



MDOC NEWS



Newsletter of Manchester and District Orienteering Club



MAY 2008

JK

INTERLAND

BRITISH

TWIN PEAK

LYME PARK

and much more!

Editor's Comments

Thanks to Marie Roberts for her excellent spell as Editor of the Newsletter. She maintained a very high standard, and was very successful in persuading people to write articles and provide photographs; and in regularly producing an attractively presented newsletter. With your continuing help I will try to keep up the high standards that Marie has set.

Some discussion has ensued about the role of a newsletter in the club. In particular the following points have been raised:

- Do we need a Newsletter?
- Why not just put the Newsletter on-line?
- Should it be a serious record of the club's achievements, or an entertaining read, full of gossip and chat?

Do send me your views on these and other questions. Personally If I didn't think that we needed a Newsletter I wouldn't have volunteered to be Editor. I also think that as a sports club we should be encouraging people to get away from their computers and be actively doing things!

So please keep running, keep writing; and send articles, maps, photos, news, gossip and anything else to me:

Andrew Gregory

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Thanks to Roger Bryant and to Rae Lomas for both sending a report on the Interland event. I have tried to combine their reports to present a fuller picture of the event. Thanks also to Trevor Roberts for the atmospheric front cover picture.



NEWS

Footpath Relay The annual Peak District Footpath Relay will be held this year on Saturday 14th June and organised by Ashbourne Rugby Club. This is an informal competition between a group of running and orienteering clubs involving teams of 20 people running relay legs of varying lengths on footpaths. Teams must have a minimum number of handicap points, so female, younger and older runners are encouraged. The route is published in advance and running your leg beforehand is usually necessary, even for orienteers. Please contact Andrew Gregory if you are interested, if you have not already done so.

Ivor Noot Many club members knew Ivor Noot from EPOC and were saddened to hear of his recent death. His infectious enthusiasm for the sport made him a wonderful companion and friend. An excellent tribute to him appears on the EPOC website.

World Schools Championships Congratulations to Thomas Fellbaum for being selected for the England team at the World Schools Orienteering Championships near Stirling in Scotland. He came 17th out of a field of 48 in the Middle Distance Race at Barr Wood, and 15th in the Long Distance race at Devilla.

British Middle Distance Champions Roger Bryant (M16) and Sue Birkinshaw (W70) both won their age class in these championships at Hopwas Woods.

Start Squad Summer Tours Thomas Fellbaum has been selected for the Start Squad M/W16 summer tour to Uppsala in Sweden and Alice Fellbaum for the M/W15 tour to Badaguish near Aviemore.

Australia Tony Perrott and Liz Wood, who were very active members of the club during their stay with us, are now happily back home and, inspired by our tradition, have started a regular Wednesday run in their home town of Albury.

Stockport Town Race A completely new innovation this year is the Stockport Town Centre Race on Sunday June 22. We have a new city centre map at 1:5000, and again it is hoped to encourage new entrants to the sport. Sue Birkinshaw is organising, and John Britton planning the courses.

This event needs plenty of helpers, so do please volunteer! A special need is for volunteers to keep an eye on the various control sites in Stockport. This will be an entertaining way of watching the race, and is quite a suitable job for non-orienteers. Contact Sue Birkinshaw if you are able to help.

JK 2008

Snow! The one word which sums up this year's JK. The early Easter coincided with an exceptionally wintery weekend, giving heavy snow showers on three of the four days. On the Saturday at Leith Hill the snow was accompanied by gale-force winds. The feeling of relief at having survived the course and reached the last control turned to one of shock at the idea of a 350m run-in across an open field into the teeth of a gale. Sunday dawned bright and sunny, but on driving to the event one began to see cars with snow on their roofs, and the higher ground of Ashdown Forest was covered in about a centimetre of snow, and more showers continued throughout the event.

Many people went to the Sprint-O at Guildford on the Friday. This now seems a popular addition to the JK weekend, and looks set to become a permanent feature. Good runs included Matthew Fellbaum (3rd M10), Elliot Malkin (7th M18), John Britton (9th M55), Dave Mawdsley (10th M65), Jan Ellis (10th W60) and Chris Rostron (11th M60).



Trevor Roberts finishing in the snow (Photo Marie Roberts)

Over the two individual long course days the only club prize-winners were Andrew Gregory (2nd M70L), Sue Birkinshaw (3rd W70L) and Margaret Gregory (3rd W70S). However Thomas Fellbaum had a brilliant performance to come 4th in M16A and was 2nd on the Sunday. Vicky Thornton was 5th in W45L and Rae Lomas 5th in W65L.

The Relays on the Monday at Eridge Old Park had a very extensive area of parkland, but most of it was soaking wet. Snow soon started and became heavier during the morning, to the discomfort of competitors waiting at the changeover, some of whom began to resemble snowmen.



M165+ Relay starting into the snow (Photo: Marie Roberts)

Dave McCann has enthusiastically taken over the post of Relay co-ordinator this year, and selected some potentially excellent teams. Unfortunately we couldn't all quite live up to his expectations, due to factors such as snow, mud, tiredness and some confusing mapping of vegetation density. The one team in the prizes was Alistair Thornton and Tom McCann, both 7th, followed by a storming run from Matthew Fellbaum bringing them up to 3rd. The older juniors of Roger Bryant and Alex McCann both held 7th, and an excellent final leg by Thomas Fellbaum brought them up to 4th. The W120+ team, led off with Vicky Thornton in 3rd place, and Jane McCann and Heather Fellbaum gave them a very respectable 7th.



Junior Relay team of Tom McCann, Matthew Fellbaum and Alistair Thornton at the JK Relay prize-giving

Photo: Thomas Fellbaum

TWIN PEAK 2008

The annual twin peak event was held in Macclesfield Forest on May 10th and 11th, and attracted a good number of competitors, who seemed to enjoy the tough and challenging courses over the two days. The excellent weather helped to make it a very sociable event, with competitors sitting around and chatting after their runs. Dave and Jane McCann, in their first experience of organising a major event, had everything well under control, and the event proceeded very smoothly, aided by the usual willing team of club helpers



Dave & Jane McCann being thanked at the prize-giving

Andy and Vicky Thornton were planners for Day 1, and Phil Colville for Day 2. Both set interesting courses that made good use of the many varieties of terrain in the forest, and mainly covering different area over the two days. Most of the second day's courses had unavoidable climb to reach the higher northern section of the area but it was well worth the climb to reach this attractive runnable section of forest. Several out-of-bounds areas, mainly to provide quiet sanctuaries for deer, caused restrictions on planning, but the courses managed to avoid these.

The forestry centre makes an excellent base for the event, and we were very grateful to United Utilities for allowing us to use these. This did mean that the car park was some way from the main assembly area, but the new club

minibus ran a very welcome shuttle service between the two.

The only class winners from the club were Stephanie Bryant (JW5S), Karen Parker (W21L) and Andrew Gregory (M70L); and Rebecca Humphreys was a very close 2nd on JW4. However several club members only ran one day due to helping. The W40L winner on Day 2, Ima Bluebell, clearly is worth keeping an eye on.



Results are pasted up



The computing team at work



John Britton discusses a leg with Jane McCann and Phil Colville

WILF'S

Wilf's has scooped the top prize in The Vegetarian Society's Awards for best provision for vegetarians at a sports venue. Despite competition from some of the UK's top sporting clubs, Wilf's, which specialises in catering for outdoor events such as orienteering, mountain biking and adventure racing, was the only company able to prove its catering was totally veggie-friendly.

The presentation was made at the Twin Peak prize-giving, as the Vegetarian Society are based in Altrincham, so Wilf's visit to Macclesfield provided a convenient opportunity.



'Wilf' and Charlotte about to be presented with their award by Annette Pinner of the Vegetarian Society

www.wilfs-café.co.uk for details of Wilf's and their Café in Staveley

www.vegsoc.org for details of the Vegetarian Society

Safeguarding Children: Good practice within MDOC

Club Welfare Officer Margaret Gregory

In the new list of members with special tasks I am listed as 'Welfare Officer'. What does this mean?

British Orienteering is committed to doing its best to ensure that all young people who participate in Orienteering have an enjoyable, exciting experience in a safe environment and has produced 'O-Safe' to help clubs and individuals put this into practice. 'O-Safe' is available by following the links on the British Orienteering web site.

MDOC is committed to following these same standards in our work with children and young people. Children should not be harmed by adults or through bullying by other young people. Their experience of orienteering should be socially safe and enjoyable, and it is the responsibility of all of us to contribute to achieving this. As Club Welfare officer I have a particular responsibility for this area and have been through a Criminal Records Bureau check, as have our club coaches and a number of other members who regularly help with activities for young people. Our juniors should have all received an 'O-Safe' Card.

Please ask me for one if you have not got one. If there is anything about the experiences juniors have had in orienteering that is a cause of concern to parents or to the juniors themselves please let me know. All information will be treated as confidential, and in event of any difficulty I am responsible to Mike Hamilton, the British Orienteering chief executive.

Margaret Gregory

hm.gregory@btinternet.com



Interland 2008 - Holland

Rae Lomas and Roger Bryant

The Interland competition is held annually between England, Germany, Holland and two Belgian teams, for ages 14 - 65 years. Selection races and ranking places are used for deciding the team, and there are 2 M&W 14, & 1 MW15 up to 60/65. Lizzie Britton and I were selected, and Roger Bryant was a reserve. In January, I was selected for the first time ever as a travelling reserve for the England Interland team. The Interland match was held at Budel, near Weert, SE Holland, which is very flat. The match terrain was a patchwork of forest and open sandy areas with intricate relief and is used to train the Dutch Army. Even before I went, I knew the sand would be tough to run on as I have experienced sandy terrain quite a few times in Scotland and Sweden.

John Rye was the team manager and with help from everyone we all arrived in various groups at three pick-up points around London. We then travelled by coach to Dover for the ferry to Calais. We drove off in the dark and the rain to travel to Bruges where we stayed in a comfortable youth hostel. In actual fact, it was much nicer than the youth hostels we have in England. It had duvets and single beds, each with a reading light and the rooms were also spacious. We all got a good sleep that night. In the morning, we ate the standard continental breakfast and made our packed lunches for the day ahead.

We travelled in sunshine to Antwerp where we had a two hour break to do a little sightseeing and have a cafe stop. I went around with the same guys I'd been sitting with on the coach and we only went in one shop - to buy a football. We'd found a little football pitch in the middle of town which we put to good use for an hour. *We then travelled on to an army base in Holland where the event and accommodation were. We had a middle distance race on the Saturday in a very flat area with not a lot of technical detail.* We were allowed to do whatever we wanted to do on our courses, so I started with Duncan Birtwistle, one of the best boys in my age group and we raced each other to each control and then stopped and planned two different routes to get to the next one and went round the course like this. After we finished, we concluded that it was always faster to go direct to controls across the flat, open terrain and, to save time and energy, it was best to spend a minimal amount of time running on the open sand. *We all enjoyed the relaxed atmosphere at this race and the evening that followed. It was good to have time to chat over good Belgian beer.* That night, we had a nice meal from the canteen (evidently the cooks were used to feeding big army men) and we then had the rest of the evening to socialise.

Luckily, there were great facilities including football pitches and running tracks and so we managed to have a game of football against the German team. Although a little bit outnumbered, we managed to win 3-2 and so our morale was very high. Bizarrely, a large group of us spent the remaining few hours of the evening seeing how far we could jump into a large spiky bush that we had found about a mile away from our lodging. I'm not sure whose idea it was but it was certainly very fun



Next day was the Interland Competition. *Breakfast was early and then some of us had a two hour wait before our starts. I tried to relax alone in my single room but kept feeling the need to soak up the atmosphere of the race. The area was sandy, flat forest with areas of detail but 2m contours. Some of our team did well, some felt disgruntled because of some mistakes and I felt downright angry with myself for a 'headless chicken' mistake. I think it is difficult not to be affected by the occasion. England won again but not by a great margin which didn't inhibit the cheering at the prize-giving. It is great to be selected and own an England top after 30 years of orienteering.*

I found the terrain very flat and incredibly easy to run across in the woodland areas although there were some intricate patches. It was on one of these intricate patches that I lost around two minutes, accidentally overshooting the control and having to attack my control from the next control on my course. I made a few other little mistakes on my 6km course but overall I had a pretty good run and only lost around 5 minutes. I think this was partly due to the training event the day before which really helped my technique. Although I didn't beat any of the England team in my age group, I was only 3 minutes behind the fastest, who was Duncan. I was pleased with this result and even more pleased when it was announced that England had won with Belgian teams coming in second and third. The whole team went home happy. We only got back at around 1.30 on Monday morning. I couldn't believe that I had school in only 8 hours time!

Desirable Forest . . .

From Rob Marriot, via Derek Allison and John Britton

Estate agents' property descriptions have become legendary - would anyone think that "an airy and deceptively spacious traditional Lakeland stone building with uninterrupted views over Langdale, an ideal investment opportunity requiring some modernisation" was anything other than a small ruined sheepfold on Lingmoor?

Orienteering area descriptions sometimes seem to have been written by the same people. To help prevent you unwittingly entering that badge event in "Bramble Hole", here's a decoder for some terms you may find in event flyers and details:

typical (e.g. a typical N. Yorks. Moors area)	- <i>the worst example of</i>
areas/pockets of contour detail	- <i>mainly lacking in contour detail</i>
areas/pockets of undergrowth	- <i>covered in waist- deep brambles</i>
good path network	- <i>orange standard courses for all</i>
intricate	- <i>unreadable</i>
low visibility	- <i>thick</i>
at it's best at this time of year	- <i>horrible at any time of year</i>
recent forestry work	- <i>covered in brashings</i>
extensive recent forestry work	- <i>almost entirely felled</i>
well-contoured	- <i>near vertical</i>
working forest	- <i>coniferous grot</i>
evidence of past industry	- <i>full of bingo-y pits</i>
mainly runnable	- <i>except for the bits the courses go into</i>
mixture of coniferous and deciduous woodland	- <i>one oak tree</i>
not used for 10 years	- <i>we hope you've forgotten how bad it was</i>
never previously used for O	- <i>we've never been this desperate before</i>

BRITISH CHAMPIONSHIPS

The British Championships moved to the North of Scotland this year, in the intricate wooded sand dunes of Culbin, used for the World Orienteering Championships in 1976. A number of club members braved the long journey, including a group in the new club minibus.

Everyone made errors in the very complex terrain, and the longer courses included some areas of very thick forest with very low visibility. In the individual championships on the Saturday the best club results were: Matthew Fellbaum 4th in M10A, Thomas Fellbaum 4th in the very competitive M16A, John Britton 9th in M50L, Cliff Etherden 11th in M60L, Andrew Gregory 2nd in M70L, Alice Fellbaum 11th in W16A and Jillyan Dobby 5th in W55L.

In the Relays on the Sunday, Lucy Harris ran for a SHUOC team that came 3rd in the Women's Short class. Alex McCann, David McCann and Heather Fellbaum were 4th in the Mixed Ad Hoc class, Roger Bryant, Elliott Malkin and Thomas Fellbaum came 4th in M18, and Dave Mawdsley, Irene Crawshaw and Andrew Gregory 4th in MW60.



Grahame Crawshaw on the Relay run-in

LYME PARK

The now annual series of events in Lyme Park, designed for beginners to the sport, have all taken place on fine sunny evenings, and attracted a good number of newcomers. Fallibroome School from Macclesfield have been very regular attenders, and several families and individuals have come to more than one of the events.

Lyme Park is ideal for these events, with its varied terrain and very clear features. Its large size also means that different areas can be used for each of the three introductory events, and the whole area for the final colour-coded event. Planning of the introductory events this year was undertaken by Alex McCann and Alice Fellbaum. The whole series was co-ordinated by Pete Lomas, who has developed a very close link with the Park staff. The Engine House provides a good dry room to use as a base, with plenty of space and power for the computers. Regular helpers are Rae Lomas and Jen Britton on registration, Irene Crawshaw on SI-card hire, Graham Crawshaw, Eddie Speak and Julie Brook on computing, and many other club members helping to put out or collect in controls or on the Start or Finish.



Punching the Finish, with the scenic background of Lyme Hall

Photo: Margaret Gregory

Celebrate your progress with colour badges

Complete three events of one colour within the winning time + 50% and you could claim a colour sew-on badge and certificate.

The North West Orienteering Association's colour-coded progression scheme has been carefully devised to take beginner orienteers through a series of steps – or levels of difficulty - to technical confidence in the sport.

- Level 1 – White
- Level 2 – Yellow
- Level 3 – Orange, Red (longer course)
- Level 4 - Light Green
- Level 5 – Green, Blue (longer course)

The colour standard is reached by finishing within the winning time plus 50 per cent – or within the top half of all finishers, if that number is bigger.

Colour sew-on badges and certificates can be claimed for reaching the standard at three events of the same colour in any one year.

For further details of the colour badge scheme or to claim badges, please contact Marie Roberts on Tel: 0161 439 6435, e-mail: marie@roberts.gb.net

There is a small charge to cover postage and the cost of the badge.

Recent successes

The following juniors have recently attained the colour standard in three events. Contact Marie if you would like a badge to show it!

George Preece (Yellow); Calvin Thomas (White)

Training

At each stage, some degree of instruction will probably be required in the skills needed to progress to the next level, as well as time and practice. For those juniors not learning through a school, the club runs regular training sessions.

For details please contact Jenny Shaw on:

Tel: 0161 445 2900,

e-mail: theshawfamily@tesco.net

CLUB MINIBUS

The new club minibus has now been purchased and made ready for action, thanks to a lot of hard work by Dave Mawdsley.



Here it is seen in the sunshine of Hampsfell with a group of satisfied passengers: Martin Green, Pete Lomas, Thomas Fellbaum, Rae Lomas, Tony Wagg, Steve Fellbaum, Heather Fellbaum, Marie Roberts, Margaret Gregory, Trevor Roberts and Matthew Fellbaum. *(photo by Andrew Gregory)*

It also made successfully the long trip to the north of Scotland for the British Championships weekend, and made the journey into a very sociable weekend.

Contact Dave Mawdsley or look out for his e-mail messages if you wish to share in this sociable and ecological method of transport to events.
