



MDOC NEWS



Newsletter of Manchester and District Orienteering Club
APRIL 2012



Tom Horton finishing at Askham Fell

Close finish in CompassSport Cup
Injury on Askham Fell and lessons learnt
Dan Riley stars in SKY video
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NEWS

We just missed out of qualifying for the final of the CompassSport cup. A more detailed report is given later, but thanks to all the club members who turned up to support our effort, and to Andy and Vicky Thornton for co-ordinating the entries.

Congratulations to John Britton for braving the snow at Canklow Woods to become Northern Night Champion in the M55+ class. Alex McCann was 4th in M18 and Tom Fellbaum 6th in M21.

In the British Night Championships at Hamptworth in the New Forest, John Britton was again in the prizes, coming third in M60L. Chris Rostron just missed out with a fourth position in M65L.

Congratulations to Matthew Fellbaum, John Britton and Vicky Thornton who have all been selected for the England Team for Interland 2012, which takes place over the weekend of April 21-22. The 2012 Interland Cup match will be held at Habay-la-Neuve, in southern Belgium with the pre-event at Citadelle de Montmédy across the border in France.

Tom Fellbaum has been awarded one of the British Orienteering Squad's grants for 2012 to assist orienteers in activities to improve their performance.

Ian Gilliver held another Event Safety Workshop on 21st February. Margaret Gregory had co-ordinated this and persuaded members to attend, and she also provided a light meal before the session. Those attending were Sue Birkinshaw, Alison Doyle, Steve Fellbaum, Ray Humphreys, Chris Kirkham, Dave Mawdsley, Steve Nicholls and Ian Watson from MDOC. Phil Ellis and Peter Kidd from SELOC also attended and Dan Parker from Borderliners. This is a three-hour course covering identifying and mitigating the effects of hazards, risk assessment forms, good practices for event volunteers, meeting specific needs of participants and action to take if a participant is reported missing. It is likely in the near future that all event organisers and controllers will be required to have attended this course. We now have 29 club members who have participated in this course.

Discussions are being held with SELOC about possible events based on Salford Quays and on the Castlefield area of Manchester next year.

We are actively planning an autumn weekend on 27-28 October that will hopefully include an event in the Goyt Valley and an urban event in Buxton.

MDOC have signed up to the Active Kids scheme run by Sainsbury's. If as a club we can collect enough vouchers this will enable us to buy equipment for the use of juniors in the sport. Richard and Jennifer Gibbs have volunteered to be the collectors of Active Kids points for MDOC, and boxes will be available at forthcoming MDOC events.

Thanks to Tom Fellbaum the club can be followed on Twitter, and Steve Nicholls has now developed a Facebook page for MDOC. To find these, follow the links on the MDOC website.

ORIENTEERING ON SKY TV

Dan Riley and other club members attending the Hazel Grove Club Night a few weeks ago were filmed for an article on orienteering that was broadcast on Sky Sports News as part of their 'Get Involved' programme. Dan played a starring role, and other club members had cameo parts, but could hardly be distinguished in the dark!

Orienteering was very well presented in the programme. It started with a forest event with shots of competitors running, interleaved with short comments about why they enjoyed the sport. Sarah Rollins explained the appeal of the sport for both keen athletes and for families with young children. Then Dan introduced the different challenges involved in night orienteering, with shots of runners from an evening event at Bramhall Park that was part of the Hazel Grove Monday evening club sessions.

The Provisional Results for the North West Night League 2011/12 after the final round have now been published.

Congratulations to Alex McCann, winner of the M18- category, Tom McCann (2nd in M18-) and John Britton (3rd M40+). John Kewley was 7th on M40+ and Chris Rostron 8th, and Jane McCann 4th on W40+.

The league is co-ordinated by Chris Rostron, who also calculates the statistics. This season the average attendance at the 6 events was 44, with a total of 258 competitors.

The MDOC Night Street League is drawing to a close, and the final event at Lymm will be taking place while this newsletter is at the printers. After 4 events, Alex McCann is leading overall, with Steve Lang second and John Britton 4th, with David McCann, Alice Fellbaum and Matthew with Steve Fellbaum close behind in 7th, 8th and 9th position. Converted to handicap positions, John Britton is leading from Alex McCann, with Steve Lang third.

Graham Phythian is now the MDOC Press Officer, whose remit is to liaise with local newspapers in the on-going publicity drive. Graham writes:

“The old guard will remember Graham Phythian from his days as fervent competitor, newsletter editor, and contributor to local and schools' orienteering development. Newer members might recognise the name from his current fortnightly local history column - "Looking Back" - in the South Manchester Reporter.”

Graham was also responsible for introducing both Phil Winskill and Tony Greenhalgh to the sport, via respectively Newall Green and Wright Robinson High School orienteering teams.

CompassSport Cup – Askham Fell

A very close finish in the first round of the CompassSport Cup competition sadly left us just missing a place in the final. LOC won with 2295 points, and WCOC, second with 2283 points, also went through to the final as LOC were in last year's final. We were tantalisingly close behind with 2273 points. As Vicky Thornton succinctly expressed it: "RATS!! SO CLOSE WHAT A GREAT EFFORT WELL DONE EVERYONE!!"

Vicky and Andy Thornton, our club captains, had organised the entries well, cleverly allocating people to those classes where they were likely to score the most points, even if some of the juniors were running easier courses than they normally would. An excellent turnout of 53 club members supported our effort and we had some very impressive results including several class winners and near-winners. However our high number of runners gave us considerable strength in depth, and with the best 25 scores to count it was important to have a strong field.

Borderliners had organised the event on Askham Fell above Ullswater. This was open fell and not the most technical of Lakeland areas, but still presented problems, particularly with the large number of depressions of varying sizes on the fell. Several of the legs were across almost featureless open moor and wet marshes to a control in a depression that could only be seen when you had almost reached it. The fell was very runnable, and fast running combined with accurate navigation resulted in some very impressive running speeds. In particular Tom Horton, Tom Fellbaum, John Britton, Alex McCann, Alistair Thornton and Matthew Fellbaum all recorded very fast times.

One incident in the event involved an injured competitor who was heard calling for help. Both Vicky Thornton and Alex McCann stopped to help. Well done to both of them for stopping. The organisers compensated Vicky's lost time for the affected leg in the results, the time loss was obvious as at the time she was in a head to head battle with Charlotte Summer-Cocks, (her remaining 3 controls were in a straight line to the finish). There have been some important lessons learnt from this incident – see the organisers' report on the BL website and Vicky's lessons below (Page 6).

The event was based on Park Foot camping and caravan site, and we had the unexpected luxuries of a good hard-standing car park, café and showers after the event. The weather was beautifully fine and sunny, although with a cold wind on the fell and, for those who had time to pause and admire the view, the tops of the highest Lake District mountains were covered in snow.

The other teams in the Cup competition were SROC with 2189 points and NATO with 1532. In the Trophy competition PFO with 1265 points just beat Borderliners on 1261 points, with SELOC 1204 and Solway 744.

The results are shown below. The overall position on the course is given together with the time and then the number of points scored, with bold type indicating the best 25 scores that counted towards our total score. The calculation of points is complex, and depends on place, but only counting those runners in the CompassSport Cup competition, not the Trophy competition for smaller clubs. Also for the junior courses male and female runners are scored separately, and for the larger classes there is a maximum number of runners to who can count.

Brown 9.6k (51)

5	Tom Horton	M20	57:48	98
9	Jim Trueman	M45	60:18	95
12	Liam Corner	M40	62:37	92
19	Stephen Lang	M40	66:57	87
20	Trevor Hindle	M45	67:48	86
26	Steve Dempsey	M45	72:23	81
42	Paul Simpson	M40	92:23	70
48	Stephen Fellbaum	M50	99:14	68

Blue Men A 7.3k (48)

1	Thomas Fellbaum	M20	38:24	100
11	Andy Thornton	M50	58:03	90
13	David McCann	M45	59:13	88
23	Alan Ogden	M50	64:19	78
29	Ray Humphreys	M50	68:54	72
38	Stephen Bingham	M50	81:08	63
44	Steve Nicholls	M55	99:19	57

Blue Women 7.5k (31)

17	Alice Fellbaum	W20	87:32	82
21	Heather Fellbaum	W45	97:04	76

Green Men 5.0k (69)

1	John Britton	M60	36:28	100
3	Cliff Etherden	M60	40:39	96
17	Peter Ross	M65	44:48	76
24	Chris Rostron	M65	48:24	64
26	Tony Wagg	M65	50:23	62
28	Trevor Roberts	M65	51:00	58
31	Chris Kirkham	M65	52:05	52
32	Ian Watson	M65	52:21	50
45	David Mawdsley	M70	57:59	32

56	Richard Blake	M60	64:48	22
64	Grahame Crawshaw	M60	78:02	18

Green Women 4.8k (43)

6	Vicky Thornton	W50	40:46	94
9	Jane McCann	W45	45:11	88
28	Julia Simpson	W45	60:05	60
30	Kath Speak	W50	61:18	56
31	Marie Roberts	W50	61:28	54
32	Hazel Hindle	W45	61:38	52

Short Green 3.9k (39)

4	Andrew Gregory	M75	45:06	98
7	Simon Mawdsley	M40	48:28	-
9	Jillyan Dobby	W60	50:32	92
11	Irene Crawshaw	W65	52:09	88
15	Jan Ellis	W60	57:23	80
19	Julie Brook	W65	64:35	74
31	Alison Doyle	W60	82:05	62

Light Green 3.4k (43)

2	Alex McCann	M18	22:17	100
3	Alistair Thornton	M16	23:35	96
6	John Dempsey	M16	27:36	84
12	Tom McCann	M16	33:01	72
15	Carolyn Hindle	W16	35:01	84
36	Rosie Martland	W16	60:15	56

Orange 3.0k (45)

2	Matthew Fellbaum	M14	19:15	96
6	Laura Hindle	W14	23:49	100
20	James McCann	M12	30:23	60
33	Benjamin Martland	M14	38:58	28

*Eddie Speak braving the cold!**Andy & Ali Thornton**(Photos by Vicky Thornton – and final photo on last page)*

LESSONS LEARNT *Vicky Thornton*

LESSONS LEARNT- from a minor injury being dealt with primarily by walkers unfamiliar with orienteering:

- Walkers who stop to help an orienteer on an open fellside, who are unfamiliar with our sport, are not necessarily going to know what to do. For example they will not know where assembly is and whether or not first aid is close at hand. The injured party is likely to stop blowing their whistle and passing runners may assume things are in control and carry on running.
- Walkers, who are not First Aiders, who have stopped to help and who are unable to obtain further assistance, by calling to orienteers running by, are likely to call for an ambulance (if they have a mobile phone) and then they are likely to stay put in one place.
- If help is not arriving quickly and more orienteers continue to run past when called to assist then the helpers themselves are likely to become distressed and panicky.
- In a case of a minor injury such as this, where people have already stopped to help, as a runner out on your course it would be easy to assume that the best thing to do is to run straight for help. However we need to be aware of how things can develop in the hands of non-orienteers and how that could reflect badly on our sport.
- If you are a competitive person it can be surprisingly difficult to stop as you are mid flow (or you think that you may not be much help) but you **MUST STOP** there may be something you think of or can do.
- Competitors who injure themselves who have been running and sweating and then sit down on an open fellside in a February breeze cool off very quickly even when wearing a cagoule. When you have been running hard and are hot it is easy to overlook how cold they may get if help takes a while.
- If the injured person can be safely moved down the hill to a more sheltered location preferably in the direction from where help may arrive then helpers are likely to see this as positive action giving them more purpose so and hopefully they will remain calm. It will also allow the rescuers / First Aid to reach them more quickly.
- The incident also highlighted the need for good phone or radio communication between the First Aid point and First Aid vehicle with phones and relevant numbers to hand.
- When reporting an incident back to First Aid and a rescue vehicle needs to be sent out then give the key information first: person involved, nature of injury, location, whether or not the casualty is stationary or being moved and who is with them distinguishing clothing to help with spotting the casualty, name, course etc.
- Don't bother to punch any remaining controls, even if they are bang on route to the finish and First Aid, – it may be hard to stop and run past controls but you can't guarantee that your instructions will be followed or that the situation won't develop into something else since leaving the casualty.

INVITATION FROM THE PARKER'S

After the event on Askham Fell Dan and Karen Parker had invited anyone from MDOC competing to join them for soup and cakes in their house in the village of Butterwick close to the area. They are now members of Borderliners, but with work near Manchester they are still regulars at our Wednesday run.

Curiosity about the house soon turned to admiration at the interesting conversion that had been made of an old farmhouse and adjoining derelict barns. They had found an excellent architect who was able to turn their ideas into practical form. This had taken several years while they lived in rented accommodation, and they had a long illustrated record of all the many problems they had encountered, but the final result is certainly very impressive.

The invitation was very welcome after the event, and it made for a very pleasant social gathering. In view of their continued keenness for hill running, we decided that the most appropriate housewarming present for them would be a doormat!



Around the kitchen table



Eddie Speak, Steve & Alice Fellbaum



Dan & Karen with the gift of a doormat from the club



Gemma Manley explores the house while Tom Fellbaum watches cycling on TV

NORTHERN CHAMPIONSHIPS – TWIN PEAK

Our major event of the year is the two-day Twin Peak weekend at High Dam on the west side of Windemere in the Lake District. This incorporates the 2012 Northern Championships on the Saturday, and a Middle Distance race on the Sunday.

Peter Lomas and Trevor Roberts are joint organisers. Planners for the Northern Championships are Ian Gilliver and Jillyan Dobby, and Steve Lang is planning the Middle Distance event.

A lot of help will be required from club members, but most helpers should be able to have a run as well. Some accommodation will be available for helpers at the YMCA at Lakeside on Windemere.

Trevor Roberts has sent the following message to all club members:

Twin Peak 2012 will take place at High Dam in the Lake District on the weekend of 19th and 20th May. Day 1 (the 19th) will be the 2012 Northern Championship and also be part of the UK Masters Cup and the North West Orienteering League. Day 2 (the 20th) will be a middle distance event and also form part of the North West Orienteering League.

Entries are now open at fabian4.co.uk and the first entry deadline is at Midnight on April 30th. Event details are on the MDOC website.

We will need a lot of helpers to run this event so if you intend to compete and are willing to help, you can enter at reduced fees. Please indicate in the notes space on the Fabian4 entry system, which job you would prefer to do.

To enter at the reduced fees (adults at junior fees and juniors at half price) you will need to input the helper discount code of [REDACTED]. Note that the system will not apply discounts if you enter colour coded courses from White up to Light Green but I can give you a refund on the day of the event.

I will send out a further reminder nearer to the event.

BRITISH CHAMPIONSHIPS

This year's British Championships are also being held in the Lake District in May, with the Individual Championships at Dalegarth at Eskdale on Saturday 5 May and the Relay Championships at Helsington Barrows near Kendal on Sunday 6 May. In addition there is a training event on Friday 4 May at Low Rigg near Keswick, and on the Bank Holiday Monday 7 May an Urban Event in Kendal.

All the North West clubs are assisting with the championships, and we are asked to provide some help. All those entering from MDOC will be contacted to ask if they can help as well.

LEAGUES 2012

Have you been running in a league without knowing it? There are now so many different leagues it is difficult to keep up with them all. Here is a guide for 2012:

UK Masters Cup *(best 8 of 18)*

1	SARUM	British Night Championships	25 Feb	Night
2	HOC	Midland Champs, Foxley and Garnston	11 Mar	Long
3	EBOR	British Sprint Champs, York University	24 Mar	Sprint
4	EBOR	British Middle Champs, Strensall Common	25 Mar	Middle
5	INT	JK Sprint, Livingston	6 Apr	Sprint
6	FVO/ESOC	JK Individual Days (combined)	8 Apr	Long
7	LOC	British Long Champs, Dalegarth	5 May	Long
8	LOC	Kendal Urban Race	7 May	Urban
9	MDOC	Northern Champs, Finsthwaite	19 May	Long
10	MAROC	Scottish Champs, Glen Feardar	2 Jun	Long
11	SAX	Canterbury City Race	24 Jun	Urban
12	ERYRI/DEE	Croeso day 3, Hafod, Aberystwyth	24 Jul	Middle
13	WRE	Croeso day 6, Aberystwyth	28 Jul	Urban
14	LOG	Lincoln City Race	2 Sep	Urban
15	CHIG	Southern Champs, Epping	23 Sep	Long
16	CLOK	October Odyssey day 1, Sneaton Forest	13 Oct	Middle
17	SOC	November Classic, Kings Garn Gutter	4 Nov	Long
18	DVO	Eyam Moor Regional	25 Nov	Long

North West Regional League *(best 4 of 11)*

Askham Fell *	CSC	19 Feb	High Dam	Middle	20 May
Whitbarrow *	Regional	3 Mar	Ainsdale	Regional	16 Sep
Stickle Pike *	Regional	22 Apr	Carlisle	Urban	29 Sep
Dalegarth *	British	5 May	Hambleton	Regional	7 Oct
Kendal	Urban	7 May	Haslingden	Regional	4 Nov
High Dam *	N. Champs	19 May			

* also in MDOC Championships *(best 6 of 12)*

North West Urban League *(best 3 of 6)*

Helsby	DEE	18 Mar	Carlisle	BL	29 Sep
Kendal	LOC	7 May	Buxton	MDOC	27 Oct
Cockermouth	WCOC	7 Jul	Chorley	SROC	3 Nov

Nopesport Urban League *(best 6 of 14)*

Edinburgh	EUOC	21 Jan	Didcot	TVOC	27 Aug
St Andrews	ESOC	4 Mar	Lincoln	LOG	2 Sep
Great Malvern	HOC	10 Mar	Carlisle	BL	29 Sep
Kendal	LOC	7 May	Dunblane	FVO	20 Oct
Canterbury	SAX	24 Jun	Yeadon	AIRE	28 Oct
Nottingham	NOC	8 Jul	Castle Vale	HOC	10 Nov
Guildford	GO	25 Aug	Sheffield	SHUOC	24 Nov

EVENTS ROUND-UP

SYO were faced with the worst weekend of the winter on 4-5th February for the two major events they were undertaking. For the Northern Night Championships at Canklow Woods near Rotherham, there was 10mm of snow on the ground, and another 30-40mm fell during the event. The organisers gave their congratulations not only to the winners but to anyone who managed to get there and run! Numbers were understandably low, but we had some good results, particularly John Britton, as an M60, winning the M55+ class. The planned major regional event on Big Moor near Calver the following day had been in doubt for a few days, and the final decision to cancel it was not made until 11 p.m. on the Saturday evening.

Northern Night Championships Canklow Woods 4 February 2012

M18 5.5k (10)				M55 4.0k (19)			
4	Alex McCann	M18	54:21	1	John Britton	M60	53:35
M21 6.6k (14)				12 Chris Rostron M65 70:50			
6	Tom Fellbaum	M20	62:40	W21 5.5k (4)			
				4	Elizabeth Britton	W21	81:57

The following weekend snow was still lying on many of the hills, and the LOC event at Bigland was cancelled, mainly due to access roads and car parking. However snow melted just in time for the EPOC middle distance event at Norland Moor to take place.

Norland Moor 12 February 2012

Black 5.0k (19)				Green 3.1k (43)			
4	Steve Dempsey	M45	47:27	2	Martin Green	M55	41:17
7	Liam Corner	M40	54:16	6	Ian Watson	M65	45:25
8	John Britton	M60	55:39	20	Stephen Beresford	M60	55:14
Blue 3.8k (37)				35 Alison Doyle W60 76:49			
34	Andrew Stimson	M21	90:49				

Two weeks later the snow had cleared and mild weather persisted for a DVO event in the very pleasant dry woodlands of Lindop on the Chatsworth and Haddon estates.

Haddon Lindop 26 February 2012

Brown 6.8k (31)				49 Michelle Riley W21 51:52			
9	Steve Dempsey	M45	57:33	60	Julie Brook	W65	59:07
20	Liam Corner	M40	72:44	68	Alison Doyle	W60	66:40
21	Phil Colville	M55	73:19	69	Anton Petho	M18	68:55
Blue 5.4k (67)				Short Green 2.8k (26)			
7	Dan Riley	M35	54:38	17	Sue Birkinshaw	W75	65:05
14	Peter Ross	M65	56:37	Light Green 3.6k (21)			
16	Tom Bedwell	M50	57:08	2	Lauren McNeil	W12	40:26
Green 3.8k (74)				7 Edward Thompson M14 54:36			
13	Trevor Roberts	M65	39:31	Orange 3.1k (34)			
14	Andrew Gregory	M75	39:46	15	Richard Gibbs	M60	54:24
22	Kath Speak	W50	42:32	Yellow 2.5k (23)			
26	Jillyan Dobby	W60	43:12	2	Ben Dempsey	M10	26:50
29	Ian Watson	M65	44:14	10	Keeran Manoharan	M12	35:40
31	Jonathon Emery	M10	44:58	11	Samuel Higginbottom	M12	36:22
34	Steve Nicholls	M55	46:46	18	Jennifer Gibbs	W60	47:02
48	Chris Kirkham	M65	51:11				

Whitbarrow Scar 4 March 2012

Rain on the journey up to the Lake District just cleared in time for SROC's event on Whitbarrow Scar. However there was a cold wind, and the hills visible in the distance had a light covering of snow overnight. After dire warnings in the event details about slippery limestone pavement hidden in woodland, it was a surprise to find that courses from Blue downwards were all on open fellside.

Black 9.6k (17)

15 Jim Trueman M45 98:31

Short Brown 6.3k (49)

1 Thomas Fellbaum M20 42:13

7 Alex McCann M18 51:18

8 Tom Horton M20 53:16

11 John Britton M60 55:37

25 David McCann M45 67:43

32 Ray Humphreys M50 75:40

43 Alan Ogden M50 99:59

Blue 5.1k (75)

3 Alistair Thornton M16 35:02

15 Vicky Thornton W50 41:02

17 Cliff Etherden M60 41:04

27 Peter Ross M65 45:00

28 Matthew Fellbaum M14 45:09

29 Alice Fellbaum W20 45:19

39 Jane McCann W45 49:54

43 Heather Fellbaum W45 50:26

47 Ian Farrell M21 52:37

52 Tony Wagg M65 54:04

Short Blue 4.2k (65)

5 Martin Green M55 40:24

12 Rebecca Humphreys W18 43:07

14 Chris Rostron M65 45:16

28 Chris Kirkham M65 50:49

29 Ian Watson M65 51:02

32 Trevor Roberts M65 51:57

48 Kath Speak W50 58:27

52= Geoffrey Millan M65 62:12

61 Marie Roberts W50 82:25

Green 3.6k (52)

7 Tom McCann M16 37:38

10 Dave Bryant M65 41:51

11 Kate Bryant W55 42:06

17 Richard Blake M60 46:08

21 Jillyan Dobby W60 47:08

28 Andrew Gregory M75 52:26

33 Simon Mawdsley M40 56:43

36 Julie Brook W65 58:40

49 Alison Doyle W60 97:48

Very Short Green 2.5k (3)

1 Sue Birkinshaw W75 55:15

Orange 2.2k (25)

6 James McCann M12 25:08

The warmest weekend of the year on 10-11th March made the journey to Hereford and Worcester well worthwhile for our regular O-weekenders. An urban event in Great Malvern on the Saturday was followed on the Sunday by the Midland Championships at Foxley and Garnstone on a private estate not far from Hereford.

Most competitors on the men's open course at Malvern were expecting a mainly urban event, but were taken high up on the Malvern Hills above the town. Tom Fellbaum had an excellent result on the men's open, and John Britton was second M60.

Great Malvern Urban race 10 March 2012

M16- (19)

8 Matthew Fellbaum M14 16:32

Open Men (48)

2 Thomas Fellbaum M20 52:55

20 Tom Horton M20 68:05

M40+ (71)

14 Steve Dempsey M45 54:12

28 Trevor Hindle M45 60:40

66 Stephen Fellbaum M50 81:31

M55+ (61)

7 John Britton M60 35:52

36 Ian Gilliver M60 53:09

38 Trevor Roberts M65 53:57

M65+ (34)

9 David Mawdsley M70 46:36

13 Andrew Gregory M75 50:25

Women 16-

8 Carolyn Hindle W16 21:07

11 Laura Hindle W14 22:38

Women 40+ (31)

19 Elizabeth Hamer-Davies W45 66:35

Women 55+

19 Jan Ellis W60 53:16

Foxley and Garnstone 11 March 2012

The following day was a complete contrast in the gently rolling wooded hills of Foxley and Garnstone, on a private farming and shooting estate north-west of Hereford. Parking was on the concrete bases of a former WW2 Military Hospital and, with a 3km walk to the start on a bright sunny morning, it was a relief to enter the woodland. This was not too difficult technically, but great care was needed because of the complex network of paths and extensive brambles in places made for hard going. The event was the Midland Championships, so the courses were grouped by age classes and the prize-giving was only for those from the region.

Again we had some excellent results. M20E was dominated by North-West runners, being won by Tom Fellbaum with Tom Horton third, and second was Lewis Taylor from WCOG who is a student in Manchester and regularly trains with Tom Fellbaum. Ben Dempsey was second on M10A, John Britton third on M60L, Andrew Gregory first on M75L and Sue Birkinshaw first on W75.

M10A 2.3k (3)

2 Ben Dempsey M10 30:29

M14A 5.0k (14)

5 Matthew Fellbaum M14 45:28

M16A 7.3k (20)

14 John Dempsey M16 69:30

M20E 10.3k (9)

1 Thomas Fellbaum M20 70:55

3 Tom Horton M20 72:48

M45L 9.1k (29)

16 Steve Dempsey M45 85:14

17 Trevor Hindle M45 88:08

M50L 9.1k (39)

20 Stephen Bingham M50 92:37

26 Stephen Fellbaum M50 102:30

M60L 7.3k (41)

3 John Britton M60 58:23

33 Ian Gilliver M60 99:39

M65L 6.7k (42)

30 Trevor Roberts M65 74:01

M70L 4.9k (20)

9 David Mawdsley M70 62:51

M75L 4.9k (8)

1 Andrew Gregory M75 51:24

W14A 4.0k (13)

4 Laura Hindle W14 37:23

W16A 4.9k (22)

16 Carolyn Hindle W16 55:16

W45L 6.7k (23)

15 Hazel Hindle W45 83:49

21 Elizabeth Hamer-Davies

W45 129:21

W50L 6.7k (11)

7 Marie Roberts W50 83:44

W70S 3.3k (6)

5 Margaret Gregory W70 93:59

W75 3.3k (2)

1 Sue Birkinshaw W75 59:17

Welcome to new club members:

Sam Bancroft Local Junior British Orienteering M16

River Edis-Smith Local Junior British Orienteering M12

Gemma Manley Local Junior British Orienteering W19

The Curious Incident of the Dog

Andrew Gregory



One Wednesday evening last year at a run from Eddie and Kath Speak's house in Wood Lane a group of us set off along the Middlewood Way, then for a short distance along a road past some houses before taking a footpath that would lead us up to Green Farm and up into Lyme Park. Suddenly we noticed a large black and white dog trotting along beside us. We tried to send it away but it seemed very happy keeping along with us. However we began to be worried what we would do with it if it kept following us.

We came to the footbridge over the canal. I remembered that there was a gate in the middle of the footbridge. I was at the back and called out not to let the dog through the gate. Everyone was careful and, being last, I finally closed the gate on a sad-looking dog.

We kept going, with a sigh of relief at having solved the problem. Suddenly there was a panting noise and we realized there was a very wet but happy dog beside us. We stopped, and the dog shook itself, showering us all with canal water! We decided to keep going up the hill towards Lyme Park, but were still worried as to what to do. After a few minutes I realized that I wasn't going to be able to keep up with the pace of the others, and I shouted that I would go back and take the dog with me. It certainly gave me a good excuse to slow down a bit. I ran back, persuading the dog to come with me. At the canal bridge I even let it through the gate, at which it looked grateful. I still wasn't sure how I was going to lose the dog but, to my relief, when we approached the group of houses by the road it went round the back. I followed it, and it went up to an open back door.

I knocked on the door and a young woman answered. "Is this your dog?" I asked. "Oh yes! I wondered where he was." I explained that he had followed us for a long way. "Oh, he knows the way well. I take him for a run up there every morning." I mentioned how we had tried to stop him at the canal bridge. "Oh, he always swims the canal!" she said.

Maybe we should sign up the dog and/or his owner for the club?

MDOC Winter/Spring Series

Sat 31 March Bramhall Park

Sat 14 April Platt Fields & Fallowfield Campus *(Not 21 April)*

The Spring series offers White, Yellow and Orange courses for juniors and beginners, and a 2-part Chasing sprint for more experienced orienteers. Starts 10:30-11:30.
Co-ordinator: Alison Doyle.

MDOC Introductory events at Lyme Park

Thurs 10 May

Tues 15 May

Thurs 24 May

Especially designed for beginners. Registration from 17:30. Starts 17:45-19:00.
Co-ordinator Pete Lomas.

MDOC/DEE Summer evening events

Tues 24 April Teggs Nose

Thurs 31 April Lyme Park

Wed 2 May Delamere Forest East

Thurs 10 May Pettypool, near Sandiway

Tues 15 May * Delamere Forest North

Wed 23 May Erddig Estate

Tues 12 June Macclesfield Forest

Tues 19 June Brereton Heath

Tues 17 July Alderley Edge

** Juniors in the 14/16 age class who intend to run in the World Schools selection race in November must not take part in this event.*

These are all level C colour coded events with a full range of courses up to Blue.
Registration from 17:30. Starts 18:00-19:15. MDOC Co-ordinator: Tony Wagg.

MDOC Countryside Score events

Mon 28 May

Mon 25 June

MDOC Committee Meetings

7:30 p.m. at Hazel Grove Reform Club

Mon 16 April

Mon 14 May

CALENDAR

Sat	24 Mar	York University & Heslington	British Sprint Championships
Sun	25 Mar	Strensall Common	British Middle Distance Champs
Sun	1 Apr	Bigland East	LOC level C event
6 -9	April	JK Festival of Orienteering	Perthshire
Sun	15 Apr	Riber Hillside & Bow Woods	DVO level C event
Sun	22 Apr	Stickle Pike	LOC level B regional event
Fri	4 May	Low Rigg, near Keswick	Training event
Sat	5 May	Dalegarth	British Individual Championships
Sun	6 May	Helsington Barrows	British Relay Championships
Mon	7 May	Kendal Urban event	LOC level B Urban event
Sat	12 May	Peel Park & The Coppice, Accrington	PFO level C event
Sat	12 May	Settle Urban event	AIRE level C Urban event
Sun	13 May	Kilnsey North	AIRE level B event
<u>MDOC Twin Peak Weekend</u>			
Sat	19 May	High Dam	Northern Championships
Sun	20 May	High Dam	Middle Distance event
2 - 5	June	Braemar	Scottish Championships
Sat	10 Jun	High Rigg	WCOC event
Sun	17 Jun	Lever Park & Horwich	SELOC Urban event
Sun	8 July	Nottingham City Race	NOC level C Urban event
22 - 28	July	Aberystwyth	Croeso 2012 - Wales 6-days
24 - 27	Aug	Wykeham Forest	EBOR White Rose Weekend

Wednesday Runs

Wed	28 Mar	John & Jen Britton
Wed	4 Apr	Julie Brook
Wed	11 Apr	Macclesfield Forest Visitor Centre
Wed	18 Apr	Pete & Ray Lomas
Wed	25 Apr	Andrew & Margaret Gregory
Wed	2 May	<i>Delamere East event</i>
Wed	9 May	Andy & Vicky Thornton
Wed	16 May	Tony Wagg
Wed	23 May	Steve & Heather Fellbaum

ASKHAM FELL



Tom Fellbaum



Jillyan Dobby



Steve Dempsey



Views with snow-covered hills



Ray Humphreys



David McCann



Heather Fellbaum with John and Steve Dempsey