

Dartbord

NEWSLETTER AWARDS 16 ~ 18

CompassSport



Issue 6, 2020, November/December. Featuring members, events and activities.

Editor: Sheralee Bailey. Prepared by: Phil Basford



Our front page is made up of all the front pages we have published since January 2016

After this September 2017 Edition we went to A3 landscape format

From your EDITOR

Hi members,

Here is the 6th and final edition of Dartbord for 2020, where we have chosen to showcase our covers and selected articles from previous editions, including *awards* for the “best” features! Looking back through all 29 editions (30 including this one), I feel proud to have overseen our DFOK newsletter during this time, and I’d like to reiterate my sincere thank you to all of our contributors for this and previous editions of Dartbord. As usual, please remember to send any articles and/or pictures through to editor@dfok.co.uk if you would like them included in Dartbord, and also any requests for what you’d like to see in Dartbord.

In yet another bumper edition of Dartbord, we complete the two part series by Rachel Collins – “*Writing a letter to your younger self*”, covering what we would do differently had we seen into our future lives. Rachel has done an exceptional job with this contribution, I’m sure members will appreciate reading it and applying it to their own experiences. We’ve also started the first of the Junior member Pinned Down series, with Maddy Pitcher. Andrew Evans provides us with a memoir as outgoing Chair of DFOK, and our Dartbord Publisher Philip Basford provides his final update on his Scotland adventures. There are also awards – hopefully we have chosen correctly!

Finally, I would like to take this opportunity to thank: DFOK for allowing me to be editor for their newsletter, including renaming it Dartbord as a play on our Dartford name; Phil Basford for not only being an amazing producer and publisher, but for also being extremely patient with me, particularly when it comes to understanding some of my crazy ideas!; and to all members and external contributors where I have asked you for articles, sometimes with very short notice. Thank you, and happy reading members.

Sheralee



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Prepared by Phil Basford

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From the CHAIR

Dear members,

I hope that you are in good health and safe from the pandemic. Things might look even worse since entering the second lockdown, but we should be positive: the club of strongmen leaders have just lost their captain and two Turkish immigrants in Germany have found the vaccine against covid-19!! 2021 should be great for humanity.

In orienteering, we will miss dearly the Sheralee-Phil Dartbord that we had for five years with in particular the top expertise from Sheralee, Andrew, Rachel and the terrific stories from David LeFevre. We love orienteering for being alone in the forest (and stretching our mind and legs to their limits), but we are not animals and we love best socialising. Loneliness is the natural downside of orienteering and it was great to offset it with Dartbord. Thank you very much Sheralee and Phil for the great editing and publishing of Dartbord for five years!

For the same reason that we are a social club, the committee has just made four DFOK honorary members for their contributions to the club over many many years: Chris & Julia Baker, Phil Basford and Carol Downie. We hope to see them soon at events, AGM/restaurant, or in the middle of Scotland once it is safe to socialise again.

The committee has also decided to make a £100 donation to each organisation MapRun and Open Orienteering Map as we have benefitted considerably from them in particular during lockdown periods. November has a great MapRun race at Shorne Woods: [Full details may be found here](#). Remember that most of the previous challenges are still open if you missed one or fancy having another go! [Full details here](#).

Finally we still need planners/organisers for three KOL events: Cobham & West Kent Downs on 27/02/2021, Holly Hill & Fowlds Wood on 10/04/2021 and Lullingstone on 12/06/2021. Please come forward! The next KOL event is at Shooters Hill on 19/12/2020.

Stay fit, safe and prepare for 2021 (reading Dartbords)
Antoine

TRAINING COURSES AVAILABLE

There are two very useful courses available to club members where there have been recent developments.

Event Safety

British Orienteering has developed an e-learning course for Event Safety. It is a requirement that at least one of the Organising team has undertaken either this Safety Course or its class based predecessor. Many club members have done so but it would be beneficial if others were willing to complete it. It takes about one hour and a link to it is here. Note that there is one extra incentive towards completing this shortly as the course is free until the end of December 2020.

<https://www.britishorienteering.org.uk/elearningcourses>

Sports First Aid

Having qualified first aiders is imperative for all of our small events not large enough to engage a professional first aid provider. The club has used the e-learning course provided by Protrainings for several years and we have recently opened an account with them to make it easier for club members to access the course.

The course takes five hours and is broken down into many modules. It can be paused at any time, resuming at the place you got to. It is very effectively presented but as well as being useful to DFOK, anyone who has done it will be able to vouch that it is useful knowledge to have for day to day incidents involving the family at home and away.

Our DFOK discount gives us a 20% saving and the cost is borne by the club. If anyone is interested in this, please contact Andrew Evans via mapping@dfok.co.uk

EXTRACT from Issue1 2016 January/February

Welcome to this first issue of the Dartbord, which has been prepared by Sheralee Bailey and produced by Phil Basford in the Bellegrave Road studios. OK, it's Phil's house but it nevertheless brings a much more colourful newsletter to you as club members than we have had previously. Thanks to them both for their considerable efforts in the launch process.

Inside you'll find a mixture of articles from around the world. The article from down under prompted me to check on the web and I learned something - a compass needle still points north in the southern hemisphere.

We have recently added to the Events page of our website a number of forthcoming club events stretching to the Summer and beyond. Do please check out what's there. Additionally, if there's any event where you would like to be involved as either Organiser or Planner then do please let me know. Help through an experienced club member as a shadow will be available for those that would welcome this

I do hope that you like the Dartbord. I am sure that Sheralee and Phil will be appreciative of feedback in due course.

Andrew Evans
Chair

Note: Since May 2019 been produced in our Craigellachie Studio on the edge of the Cairngorms.

So why are you seeing a front page extract from this first issue of 2016?

Sheralee and I will have completed 5 years as Editor and Producer. Five years is a long time to undertake the task but now seems the right time to handover to someone new for a fresh approach. Technology has changed quite a lot during this time, not only in orienteering with lockdown but in social media.

It has been very stimulating working with Sheralee over these five years not least that she brings a significant amount of orienteering experience, but has a very broad knowledge of our sport and those taking part at a quality level. Thank you for being able to rub shoulders with you over these last 5 years.

philb
Dartbord Producer



REFLECTIONS AS CHAIR

It was in early 1998 when our previous Chair, Clive Eiles, first asked if I would be interested in becoming Chair. Far too busy at work at the time. It was in mid 1999 when I was asked a second time, generating the same response. In 2000 Clive said he was moving to Wales and would have to relinquish the Chair role. This time ? I became Chair later that year. In Clive's final reminiscence of his four year tenure, he had noted that the two previous Chairs had also moved out of our area. When would I need to start house hunting?

The club I inherited was in good shape with an experienced Committee and an interest in us moving forward. Over the years, our membership has stayed fairly constant compared with several other clubs where membership numbers have unfortunately declined. That said, we are quite a small club so membership losses make a big difference to us. Growing our membership was the most important priority in 2001 and has been in each of the last twenty years, which says something about our success or otherwise.

I had not been Chair for many months when foot and mouth disease hit the UK. Pandemics, of sorts, at the start and end of my time as Chair. All orienteering ceased for almost six months and the Committee were concerned that some club members may have found other things to do in the absence of orienteering. Fortunately that didn't happen and there was strong interest immediately afterwards. The signs after the easing of the first lockdown recently are also encouraging.

Older club members will remember posting their entries to the organiser and enclosing two stamped addressed envelopes, one for the allocated start times about two weeks before the event and one for the event results, received some time after depending how long it took to check, collate and print the paper copies. But as I became Chair a revolution was taking place. By late 2001, a massive 60% of our club members were on email and the Committee noted that we had to be careful to make sure we catered for those who were not online. We started a website and rejoiced as we saw the hits piling up, a statistic regularly provided to all Committee members.

Another early development was the introduction of SportIdent electronic punching thanks to a grant to SEOA clubs from the Lottery Fund. The club acquired some "finger dibbers" as Chris Baker described them in the first newsletter after I became Chair. Electronic punching was a huge benefit to the sport and those days of removing a soggy punch card from its supposedly waterproof holder which leaked like a sieve at the slightest hint of rain were over. DFOK embraced SI very quickly, as we did with contactless punching very recently. Another area with key developments at the start and end of my period as Chair.

Access to good quality terrain has been a constant issue for the club and one which as Chair I have only slightly managed to address in my almost 20 years. Our only Badge (now Level B) standard areas in 2000 were Mereworth and Westerham and we have since lost the ability to use Mereworth. The development of the Cobham, Ranscombe and West Kent Downs area has helped.

The other very significant development during my period as Chair was our merger with Croydon Orienteering Club about 12 years ago. This added some much needed new members at the time and gave us the opportunity to utilise monies available at CROC to do a complete remapping of Chelwood to bring this interesting area back into regular orienteering use. Chelwood has become one of our most reliable areas to use for South East League events. Prior to then we were struggling to hold one of these events every two years. The CROC members were most welcome and have contributed a lot to the running of the club since then.

About seven years ago, I introduced the Committee to a free support service provided through Club Matters where we focussed on our strategy to develop the club and ultimately formulated what I thought became an excellent development plan which we used for a few years. The Committee were not, shall we say, unilaterally in favour of this judging by the rejoicing when it was finally put out to grass.

We have sought to widen the number of organisers and planners we have in the club by providing mentoring to those fulfilling one or both of these roles for the first time and this has been successful. Good support towards the first few events is key as it can otherwise be a very daunting prospect with a lot of reinventing of the wheel and valuable time disappearing down a black hole.

Louise and I moved house in 2014 and we became interested in two properties, one in west London and the other in Surrey. My period as Chair was nearing its end until Louise found us a new build house in Holborough Lakes.

I take this opportunity to thank the club for their generous presentation of a framed map of the Cobham, Ranscombe and West Kent Downs area as a very nice thank you. It will shortly have pride of place in our hall as our one and only wall decoration, reminding us of where we walk very regularly. The whole of the 9.4k is on the map but we know the route well enough not to need to take it with us.

I can reflect back on a most enjoyable time as Chair, aided by us being a very friendly club run by a dedicated Committee. We've had our challenges and no doubt will continue to do so, but there's always been welcoming, warmly smiling faces in the event car parking areas and long may this continue.

Andrew Evans

Pinning down Madeleine Pitcher

How did you start orienteering and what keeps you coming back?

I was introduced to orienteering by my dad doing my first event at Merritt College near Oakland, California in September 2008. I was just 21 months old and Dad told me which way to go, but I run round by myself and came a credible 6th on the 2.5km Yellow course. So my orienteering journey got off to a good start.

I carry on doing it because it is really fun and a good way to exercise.

What has been your experience with orienteering as part of a family, particularly when compared with other sports?

It's been nice to orienteer with my family and introduce my sisters and friends to it and unlike netball or football and other sports it's mixed aged and not grouped so you can do it with other members of family together.

What training do you do?

I do distance running and stamina training on the North Downs where I live and I collect controls after events which helps me because some of them are technically more difficult controls than the one I find on my usual course.

What is your proudest achievement, sporting or otherwise? What is your product orienteering achievement?

I am proud of being recently invited to join the South



East Junior orienteering Squad.

Also I really enjoyed being part of a combined Saxons/DFOK team that competed at the Peter Palmer junior relays in Ashford Forest in 2019, competing against and mixing with some of the best juniors from around the country and Sweden.

What do you do when you are not orienteering?

I like to go to the park with my friends, read and play with my cats.

How can we make orienteering more appealing to younger people?

I think we need to try to talk more about orienteering at schools to raise its profile and do more targeted advertising.

What is your favourite type of orienteering area?

I like mixed terrain areas, with open spaces, but with some woodland, like Foots Cray Meadows.

Tell us something about yourself that not many people know?

I like gothic story books and films.

What would you like to see more of in Dartbord?

Pictures of wildlife and plants you may see while orienteering.

Which DFOK member would you like profiled in the next edition of Dartbord?

Luke Bennett



Writing a letter to your younger self: An exploration into personal experiences of athlete burnout

Part 2 - Rachel Collins

Results

Cast your mind back to part 1 – I have now collected seven letters from both national and international athletes about their experience of burnout. The next stage was to analyse these letters using a technique called thematic analysis. This technique involved reading and re-reading the letters to find any common patterns of information across the letters. In this study, the thematic analysis produced five common themes. These are described below with direct quotes from the participants to support the description. The second part of the results section is the composite letter I wrote (i.e., combining the seven letters into a new one) that represents these five themes. The composite letter was presented as a creative non-fiction letter (i.e., factual in content, creative in style).

Themes

The Danger of Being a Unidimensional Athlete

This theme describes the dangers associated with having a unidimensional athletic identity, suggesting to the younger self that such an identity is unhealthy and unbalanced. In order to move beyond the dangers of this, participants urge the need to be involved with other activities outside of sport. For example, participant 3 explained: “Remember to be kind to yourself and that it is ok to be selfish if it is needed to ensure your own happiness.”

Further, there was a self-realisation that personal needs are more important than sport and that self-care is paramount. For example, participant 2 suggested:

...running / racing is a vital part of your lifestyle and if this was taken away it could cause some emotional distress and almost feel like you lose your “self-identity”. Having other things going on in your life could really help your emotional wellbeing.

Appreciate and Love Your Sport

In this theme participants highlighted the importance of appreciating what sport has given them and not taking it for granted. They urged their younger self to realise the extent to which sport has provided other opportunities (e.g., education and travel). For example, as participant 1 wrote: “Appreciate the little achievements, the great games, the disasters, the hilarious teammates, the road trips, for the journey will always be remembered”.

Whilst the lows of their sporting journey could create a loss of love, the athletes often reminded themselves of why they fell in love with sport in the first instance. As participant 2 states: “When things get hard... remember why you run, why you started and why you keep coming back!”

Supportive and Unsupportive Social Actors

This theme demonstrates the impact that social relations had on participants both positively and negatively, depending on who the social actor was. Positive social actors (e.g., team-mates and peers) created a reason to keep participating in sport. For example, participant 6 described:

Not to mention my favourite thing about the sport, the social aspect. It is what made me love the sport, making friends, meeting new people. To this day, the majority of my friends come from within athletics, even my best ones.

Yet, relations with coaches were negative, particularly, the emotional distress that was being caused. For example, participant 1 wrote: “Don’t let others, coaches in particular, dictate your emotions. You are the only one in control of your performance and never forget that”.

It's as Much About the Journey as the Destination

This theme relates to the highs and lows of sport, suggesting that the journey is never straightforward and that it is ‘normal’ for it to be this way. Here participants focused on the need to combine an attitude to always try hard, coupled with not being too hard on oneself and a realisation to be patient, that what will be will be. For example, participant 7, displays this concept of always trying hard: “These last few months you’ve tried harder than ever, but the harder you try the worse things get... you’re starting to doubt how much harder you can try.”

Exhaustion to Breaking Point

This theme highlighted the negative impact that the demands of the sport were having on the athletes, especially the high training loads. As a result, athletes experienced physical injuries, mental, and emotional exhaustion. Athletes made clear that they needed to slow down and that if they did not physically take a break to recover, then the sport would break them. For example, participant 5 explains:



You have been training for 40 hours a week for the last 7 years, you have trained on a stress fracture in your back for the last 4 years, you have suffered whiplash, broken bones and concussion on a number of occasions... The advice I am giving you is that you need to slow down. You are getting injured because you are constantly tired, your mind and your body cannot keep this up.

Letter to my Younger Self

Dear younger self,

You have heard it all before. Again, and again. 'It is not the winning but the taking part that counts.' Yet this has never really resonated with you. You participate to win. Your mantra from a young age was, 'just keep trying, no matter how hard.' You live and breathe your sport. You approach each competition knowing that you can win, something that not all athletes can do. All those early morning speed sessions, extra gym sessions, eating healthier, training longer, are starting to pay off. I am in awe of your dedication to your training, your sleep schedule, and your nutrition. When I think about all you have achieved, I get a lump in my throat and a tear in my eye, you have tried your hardest and you deserve all the success. I could not be any prouder of you than I am today.

But please! Slow down. Before you put out your own fire.



You and your family noticed it around Christmas time, everybody was in the festive spirit and all you wanted to do was curl into a ball and sleep. Not because you had a bad night sleep the night before, but because you were so exhausted. Exhausted in all aspects of the word. Mentally, physically, emotionally. Mum suggested taking a few days off over the Christmas period, recuperate a little. I need you to understand though that this is not enough, that you cannot continue to pour from an empty cup, and you will not last by trying to keep this up. I know you felt as though you had a lot to prove, to your coach, parents, and especially to yourself. Hear me now though, you are worth so much more than you believe you are. You are so much more than this sport.

Treat your body how it deserves to be treated. At this level, the physical and emotional demands are substantially greater. I want to warn you that you will experience many highs but also many lows competing at this standard, and it may break you. Everybody knows what comes up, must come down. I think you are beginning to realise that this pace is not sustainable. Yet, your coach keeps telling you that 'whilst you are resting, someone else is training.' This sticks in your head and while you try to explain your exhaustion to your coach you are left feeling defeated. Coach just gives you another role because they are doubting your motivation. It is so frustrating to lose these battles and the energy to keep on fighting is wavering. Do not give up though, you need to be heard. You deserve to be heard. Do not let others, coaches in particular, dictate your emotions. You are stronger than that, and remember that you are always the one in control.

So, you carry on with what you know best, trying hard, never giving up. You have reached the top but you are hungry for more. But I want to warn you, this sport will consume your life like you have never experienced before, it will build you up, and you will let it do so, allowing it to make almost every decision in your life. Then all of a sudden, one day, it will drop you, it breaks you. Your body and spirit, crushed. You will fight to get back what you had, but to no avail. You will attempt other routes back to the top, different clubs, different coaches, but you will be unsuccessful. There is a moment in time when the world stands still and you all you see is darkness. You feel as though without sport, you have nothing.

You keep attending training because that's what you are programmed to do but there seems to be a negative aura surrounding the sport. The love that you used to feel will slip away so quickly you can barely hold onto it. Much of that negativity comes from feeling like a failure, you are not used to not winning. Aside from this though you have forgotten why you fell in love with this sport in the first instance. You have forgotten the things that made you want to come back every time. Start to appreciate the little achievements, the great competitions, the disasters, the hilarious friends, the road trips, the togetherness,

the celebrations, for the journey will always be remembered. No-one can take that away from you. Those are the memories that you will hold forever.

What I truly advise you to do at this moment is understand that sport is not everything. You losing the love for this sport is a normal occurrence and remember that change is good. Remember life goes on beyond sport. It might be helpful to know that there is so much more to do in life that will fill this 'void.' There are activities out there that are nourishing for the body. Activities that don't cause you emotional distress, physical injuries and mental blocks. It is time to find a balance. This will allow you to spend more time with loved ones, to switch off, and be a healthier human being. For that is what you are. You must put you as a person first and you as a sports person second. For far too long this has been the other way around. It is time to stop being so hard on yourself. Take a step back, put yourself first and find what makes you happy. Above all else, remember that you are more than good enough and you are worth so much. You are truly amazing.

Embrace this new journey and trust the process, beautiful things are coming.
Keep trying hard. Keep smiling harder.
Love always, your future self

Discussion

Findings of this qualitative study extended research in five ways: (a) the negative impact of emotional exhaustion, (b) coaches needing to play a more supportive role, (c) athletes require an identity outside of sport by engaging in other activities, (d) athletes should learn to accept the journey, and (e) an appreciation of all aspects of sport.

These findings are important as future interventions within athlete burnout can be guided by this new knowledge. Some examples are:

An emotional self-regulation workshop will help athletes improve their ability to deal with their emotions, reducing exhaustion, thus decreasing levels of burnout.

A letter writing intervention between coach and athlete will help to open communication channels and create an honest and up-to-date dialogue, thus, assisting in lowering levels of burnout.

A sport specific gratitude intervention will help athletes appreciate the little things and gain more enjoyment from participating, lowering levels of burnout in the process.

A sport appreciation intervention through mindfulness will help the athlete feel comfortable with what is happening in their current journey, whether they are currently experiencing high or lows. Additionally, the mindfulness practice could be directed towards self-love and kindness towards oneself. This will prevent the athlete from being so hard on themselves and help to put their personal needs first, thus reducing burnout levels.

Overall, this study showed that retrospective letter writing has the ability to assist in disentangling the intricacies of athlete burnout by providing athletes a platform to detail their true reality. If you have any questions or would like a full copy of my report please feel free to email me on: rachelcollins063@gmail.com.

On the 20 October, Andrew Evans was presented with a framed map of the area covering Shorne, Ranscombe and Cobham as a thank you for his many years of dedicated service to the club and his tireless work as chairman. It was presented to him by Allison Page, Club Coach, after the KOL at Bean.



A Final Letter from Scotland (9)



As you will have read already, Phil is handing over the production of the Newsletter after 5 years working with the Editor, Sheralee, who has taken Dartbord far forward in its mixed and varied content and it was Sheralee who came up with the name 'Dartbord' adapting the word Dartford. It has been great working with her but things can't go on forever and for a variety of reasons we are now both handing over.

Things have changed here too! No longer as mobile as we were, orienteering now doesn't offer us a great deal given the terrain. So that ends as well. After 50 years in the sport, in a variety of roles, but particularly mapping, I hear the odd comment - 'he's going to miss it!' Well, the answer to that is No, because my philosophy in life is very simple, enjoy it whilst you are here, and I have thoroughly enjoyed my orienteering but now I am unable to compete and even get out mapping, it is time to be fulfilled by something else. And so, we have become the resident artists at Craigellachie!! Both of us have been enjoying our photography and now embark on a little 'brush' with art! If worthwhile, we may even send you the odd offering in the future.

So what have we been up to since the last edition? I think we have already said that we haven't really felt the lockdown because of the space around us. However, the one thing we have missed is visits from various members of our families, that has been tough for us just like everyone else.

We had a visit to the top of Cairn o'Mount on the B974, being one of the three main routes over the 'tops' to get on to the A90 from Aberdeen down to Edinburgh. There are 2 other routes to get us on the journey south, over Glen Shee through Braemar and the 'Slug' road nearer Aberdeen. The photo above is of Meluncart (525ft with cairn) viewed from the car park by the Cairn o'Mount cairn. We stopped on the way back



for our obligatory picnic, just so much easier at the moment rather than looking for a suitable café. The views were, as usual, spectacular. Parked at the top of a small track we could see yet another, of the many, ruined crofts. You can't help wondering what would have been like out here for them, particularly in the winter.

Whilst there has been much controversy over



wind farms we have got used to them and actually in many places they are quite beautiful. With recent publicity I fancy we are going to see many more of them. With all the recent rain we have taken to visiting the rivers and burns around us to see the effect. Whilst the river and burns seems to rise quite quickly they go down just as quick unless there is endless rain for a few days and then it can get very bad as in the terrible floods in Ballater and around during 2015.

When walking along the Dee you still see examples of all old trees piled up on bends and many small islands. They are just repairing the footbridge at Cambus O'May from those very floods 5 years ago. It was damaged by a static caravan being washed down from Ballater hitting it in the middle!

Well folks it has been great to send you some Letters from Scotland as we got

settled in 'Craigellachie' and our small village of Tarland where everyone has been so welcoming. Being on the edge of the Cairngorms means we have plenty of room and fresh air and lots of local walks.

If the weather isn't too great then we know a little bar we can go to and have a drink! It has become the focal point for all visitors, when we have had them that is! We both wish you all the best in your orienteering futures and we will pay a visit to Fort William to see how many of you make it up to the Scottish in 2021.

philb and carold



Jan/Feb 2017



The 'Best'
Front
Cover Photo

We couldn't decide
which of these two
we liked best, so it's
a tie!



May/June 2018



Sheralee thought the Carrot Cake and I the Beef Stroganoff? Beef Stroganoff Wins!!

Fit Food Recipe - Sheralee Bailey - Editor

- 250g pasta (I prefer farfalle, or fettucine for this dish)
- 400g rump steak, thinly sliced
- fry lite oil spray
- Salt & pepper to taste
- 1 onion, chopped
- 2 tsp minced garlic
- 1 chopped chilli
- 200g button mushrooms, halved
- 375ml can Light Evaporated Milk or Pot of light sour cream (I prefer this dish with the sour cream)
- 2 tsp French mustard
- 1/4 cup tomato paste
- freshly ground black pepper
- fresh flat-leaf parsley leaves, to garnish green salad, to serve



Cook pasta according to packet instructions. Meanwhile, with a few sprays of the fry lite, cook the garlic, onion and chilli in a hot fry pan till starting to brown. Add the mushrooms. Then cook steak in a the frypan over medium-high heat until barely brown on the outside (or until cooked to your liking. Although I find the steak can get chewy if you cook it too long). Reduce the heat to low, then add evaporated milk/sour cream, mustard and tomato paste. Slowly simmer so that it warms through without boiling. If the sauce is runny, add a little bit of corn flour (dissolve it in a bit of water first). To serve, scoop beef mixture over pasta, sprinkle with pepper and garnish with parsley. Serve with a green salad or green veges such as broccoli or thin beans.

Serves: 4-6

ANALYSIS	High Fuel	Low Fuel
	4	6
Energy (kJ)	2954	1674
Protein (g)	50	31
Fat (g)	8	5
Carbohydrate (g)	103	55
Calcium, Iron		

Athletes with **high fuel** needs (e.g. endurance athletes, athletes who are growing, athletes aiming to increase muscle mass) require extra carbohydrate-based ingredients and a larger serve size

Athletes with **low fuel** needs (e.g. skill-based athletes, athletes trying to reduce body fat) need to opt for a smaller serve size



Antoine has done many articles for us on his runs and so gets the Award. But with it goes a *Special Mention* to Maxime, his son, for his articles too.





This goes to Andy Hemsted for contributing some great articles for us.

The one from May/June 2106 is repeated here.

Towards a MASTERY OF ORIENTEERING Via a mistake or three - Andy Hemsted HOC

One of the most wonderful (and frustrating...) qualities of our sport is that the most important activity goes on completely out of sight. No, I'm not referring to what you do in the woods down in Kent, but what goes on inside your skull. In other sports a coach can see whether a tennis player has a good service-action, or what a hurdler needs to improve to get the correct technique, but in orienteering the only person who can possibly analyse and improve your mental skills is YOU! Another orienteer can offer suggestions and advice, but how do we train our brains to be more efficient, and to make the best decisions?

It's not as though orienteering is relatively simple, like chess! At least the chess-player always starts off with the same position; we are faced with different terrain every week, and different navigational problems to be solved. In addition, during the competition our brains may also be concerned about other runners in the forest, about our physical shape, and with our progress through the earlier controls. It's small wonder that sometimes we make human errors!

For every leg on every course there is a perfect speed the maximum speed at which we can make the best decisions. If we go faster (as on my 5-6 leg in the last Dartboard) then we don't see the best route, or we don't stay in touch, or we don't use the compass accurately. If we go too slowly, we can navigate accurately, but our rivals will be able to do the same whilst running more quickly.

Experience helps. I know that in most parts of Cannock Chase and Sherwood Forest I can orienteer at full speed. In the Forest of Dean I have to slow down in the complex ex-mining areas, and in the Lake District I have to go at 90% much of the time. In the rocky inland Portuguese terrain I still haven't had a set of accurate runs, so I'm clearly going too quickly: next time I'll take even more care than I did this year.

After NAOM Day 1 (Dartbord last edition) I had decided that I would use my compass out of every control, and plan ahead more, especially in steep rocky terrain where the 'straight line' may not be the fastest route. NAOM Day 2 would be on much of the same terrain as Day 1, so I hoped that I could find the correct speed to avoid large time-losses.

My first mistake was that overnight I didn't look carefully enough at the rest of my Day 1 map I could have got more of a 'feel' for bits of terrain which I hadn't visited on Day 1, and could have looked for places where there were good line-features and/or very clear rock features.

On Day 2 I again did most controls perfectly, slowing down to read detail and using my compass. What happened on 3 – 4, and what should I learn from my time-loss on this leg?

Controls 1, 2, and 3 were all tricky, so I'd not been able to 'look ahead' and plan 3 – 4. At 3 I hesitated, knowing that I'd have to go right or left to avoid the steep crags to the north, and to use one of the crossing-points. Glancing to my left the descent looked steep, rocky and unpleasant, so I looked at the right-hand option. The route from the eastern crossing-point looked fine, with clear features and a quarry to help navigate in towards 4. I set off from 3 eastwards.

Mistake 2 (?) I hadn't looked at the middle of the left-hand-option, and seen the 'track – open ground – left-hand side of the quarry' fast line towards the control. This route has to be at least one minute quicker than my route but how long should I have stood at 3, looking at the two possibilities, before setting-off? 5 seconds, 10 seconds? On most British areas I would lose time if I took this long to reach a decision, but in this Portuguese rockland I should have taken slightly longer, and have looked at the middle and the end of both optional routes.

If this had been my only mistake then the leg would not have been a disaster; unfortunately I then proceeded to navigate badly as well, and lost four more minutes. Heading north from the crossing-point I passed the crag and the pond, but then didn't take an accurate bearing to the quarry which of course is a 'negative' feature, so was invisible even though I was close. I missed the quarry, and came into a small N-S re-entrant which ran down into a larger E-W re-entrant. I re-located incorrectly, as the contours are confused by the quarry, and I searched in the wrong area to start with.

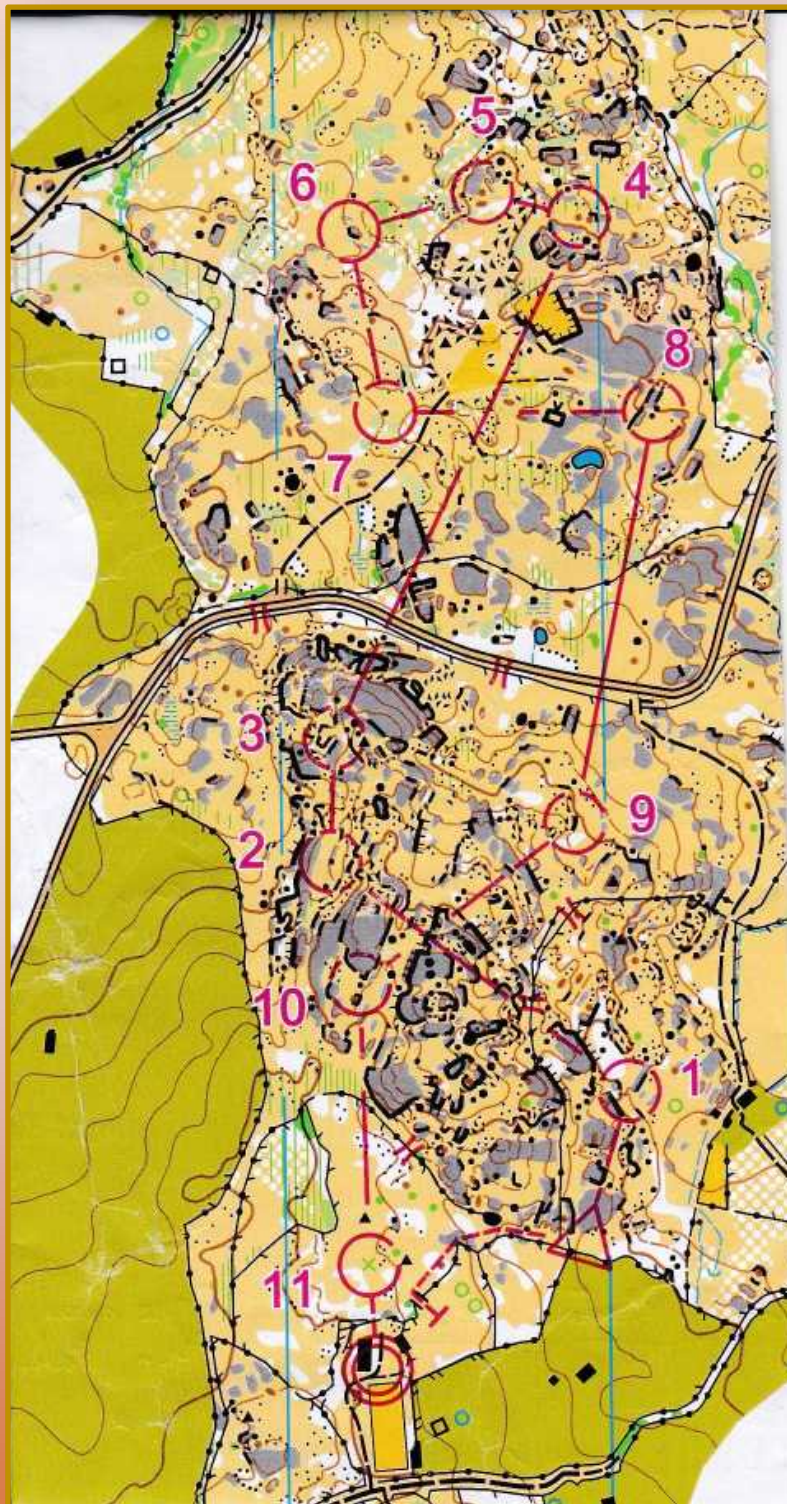
Towards a MASTERY OF ORIENTEERING Via a mistake or three - Andy Hemsted HOC

Mistake 3: the time-loss was principally caused by my inaccurate bearing from the pond towards the quarry; even when a feature seems to be large and obvious, I should use my compass more carefully, and follow the correct direction rather than 'running on feel'.

What's the best way to improve your orienteering thinking? Analyse your mistakes, add new 'rules' to your list of techniques, and make sure that you learn from experience. Since returning from Portugal I have done a couple of training runs on local areas, and I've concentrated on taking accurate bearings. In addition, I've used old maps to 'get the feel' of possible legs for the Midland Champs, for our CompassSport Cup qualifier, and for the JK. In the pre-start, think about the skills that you'll be using, and during your run vary your speed according to the complexity of the terrain.

Good Luck in your battle to avoid those human errors; remember that orienteering is so complex that we'll never perfect our mental skills, but perhaps we can gradually reduce our time-losses, and we can 'defeat the planner' more and more frequently.

Andy Hemsted





Both Allison's contributions as club coach, and Rachel's Focus articles have made significant contributions to orienteering learning so the Award goes to both.

Klubb Training Day at Limpsfield Chart - Allison Page - Klubb Coach

On a fresh morning at the end of January, 25 orienteers from the clubs of DFOK and Saxons headed off into the muddy depths of Limpsfield Chart. Following our recent event there, I had a lot of requests to "get to grips with the area" as they felt they had all struggled during it. The day started for the adults with a pairs exercise involving route choice, where people were paired according to different abilities. The less experienced orienteer got to choose their route first with the more experienced orienteer then choosing a different route and trying to beat their partner to the control. This was completed for 6 controls on a 2.3km line course.

There was lots of good feedback from this exercise with the experienced orienteers saying they were forced to either choose a cross-country route or run harder on a path to beat their partner and the less experienced orienteer practising choosing and completing a route against someone. Following a short rest, they all went on to complete a map memory exercise. This was again in pairs but with a change of partner from the first exercise. This time orienteers had to take it in turn to read the map, memorise their route, hand over the map to their partner and lead that partner to the control without further looking at the map. Meanwhile, the partner kept an eye on where they were going by following their route on the map to stop them going too far off course. There were again 6 controls and this time it was a 3km course. See map:



This exercise was trying to encourage everyone to look at their map less during competition as this can save a lot of time. It was noted that it was often difficult for the partner reading the map to check the right course to actually keep up with the orienteer simply running to the control with no map!! This demonstrated how much time is actually lost by constantly checking the map.

Finally, to finish the morning's exercises, there was a hanging kites exercise. This involved selecting a feature on the map, hanging a kite on that feature, marking it on the map and swapping with a partner who then retrieved it. This was a good exercise to really get everyone to study the map accurately and find the actual feature that they thought they were finding as they received feedback from their partner as to whether they agreed it was right!!

During all these exercises for the adults, Holly took the 3 youngsters that we had and did a map symbol relay, a map walk to point out features on the map concentrating on brown ones and finished by getting them to complete a white course. They all seemed to really enjoy it and all fed back that they had got a lot out of it!

Following an unintended, prolonged lunch, we all went back to the woods and completed a more fun exercise.....a relay in pairs. We were split into pairs with a more experienced orienteer being partnered with a experienced orienteer and each pair was given a control kite and map. The activity involved a star exercise where one of the pair hung the control and then the other collected it and took it to the next position. This carried on until the kite had been hung and retrieved in all the control positions shown on the map. Everyone agreed that it was much harder to hang the control than collect it and made you really focus on hanging it accurately so that your partner could find it!! It finished off the day with hopefully everyone having fun, tired but having learnt a lot!!

SEOA Night Championships 2017 - Rachel Collins

"Southern Navigators held the SEOA night championships at Alice Holt on a rainy Saturday evening, having not participated in night orienteering in some time, I was wary of how my performance would be. With this in mind I told myself prior to the race to keep solely focused on the navigation and let the running take care of itself.

When I picked up the map I was shocked to see the amount of green vegetation and had the thought that path running may be the quicker and safer option. I was clean from number 1-4 making sure I kept very close contact with the map at all times. However, my route choice to number 5 was poor but as it turned out a lot of people struggled with this. Numbers 6 -8 were clean, apart from accidentally pulling my lead out of my battery pack and suddenly thinking my light had run out!! With this mishap dealt with I knew I had to refocus.

Number 9 I could see was a tricky control and I was very careful making sure I entered the woods early so I could find the ride. This proves the theory that slower is sometimes better as although, I made a fine navigation mistake once in the circle, I saved around 5mins worth of mistakes compared to some of the big names on other courses! Number 10 and 11 were smooth and then it was a case of concentrating on the control pick section at the end.

I managed to keep my focus in check and tried to push the last part of the race. I had great fun out on this course and thoroughly enjoyed the challenge of night orienteering, winning was a fantastic bonus. Made even better by the fact that Dad achieved a well deserved 2nd place on M55 and so an obligatory photo in the car park had to follow, so photo credits to Mum. Dad and I said we felt like we had gone back in time to when the KNC league began - the enthusiasm for night orienteering is still the same now, 10 years on!"





The 'Best' Member Profile

To David LeFevre. He presents his experiences in a uniquely entertaining way!

What do you do when you're not orienteering? (and have you ever sung with anyone famous?)

When I'm not Orienteering (which isn't often at the moment!) I have myriad interests. I'm the sort of person who will try anything (legal!) once, to see if I enjoy it, and then continue if I do. Beyond all the sport I have competed in, and organised at schools' level, a large part of my life has been taken up with music. I toured with West Country Opera, as a child, and performed 'Let's make an Opera' with its composer, Benjamin Britten. I performed at the Proms with The National Youth Choir, conducted by Edward Heath. For the last 35 years I've sung with the St Bartholomew's Hospital choir and we've toured many parts of the world as guests of the United Nations, performing fund raising and cultural concerts for children's hospitals and hospices (often with big name soloists, Dame Janet Baker springs to mind, for the 800th anniversary concert for the mayor of London) When we performed the Verdi Requiem in Tyre in the Lebanon, the Israelis mortared us! I'd like to think it was because we had most of the Lebanese cabinet there, rather than the quality of our singing! Lately I've been on stage with Marti Pellow (Wet, wet, wet) in the National tour of Evita, something I fell into when my daughter, Cassie, was performing in it and they were short of supernumeraries and my wife volunteered me! It's great fun and I completed 50 performances a few weeks ago during a weeks run at the Churchill theatre in Bromley.

When did you first try orienteering, and what made you come back for more?

I discovered Orienteering in 1969, when a Swedish Art master called Mr Stok came to my school. I hated cross country and the jogging we did as part of the football training. To me it was just pounding your feet one in front of the other repetitively to no purpose and was boring (I bore easily!) suddenly there was running with a purpose, and I loved it. I left school and competed in no more orienteering events until 2002, when I stumbled on an event whilst on a walk with my Son, Matthew in Epping forest. We did the string course, Which he loved, as he got a sweet at the end, and then we did the white course (not so keen, he didn't get a sweet at the end!). After that, he was bitten, we did every event we could find.

What sports have you been involved with as a player/organiser/referee? (What was the strangest non-footballing situation you have dealt with whilst refereeing a match?) (Have you met any sporting celebrities during your involvement in sport?)

I'll give the shorter answer to this! I've been involved in a lot of sports, both through interest and career path, I'm a firm believer that you should try as many different sports as possible. My most successful playing sports have been Football, Cricket and Badminton, but I've enjoyed many others. My job, at present, which I fell into through my heavy involvement with voluntary school sport, involves me organising inter school competitive sport and developing further sports in all 116 Hackney schools. At present I organise and run competitions in 42 different sports.

I was a football referee from the age of 14 and was lucky enough to referee all over the world through involvement with Schools', youth and Women's senior football. I was lucky enough to be invited to referee 26 national cup finals, including the last competitive match at the old Wembley.



Probably the oddest non-footballing incident, whilst refereeing (other than being attacked by a goat at Ware Town!) was at the beginning of a Women's FA Cup match between Tottenham Hotspur and Ebsfleet played on a humid October evening at Cheshunt. We had done the pre-match pitch checks and walked out on to the ground and tossed up with the captains. I was about to blow the whistle for kick off, when there was a loud yell of "Ref, Stop!" I looked up to see the Ebbsfleet goalkeeper running at me. "You can't kick off" she shouted. "There's a spider, come and see!" I jogged to her goal, and there in the top corner between post and crossbar was a large, classic web, glistening in the late autumn dew under the floodlights. In the middle of the web, like something from a Disney cartoon, was a very large spider, and I swear, it was grinning! I reached up and took it in my two hands, there was a round of applause. I walked round the back of the goal. "You can't put it there" she said, "it'll come back." I lobbed it in the corner of the pitch, to another round of applause! The next morning, a back page report in the evening Standard 'Spider Stops FA Cup match!'

Probably my best footballing famous person anecdote, was from about 1984. I was staying with a friend of mine, over New Year, with her Sister and Brother in law in a village in Sussex. When we arrived, The Brother in Law greeted me with 'I know you used to play senior football, I need a goalkeeper for the Village team in a friendly tomorrow. All my Goalkeepers are away'. One can hardly refuse an offer like that! They found me some boots, that almost fitted, and the next day we headed off to Ford Open Prison!

15 minutes into the match it had become fairly obvious, that the short, slightly portly midfielder who was passing the ball with surgical precision, whilst hardly moving, was a 'bit special'. It was only when I made a save at his feet, upending him in the process and he swore at me in a broad Belfast accent, that I realised it was George Best. He'd been jailed for a number of months over Christmas for punching a Policeman.



I had a reasonably good game and at the end he came over, shook my hand and said "Keeper you, I'd love to buy you a drink ,but I'm not allowed."

10 Years later I was at a meeting in Westminster and a colleague suggested we have a drink. We walked into an almost empty pub called The Phene Arms, and there, sat at the bar was George Best. I would never have approached him, but as I went to the bar he nodded and said 'How are you?' 'You won't want to be reminded', I said, 'but we've met before'. He thought for a while, then said; "You were that Keeper in Prison, what are you drinking?" My colleague couldn't believe it, and we spent a very pleasant evening with him.

What is your most memorable orienteering moment?

Last Year during the Club Championship in Weald Country Park I was running (waddling) along a path. Two Older Ladies from SOS were blundering around in the woods about 50 metres from me and spooked a very large herd of deer in my direction. It was reminiscent of a scene from Jurassic park. As I took refuge behind a tree. All the deer went bounding past me, except 'little Bambi' who obviously hadn't been taught to escape in straight lines, and bounded round the tree, hitting me heavily in the thigh. I landed on my back. Bambi landed on me, shook his self and stood up on my face and scampered off after the others. I lay there testing which bits were still attached, when a voice above me says, "excuse me. Can you tell us where we are?" I look up to see one of the old ladies thrusting a map at me!

Do you do any training, and if so, what is a sample training week for you?

Training consists of sitting in the pub wondering whether to drink the alcohol or rub it in to which ever part is still aching! and interrogating route Gadget with what might have been, if only I were fitter/slimmer/ more talented. I'm an enthusiast not an elite performer and success to me is completing a course beating a couple of other people who I perceive as similar to me (I will not name them!)

What has been your proudest sporting achievement and how did you prepare for it?

This is going to sound very trite, but, a couple of years ago I came to the Klubb AGM with my family, prepared by drinking a couple of pints of beer, eating a good meal and then being presented with The Baker Trophy by Neil. Being an 'enthusiast' I don't win much, and don't mind, as long as I enjoy, but being appreciated by peers for what I may, or may not have done for others is special, and I was greatly humbled and honoured to experience it with my family, who have always supported what I do.

What one thing would you change to improve your orienteering?

My waistline/ fitness/will power!

How did you attract 275 participants to the event you organised for World Orienteering Day 2018? How many school children have you introduced to orienteering over the past few years?

Part of my job is to develop sport in Hackney schools and link it with the wider community. Orienteering lends itself to this sort of event. I've been running orienteering events in Hackney, to a greater or lesser extent since the early 1980s and now have large number of schools who support them, on a local level. The events lend themselves to mass participation. With very little preparation from the schools, so, tick boxes for the head teachers. I remain disappointed with the numbers, along with the 400 or so different competitors I get for the leagues I run twice a year.

What does the future look like for your Talent Squad?

My 'talent Squad' is in a parlous state and, I have to be careful how I approach this question with out sullyng what should be a fairly light entertaining piece. I am mired in politics. I was asked to do something with the young orienteers we had enthused locally by a school I am not employed by, in 2012, and put my squad together from 5 secondary schools and 3 primary schools. The primaries had to stop when I no longer had another member of staff to come with me. One of the academies, who provide my strongest runners, no longer want children representing them who are not under the direct control of an employed member of their school staff and I am not getting any new blood in to the squad. I have to do some thinking about how I proceed in the long term. The nature of the sport also doesn't help, 50% of my parents don't own cars. I am very aware that if I were to stop, orienteering in Hackney would die and it is part of my role over the next couple of years to try and put a strategy in place to solve that. This is probably the basis for a completely separate article here in the future!

Do you read Dartbord? What would you like to see more/less of in Dartbord?

I read Dartbord avidly. We are beginning to get an few more child and youth members. I would like to see a more child friendly element to the news letter to help them engage with the wider Klubb ethos - a children's crossword or puzzles with a subtly educational orienteering slant perhaps

Who should we Pin Down for the next edition of Dartbord?

Tatiana Virissimo de Andrade She won't thank me for it (who would), but we have the opportunity to share the experiences and thoughts from somebody from a very different orienteering culture. Tatiana has been very helpful and supportive of my work in Hackney over the past year, turning up to assist at all my events this year and competing alongside the children, which they all appreciate.

Special Mention!
Most Inappropriate Member Photo?
To Mark Collins in a "British flag bikini" BBQ apron!!!





**Found it at last!
Now where are those reindeers?**



**The committee and editor wish
readers all the best for the festive
season and look forward to a
much better New Year.**