

3rd for Jake in JK Sprint ... then 1st M10 Days 2 & 3!



DVO's Junior Women 3rd in JK Relays at Storthes Hall



Newstrack is the magazine of Derwent Valley Orienteers
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New Members :)

A warm welcome to new members Andy Parry, James Prince, Tom Hartland and Sarah Pennell. Hope to see you at an event or social soon!

Open Meeting, Wed 27th April, Family Tree, Whatstandwell

Come along to look at maps & discuss tactics for the British Champs! Run at 7pm, Meeting at 8pm, new faces welcome. There's a bar plus free tea, coffee & parking.

Editorial

The spring season is revving up, despite erratic weather. Jen's article reminded me of the icy rain at the Leek Military League event in Feb, and again in Whitby last weekend. But, in the words of an OD member some four centuries premature, this is all part of the allure of our sport:

Are not these woods

More free from peril than the envious court?

Here feel we but the penalty of Adam,

The seasons' difference, as the icy fang

And churlish chiding of the winter's wind,

Which, when it bites and blows upon my body,

Even til I shrink with cold, I smile and say:

"This is no flattery: these are counsellors

That feelingly persuade me what I am." (As *You Like It*, thanks to Nic Gordon for quote)

Some even cross the Channel to orienteer in warmer climes (Billy Shakespeare would be spinning in his grave)!

On the publicity front, Val has bought 2 information boards to display info on future events and generally explain to the public why people are dashing round their normally-tranquil haunts. I have lots of the A5 'icon map' flyers (based on last issue's cover), please email me if you would like a bundle – or an A4 PDF version to display.

The next issue will have updates on the South Derbyshire O Championships and the British Champs (Classic, Sprint & Middle all pending). It'll be available for the fun Relays and BBQ at Broomfield on July 15th, so any items to me by **July 8th** please.

sal.chaffey@gmail.com

Yvette Baker Trophy - DVO make the Final!

Well done DVO juniors at the YBT - we go through to the final. The results show you all ran hard on a very muddy and brambly area (LEI Spring Cottage 10th April) and came a close 2nd place to LEI. BUT because LEI were a seeded club from last years competition, we go to the final too.

The final will be held at Wormley Woods, near Broxbourne (HH) Hertfordshire, [Sunday 3rd July](#). So it would be nice to see as many DVO juniors as possible run Yellow to Green courses. Ann-Marie Duckworth will send out more information closer to the date.

Final results LEI: 898, DVO:876 and NOC: 386.

The team at Spring Cottage was:

Rachel Duckworth	Ben O'Donnell	Grace Pennell
Sarah Duckworth	Joanna Goodhead	Isabella Edwards
Jake O'Donnell	Nicole Clarke	James Bedwell
Sophie Vincent	Elizabeth Bedwell	Leo Crown



The YBT is the Junior inter-club competition for English and Welsh clubs.

DVO Social: Friday 15th July

After the success of last year's Relays and BBQ in the lovely grounds of **Broomfield Hall**, Ned has kindly agreed to do it again!

All ages and abilities welcome: Yellow, Medium and Long.

Signed from A608, 5km north-east of Derby, DE7 6DN.

Free parking in college.

Meet 6:30 for 7pm Relay mass start, teams made up on the night

Food from 7:30 – bring something to put on the BBQ.

The event is free, pls email Ann-Marie if you're coming, so we have an idea of map

numbers: jasrduckworth@btinternet.com



Club Kit – look good, feel good, take pride in your club

I have a good stock of the club warm up jackets by Siven at £30 each and there is a new order of Siven O tops on its way. These should be around £22 (short sleeve) or £28 (long sleeve) depending on exchange rate and delivery cost.

See the club web site under Members/Clothing. O tops come in several variations, long or short sleeves, male or female fit. There is a link on the web site to Siven's size chart (scroll well down their page to find it). Even for a snug fit most people have wanted to err on the large side. Let me know if you would like to reserve a top.

SALE NOW ON

3 only sweat shirts, Navy Blue with Yellow "Derwent Valley Orienteers". Sized age 3-4 and 12-13 and small for just £2.50

2 only T shirts, same design as sweat shirts. Large and medium. £2.50

Nylon Ultrasport airtex style O tops roughly XL in size. Free to good home

Fabric O tops (the ones before the Trimtex tops) in sizes from very very small to large, rather short in the body.

Free to good home. Suit small children especially.

Mike.Godfree@btinternet.com

WORLD O DAY MATLOCK



On World O Day (**Wednesday May 11th**) Matlock Club Night invite you a Long Score Activity!

1:20000 street map combined with extracts from Matlock Urban 1:5000 covering Whitworth Park through Matlock to Tansley. Controls will be lamp-post numbers or similar.

Minimum distance 6.5km, direct route including outlying controls 12.7km (Start & Finish in Whitworth Park)

Eligibility - 16 years or over on the day

Starts from 6pm, course closes 8pm

Timing and scores published for training purposes only

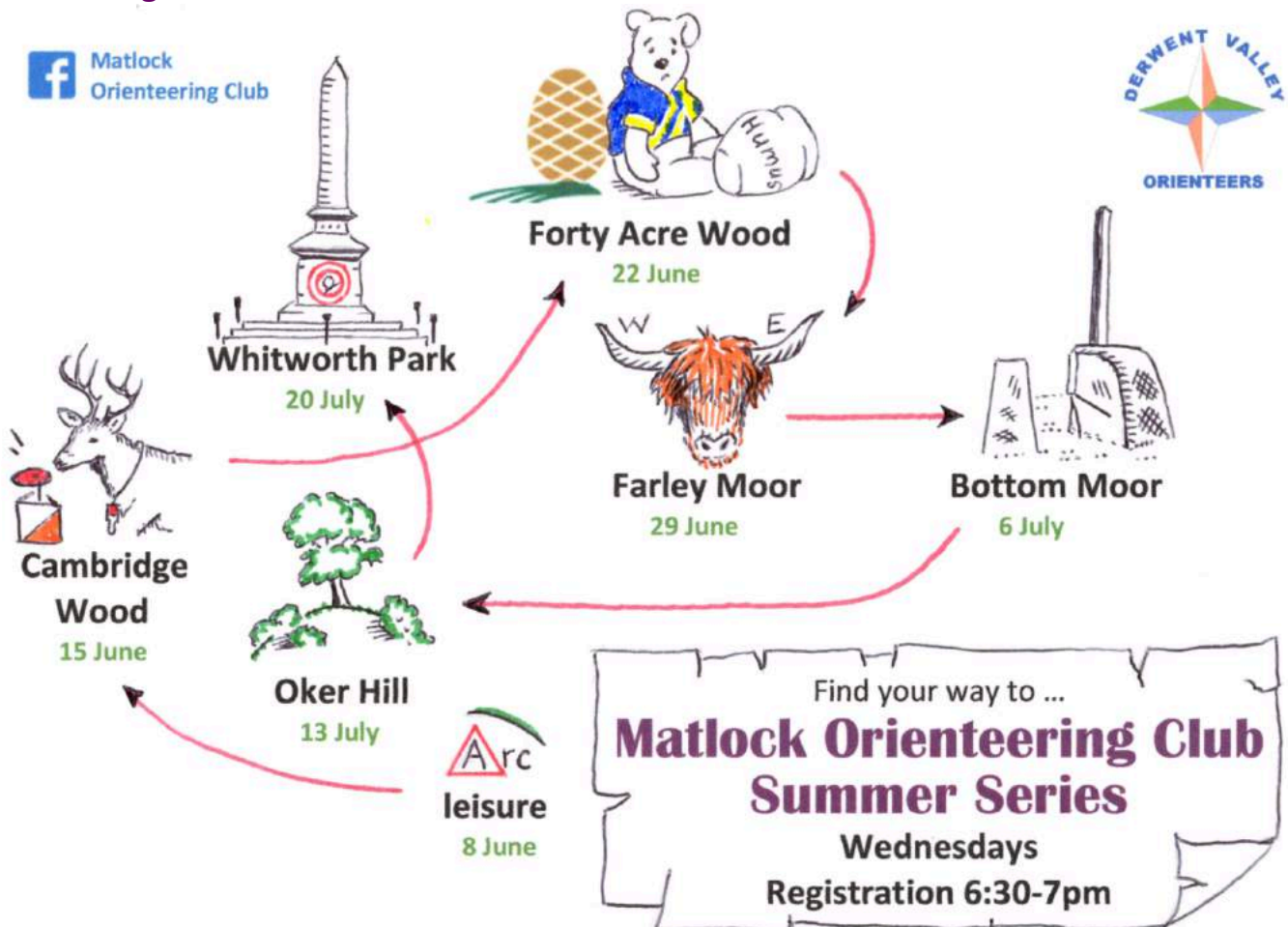
Free activity, but please email Viv to reserve your map: viv.macdonald@btinternet.com

We will be doing our usual Club Night Activities in Whitworth Park from 6:30 to 8:00pm. Others are welcome to join us. Please let us know if you plan to come along.



Over 860 events are planned in countries round the world, some not yet members of the IOF. A great way to raise awareness of the sport!

Come along to Matlock O Club's Summer Series ...



CompassSport Cup

A big thank you to those 74 club members who ran at the Compass Sport Cup heat at Haywood Warren. As you will know we came an excellent 2nd, closer to the winners OD than 3rd place WCH were to us. The rules of the competition are such that with six clubs taking part we don't go through to the final. But we are, again, the top East Midlands club. Dave Nevell will no doubt produce an in depth analysis. It's interesting to note that only OD and DVO scored the maximum 100 points on any course – 7 to OD, 4 to DVO – three Duckworths and Doug. Although not in the 25 scorers because of the limits on the number to score on each course John Hawkins (93), Andy Sykes (90) and Judith Holt (91) would otherwise have scored in addition to those listed. Others also push down the scores for other clubs. And everyone contributes by being there as part of a successful club.

The 25 scorers were:

Brown – Andrew Powell 92.

Short Brown – Richard Parkin 98, Dai Bedwell 97, Dave Bennett 92

Blue Women – Helen Chiswell 95, Sarah Tullie 92, Emily Powell 89

Blue Men – John Duckworth 100, Paul Addison 99, Robert Smith 98, Dave Vincent 95

Green Women – Michelle Mackervoy 98, Sal Chaffey 94, Val Johnson 92, Kim Buxton 91

Green Men – John Hurley 91

Sh. Green Vets – Doug Dickinson 100, Liz Godfree 97, Rex Bleakman 96, Derek Gale 94

Junior Women – Sarah Duckworth 100, Elizabeth Bedwell 96, Joanna Goodhead 90

Orange Women – Rachel Duckworth 100, Sophie Vincent 90

JK Relays

First of all well done to our W48- team of Rachel, Grace and Sarah who produced DVO's best relay result of 3rd place, Grace winning her second "Giraffe" (think Buff) of the weekend.

As for the rest of us four days running takes its toll. I have never had so many withdrawals due to illness/injury over the weekend. Thanks to Dave Chaffey, Jen Gale and Sue Russell who stepped in at the 11th hour. Good wishes for a speedy recovery to John Hurley, John Cooke, David Parkin and Val. I fear Doug's injuries may take a little longer but he is aiming for British Relays.

British Relays – Brown Cleve, May 2nd

Proposed teams and orders are on the club web site. Get in touch if you would like a run. Given our recent record there may still be places come free.

Liz Godfree

Sports Personalities of the Month



This seems like the appropriate place to mention the Ed's clash with Doug at the JK Sprints in Leeds, unfortunately putting him out of the Relays and the rest of the 4 days. We'd started in the same minute and as I was on my way to No 1, I was knocked to the ground – I didn't know if it was a person or an object, but when I sat up I saw someone who looked like Doug 2 metres away, also groaning on the tarmac. Doug's Facebook report:

Well that didn't go as planned. High adrenalin at the JK Sprint Championships in Leeds University yesterday.

Off like a rocket from the start, map clear, first left down alleyway, right at the bottom ... look for first control on stairs ... 35 ... check ... about turn ... focus on map ... control 2 first right ... BANG ... lying on ground, Sal next to me. A clash of Titans!

Everything a bit red. 'Put him in the recovery position'. ...'Sal, are you OK?' Someone

gently lifted my head and placed it on something soft ... Blood pouring everywhere, on my map, on the pavement. And that was the end of my (and Sal's) Sprint Race.

First Aider checking ... time just stood still as people got me sorted ... Sal with a cut head caused, perhaps, by my teeth or perhaps glasses ... blood continues to pour ...

Over to First Aid ... gentle people begin to clean me up.

Need to get to hospital. Quickest way is to walk after all it is on the map. Bandages round nose ... pinch ... stop the blood ...

Friends gather to help and walk me gently and patiently to A&E.
 Wait ... broken nose, lacerations, suspect jaw broken ... X Ray ... Jaw okay ... Wait ... Leeds A&E terrific, 2 hours and on way home ... Numb and shaky.
 Not how it should have been on such a bright, sunny day.
 Many thanks to everyone who helped to sort me out.

We'd both been psyching hard for the race (see Fuel Corner), and the width of the road shows the clash wasn't the result of emerging from an alleyway. We were both absorbed in the map. My relative youth meant I came off better, a black eye the week after, a 7cm elbow scar & generally shaken. Doug is still coming round:

"Now 25 days on and still can't breathe out of my nose (all jokes welcome), right side of face still has no feelings (see previous brackets) and am now being weaned onto solids. Thanks to everyone who has enquired about my wellbeing. My competitive return was in the Northern Championships in a very wet and slippery Whitby and an extremely muddy Mulgrave Wood ... most of me performed appropriately."

Graham deserves a mention too, for trying to check into the Bradford ibis hotel after the Sprints. They had no record of the booking at Reception, and when he produced his confirmation, it said Campanile. Oh well, he knew it was one of those French ones!

Get sOcial! Orienteering on Facebook

Sal

The "Page"

DVO presence

The "Group"



As you may already be aware, DVO has entered age of social media. We have a Facebook Page. This provides us with a kind of shop window where we can promote our events, celebrate our achievements, share our excitement (when we have it), and generally encourage participation in the sport. Additionally, some of us set up a closed group where club members (and other keen orienteers) can chew the proverbial fat. If you're on Facebook, please drop in.



DVO's "official presence"	Post-event banter in the pub/café
Seen by anyone ... & future members!	Need to be 'approved' to become a member (any other member can do this)
Things that make the club look good, e.g. prize-giving photos. Richard, Steve & Anne Kimberley and I are Admins; others' posts appear on the left but an Admin can share them to the main feed	Sharing fun/interesting stuff: photos, videos, training tips, quizzes. For example, Andis has recently posted exciting headcam footage of Spring Cottage & Leeds
187 Likes (a good way for non-orienteering family members to keep up with DVO)	Arranging accommodation/lifts to events
Hosts the event pages for individual events, people can show interest, ask questions or say they are going (tho not a commitment to enter)	86 members, mainly chatting on Sunday evenings about the weekend's exploits

The idea is that club members on Facebook both "Like" the Page and Join the Group ... your interactions with the Page will increase the reach of the posts. Posts have much greater impact if accompanied by photos/images of our events, our areas, our maps, and ourselves!

Event pages

Richard Parkin creates these 4 weeks before the event, longer for a Level B. People can say they are “Interested” or are “Going” (purely chat) and they can be shared to neighbouring clubs. Jen has written into the Organisers Notes a request to send John Cooke an attractive photo in landscape orientation and jpeg format for the “banner” at the top of the page. He will then store in the Gallery area of the website and notify Richard. FB discussions are a great way to build up anticipation before the event, and to share stories afterwards!



The Organiser and/or Planner, *if a Facebook user*, will be able to post up-dates (event information and new photos) to the event page as well as answer queries from those interested in the event. Increasingly, people put queries on FB rather than emailing as it’s less formal, and because lots are active at any one time, they may get a speedier reply. But no need to worry if you’re not on FB – any relevant queries will be forwarded.

Matlock Club

Now getting back into the swing after a winter lay-off!

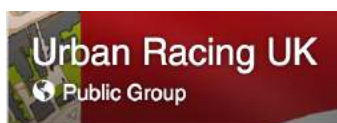


Info about other clubs’ events (and what they say about our events!)



- NOC: 122 members, but because it’s a Public Group, anyone can join. I’ve joined, so I get news about their events and can publicise DVO events.
- LEI: 345 “Likes” including some DVO members. Again, good for sharing information.

Other Orienteering Communities on Facebook ... the list could go on ...



178 members
Promotion of Urban events & post-race discussion



1885 “Likes”
Major event news, squad updates

It is an Adventure Sport, isn’t it?

Jen Gale

I thought it was wet and muddy at Hardwick (Feb event), but the next day at Walton Chasers’ Chasewater put it in perspective. The map has a lot of blue on it anyway, but there was a lot of blue not shown on the map for this event.

It didn’t start well. As I picked my map up and turned it over, and over, and tried to open it, I finally realised it really was blank. But the next one was much better, even if some of the finer features did seem to have worn off by the time I finished.

So off down the muddy path to the first control, which was alright until it dipped steeply causing me to John Inman (for younger readers, he was a very camp assistant in a 1970’s sit-com about a large store) down the rest of the slope. Hoping to avoid a possible uphill repeat of this I decided to go cross-country – a major mistake as I got caught up in brambles and evil spiky bushes.

A couple of fairly innocuous controls were followed by another decision to go cross-country. Well this was open tussocky ground and the path option was a long way. What I hadn't appreciated was that between the tussocks was a foot or so of icy water. By the time I hit a path again I couldn't feel my feet. Not an ideal way to negotiate slippery, muddy paths. And when I finally spotted my control I realised it was the other side of a fence I hadn't noticed on the map. One of those large mesh wire fences with a separate strand on the top. Now this may not seem a big deal to the younger, more agile, but it strikes fear into my heart. However, finding the top strand loose and measuring myself against the bottom part, I decided I might just manage it by stretching on tip-toe and raising my leg over it. I did. Just. Whew.

A choice of routes to the next one, along the path slightly out of the way, or the more direct route that looked fine, just a small ditch to negotiate. Only on this occasion, not small and not jumpable from my perspective (Derek tells me he did), so a clamber back to the path was in order.

The next few were blissfully uneventful until number 11. The description was marsh, which was odd given it was only just off the path and there was a deep ditch on that side - admittedly not too clear on my map, the detail had worn off. But then, there it was. A muddy slide down into the ditch, which was indeed marshy. Getting out was quite a challenge.

But the real challenge was to come. Getting to 12 was fairly exciting, through reeds and bog and if I'd done the sensible thing and gone out the same way, even though it was in the opposite direction to the next control, all would have been well. But no, I was careless enough to allow myself to be tempted into following the route of the other 3 who were at the control about the same time. I should have noted they were half a century younger and male. Having slogged through alarmingly deep water I came to a pile of brushwood they'd apparently negotiated. I dismissed that as impossible and looked for another way round. That got scary enough, with ever deepening water, to cause me to reassess my previous assessment of the brushwood. I returned and managed to clamber over it. And with much relief found myself on relatively solid ground. And all downhill (not literally) from there.

Now that sounds like I had a torrid time, and I concede to having been more than a little nervous at times, but it was actually pretty enjoyable and what a sense of achievement finishing with all the controls found/reached, even if I was 49th out of 49!

PS If I hadn't already written this before I went to the British Army event at their Leek training area on Feb 17th, this article would have been very different. Chasewater would have had a one liner like Hardwick and the Army event would have had pride of place.

I admit the torrential rain and 3° temperature tainted the experience, but still ... and this time I didn't finish, only managed 8 of the 22 controls on the Light Green. Fortunately the other DVO participants were less wimpy (but I was soo cold, I declined a beer with my pub lunch! Ed). They all finished in respectable times and Paul Addison won the Blue!

Dave Bennett improves his German!

So when friends invited me to join them for a short break in Germany, what did I do? – check whether I could take in an orienteering event whilst I was there. And yay! there was one within 10 miles of where we were staying.

The event at Derenburger Stadtwald was just an ordinary Sunday event, a ranking event in the Sachsen-Anhalt league, organised by USC Magdeburg. Courses were by age class and pre-entry was required; there was an on-line

entry system but that required creating a user account which I would be unlikely to use again, so I went for the alternative option of e-mailing the organiser and sending the entry fee by bank transfer, which nowadays can be done online even for international transactions. Although at the event I



The assembly area at Sportplatz Derenburg at the end of the event.

noticed that some who had pre-entered were paying the entry fee in cash on the day. All of the other competitors were from nearby parts of Germany.

There were only 128 entrants for the main event, plus a children's event which I think was an 'off-string' course. But it felt like a larger event as most of the competitors sat out in the sun in the assembly area for some time after finishing. The assembly area was a sports club – a football pitch with changing rooms and showers available to orienteers – just outside Derenburg village on the edge of the plain below the Harz mountains. Start and finish were each few hundred metres away. A 'friend of the sport' had a stall selling coffee, soft drinks, bockwurst and a selection of traybake cakes, and someone else was selling jars of home-made jam.

The area was all woodland, much of which was nicely runnable though there were areas of brambles and dense young trees. Features included small hills, lines of pits and depressions, gullies and ditches, and small rock outcrops at the tops of the hills. Navigation was aided by a grid network of paths tracks used for extracting the timber, and a large number of shooting towers, although some of these were on wheels and one was no longer in position! Surprisingly, 7 of the 19 controls on my course were on features immediately adjacent to shooting towers which therefore made good attack points, although the controls themselves were also visible from a distance and not hidden in pits etc. as is often the case in the UK. Whilst running I saw three deer (or one deer, three times); if it wasn't for the shooting towers I guess there would be many more!

I had a reasonable run, just one significant error when I lost concentration in an area of small elongated knolls near the end, completing 7.2km in 68 minutes, half-way down the results (4th out of 8) in the H40 class, just 6 minutes behind the course winner.

And I learnt some new words of German: including 'Wurzelstock' for rootstock, one of the special symbols on the map; and 'Holunderblüte' for elderflower, one of the jams being sold.



A small crag close by the assembly area, but typical of those out on the courses.



Looking into the forest from near the assembly area, with one of the area's small hills towards the right.



After the event I visited Regenstein fortress in nearby Blankenburg; from there were views back over the area –it's the woodland stretching from the left of the photo beyond the open field.



This year saw the 50th Easter Orienteering extravaganza that is “the JK”. The festival is named after Jan Kjellström, son of Alvar Kjellström, cofounder of Silva Compasses, orienteer and cross-country skier. Jan had visited the UK (and other countries new to orienteering) as a Silva ambassador, but was killed in a road accident in Sweden in 1967.

Quoting Focus: “On hearing the sad news, Chris Brasher and John Disley decided to invite Jan’s parents and members of Rotebro (his O club) to Surrey for a commemorative event in Jan’s name. With less than 2 weeks’ notice, John realised that he needed a Planner/Organiser to find a suitable area, plan the courses, and make all the necessary arrangements.” After several hiccups, a successful event was staged for the Swedes, and the JK became an annual fixture, moving to Easter in 1969, the year that the Relays were introduced.

This year, Jan Kjellström’s niece Elisabet Barnes (pictured) presented the Sprint prizes and gave a talk about her family background in Sweden and her ultra running career. Elisabet was 1st Woman in the 2015 Marathon des Sables and her blog ultraruneli.com is full of inspiring stuff!

I’m not sure how long the event has held the current format of 2 counting events at the weekend, but the Good Friday Sprint Race was introduced in 2006, at Temple Newsam Park in Leeds. Here are DVO’s results ... well done to all in the tough terrain capricious weather!



Photo:
Rob Lines

	Leeds*	Wass	Kilnsey	Days 2&3
Sophie V W14	25	26=	-	-
Rachel D W14	-	2	6	4
Sarah D W16	8	6	6	5
Grace P W16B	-	1	2	1
Jessica Selby W20S	-	2	3	3
Sarah Tullie W21	-	19	10	13
Emily Powell W21S	-	12	19	12
Katharine Swalwell W35S	13	7	-	-
Claire Selby W40S	20	5	9	5
Sally Calland W40	4	12(L)	5(S)	-
Ann-Marie Duckworth W50	25	30	33	30
Sue Russel W50	33	55	42	49
Sal Chaffey W50	97	15	6	8
Val Johnson W55	15	49	-	-
Anne Kimberley W55	57	-	17	-
Lynden Hartmann W60S	18	3	6	5
Liz Godfree W65	1-	2	4	2
Margaret Keeling W65	-	33	20	23
Judith Holt W65S	14	1	1	1
Ruth Ellis W65S	25	-	11	-
Jen Gale W70	11	21	11	16
Christine Middleton W70	14	16	16	14
Pauline Ward W70	21	10	5	10
Helen Finlayson W70	-	-	17	-
Gill Milner W80	-	3	-	-
Nic O'Donnell W45 (Orange)		15		
Jake O M10	3	3	1	1
Ben O M12	13	22	13	14
Andrew Powell M21S	-	2	2	2
Andis Ozols M35	26			
Andrew Selby M40	36			
David Bennett M40	-	15	24	15

Richard Parkin M45	23=	23	15	20
Chris O'Donnell M45S	-	23	-	-
John Duckworth M50	13	8	8	8
Dave Chaffey M50S	34	5	3	5
Andy Sykes M50S	-	19	7	9
Stephen Kimberley M55	43	-	63	-
David Vincent M55	53	27	31	25
Graham Johnson M60	35	47	68	58
Mike Godfree M65	10	-	8	-
Andrew Middleton M65	27	38	12	21
Stuart Swalwell M65S	64	6	2	3
Rex Bleakman M70	9	28	11	16
Derek Gale M70	16	25	13	16
Dave Skidmore M70S	23	12	-	-
Roger Keeling M70	46			
John Cooke M70	50			
David Parkin M80	6	7	-	-

* Note no Long/Short, A/B courses in the Sprint race

Orienteering Jargon



by the Editor

Age class

Orienteering age classes are based on how old you will be on December 31st in the year of the competition. So you go up a class at the *beginning* of the year of your significant birthday. MW21 class is also known as “Open” because fast 18, 20 or 35 year olds can also enter if they want more challenge. This is known as “**running up**”. So, for each age class, there are two and sometimes three courses on offer:

- **For Juniors:** an A and a B course, with B technically easier
- **For Seniors:** a Long and a Short course, the same technical difficulty but Short about 2/3 the length of Long. At big events, there's sometimes a V or Very Short course.
- **MW 18, 20 and 21:** in large competitions, there's an Elite class for these three age groups.

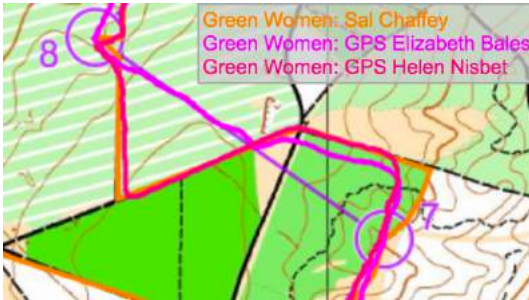
Your Age	Your Age Class	
10 and Under	M/W 10	Young Juniors
12 and Under	M/W 12	
14 and Under	M/W 14	Juniors
16 and Under	M/W 16	
18 and Under	M/W 18	Open
20 and Under	M/W 20	
*Any Age	M/W 21	
35 and Over	M/W 35	Veterans
40 and Over	M/W 40	
45 and Over	M/W 45	
50 and Over	M/W 50	Ultra vets
55 and Over	M/W 55	
60 and Over	M/W 60	
65 and Over	M/W 65	Super vets
70 and Over	M/W 70	
75 and Over	M/W 75	
80 and Over	M/W 80	

The merging of classes on the right is done in Urban events and Relays, when there are fewer competitors.

Results analysis tools

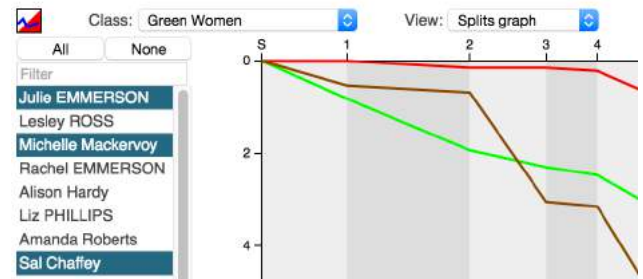
After your run, there are various ways of comparing your splits with others on your course. Here are some of the tools linked to on Results pages. Try them – but don't be disheartened ... the perfect run really is quite elusive! We are all knights on a Grail quest and the tools below are your trusty Squires:

RouteGadget – This enables you to plot your route on the map and compare with other competitors. If you use a GPS watch, you can upload automatically, otherwise you need to draw your route on by clicking the mouse. This can be quite fiddly as it's easy to "bypass" controls, but you can tell if you've done this because the destination control turns from magenta to red as you move round the course. (Remember to click Save when you've gone through the Finish!)



Great for seeing if your rivals run direct or not! This example from the CompassSport Cup heat at Cannock shows that 2 out of 3 who added their route went via the paths. Often, there's no right or wrong answer – it depends on your running style and confidence with your compass. The path route may be longer, but at least you know where you are!

Splitsbrowser – another graphic way of viewing your errors, shown as a line diverging from the fastest competitor. The example shows my error on the way to Control 2 at the CompaSport Cup heat (I'm the erratic brown line, and performed much worse than Michelle, the consistent green line).

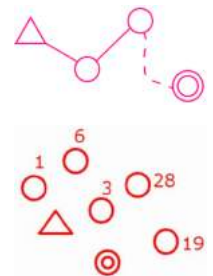


Types of Orienteering

Linear course – "normal" orienteering where you go round the controls in numerical order. Like listening to a CD, in order.

Score event – a set time to visit as many controls as you can, normally 1 hour, and normally penalties for lateness. Often, there's a mass start. Like listening to the album on "Shuffle"!

Trail O – is a competition where the element of moving quickly through the terrain is removed so it is suitable for competitors with mobility problems. There are 2 types:



Pre-O (photo, BO): 4 kites labelled A-D. Which, if any, is where the circle is on the map?

In **Temp O**, competitors stay in one place and have to complete a set of timed tasks involving maps and controls visible in the terrain. Competitors move between stations, but it's the time taken to complete the tasks and the accuracy that counts.

This article hasn't looked at progression through the Colour Coded courses. British Orienteering cover this at: https://www.britishorienteering.org.uk/newcomers_guide

Techniques such as **pace counting**, '**aiming off**' and use of '**attack points**' can make you a lot more confident in the forest and will be looked at in the next issue.

Sal Chaffey

Here are the star runners from recent EMOA events, i.e. the runners who did best against what their handicap would have predicted. Well done to all.

Date	Venue	Star Runner	Course
31/01/2106	Hicks Lodge	Kim Buxton	Green
16/02/2016	Bestwood	Richard Naish	Blue
06/03/2016	Longshaw	Dave Chaffey	Blue
03/04/2016	Sherwood Pines	Jen Gale	Green
10/04/2016	Spring Cottage	Liz Godfree	Green

In case you were wondering what your individual handicap is, the following list contains everybody for whom I have sufficient data to calculate one, in other words, at least three EMOA (or possibly a little further afield) events over the last two years. I don't include urban events – they distort the handicaps. I have included the handicaps from the last time I published them in Newstrack so you can see how you have improved/declined over the last two years. A score of 1.000 indicates you run at the average event speed for all competitors on Light Green courses and above. Scores below 1 are indicate you are faster as should be obvious from the names in the list. If you managed to get down to 0.500 you would be twice as fast as the average runner and so on. Not even John Duckworth can do that at every event! Members with (O) or (Y) after their names have their scores based on Orange and Yellow courses only – they are not really directly comparable to the other scores because they are always over easier terrain, but they behave in the same way. This list is used to calculate start times at the club championships.

		Apr-16	Jun-14			Apr-16	Jun-14			Apr-16	Jun-14
1	John Duckworth	0.569	0.566	38	Sarah Duckworth	0.859		75	Lynden Hartmann	1.158	
2	Andrew Powell	0.588		39	Mike Gardner	0.859	0.890	76	Ranald MacDonald	1.169	1.059
3	Chris Millard	0.594	0.568	40	Stephen Kimberley	0.868	0.731	77	Simon Davis	1.172	1.348
4	Dai Bedwell	0.600	0.614	41	Emily Powell	0.874		78	Rebecca Perring	1.187	1.170
5	Richard Parkin	0.611	0.599	42	Doug Dickinson	0.875	0.891	79	Anne Cunningham (O)	1.199	
6	Louis Forshaw-Perring	0.638	0.811	43	Elizabeth Bedwell	0.882		80	Ivan Smith (Y)	1.202	
7	Paul Addison	0.645	0.603	44	Martin Picker	0.889		81	Samuel Davis	1.205	
8	Robert Smith	0.656	0.671	45	Russell Buxton	0.891	0.853	82	Ben Mackervoy (O)	1.223	
9	Mark Goodhead	0.674	0.686	46	Richard Needham	0.892	0.711	83	Amanda Price	1.242	
10	Andis Celinskis	0.674	0.771	47	Rex Bleakman	0.892	0.903	84	Ann Armistead	1.262	1.271
11	John Hawkins	0.682	0.656	48	Kirsty Turner	0.898		85	Dawn Moore	1.264	1.380
12	David Bennett	0.683	0.713	49	Joanna Goodhead	0.898	1.131	86	Cathryn Goodhead	1.300	1.327
13	Andy Sykes	0.691	0.669	50	Derek Gale	0.903	0.915	87	David Parkin	1.301	1.227
14	Ben Crane	0.721	0.672	51	Andy Hawkins	0.916	0.941	88	Viv Macdonald	1.308	1.197
15	David Pettit	0.730	0.799	52	Richard Naish	0.929	0.837	89	Tom Jenkins	1.308	1.240
16	David Newton	0.747		53	Liz Godfree	0.944	0.887	90	Pauline Ward	1.318	1.146
17	Dave Chaffey	0.759	0.772	54	Lester Hartmann	0.950		91	Grace Pennell	1.325	
18	Michelle Mackervoy	0.775	0.802	55	Michael Lindsay	0.954	0.936	92	Ruth Ellis	1.344	1.310
19	Ben O'Donnell (O)	0.777		56	John Hopper	0.954	0.912	93	Donna Hawkins	1.354	
20	Joe Uprichard	0.778	0.931	57	Ann-Marie Duckworth	0.956	0.906	94	Helen Finlayson	1.358	1.327
21	Helen Chiswell	0.781	0.785	58	Stuart Wicks	0.956	0.997	95	Christine Middleton	1.367	1.344
22	Sal Chaffey	0.782	0.784	59	Stuart Swalwell	0.966	0.956	96	Margaret Keeling	1.370	1.392
23	Andrew Mackervoy	0.786	0.749	60	Dave Skidmore	0.972	0.872	97	Jen Gale	1.382	1.498
24	Andis Ozols	0.786		61	Claire Selby	0.985	1.023	98	Susan Allard	1.406	1.477
25	Alan Le Moigne	0.787	0.975	62	Sue Russell	0.988	1.034	99	Isabella Edwards (O)	1.425	
26	Paul Armstrong	0.787	0.841	63	Malcolm Spencer	0.994	0.945	100	Kirsten Williams	1.447	
27	David Vincent	0.802	0.796	64	Rachel Davis	1.000	0.982	101	Andy Smith	1.461	1.355
28	Graham Johnson	0.805	0.802	65	Kim Buxton	1.000	0.983	102	Kevin McNee	1.472	
29	Matthew McNee (Y)	0.807		66	Tony Stirland	1.003		103	Ray Stuart	1.504	1.313
30	Andrew Middleton	0.809	0.772	67	Roger Hodgson	1.005		104	John Cooke	1.522	1.371
31	Paul Goodhead	0.811	0.817	68	Brian Denness	1.005	0.928	105	Karen Bedwell	1.544	1.667
32	John Hurley	0.813	0.775	69	Judith Holt	1.064	1.003	106	Alison Hayes	1.600	1.402
33	Rachel Duckworth	0.820		70	Jill Croskell	1.070	1.084	107	Terry Peach	1.675	1.369
34	Mike Godfree	0.838	0.833	71	Ian Hodson	1.088	1.107	108	Ailith Smith (Y)	1.704	1.837
35	Jake O'Donnell (O)	0.844		72	Val Johnson	1.129	0.968	109	Roger Keeling	1.713	1.611
36	Jonathan Cundill	0.845	0.843	73	Jane Burgess	1.131	1.114	110	Tony Berwick	1.818	1.624
37	Murray White	0.858	0.926	74	Paul Wright	1.142	1.162	111	Brian Ward	2.273	2.043



(Except when it's Saturday or Wednesday)

BOO plans to outsource orienteering are leaked

British Championships now too expensive for many (p 3)
Major events will move to India from 2017 onwards (pp 92-96)
Relax- “not many” orienteers are eaten by tigers (photo feature page 10)
Is there a chance that I won't get back for the Antiques Roadshow? (p24)

Oddiction

(Caution: This news story contains mild panic)

More hot news brought to you by our roving reporter Miles Piles. Orienteering has been officially placed on the International Scale for Addictive Pursuits and Substances. Expert experts have been working tirelessly around the clock to calculate the precise degree of “moreishness” attributable to our fine sport. Let's remind ourselves of the scale's scoring system.

- 10. Marmite
- 9. Hob Nobs
- 8. Marijuana
- 7. Candy Crush
- 6. Social networking
- 5. Chutney
- 4. Shopping
- 3. Pointless
- 2. Making Addiction Lists
- 1. Popping Bubble Wrap
- 0. Sitting on a fence
- 1. Wobbly podia
- 2. Celery
- 3. North Korea
- 4. Ebola
- 5. Peppa Pig
- 6. Donald Trump's hair
- 7. Donald Trump
- 8. Changing a double duvet cover on one's own
- 9. Emit Punching
- 10. Marmite

Marmite is of course as far from sitting on the fence as possible in both directions. It is rumoured that Pringles are (in best Spinal Tap tradition) scored at +11.

So, where did orienteering end up? We spoke to a top scientist (you know where we find them by now) wearing nothing but a white lab coat and a beatific smile.

Piles (for it is he): “So, where did orienteering end up?”

Scientist (wiping crumbs from mouth): “Hey man, questions, questions. Just chill and enjoy the view. Did I ever tell you how beautiful Belper looks in the moonlight?”

Piles (puzzled): “Er, it's half past three in the afternoon. Please put those Hob Nobs (*other biscuit products are available – WSC lawyer*) down and give us the news on orienteering.”

Scientist (emitting a curious sweet smell): “This was seriously heavy research man. It required a deep investigation as to exactly where it lay on the scale between +8 and +9. We ran many tests. Many many tests. Many many many tests. I lost count. Did I ever tell you how beautiful you look in the moonlight?”

Piles (with mild panic): “The score, just give us the score!”

Scientist: “Eight point four. But we may need to run some more confirmatory tests. Did I ever tell you.....”

Piles (50m away and still accelerating): “There you have it. It seems some of us can't get enough of it. Back to the studio...”

Scientist: “Far out!”

Drifts lazily away on fluffy white cloud in the shape of the number nine.

Test Yourself

Are you an orienteering addict? Just take part in our specially commissioned and scientifically designed multiple choice test below to find out the answer.

Qu 1. Do you go orienteering a lot?

- (a) Yes
- (b) No

If you answered (a) to Question 1 then you are an orienteering addict. Thank you for taking part.

(How much did you say we paid for commissioning this test?-Ed)

Orienteering Addition – the Grim Details

Mondays are the crisis day for orienteering addicts. Only 0.5% of all events are held on this day of the week and the yawning void between a busy weekend and access to a variety of midweek events represents a desperate forty eight hours for some. Government cuts have now closed the last of the drop-in clinics which have previously provided a life line for those most badly afflicted.

We spoke to an anonymous orienteer (who we will refer only to as MH), a sufferer from what medics are now referring to as “omission”. We asked Mike, er MH, about how he coped with blank days in the orienteering calendar. His words have been written by an actor. *“It’s pretty tough to be honest. The symptoms of withdrawal include pace counting around the house, dibbing going in and out of the kitchen, taking a bearing to get to the washing machine. Simply going for a run holding a map isn’t good enough – you can only fool your body and mind for so long. I’ve even tried geocaching but it’s just not strong enough. On my darkest days I just lock myself in the spare bedroom, close the curtains and eat Hob Nobs (other biscuit products are available – WSC lawyer).”*

Our thanks to Mr Hampton, er MH, for sharing this with us. If you have any questions about the issues raised in this edition of WSC then please ring our help desk on 0800 567... (continued on page 7).

It’s yer (orienteering) weather!

Norman.

Kevin Watch

Several readers of this esteemed organ have contacted us reporting sightings of Kevin the Three-toed Hungarian boll weevil, on the run from CLOT officials and threatening to wreak havoc on British forests.

This from a Mr J. Twinge of Belper:

“I saw Kevin snapping up Better than BOGOF on toilet rolls in Borrison’s in Belper. He was cleverly disguised as a middle-aged housewife but his purchases clearly gave him away”

Er, thank you Mr Twinge. How about this one?

“I spotted Kevin playing an extra in a riot scene in David and Helen do O. He was only on screen for about half a second but he was unmistakable due to the copy of Big Lycra sticking out of his coat pocket and an insatiably hungry look on his face”

Hmm, sounds more promising. Oh, that one’s also from Mr Twinge of Belper. Let’s have one last try.

“If you play I am The Walrus by the Beatles backwards at half speed then at 2 mins 53 seconds in you can clearly hear the words ‘I am Kevin, kill the forests’. Spooky, eh?”

Just a couple of points, Mr Twinge (oh yes, it’s you again), firstly The Beatles recorded this song in 1967 which puts it out of any sort of relevant time frame and secondly, when we played that section of the song backwards it clearly says “I am Patrick, kill the forests”. So a total red herring.

More when we know more.



Great Moments in DVO History

No 78. A key moment charting the way forward for the printing the first Newstrack in colour.

With apologies to Joseph Wright of Derby.

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Have trouble sleeping before a big race? Here are some sleep tips and trivia to help you nod off – no, not NOW!

It's well known that the older you get, the more fragmented your sleep becomes. From middle age onwards, it's quite normal to wake at least once in the night. And apparently, the urge to sleep occurs 30 minutes earlier with each decade of life. (That is, after the torrid teenage years, when the evolutionary urge to find a mate keeps you partying until sunrise!)

Scientists now see sleep as an active brain state, not simply the 'absence of wakefulness'. In rapid-eye-movement or REM sleep, the brain is as active as when awake. Rats deprived of REM sleep will die after 3-4 weeks. And domestic animals experience more REM sleep than their counterparts in the wild.

Throughout the night, we alternate between phases of REM – in which we dream – and non-REM or deeper, more restorative, sleep. A sleep cycle lasts about 90 mins and consists of a period of each type of sleep, with the REM proportion becoming longer nearer to dawn. This is why we often remember dreams. Inexplicably, the body's compensatory mechanisms for hot and cold don't work during the REM phases – another reason that we can wake suddenly mid-dream.

So when we nod off, we enter deep non-REM sleep for the first 90 mins, with the first short burst of REM sleep occurring in the second sleep cycle. Ideally we should get four or five cycles each night. Apparently we also dream during non-REM sleep but there's no narrative thread. I can testify to this as I have to read myself to sleep and I know I'm there when **nonsensical phrases** start to pop into my head.

Another great warning that you're about to nod off is something called the **hypnic jerk**. This is when you get a body twitch that wakes you up momentarily before falling asleep properly. Falling is an apt metaphor here as it seems that this twitch is a throwback from our tree-sleeping primate ancestors – when the brain misinterpreted falling asleep as falling from the tree – and built in a protective reflex. So if you are one of the 70% of people who experience the hypnic jerk, welcome it ... for sleep has arrived! Babies display this response in the **Moro reflex** (on sudden loss of support), which disappears when they reach 4 or 5 months. Doctors test the reflex to check the baby's nervous system is working.

A few tips for good sleep hygiene (obvious to many, but worth reiterating):

Close curtains, switch off lights & screens. The hormone melatonin that regulates our sleep and wake cycles can only be produced in total darkness. Researchers claim that before the Industrial Revolution (& invention of the light bulb), we all used to sleep for 10 hours a night, yet in modern society there's an attitude that "sleep is for wimps". Not true – get your zeds for a good race!

Meredith Plumb was blinded in a school science experiment when she was 11, and, many operations later, had what was left of her eyes removed. Unlike most blind people, this left her unable to perceive light and therefore unable to feel any sort of circadian rhythm. When the light detecting ganglion cells in the retina sense light, production of the sleep hormone melatonin is blocked. As a result, Meredith normally sleeps in 90 min or 3 hour increments at any time of the day or night (from *The Guardian*, June 2015).

Cut down on caffeine and alcohol. Coffee and tea (as well as energy drinks) delay the sleep drive by inhibiting adenosine receptors in the basal forebrain. Conversely, the adage "Drink coffee – do stupid things faster and with more energy" pays dividends when orienteering! More so with RedBull!!

Alcohol has a sedative effect, but when it wears off you can wake in the small hours with a bounding pulse.

Avoid noise. Another vestigial reflex helping us respond to danger. Again, the **startle reflex** is tested in newborns to check they can hear. A white noise generator can help dull background noise. I've not tried this, but on night shifts I found earplugs from Boots very helpful.

Pack for your race the night before, including packed lunches and directions. I always fill the kettle before going to bed so it's just a case of flicking a switch in the morning. A bit of OCD never harmed anyone!

Set an alarm, then if you do wake up an hour or so before you're due to, you can go back to sleep without worrying. If the alarm is on your phone, put it on silent. There. Brain rested, ready to race!

Know Your Team Leader

No 8: Helen Chiswell

Helen is Parking and Registration Team Leader and active Planner. She set a cunning Score format at Darley Park last month, with extra points for controls visited in numerical order.

When & where did you start orienteering/join DVO?

My dad has always been a keen orienteer and he introduced me the sport when I was young. The first memory I have of orienteering was the November Classic in 1987 – I had a go at W10B and got hopeless lost! There had been big storms in the October and lots of trees had blown down in the New Forest. There was fallen tree over a key path junction on my course and I didn't manage to find my way around it!

I have been orienteering on and off since then – firstly with SOC, follow by CUOC, HOC and finally moving to Derby and joining DVO back in 2008ish!

Highs & lows of any previous roles in DVO?

The only official role I have had in DVO is the current one looking after the car parking and registration teams with Malcom Spencer. Apart from this, I have organised a couple of events and planned a few Level D events. I quite like planning the Level D events as you can depart from the usual straight-forward course structure (of White to Brown) and try out something a little different!

Likes & dislikes of your current role in DVO?

The team system within DVO works well thanks to the willing volunteers who are prepared to help at each DVO event. The downside is that this group of volunteers is relatively small and it tends to be the same faces volunteering to help at each event. It would be nice to have a few more volunteers and see some new faces within the team.

Do you enjoy the new formats (Urban, Sprint)?

I enjoy all types of orienteering race – although my favourite remains the classic race over tricky terrain! Urban races are good, but I think only certain urban areas make good orienteering areas – there needs to be lots of tricky navigation (alleyways, cut-throughs etc.) to make it a challenge, otherwise it's just like a long run! I think orienteers are sometimes guilty of thinking any urban area will do for orienteering, which can lead to some pretty boring events! I try once a year to go with my family to an urban race somewhere in Europe. With the advent of cheap flights, it makes for a good weekend! So far I have been to some fantastic races in Venice, Porto, Rome and Reykjavik.

Sprint races are always good fun – lots of quick thinking needed. They are not my forté however, as I am not really a quick enough runner. I am looking forward to running the British Sprints around the Olympic Park later this year.

What do you enjoy doing when not working/orienteering?

Work consumes a lot of my time (unfortunately), but when I do have spare time I also dabble in a bit of triathlon (although I am hopeless at cycling!) I also like walking and usually have a holiday each year that takes me somewhere into the mountains. Last year I was lucky enough to go to Everest Base Camp, which was amazing and this year I am walking the Tour du Mont Blanc with my sister.



Helen at the 2014 Club Champs on Birchen Edge, where she was fastest woman



Most memorable orienteering "holiday"?

This probably has to be the Venice city race weekend back in 2012. The weekend started with a sprint race on the Lignano Riviera, with the first couple of controls on the beach. This was followed by a middle distance race in Palmanova – a very unique town also known as the "star town" because of its shape – a 9 pointed star. It is a fortress town built by the Venetians in 1593, and is an Italian national monument. The area was truly unique for orienteering, with the whole of the 9 pointed star and the old fortress walls mapped and available for the event.

However the main event of the weekend (and the reason for the most-memorable weekend title) was the city race in Venice. A very high tide combined with some rain and high winds meant that most of Venice was covered in sea water! By the time we started the water levels were at least knee-deep and in some places even deeper still. It became more of a swim-o than a city race, and was very smelly!

Favourite TV show/film?

I don't watch much TV as I am not at home very often. So I tend to watch more TV on demand - those of you with Netflix may know of Suits – and this is my latest favourite series to watch when I have a spare hour or so! Its absolute drivel but then what TV programmes aren't!



Fuel Corner No 3 ⇒ Dairy-free chocolate cake

This was originally a Blue Peter recipe, very quick to make and fun to ask people if they can taste the 'secret ingredient'! (Icing optional & may even be unlucky; this is Leed Uni!)

- 250g self raising flour
- 220g sugar
- 1 ½ teaspoons baking powder
- 4 teaspoons cocoa powder
- 1 teaspoon vanilla essence
- 200g mayonnaise
- 220ml boiling water


Grease and line the bottom of the tin (8 inch round). Put oven to 180°C.

Mix all the ingredients except the boiling water. You don't have to be too thorough about this as the boiling water breaks everything up nicely!

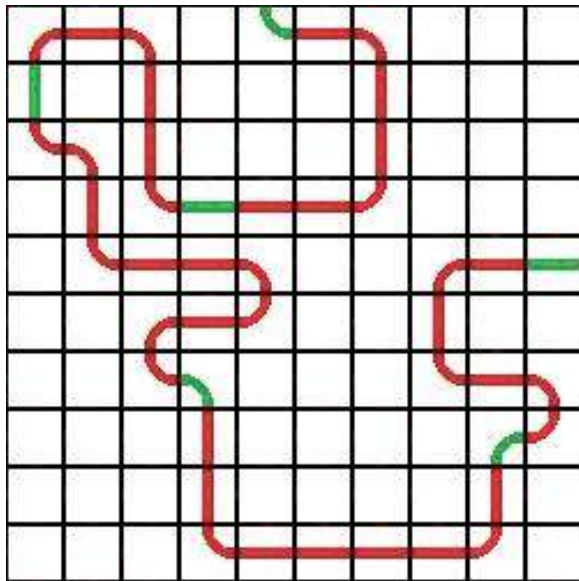
Re-boil the kettle, add the water, transfer to tin and bake immediately. The baking powder contains bicarb, which gives off CO₂ when the water is added, so quick transfer into the oven is crucial for a nice, spongy cake. Bake for about 45 mins, test with skewer. Leave in the tin to cool completely before removing as it's a bit crumbly.

Doubling the recipe is quite neat as you can use a whole 400g jar of mayonnaise!

Ginger variant: Just use 200g sugar and add 1 generous tablespoon each of black treacle and golden syrup, plus a teaspoon of dried ginger. Gooseberries, rhubarb or chopped apple optional – if added it makes a lovely pudding.

More recipes please to Sal by July 9th 





Last month’s question was about the New Year’s Day travails of Frantic Fred and his unfortunate route choice between two controls. Those of you that answered chose to do so in a variety of ways. Jen Gales’s solution is shown here and the other notations, resembling improbable games of chess, seem to match. Apart from Jen, I had correct solutions from John Hawkins, Mike Gardner and Andy Hawkins. I also had an entry from Alan Le Moigne with an attachment that I couldn’t open, an attachment that contained the answer. I’ve given you the benefit of the doubt Alan as you are normally spot on.

This month I have gone with a choice of two puzzles, either of which will get you the points but feel free to submit two answers. The first is tricky so I’ve provided a second which is in the style of the GCHQ Christmas Card Puzzle, if any of you attempted it, if you were to imagine the Chairman of the EMOA sending it out.

Collective Amnesia

This SI punching can be a problem at times. Frantic Fred’s uncle, Forgetful Fred, was competing at the OD (Octogenarian Dribblers) club championships last month which was a score event. Fred’s course consisted of just 6 controls and he set out to clear them all. Unfortunately, as his name suggests, he has become rather forgetful of late and having visited and departed from the first control he found he couldn’t remember where he was going to next, or even where he had come from. Having no punched control card to refer to, he adopted a policy of visiting the next control at random, each of the six having an equal chance of being visited. He continued with this policy until he realised that he had visited six different places and therefore must have finished the course.

What is the average number of control visits that Fred would expect to make to finish the course?

The Missing Link

What is the last number in this sequence? 52, 46, 15, 52, 607, 6, 50, ?

Answers to me at dnevell3@gmail.com by the editor’s copy date please.

Forthcoming Fixtures (DVO, NOC, LEI, other)

D/Mat = part of Matlock Summer Series, see DVO website ‘Matlock Orienteers’ tab

D/SDOC = South Derbys O Champs 2016 counting event, see DVO ‘Fixtures’ tab

EMUL East Mids League event; EMUL EM Urban League event; UK Urban League

May


- Sat 7th D/SDOC Swadlincote Woods, 11am-3pm, Org: Rex Bleakman
- Wed 11th D/Mat Whitworth Park Long Score, 6-7pm for World O Day
- Sun 8th EMUL Southwell Urban, see NOC website
- Sun 15th C Sandall Beat (SYO). White-Blue, 1:5000 map, no contours!
- Sun 22nd UK Grimsby. See Halo website, optional 2k sprint after full Urban

June

- Sat 4th C Trial British Sprint Relay Champs, Sheffield (not centre)
- Sun 5th C Attercliffe/Don Valley Urban Sprint, see SYO website
- Wed 8th D/Mat The Arc, Matlock Leisure Centre, 6:30-7pm
- Sat 11th D/SDOC Staunton Harold Reservoir, 1-2:30pm, Org: Rex B
- Sat 11th UKOL Olympic Park, London (British Sprints)

Sun 12th	UKOL	Leith Hill, Dorking (British Middles)
Wed 15th	D/Mat	Cambridge Woods, Darley Dale, 6:30-7pm
Sat 18th	☒	Carsington, 10-12 noon. Org: Paul Goodhead
Wed 22nd	D/SDOC	Rosliston Forestry Centre, 2-7pm. Org: Rex B
Wed 22nd	D/Mat	Forty Acre Wood, Matlock, 6:30-7pm
Sun 26th	EMUL	Ibstock and Heather Urban
Sun 26th	Relay	Cleeve Hill, near Cheltenham (NGOC; Harvester Relays)
Wed 29th	D/Mat	Farley Wood, Matlock, 6:30-7pm

July

Sun 3rd	B	Wormley Woods (HH; Yvette Baker Trophy Final)
Wed 6th	D/Mat	Bottom Moor, Matlock, 6:30-7pm
Sat 9th	UKOL	Stockport (Sprint)
Sun 10th	UKOL 	Manchester
Mon 11th	D/SDOC	John Port School, 2-4pm schools/youth groups; Public 5-7pm
Wed 13th	D/Mat	Oker Hill, Darley Bridge, 6:30-7pm
Fri 15th	BBQ	Broomfield Hall, Fun Relays 6:30 for 7pm Start. Food after!
Sun 17th	EMUL	Nottingham Urban
Wed 20th	D/Mat	Whitworth Park, Darley Dale, 6:30-7pm

Event Officials Needed!

For the DVO events above to be possible, we need volunteers to fill the gaps below! Mentors/advisors can be found if requested. Names to Ann-Marie please: jasrduckworth@btinternet.com.

The Club Champs will be Stanton Moor, and 12th November event is very likely to be Markeaton.

			Planner	Organiser	Controller
15/10/16	DVO Informal Event - DVO Club Champs	local & small	?	?	not needed
22/10/16	Grange Top Wood (Swadlincote & new area)	Level C	?	Doug Dickenson	Mike Godfree
12/11/16	DVO Informal Event (Derby park?)	Level D (local small)	?	?	not needed
20/11/16	Wirksworth	EM Urban League	?	?	John Hurley
02/01/17	Belper	EM Urban League	Sal Chaffey	Dave Chaffey	?
29/01/17	Shining Cliff (new map)	Level B	Paul Addison	?	?
26/02/17	Lindop	Level C	Dave Chaffey	?	?
09/04/17	Crich Chase	Level C	?	?	?
21/05/17	Calke Abbey	Level C	?	?	?
02/07/17	Longstone Moor	Level C	?	?	?
24/09/17	Kedleston Hall	Level C	?	?	?
10/12/17	Eyam Moor & Bretton Clough	Level B	Ned Needham	?	?



British Orienteering are running these events again to attract newcomers into the sport. Xplorer is billed as a 'family friendly navigational challenge' and the Derbyshire events are at Eastwood Park in Chesterfield and Allendale Park in Wingerworth – see <http://www.xplorer.org.uk/>

RunChallenge is aimed at adults and uses 1:25000 Ordnance Survey maps. Details will soon be available at: <http://www.runchallenge.org.uk/>

