



# **MDOC NEWS**



***Newsletter of Manchester and District Orienteering Club***

***December 2015***

***50<sup>th</sup> Anniversary Issue***



***Ian P. Watson, founder of the club,  
flanked by Dave Griffiths & Frank Rose  
(photo: Peter Cull)***

**SUMMER IN THE ALPS  
JOSS NAYLOR CHALLENGE  
2015 A.G.M.  
MANCHESTER SELFIE RUN!**

## **MDOC's 50th ANNIVERSARY DINNER**

A celebratory dinner to mark MDOC's 50th Anniversary was held at Hazel Grove Golf Club on Saturday 24th October 2015. Sixty-five past and present members came along to celebrate this landmark in the club's history and to share their memories. Many thanks to Rae Lomas for organising an excellent evening. Here is her report:

President Frank Rose and Honorary vice-presidents Ian P. Watson and David Griffiths attended the Anniversary dinner along with 62 others and gave us all an interesting insight into the setting up of the club and its 50 years history.

Seeing and socializing with present and past members, some of whom had travelled a fair distance, helped to make it, according to comments made, a very enjoyable evening. The three course meal seemed to go down very well and the venue and

service proved to be ideal for such an occasion. A memorable toast of orange cordial in plastic cups was made to enhance the feeling of history relived.

Many club artefacts were on display for perusal after the meal. Sue Birkinshaw, who couldn't attend as she was away on holiday, has to be thanked for sorting all the papers handed to her by Ian. P. Watson and Frank Rose, which enabled me to display what I hope was a good selection of club artefacts.

Cecilia Fenerty made a 'Batt 'O' Burg' cake, delicious and wonderfully decorated with words and the club logo - very professional! Professionally done too were the photographs taken by Peter Cull. Many thanks to them both. Graham Pythian read us a very amusing poem that he had written years ago with a few updates for the occasion.

Apologies were received from 45 people.

All in all, the work involved beforehand was worth all the effort to ensure 50 years of the club's history was celebrated in an enjoyable way.



## **THE FOUNDING OF MDOC**

***Ian Peter Watson***

I first heard about orienteering at a fell race in Lancashire. Some of the runners had attended and not enjoyed the Whitewell event in the Forest of Bowland, the first open orienteering event in England in 1963. In March 1964 I went to Fort William on a snow walking holiday with Clayton le Moors Harriers and South Ribble Mountain Rescue Team members. Gerry Charnley and Ken Turner were in the party and Gerry suggested I might be interested in going to the West Midlands OA championships at Hednesford, Cannock Chase. This was the first championship in England. I won by 2 minutes and was hooked. We then went to the Scottish Championships. The English easily beat the Scots, which did not please the Scottish Sports Council! They had hoped that Alistair Patten, Ian Watson, etc. were Scottish.

In 1965 I went with Clayton and South Ribble Mountain Rescue Team to events in France and Switzerland. Jan Kjellstrom, the son of the founder of Silva compasses, looked after us as he was multi-lingual. He was later very influential in helping develop orienteering in England.

In March 1965 I wrote a letter inviting people interested in orienteering to a meeting at the Wellington Inn at Back Picadilly in Manchester. We agreed to form a club, and the 7 original members of the club were:

Ted Dance - Royton Harriers – Chairman for the first 3 years.

Ian Peter Watson – Salford Harriers - Hon. Secretary for the first 3 years and Chairman for the next 3 years.

Peter Singleton - Hon. Treasurer. He had read about the sport in the Manchester Evening News and came to Hayfield to discuss it.

Len Fitzsimmons – Stockport Harriers.

Roger Grimshaw – Stockport Harriers.

Mike Cudahy – Stockport Harriers. He was one of the foremost ultra-distance runners in the country and was the first person to complete the Pennine Way in under three days.

Wilf Brown – Stockport Harriers - who was unfortunately killed by a car on a road bridge near Teggs Nose car park.

The name of the club follows from Manchester and District Lads Club Harriers, who were one of the major running clubs in the area.

The first event we organized was on Kinder in May 1965 from The Ashes farm at Hayfield where our family lived. South Ribble Mountain Rescue Team helped at the event with radio communications. Jan Kjellstrom won the event, which was probably the first open event in England with over 100 competitors. There were only senior men's and women's courses.

Club colours were British Racing Green vest and black shorts. The vest was either ex. Macclesfield Harriers or ones which I purchased for the group trip to France, etc. The black shorts were ex. Stockport Harriers. The colours were chosen to blend in with the forests. Not like today's Pop Festival suits!

We got good publicity from Tom Waghorn in the Manchester Evening News and from articles which I wrote for Joe Lancaster (he received the payment!).

The membership numbers increased rapidly and we soon acquired talented runners. Three were from Manchester and District Lads Club Harriers:

Richard (Ricky) Wilde, World 3000m Indoor record holder and fell runner, Derek Blackley, Lancashire Steeplechase champion and Stuart Keech. We also had Stan Taylor, Four-Minute Miler from Manchester Athletic Club. But only Richard could really read a map as he had a geography degree!

David Griffiths had attended the first English orienteering event at Whitewell in 1963, but only joined the club in 1966. Ray Parkinson of St Bede's School in Manchester was very influential and introduced our first junior members, which led to the involvement of a number of families, including Frank and Kath Rose and their family.

During this period of club expansion I was also on the Cheshire and High Peak Sports Federation, Northern OA as fixtures secretary, English OA (and then BOF) and got married and became a chartered civil engineer.

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## **WELCOME TO NEW MEMBERS**

Welcome to new British Orienteering member; Paul Westmerland M55.

***The next MDOC Newsletter will be published in February***  
***Please send any news, announcements, event reports or photos, to:***  
***Andrew Gregory***

## NEWS

Eddie Speak has been elected the new Chairman of MDOC. David McCann now becomes Vice-Chairman. Steve Dempsey continues as Treasurer and Tony Wagg continues as Secretary. We are pleased to welcome four new members to the Committee: Clare Griffin, Alan Ogden, Peter Ross and David Wathey.

Tom Fellbaum is taking over as Club Captain and will co-ordinate both our CompassSport Cup entries and Relay teams.

The Northern Championships were held on the first day of the AIRE Dales Weekend at Monk's Road near Malham. Irene Crawshaw (W70) and Andrew Gregory (M80) were our Northern Champions.

The new Northwest Sprint Championships comprised the two Sunday events of the DEE Chester Sprint Weekend. River Edis-Smith (M16), Heather Fellbaum (W50), Kate Bryant (W60), Sue Birkinshaw (W75) and Andrew Gregory (M80) won their age categories and were presented with medals.

Stephen Lang has been travelling to all the events in the 2015 City Race Euro Tour. This is a selection of six urban races in Europe, with the best four to count. The cities this year comprised Antwerp, London, Porto, Krakow, Barcelona and Seville. Stephen managed to compete in all of these, and was overall winner of the M35+ class. Laura Hindle took part in London and Barcelona, and was winner of the W20- class. For anyone interested, the provisional list of cities for next year is: Antwerp, Malaga, London, Porto, Warsaw, Barcelona, Lille and Florence.

Several club members recently renewed their First Aid qualifications at a one-day course in Buxton, run by Stuart McNeil. They included: Sue Birkinshaw, Julie Brook, Alison Doyle, Peter Lomas, Rae Lomas, David McCann and Vicky Thornton. In addition Rebecca Brimage became a newly qualified first-aider.

The Northwest Junior Squad had a day training in Macclesfield Forest on Sunday 11<sup>th</sup> October. Vicky Thornton obtained permission for this, as well as doing the planning and coaching.

John Britton is now running the MDOC Facebook page, and through this has been actively promoting our events, and has received some useful feedback from participants. John has also formed a Social Media sub-committee to share ideas and work concerned with Facebook and Twitter.

Greater Manchester Orienteering Activities also have an active Facebook page. This covers news and activities concerned with the permanent O courses in the region.

Steve Lang will resign soon as MDOC printer so we need a volunteer replacement. A future candidate would need room to house the machine and be willing to print for club events. We have about 18 months left on the hire contract for the printer.

We have purchased a new pop-up club tent that was in use at the Brabyn's Park event. It is very quick to erect but, as was found out at Brabyn's, much harder to fold up, particularly when wet!

## 2015 AGM

The 2015 AGM of the club was held at the Ladybrook Hotel, Bramhall on Thursday 15<sup>th</sup> October, with a good attendance of members.

Steve Dempsey, the club Treasurer, reviewed the clubs finances, which were in a very sound state. Our financial plan for last year was to make a net loss of £3000, but we had instead made a net overall profit of £2700. This was thanks mainly to a successful Twin Peaks and to profit sharing from Lakes 5 2014 and JK 2015.

It was agreed that membership fees would remain unchanged at £5 for seniors and free membership for juniors and for seniors during their first year of membership.

For the year 2015-2016 Steve Dempsey suggested that with our normal level of events and activities we would be likely to break even, or even make a small profit. He proposed spending on projects to help the club grow, such as mapping projects and refurbishing of equipment.

David McCann, the retiring Chairman, gave his report on the year, which had shown a high level of activity in terms of both arranging our own events and helping with others, such as the JK and the World Championships in Scotland.

Membership had increased by 13% (19 adults and 2 juniors) compared with an 8% increase for the whole region, thanks to the Saturday morning and Lyme Park introductory events.

The Club provided key officials at the JK (Steve Fellbaum as relay organiser and John Britton as Sprint controller) while Sue Birkinshaw and Julie Brook played a major role in the entry system. Large numbers helped at the World Championships (WOC2015), the associated O-Fest and the Scottish 6-days. Similarly large numbers of members helped at events ranging from the JK to local parks.

In Europe, Laura Hindle was selected for a Junior Regional Squad tour to Sweden and Matthew Fellbaum represented England in Turkey at the World Schools Champs. Andrew Gregory won bronze at the World Masters Sprint and Steve Lang and Laura Hindle won their classes in the Euro Cities Races. At home we have two British Champions in Vicky Thornton (W50 classic) and Heather Fellbaum (W50 sprint). We also gained several relay medals with the whole Hindle family reaching the podium via two teams.

Lyme Park has a new permanent course and QR coded plaques have been added to posts on many permanent courses to encourage wider involvement. Attendance at Saturday morning and summer evening events is stable and night street league and countryside score events continue to provide a useful income, though numbers at the latter have fallen.

The 50th Anniversary Dinner would be held shortly at Hazel Grove Golf Club with 66 due to attend so far.

Thanks to everyone who has helped in any of these many different ways during the year.

## **Election of Officers and Committee**

The following were elected:

President	Frank Rose	
Chairman	Eddie Speak	
Vice Chairman	David McCann	
Secretary	Tony Wagg	
Treasurer	Steve Dempsey	
Fixtures Secretary	Sue Birkinshaw	
Committee	John Britton	
	Clare Griffin	
	Trevor Hindle	
	Pete Lomas	
	Alan Ogden	
	Peter Ross	
	David Wathey	
Co-opted:	Kath Speak	Membership Secretary
	Julie Brook	Social Secretary & Website
	Andrew Gregory	Newsletter Editor
Auditor	Andrew Addis	

Frank Rose, the Club President, thanked David McCann for all his work as outgoing Chairman, and welcomed Eddie Speak as new Chairman.

Vicky Thornton was also thanked as retiring Club Captain. This role will now be taken on by Tom Fellbaum.

After a break for food, David McCann gave a well-presented talk on publicity, discussing the different ways in which we should be presenting ourselves, particularly in the use of social media. This was followed by a very useful discussion, both on publicity and other topics.

## **LYME PARK CHARITY EVENT**

**Saturday 2<sup>nd</sup> January 2016**

**Register 10:15 - 11:15 for 11:30 start**

This year all proceeds are going to Vision Mozambique, a charity I am involved with and visited in June this year. The project currently supports orphans, widows, working girls and builds churches. The main aim for the next few years is increasing self sufficiency. They have many exciting plans but need the funds to kick start (materials / equipment / training / labour). Long term they hope to create a better living environment for the orphans; they currently sleep in packed dormitories, receive basic care and minimal love from the staff. I hope you agree that this is a worthy charity to support.

As usual, we will be holding a raffle and I would appreciate club members donating suitable prizes.

I also require volunteers for the usual day jobs. Please reply with your availability and preference.

*Tom Fellbaum*

## **ANNUAL CLUB SOCIAL**

**Saturday January 9th 2016**

A different evening is planned for this event so we hope that lots of you will come along to the celebration of everything MDOC has achieved in 2015.

It is to be held at High Lane Village Hall, Disley, from 6 p.m. to 10.30 p.m.

There will be a buffet with the 'Great Manchester Bake Off' cakes for afters.

A film will be shown of Steve Birkinshaw's epic achievement of completing all the 'Wainwrights' in record time, breaking Joss Naylor's 28 year-old record.

There will be the usual awards and some unusual awards, and quizaholics will get their fix too!

If you have not been before do come along and share the evening with fellow members. Please make a note in your diary and watch out for further details.

*Rae Lomas*

## **NORTHERN NIGHT CHAMPIONSHIPS**

*Chris Rostron*

We have 'volunteered' to upgrade our MDOC night event on Saturday 13th February to also be the Northern Nights championship for 2016. The event is at Philips Park/Prestwich Forest Park in North Manchester just south of the M60.

Therefore we need a planner URGENTLY as the usual 'one man band' approach will not be sufficient. Only two extra courses are required, Brown and Short Green, to the normal Blue, Green and Orange. So the task is not too onerous.

If you want to discuss in more detail before committing then please contact me by email or on 01663 764799.

## **ORIGINAL MOUNTAIN MARATHON 2015**

This year's OMM was held at Tweedsmuir in the Scottish Borders. Gales and rain provided typical OMM weather, and the planner admitted that the linear courses were all too long, due to unexpectedly heavy growth of vegetation in the summer.

In the A class Tom Fellbaum, running with Lewis Taylor, had an excellent first day ending in winning position. However some problems on the second day resulted in them dropping to 6<sup>th</sup> position overall out of 38 teams.

Alice Fellbaum was running with Kirsty Coombes in the D class, ending a very respectable 13<sup>th</sup> overall out of 59 teams entered.

On the Short Score course Alison Fryer, running with her dad Derek Fryer, were 41<sup>st</sup> out of 85.

Meanwhile, John Britton was an active member of the organizing team, involved in checking control locations beforehand and putting out controls.

## MOBO

MOBO is a free App for smartphones that can be used on courses where the controls have QR codes on a plaque on the post. The smartphone then displays the map, the built-in compass is used to navigate and the phone is used to scan the QR codes so provides a record of your timing, which is recorded on a publicly available website. This was developed in Estonia: <http://mobo.osport.ee/>

It is ideal for permanent courses, but in principle could be used for an organized event. So far there are only three such courses in England (Hampstead, Williamson Park in Lancaster and Halden Village), and a few more in Scotland. John Britton has suggested the idea of trying this at one of our permanent courses, at Burr's Park in Bury, as this is regularly used by groups with a qualified orienteering instructor. He is more doubtful about the general usefulness of the Mobo App. It requires each post to have a plaque with a unique QR code, which is quite a lot of work to install. Also the area needs to be free of vandalism, and the posts need to be within easy reach as you have to be quite close to scan the code with the phone. On a number of our permanent courses the posts are surrounded by thick vegetation, which reduces the chances of vandalism, but makes them difficult to reach.



Note that many of our permanent courses do have plaques with QR codes, but these are all the same and give a direct link to the GMOA website.

## BRITISH SCHOOLS ORIENTEERING CHAMPIONSHIPS

Fallibroome Academy took more than 40 pupils down to Sandringham for this year's Schools Championships. The school came 5<sup>th</sup> in the Large Secondary Schools category. Those who counted towards the team score were:

Nathaneal Horton	Yr 10	boys	5 <sup>th</sup>
Edward Harvey	Yr 13	boys	6 <sup>th</sup>
Milly Collins & Lola Fischer	Yr 7	girls	7 <sup>th</sup>
Jessica DeSousa	Yr 11	girls	7 <sup>th</sup>
Edward Lewis	Yr 9	boys	8 <sup>th</sup>
Sam Amey	Yr 13	boys	8 <sup>th</sup>
Lauren McNeil	Yr 11	girls	9 <sup>th</sup>
Edward DeSousa	Yr 13	boys	9 <sup>th</sup>
Harry Simpson	Yr 11	boys	12 <sup>th</sup>

## LYME PARK PERMANENT COURSE

A totally new permanent orienteering course has been created at Lyme Park, planned by Ian Gilliver on a brand new map. A group of club members co-ordinated by Julie Brook and helped by Lyme Park Rangers and Volunteers spent a day installing all the new posts. The courses available are White, Yellow, Orange, Long Orange, Green, Blue and Brown.

The formal opening event was held on Saturday 24<sup>th</sup> October, with an informal competition on the POC courses.

A number of regular orienteers from MDOC, DEE, SELOC, SYO and HOC turned up, and some favourable comments were received on all the courses except the Brown - which was perhaps not surprising given the weather!

The special large-scale A4 maps available for the White and Yellow courses, as opposed to the standard all controls map which is A3, were popular with the juniors and newcomers.

Groups from Sandbach School and Manchester Outdoor Learning took part, and also a group of Scouts from somewhere in the south Midlands who were en route for a few days hill-walking in the Peak District.

The informal inter-club competition was won by DEE, with MDOC second and SELOC third.



## SPRING SERIES 2016 - Saturday Morning events

As we approach winter, with the delights of a long night street league series and (less excitingly) Christmas ahead, the spring series feels a long way away. However planning and organising take time, so I'd like to get some enthusiastic volunteer names into my diary now please.

The following jobs are on offer:

January 23rd: Manor Park and Old Glossop – Planner and Organiser

February 6th: Riverside and Tytherington – Organiser (with Dave Mawdsley as your expert Planner)

The format is White, Orange and Light Green courses, with a 'Long Light Green' course for over 16s, to include urban areas.

I'll look forward to the usual deluge of replies.

Your friendly neighbourhood Spring Series co-ordinator.

*Clare Griffin*

## **UK O-LEAGUE**

The UK O League depends on the 10 best results from a number of selected events (19 this year). The club score is the total of the individual scores of the 15 highest scoring competitors.

This year we were an excellent fifth in the club competition, while Matthew Fellbaum (M18), Heather Fellbaum (W50) and Andrew Gregory (M80) were highest scorers in their individual classes. The others whose scores counted towards the club total were: Sue Birkinshaw, John Britton, Kate Bryant, Liam Corner, Steve Dempsey, Margaret Gregory, Laura Hindle, Jane McCann, Chris Rostron, Alistair Thornton, Vicky Thornton, and Paul Watson.

## **AUTUMN EVENTS**

This autumn has seen the usual series of Saturday morning events and the start of this season's Night Street League, both of which are very popular, but on the whole with different participants.

The Saturday morning events, comprising Yellow, Score and Technical Score classes, are particularly aimed at school groups, families and beginners, and are very important for attracting new members to the club. The series started with Bramhall Park, organized by Rae Lomas and Rebecaa Brimage with Steve Fellbaum as planner. This was followed by Wythenshawe Park with Margaret Gregory and Peter Ross, Bruntwood Park with Tony Wagg and Dave Mawdsley with Steve Fellbaum as controller. Chorlton Water Park followed with Julie Brook organizer and Andrew Stimson planner, and Brabyn's Park with Chris Rostron and John Williams, with John Britton as controller. The whole series was co-ordinated by Chris Rostron.

The Night Street league is also maintaining its popularity, and tends to attract competitors from local running clubs as well as orienteers from outside our immediate area. The series started in Bramhall with Trevor Roberts as planner and Rebecca Glen as checker, then Bollington with Ian Gilliver planner and Steve Fellbaum checker, and Urmston with Peter Ross planner and Jillyan Dobby checker. Graham Crawshaw is co-ordinator for the whole series.

## **LYME PARK EVENT Saturday 12 March**

*Sue Birkinshaw*

We are one of the clubs that is involved with a BOF + National Trust initiative in putting on a Challenge event. This will basically be a 60 minute Score event, but at some of the controls there will be "challenges" either physical or mental, to get extra points. NT volunteers will be organising the challenges, so our planner has only to create the score course.

As the Challenge event is only open to 16+ we have decided that there should also be an Orange course (and we will also offer the special POC Yellow and White maps/courses). The aim is to attract non-orienteers and there will be prizes. That probably means that the controls shouldn't be too difficult.

Please will someone volunteer to be the planner. I am organising. A controller would also be useful but is not essential.

## The Orienteer's Nightmare (1976-2015)

Graham Phythian

I decided to go orienteering –  
They said it wouldn't take long –  
So I bought me a map  
From this bobby-hatted chap  
And that's when things went wrong.

I'd heard of the possible dangers:  
Of controls placed where nobody goes,  
Seeking kites in the dark,  
Chased by deer in Lyme Park,  
Or hang-gliding down old Tegg's Nose.

Some forests were said to be haunted,  
As if Delamere's ghosts weren't enough;  
With the wizard who came  
To Alderley Edge fame,  
There were boggarts in Boggart Hole  
Clough.

So at first I checked all my equipment:  
Map case, the polythene sort;  
Safety pins and red pen,  
And whistle, and then  
A shovel in case I took short.

Some advice were given out to beginners:  
But I'm sure they were fair out to lunch;  
I suddenly thought  
That boxing's no sport,  
When they said to me "Make sure you  
punch."

I copied down all neat little circles,  
With marsh and re-entrant (top part)  
But I must have been blind  
'Cos I never could find  
That red triangle in the woods near to  
t'start.

But quite soon the prospect it brightened  
For time, so they say, heals all scars;  
I wasn't lost 'cos  
I *knew* where I was:  
A place where they parked lots of cars.

I looked for a dead straight water feature;  
I spent ages, walking round, back and forth.  
It were long, thin and narrow,  
At its top stood an arrow,  
And its blue line always pointed due north.



The first control I read said "Depression"  
So with my shovel I started to delve  
But stopped when I found  
A tunnel under t'ground  
And three chaps from Stalag Luft Twelve.

My compass it played silly buggers:  
The needle, I swear, pointed west.  
'Cos when I looked round again  
I saw Glenn Miller's plane  
And the crew of the Marie Celeste.

The mystery then started to deepen:  
I saw Robin Hood and all of his crew,  
And babes in the wood  
And Red Riding Hood –  
And the map was a fairy tale too!

But then things began to get better,  
I found each ditch junction and knoll;  
So when I reached this stage  
I were no longer in a rage –  
You see, I never "lost my control".

It seemed like a long long time later  
That the FINISH sign came into view.  
The kids were let loose  
On the free orange juice  
Or Buck's Fizz, for me and for you.

The results on the washing-line came up:  
My M65 card was fun.  
Except what made it worse  
Was when I started this course  
I were nobbut an M21.

## FRENCH & ITALIAN ALPS

*Ian Gilliver*

At the end of August, five members of MDOC joined a few handfuls of other Brits for 6 days of continental orienteering, 3 in France and 3 in Italy. We based ourselves in Briançon for the duration of the trip.

In France, Day 1 was set on both sides of the valley leading to the hamlet of Nevache, now home to the Catmur family (still members of SLOW). One side of the valley was forested with a few fields of cattle, whereas the other side was open terrain with several embankments, stony areas and clumps of thicket.

I was not alone in thinking it was difficult to make the map fit the open side of the valley, with Doug Edwards, Ian Watson and I propping up our respective classes in the results. Dave Mawdsley and Jan Ellis however both came second in M70 and W65 respectively.

Day 2 provided a middle distance event set in the beautiful Col d'Echelle, with scattered trees and alpine pastures. Ian W had a much better run.

Day 3 was a long distance race based at the ski centre at Monetier-les-Bains, so the terrain was one side of a hill. I was unimpressed with both the planning and the terrain, which featured some steep slopes and a ghastly over-or-round leg across a large boulder field. Jan won W65, Dave was 3rd in M70, and I still don't know how I mis-punched. Sadly, the French did not award prizes to class winners, only to course winners, and so Jan was deprived of a souvenir.



For all 3 days in Italy we had to drive across the Col de Montgenevre.

Day 1 was a Sunday, and I found that the local supermarket in Briançon was not open until 08:30 - i.e. too late. So I called into the village of Montgenevre, only to find that the local Spar was closed until the 5th of December...

Days 1 and 2 were both set in the forest of San Sicario. This was used for the heats at WMOC in 2013 and is a detailed, often runnable, occasionally steep pine forest with some tinkling cowbells: delightful. Assembly and finish for both days were set in the

fields behind the Olympic winter sports centre, but the starts for the two days were different. For the longer courses, both days involved a long walk and significant climb to reach the start. On Day 2 we had to walk straight up a ski-slope to a height of 2000m where there was a welcome breeze and stunning views.

Dave clearly won M70 on both Days 1 and 2, and Ian W also had a good run on Day 1. My 7th control on Day 1 was the most picturesque control I've visited in several years: an earthbank in a sunlit glade, which reminded me of the Toby Norris phrase "may you run in sunlit forests".



Day 3 was set in the ski resort of Sestriere, and was a sprint race which started in hilly parkland and ended in the village square, surrounded by shops and cafes. Dave was 2nd in M70 and, for the only day out of 6, I avoided coming last in M60: the margin was just 5 seconds.



*Dave Mawdsley (in hat!) at the prizegiving*

## **The Joss Naylor Challenge**

### **A run across the Lake District**

*Karen Parker*

January 2013: Dan asked me how I wanted to celebrate my 50th Birthday (in August that year). "Oh, I'll probably just go for a run" I replied hoping to imply that I would really rather ignore it and treat it as a normal day. However, the conversation sparked a train of thought; what better run could there be than one that you were only eligible to do once you were 50? And thus the idea of doing the Joss Naylor Challenge (JNC) was born. It went a bit wrong though for that year, as I injured my hamstring the weekend before I was due to run.

January 2015: The idea of doing the JNC hadn't completely died so despite no longer having a 50th birthday to celebrate, I decided that this would be the year to make an attempt.

The JNC is a route across the Lake District from Pooley Bridge in the north east to West Water in the south west. The vital statistics are 48 miles, 17000 ft of climb and 30 tops. (It's permissible to use old units here since only old people do it, but for any youngsters, that's 77km and 5200m). Depending on your age and sex there are different target times, from 12 hours for M50s, to 24 hours for anyone over 65. My target was 14 hours. It was inaugurated by Joss Naylor 25 years ago and to date about 220 people have completed it. In addition to running fast enough you also have to raise at least £100 for charity. To quote from the official website it is "increasingly regarded as an old man's Bob Graham". I have to object slightly to this as about 15% of completers are women, but the sentiment is correct, with it being about two thirds of a Bob Graham round in terms of both climb and distance.

Choosing my charity wasn't hard; my sister Hilary has MS and all the family have been involved in fundraising for the therapy centre that she attends. I'm sure most people reading this are aware of Steve's record breaking tour of the Wainwrights last year that raised £20000. I wasn't going to compete with this but hoped I could make a contribution.

Finding support for my attempt wasn't difficult either – the family all stepped in. Dan and Steve would do the hill support with Mum, Hilary and her partner Shaun on road support. The only flaw was that Steve was far from his best, suffering from long-term unexplained tiredness that had now got even worse. Fortunately even at 50% capacity he managed 8 hours with little apparent effort. However it meant that Dan would need to do the whole thing as well as having to carry all the kit.

Training went well. Dan and I normally go for a long fell run every weekend anyway, so it was just a matter of increasing the length a bit. The longest run I did in preparation was around eight hours. Recceing the route was enjoyable; it forced us to go to some parts of the western Lakes that we don't often visit.

So at 6:00 on Saturday 29th August morning Dan and I set off from Pooley Bridge, me carrying a bum-bag containing little more than spare gloves, and Dan weighed down with a 6kg rucksack containing food, water and spare clothes. The route starts off along the 13 mile High Street ridge – gently uphill and on a good path. I think it was designed like this to give those on a 24 hour schedule a suitable section for doing in the dark.

This is a part of the Lakes that we know very well as we live only about three miles off the route but it felt very different at a time of day we don't usually see it.



A week beforehand the weather forecast had looked very good, but as the day got closer it began to deteriorate and apparently I could expect cool temperatures, showers and a fresh south-westerly wind. The last of these was not good news as that is the overall direction of the route. In practise though it was only for the first 3 hours or so that I was really hindered by the wind, but it meant that I slipped more than 10 minutes behind my schedule. The “showers” materialized in the form of five hours of continuous rain and drizzle during the middle of the day. Unfortunately this meant that the rocks (and there are a lot of them) got very wet and slippery. The top of Bowfell was memorably horrible. Even on a sunny day I don't like all the boulder hopping, but in the rain and mist I hated it. I think it has to count as the low point of the day (with another strong contender being falling headfirst down a crag while descending Kirk Fell – but at least that didn't last very long). Even after the rain stopped it remained very misty. Despite knowing the route very well we needed to use the compass on a number of occasions to avoid leaving a summit in the wrong direction. It didn't clear properly until the final summit. Luckily the road support team had much nicer weather and we have a photo of Mum sitting in the sunshine outside the Wasdale Head Inn enjoying a pint.

The route has two road crossings for support. Unfortunately they are not well spaced. The first is after about 15 miles, the second after 24 which leaves a long final section of 24 miles, made worse by the fact that there are no streams close to the route for the last half of this. Shaun “offered” (or should that be “was persuaded”) to walk up from Wasdale Head to Styhead Pass to meet us and bring fresh supplies. However I was about 20 minutes ahead of my schedule by this point and he wasn't there when we arrived. Fortunately we could manage without the food and water but the thought of him waiting there for hours getting more and more worried was a concern. Dan and I carried on leaving Steve to wait, and fortunately it was less than 5 minutes before he

arrived. Steve, loaded up with water, cheese sandwiches and apple cakes set off in pursuit and very soon caught up (despite being so below par).

By the time I reached Pillar, with 10 miles or so to go, I allowed myself to start feeling optimistic. I was still 20 minutes up on my schedule, feeling reasonable okay (strangely it was my shoulders and upper back were hurting most, despite not carrying anything) and with not too much rocky terrain left. The last climbs dragged a bit but forcing Dan and Steve to talk to me helped a lot. The final descent was lovely – I still had enough in my legs to enjoy the mostly grass path – but I wasn't sorry when it was over.



Jos Naylor lives about 50m from the end so always comes out to meet contenders, and even provides a finish tape to run through. So, some final statistics: I took 13 hours and 25 minutes and raised £1300 for Hilary's charity. It's not really fair though! I got all the congratulations but in reality Dan put in more effort than I did. He did the entire route (except one summit where he needed to pick up some water from a stream) while carrying a heavy rucksack and making sure we took the right route. I was inevitably very stiff the next day, but he could hardly get down stairs. He was in far more need of Hilary's sticks than she was.

I hope this article might encourage some other MDOC members to have a go at the Joss Naylor Challenge. It's a really good route with the extra satisfaction that, unlike doing a round you actually feel you've travelled somewhere. Dan and I are always happy to offer hill support (though I don't think anyone else can expect quite so much dedication from Dan as I got). For more information, and lots of accounts of successful crossings go to: <http://jossnaylor.blogspot.co.uk>

# **SAFETY WORKSHOP**

*Ian Gilliver*

It's nearly 4 years since the club held a Safety Workshop, and I have been asked to put on another one.

At present, Rules Appendix C 'Event Officials' requires anyone who Organises a Level A, B or C to have received safety training (i.e. attended a Safety Workshop), but I have just rung BOF office and I now understand that from 2017 PLANNERS AND ORGANISERS of ALL events (Level A, B, C and D) must have received this training.

I've been advised by BOF that the content of the Workshop has not changed since 2011, except that Appendix E on Event Safety has been updated this year.

I will aim to make the Workshop straightforward, thorough without being turgid, and if I think I can shorten any aspect of what I did before then I will do so.

Please contact me if you are interested.

## **RAB Mini Mountain Marathon**

**August 29**

*John Williams*

At the end of these navigation events, the debrief is always full of ifs and buts. Mine, after the latest round of the RAB Mini MMs was, shall we say, amusing, and is shared here, in the knowledge that the days are shortening, and it is a long time till Christmas, with no bank holidays to lighten the mood.

I ran (walked) as a pair, with Janet from Essex. We decided on a route taking us up from Millbeck to Carl Side Tarn, over Ullock Pike, then see how we were getting on as to where we went next. Climbing up to Carl Side was hard going; bracken, ferns, triflids etc. Not being fit, everybody and their dogs were passing me. Just short of a control on a spur halfway up a girl with blonde ponytail, turquoise top, and 3/4 tights passed me, commenting briefly on the toughness of the climb. Janet has a blonde ponytail, turquoise top, and 3/4 tights.

Do I need to say any more? Other girl (Janet') is steadily making ground ahead of me, reaches the control and presses on. I reach the control, and Janet', who I assumed to be Janet was 50 to 100m ahead, and, unsurprisingly, had not waited for me at the control. Naturally, I follow. Janet at this time is some way short of said control, behind me. By the time I reach the control at Carl Side Tarn Janet' is a speck in the distance. I am confident that she is Janet so follow, slowly because of injury; getting ever madder. I always wait for Janet. Once I am carrying an injury and she is not waiting for me! Only she is behind me, getting equally mad, with more justification.

Eventually I get as far as the last control that we had agreed on and decide to turn back. Janet meanwhile reached the control at Carl Side, a radio control, scoured the hillside in case I had fallen, and after a long wait returned to base. After a while, reunited at base, we worked out what had happened. I think that we are both laughing now, and I think that I was saved, just, by the fact that the blonde who I mistook for Janet was probably some 30 years her junior.

## NEW MDOC O TOP

*Trevor Hindle*



A little while ago (AGM 2014) club members voted on design ideas for a new club O top. A sample has been produced by Siven and I've attached images of front and rear. The rear follows the same idea as the après-O tops/sprint vests that many club members are wearing. The front has the club logo and a section of our 'favourite' forest. If you would be interested in ordering one of these tops could you let me know so we can gauge the size of order to place? Long sleeved versions are also available so if you could also let me know whether you are a long or short ;) )

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### Orienteering Cracker Jokes

- ▲ What does Father Christmas say to an orienteer?
  - 'O – 'O – 'O – Merry Christmas
- ▲ What do orienteers do first thing on Boxing Day?
  - A punching start
- ▲ What goes orange, white, orange, white, orange, white...?
  - A control on the other side of some railings
- ▲ Why do you get lots of Chinese audiologists at the World Orienteering Championships?
  - Because they are interested in Orient-hearing
- ▲ Why did the orienteer cross the river?
  - Because it was there
- ▲ How do you find your way to the orienteers Christmas ball?
  - Follow the ball bearing
- ▲ What do orienteers say when they hear the answer to a Christmas cracker joke?
  - O' No!
- ▲ Which borough of London is the home of orienteering?
  - Leyton – there has been an Orient here since 1881.

*Contributed by David Wathey*

## GREATER MANCHESTER SELFIE RUN

Saturday 3rd October saw GreaterSport (Greater Manchester Sports Partnership)'s first 'Selfie Run', with the aim to get Manchester's students active. The event began at All Saints Park and led throughout Manchester city centre whereby participants took Selfies at specific landmarks with the motive to win prizes.

Working in partnership with University of Manchester and Manchester Metropolitan University, and with support from British Orienteering and England Athletics, we had 65 participants attending after signing up online or on the day. All participants received a free t-shirt and ran in teams (with the option to run alone) to discover their new city.



The 'Selfie Run' was aimed at all students and engaged a wide audience, from 26% of the participants not being regularly active running alongside MMU's Netball team and regular sports players. Rivalry between the two leading universities in the city was high. With only 11 males taking part, there was a strong female energy throughout the run, showing a strong drive for women's participation in sport and events.

After taking Selfies and visiting 20 landmarks across the city, the winning team, Penketh Boys, (one MMU student and one UoM student) got to the finish line at Black Dog Ballroom on New Wakefield Street after an impressive 1hr 21minutes. The rest of the teams followed shortly after this with Sparkles and MMU Netball coming second and third.



The top three teams received prizes for their speed and other teams also won prizes for the top three 'best selfies'. They were rewarded a variety of prizes including Virgin Experience vouchers, AMC tickets, Yard and Coop offers, Blackdog Ballroom offers, etc.





Yvonne Harrison, CEO at GreaterSport said: 'Everyone loves a 'selfie' so the idea of combining this with running and prizes to reward both was brilliant! We were really impressed with the turn out and thought that went into the selfies, so well done to the students! It was fabulous to see students who are not regularly active, getting involved alongside others who have a passion for sport. We look forward to running a similar event with the universities soon and getting more students involved.'

More details of the event is given on the GreaterSport website:

<http://www.greatersport.co.uk/news/selfie-run>



'GreaterSport' is the Greater Manchester Sports Partnership. They have quite a large team whose stated aim is using sport and physical activity to make a positive impact on the lives of everyone across Greater Manchester.

Cecilia Fenerty has drawn attention to this as a free source of publicity. Once registered you can add details of forthcoming events and links to the Club. Cecilia is willing to post information and Tony Wagg is happy to act as Club contact.

## Group photos - Anniversary Dinner

The 50<sup>th</sup> Anniversary Dinner attracted a good number of past and present members of the club, most of whom appear in the two group photographs on the back page:

### *Upper photo:*

*Back row:* Andrew Gregory, Richard Thorpe, Andrew Stimson, Dave Hanstock, Steve Anthony, Steve Fellbaum, Ian Watson, Steve Dempsey, Chris Owen

*Middle row:* Kate Bryant, Jane Thorpe, Margaret Gregory, Fiona Hanstock, Irene Crawshaw, Elizabeth Watson

*Front row:* David Griffiths, Dorothy Griffiths, Pam Watson, Ian P. Watson, Frank Rose, Graham Crawshaw, Rae Lomas, Richard Evans, Alan Ogden, Graham Phythian

### *Lower photo:*

*Standing at back:* Matthew Fellbaum, Peter Ross

*Back row:* Mike Watson, Rick Griffin, Chris Rostron, Ian Gilliver, Doug Edwards, Andy Thornton, Nick Taylor, Jillyan Dobby, Chris Kirkham, Tony Wagg, Steve Osborne, Jean Osborne, David McCann

*Middle row:* Monica Dent, Karen Peach, Jo Watson, Ian Etchells, David Mawdsley, Jenny Shaw, Alan Shaw, Eddie Speak, James McCann, Peter Lomas

*Front row:* Sylvia Etchells, Eija Rostron, Clare Griffin, Simon Mawdsley, David Dann, Julie Brooks, Heather Fellbaum, Kath Speak, Jane McCann, Vicky Thornton

Also present were Ray and Pip Humphreys and Peter Cull behind the camera.

Peter Cull also took the photos of Rae Lomas and Graham Phythian in this issue.

## CompassSport Cup 2016

The first round of this inter-club competition will be at Bicketon Hill in Cheshire on Sunday 13<sup>th</sup> March. This is an attractive area and relatively close, so hopefully we can manage a really good turnout of club members. The best 25 scores count, with some restrictions on how many from each class, but even those not counting can reduce the scores of opposing teams, so it is very valuable to have a high turnout. Courses:

Brown	Men Open		Blue Women	Women Open
Short Brown	M20- M40+		Green Women	W20- W45+
Blue Men	M50+		Green Men	M60+
Veterans Short Green	M70+ W60+			
Junior Men (Green)	M18-		Junior Women (Short Green)	W18-
Orange Men	M14-		Orange Women	W14-

Tom Fellbaum is co-ordinating entries this year, so please contact him if you would like to enter.

## MDOC events 2016

Sat 2 Jan Lyme Park New Year Charity event

Sat 9 Jan MDOC New Year Social, High Lane Village Hall

### **Spring Series of Saturday morning events** (co-ordinator: Clare Griffin)

These will include White, Yellow, Orange and Light Green courses and also a Park + Urban course, of Light Green standard for those wanting a decent length run.

Sat 9 Jan Woodbank and Vernon Parks with urban extensions

Sat 23 Jan Manor Park with Old Glossop

Sat 6 Feb Riverside Park, Macclesfield with Tytherington

Sat 5 Mar Reddish Vale with Tiviot Dale and urban link

### **Night Street League** (co-ordinator: Graham Crawshaw)

Tue 5 Jan Romiley – White Hart

Thu 21 Jan Lymm

Tue 2 Feb High Lane – Dog and Partridge

Thu 18 Feb Park Green Macclesfield – Wetherspoons

Thu 3 Mar Urmston – the Bent Brook

### **Other events**

Sat 13 Feb Philips Park, Bury – NW Night League & Northern Night Championships

Sat 12 Mar Lyme Park – National Trust score event with challenges

Sun 13 Mar Bickerton Hill – CompassSport Cup, 1<sup>st</sup> round

### **Twin Peak weekend 2016**

Sat 9 July Offerton – Sprint and Sprint Relays

Sun 10 July City of Manchester race – Urban event

**Committee Meetings** – 2<sup>nd</sup> Monday each month at the Ladybrook Hotel, Bramhall

### **Reminder!**

Renew your club and BOF membership on the BOF website  
*(Friends of MDOC should send a cheque directly to Kath Speak)*

Subscribe to **CompassSport**, the orienteering magazine,  
at [www.compassport.org.uk](http://www.compassport.org.uk)

## ***50<sup>th</sup> Anniversary Dinner***



***Current and past members of MDOC,  
with the old club banner made by Kath Rose.  
(Pictures by Peter Cull)***



***Cake made by Cecilia Fenerty***