



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

AUGUST 2011



**Scottish Championships
Springtime in Shropshire
Macclesfield weekend
Footpath Relay
Hungary
Event reports**

NEWS

A summer season filled with events. Our Town and Country weekend in Macclesfield went well, with the Middle Distance event in Macclesfield Forest followed by the Sprint events on Tom Fellbaum's new maps of Macclesfield Town and Tytherington estate. The two days were organised respectively by Dave Mawdsley and Steve Fellbaum.

Our annual three events for beginners in Lyme Park were as usual co-ordinated by Pete Lomas, with some of our juniors planning the courses. These were followed by a full colour-coded event in Lyme Park, part of our series of summer evening events co-ordinated by Tony Wagg. Our other events were at Teggs Nose, Brereton Heath and Alderley Edge, with Deeside O.C. providing additional venues for the series.

In addition Andy Thornton's summer evening countryside score events continued to prove popular, attracting a good number of entrants from local running clubs as well as orienteers. The Wednesday evening format, usually based on a local inn with a pub meal available afterwards, made for a pleasant and sociable summer evening. Events so far have been at Mellor Moor, Rowarth, Rainow and Mobberley, with the final event in the series at the Boar's Head in Poynton on Wednesday 27th July.

For some club members even these events were not enough, and the attractions of orienteering further afield proved compelling. Sixteen club members travelled to Hungary for the annual World Masters competition, and five went to Austria for the 6-day event there. In addition in August over 60 club members will be competing in the Scottish 6-day event based on Oban.

Congratulations to Alistair Thornton on being selected for the training camp at Lagganlia near Aviemore. This is run by the Junior Regional Orienteering Squads for keen and enthusiastic young athletes. The aim of the camp is to help them develop the skills and friendships to sustain them in the sport of Orienteering.

Regular beginners' session have started at Parrs Wood High School Sports Centre in East Didsbury, every Tuesday evening at 7.30 p.m. A small charge is made to cover costs: Adults £2.50, Children £1.50. Coaches are Jane Owen and Miriam Pedersen.

Our team for the Harvester Relay put in a very respectable performance, coming 15th overall, and 5th of the Handicap teams. The team comprised Alex McCann, Alice Fellbaum, Tim Martland, John Britton, Chris Rostron and Tom Fellbaum.

Chris Rostron is co-ordinating the Autumn series of Saturday morning events, which will be at Vernon & Woodbank Park, Reddish Vale, Gorse Hall and Brabyns Park.

In the Scottish Championships our team of Chris Rostron, Dave Mawdsley and John Britton won the Relay class for 18+ handicap points. Courses were unusually long and tough in the woods surrounding Drummond Castle in Perthshire, mainly due to extensive storm damage a few days before the event. The cover picture shows them at the prizegiving.

Never give up hope!

After starting orienteering just over 20 years ago, I had given up hope of ever winning a medal at Orienteering, so winning a relay winners medal at the Scottish Orienteering Championships was a most welcome and unexpected surprise.

I had come to understand the Mawdsley theory of winning by outliving everyone and winning the M95 class sometime in the future. With my luck Dave would still be alive in the M100+ class and would decide to run up a class to provide me with competition so even that would be a forlorn hope.

I was entered into the Scottish Relay Championship by Dave, as he had seen that I was entered in the individual event the day before. Some frantic re arrangements had to be made as I originally intended to travel home as I had been staying with family the previous week at Loch Lomond. I eventually agreed to stay over. (and that's another story of indecision!)

The individual event was a disaster for me as the gales in the previous week had increased the windblown areas and, of course, my route choices were straight through them. After over two and half hours struggling on the Saturday the prospect of a nights camping before the relays filled me with trepidation. I borrowed a sleeping bag but had to endure the ground as there was no spare sleeping mat. So with a few pints inside me from the local hostelry to nullify the camping 'experience' and I had the prospect of a rainy and windy night in Dave's tent. The sensible orienteers were staying at the hostelry. We woke up at some unearthly hour to a rather windy and threatening morning and we set off to the relays through lanes that would have been impassable with fallen trees a few days before. The prospect of more fallen trees loomed.

I was first off in the mass start, less than 4k so that shouldn't be too bad. Before I reached the first control I was alone, however once on the ridge with a thousand knolls people were running in all directions, then loneliness again, would I ever finish. I tried to look as if I knew where I was going into the spectator control a couple of controls from the finish but sadly I was realising I would be coming in over the hour.

At the handover Mawdsley looked flustered and like thunder so I slunk away. Apparently, they had removed the map collection tent due to the high winds and Dave had gone in the download tent and had only just managed to find the map collection point before I arrived at the handover.

John and I waited for Dave after about 40mins as he would obviously be quicker than me. As it got closer to the hour, I was feeling I could hold my head up a little, if not feeling elated. As he arrived at the spectator control it was going to be a close run thing until Dave made a mistake on the penultimate control.

John was anxious as he didn't want to be in the mini mass start that was being assembled; however, Dave came in with a few minutes grace. He looked worse than when I handed over and was demanding the scalps of the planner and controller. What he said to the Controller, Eddie Harwood, is anybody's guess but

he was not pleased about the terrain of the courses. So Dave goes off to change (or was it sulk) in his car.

It was at this time I saw a board with results on it so I sauntered up to look at our class. Only three teams up and I was amazed to see we were at the top and the next two had mispunched. Checked again and all the other boards, and yes we were winning and the third team would have been over 4mins behind us if they hadn't mispunched. This gave us at least a 4min advantage over any correctly punching teams and as John was on our last leg then we must have a chance.

Wandered back to the car to inform Dave who then commented that we wouldn't be able to get a quick getaway but it did cheer him up.

Now we just had to wait for John to come in, Roger Bryant came storming in before John appeared and he was in the mass mini start so we started to get nervous but John was only a few minutes behind. Then John didn't appear out of the download tent. I saw him talking with someone there and I thought the worst, that he must have mispunched and was arguing his case. Thankfully he was only checking the results and we got our victory.

As luck would have it, the presentation of the individual day preceded the relay presentation and of course we were the last class to have the presentation.

To celebrate our two cars went off in convey and both missed the M73 junction in the roadworks and had to go halfway to the centre of Glasgow in a 40mph limit before we could correct the mistake. Hardly a euphoric epitaph

The moral to this tale is that you should never give up, always make sure you finish your course correctly as you never know what others might have done. You can never win anything if you don't finish.

Chris Rostron Scottish Relay Champion

Welcome to the following new members:

Rebecca Glen	Local Senior BO	W35
Richard Evans	Local Senior BO	M50
Peach Family	Local Family BO	Nick M50, Pat W50, Sam M19
Wilson Family	Local Family BO	James M40, Gillian W45, Benjamin M14 Thomas M11, Elizabeth W3
Jane Owen	Local Senior BO	W21
Miriam Pedersen	Local Senior BO	W21

They are the two coaches from the community orienteering initiative.

Kath Speak

Springtime in Shropshire 2011 'A memorable trip'

Rae Lomas

Camping with the 'ard group at the Scottish Champs or a hotel near Ludlow & competing in SinS 2011? Well we must be getting soft as it didn't take a second to decide! Having decided to have a bit of luxury we booked into a hotel for 3 nights (courtesy of Tesco deals). Orienteering & luxury seemed strange bedfellows but the hotel proved to be quite grand, in a beautiful setting with great breakfasts.

We travelled down on Friday & on Saturday morning we drove to Brampton Bryan where we had previously orienteered some years ago. The area was quite rough, the courses long with plenty of climb but generally runnable. This was Pete's first event since his fall over a stile on day 3 at the J.K. in Northern Ireland & much to his surprise he came 1st in M70. We did have quite long drives from the hotel in Studley to Ludlow so on Sunday we decided to take time to enjoy our breakfast rather than be up early & rush (getting softer). We had a leisurely walk in Wyre forest on the way over to the evening, urban event in Ludlow having decided to give the morning event a miss because we had heard rumours about the event in Mortimer forest & the blurb stated "the map is rather green (no permission from March to July for our more 'O' friendly forests)" so this made the decision pretty clear. We would also have had to wait around for the evening event. We happened to bump into Trevor & Marie in Ludlow castle car park at 5pm who endorsed our decision to give Sunday's event a miss. Earlier we had met Tom Fellbaum who was equally unimpressed with Mortimer forest!a very green map!

The entrance to Ludlow castle made a good setting for the start of the evening urban event despite blocking the front of the Pancake stall which was trying to catch the last of the market shoppers. The pancake man was too mesmerised by what was happening to show any signs of dismay at the loss of business. He would certainly have done some good trade had he stayed open until after the event as everyone was famished & ended up queuing for ages for fish & chips. Ludlow is quite hilly with alleyways through the shops & pubs (15 were passed on my course) with the finish running through the empty market stalls which all made it an enjoyable event.

On the way back to the hotel we discussed the weather forecast for Monday which was for a wet day. We also discussed the fact that the event was in the northern part of Mortimer forest, but as we were picking up 2 of our

grandchildren for half term after the event we decided we would go to Bringewood for the middle distance race. It was a wet drive over & bedraggled people were everywhere to be seen in the car park. I set off. Picking up my map after a very wet walk & a steep, roped slope to the start, I saw that the initial part of my course was in a narrow corridor along the ridge with controls criss crossing over the paths. Having found controls 1 to 10 I arrived at the route from control 10 to 11 which involved the descent to the lower track & flashing through my mind fleetingly was the event info' about the area.....

"the area is used for serious down hill mountain bike races.....time for the 1 km descent just over 2 mins." Admittedly my choice for the descent wasn't the bike route & I did look at an alternative route down which was slightly less steep but decided to descend as others seemed to have gone down that way. I think I nearly broke a record on foot! On stepping on the slope I must have missed my footing & was instantly hurtling upright at great speed (not to impress or break any record) for about 10 metres when fortunately or unfortunately a fallen tree sent me shooting over to land in the deep bracken, very badly shaken & as later proved somewhat battered & bruised. Pete happened to be next to descend & I was never more pleased to see him!

I am recovering from the bruises, the flashbacks & the what ifs.

I have realized that planners expect a lot of W70's.

I have resolved to always sit down & slide down slopes.

I have appreciated how good looking after children is for mind over matter.

I have decided that I do not want to be discouraged from orienteering so I was pleased to hear my enlightened G. P. say "don't let this stop you doing what you enjoy."

I thought only the other day that I have actually been orienteering for half my life which I think has contributed to my good general health & strength hence no broken bones from the fall.

Austria 6 Days

An impressive result for Dave Mawdsley, who finished 5th out of 34 in M70 in this tough 6-day competition under very hot conditions. In M60 Ian Watson was 32 and Ian Gilliver 38 out of 52. In M65 Tony Wagg was 19 out of 30, and in W70 Sue Birkinshaw was 7th out of 13.

A SPRINGTIME OF TRAIL-O

John Kewley

There are 5 Trail-O ranking events in the British Isles each year: 2 days at the JK, the British Champs, the Irish Champs and the Northern Irish Champs. The latter two are held over the same weekend. Due to the 2011 JK being in NI this Easter the Irish events will probably take place in the autumn.

The soon-to-be-published ranking points list contains 2 years' worth of these events with your best 4 to score. Since there was no public copy of the ranking list I had to produce my own and keep it up to date using the same rules. My calculations had me leading the rankings, but others were closing in and I'd be losing one good score from my second day at JK 2009. Since I wanted to plan BTOC 2012 I needed to be confident that I had a few good scores this spring since I'd be missing the chance to score at that event. So how did they go?

The first two events were at the JK which was going to be a very tough event as there were some very strong international competition, including Martin Jullum and Geir Mehr Oeien (Norwegian team who were 6th and 13th to my 9th at the Europeans last year) and the German ex-World champion Anne Straube of OD. The good news is that these guys as well as the Irish wouldn't affect the British selection ranking points.

True to form in the Temp-O (like Trail-O, but timed controls only), Anne finished top with Martin in 2nd and my rival Ian Ditchfield of MV in 3rd. I was 7th but the Temp-O wasn't a selection event.

The first event was JK day 1. I had performed reasonably at the Temp-O the day before and although having a nightmare of a run in the sand dunes in the morning on M45S I felt confident that sand dunes terrain was something I could do well in. My tactics were not to push for the win, but to take my time on the timed controls and double and triple check my answers before making my decision. I was successful in the latter, but my times looked a little slow compared to the fastest chaps. The main course itself was hard, but I ended up the overnight leader although the following afternoon we noticed an error in the spreadsheet and Anne Straube had also the same score as me and was a bit faster on the TCs. In any case, mission accomplished a high ranking point score.

Day 2 I made two less than ideal choices in one part of the map which lost me the 3rd spot. Again I took my time at the TCs and this pushed my position down some way, but I was reasonably happy with my "run". Overall I was 6th, compared to 8th and 1st the last two years, so although I wasn't too happy with my performance at least I had 1 good results to bolster my rankings.

Next and final selection event was the British Trail-O Champs and I had a title to defend! I still had a narrow lead in the overall rankings and this event would also count towards the 2012 selections so I needed another good score, but I decided I could go for it a bit more on the Time Controls. Unfortunately there were a few controls on the day where I felt the kites were just too far from the centre of the circle and another where I saw a line that excluded all the kites by a long way which the planners hadn't seen; my 4th placed result was therefore a lot lower than I had hoped for, although my rivals had also

made some of the same mistakes so my ranking score was still respectable.

So how did this pan out for the rankings and selection? Well according to my spreadsheet my score didn't improve my ranking, but Ian's did so he is now top ranked competitor with me in 2nd. So Ian and myself were selected as first two and Dick Keighley was selected as the wildcard ahead of Clive Allen.

I have taken up an offer of a free entry to O-Ringen this year so that will be my next and final Trail-O event before the World Championships where I am hoping to improve on my 40th and 26th from the last 2 years.

GB World Champs Trail-O Team for France in August 2011

Open class: Ian Ditchfield, John Kewley, Dick Keighley.

Paralympic class: John Crosby.

Team competition: Ian Ditchfield, John Kewley, John Crosby.

GOLDEN WEDDING RUN!

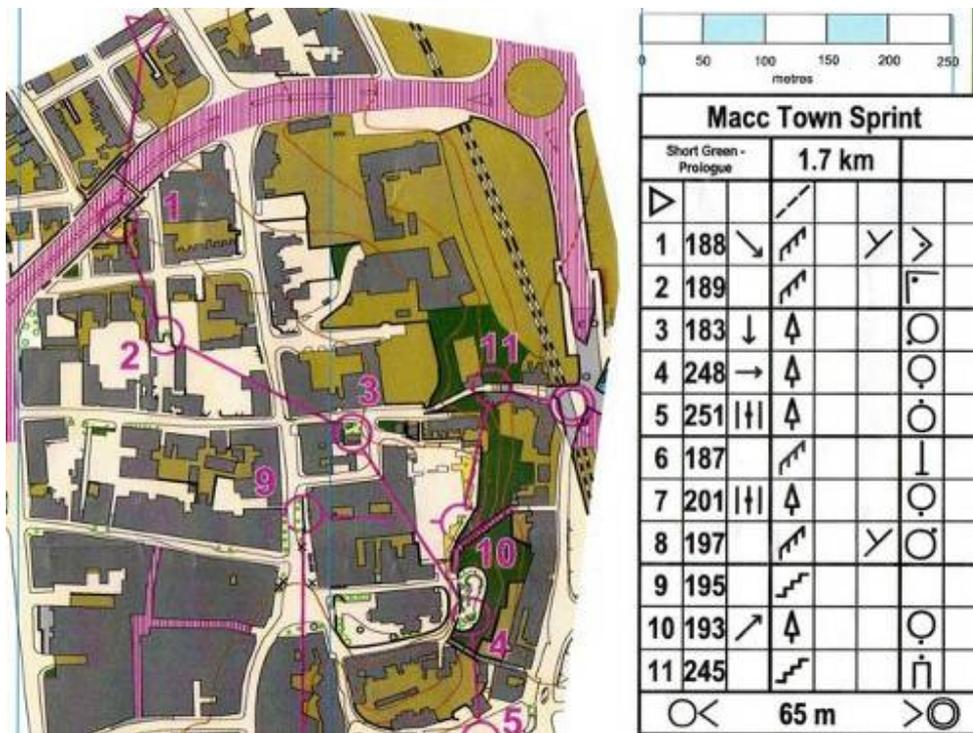
A special Wednesday run was followed by a party to celebrate the Golden Weddings of both Andrew and Margaret Gregory and of Pete and Rae Lomas, which occur within a few days of each other this summer. The photo below shows some of the runners outside the Gregory's house.



MACCLESFIELD WEEKEND

A fine sunny day greeted competitors for the Middle Distance race in the northern part of Macclesfield Forest. For some the hardest part of was the trek from the Forestry Car Park to the Assembly area. The Assembly Field however provided an excellent setting, with good views of the forest and of competitors coming into the finish. Steve Dempsey planned very good courses, making most of the complex contours in the forest for the shorter legs, and finishing with longer route choice legs. Dave Mawdsley had the organisation well under control, with plenty of club members helping out.

The drizzle the following day did not detract from the interest of two completely new maps by Tom Fellbaum, of the old part of Macclesfield town centre and of the Tytherington estate, incorporating parts of Riverside Park. The indoor event centre at Tytherington High School was very welcome and made a good social centre between the two parts of the Sprint race. Paul Watson had planned very good courses, making excellent use of the many small alleyways in the old town for the first part of the event.



One control site caused some discussion. Control 2 on the Short Green course above was actually the south side of the fence, shown as uncrossable. However this is only obvious from very careful study of the control description. Some competitors navigated to the north side of the fence but were then able to reach through and punch the control. Paul Watson as planner commented: *"I think it is fair to say that Urban Racing is still a developing area and that lessons are continually being learnt by organisers, mappers and planners. I was sorry to hear reports of competitors punching controls through uncrossable fences. ... In hindsight, I would accept that where competitors found they were able to do this the control should have been placed differently, to avoid both the temptation and the possibility. However I had also expected (perhaps naively) that competitors would do the right thing and, if they make an error, correct it. I am sure a*

debate will continue on whether punching through an uncrossable fence would be classed as crossing an uncrossable boundary and therefore liable to disqualification but, in researching post event, I see that other planners have had this issue."

It is probably fair to comment that most competitors in a Sprint Race probably only take a cursory glance at the control description, to see for example if the control is a tree, a fence or a building, and then choose the quickest route to it. BOF Guidelines for Sprint events also state: *"the challenge of urban orienteering is to navigate (and choose routes) between controls rather than decipher complicated control descriptions"*. As Paul says, this is an issue that will no doubt be debated for some time to come.

The second part of the Sprint started in Riverside Park and then had several legs within the Tytherington estate, ending with a very detailed map of Tytherington School grounds. This involved a lot of changes of technique, as well as a change of scale from 1:5000 to 1:2000. Steve Fellbaum handled the complex organisation required, with three different areas, different starts, road crossings and changes of signs during the event. Again many club members provided the support needed.

Macclesfield Forest – 11 June

Black 4.9k (24)				51	Hazel Hindle	W45	67:04
5	Tom Horton	M18	43:46	54	Claire Barnett	W40	79:46
6	Alex McCann	M16	44:20	55	Richard Blake	M60	82:17
10	Liam Corner	M40	49:36	Green 2.9k (62)			
13	Stephen Lang	M40	51:36	3	Martin Green	M55	35:50
Brown 4.2k (39)				5	Alan Poxon	M55	38:36
3	Thomas Fellbaum	M20	33:21	11=	David Mawdsley	M70	43:07
n/c	Steve Dempsey	M45	35:50	13	Jillyan Dobby	W60	43:54
7	Alistair Thornton	M16	41:06	14	Peter Lomas	M70	45:14
9	Mike Greenwood	M50	42:27	15	Simon Mawdsley	M40	46:12
11	David McCann	M45	45:33	18	Andrew Gregory	M75	47:12
15	Tom Bedwell	M50	48:04	49	Sue Birkinshaw	W70	67:30
21	Alice Fellbaum	W18	53:07	51	Steve Nicholls	M50	69:35
26	John Kewley	M45	58:37	60	Richard Gibbs	M60	89:09
27	Paul Clifford	M45	58:40	Short Green 2.1k (4)			
28	Alan Ogden	M50	58:56	2	Margaret Gregory	W70	89:22
29	Simon Proud	M50	59:48	Light Green 2.5k (13)			
32	Stephen Fellbaum	M50	64:27	1	Matthew Fellbaum	M14	23:54
Blue 3.7k (55)				6	Laura Hindle	W14	36:38
7	John Britton	M60	32:39	12	Charlotte Bream	W14	81:36
9	Vicky Thornton	W50	34:29	13	Mike Hunter	M70	150:30
15	Peter Ross	M60	42:03	Orange 2.6k (11)			
27	Heather Fellbaum	W45	46:53	2	James McCann	M12	32:28
28	Carolyn Hindle	W16	47:37	6	Rosemary Ogden	W14	46:09
31	Kevin Watson	M21	48:26	8	Matthew Bream	M12	47:51
32	Ian Watson	M60	48:45	Yellow 2.2k (4)			
40	Peter Bream	M45	52:54	1	Gemma Manley	W18	22:08
42	Trevor Roberts	M60	53:41	3	Jennifer Gibbs	W60	45:03
49	Chris Kirkham	M60	65:28				

Macclesfield Town Sprint - 12 June

<u>Pos.</u>	<u>Name</u>	<u>Age</u>	<u>Prologue</u>		<u>Final</u>		<u>Overall</u>
Black 2.8k, 4.0k (16)							
5	Alex McCann	M16	16:47	(5)	23:55	(6)	40:42
7	Liam Corner	M40	18:24	(8)	24:41	(7)	43:05
9	Tom Horton	M18	20:02	(10)	26:48	(11)	46:50
	Stephen Lang	M40	mp		22:21	(3)	-
Brown 2.4k, 3.9k (28)							
9	Tom Bedwell	M50	17:02	(13)	23:24	(11)	40:26
10	Alan Ogden	M50	16:22	(9)	24:33	(15)	40:55
11	David McCann	M45	16:57	(11)	24:03	(13)	41:00
12	Andy Thornton	M50	17:01	(12)	24:08	(14)	41:09
13	Alistair Thornton	M16	21:04	(20)	21:28	(8)	42:32
16	Alice Fellbaum	W18	18:13	(15)	25:40	(17)	43:53
24	Ray Humphreys	M50	29:00	(27)	29:16	(22)	58:16
n/c	Rebecca Thornton+	W18	27:31	(n/c)	33:12	(26)	60:43
	John Kewley	M45	21:19	(21)	mp		-
	Thomas Fellbaum	M20	mp		18:31	(3)	-
Blue 2.3k, 3.7k (43)							
7	John Britton	M60	15:56	(7)	21:45	(7)	37:41
18	Heather Fellbaum	W45	17:59	(14)	27:26	(21)	45:25
20	Carolyn Hindle	W16	18:53	(18)	28:08	(23)	47:01
25	Peter Ross	M60	20:33	(25)	28:38	(28)	49:11
26	Ian Watson	M60	20:32	(24)	29:15	(32)	49:47
27	Jane McCann	W45	21:55	(32)	28:08	(23)	50:03
31	Grahame Crawshaw	M60	21:02	(26)	30:51	(37)	51:53
35	Hazel Hindle	W45	22:28	(35)	33:08	(39)	55:36
36	Ian Gilliver	M60	22:03	(33)	33:57	(40)	56:00
37	Kath Speak	W50	29:44	(40)	31:21	(38)	61:05
	Rebecca Humphreys	W16	mp		30:35	(36)	-
	Marie Roberts	W50	21:27	(29)	-		-
	Trevor Roberts	M60	21:32	(30)	-		-
Green 2.0k, 2.2k (32)							
3	Matthew Fellbaum	M16	17:29	(3)	15:01	(1)	32:30
10	David Mawdsley	M70	22:50	(13)	19:35	(8)	42:25
11	Andrew Gregory	M75	21:32	(7)	21:42	(14)	43:14
12	Jillyan Dobby	W60	22:32	(12)	21:04	(11)	43:36
17	Steve Nicholls	M50	24:55	(18)	25:37	(23)	50:32
21	Irene Crawshaw	W65	27:52	(22)	25:19	(21)	53:11
22	Jan Ellis	W60	30:24	(27)	24:56	(19)	55:20
25	Peter Lomas	M70	35:31	(29)	25:21	(22)	60:52
27	Sue Birkinshaw	W70	38:58	(31)	31:04	(27)	70:02
	Douglas Edwards	M60	28:17	(23)	mp		-
Short Green 1.7k, 2.2k (3)							
1	Simon Mawdsley	M40	24:07	(1)	18:25	(1)	42:32
3	Margaret Gregory	W70	27:12	(3)	29:42	(3)	56:54
Light Green 1.4k, 1.3k (7)							
2	Laura Hindle	W14	11:06	(3)	9:22	(2)	20:28
4	Tom McCann	M14	11:29	(4)	10:14	(4)	21:43
5	Rosemary Ogden	W14	14:27	(5)	12:19	(5)	26:46
Orange 1.3k, 1.6k (4)							
2	James McCann	M12	11:07	(2)	16:43	(2)	27:50

FOOTPATH RELAY

A brilliant performance from our first team being the second Handicap team by only 4 minutes, in spite of the late changes in rules and consequent last minute team changes.

This year's event was for either Open or Handicap teams of 10 runners. The event was based on Thorpe, near the southern end of Dovedale, with a course of over 90km nearly all on footpaths. A loop of 5 legs starting at 9:00 a.m. was followed by an afternoon mass start of the second loop of 5 legs. Co-ordinator was Stuart Swalwell of DVO and Ashbourne Running Club. I had entered 2 Handicap teams, and there were also 2 Open teams from Ashbourne Rugby Club, 2 Handicap teams from both Ashbourne Running Club and from Holme Pierrepont, and teams from DVO, Walton Chasers, Ilkeston Running Club and Sandhurst Joggers (their annual summer weekend away).

I had received offers to run from about 15 club members, including four of our juniors, and had allocated legs so that runners could check their route in advance. Then with about two weeks to go the Final Details arrived, which said that the event had been (for the first time) registered with BOF for insurance purposes, and that BOF had stated that no one under 16 could run. I replied immediately that we had always entered juniors before and that it was always an event enjoyed by families when both parents and children could take part. Stuart Swalwell said he would get back to BOF, who at last agreed that juniors could run, but only on legs that did not involve road crossings. Unfortunately this gave only two possible legs, along the Tissington Trail and the High Peak Trail. This meant moving runners to different legs they had not checked out beforehand. The late decision also meant I hadn't time to complete our second team.



Start – Clare Griffin and Malcolm Fowler on right

Cliff Etherden

Malcolm Fowler gave our first team a brilliant start on the long and hilly first leg, with a lead of nearly 4 minutes over the second team. He handed over to Cliff Etherden, just recovering from an operation, who also had a very good run and finished in second place. Then it was the turn of our juniors Matthew Fellbaum who managed to hold the team to fourth place, followed by Alistair Thornton with the second fastest time on his leg to bring us back up to third. John Britton then completed the first loop with another excellent run to hold us to third place.



Matthew Fellbaum finishes and hands over to Alistair Thornton

On the afternoon mass start, Steve Lang led off with a winning time just less than a minute ahead of his nearest rival, and Liam Corner managed to keep the team in first position. Ian Watson had been the person most affected by the team changes, ending up with a long and complex leg that he had not had time to check. However his navigation from the O.S. map was excellent, and we ended up in 6th place. Tom Horton, who had been drafted into the team at rather short notice, responded with the fastest time on his leg to bring us up to 3rd place, and Tom Fellbaum ran very well to hold onto 3rd, in spite of a fast Ashbourne runner slowly gaining on him. The winning team was an Open team from the Rugby Club, so we were the second Handicap team, only 4 minutes down.



Steve Lang



Tom Fellbaum finishes, watched by Steve Lang and Tom Horton

Our second team just ran the first loop, and put in a very creditable performance, led off by Clare Griffin, the only woman on the tough first leg, followed by Rik Griffin. Tom Bedwell had a good run on the third leg, followed by Carolyn and Laura Hindle running together on the fourth leg. Tony Wagg completed the loop of 5 legs, and the team had a very respectable result, beating Walton Chasers on the loop.

Thanks to everyone who ran and supported both the club and this enjoyable low-key, but still hotly-contested event.

Andrew Gregory

HUNGARY

Grahame Crawshaw

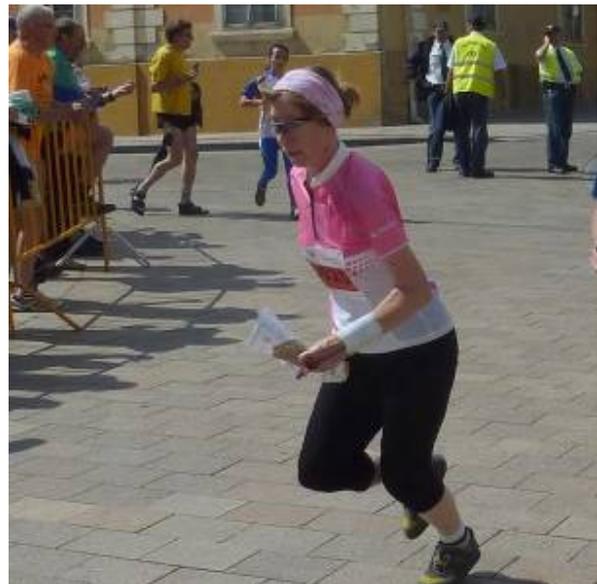
Left Glossop at 06.30 to rv with Jan and Dave for the drive to Budapest. Dave and Jan shared the driving, while we concentrated on Stobart spotting from the back seat. After the ferry for Calais we drove to through Belgium to Aachen in Germany for our first overnight stop. Another 500 mile day saw us cross Germany and into Austria. Our overnight stop was near Linz. A short driving day - only 250 miles - took us across Austria to Vienna and then Budapest. After settling in at the Hotel, we visited the National Museum for a quick fix of history and culture, and then joined up with Andrew, Sue and Margaret (who had arrived on a flight from M/r the previous evening) for an evening meal in a local restaurant. The day began with news from Ian Watson in Manchester that Eija Rostron had been taken ill and Chris had cancelled his visit to WMOC - but this had a knock-on effect on Ian's travel arrangements as he was planning to share a car with Chris from Budapest to Pécs. Ian eventually decided to catch the evening train, and was met by Dave and myself.

A, M and S left the hotel at 9 to catch the train to Pécs, with A promising to visit the WMOC event centre to pick up our numbers, programmes and maps and deliver them to our hotel later. We made good time on the 220 km journey, arriving in a wet (and windy) Pécs at about 5. The satnav again struggled to cope with the fiendish system of one-way streets near the hotel. Dave and I met Ian Watson off the train and delivered him safely to his Hotel.

The competition area in the centre of Pécs was embargoed for the day of the Sprint Qualifying race. Those staying in the Fönix Hotel actually overlooked the final controls, finish and assembly area. After a fine morning there was a heavy shower just as the first competitors got underway at 1pm - making the paved areas extremely slippery. Fortunately the rain was short-lived and the area dried quickly in the strong sun.



Pete Lomas at the final control



Irene Crawshaw on the run in

Sprint Final - Komlo

The sprint finals took place in the small mining town of Komlo, NE of Pecs. By 10, it was quite hot and we were glad that the others (arriving by bus transfer from the EC) had found a shady spot in the assembly area.

Irene made the A final by the skin of her teeth (78th out of 81), but came through the last control in around 17 minutes to finish in 28th place - a great result.



Name	Class	Heat Pos	Final	Final Pos	Time
Marie Roberts	W50	46/49	B	56/77	30.05
Jan Ellis	W60	9/70	A	42/81	19.21
Irene Crawshaw	W65	26/61	A	28/81	17.14
Rae Lomas	W70	30/53	A	22/60	16.47
Margaret Gregory	W70	28/50	A	53/60	26.47
Sue Birkinshaw	W70	14/50	A	25/60	17.50
John Britton	M60	1/63	A	9/80	14.01
Ian Watson	M60	46/66	C	24/81	18.24
Cliff Etherden	M60	21/66	B	17/80	16.44
Grahame Crawshaw	M60	42/62	C	57/81	21.11
Trevor Roberts	M60	43/63	C	mp	
Pete Lomas	M70	13/59	A	53/80	20.47
Dave Mawdsley	M70	13/57	A	39/80	19.06
Andrew Gregory	M75	5/57	A	15/70	14.27

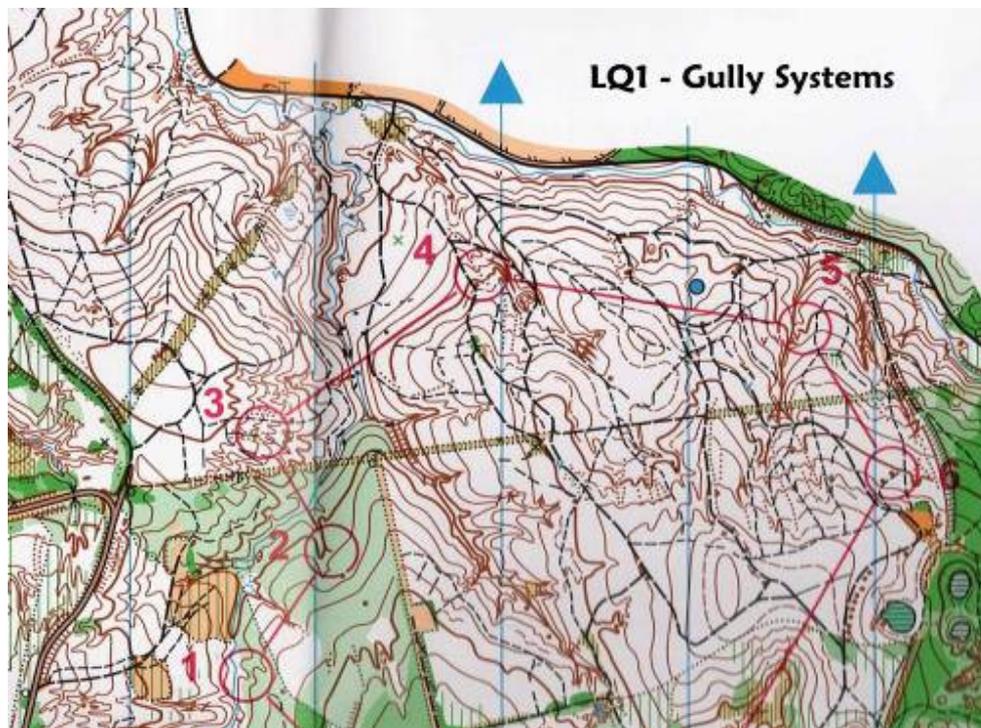
Some impressive performances here, with pride of place taken by John and Andrew in both qualifiers and final. An excellent result for Jan in the W60 qualifiers, little to choose between Pete and Dave in the M70 and a great result from Margaret who made the W70A final. Without the 2 minute wobble in the middle of the final, I could have finished a few places higher up the field. A special mention for Marie as well - she was injured (a gashed shin requiring 7 stitches) about a week before flying out here, and was resigned to watching from the sidelines as she had been advised not to run. She made a late decision to walk round the sprint courses - and produced

a faster time than 25% of the runners in the W50B final.

LQ1 and LQ2

Most of the next 2 days was taken up with the qualification races for the long distance final on Friday. The areas were close to Pécs, but involved some complex travel arrangements, with those from the Fonix hotel using bus transport while we drove to the designated parking area and then (for LQ1) taking a shuttle bus to assembly. The bussing arrangements worked very well all week - as did all aspects of the event organisation.

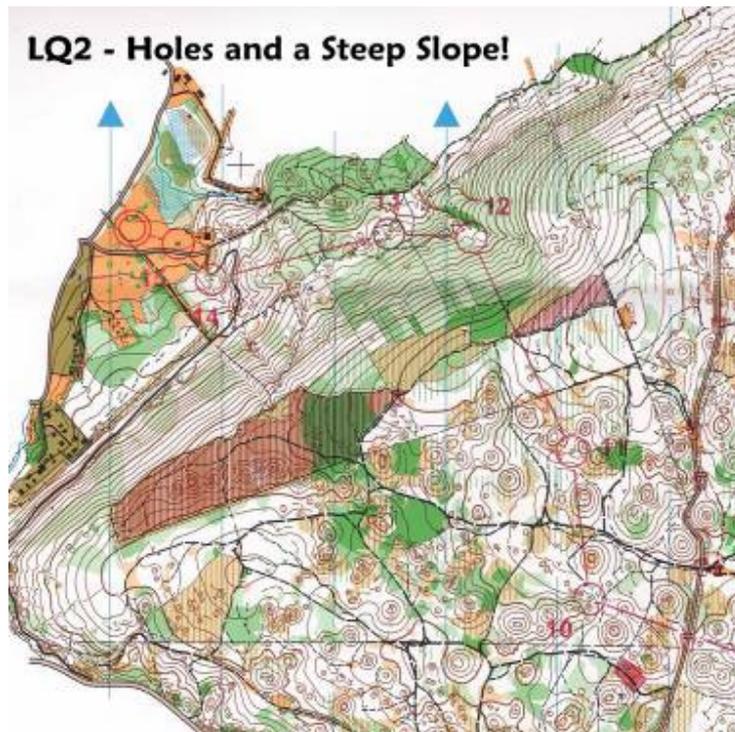
Both days were warm and sunny with temperatures in the low 30s. Those waiting for later start times faced the problems of keeping cool in the largely shade-free assembly area. The area for LQ1 (Szarvaskut) had a number of steep and complex gully systems, but not too many of the huge depressions characteristic of the karst. The forest was fairly open with an extensive path network - some of which were not very obvious on the ground and very easy to miss.



My woodland and forest O this year has been a catalogue of mistakes and lost time and I was determined to take safe routes to ensure that I stayed in contact with the map all the time. This worked well for most controls with just a minor glitch at a small spur in an area of low visibility. Fortunately I spotted a cameraman in the vicinity- and used him to locate the kite. A poor route choice near the end also cost some time. Pleased with my orienteering, I couldn't believe I had been out for more than 100 minutes. Irene came back in just over the hour. After starting well, she had problems with path interpretation at #5 and then spent a long time looking for #7 in the wrong set of gullies / reentrants.

LQ2 day at Vizfo was slightly warmer - and the forest was much more characteristic of the karst terrain with plenty of deep depressions to trap the unwary. We had been warned that there was a very steep descent towards the end of the courses, and were keen to quiz the early finishers. Rae had a good run and confirmed that the slope was steep, but that her diagonal descent had been OK. Once again I enjoyed the course, stayed in contact and finished in a slightly quicker 88.23 - with no mistakes. Well pleased - and very pleased to find my control on the steep slope at the first attempt. Others were NOT so lucky (or accurate?).

Irene had a better run - she didn't have as long to hang around in the sun before running - and pulled up several places to secure a place in the A final - just!



Every one of the results below tells a story - some of success, others of disappointment. All who qualified for their A final should feel a sense of satisfaction and achievement. For those who didn't, we have our reasons, and anyway its not the winning - its the taking part!

Name	Class	Total	LQ1	Pos	LQ2	Pos	Pl	Final
JohnBritton	M60-5	58	48.10	2	66.56	27	15	B
GrahameCrawshaw	M60-3	62	100.37	55	88.33	56	54	E
Cliff Etherden	M 60-6	62	55.46	15	54.15	19	15	B
Ian Watson	M 60-2	62	74.18	41	103.54	49	45	D
Trevor Roberts	M 60-2	62	74.55	43	98.36	46	43	D
Tony Wagg	M 65-6	56	75.40	35	72.54	30	32	C
Peter Lomas	M 70-1	51	91.23	45	mp			D
Dave Mawdsley	M 70-2	50	51.35	13	65.27	16	11	A

Andrew Gregory	M 75-2	69	49.01	7	50.47	10	8	A
Jan Ellis	W60-4	59	82.16	48	67.46	34	42	C
Irene Crawshaw	W65-3	66	61.14	37	53.13	16	27	A
Sue Birkinshaw	W70-1	60	54.14	30	54.38	20	21	A
Margaret Gregory	W70-2	58	87.17	47	131.48	50	44	B
Rae Lomas	W70-2	58	41.08	11	49.50	14	9	A

In addition to those who were looking for good performances in their A finals, there were some potentially interesting MDOC head to head competitions with Sue and Rae in W70A, Trevor and Ian in M60D, and John and Cliff who had the last 2 start times (i.e. fastest qualifiers) in M60B. My own final - M60E - was something of a hotchpotch with only about 16 runners who were "competitive", although there were 57 names on the start list. I enjoyed the course in the now familiar terrain, and managed to get round without any major errors in 4th place in the competition. A satisfactory conclusion to an enjoyable week.

A summary of MDOC results is shown here. Good results for Dave, Andrew and Sue in A finals. Cliff took the honours in M60B and Ian had a storming run to finish 2nd in M60D.

Name	Class	Total	Pos	Time
John Britton	M60-B	84	16	62.56
Cliff Etherden	M60-B	84	14	62.08
Trevor Roberts	M60-D	60	28	82.24
Ian Watson	M60-D	60	2	62.11
Grahame Crawshaw	M60-E	57	4	73.35
Tony Wagg	M65-C	84	29	76.10
Dave Mawdsley	M70-A	80	30	67.54
Peter Lomas	M70-D	44		76.15
Andrew Gregory	M75-A	70	14	59.13
Jan Ellis	W60-C	75	43	120.37
Irene Crawshaw	W65-A	81	65	86.59
Sue Birkinshaw	W70-A	60	35	64.35
Rae Lomas	W70-A	60		mp
Margaret Gregory	W70-B	58		mp

Extracts from Grahame's Blog of the trip - full report at: gandisblog4.blogspot.com

CALENDAR

Wed 27 July	Higher Poynton	Countryside Score event
Sat 30 July	Queens Park, Bolton	SELOC Introductory event
31 July-6 Aug	West Scotland	Oban 2011 Scottish 6-days event
26 - 29 Aug	North Yorkshire	White Rose (EBOR)
Sat 3 Sept	Gleadless Valley, Sheffield	SYO Sheffield City Race
Sat 10 Sept	London	City of London Urban Race (SLOW) <i>cityrace.org</i>
Sun 11 Sept	Lake District	Lake District Mountain Trial <i>ldmta.org.uk</i>
Sat 17 Sept	Vernon/Woodbank Park	MDOC Saturday morning event
Sat 17 Sept	Attermire	AIRE Dales Trophy Weekend
Sun 18 Sept	Conistone	
Sat 1 Oct	Edges Green, Hexham	NN October Odyssey
Sun 2 Oct	Cottonshope, Otterburn	
Sun 16 Oct	Prestwich Forest Park & Phillips Park	MDOC level C event
Sat 22 Oct	Reddish Vale	MDOC Saturday morning event
Sun 23 Oct	Storthes Hall, Huddersfield	EPOC Regional event
Sun 23 Oct	Shoal Hill, Cannock Chase	WCH Regional event
Sat 12 Nov	Gorse Hall	MDOC Saturday morning event
Sat 12 Nov	Thurstaston	DEE Middle Distance event
Sun 13 Nov	Chester City	DEE Urban event

Wednesday Runs

10 Aug	Sue Birkinshaw	14 Sept	John & Jen Britton
17 Aug	Simon Mawdsley	21 Sept	Jan Ellis
24 Aug	Trevor & Marie Roberts	28 Sept	Eddie & Kath Speak
31 Aug	Dave Mawdsley	5 Oct	Dave & Jane McCann
7 Sept	Tony Wagg		

Committee Meetings

Mon 12 Sept	Dialstone	Mon 10 Oct	Dialstone
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MDOC Annual General Meeting

Thursday 20th October

7.30 p.m.

Location to be announced

Macclesfield Forest



Alan Ogden



A Shoe Tree



Helen Hindle



Andrew Tarr (Controller) & Steve Dempsey (Planner)



Ian Watson



Peter Bream



Alistair Thornton



Tom Fellbaum