



# MDOC NEWS



**Newsletter of Manchester and District Orienteering Club**

**APRIL 2009**



**British Championships  
CompassSport Cup  
Saturday Events  
GMOA Constitution**

## NEWS

We had an excellent turnout for the CompassSport cup competition, but in spite of several very good runs we came third in a very close competition between us, winners WCOC and LOC.

A very full programme of events is planned for the Spring and Summer. The final event in the Saturday morning series will be held at Woodbank Park in Stockport on 4 April. As well as introductory courses, this will also incorporate a chasing sprint. This has been a popular format in the previous events in the series.

The Summer evening series of colour-coded events will commence on Tuesday 21 April at Tegg's Nose country park, with later events at Lyme Park, Macdesfield Forest and Alderley Edge. The series is co-ordinated by Trevor Roberts, and is linked to similar events put on by Deeside Orienteering Club.

A sprint event will be held in Fallowfield in Manchester on Saturday 25 April. This will comprise a prologue event in Platt Fields Park, and followed by a chasing start sprint event on the Fallowfield Campus of Manchester University. Planner is Grahame Crawshaw and organiser John Britton.

In addition there will be the annual series of introductory events at Lyme Park, co-ordinated by Pete Lomas. These will be on 28 April and 7, 12 followed by a colour-coded event on 21 May.

Our major event of the year, the Twin Peak weekend, will this year return to the Lake District on Saturday 30 and Sunday 31 May. We shall be based at Side Farm in Patterdale beside Ullswater, and the events will be respectively on Place Fell and Angle Tarn Pikes. Dave McCann and Steve Fellbaum are planning the courses, with Sue Birkinshaw as co-ordinator and Jan Ellis as on-the-day organiser.

Steve Lang won the men's competition in the SROC winter night orienteering league. John Britton had been leading, but missed the last event, allowing Steve to come through to win.

Steve Lang is planning to have a go at the Bob Graham round this year, provisionally 13-14 June. To train for it, he will be going to the Lakes most Wednesdays and would welcome anyone who would like to join him on a Wednesday jaunt. And any support on the big day would be much appreciated.

Sue Birkinshaw is offering our surplus stock of A4 and A3 map paper - the normal stuff, not the new waterproof paper to club members. We are offering to sell it at 1p a sheet for A4 and 2p a sheet for A3. If anyone wants to buy some, let Sue know SOON, as an advert has gone to all the NW clubs, but MDOC people have first option.

The idea of a south area NW Galloppen, comparable to the Cumbria Galloppen has been suggested, and was welcomed by the NW club delegate meeting and will be launched in 2010. There is a need for a good name and a statistician. The clubs involved will generally contribute 2 events each year.

Dave Walker is hoping to provide a short introductory orienteering course at the Hayfield Show, which will be held this year on the 19th and 20th September on fields adjacent to Park Hall Wood.

Hamish Willis has been appointed as the new North West development officer

### Welcome to new members:

A warm welcome to Clare and Andrew Barnett (W35 & M35) who joined in Nov 2008. They had attended the Lyme Park events in 2008.

Also to Janet Bellis (W65) and Brenda Barnett (W60) who help Jim Nightingale take care of the permanent orienteering posts in Chorlton Water Park and also joined Nov 2008.

Also to new members who have joined this year:

Paul Clifford (M45) who used to orienteer as teenager and returned to our Lyme park events, and Andrew Tute (M45) who has attended some of our informal events.

## CompassSport Cup

The first round of this year's CompassSport Cup was held at the new area of Farleton Knott near Carnforth. This was a complex area of limestone pavement, open in some parts, but one area on the longer courses was covered in quite dense woodland, and sometimes covered with moss. Fortunately the weather was dry, but running was very difficult, and the complexity of the mapping of different areas made navigation very tricky.

We had a very good turnout of dub members, and several excellent performances contributed to our high total score. The results were very close between the three leading dubs, but we were just beaten by both WCOC and LOC. The total scores being (provisionally) as follows:

|      |      |
|------|------|
| WCOC | 2280 |
| LOC  | 2223 |
| MDOC | 2204 |
| DEE  | 2131 |
| SROC | 2131 |

The positions of dub members are shown below, together with the point score. Scores in bold counted towards the grand total of the best 25 competitors, but there is a complex formula so that you can only count so many from each course. However good runs by non-scoring competitors helped to push competitors from rival dubs down the list, so everyone contributed. Thanks from Steve Fellbaum and Dave McCann to everyone who came and supported the dub.

| <u>Pos.</u> |                   |     |            | <u>Pts</u> |    |                    |                    |
|-------------|-------------------|-----|------------|------------|----|--------------------|--------------------|
| 2           | Liz Britton       | W21 | Blue W.    | <b>100</b> | 55 | Ray Humphreys      | M50 Blue Men 64    |
| 2           | Alex McCann       | M14 | Orange     | <b>98</b>  | 58 | Alan Poxon         | M55 Blue Men 62    |
| 2           | Alice Fellbaum    | W16 | Green W.   | <b>98</b>  | 33 | Naomi Grayburn     | W20 Blue W. 62     |
| 5           | Roger Bryant      | M18 | Blue Men   | <b>97</b>  | 23 | Carolyn Hindle     | W14 Orange 60      |
| 6           | Andy Thornton     | M45 | Blue Men   | <b>96</b>  | 29 | Dave Mawdsley      | M65 Green Men 60   |
| 3           | Alistair Thornton | M14 | Orange     | <b>96</b>  | 62 | Steve Fellbaum     | M45 Blue Men 58    |
| 10          | Irene Crawshaw    | W65 | Green Vets | <b>96</b>  | 45 | Elizabeth Smith    | W65 Green Vets 58  |
| 7           | Vicky Thornton    | W45 | Blue W.    | <b>94</b>  | 63 | Dave Birtwistle    | M45 Blue Men 57    |
| 4           | Stephanie Bryant  | W18 | Green W.   | <b>94</b>  | 67 | Trevor Hindle      | M45 Blue Men 55    |
| 15          | Dan Parker        | M45 | Brown      | <b>93</b>  | 34 | Chris Rostron      | M60 Green Men 52   |
| 19          | Edouard Salathé   | M40 | Brown      | <b>91</b>  | 51 | Jan Ellis          | W60 Green Vets 52  |
| 13          | Elliot Malkin     | M18 | Blue Men   | <b>90</b>  | 29 | Rebecca Humphreys  | W14 Orange 50      |
| 15          | Julie Brook       | W60 | Green Vets | <b>90</b>  | 37 | Andrew Gregory     | M70 Green Men 50   |
| 22          | Jim Trueman       | M45 | Brown      | <b>88</b>  | 33 | Jillyan Dobby      | W55 Green W. 48    |
| 11          | Karen Parker      | W45 | Blue W.    | <b>88</b>  | 39 | Tony Wagg          | M60 Green Men 46   |
| 19          | John Britton      | M55 | Blue Men   | <b>87</b>  | 88 | Alan Ogden         | M45 Blue Men 41    |
| 27          | David McCann      | M45 | Brown      | <b>86</b>  | 39 | Romane Salathé     | W14 Orange 36      |
| 13          | Ian Watson        | M60 | Green Men  | <b>86</b>  | 58 | Grahame Crawshaw   | M60 Green Men 32   |
| 22          | Tim Martland      | M45 | Blue Men   | <b>84</b>  | 46 | Marie Roberts      | W50 Green W. 32    |
| 19          | Heather Fellbaum  | W45 | Blue W.    | <b>82</b>  | 48 | Hazel Hindle       | W45 Green W. 30    |
| 35          | Steve Dempsey     | M45 | Brown      | <b>80</b>  | 58 | Allanah Birtwistle | W16 Light Green 28 |
| 38          | Sean Malkin       | M18 | Blue Men   | <b>75</b>  | 60 | Dave Walker        | M65 Green Men 28   |
| 25          | Jane McCann       | W40 | Blue W.    | 74         |    |                    |                    |
| 15          | Kath Speak        | W50 | Green W.   | <b>74</b>  | 4  | Laura Hindle       | W12 Yellow         |
| 23          | Trevor Roberts    | M60 | Green Men  | <b>72</b>  | 9  | Hector Salathé     | M10 Yellow         |
| 50          | John Kewley       | M45 | Brown      | <b>69</b>  | 13 | James McCann       | M10 Yellow         |
| 36          | Sue Birkinshaw    | W70 | Green Vets | 68         | 16 | Rosemary Ogden     | W12 Yellow         |
| 61          | Chris Kirkham     | M60 | Green Men  | 26         |    |                    |                    |
| 62          | Peter Ross        | M60 | Green Men  | 24         |    |                    |                    |
| 63          | Ted Smith         | M65 | Green Men  | 22         |    |                    |                    |
| 55          | Tom McCann        | M12 | Orange     | 20         |    |                    |                    |
| 67          | Jenny Birtwistle  | W50 | Green W.   | 6          |    |                    |                    |

# GREATER MANCHESTER ORIENTEERING ACTIVITIES

## **All members of MDOC and SELOC are members of GMOA.**

According to the current GMOA Constitution all members must be notified in writing of the AGM and any proposed alterations to the GMOA Constitution.

In this Newsletter is your formal notice of the GMOA AGM 2009, the meeting Agenda and the proposed new GMOA Constitution.

If anyone has any proposals that they wish to put to the meeting for item 6, or amendments to the revised GMOA Constitution in item 5, could these please be sent to the Chair in writing, either posted or by e-mail, by the end of April 2009. Beryl Blackhall, 4 Ruabon Crescent, Hindley Green, Wigan, WN2 4PJ or [beryl@bbee.ndo.co.uk](mailto:beryl@bbee.ndo.co.uk)

## **The GMOA Constitution – the need to update.**

The original Constitution was written in January 1986, when Greater Manchester Orienteering Association was formed, and has not been amended since, despite the change of name. The revised Constitution has been written by the GMOA Committee to reflect how we actually work now, 23 years later. We are now registered with BOF as a Closed Club and there is a recommended Club Constitution Template, provide by Sport England. Our revised Constitution has been reorganised to comply with this template, where applicable to our Organisation. Therefore the whole revised Constitution will be printed in this Newsletter for you to study. If you would like to have a copy of the 1986 version please contact Beryl, as above.

To adopt the revised Constitution, according to the current Constitution, there must be 80% of the votes cast in favour.

## **The current elected GMOA Committee**

Beryl Blackhall – Chair

John Britton – Vice Chair

Kath Etherden – Secretary

Grahame Crawshaw – Treasurer

Caroline Barcham – ordinary member

Peter Lomas – ordinary member

At the 2009 AGM Kath Etherden will not be standing for re-election so is there anyone out there who would be interested in taking and producing our meeting Minutes?

## **The AGM Meeting**

The meeting room will be available from 7.00pm so please arrive in good time so we can start promptly. The venue has excellent parking. We would like to see a number of members present as we have such an important agenda.

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**GMOA AGM 2009** to be held at 19:30 on Monday 18<sup>th</sup> May 2009  
at Dialstone Centre, Lisburne Lane, Offerton, Stockport, SK2 7LL

## **AGENDA**

1. Record of attendance  
Apologies
2. Approval of the Minutes of the 2008 AGM
3. Annual reports:
  - a) Chairperson's report
  - b) Honorary Treasurer's report and balance sheet at 31<sup>st</sup> March 2009
  - c) Adoption of the audited accounts
4. Operational reports:
  - a) Maintenance
  - b) Map production
  - c) Sites and publicity
5. To adopt the revised GMOA Constitution

6. Proposals duly notified (if any)
7. Election of Officers:
  - a) Chairperson
  - b) Vice Chairperson
  - c) Treasurer
  - d) Secretary
8. Election of 2 Committee members
9. Appointment of Honorary Auditor for 2009-10.

Following the closure of the formal meeting there may be time for non committee members to raise questions and engage in informal discussions with the committee. We must vacate the meeting room at 9.15pm.

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## **GREATER MANCHESTER ORIENTEERING ACTIVITIES CONSTITUTION**

### 1. NAME

The Organisation will be called GREATER MANCHESTER ORIENTEERING ACTIVITIES (GMOA) and will be affiliated to the British Orienteering Federation as a closed club.

### 2. MEMBERSHIP

The members of GMOA shall be all the BOF National and Local members of South East Lancashire Orienteering Club (SELOC) and Manchester and District Orienteering Club (MDOC), without payment of any additional membership fees.

### 3. AIMS AND OBJECTIVES

The aims and objectives of GMOA shall be the provision of facilities for orienteering for any person or groups, primarily through the creation, maintenance and promotion of Permanent Orienteering Courses (POC's) in the Greater Manchester area.

### 4. OFFICERS OF GMOA

The Officers of GMOA will be Chair, Vice-Chair, Secretary and Treasurer.

### 5. COMMITTEE

5.1 The GMOA Management Committee shall consist of the Officers and two ordinary members, all to be elected annually at the Annual General Meeting. In addition the Chairs of MDOC and SELOC (or their representatives) are considered members of the Management Committee. The Management Committee shall have the power to co-opt as necessary to fulfil its business. All committee members are entitled to a vote.

5.2 Meetings of the Management Committee shall be held whenever necessary, either by arrangement at a previous meeting or when called by the Chair or Vice-Chair. Voting at Management Committee meetings shall be by a show of hands. A proposition duly seconded shall be carried by a simple majority.

5.3 The necessary work involved in the operation of GMOA shall be the equal responsibility of MDOC and SELOC and they should bear an equal part of the workload. The composition of the Management Committee should reflect this.

5.4 The quorum required for business to be agreed at Management Committee meetings will be above 50% of the current Management Committee membership.

5.5 The Management Committee shall have the power to employ such outside help as deemed necessary to meet the aims of GMOA.

## 6. FINANCE

6.1 The GMOA Treasurer will be responsible for the finances of GMOA. All GMOA monies will be banked in accounts held in the name of Greater Manchester Orienteering Activities. The financial year shall run from April 1<sup>st</sup> to March 31<sup>st</sup>.

6.2 An audited statement of annual accounts will be presented by the Treasurer at the Annual General Meeting.

6.3 All cheques drawn against GMOA funds shall hold two signatures from those members on the list of signatories registered with the current bank.

## 7. ANNUAL GENERAL MEETINGS

7.1 All members shall be given at least 21 days notice of the date and venue of the Annual General Meeting. This shall be held by the end of May, or as soon as possible thereafter.

7.2 The purpose of the AGM shall be to:

- receive annual reports
- approve the audited accounts for the previous financial year
- elect the Management Committee
- transact other business for the ensuing year, as notified to the Chair in advance of the meeting.

All Individual members have a right to a vote at an AGM or EGM.

7.3 An Extraordinary General Meeting may be called by the Management Committee, or at the request in writing of 10 members. All members shall be given at least 21 days notice of the purpose, date and venue of an EGM.

7.4 The quorum required for business to be agreed at an AGM or EGM will be a minimum of 3 members from each constituent club. A proposition, duly seconded, shall be carried by a simple majority of the members voting.

## 8. AMENDMENTS TO THE CONSTITUTION

The Constitution shall only be altered at an AGM or EGM. Any proposal to alter the Constitution shall be sent to every member not less than 21 days before the meeting. Voting shall be by a show of hands at the meeting, and 75% of the votes cast shall be in favour, for the alterations to be made.

## 9. DISSOLUTION

9.1 A resolution to dissolve the Organisation can only be passed at an AGM or EGM by a minimum of 75% of the votes cast being in favour.

9.2 In the event of dissolution, any assets of the Organisation will be divided equally between MDOC and SELOC.

## 10. DECLARATION

GREATER MANCHESTER ORIENTEERING ACTIVITIES hereby adopts and accepts this constitution as a current guide regulating the actions of members.

## **STOCKPORT TOWN CENTRE EVENT**

At this year's event on Sunday 21 June, MDOC will be helping St Ann's Hospice to raise money for their work with those with life-threatening illnesses and their support for their families and carers.

As well as the normal O-courses there will be a simple "score course" visiting places on Stockport's Heritage Trail. Instead of O control descriptions there will be Staircase House, Lavender's House, Air Raid Shelters etc. This can be used to raise sponsorship money (e.g. 25p? per control) and will be publicised by St Ann's via their newsletter, web site and media links.

Some orienteers may also wish to raise sponsorship money – 25p per km?

I will also be trying to encourage local firms to sponsor controls or maps or donate prizes. Last year we managed 5 or 6 sponsors (giving between £20 and £200) for the dub but with the proceeds going to the hospice I hope to recruit more.

Members can help by publicising the sponsored score event among non-O friends and family. It could be a worthwhile day out for all the family. Stockport has lots of historic sites as well as the pubs, restaurants, cinema and leisure complex and shops.

I would also like help in finding sponsors, anyone who wants to be associated with the event in anyway – they get publicity in all the event literature. Please send me details and I will discuss possible sponsorship arrangements with them.

David Walker

davidwalker@phonecoop.coop

## **TARN HOWS PERMANENT TRAIL O COURSE**

Beryl Blackhall

An extra activity for you to do when you are in the South Lakes, like at the Northern Championships.

Two maps are available for this course, at Standard and Extended Skills levels. These can be downloaded as .pdf files, for free, from the National Trust website [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

Find the, "Coniston and Tarn Hows", section and then go to, "Things to do", where you will find the downloads. The answers are also available here.

To complete the course you will need to circumnavigate the Tarn.

## **THE GREEN GYM – AN OUTDOOR GYM**

This is a new installation at Queens Park, Heywood – SD 858 115 - and at present comprises 8 pieces of equipment, intended for adult use. Stations are available for Cross Training, Cycling, Stretches etc. Two more pieces of equipment still have to be installed. So now you can train on gym equipment in pleasant surroundings and out in the fresh air. A Cafe is also available on site.

This site has also just had a new POC installed and maps will be available shortly.

## INTERLAND

### BURNHAM BEECHES

The Interland competition is an annual five-cornered multi-age group match in which England race against two Belgian teams (Flemish and French), the Dutch and NW Germany. This year it was held in conjunction with the Burnham Beeches National event in February. The English team is selected each year, and this year Vicky Thornton and Alice Fellbaum were chosen from MDOC respectively for the W40 and W16 classes.

England won the competition, with Alice coming second in her age class and Vicky fifth.



Several other club members took part in the National event, including Dave McCann who took these photos of Vicky and Alice in action. Other results were:

|      |                  |    |                |                  |      |                  |                |    |
|------|------------------|----|----------------|------------------|------|------------------|----------------|----|
| M10B | James McCann     | 2  | Steve Fellbaum | 37               | W45L | Heather Fellbaum | 11             |    |
| M12A | Matthew Fellbaum | 7  | M55L           | John Britton     | 9    | W50L             | Marie Roberts  | 15 |
|      | Tom McCann       | 11 |                | Ian Gilliver     | 54   | W55S             | Kate Bryant    | 1  |
| M14A | Alex McCann      | 3  | M60L           | Cliff Etherden   | 20   | W65L             | Rae Lomas      | 2  |
| M18E | Tom Fellbaum     | 7  |                | Trevor Roberts   | 30   | W70L             | Sue Birkinshaw | 3  |
|      | Roger Bryant     | 13 | W18L           | Stephanie Bryant | 4    |                  |                |    |
| M45L | Dave McCann      | 16 | W40L           | Jane McCann      | 16   |                  |                |    |

On the previous day the JOK sprint was held at Whippendell Wood. Club positions were:

#### Men Open

|              |    |
|--------------|----|
| Tom Fellbaum | 27 |
| Roger Bryant | 43 |

#### Women 40+

|                  |   |
|------------------|---|
| Vicky Thornton   | 7 |
| Heather Fellbaum | 8 |

#### M40+

|                  |    |
|------------------|----|
| John Britton     | 38 |
| Stephen Fellbaum | 52 |

#### Women 16-

|                |   |
|----------------|---|
| Alice Fellbaum | 2 |
|----------------|---|



## IVOR NOOT MEMORIAL EVENT – OGDEN

Ivor Noot, who was a well known personality in orienteering and a good friend of many members of the MDOC, passed away in April last year. EPOC planned a regional event on 25<sup>th</sup> January at Ogden, which was Ivor's favourite area for orienteering and training. The area includes a very attractive and detailed section of woodland around Ogden reservoir, surrounded by typical Pennine heather moorland. Nearly all the courses visited "Ivor's knoll", a delightful spot which Ivor often said could easily have been in the Lakes or Scotland.

After running, competitors gathered in a barn where refreshments, including the famous "Noot soup", were provided by Paulette Noot and helpers in return for donations to Myeloma UK.



*Ivor Noot  
January 2008*

*Ivor's Knoll  
May 2008*

*(both pictures courtesy of EPOC)*

### Results of MDOC members:

|        |                   |    |                |                   |      |                |                  |    |
|--------|-------------------|----|----------------|-------------------|------|----------------|------------------|----|
| White  | Ben Dempsey       | 12 | Ray Humphreys  | 7                 | JW5L | Alice Fellbaum | 1                |    |
| Orange | Pamela Hartley    | 8  | Tim Martland   | 8                 | W21L | Karen Parker   | 2                |    |
| Lt Grn | John Dempsey      | 26 | Steve Fellbaum | 12                |      | Vicky Thornton | 3                |    |
| JM1    | James McCann      | 3  | M45S           | Tony Mason        | 8    | W40L           | Jane McCann      | 1  |
| JM3    | Matthew Fellbaum  | 2  | M50S           | Graham Malkin     | 10   |                | Heather Fellbaum | 3  |
|        | Tom McCann        | 3  | M55L           | Mark Inman        | 9    | W40S           | Claire Barnett   | 3  |
| JM4    | Alex McCann       | 1  | M55S           | Alan Poxon        | 1    | W45L           | Pip Humphreys    | 7  |
| JM5L   | Roger Bryant      | 1  |                | Geoffrey Millan   | 2    | W50L           | Alison Doyle     | 10 |
| JM5M   | Sean Malkin       | 5  | M60L           | Peter Roass       | 13   | W50S           | Elizabeth Inman  | 5  |
|        | William Humphreys | 6  |                | Chris Kirkham     | 19   | W55L           | Jillyan Dobby    | 3  |
| M21L   | Elliot Malkin     | 9  | M60S           | Dave Bryant       | 1    | W55S           | Kate Bryant      | 1  |
|        | Tom Fellbaum      | 12 |                | Stephen Beresford | 4    | W65L           | Rae Lomas        | 3  |
| M40L   | Jim Trueman       | 3  | M65L           | David Walker      | 11   | W65S           | Elizabeth Smith  | 3  |
| M45L   | Dave McCann       | 1  |                | Ted Smith         | 13   | W70L           | Sue Birkinshaw   | 5  |
|        | Dan Parker        | 2  | M70L           | Andrew Gregory    | 3    | W70S           | Margaret Gregory | 1  |
|        | Steve Dempsey     | 3  | JW4            | Rebecca Humphreys | 2    |                |                  |    |

## OTHER RECENT EVENTS

*(Top 10 on L or junior courses)*

### Bethecar Moor 1 February 2009

|      |                   |    |
|------|-------------------|----|
| JM2  | James McCann      | 3  |
| JM3  | Matthew Fellbaum  | 4  |
|      | Tom McCann        | 7  |
| JM4  | Alex McCann       | 1  |
|      | Alistair Thornton | 7  |
| JM5L | Elliot Malkin     | 2  |
|      | Roger Bryant      | 3  |
| M21L | Tom Fellbaum      | 5  |
| M40L | Dave McCann       | 4  |
| M45L | Andy Thornton     | 3  |
|      | Dan Parker        | 6  |
|      | Ray Humphreys     | 10 |
| M55L | John Britton      | 1  |
| M60L | Tony Wagg         | 10 |
| M65L | Dave Mawdsley     | 7  |
| M70L | Andrew Gregory    | 1  |
| JW4  | Rebecca Humphreys | 5  |
| JW5L | Alice Fellbaum    | 2  |
|      | Stephanie Bryant  | 8  |
| W40L | Heather Fellbaum  | 1  |
|      | Jane McCann       | 4  |

### Delamere Forest 8 February 2009

|      |                  |    |
|------|------------------|----|
| JM5M | Sean Malkin      | 9  |
| JM5L | Roger Bryant     | 4  |
|      | Elliot Malkin    | 6  |
| M21L | Thomas Fellbaum  | 4  |
|      | Mike Clowes      | 10 |
| M40L | Edouard Salathé  | 4  |
|      | Warren Mason     | 5  |
|      | Andy Thornton    | 6  |
| M45L | Tim Martland     | 3  |
|      | David McCann     | 4  |
|      | Ray Humphreys    | 10 |
| M50L | John Evans       | 10 |
| M65L | Dave Mawdsley    | 10 |
| JW5L | Alice Fellbaum   | 1  |
| W40L | Heather Fellbaum | 4  |
|      | Jane McCann      | 7  |
| W45L | Pip Humphreys    | 10 |
| W50L | Marie Roberts    | 6  |
|      | Kath Speak       | 10 |

### Clumber Park 1 February 2009

|      |                |    |
|------|----------------|----|
| M35L | Liam Comer     | 1  |
| M45L | Steve Dempsey  | 4  |
| M50L | Tom Bedwell    | 10 |
| M65L | Pete Lomas     | 10 |
| W65L | Irene Crawshaw | 3  |

## SATURDAY MORNING EVENTS

A new innovation this year in the series of Saturday morning events was a chasing sprint. This was for competitors who had first done the Orange course, and their start time in the chasing sprint then depended on the time they had taken for the Orange course. The order of finishing for the sprint thus immediately gave the winners. This resulted in some very hotly contested races.



*Racing for the finish at Fletcher Moss*



*John Britton finishing in style*

Numbers for the sprint have gradually built up from about 30 at the first event at Fletcher Moss to 40 at Reddish Vale and 45 at Chorlton Water Park.

The most consistent competitor has been Steve Dempsey, who won the first two sprints, and was third at Chorlton. Tom Fellbaum won Chorlton and was second at Fletcher Moss, while Roger Bryant was third at Fletcher Moss and fourth at Reddish Vale. Other regular high scoring competitors have included Tom Horton, David Birtwistle, Andy Thomton, John Britton and Bill Hanley from SYO, who used to be an MDOC member and often ran along the Mersey Valley when he was here. Among the juniors, Alistair Thomton has surprised many rivals by his turn of speed and Alex McCann has had very good results.

Hopefully the last event in the series at Woodbank Park on Saturday 4 April will continue to attract the same keen interest. This training in high speed decision making should finally be tested at the Fallowfield chasing sprint event on Saturday 25 April.

## **NORTH WEST NIGHT LEAGUE**

Why not try night orienteering? You can probably think of many reasons! However a small but dedicated number of competitors like the additional challenge of navigating in the dark with headlights. The North West Night League arranged a series of five events this winter, at Bicketon, White Coppice, Compton Moor, Watergrove and Hurstwood. Each of the clubs in the south of the region took turns to plan and organize, and the results were calculated by Chris Rostron. Our event at Watergrove at the end of January was organized by Chris Rostron and planned by John Britton, with backup from several other MDOC members. It was very successful, in spite of a significant amount of new fencing being erected shortly before the event.

Our most successful competitors in the league were Stephen Lang, who was first in the senior class, and in the M40+ class John Kewley was third, Chris Rostron fifth, and Nick Price, Helen Price, Tim Martland and Eddie Speak also keen participants.

## **GREATER MANCHESTER SCHOOLS CHAMPIONSHIPS**

These are being organised by SELOC and staged at Viridor Wood and Three Sisters, Wigan on Saturday March 28th.

If you are entering as an individual or in a group of less than 4, you can enter on the day. School groups of 4 or more should enter in advance by email preferably to [pctumer958@btinternet.com](mailto:pctumer958@btinternet.com) with the following information:

School Name, Competitor Name, Boy/Girl Year (eg. B7, G10 etc)

Dibber No. (or Hire), Preferred Start Time - (E/M/L).

The entry fee is £2 and to be paid on the day.

Direction details: From J24 of the M6, take the A58 east for about 2Km before turning left (north) onto the B5207 (Bryn Road). The event will be signed after about 1.5km

For any telephone enquiries/entries please ring Paul Turner at (012404 592520) or Mobile No (07867822620)

## **BEST ORIENTEERING AREA IN GREATER MANCHESTER?**

David Nevell (of HOC) had requested our views on the best orienteering area in Greater Manchester. This was part of a project that he was carrying out with CompassSport in conjunction with their 30<sup>th</sup> year, in which they will publish a list of the best areas, county by county, across the whole of the UK. After some protracted discussion, as several of our areas are outside the county, we agreed on Watergrove.

We were asked for a description of the area, and provided two that had been submitted:

John Britton: Watergrove is an extensive bowl-shaped valley, plus some of the moors above and valleys to the East. Generally runnable rough open with patches of intricate mineworkings and a maze of ruined walls. Used for Harvester, British Nights, etc in recent years.

Andy Thornton: Mancunian amphitheatre of dreams. Pennine moorland benefiting technically from industrious past. At it's best in wet weather, and after dark.

## BRITISH INDIVIDUAL CHAMPIONSHIPS

The New Forest is neither new nor a forest, but still provided an interesting and varied terrain for the British Championships. The Individual Championship courses were mainly on open heathland scattered with bushes, with some visits into runnable woodland. The open areas were surprisingly wet, considering the dry weather of the previous two weeks. Running times were very fast, but careful concentration was needed to distinguish which of several rather vague features was the correct one. For example several competitors were caught out by a long first leg across quite featureless terrain to one of two groups of shallow ditches.

The Elite Championships are being held later in the year, so many of the 18-21 age groups were competing on a common course in a UK Cup competition. Thomas Fellbaum came a respectable 29<sup>th</sup> out of 65 in the Men's race, but Roger Bryant unfortunately missed one control.



*Vicky Thornton runs past the MDOC banner on the run-in of her excellent individual run in W45L*



*Dave McCann, Steve Dempsey, Andy Thornton Steve Fellbaum and Jen Britton share a joke*

In the Individual Championships Vicky Thornton came third in a very close contest on W45L, only 3 seconds behind second place and less than a minute behind the winner. Kate Bryant (*right*) was a dear winner on W55S by 4 minutes. John Britton tore a hamstring, but managed to finish.



Other placings by club members were:

|      |    |                   |      |    |                   |      |    |                  |
|------|----|-------------------|------|----|-------------------|------|----|------------------|
| M10B | 4  | James McCann      | M55S | 15 | Grahame Crawshaw  | W16B | 2  | Rebecca Thornton |
| M12A | 9  | Matthew Fellbaum  | M60L | 28 | Cliff Etherden    | W18L | 5  | Stephanie Bryant |
|      | 13 | Tom McCann        |      | 47 | Tony Wagg         | W45L | 3  | Vicky Thornton   |
| M14A | 8  | Alex McCann       |      | 48 | Peter Ross        |      | 35 | Heather Fellbaum |
|      | 28 | Alistair Thornton |      | 49 | Ian Watson        | W50L | 33 | Marie Roberts    |
| M45L | 29 | David McCann      |      | 72 | Trevor Roberts    | W55L | 17 | Jillyan Dobby    |
|      | 30 | Steve Dempsey     | M60S | 5  | Dave Bryant       | W55S | 1  | Kate Bryant      |
|      | 40 | Andy Thornton     |      | 13 | Stephen Beresford | W60L | 36 | Alison Doyle     |
|      | 70 | Stephen Fellbaum  | M65L | 39 | David Mawdsley    |      | 37 | Julie Brook      |
| M55L | 35 | John Britton      | M70L | 7  | Andrew Gregory    | W65L | 20 | Irene Crawshaw   |
|      | 86 | Ian Gilliver      | W16A | 14 | Alice Fellbaum    | W70L | 4  | Sue Birkinshaw   |

## BRITISH RELAYS

Dave McCann

Organising relay teams is not as easy as it appears. It's not just a case of throw 3 runners together in a team on the day and go for it. The work starts months before sending endless messages to club members, some respond, some don't. Some who do respond then pull out for all sorts of reasons and some who don't respond suddenly pop up asking to be added to a team 2 days before the event. This year, I managed to compose teams for everyone who wanted to run and declared these about a week before the event. There are some team selections that are really obvious and this makes life easier. One of these was the M18 team of Roger Bryant, Tom and Alice Fellbaum – yes it was legitimate and was a trick learned from WCOC at last year's JK. Another team of juniors that was easy to compile was Alistair Thornton, Matthew Fellbaum and Alex McCann on the M14, they would be in with a chance and even if they didn't get on the podium it would be good preparation for the JK where a very similar team is likely. The final junior team was Stephanie Bryant, Rebecca Thornton and Tom McCann on the junior ad hoc, a good class for runners of different ages and levels of experience. I always try to put people in age class relays as I feel this gives people a better comparison against other clubs, so another team was put together of Vicky Thomson, Heather Fellbaum and Jane McCann in the W40 class. It was planned to have an M40 team of Andy Thomson, Tom Bedwell and Dave McCann, however Tom's car broke down meaning he missed the whole weekend.

Compiling the remaining teams involved a certain amount of juggling to get runners in suitable classes and have the required number of ladies in each team on the MW60 class. We have a good range of runners eligible for this class and put together 3 teams in total. Finally we had several teams in the mixed ad hoc class, a class that seems to be growing each year, maybe as a result of the age profile in the sport changing.

The individual day was completed by everyone with no injuries, often the cause of last minute team changes. The only issue to resolve seemed to be finding a replacement on the M40 team. Attempts to persuade our Treasurer to stay on for the relay day failed so I resorted to plan B which was a combination of a few phone calls, leaving a "Runner Wanted" message at enquiries and getting there early the following day. I had been told by Alice Bedwell that Swansea Bay were short of runners and by chance bumped into their team Captain at enquiries. They had 2 places on a mixed ad hoc team so rather than enter a new MDOC team I took the decision to make Andy and myself Welsh for the day. Getting there early also meant we got a good spot for the tent.

There are very few in MDOC who have not run a relay, this made last minute briefings unnecessary and everything went according to plan, with first leg runners setting off for the start in good time.

Once the relays start it is often hard to work out how the teams are doing, especially when you have to keep in mind your own start time. I didn't really see any MDOC runners come in before my run on first leg but did get to see quite a few after I had finished. The ad hoc relays are particularly hard to follow because the leg lengths are different meaning leg 1 has 2.5, 3.5 and 5.5 km legs, you only really know who has won when the winner comes in.

As soon as I got back I found out our M18 MDOC Boys' Team had come 3<sup>rd</sup> and our M14 team were 8<sup>th</sup>, both really good results, especially the M18s who were up against strong teams from NOC and WCOC.

In the MW60 class Cliff Etherden, Irene Crawshaw and Tony Wagg came in 15<sup>th</sup>, with the two other teams of Ian Watson/Julie Brook/Trevor Roberts just holding off Dave Mawdsley, Sue Birkinshaw and Andrew Gregory on the run in. The junior ad hoc team all ran well and ended up 6<sup>th</sup>. The W40 relay was a closely fought race, resulting in our team coming 4<sup>th</sup>, just 30 seconds off 3<sup>rd</sup>.



In the mixed ad hoc I had handed over to Andy after what I felt was a good run that started in a pack but soon thinned out as runners on shorter legs peeled off as I head out onto the heath. I think there was meant to be heather out there but it must be a different variety to what we have in the North, it doesn't seem to grow above six inches high. At the handover I took Andy's fleece and map, not a good idea. Our final leg runner, Stephen Reynolds, came into the finish and was announced as the leader on the Mixed ad hoc. Knowing he was the last leg runner I thought this meant we had won but was not sure until some time later. He'd mispunched the day before and was apparently thinking of giving up, winning made his day. As for Andy and myself, we felt like frauds being announced as runners from Swansea Bay.

Overall I think it was a successful weekend with a decent medal tally. On the drive home I started thinking about JK relay team compositions, I'm confident we can come away with some medals again.

One final comment is a plea to all families with young juniors, we did not have enough MW12s to enter a team on the mini relay team this year. This is a great relay, all yellow legs and an excellent opportunity to put 3 runners together and bag a medal. It's great fun to watch and the runners really enjoy it.

I did take photos of the relays, if anyone wants to see them, go to [www.flickr.com](http://www.flickr.com) and search for photos "BOC Relays 2009", you'll find photos by me. Click on my name and then look at the set called BOC Relays.



*"MDOC Boys?" at the M18 relay  
Prizegiving  
Roger Bryant, Alice Fellbaum  
and Tom Fellbaum*



*"Swansea Bay" winners of the  
Mixed Ad Hoc  
with Andy Thornton (3<sup>rd</sup> from left)  
and Dave McCann (right)*

## HOW TO FINISH IN STYLE!



*Dashing*



*Determined*



*Dedicated*



*Cool*



*Elegant*



*Very Cool*



*Dogged*



*Dishevelled*



*Debonair*

The final run-in on the British Relays showed interesting differences in style when rounding the sharp bend and sprinting for the finish.

*Photos, and front cover photo, by Dave McCann (or at least his camera).*