



# MDOC NEWS

Newsletter of Manchester and District Orienteering Club

SEPTEMBER 2013



*Footpath Relay runners after the event at Bakewell*

*(Photo: Hazel Hindle)*

**Footpath Relay  
Media City – Salford  
Tramontane - France  
Scottish 6-days  
World Masters - Italy  
Northern Championships  
Hungaria Cup  
Summer evening events**

## NEWS

Congratulations to our Northern Champions after the very tough event at Castle Carr: Alistair Thornton in M18E, Vicky Thornton in W50L and Sue Birkinshaw in W75L. Alex McCann was only a minute behind Alistair in second place on M18E and Matthew Fellbaum had a very good run to come 3<sup>rd</sup> in M16L.

Saturday Morning events will be starting again this autumn, with the first at Reddish Vale on 14<sup>th</sup> September organised by Steve Lang. Chris Rostron is co-ordinating the series.

Our Twin Peak weekend is in October this year, with Macclesfield Forest on Saturday 26<sup>th</sup> and an urban event in Stockport on Sunday 27<sup>th</sup>. Trevor Roberts is the organiser for Macclesfield Forest with the courses planned by Steve Dempsey, and Peter Lomas is organising Stockport, with Jillyan Dobby planning the urban courses.

Our annual New Year Charity event in Lyme Park will be on Saturday 4<sup>th</sup> January 2014, planned by Steve Lang in aid of the Everest Marathon Fund which supports a number of charities in Nepal.

We shall be hosting the Northwest first round of the CompassSport Cup competition early next year. This will be on Sunday February 16<sup>th</sup> in the Irwell Valley, both north and south of the M60. The northern section is an area we have not used for some time and includes a new area developed by the Forestry commission, so will need remapping. Kate and Dave Bryant are planning the courses.

Chris Rostron is organising a night event at Dovestones on Saturday 18<sup>th</sup> January. This will be our contribution to the Northwest Night League series.

An Association and Club Conference will take place on Saturday 19<sup>th</sup> October, with the theme of Volunteering in Orienteering. Each club can send two representatives whose costs will be met by BOF, and we have nominated David McCann and Ian Gilliver. Other members may also attend if they pay their own costs.

Very smart new Apres-O tops have now appeared and can be ordered from Trevor Hindle.

We have ordered a set of kites using the Sainsbury's Active Kids tokens. Thanks to Richard and Jennifer Gibbs for co-ordinating the collection of these.

The Greater Manchester Schools Score event took place on Tuesday 2<sup>nd</sup> July in Bramhall Park. 20 children took part, with the winning team being from Bramhall School. We understand there were administrative difficulties in getting risk assessments signed that reduced the number of possible runners.

Steve Vernon, BOF Participation Manager who has been very active locally in setting up Community Orienteering nights and developing Xplorer and Run Challenge, is leaving orienteering to work on the Great Run series of events. We have had very close links with him, both personally and formally as a club, and we shall be sorry to see him go.

## PEAK DISTRICT FOOTPATH RELAY

*Andrew Gregory*

This year it was our turn as a club to plan and organise the annual Peak District Footpath Relay. This is a very informal low-key competition between a group of orienteering and running clubs around the Peak District. Steve Lang had offered to plan the course and I was landed with the job of organising the event and trying to co-ordinate our teams.

The event is for teams of 10 runners, with individual legs between 8 and 12km, although it was possible for two of the legs to be split between two people, allowing those who preferred shorter runs to take part. Steve had planned the event to be centred on Bakewell, with a 51 km loop of 5 legs run first in one direction and then in the reverse direction. Some of the legs were along the Monsal Trail, which has an excellent running surface, but others were on obscure footpaths and one along Chee Dale included a section along stepping stones in the River Wye. Fortunately the water level was low, as sometimes these stones are under water.

Some of the regular participating clubs were unable to come this year, but the opposition included one team from Walton Chasers, two from DVO, one from Ashbourne Running Club and three teams from Ashbourne Rugby Club. All teams were in the Handicap class, where each team must have a minimum total of handicap points that depend on age and gender. We initially had enough runners for one and a half teams, but with some persuasion we eventually managed to field two competitive handicap teams. This involved Steve Lang running twice and Jan Ellis and Margaret Gregory splitting one leg between them.

The day itself was the traditional informal friendly confusion of runners getting lost, missing changeovers, being stranded without a lift or finding someone had driven off with all their kit! (*Sorry Andrew S.!*) This happens every year and is part of the experience of the event - but everyone seemed to enjoy the day, helped of course by the excellent weather. The friendly atmosphere makes the work of organising all worthwhile, so hopefully the tradition will continue for many more years.

Ashbourne Running Club were the winners, but our first team were only 10 minutes behind them in second place, thanks to excellent runs from Alex McCann, Matthew Fellbaum, Alistair Thornton, Vicky Thornton, Steve Fellbaum, Steve Lang, Liam Corner, David McCann, Trevor Hindle and Carolyn & Laura Hindle.

Our second team were not last, thanks to valiant efforts by Andrew Stimson, Andrew Littlewood, Jan Ellis & Margaret Gregory, Alan Ogden, Jane McCann, Gemma Manley, Tom Fellbaum, Andrew Gregory, Paul Clifford and Steve Lang. A special thanks to Andrew Stimson for looking after the download of times at the end of each loop and calculating provisional results on the day.

*The photo on the front cover shows some of the runners after the event. From left to right: Laura, Carolyn and Trevor Hindle, David McCann, Margaret Gregory, Jane McCann, Steve Lang, Andrew Stimson, Alex McCann and Andrew Gregory.*

## SUMMER EVENING EVENTS

Our programme of summer evening events started with a good turnout at Teggs Nose, organised by Rae Lomas, courses planned by Vicky Thornton, and with John Kewley as controller.

The usual series of introductory events at Lyme Park attracted several newcomers. The events were planned by Alistair Thornton and Matthew Fellbaum. They were followed by a full colour-coded event at Lyme Park planned by Carolyn and Laura Hindle and controlled by Dave Mawdsley. Peter Lomas co-ordinated and organised all these Lyme Park events.

Brereton Heath maintained its popularity as an attractive area for a summer evening. This was organised by Julie Brook, with courses planned by Steve Fellbaum. Alderley Edge provided the final event in the series, organised by Jan Ellis. Rik and Clare Griffin, as planners, had devised a very clever scheme. They had selected some of the most obscure and precipitous crags as control sites, but then went away on holiday leaving Tony Wagg and Andrew Gregory to put out the controls and David McCann as controller to check them! It was a very hot and humid evening and most competitors were completely exhausted by the end of their course, so it was quite hard to find volunteers to bring in controls afterwards. However all were eventually retrieved, and the event made a fitting climax to the series!

Andy Thornton's series of Countryside Score started in fine style in deepest Cheshire countryside at Over Peover. One of the questions to be answered at one control point was a notice: "keep off the .....?" One might well have guessed "grass", but no – it was "keep off the polo ground"! This showed the type of area in which we were running, not to mention the field with life-size plastic sheep and cows! Ian Gilliver had the inspiration for using the area and had planned the course and questions.

This was followed by the Vale Inn at Bollington, where Andy Thornton had planned the course. Here both the Middlewood Way and the canal provided interesting route choice, and problems as to where and how to ascend the steep embankments from the Middlewood Way.

Simon Proud had planned the next event centred on the Boddington Arms at Wilmslow. This was right beside Lindow Common which confused many people as there are many more paths on the common than the two rights of way shown on the map, but otherwise had an interesting network of footpaths.

The final event was organised by the McCann family and centred on the Boars Head at Poynton. This was again an excellent area with many paths in addition to the canal and the Middlewood way.

Overall Steve Lang and Simon Proud had the best results on the 90 minute score, with a greater variety of winners on the 60 minute score but Tom Fellbaum, John Britton and Dan Parker were all well up.

Andy Thornton is looking for people who are interested in planning these events next year. The informality of the events makes them very enjoyable and by planning an event you will have the ideal opportunity to explore your local footpaths. Help will be given in preparing maps and the type of questions that can be asked.

## MEDIA CITY – SALFORD

On 15<sup>th</sup> June SELOC staged an excellent urban event based on Media City in Salford Quays, with the assembly area and finish outside one of the BBC buildings. The three longer courses started outside the John Rylands Library in Deansgate and went through Spinningfields, Castlefield and Ordsall before traversing Salford Quays. The shorter courses were all around the Salford Quays area.

We had been planning a City of Manchester event, which will take place next summer, and we agreed to allow SELOC to use part of the Manchester map in advance for their event. Tom Fellbaum has been preparing the map of Manchester, and he mapped the area required by SELOC and also mapped Ordsall and joined it up with Mark Seddon's existing Salford Quays map.

Steve Round of SELOC had been the driving force behind the event and had spent a lot of time trying to negotiate the numerous permissions that are required for any urban event. Margaret Gregory is similarly involved in obtaining permissions for our Manchester event, and she collaborated with Steve Round for liaison with Manchester City Council, and will make use of some of his list of contacts for our event.

Long course competitors had to register at Media City and then travelled by Metro to St Peter's Square and walked to their start. All seemed to go well, apart from one bemused security officer in Spinningfields, and even the residents of Ordsall seemed very interested in what was going on.

Our City of Manchester event next year will be on Sunday 15<sup>th</sup> June and will be based on Castlefield, with the Castlefield Arena acting as assembly area and finish. Tom Fellbaum is completing the map of Manchester, Steve Lang will plan the courses and Margaret and Andrew Gregory will be joint organisers. The Castlefield Hotel, owned by the Y-club, will rent us indoor accommodation for registration and storage of kit. This will be the second day of our Twin Peak weekend, with an event planned for Watergrove on Sat 14<sup>th</sup> June.



*Steve Lang sets off from the Manchester start*



*Runners crossing the canal bridge in Castlefield*



*Alex McCann, David McCann & Tim Martland discuss routes  
(All photos by Peter Cull)*

## SCOTTISH 6-DAYS – MORAY 2013

The planted forests on the sand dunes along the south coast of the Moray Firth provide excellent terrain for orienteering, with detailed contours, good running and good visibility. Four of the days of this year's Scottish event were along this coast, with the other two in nearby inland forests.

Over 60 club members ran in the event, some camping and others in various self-catering places. The most

impressive of these was Kellas House, a grand mansion and estate that had been rented by a group based on Doug Edwards and his family. They generously hosted a club barbecue in the grounds, with Doug acting as Laird and overseeing the labours of the barbecue chefs (Dave Mawdsley & Eddie Speak). We were pleased to see several former club members at the barbecue, including Alan & Jill Wynn, Nick & Vivienne Maxwell and Edouard Salathé and family.



*Eddie Speak cooking, with Kath Speak, David McCann, John Britton & Chris Rostron*



*Dave Mawdsley talks to Tim Martland, with Eddie Speak in the background*

The forests and wooded sand dunes provided excellent orienteering, with a wealth of contour detail. The weather was generally fine, apart from Day 4 at the Loch of Boath when a number of club members had volunteered to help with the event. We were mainly employed in car parking and manning road crossings either before a late run or after an early one.

Several people were recovering from operations or injury, but John Britton had regained his fitness and had some good results in M60L. Andrew Gregory won M75L, Vicky Thornton was 3<sup>rd</sup> in W50L and Rae Lomas just missed the prizes coming 4<sup>th</sup> in W70L. Nick Taylor was 3<sup>rd</sup> in M21L, winning the class on two individual days. Alex McCann was 10<sup>th</sup> out of 54 entrants in the very tough M18L class, holding off the challenge from Ali Thornton, who came 18<sup>th</sup>.

## O TRAMONTANE - July 2013

*John Britton*

- 5 days of French orienteering (though each day was considered as a separate event and there was no cumulative competition)

A select group of MDOC worthies escaped the fantastic mid-July Manchester weather in favour of an interesting week in France as a warm-up for the Scottish 6-Days. I'd had a French exchange trip to Narbonne 50 years ago, and one trip our hosts took us on was a day skiing in Font Romeu, so I was keen to visit, even though I couldn't remember anything more than sliding across a car park on out-of-control skis, and meals including plates of nothing but petit pois, with every one finished off with a big tub of nasty plain yoghurt. Font Romeu still has an International Sports Centre providing altitude training facilities - when UK athletes began scheduling altitude trips in the 1970s, this was the place they went, and Paula Radcliffe is a recent regular.

**Fri July 12** - RyanAir luxury evening flight to Girona (outside Barcelona) followed by an hour's drive towards France to a hotel near Figueres.

**Sat July 13** - a few more hours' drive into France and up into the Pyrenees and Font Romeu. Arriving early at the Assembly for the afternoon's Middle Race at Barres-Pyrenees 2000, we picked up maps for the Training event, and then went back a few kilometres to spend a happy hour or so pottering about Les Artigues Ouest. This is a small but beautiful area with few paths - basically a ridge plus slopes either side, mostly mapped as white, generously scattered with contour interest, substantial boulders and featuring very little undergrowth or brashings. Think top-quality Scottish area, and that's the Pyrenees for you. [All the maps for the week were drawn by Ray Hulse - who was a member of DEE before he moved out to France about 10 years ago - and I thought they were exceptionally good.] By mid-afternoon the humidity had built up and the daily thunderstorms had begun, and the non-trivial walk to the start of the middle race was a very soggy affair. This being my first event since the JK relay on Easter Monday, I was hoping rather than expecting but it turned out even worse than feared. A good area, similar to the Training area (possibly with more undergrowth), but the course wasn't overly exciting and certainly no reason to be unable to run within 45 degrees of my intended compass bearing (twice!).

**Sun July 14** - a mile or two up the road to Les Airelles. This map had quite a few bright yellow bits for the ski runs, dirty yellow bits of open moorland, and the forest in general was a mix of white and dotted open so visibility was generally quite high. Again, not much obstruction on the ground. I proceeded to lurch from the ridiculous to the sublime, and had arguably my best run ever - beating Andy Hemsted for the first time, and sneaking 3rd spot on the podium - the goody bag of local biscuity things being eventually appreciated by everyone who had to wait with me for the endless prizegiving in the afternoon rain. The only blemishes in a really hard run were a few seconds wobbling just after the start, and a minute or so given away on a 5-minute leg where I started on straight-but-risky Plan A and switched to foolproof Plan B half-way through. Pretty much everything else was well-planned and well-executed at 100% effort.

**Mon July 15** - a few miles further out at La Quillane, featuring a spectacular Assembly area with views of snowy peaks in all directions. A real Scottish forest, this one, with some ponds and marshes mixed in with the usual contours and rocks, ending with a swoop down a ski run to the Finish. Back to the ridiculous, I'm afraid - a minute or so lost on an excellent first leg, where I wandered off-line near the control, and then 10 yes 10 minutes lost wandering off-line near #5 and "relocating" off a pair of huge boulders that weren't the pair I thought they were. Back to earth with a bang after the joys of the day before. We made up for it by a pre-rain visit to a spectacular and fascinating solar furnace - an amazing array of rotating mirrors that focus sunlight onto a point and can burn holes through steel plates in a twinkle.

**Tues July 16** - transfer to Narbonne via an interesting drive down a long valley and a couple of hours "doing" the marvellous old fortress town of Carcassonne. On arrival at our hotel, nicely placed in central Narbonne, booked via Expedia, paid for and guaranteed according to the receipt, we were told that our rooms were already occupied and we could instead have some 20-odd miles away in Beziers. Very not-amused, and the saga is still unresolved.

**Weds July 17** - Conilhac-Montbrun. An area to avoid. A fairly flat ridge-top with deep valleys cutting in from the South. As different from the Pyrenees as chalk from cheese. Think Helsington Barrows limestone chunks underfoot, with almost everything off-path being nasty thorny stuff. Most of us learned that leaving paths was fatal on our first control, and thereafter ran round the paths however far it was. I worked hard and might have had a decent result except I wandered off-line again near the end and got stuck for a while in chest-high thorny stuff. We celebrated our survival by taking a trip out to swim at an amazing beach at Narbonne Plage followed by a daring off-piste drive around the countryside trying and failing to make Dave's 30-year-old map fit. In the supermarket car park, we got bumped by someone who started their car in gear and bent our number plate.

**Thurs July 18** - La Campane - a small-ish area on the side of the Narbonne ring road. Limestone chunks similar to day 4, but more complicated hills, with some areas of white and fewer paths. I stuck with the day 4 technique of running round and had a pretty-much clean run in terms of executing the intended plan. It turned out that being braver on some of the legs would have been a good idea and my clean run was a few minutes short of the podium. Again we celebrated our survival with a trip to the sea-side - a museum of salt-panning and a hilltop ruin at Gruissan.

**Fri July 19** - back to Spain, and a late evening flight home. A day of Salvador Dali - first we tried to visit his house and extensive garden at the seaside at Port Ligat. This failed as you needed to buy tickets and there were none left for today. To make up, we had a most enjoyable swim in the fabulously warm water of the little inlet. Next, a drive back over the long and winding mountain road to the Dali museum at Figueres, which turned out to be everything you could have hoped for - though queueing for half-an-hour in torrential rain without sufficient umbrellas was definitely not a highlight. And so to the airport, and eventually home.

We mostly self-catered and ate very well - the diary of assorted culinary masterpieces will have to be delivered as a special supplement, but we found some interesting supermarkets. Would I go back? Like a shot to the Ray's maps of the Pyrenees; not-if-I-could-help-it to the scrattiness around Narbonne.

## WORLD MASTERS – SESTRIERE, ITALY

*Andrew Gregory*

Was it possible to run in both the Scottish 6-days (28 July – 3 Aug) and the World Masters Championships in Italy (4 – 10 Aug)? We managed by missing the last day of the Scottish and flying from Aberdeen via Frankfurt to Turin on 3<sup>rd</sup> August, then driving to Sestriere in the Italian Alps just in time for the first event, the Sprint Qualification race. The party should have included Sue Birkinshaw but sadly she developed a really bad chest infection at the Scottish and had to cancel her planned trip to Italy. Tony Wagg joined us a day later, having completed the last day in Scotland as he doesn't like sprints. We were very glad of his competence in Italian to help us with shopping and sorting out problems.



*Typical forest*



*Margaret in the Sprint Qualifying event*

Sestriere is mainly a ski resort, set at 2000m above sea level, the centre for the 2006 Winter Olympics. The first two days were sprints; a qualifying race in the nearby village of Pragelato and the final in Sestriere itself. In each age class the top half from each heat (or third if three heats) go into the A final. I made some lucky route choices and managed to come 6<sup>th</sup> in the M75A final. Margaret just missed her A final by 1 place, but had a brilliant run in the W75B final that would have put her second, if only she hadn't run right past a control in a dark passage without punching it!



*Chairlift to the Final*



*Final assembly area*

The long distance events were in very attractive pine forest with excellent visibility and good runnability, except when the leg went uphill! The combined times for the two qualifying days determined whether you ran in the A, B, etc. final. Tony Wagg joined us for these days, and walked round his course as he was recovering from a hip replacement. On the final day everyone parked in the valley and we were transported to the assembly area by chairlift. A very attractive area with much more complex contours than the two qualifying days. I managed 17<sup>th</sup> in M75A and Margaret 13<sup>th</sup> in W75B.

The World Masters Orienteering Competition takes place every year and every four years, including this year, is held in association with the much larger World Masters Games. It is always an excellent event, with very high standards, and attracts most of the top international competitors in the different age groups from M/W35 upwards. Future Championships will be:

2014 Porto Alegre & Canela, Brazil	1 - 9 November
2015 Gothenburg, Sweden	25 July - 1 August
2016 Tallinn, Estonia	<i>Dates to be confirmed</i>
2017 Auckland, New Zealand	<i>Probably in April</i>

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### **Hungaria Kupa 5-day - Veszprem - 16-20 Aug 2013 - Nord Ouest RandO**

Andy Thornton

A number of MDOC families with NW Junior Squad affiliations joined a group of North West types on the 2<sup>nd</sup> Nord Ouest RandO tour to Hungary last month.



The first such tour was to the French event which accompanied the WOC in 2011 and

it was a big success. There was some demand to arrange a similar overseas multi day tour in 2013, and (or but?!) the Hungaria Kupa was the only one available within the school holidays that didn't clash with the Scottish 6-day.

So although the terrain didn't look that great, it was something of a Hobson's choice.

On the positive side it looked cheap!..... About £30 for 5 days entry fees (or £15 for the 65+), accommodation about £7 per night per person and cheap car hire too (for most!). So we were off!

**Getting there:** Most of us sought out cattle-class flights with Ryanair (hold bag more expensive than passenger fare!) and Jet2 to Budapest to arrive a couple of days in advance of the competition. The posh folks arrived later with Swiss Air (free baggage and chocolate) ;-)

A day or two sight-seeing in Buda and Pest, before the 2-3 hour drive (depending who you follow) west to our accommodation which was about 20k west of Veszprem town and the event centre.

It was a bit wet, dark and grim when the first families arrived at the Chalet accommodation and initial reports back painted a rather gloomy picture. Tired hungry travellers in an unfamiliar environment - morale was rather low at this point!

### **The orienteering:**

Many of us had a wander round the model event on the day before the competition proper..... oh dear .... nettles, brashings, brambles....it wasn't looking good! But after a bit of exercise, with the sun now out, and with sör (beer) at £1 a pint, spirits began to lift.



Days 1 & 2 were in the Bakony hills. Pleasant, runnable hilly forested terrain and well planned courses. A nice shaded assembly area for both days, music (Papa Americano), part English commentary and a sör outlet all was now well!

Day 3 was an urban short-distance race in the event centre town of Veszprem starting in the main town cobbled square and finishing in a local park area. The orienteering was an interesting mixture of steps, streets, shopping centre and historic buildings and the Brits all punched above our weight despite the heat (Mawdsley has a theory on this).

Days 4 & 5 were based from the event centre on an ex military training ground. Savanna like terrain, a mixture of open and scrub / small trees, quite vague with pits

and tank traps, and very fast! Some of the youngsters were doing 4.5 mins/k! and some of the not so young 6 mins/k. And it is nice finishing to the sound of Bruno Mars (Locked out of heaven).

**A bit on the side:** In addition to the main events there were other orienteering opportunities in the afternoons and evenings. None of us tried the Mikrosprint, the Mobile (phone) O, or the night event. But we did have representation in the Trail-O, and Alistair, Matthew and Alex took bronze in the Veszprem County Relay Champs, being beaten only by Romania 1 & 2.



And then there was the beer relay..... about which the less said the better! ;-)...(well I'll say some thing – it was a case of more haste would have in fact produced more speed – i.e. had Andy not spent ages supping and savouring his beer - Hic!...Vic)

### **Our winners:**

Top performers from our group included:

Laura Hindle 10<sup>th</sup> in W16

Vicky Thornton 1<sup>st</sup> in W50 (1 stage win)

Heather Fellbaum 5<sup>th</sup> in W50 (2 stage wins)

Hazel Hindle 10<sup>th</sup> in W50

Matthew Fellbaum 9<sup>th</sup> in M16

Alistair Thornton 11<sup>th</sup> in M18

Alex and Dave McCann 13<sup>th</sup> in M18 & M50

Tom Fellbaum 2<sup>nd</sup> in M21A (2 stage wins)

Alice Fellbaum 6<sup>th</sup> in W20A

Andy Thornton 9<sup>th</sup> in M50

Dave Mawdsley 8<sup>th</sup> in M70A

Full results:

<http://veszpremitajfutoclub.hu/hungariacup2013/eng>



### Other notable performances / special awards:

- Dave Mawdsley for his work with mop and bucket (Jan would be proud of you)
- Also Dave Mawdsley - the world record for the slowest ever barbequed chicken kebab
- The Romani tinkers who disappeared with our camping bowls (thanks Dave!)
- Jonny Swailes (Rebecca's non-orienteering bf) – for the fastest run in on day 3 (achieved in a pair of deck shoes and with sun specs and hair quiff undisturbed ... resulting in one of the biggest blisters of the week!)

### In summary:

Though the event didn't have the technical quality of the French event in 2011, it was very well organised and with about 1500 competitors had a nice "laid back" feel about it. I would certainly consider going again.

But where in 2015? Or maybe even 2014 too!

Alistair Thornton (YouTube videos:

<http://www.youtube.com/user/THEaliMAN72?feature=watch> )



## RECENT RESULTS

### Salford Urban event 15 June

<b>Junior Men, 3.3k (5)</b>		15 David Walker	M70	63:06	
2=	River Edis-Smith	M14	24:51		
4	James McCann	M14	32:06		
5	Benjamin Martland	M14	35:04		
<b>Men Open, 8.9k (37)</b>		<b>Women Open, 7.8k (13)</b>			
10	Alex McCann	M18	63:07	7 Michelle Riley	
20	Dan Riley	M35	69:12	W35 78:41	
29	Paul Watson	M35	86:08	9 Rebecca Glen	
33	Gareth England	M18	113:12	W35 79:57	
34	Jonathan England	M40	114:04	<b>Veteran Women, 6.2k (30)</b>	
<b>Veteran Men, 7.8k (47)</b>		3	Heather Fellbaum	W50	51:54
3	Stephen Lang	M40	49:39	17	Hazel Hindle
8	Liam Corner	M40	52:48	W50	63:15
14	Steve Dempsey	M50	56:32	23	Elizabeth Hamer-Davies
15	Trevor Hindle	M45	57:32	72:37	
24	David McCann	M50	62:14	<b>Super-Veteran Women, 4.4k (18)</b>	
26	Timothy Martland	M50	62:45	8	Kate Bryant
<b>Super-Veteran Men, 6.2k (48)</b>		10	Jillyan Dobby	W60	44:00
36	Andrew Gregory	M75	61:02	17	Alison Doyle
38	Trevor Roberts	M65	62:58	W60	46:42
41	Grahame Crawshaw	M65	65:36	18	Jennifer Gibbs
43	Ian Gilliver	M60	67:06	W60	67:58
47	Richard Gibbs	M60	99:03	18	Jennifer Gibbs
<b>Ultra-Veteran Men, 4.4k (21)</b>		<b>Ultra-Veteran Women, 3.1k (10)</b>			
5	Peter Ross	M65	42:58	1	Jan Ellis
8	Peter Lomas	M70	45:06	W65	34:41
12	David Mawdsley	M70	52:01	2	Rae Lomas
13	Ian Watson	M65	54:16	W70	37:10
		6 Irene Crawshaw			
		W65 42:37			
		9 Sue Birkinshaw			
		W75 50:59			
		<b>C2, 7.8k (3)</b>			
		2 Ian Farrell			
		M21 76:28			
		<b>C4, 4.4k (8)</b>			
		6 Graeme Baker			
		M21 57:57			
		<b>C8, 2.2k (2)</b>			
		2 Lily & Jack Riley			
		M5 36:31			
		<b>N, 2.7k (14)</b>			
		7 Gemma Manley			
		W20 35:05			
		9 Mary Baker			
		W21 37:07			

### Horwich Carnival 16 June

This event was part of the Horwich Festival of Racing. A prologue event in Lever Park was followed by a Mass Start urban event in Horwich, although because of the numbers this had to be split into three separate Mass Starts. Liam Corner was in the prizes with an excellent overall second position on the Veteran Men course.

			<u>Lever Park</u>	<u>Horwich</u>
Men Open (15)	11	Paul Watson	8	13
Veteran Men (17)	2	Liam Corner	2	3
Super-Veteran Men (26)	18	Grahame Crawshaw	18	21
	19	Ian Watson	19	22
	20	David Mawdsley	22	19
	6	Rebecca Glen	6	5
Women Open (6)	6	Rebecca Glen	6	5
Super-Veteran Women (9)	9	Alison Doyle	7	9

## Halifax Urban Race 22 June

The Halifax event started in parkland before traversing the cobbled streets for which the town is famous. Best result was Matthew Fellbaum in the Junior Men class.

### Junior Men, 3.3k (8)

2 Matthew Fellbaum M16 22:15

### Men Open, 7.4k (23)

10 Thomas Fellbaum M21 47:05

22 Paul Watson M35 65:19

23 Steven Hart M21 69:57

### Veteran Men, 6.0k (51)

10 Stephen Lang M40 42:22

14 Trevor Hindle M45 43:18

44 Stephen Fellbaum M50 57:33

### Ultra-Veteran Men, 4.2k (30)

8 Chris Kirkham M65 37:06

14 Peter Lomas M70 40:43

17=Grahame Crawshaw M65 42:46

22 Andrew Gregory M75 44:23

### Women Open, 6.0k (12)

11 Bex Hirst W35 70:18

### Super-Veteran Women, 4.2k (18)

12 Marie Roberts W55 45:18

17 Alison Doyle W60 59:02

### Ultra-Veteran Women, 3.6k (16)

4 Irene Crawshaw W65 36:59

9 Julie Brook W65 45:51

10 Rae Lomas W70 43:53

15 Sue Birkinshaw W75 56:52

## Northern Championships – Castle Carr 23 June

A wet day for the Northern Championships on the tough moorland of Castle Carr. Our champions were Alistair Thornton, Vicky Thornton and Sue Birkinshaw, with Margaret Gregory 2<sup>nd</sup> on W75 and Matthew Fellbaum 3<sup>rd</sup> on the very competitive M16 class.

**M12A** 2.4k (7) 6 Ben Dempsey 36:25 **M65S** 4.1k (7) 4 Ian Watson 55:27

**M14A** 4.4k (9) 6 River Edis-Smith 59:11 5 Stephen Beresford 63:41

9 James McCann 90:40 7 Grahame Crawshaw 76:32

**M16A** 5.9k (9) 3 Matthew Fellbaum 49:53 **M70L** 4.5k (11) 8 Peter Lomas 68:16

**M18E** 9.0k (8) 1 Alistair Thornton 70:21 **M70S** 3.0k (2) 2 David Walker 75:35

2 Alex McCann 71:19 **M75L** 4.1k (6) 3 Andrew Gregory 69:06

**M21E** 13.7k (8) 5 Thomas Fellbaum 115:35 **W16A** 4.5k (12) 7 Laura Hindle 57:40

**M21S** 6.9k (5) 4 Steven Hart 119:05 **W45L** 5.4k (12) 6 Jane McCann 76:49

**M21V** 4.5k (2) 1 John Kewley (M50) 58:54 **W50L** 5.4k (18) 1 Vicky Thornton 51:29

**M40L** 9.0k (9) 7 Stephen Lang 105:12 10 Heather Fellbaum 75:53

**M45L** 7.6k (25) 12 Trevor Hindle 71:47 **W50S** 4.1k (5) 4 Kath Speak 72:38

**M50L** 7.6k (26) 4 Steve Dempsey 62:32 **W60L** 4.5k (11) 11 Alison Doyle 118:48

7 Timothy Martland 68:31 **W65L** 4.1k (13) 8 Jan Ellis 61:56

11 David McCann 72:24 9 Irene Crawshaw 66:31

20 Stephen Fellbaum 92:14 10 Julie Brook 83:52

**M55S** 4.5k (2) 1 Alan Poxon 62:31 **W75** 3.0k (3) 1 Sue Birkinshaw 62:43

**M65L** 5.4k (28) 23 Chris Kirkham 80:52 2 Margaret Gregory 90:54

## University of Hull - Sprints – 20 July

UVM (13) 8 Graham Crawshaw UVW (7) 4 Irene Crawshaw

9 Andrew Gregory 6 Margaret Gregory

VW (12) 11 Elizabeth Hamer-Davies

## Hull Urban race – 21 July

VM (18) 6 Trevor Hindle VW (14) 13 Elizabeth Hamer-Davies

UVM (16) 8 Andrew Gregory UVW (9) 3 Irene Crawshaw

11 Graham Crawshaw 8 Margaret Gregory

### BUXTON Urban race 21 July

1. 7.0k	3	Steve Lang	42:03	9	Chris Rostron	34:48	
2. 5.8k	12	Liam Corner	43:00	11	Chris Kirkham	35:38	
	n/c	Ian Farrell	46:58	14	Jillyan Dobby	41:44	
3. 4.8k	11	Peter Ross	42:37	20	David Walker	50:12	
	21	Steve Nicholls	47:27	24	Alison Doyle	57:52	
4. 3.8k	8	Trevor Roberts	34:45	5. 3.0k	4	Rae Lomas	35:33

### WHITE ROSE - Gilling Forest 23-26 August

The annual White Rose August Bank Holiday weekend was centred on Gilling Castle in the Howardian Hills near Helmsley. In addition to the two classic distance days, a sprint event, a night score event, a team race, a Trail-O and a mountain bike-O were organized nearly all adjacent to the assembly area and campsite.

Results are given as positions, with individual day positions in brackets for the 2-day event. The most impressive result was Steve Dempsey in the hotly contested M50 class, and River Edis-Smith had excellent runs in the Sprint and the Night Score event.

<b>M12A</b>	Ben Dempsey	5/11	(3,7)	<b>S.Grn</b>	Jenny Shaw	3/7	(4,5)
<b>M14A</b>	River Edis-Smith		(4, mp)	<b>White</b>	Emily Rafferty	5/6	(4,5)
<b>M35S</b>	John Kewley	2/4	(1,5)	<b>Sprint</b>			
<b>M40L</b>	Jim Trueman	8/11	(8,5)	YJM	River Edis-Smith	2/19	
<b>M50L</b>	Steve Dempsey	2/23	(3,2)	<b>Night Score</b>			
<b>M55S</b>	Alan Poxon	5/11	(4,5)	YJM	River Edis-Smith	1/9	
<b>M65L</b>	Peter Ross	7/25	(7,7)	VM	John Kewley	9/19	
	Chris Kirkham	19/25	(19,25)	<b>Trail-O</b>			
<b>W12B</b>	Jessica Rafferty	4/4	(4,3)	JM	River Edis-Smith	7/8	
<b>W60L</b>	Jillyan Dobby	4/13	(3,4)	VM	John Kewley	2/12	

### PFO 'Caprcorn' - Holcombe Moor 31 August

The 'Capricorn' was this year a score event on Holcombe Moor, with 30 controls of various point values, and the option of 2, 3 or 4 hour limits. John Britton was the Controller.

<b>4 Hr</b>	6	Steve Lang	582 pts	14	Stephen Beresford	235	
	9	Andrew Stimson	525	<b>2 Hr</b>	3	Alistair Thornton	336
<b>3 Hr</b>	12	Jim Trueman	265	11	Vicky Thornton	206	

### CITY OF LINCOLN RACE 1 Sept

This year's Lincoln City race started on the intricate University campus before long legs to the western part of the City. Laura Hindle had an excellent win on W16, with Carolyn well placed on Women's Open and Liam Corner well up on M40.

<b>M40</b>	6.7k	5	Liam Corner	45:48	<b>W40</b>	5.5k	11	Hazel Hindle	65:04
		11	Trevor Hindle	50:37			19	Liz Hamer-Davies	79:41
<b>M65</b>	4.0k	16	Grahame Crawshaw	48:51	<b>W65</b>	3.5k	6	Rae Lomas	50:22
<b>W16</b>	3.7k	1	Laura Hindle	30:44			8	Irene Crawshaw	52:03
<b>WO</b>	6.7k	5	Carolyn Hindle	70:12					

# “O” LOGIC

If, like me, you’re frustrated by those logic problems that require you to work out who did what, with what, where and to whom, you might like an easier one, with an orienteering theme.

Alan, Beatrice, Charlotte and Dave go to an orienteering event. They each register for a different course: Yellow, Orange, Green, and Blue, the only ones available on the day. The following control sites feature on the courses (one on each course): crag, knoll, small depression, and vegetation change.

From the statements below, can you allocate competitor to course and control feature?

1. Beatrice recalls seeing an M35 pick up the Blue course map.
2. Charlotte registered for the Green course, on which no control site was a knoll.
3. The small depression was on neither of the two hardest courses.
4. The vegetation change was on the easiest course, on which neither Beatrice nor Alan competed.

Alan.....

Beatrice.....

Charlotte.....

Dave.....

Solution next time!

Graham Pythian

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## **Welcome to new members:**

Alex Connock M45

David Adams M40

Junior members from Fallibroome:

Joseph O’Donovan Harry Brown Zoe Dunn Ben Heginbotham Charlie Jordan  
Nomi Fischer Phillip, Edward + Jessica De Sousa



## SCOTTISH 6-DAYS



*Steve Dempsey*



*Vicky Thornton*



*David McCann*



*Peter Ross*



*Kate Bryant*



*John Britton*



*Steve Fellbaum*



*Julie Brook*



*Andrew Gregory*

*(Photos by Wendy Carlyle)*