



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

April 2015



David & Jane McCann, Liam Corner and Heather Fellbaum at Bramhall Hall

**50th ANNIVERSARY
LAKE DISTRICT JK
2 VIEWS OF PORTUGAL
SPRING SERIES
JUNIOR SECTION**

NEWS

JK. The NWOA put on a very successful JK over Easter, attracting about 3000 entrants including a large number from overseas. With the World Orienteering Championships in Scotland this summer, many national teams came over to experience British Orienteering, and were rewarded by some of the most technical terrain that the Lake District has to offer.

MDOC made a significant contribution to the event, with the club responsible for the Relay day on the Monday, under the lead of Stephen Fellbaum as organizer. Many members volunteered not to run at all in the relays and provided the backing for a very well organized day. In addition to the relays, John Britton was controller for the Sprint event at Lancaster University, and Sue Birkinshaw was responsible for entries and queries for the whole weekend, which resulted in her being involved in many other aspects of the event. John Kewley was planner for the Temp-O on Day1, and Controller for the Pre-O at Haverigg Dunes on the Saturday.

CompassSport Cup. We had a good turnout of members for the first round of the CompassSport Cup at Sherwood Pines. Vicky Thornton had co-ordinated the teams, and many members had very good runs, but in spite of all our best efforts we were not able to beat some of the other strong clubs present, and did not qualify for the final.

Twin Peak 2015 is back in the Lake District. We are using two very attractive areas of open fell on the east side of Ullswater. Place Fell on Saturday 30th May and Angle Tarn Pikes on Sunday 31st May. Car parking is at Side Farm in Patterdale, which also has a very good campsite and tearooms.

There is a significant climb up to the Start/Finish area each day, but it is well worth it to reach the high open fell with fast running, very little bracken and superb views. On Day 1, which has the most climb, a "Silver" course will be available on the lakeside area of Silver Point, with a course of approximately Orange standard for those who don't wish to make the climb.

John Britton is organizer for the weekend, with Steve Dempsey and David McCann as planners for the two days. John Britton would appreciate offers of help from any club members who are going to the event.

Trail-O. John Kewley has become the 2014 British Trail-O champion in the Open class. The event at Twyell near Kettering was held on 21st March 2015, having had to be postponed from last September. John won both the Temp-O and Pre-O components of the championships.

MDOC/DEE Challenge. This year is our turn to host the annual MDOC/DEE challenge. This will be on Saturday 13th June, and on the completely new area of Alderley Park. Mike Greenwood will be creating the new map, and an exciting event is certainly in store. Traditionally these events introduce some interesting twists, and the scoring is usually designed to be so complex that the hosting club always wins!

MDOC 50th Anniversary

This year marks the fiftieth anniversary of the formation of the club. Sue Birkinshaw has been searching through the club archives, and found that the famous letter from Ian P Watson to Ted Dance suggesting the formation of a club is dated March 6th 1965.

In April 1965 a club was "formed" at an informal meeting with 3 paid-up members. Assets: 5 self-inking stamps and 8 check point markers.

Ian P. Watson has emailed to say that the first event was on 15th May 1965. This was on Kinder, from The Ashes, where his family lived. This was probably the first open event in England with over 100 competitors (only senior men and women's courses). It was won by Jan Kjellstrom (after whom the JK was named), who was in the UK publicizing Silva compasses.

The first AGM of MDOC was on 10th March 1966 to create a constitution, elect officers, set fees (seniors 12/6d) etc.

It is hoped to arrange a celebration event or dinner in the autumn.

GMOA Annual General Meeting 2015

As members of MDOC you are invited to attend the GMOA AGM, which will be held at the South Manchester Quaker Meeting House on Tuesday 28th April 2015. The meeting will begin at 7.30pm and tea / coffee will be provided.

Minutes of the AGM held in 2014 will be circulated a few days before the meeting.

South Manchester Quaker Meeting House, 82, Wythenshawe Road, Northenden. Located opposite Wythenshawe Park and adjacent to Princess Parkway (A5103) near the Britannia Hotel flyover.

Coming from the north/east: Leave the M60 at junction 5 and go south on the A5103 to the crossroads with the B5167. Turn right onto the B5167 (going under the A5103) and then look for the O kite on right hand side of the road almost immediately.

Coming from the south: Leave the M56 at junction 3a, going north on to the A5103 to the crossroads with the B5167. Turn left onto the B5167 and look for the O kite on the right almost immediately.

Sainsbury's Active Kids Vouchers

We are collecting them for MDOC - over the past three years we have been able to get sets of free kites. So if you shop at Sainsbury's ask for them at the check-out, smile nicely and you may get more! You can also get them if you shop online. Alternatively (or as well) beg from your friends and relations.

The final date you can get them when you shop is Tuesday 5 May. Please bring them along to the events at Lyme Park where there will be a box at registration. Any queries please contact Richard/Jenny Gibbs at rjgibbs@btinternet.com

Presentation to Jim Nightingale

Jim Nightingale, our recently retired storekeeper, who is now well into his 90s, was recently presented with a special trophy for 20 years service as equipment officer for GMOA. He was asked to come to the stores, where he was given the trophy by Phil Ellis, who has taken over much of the maintenance work for permanent courses that Jim did.

The photos show Jim with the trophy and Phil Ellis in the stores, and Jim arriving on his favourite means of transport.



Footpath Relay

The annual Peak District Footpath Relay will be held this year on Saturday 27 June. This is a very informal competition between local orienteering and running clubs, usually for teams of 10 runners on footpaths in the Peak District. This year it will be organised by Ashbourne Rugby Club, co-ordinated by Stuart Swalwell who is also a member of DVO.

This is always an enjoyable day out with a very relaxed friendly atmosphere. The route is given in advance and reconnaissance before the day is encouraged. Please contact Andrew Gregory if you would like to run in this event.

New Members

Welcome to new members:

Family British Orienteering: Daniel Hartmann M21 & Jane Candlish W21

Senior British Orienteering: Kate Ellis W21

Senior British Orienteering: Sophie Galpin W21

Senior British Orienteering: Fiona Kenley W35

NIGHT STREET LEAGUE 2014-15

The prize-giving for this season's Night Street League took place on 5th March at a special event in Sale centred on the Samuel Brooks inn. This used a new map of Sale West that included the most complex parts of the Ashton-upon-Mersey map.

Grahame Crawshaw presented the Owl trophies, sponsored by Running Bear, to the winners of the Men's and Women's Handicap competition in the Night Street League.

These were: Men

1. John Embrey (DEE)
2. John Britton
3. Steve Lang

Women

1. Laura Hindle
2. Kath Speak
3. Hazel & Carolyn Hindle

Counting Gross scores, the Men's and Women's winners were Leon Foster (AIRE) and Amy Barter (Stockport Harriers). In the Handicap competition the first non-orienteers were Tim Hargreaves (Stockport Harriers) and Julie Laverock (Salford Harriers).



Presentations to John Britton and Laura Hindle



Presentations to Kath Speak and Carolyn Hindle



Presentation to Steve Lang



Jen Britton and Irene Crawshaw

SPRING SERIES

The Spring Series of Saturday morning events concluded with a tough event in wet weather in Macclesfield Forest, that however attracted nearly 100 people. Heather Fellbaum was the organizer with courses planned by Vicky Thornton and Dave Mawdsley as controller.

The previous events were Reddish Vale, organized by Alison Doyle and planned by Andrew Gregory; Heaton Park organized by Tony Wagg and planned by Steve Lang; and Bramhall Park planned by David McCann. He had planned a scenic start outside the main hall with the finish at the stocks.

The series co-ordinator was Clare Griffin and the events attracted a very good number of school groups, families and individuals.



Heather Fellbaum and Liam Corner at Bramhall Park

JK 2015

Stephen Fellbaum, as organizer of the JK Relays, writes:

I would just like to record my appreciation of all your hard work to deliver the JK Relays on Monday. Thank you for being flexible and undertaking tasks and addressing issues as they arose.

Car parking was always going to be an issue in this area and with the unfortunate non-arrival of 200m plastic tracking, the task was made even more difficult. Anyway you coped and I think a delay to the starts was kept to a minimum ... thank goodness we had dry weather!

Also a special thank you to the admin personnel who managed the relay declaration and bib issue on Saturday and Sunday. This was not an insignificant activity and I appreciate the contribution individuals gave to this, especially those who had a run before or after.

A summary of the results of club members in terms of position, and the number in each class, is given below. The elite classes had many runners from the national teams of other countries, and there were also a number of Scandinavians in other classes.

Photos from the weekend are on the back page.

The **Sprint** event was held on the campus of Lancaster University, which had a surprisingly complex network of passages and courtyards. Steve Lang and Andrew Gregory both achieved second place.

JK Sprint	<i>(position/out of)</i>				
M10	Dominic Wathey	10/18	Trevor Roberts	69	
M14	Ben Dempsey	22/68	Richard Gibbs	89	
M16	James McCann	34/59	M70	Dave Mawdsley	21/40
M20E	Alistair Thornton	22/38	M75	Peter Lomas	11/14
	Alex McCann	27	M80	Andrew Gregory	2/7
M21E	Thomas Fellbaum	63/142	W18E	Laura Hindle	13/37
M Open	Daniel Hartmann	3/71	W20E	Carolyn Hindle	20/24
Novice	Simon Mawdsley	30/56	W Open	Alison Fryer	18/57
M40	Steve Lang	2/40	W45	Jane McCann	27/78
	Paul Watson	34/	W50	Heather Fellbaum	6/117
M45	Liam Corner	14/112		Vicky Thornton	7
M50	Trevor Hindle	23/136		Hazel Hindle	31
	Steve Dempsey	44=		Cecilia Fenerty	61=
	David McCann	68	W55	Marie Roberts	47/78
	David Wathey	87	W60	Kate Bryant	18/60
M55	Andy Thornton	56=/121		Jillyan Dobby	23
	Alan Ogden	71	W65	Jan Ellis	25/60
	Stephen Fellbaum	86		Julie Brook	36
M60	John Williams	40/98		Alison Doyle	54
	Ian Gilliver	81		Jennifer Gibbs	59
M65	Chris Rostron	31/100	W70	Rae Lomas	9/28
	Ian Watson	45		Irene Crawshaw	17
	Grahame Crawshaw	60	W75	Margaret Gregory	7/9
	Peter Ross	61		Sue Birkinshaw	9

Three of the most technical areas in the Lake District were chosen for the Individual days and the Relay, all with attractive assembly areas. Day 2 was Ulpha Park and Barrow Fell in the Duddon Valley. Day 3 was on the Bigland Estate.

The results show the position on each day together with the overall position, and the total number in each class.

Individual days	2	3	Overall				
M10A Dominic Wathey	11	15	13/20	Doug Edwards	11	23	14
M14A Ben Dempsey	45	53	45/68	Stephen Beresford	-	20	
M16A James McCann	47	45	45/60	M70L Tony Wagg	23	38	30/61
M18E Matt Fellbaum	21	17	17/50	Dave Mawdsley	24	-	
M20E Alsitair Thornton	15	13	13/37	M75L Peter Lomas	15	-	(31)
Alex McCann	24	19	17	M80 Andrew Gregory	6	2	3/15
M21E Thomas Fellbaum	85	89	78/163	W18E Laura Hindle	15	15	15/37
M21S Andrew Stimson	-	33	(58)	W20E Carolyn Hindle	23	19	19/25
M40S Pail Watson	11	15	10/17	W21L Alice Fellbaum	14	9	9/33
M45S Liam Corner	3	2	3/41	W21S Alison Fryer	8	15	10/45
M50L Tim Martland	45	25	31/125	Cerys Manning	-	1	
Steve Dempsey	30	40	32	W45L Jane McCann	31	28	26/57
David McCann	58	75	64	W50L Vicky Thornton	13	7	9/89
Trevor Hindle	72	81	76	Heather Fellbaum	48	38	38
M50S David Wathey	37	38	35/60	Hazel Hindle	36	55	46
John Kewley	-	21		W50S Celia Fenerty	18	-	(65)
M55L Andy Thornton	48	48	44/115	W55S Marie Roberts	58	50	53/78
Alan Ogden	86	83	79/	Kath Speak	-	46	
Steve Fellbaum	92	-		W60L Kate Bryant	21	21	18/55
M55S David Dann	19	30	23/47	Jillyan Dobby	16	30	23
Stephen Bingham	-	24		W70L Irene Crawshaw	9	3	5/37
M60L John Williams	96	84	83/111	W70S Margaret Gregory	9	11	9/17
M60S Eddie Speak	-	4	(46)	W75 Sue Birkinshaw	6	7	6/10
M65L Chris Rostron	30	35	34/108	Lt Grn Nick Taylor	1	-	
Peter Ross	37	34	35	Janet Taylor	37	51	
Ian Watson	80	45	59	Don Taylor	53	65	
Chris Kirkham	84	-		Celia Fenerty	-	34	
M65S G. Crawshaw	8	9	8/32	Yellow Simon Mawdsley	18		
Richard Blake	9	11	9				

The Relays were on a very attractive part of the Graythwaite Estate. Some members were able to run as well as helping, giving some very good results against tough competition, particularly the JK Trophy team and the Men's Short.

JK Trophy	8/47	Tom Horton, Alistair Thornton, Thomas Fellbaum
Men's Short	6/57	Matthew Fellbaum, Steve Dempsey, Alex McCann
Women's Short	15/45	Laura Hindle, Carolyn Hindle, Alice Fellbaum
Veteran Women (W165+)	10/32	Heather Fellbaum, Jan Ellis, Vicky Thornton
Junior (MW40-)	21/32	James McCann, Dominic Wathey, Ben Dempsey
Mixed Ad Hoc	11/73	Alison Fryer, David Wathey, Steve Lang

CompassSport Cup – Sherwood Pines

Vicky Thornton

Oh well Team place 6th we've done better! ... but not that far behind 4th and although some of us could have been cleaner everyone I met seemed to have enjoyed the day out and the rain never came which helped. Yes the courses were not that technical but in my opinion this sport is never 'easy' and it's 'dangerous' to think so, which is may be why we all come back for more. As soon as competitors pick the speed up on flat areas like this (Tom F did sub 5.4m/k) then I believe it's true to say that there's less time to think, everything comes at you quicker and, as for a sprint, there is less time to make decisions In turn this meant on some courses there was scope for route choice errors and potential confusion in the areas with gullies and bike paths.

Congratulaltions to all our 25 point scoreres (see below), and some of you had exceptional runs – we can see who you are!!! Also special mention and thanks to those of you 'running up' and taking on the extra distance to gain those valuable extra points for the club! Next year.....(still need more youngsters....)

Points scored in final column (in Bold if counting towards our total score)

Brown, 10.7k (49)				45	Kath Speak	W55	52:15	68	
4	Tom Fellbaum	M21	57:26	98	50	Hazel Hindle	W50	54:24	64
21	Jim Trueman	M50	75:09	84	70	Marie Roberts	W55	70:32	51
41	Alan Ogden	M55	105:08	75	Green Men, 4,9k (83)				
44	Stephen Fellbaum	M55	114:72	72	4	John Britton	M60	35:11	97
Short Brown, 8.6k (76)				24	Ian Watson	M65	43:42	82	
5	Ali Thornton	M20	53:35	96	29	Chris Rostron	M65	45:52	77
11	Liam Corner	M45	59:37	90	34	Martin Green	M60	46:58	74
31	Steve Lang	M40	69:35	76	Short Green Vets, 3.9k (103)				
Blue Women, 6.9k (38)				16	Kate Bryant	W60	42:16	86	
13	Alice Fellbaum	W21	61:30	92	18	Andrew Gregory	M80	47:34	84
18	Carolyn Hindle	W20	69:00	91	27	Dave Mawdsley	M70	47:34	78
28	Jane McCann	W45	76:23	82	47	Julie Brook	W65	54:55	66
30	Alison Fryer	W21	77:17	81	56	Dave Walker	M70	58:58	59
Blue Men, 6.8k (89)				63	Tony Wagg	M70	62:03	55	
5	Steve Dempsey	M50	45:36	97	73	Irene Crawshaw	W70	68:42	48
17	Trevor Hindle	M50	49:59	89	91	Sue Birkinshaw	W75	89:11	36
40	Andy Thornton	M55	56:02	72	Junior Women (Short Green), 3.9k (15)				
51	David McCann	M50	59:18	64	3	Laura Hindle	W18	32:34	98
Green Women. 5.0k (85)				Junior Men (Green), 4.9k (31)					
8	Vicky Thornton	W50	40:04	94	3	Matthew Fellbaum	M18	31:43	98
14	Heather Fellbaum	W50	42:13	90	11	James McCann	M16	39:56	82

POM 2015 – Portugal O Meet

John Britton's Blog

An intrepid MDOC team indulged in a spot of half-term adventure with a trip to POM 2015 – 4 days of races in lovely forested sand dunes with a night sprint thrown in for good measure on day 1.

Thurs: Civilised late-morning flight from Manchester into Lisbon, 3 hour drive North in very cheap hire car, pop into the event centre to pick up number, pins, literature, and then drive a couple of miles further on to our hotel. Can't have evening meal there as we didn't order in advance, so off to find somewhere local – a dismal fail ending with undercooked burgers in a weird snack bar.

Fri: dull, cool morning. Pottered off to do the Model Event. Following satnav rather than event directions gave us a 4k horror of puddly forest "road". Spent a gentle 3 hours walking round every control and decided the mapping and terrain was totally wonderful. A strong grid of forest tracks seemed to kindly limit the lostness you could achieve; but also had a confusing effect as half the black lines weren't quite due North - your brain tended to see them as North lines, and both ignore them as expected features and use them for compass setting. As we finished, the rain came in and we spent the afternoon driving up the coast, ending up in an amazing convent museum in Aveiro. Oodles of gold leaf and relics with an interesting free English audio.

Sat: Day 1. Dull, cool morning. Again, trusting the satnav was a mistake. Second man off into the forest, but confident of lessons learned from yesterday. Clean run but possibly a bit defensive route-wise and finished a few minutes off the front. As the rain came in after lunch we drove round to the sprint venue, parked next to Assembly and adjourned to a restaurant, which ended up full of orienteers. Won't be having the black bean special again. Very well-planned 20-minute mostly-street event in a limited seaside village, using TOUCH-FREE SI !!! These dibbers are totally wonderful, even if they don't help you think straight.

Sun: Day 2. Middle race, same assembly as Day 1. Nice morning, early start. Beautiful terrain (proper white with nothing on the ground) and pretty much pointed compass, ran as fast as possible and nailed controls for half an hour. One tiny miss turned an excellent result into an OK one. As the lunchtime rain came in, we went off to Coimbra for some serious touring. It turns out the top attraction – the University Library featuring bats used for pest control – wasn't open on Sundays. The old cathedral and the main museum were adequate replacements. I had a list of top 10 stuff in Coimbra, top 10 stuff in Lisbon, and top few things near Lisbon, so we had a fair idea of stuff we might get up to. Apparently Roman town planning has a N-S road, and E-W road and a mandatory forum where they cross – in Coimbra this was the top of a hill, so to get a flat, square, forum they had to build some supporting arches, tunnels, etc, and when it expanded later, another storey was required. So the museum was an odd mix of Roman cellars and yet more Christian sculptures, relics, paintings. Eventually, we lost the will, stopped listening to the audio, and then had extreme difficulty escaping from endless attendants who kept wanting to show you some more special thingies. Had a(nother) lovely dinner back at the hotel with four SROC folks. Traffic info – I was impressed last year by little villages on the main roads

having a speed-sensitive traffic light on the way in, which turned red if you were going too fast; a new one this year in Coimbra – traffic lights with a countdown display that showed you how many more seconds it would take to turn green. No idea what that is good for, but it was fun watching the numbers come down.

Mon: Day 3. New assembly, lots more green on the map, correctly ignored the satnav. Late starts meant we were still running when the rain arrived. Oh dear this was difficult, but I did get going pretty quickly in the second half. Adjourned directly to hotel for extreme hot bath and quiet evening of reading.

Tues: Day 4. Same assembly as Day 3. Beautiful clear blue sky !!! Confident of everything now, blasted round but suffered two very poor bits of planning/controlling – my first grumps of the week. One control was deep in dark green and could only be reached by plan B; another was S side of thicket but was actually hung in the middle of the thicket where you couldn't see it from the South side, and was eventually found by Plan D. A sad way to end, really, as everything up to then had been first class. Off now to Lisbon, via a massive old Castle at Obidos. Health and Safety Portugal-style: the castle walls (about 2 miles of them) featured a waist-high battlement on the outside, a 5-ft wide rough cobbled walking surface, and a vertical drop on the inside which varied from 20 to 120 feet, at a guess. To our horror, a runner was doing laps of this and passed us a couple of times as we clung to the battlement. Found the hotel, thought dinner looked pricey so went out for a more interesting meal in a little place showing Chelsea playing live.

Weds: Knocked off several of Lisbon's finest attractions, using an all-day travel ticket which covered buses, trams, lifts and the underground (and we used all four). Bus up to George's Castle – very impressive, more safety conscious than Obidos and featured some excavations of Moorish and earlier buildings. Down again by bus, and then up a lift to a random viewing platform about the level of a cathedral which was crumpled by the 1755 earthquake and hasn't yet been fully rebuilt. Walk down to the sea front square, and then a tram to Belem – which featured a 13th century tower, a 21st century tower, Jeronimo's monastery (bigger but less interesting than Aveiro) and a Modern Art museum featuring lots of famous names and one or two interesting pieces. We didn't do the Coach museum or the Palace which had beefeater-type sentries, as we'd again lost the will and timed out. Back via tram and metro to a memorable dinner with Peter and Jillyan in a proper restaurant.

Thurs: tried to find the Parque de Nacoes but it seems to be the equivalent of Salford Quays. Parked under a shopping mall, strolled along the seafront but didn't find the aquarium, settled for a pretty pointless cable-car ride. Early afternoon flight back ... and straight from the airport to Wilmslow Street League.

Oh yes, and lots of famous orienteers were kicking off their season with the World Ranking event, on one of the days. Having been to a mountain POM last year and now a sand-dune POM, I've been very impressed with the areas, the mapping, most of the planning and have already pencilled in POM 2016 – which is a couple of weeks earlier and much further inland (almost into Spain). The weather is obviously dodgy, but there's plenty of interest outside the forests, and the racing is excellent.



Portugal

Pete Ross

The lady in the aisle seat next to me fell asleep as the plane took off! These Portugese have a great faith in their national airlines and pilots. It left me with a bit of a conundrum. I do not want to be considered as one who wakes strangers up, so if it had come to "come on row 17 starboard side, you slow coaches, time to evacuate" it could have been terribly embarrassing.

Phew, uneventful flight. Once in Lisbon we eventually found our shuttle bus to the car hire depot and made our way up the motorway to our Aparthotel in MiraVillas, which is a village made up entirely of holiday villas and an Aparthotel. (Apart means two electric rings and a small sink). The village shopping centre boasted an estate agent, a small cafe, and a Harley Davidson showroom.

We were the only ones staying in the hotel that night. We decided to go into the next town for a meal. The only restaurant open declared itself shut as we walked in. However, the local Spar man opened up for us and we bought four bread rolls, three tomatoes, two pieces of goats cheese, one bottle of wine - the classy €2.30 stuff - and a knife, fork and spoon set with wooden handles. It's important to keep up appearances. I have to say that we dined very well that night.

The weather the next morning was beautiful. Blue sky, little puffs of white cloud. We drove through a ragged Southern Europe type demo to the Event Centre to check in, and then on to a 'model' event not so far up the road. Here numbers of affluent Northern Europeans were indulging themselves in a practice orienteering event. We joined in. The terrain was made up of grassy sand dunes dotted with evergreen bushes of various sizes - some mapped and some not, or so it seemed - and pine trees. The

navigation didn't feel too difficult probably because there were quite a few tracks to assist.

Aparthotel wise the two hot plates didn't come with any pots and pans, but on the way back from the practice we found a handy Chinese Bazaar and bought an aluminium jug with the potential to double up as kettle and tea pot. I thanked the Chinese proprietress with my one word in a common language: obrigado I said, and I meant it.

After a very nice cup of tea we went out to watch the urban sprint relay, the start and finish of which was just 100 metres, or three villas away. As the commentator said, the leaders ran really really fast, despite the water falling from the sky. Yes it was raining. The Scots nearly won, as did other really really deserving teams but there were mix ups with the maps and the controls and so they didn't. But in any case a Swedish team had a star for their anchor and that was that. It was very exciting. We were drenched.

One excellent feature was the use of SPORTident Air dibbers. These lit up and did their stuff when within a foot or so of a control and as a result the runners could fly into and out of each control with no gauche fumbling nor loss of momentum. Punching has always made the sport look clumsy and contrived but these made it look as natural as the smile on your face. Note to club Treasurer: get some in. Be happy.

MDOC took four of the first half dozen places at the start of Day One. Steve Fellbaum and I, and then John Britton and Jillyan all set off within minutes of the first start time. The forest was empty, and the terrain was similar to the practice: sandy, good visibility, low hills (2.5m contours), wonderfully well mapped. I can't say that we were first back but we all had goodish runs. Meanwhile seventy two Swiss moved into our Aparthotel, and the competition is on.

Except for the evening diversion of course: a night urban in the seaside town of Praia de Mira. The church has a separate bell tower six stories high with a couple of bells on each. These rang out during the competition which made for a super sonic backdrop. My start time was at 9.17pm and coincided with the faithful emerging from evensong. Rather affected my route from 1 to 2 but in a good way. How could it have been otherwise?

P. S. There was a special treat for the night urbani (as my ever inventive word processor has just called us). We were issued with SPORTident Air dibbers. They were super. The Night Street League cannot do without them. Note to Grahame: get some in.

And so to Day Two. This was a middle distance race held in the area adjoining Day One one with the same assembly/finish. Key strategy: get there early because the day before the linear parking had stretched three kilometres. We didn't do a bad job actually, and we didn't run too badly either. The terrain was sparsely populated pine forest, not much other vegetation, flat, and speckled with very well defined clearings. The elite were doing under 5 minutes per kilometre. We tried to reel them in but there are so many elite here that they have had to be split into the elite and the super elite. Perhaps we were chasing the wrong ones. Whatever. It was an exhilarating orienteering event.

Day Three was a World Ranking Event, just up the road and with similar terrain as before but this was much flatter, which means really really flat, and with more vegetation. There was light green, green, and dark green. The courses were described

as long. The run-in was particularly long and watching the poor souls struggle the whole length was not always pleasant. However, waiting for them was a nice hot cup of Lipton's lemon tea and an English tea biscuit. We still have a lot to learn from our continental neighbours.

The night of the Official Banquet! The local Tourism Training College had been persuaded to put on a banquet. Tickets were hard to come by, but it turned out to be even harder to find the College. Rather flustered Jillyan and I found some seats next to a couple of Irish ladies and a Canadian man. The latter turned out to be one of the Swiss at the Aparthotel, which was a bit of a surprise. Very early in the evening the Irish discovered that the wine was free and unlimited. So what with that, the company, and the excellent food we had a good night out.

The final day dawned. As usual we breakfasted with the Swiss. One of them had the inside track on the Swiss national team who had turned up for the competition en masse. He explained that they weren't winning any races because the week was all about training and not about results. We Brits were incredulous, but made a note of the excuse. Also at our table was an international professional mapper who had, inter alia, created the first maps for the Istanbul events. He was most interesting. Maps, it seems, are the result of painstaking efforts to establish the facts about the relevant features, their location and topography but this is followed by imaginative bending of those selfsame facts so as to make the map look factual. It was heavy stuff, but there wasn't much else to occupy the mind because breakfast at the Aparthotel was very much of the plain corn flakes, doubtful tea bag and warm water variety.

When you looked more closely at the map it was entirely covered by North-South and East-West rides which turned the whole area into a chess board of rectangular blocks of about 400 by 500 metres. Days Three and Four covered much the same area and shared a finish. The Day Four planner must have had similar chess-like thoughts because each leg was a move from one block to another as per a castle or a bishop. There was an occasional knight's move. Sadly, I felt more like a sacrificial pawn, although my ability to differentiate between light green, green and dark green bushes grew by the hour, which was handy because navigating within a block was a v. technical activity.

It occurred to me as I eventually stumbled down that long sandy run-in whilst being cruelly cheered by my MDOC colleagues, and past the viewfinder of Jen's camera, that the event participants could be split into three: competitors, alsorans, and those who at least finished.

Matthew was undoubtably a competitor and a really really good one. Although never higher than 8th on any individual day his commendable consistency ensured that he finished 7th overall. A super effort in white hot company.

John came 13th and Jillyan 16th. Heather had a great run to come 13th on Day three and ended up 25th. Given the strength of the competition and the technical nature of the terrain this was something of which MDOC can be proud. Let's say that Steve and I were alsorans, or maybe we were engaged in some training, but that was no disgrace, and at least the pair of us were well off our respective bottoms.

JUNIOR SECTION – Edited by Carolyn Hindle

An interview with Dominic Wathey, MDOC's Most Promising Newcomer in 2014!



1. How did you find out about orienteering?

My mum first told me about orienteering, when she had done an event with her sister in Scotland in December 2012.

2. When did you first start orienteering and how old were you?

I did my first orienteering course at Chorlton Water Park with my mum in February 2013 when I was 7 years old. Last year, I started doing courses without anyone to shadow when I

participated in the Lakes 5 day event and I had just turned 9 years old.

3. Where has your favourite event been?

My favourite event was at the Erddig Estate in July last year, because it was beautiful countryside and we were running at sunset.

4. What do you enjoy about orienteering?

I like orienteering because I can do the courses by myself and it improves my map reading skills and running.

5. As winner of the 'Most promising newcomer award?' what do you feel have been your best improvements in your orienteering technique throughout the year?

My best improvements in the last year have been being able to take a bearing with a compass, relocating when lost and improving my running ability. This has allowed me to progress from white courses to yellow and now on to some orange courses.

6. Finally, how does the Wathey family make such amazing orienteering themed cakes?

As a family we enjoy both orienteering and baking. We bake lots of different celebration cakes for family events, and we thought that making an orienteering cake would be a good way to celebrate a great year with MDOC.



RIVER EDIS-SMITH'S TOP TEN ORIENTEERING AREAS!

Being an avid orienteer is great fun, especially visiting the many different terrains available to run on and trying out the many different disciplines of orienteering too! **Here is my top 10 list of my favourite areas!**

1) **Scarborough South Cliff**-One of my top favourite areas I've ran in. With a technical path system throughout the cliff-side along with the contours and the urban settings in the middle of the course and the unusual control sightings along the beach just makes it one of my favourite areas to run in.



2) **Teggs Nose County Park**- With nearly 300m climb on just one course, this is a challenging area! Also possibly tumbling down the hill at high speed through the nettles and trees isn't the best advice to give someone whilst tackling Teggs.



3) **Salford Quays and Castlefield**- Running with the stars of TV and orienteering was great fun! Also a good realisation that turning the map over helps when the other half of the course is on there.

4) **Newborough Forest**-Having a 2 day event including one of them being the Welsh championships in this section of Anglesey along the coastline was a pleasure to run on however it was forested dunes all the way, just trees and contours and even more contours!

5) **Castle Carr**- A great 2km walk up a steep muddy hill, and that was only getting to the start. Alongside the rain and thunderstorms and every type of weather possible on that day, it was a great technical area to run in especially the 'rain'-forest towards the end of the course!

6) **Clowbridge**- With literally only having one bridge on the map and loads of walls and moorland it's a challenging area especially over those pesky tussocks.

7) **Reaseheath College**- I love my sprint events especially ones in Urban settings and this covered both disciplines! A challenging sprint area where thinking and reacting quickly was the path to success!



8) **Macclesfield Forest**-With some challenging climbs and such a big area with a whole variety of difficulties throughout the terrain and plenty of undergrowth to trip over, I love running in this area.

9) **Lyme Park**- I at least come to this park every year and with such varied terrain in different areas of the park and having the Charity event every year, makes it a brilliant area to run on.

10) **Riverside Park**- Well it's my park, why wouldn't I love it! And jokes aside it's a pretty neat sprint area and plenty of places to get muddy and fall into marshes!



RECENT EVENTS

WCH – Midland Championships – Haywood Warren – 15 February

M10A , 2.8k (6)		M65S , 6.0k (11)	
4 Dominic Wathey	39:04	4 Stephen Beresford	75:32
M14A , 6.4k (21)		M70L , 6.1k (29)	
13 Ben Dempsey	86:03	17 Tony Wagg	86:13
M16A , 7.6k (17)		M80 , 4.0k (8)	
15 James McCann	113:43	1 Andrew Gregory	56:52
M50L , 9.8k (37)		W18E , 7.3k (6)	
16 Steve Dempsey	83:24	5 Laura Hindle	81:46
23 Timothy Martland	90:37	W45L , 6.7k (20)	
31 David McCann	105:31	13 Jane McCann	83:57
34 Trevor Hindle	121:55	W50L , 6.7k (22)5.6k	
M50S , 6.1k (17)		18 Hazel Hindle	102:49
7 David Wathey	69:18	21 Elizabeth Hamer-Davies	155:45
M55S , 6.1k, (10)		W50S , 5.0k (15)	
2 Stephen Bingham	62:46	12 Cecilia Fenerty	97:05
M60L , 7.6k (36)		W60L , 5.4k (11)	
25 John Williams	94:09	5 Kate Bryant	76:34
32 Ian Gilliver	121:55	W65L , 5.0k (16)	
M65L , 6.7k (41)		15 Alison Doyle	154:50
17 Chris Rostron	79:04	W75 , 4.0k (3)	
26 Chris Kirkham	87:35	3 Sue Birkinshaw	121:58

EPOC – Halifax Urban event 22 February

M40+, W Open , 12.5k (31)		M65+, W55+ , 6.6k (40)	
6 Trevor Hindle	M50 44:16	10 Ian Watson	M65 43:49
7 Liam Corner	M45 45:15	16 Chris Kirkham	M65 47:17
28 Ian Farrell	M21 58:13	17 Trevor Roberts	M65 47:22
M55+, W40+ , 7.8k (37)		31 Jillyan Dobby	W60 52:09
28 Hazel Hindle	W50 56:16	37 David Walker	M70 68:16
31 Steve Nicholls	M55 58:02	38 Richard Gibbs	M65 70:21
35 Ian Gilliver	M60 68:55	W65+ , 5.5k (8)	
		7 Alison Doyle	W65 72:41

PFO – Nick O’Pendle – 28 February

Brown , 10.3k (11)		Blue , 6.3k (26)	
3 Liam Corner	M45 92:23	17 Jonathan Dickinson	M50 72:17
8 Olaf Frank	M45 140:10	Short Green , 3.9k (9)	
		3 Geoffrey Millan	M70 64:48

AIRE – British Night Championships – Middleton Wood – 28 February

M21L , 12.6k (15)		14 John Britton	M50 84:35
5 Thomas Fellbaum	M21 87:13	M65L , 5.6k (10)	
M50L , 8.8k (20)		7 Chris Rostron	M55 63:27
10 Timothy Martland	M50 82:40	W21L , 8.8k (11)	
M55L , 7.1k (18)		10 Alice Fellbaum	W21 90:05)
15 Stephen Fellbaum	M55 84:12	W21S , 5.6k (3)	
M60L , 7.1k (20)		2 Alison Fryer	W21 67:02

SYO – Cawthorne & Deffer – 1 March

Short Brown, 8.5k (57)

14	Steve Dempsey	M50	71:54
25	Liam Corner	M45	78:46

Blue, 6.5k (61)

16	John Britton	M60	67:08
46	Ian Farrell	M21	86:29

Short Blue, 5.5k (45)

13	Peter Ross	M65	75:44
17	Chris Rostron	M65	79:48
24	Ian Watson	M65	84:12
30	Chris Kirkham	M65	89:56

Green, 4.5k (66)

27	Eddie Speak	M60	67:19
29	Kate Bryant	W60	67:47
35	Jillyan Dobby	W60	70:55
46	Kath Speak	W55	80:11

Short Green, 3.6k (40)

4	Andrew Gregory	M80	54:15
32	Alison Doyle	W65	95:14

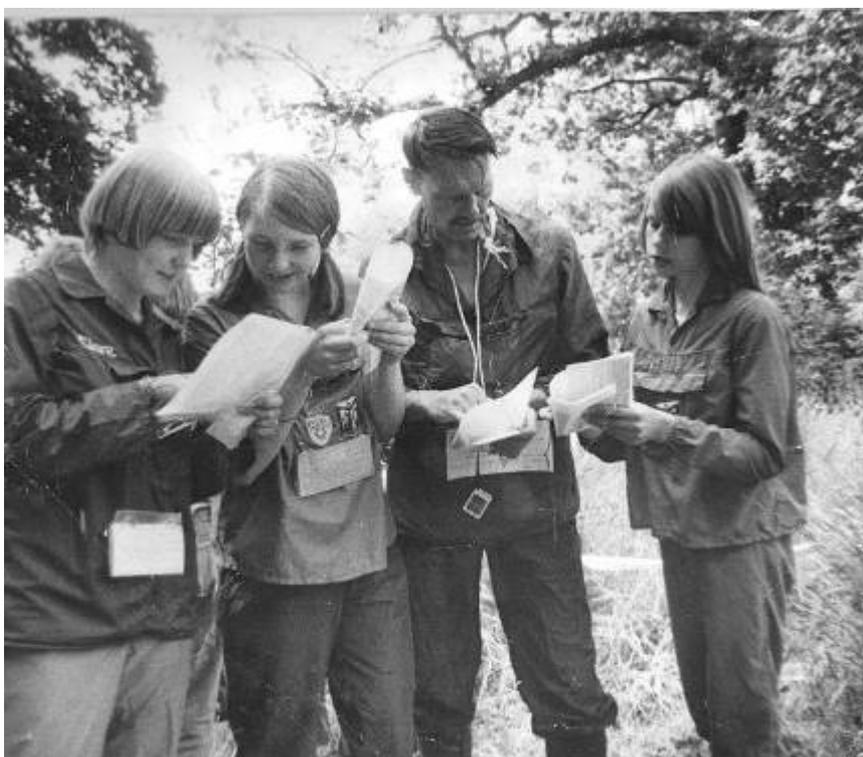
Very Short Green, 2.5k (13)

8	Sue Birkinshaw	W75	68:09
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DAVE LOOTS

We are sorry to report the death of Dave Loots on 2nd March 2015. He was a very active member of MDOC in the early years of the club. He edited the MDOC Newsletter in 1973 and was Club Secretary in 1974, then becoming NWOA Secretary the following year. His funeral was in Perth on 9th March and was attended by Frank Rose.

He was born in South Africa in 1926, came to England and worked for Spicer and Pegler, Chartered Accountants, in Manchester. Dave and three of his children Fran, Tina and David all became keen orienteers and very good friends of Frank and Kath Rose and family. Fran Loots is still an active orienteer and a member of Tayside Orienteers, and she recently attended the funeral of Kath Rose.



Dave Loots in the 1970s with Clare Rose (now Elsegood), Fran and Tina Loots

MDOC EVENTS

Summer Evening Events (*MDOC & DEE*)

Tues	21	Apr	Northop (<i>DEE</i>)	
Thur	30	Apr	Tegg's Nose	
Thur	14	May	Delamere – Linmere (<i>DEE</i>)	
Tues	26	May	Lyme Park	
Thur	4	June	Bryn Alyn (<i>DEE</i>)	
Wed	10	June	Little Budworth (<i>DEE</i>)	
Tues	16	June	Brereton Heath	
Thur	1	July	Alderley Edge	<i>MDOC Co-ordinator – Alison Doyle</i>

Wednesday Runs

Wed	22	Apr	Pete & Rae Lomas	Hazel Grove
Wed	29	Apr	Steve & Heather Fellbaum	Macclesfield
Wed	6	Mat	Kath & Eddie Speak	Adlington
Wed	13	May	Tony Wagg	Didsbury
Wed	20	May	David & Jane McCann	Hazel Grove
Wed	27	May	Trevor & Marie Roberts	Bramhall

Lyme Park Series

Thur	7	May	Introductory events for beginners, aimed primarily at anyone wishing to experience the sport of orienteering.	
Tues	12	May		
Thur	21	May	Courses: White, Yellow, Orange, Light Green <i>Co-ordinator – Pete Lomas</i>	

Twin Peak 2015

Sat	30	May	Place Fell	
Sun	31	May	Angle Tarn Pikes	<i>Organiser – John Britton</i>

Other events

Sat	13	June	MDOC/DEE Challenge	Alderley Park
Sat	27	June	Peak District Footpath Relay	

Countryside Score events

Wed	3	June	Whaley Bridge/ Goyt Valley	
Wed	24	June	Disley	
Wed	1	July	Mobberley	
Wed	8	July	Whiteley Green/Bollington	<i>Organiser & Co-ordinator – David McCann</i>

Committee Meetings

Mon	11	May	South Manchester Friends Meeting House, 82 Wythenshawe Road, Northenden, M23 0DJ	
Mon	8	June	Ladybrook Hotel, Fir Road, Bramhall	
Mon	13	July	Ladybrook Hotel, Fir Road, Bramhall	



Ian Watson



Steve Fellbaum



John Williams



Vicky Thornton



Grahame Crawshaw



Don Taylor



Trevor Hindle



Tom Fellbaum



Alex McCann

(JK photos by Wendy Carlyle)