Carsington Pastures	C4	<i>Controller required</i>
20-Jun-09	Ilam	C5	
28-Jun-09	Hardwick Park	C5	
04-Jul-09	Shipleigh Country Park	C5	
20-Sep-09	Calke	C4	<i>Controller required</i>

If anyone would like to try their hand at planning / organising then the C5 events that are listed are the ideal opportunity to learn, help is on hand for anyone who would like to try. Please contact Paul Beresford 01302 751549

Other club activities

- Runs every Wednesday - Normally 1st and 3rd week in every month from the Johnsons in Belper; 2nd and 4th week from the Mackervoy's in Allestree, Derby; 5th week (when it occurs) is something different, check website for details.
- Friday nights – Circuits at Sawmills Village Hall, Please confirm with Val Johnson before travelling.

Other Orienteering events

A full list of events in UK is available from the British Orienteering web site but these are some of the more local or major events in the next 3 months.

<i>Feb 21st</i>	<i>EM C5</i>	<i>DVO local event Elvaston Country Park, Borrowash SK413332</i>
Feb 22nd	SE C2	HH National Event & Southern Championships & Interland and FCC. Burnham Beeches, near Beaconsfield SU952893 CD: 15/02/09 Check happyherts Website
Feb 28 th to Mar 1st	SC C2 R2	British Orienteering Championships Hampton Ridge, New Forest SU200140 CD: 07/02/09 www.boc2009.org.uk British Relay Championship , Beaulieu & Dibden, New Forest SU390040

Mar 1st	EM C4	NOC local event & EM league, Annesley SK500500 Entry on the day only.
Mar 7th	EM C4	DVO local event Stanton Moor, Bakewell SK241622
Mar 8th	WM C3	WCH regional event, Hednesford Camp & Birches Valley, Cannock SK006141
Mar 28th	EM C5	DVO local event Darley Park, Derby SK352372
Mar 29th	EM C4	NOC Compass Sport Cup 1st round Sherwood Pines, Ollerton SK612638 <i>Please make yourselves available for this fun inter- club competition if you can. Lots of runners count on all courses – so a good club turn out will help to see us through to the next round. Contact your club captain Dave Lawson to let him know.</i>
Apr 4th	SOA C2S	FVO British (age class) Sprint Championships Stirling University, Stirling NS802967
Apr 10 th – 13th	NE C2S C2,C2 R2	Jan Kjellstrom Orienteering Festival. Four day event including interclub relays on day 4 Check JK website <i>Contact Dave Lawson if you would like to take part in the relays</i>
Apr 19th	NW C2	LOC Northern Championships & FCC Round, Graythwaite, Ulverston SD352922
Apr 25 – 26	EM R5 C4	Lincolnshire Bomber Weekend, Lincoln Check log website
Apr 26th	WM C4	WCH Local event & West Midlands Championships Rawnsley, Cannock Chase, Cannock, SK028158

Floor-space Accommodation for British Championships and JK

BOC floorspace has been confirmed for Saturday 28 February at Timsbury Village Hall (it is possible for us to also stay on the Friday night if there is enough demand). The cost is £40 a night split between whoever stays. Names to **Val Johnson** please.

It is anticipated that JK floorspace will be finalised soon.

Veteran Home International – Nov 14-15 2009

This year this concerns **ALL** club members – not just those selected to represent their countries – because ...

DVO are hosting the Veteran Home International this year on 14th & 15th November. The Home Internationals are a 4-way competitions between teams from England, Scotland, Wales & Ireland. In the case of the VHI there are 2 competitors from each age group/gender from M/W35 to M/W60 giving teams of 24 runners for each country. On Saturday we have a relay race on Longshaw with a public score event in the early afternoon and on the Sunday a Regional Event on Eyam Moor with the VHI competitors starting first. England will be hoping to avenge their individual defeat by Scotland at last year's event in Northern Ireland.

Hartington Youth Hostel has been booked for our sole use over the weekend to accommodate the teams plus a few extras. The computing will be in Michael Napier's competent hands.

Planners Mike Gardner and Ranald Macdonald are already working on the courses. Organisers have been approached for both days. DVO have a good reputation for putting on quality events so I am sure that with your help we can stage a good weekend. Of course this will require as many of you as possible to help at one time or another over the weekend.

Mike Godfree, VHI Co-ordinator.

Royal date for DVO juniors

A royal appointment awaited Derwent Valley Junior Orienteers competing in the Yvette Baker Final, the annual national orienteering competition for juniors, which was held this year at Sandringham and hosted by Norfolk Orienteering Club.

The Sandringham estate, a mixture of coniferous forest and scrub-covered heathland, proved an excellent area for the competition. Although the day was very cold some strong performances were recorded with notable runs from Jack Hodgson (second on the orange course) and Luke Addison and Ben Beresford (11th and 12th respectively on the light green course) Harriet Lawson and Jean Sellar (6th and 7th girls on the light green course).

Ten teams from across England competed, fielding a total of 188 competitors, and Derwent Valley came sixth, scoring 844 points out of a possible total of 900 in what was a very tough competition against some much larger clubs.

Results

1 Octavian Droobers (Warwickshire)	884
2 West Cumberland	861
3 South Downs (Sussex)	857
4 Deeside (Cheshire)	855
5 West Anglia	847
6 Derwent Valley	844
7 Harlequins (Birmingham)	842
8 Southampton	821
9 Cleveland (North Yorkshire)	802
10 Aire (West Yorkshire)	788pts

Paul Wright

Coaching Day

Saturday 18th April (day before the LOC Graythwaite event)

A good chance to get in some practice and be coached on top quality Lake District terrain – come along and get to grips with contours and other techniques that need polishing up. Val Johnson is co-ordinating so please let her know if you want to come along.

Congratulations to the DVO members who have been chosen to represent England for the Interland Competition this year:-

Harriet Lawson W14

Liz Godfree W60

Pauline Ward W60

A bit of culture.....

Your editor recently stumbled on a famous poem by Robert Frost and thought it must resonate with the experience of many an orienteer, so here it is.

THE ROAD NOT TAKEN

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence;
Two roads diverged in a wood, and I –
I took the one less travelled by
And that has made all the difference.

Planner's Guide to using the SI Kit

I have been to a number of events recently where the use of the SI Kit has not been as smooth as it should be so I thought I would write a simple article to help. When I am working with the controls I have a routine that I go through that I believe minimises the risk of failure.

It is important to understand that there are two completely different phases to using the SI Kit and the planner only has to deal with the first one. This phase is getting the controls to have the right role, number and time assigned to them. The second phase using completely different software is the download/results aspect which can be left in the hands of the download team. The only role the planner has here is to inform the team of the order of controls on each course.

Every planner has to place at each control site a kite, a stake with a control number on it and a control box programmed with the same number that is live and knowing the correct time of day. In addition there are usually two clear boxes on stakes, two check boxes hand held, two start boxes on stakes and two finish boxes on stakes though there can be as many starts and finishes as needed.

So what does the planner have to do to make it happen with minimum effort.

- The equipment provided comes with numbers from 101 to 250, so set up the courses with those numbers from the beginning, otherwise there will be extra effort to either change the labels for the stakes or change the numbers on the courses, possibly leading to errors.
- Decide whether you are going to program the controls yourself or contact one of the DVO experts to do it for you. There are a number of people who have done this many times who would be willing to carry out this job and contacting Mike Godfree or myself in the first instance should provide a name to help. In either case it is probably appropriate to be present when the controls are programmed.
- Three weeks before the event contact me to find out how to get the SI Kit (The kites are stored separately in the DVO Depot) which usually entails picking it up from me or from a previous event.

- The boxes will already have numbers on the top, so pick out the ones you need and lay them out in numerical order.
- As previous planners may have used different numbers there may be some gaps so take controls that have numbers on that you are not using and remove the tape and replace it with fresh tape, writing the number on with a permanent black pen. (It is one more reason to use the same numbers as this adds time).
- Place these freshly numbered boxes into their correct place in the line-up.
- There may be some gaps in your set of control numbers, these gaps can be used for spares and if more are required use the numbers following on from your highest numbered control. It is recommended that you have at least 5 spares. To create a spare replace the tape on the top with a blank piece and put another piece of tape on the bottom with the assigned 'gap' number on it. Place the spare upside down, i.e. with the number showing in the correct position in the line-up.
- Add to the line-up the appropriate number of Clear, Check, Start and Finish boxes (the Admin boxes) and provided you have enough controls to do so create an extra one of each of these. Note that I have not called these spares as they are fully interchangeable within the role programmed.
- Sometimes it is necessary to have more than one control at a site due to the large number of competitors visiting. When creating the line-up of controls place the duplicated numbers on top of each other so it becomes obvious that there are two or more with the same number. There should be available two sets of the stake numbers but if it is necessary to go to three then some work will need to be done on creating the third stake number. The Admin boxes should be treated in the same way with each role having a separate pile.
- Decide on when you plan to go into the field on the day so that the controls can be started at the correct day and time and when to shut them down.
- Program the controls. A further article is available covering this which will make it clear why the above steps are important. If anyone needs this before then, please contact me direct.
- Having planned your route(s) through the competition area take the set of stake numbers and sort out the ones you need into the correct order in the comfort of your home.

- Place the controls that you need for each route on a rope through the dibber hole in the correct order, again in the comfort of your home or at least the car.
- Carry the spares, the permanent marker, and a pen and paper just in case of a failure.
- Take the number of stakes and kites that you need and at each control site you visit place the stake, put the stake number between the two clips on the stake (bend the plastic sheet into a shallow U and slide between the clips and it should go in), place the kite string over the base plate and then clip the control box over the top.
- Dib the box
- If the box should be live (i.e. within the hours you told it to wake up) but failed to respond then replace it with one of the spares. Write the number of the control stake on the piece of tape on the control box but make a separate note of the number that you had put on the bottom. i.e. 165 replaced 105.
- On completion go to the download tent and download your dibber(s). If you used the Version 6 dibber from the gadget box then this should take all the controls but a Version 5 dibber will only take 30. Check that the printout matches the route you took. Inform the download team of any replacements that you have made.

Job Done

Two extra points to make. On the day, dib the admin boxes before you go out in the order; all the clears, all the checks, all the starts and all the finishes and then clear your dibber in one of the clear boxes. Secondly, when retrieving the equipment from the field separate the equipment at each control site. Take the number off the stake by pushing the number in the middle between the clips away from the stake and it will form a U shape and slip out. The control box should be removed and the kite separated. I have found that getting the control boxes off can be difficult, particularly with cold fingers, but a bottle opener of the hook variety not the D-shape does the job easily.

Derek Gale

The “Heart & Troll Revival” 2008

In the summer edition of Newstrack, Dai Bedwell mentioned the A-Meet that New England Orienteering Club were putting on in late October, but that “With air fares increasing in line with oil prices, I guess this is a bit too far for the DVO weekend away?”. Well I took that as both a challenge and an invitation, so duly arranged a long weekend in New England at the end of October. What did I find?

- New England has a lot of forest but few orienteers to take advantage of it. An A-Meet weekend is equivalent to a badge or national event weekend here, but the event only attracted 258 competitors. I was the only one who had travelled from Britain, there were three from Scandinavian clubs, and the rest - including a small group of Russians - were from US or Canadian clubs. The US Military Academy Orienteering Club from West Point in New York state was prominent amongst them.

- The event used familiar age classes, but allocated each to a colour-coded course. The results published by both age class and colour-coding. The colours are used in a different order to here - White, Yellow, Orange, Brown, Green, Red, Blue - and there were two Green courses because of the number of age classes allocated to it.

- The control description sheet is known as a ‘clue sheet’. This conforms to Dai’s observation that orienteering is considered to be a bit a treasure hunt, in which long finishing times are neither unusual nor a cause for concern.

- Both events were held at Mount Tom State Reservation in the Connecticut Valley of central Massachusetts. Mount Tom is not a mountain by anyone’s standards - the summit is only 366m above sea level - but its wooded slopes are good orienteering terrain. There’s plenty of rock and contour features, but not so intricate that they can’t be followed with a bit of concentration, and sufficiently distinctive to allow quick relocation. The planner ensured that the paths were only ever catching features or attack points, never optimum route choices. The forest floor has little undergrowth, but does have plenty of loose rock under a carpet of autumn leaves, which is particularly interesting when contouring along the steeper

slopes. Low branches caused the most obstruction, and quite a few cuts and scratches. A few ruined walls were the only reminder of the small-scale farming that the European settlers (and their native predecessors) undertook before agriculture moved to the easier ground of the great plains. Climbing up one re-entrant (the wrong one) I used a change in temperature to help relocate, figuring that the cold air meant that the summit of the ridge was just above me and I was therefore far too high for the control I was seeking.

- On both days the organisers were using permanent structures for enquiries etc. - an open-sided picnic shelter on Saturday, and an enclosed pavilion on Sunday. Saturday's assembly area was just below a lookout tower from which the view was across miles of rolling, tree-covered, hills, interspersed with small towns but no open land. Sunday's assembly was next to a small artificial lake with glorious reflections of the autumn colours under a warm sun.

- There was a selection of free treats - biscuits, pretzels and fruit - for all finishers. Out in the forest were copious drinks points - four on my course on Sunday - each self-service with just a couple of two-gallon water bottles and few packs of plastic cups.

- Dai and Karen are not the only New England orienteers with East Midlands connections. At Sunday's event, we met Ian Finlayson (DVO), and also discussed the news from the OMM (KIMM) with the father of Kristin Hall (LEI) - probably before those actually at the OMM knew that they had made international news.

Many thanks to Dai and Karen (and Elizabeth and James) for their hospitality, and also for the 'American cultural experience' of a trip to an ice hockey match on the Saturday evening.

Dave Bennett

