



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

AUGUST 2009



Twin Peak

Stockport

Fontainbleau

Bob Graham Round

Summer events

NEWS

Congratulations to Steve Lang for completing the Bob Graham Round, with the help of a number of club members and other friends and family. A full account appears in this issue.

Congratulations to Lucy Harris, who has been selected to represent Great Britain at the World Mountain Bike Orienteering Championships. These will be held in Israel from 10th-15th August.

We had two father and son teams competing in the Saunders Lakeland Mountain Marathon held near Coniston on 4th & 5th July. Dave and Alex McCann came an excellent 5th out of 93 in the Wansfell class, while, on the same course, John Kewley and son Olly were 2nd out of 36 in the walkers (Bedafell) category that John Kewley (aged 19!) won in 1983. JK and Olly (aged 16) came close, with a tough day 2, to finish 13secs in arrears despite having an overnight lead.

John Kewley is planning the British Trail-O championships at Daresbury in November. He will be competing for GB at the World Trail-O Championships, Miskolc, Hungary on 20th and 22nd August. Results should be available on: <http://tajfutovb2009.hu>

A Grade 3 Controllers course was recently held locally by Ian Watson. The following club members have now qualified as Grade 3 controllers: Steve Fellbaum, Ian Gilliver, John Kewley, Steve Lang, Dave McCann and Andy Thornton.

DEE have issued the annual challenge to MDOC to an event on Primrose Hill on Saturday September 19th. The event will be something non-standard. Interestingly it is DEE's 40th anniversary this year and their first ever event was on Primrose Hill – hopefully they are not intending to use the original map! There will be the normal 10.00 – 12.00 starts, and they have booked a buffet lunch in the Morris Dancer pub at Kelsall (just a mile away).

The committee is discussing the recent BOF initiative for increasing participation in orienteering. The idea is for regular weekly sessions at one centre, with ideally both good indoor facilities and outdoor areas suitable for orienteering training activities. A small group from the committee are actively pursuing the idea and looking for a suitable centre.

Other topics currently being discussed by the committee include the best dates and times of day for the Schools Orienteering Championships, a review of the summer evening events, and the need for the purchase of additional SI equipment. Current mapping projects include urban maps of Buxton and Glossop, and an area near Hayfield. The idea of an event in conjunction with the Hayfield Show has been postponed until next year, although the mapping of a small area adjacent to the show field has already been completed. Possible events at Buxton and at Glossop are being considered for next year.

Dan and Karen Parker are moving to near Penrith in a few months time, having been very active members of the club for many years. We shall all be very sorry to see them go, but wish them well in their new home, which will be closer to the Lake District fells. As a farewell celebration they are planning a Whaley Bridge Countryside Score Event on Wednesday 29th July. This will be of a similar format to the successful Rainow Countryside Score Event in May - a score event of 60 or 90 minutes on footpaths, bridleways and lanes using a blown-up OS 1:25000 map. This will be based on their house at Taxal near Whaley Bridge, and will be a "farewell party" with food available afterward. This will replace the Wednesday Run that day but everyone is very welcome whether or not they normally go to Wednesday Runs.

We have received a request from Ianka Petrova Evans of Walton Chasers for help in purchasing a special all-terrain pushchair for her 8-year old autistic daughter Anna-Marie. Details are given on their appeal website: www.annamarietfund.org

Congratulations to Andy and Vicky Thornton who celebrated their 25th Wedding Anniversary on Tuesday 9th June. As this was the day of the Macclesfield Forest evening event, they brought some bottles of sparkling wine for anyone who stayed on after the event, and invited orienteers to join them for a meal in the neighbouring Leather Smithy pub afterwards.

PETER PALMER RELAYS

Last year our juniors won the Peter Palmer Relays. This year we are aiming to retain it, as well as having a good overnight stay. This year the race is in Sutton Park near Birmingham, an area with a mix of paths, open and undergrowth. It's been used many times before for this event and has good accommodation. The race starts early on Sunday 27th September but we need to get there for the Saturday afternoon/evening to join in the usual games that are organised. Please can you let me know as soon as possible if you can come so I can devise one and hopefully two teams.

The legs and standards are as follows;

- 1 Red, in the dark
- 2 Red, in the dark
- 3 Light Green, just getting light
- 4 Orange, light
- 5 Yellow
- 6 Green

On the Yellow leg we can enter 3 runners on the same leg, the idea is they can all run independently and the first back sets off the last leg runner. We need a mix of boys and girls.

Dave McCann

SATURDAY MORNING EVENTS

We are planning to have 6 events during October, November and December.

Our Sprint series in the Spring proved to be very popular with a lot of our competitive-minded members, so we have thought up a format based on Score events that could prove equally popular. They will be Score events suitable for everybody, from newcomers to those who like a good fast race. The basic Score event will consist of 15 controls to visit in any order (with a time penalty for any NOT visited, rather than a fixed time to collect as many as you can).

The race version will work like this: At 10 of the controls there will be a piece of map showing an extra control (that makes 25 in total). You mark these extras on your map. You are not allowed to punch an extra "slave" control until you have punched the "master".

Did you come to our summer event at Brereton where there were 4 "masters" each with 4 "slaves"? This is a different version of the same concept. And there will be a mass start, probably at 11.00 for anyone who thinks they will be able to visit all the controls. First back wins.

The first event should be on October 3rd, in a Stockport Park. Details will be given on our website. Come along and try this somewhat experimental type of event!

Sue Birkinshaw

**The club AGM will be held at 7.00 for 7.30 p.m.
on Thursday 24th September
at the Nursery Inn, Heaton Norris Stockport
A hotpot supper will be served**

For the second leg I was supported by Mark Seddon (SELOC) and Phil Dewhurst (Horwich Harriers). As we plodded up Clough Head, the rain turned to sleet and then to snow. But it was June, it wouldn't settle. Then it started to settle!

Phil's hands were suffering from the cold. Thankfully we had a plastic bag that he used to block out the wind. By Stybarrow Dodd it was difficult to see anything with the wind whipping up the snow, and by Raise I had to put on the extra top, a life-saver. I was wondering if it would be safe on the Scafell massif with snow covering its boulders.

Thanks to Mark's navigation we quickly ticked off each peak. Fairfield appeared to have less snow than Dollywagon, and the Scafell range viewed from Seat Sandal appeared to have only a dusting. It seemed safe to carry on.

Dunmail (08:20) to Wasdale Head (14:00)

At Dunmail, Paul and Julia were joined by my parents who would be providing roadside support at the remaining road crossings. For the third section I was helped by Dan and Karen Parker.

I had only recced this leg once, and my splits were very slow. I'd assumed it was because I was not taking the right lines. As Dan and Karen have themselves completed the BGR, I was sure they would take the optimum route. I was to discover that Dan has helped out on numerous 24 hour record attempts, which became apparent on the route between Pike O'Stickle and Rossett Crag. I was surprised when we dropped down to Stake Gill rather than contouring around. Dan's route was better.

I was still feeling strong when we reached Bowfell, but my right knee was starting to complain. It was the first time I have ever resorted to taking painkillers while running. To nurse my knee, I took the descent into Wasdale very steadily.



Wasdale Head (14:16) to Honister (18:49)

The 15 minute rest at Wasdale quickly went, and it was time to go up Yewbarrow with John Britton and Dave McCann. The weather started to clear; it was turning into a pleasant day.

This is my favourite leg. It was largely uneventful after we stopped Dave taking in an extra peak (Looking Stead). My legs were starting to feel tired when going up Kirk Fell and Great Gable. But the end was in sight.

Honister (19:06) to Keswick (21:45)

When we got to Honister, there was some confusion in the car park as I was well ahead of schedule. My supporters for the final leg, Phil Colville and Alan Ogden had only just arrived. But there was no need to rush.

Apparently Paul Turner (SELOC/Bolton United Harriers) was on his way to Grey Knotts, but he took a different route from the one we descended. Thankfully he met another group, and found out we had gone past.

The rest refuelled my legs. There was just the push up Dale Head, and a smaller one up Robinson which quickly came and went. At Chapel Bridge we were joined by Di Lang (my mum) and Paul Turner for the final section along the roads to Keswick. I was still running comfortably along the flat, but had to walk even the slightest incline.

I took a small walking rest just outside Keswick, so I could run (pose) along the main street looking like it had been a breeze, to touch Moot Hall in a time of 21 hours and 45 minutes.

Thank you to everyone who provided support and advice. It was a privilege to receive help from so many for what is ultimately a selfish wish to complete the BGR.



*Steve Lang with supporters outside the Moot Hall in Keswick.
Phil Colville, Dave McCann, Paul Turner, Steve McClean, Alan Ogden on left
John Britton and Di Lang on right.
(Photos by Dave McCann)*

Welcome to new members of the club:

Jack Leach (M50)

Kate Williamson (W35), who attended the Lyme Park series and is new to orienteering

Clare and Rik Griffin (W35, M35) who also attended Lyme Park and are new to orienteering

Roger Brereton (M35), who attended the Lyme Park series

Peter and Joanne Bream (M40, W40) with Charlotte and Matthew (W11, M9). Peter has orienteered previously

TWIN PEAK

The Lake District was again the venue for our annual Twin Peak weekend on 30th and 31st May, using the complex open fells of Place Fell and Angle Tarn Pikes. Fortunately we were blessed with fine and sunny weather for the whole weekend, and competitors had superb views over Ullswater across to the Helvellyn range. The disadvantage of the area for competitors is the climb up to the area before competing, but in fine weather few people complain.

Dave McCann was planner for the Saturday event on Place Fell, and Steve Fellbaum for the Sunday on Angle Tarn Pikes. Sue Birkinshaw was the Event Co-ordinator and Jan Ellis the Day Organiser. Many other club members helped cope with the extra difficulty of running an event such a way from the assembly field, and more than usual gave up the opportunity of having a run.



Competitors wait for the start at Place Fell, with Paul Jarvis (in hat) helping



The Finish at Place Fell had an equally beautiful view

Cover photo: Vicky Thornton and Ruth Sutherland on the Start at Place Fell

FOOTPATH RELAY

This year's Peak District Footpath Relay was held on Saturday 13th June, based on the Grouse Inn at Nether Padley. A very warm sunny day made running quite hard work, but we achieved a very respectable result considering that our team had 44 Handicap Points, and that only 20 points are required for each team. We were 6th out of 7 teams, with Ashbourne Running club winning, and Sandhurst Joggers, who organized this year, being second. The other teams were Holme Pierrepont, Ilkeston Running Club, Walton Chasers and Ashbourne Rugby Club.

Our team consisted of Heather, Steve, Matthew and Alice Fellbaum. Trevor and Caroline Hindle, Dave, Jane and Alex McCann, Alistair and Andy Thornton, Trevor and Marie Roberts, Alan Ogden, Mike Butcher, Tony Wagg, Dave Mawdsley, Phil Colville, Alison Doyle and Liz Britton. Andrew Gregory co-ordinated the team, and Margaret Gregory and Pete Lomas helped with transporting competitors.



Mass start, with Heather Fellbaum in the centre



Dave McCann leaving Longshaw



Liz Britton coming off the moors



Alice, Matthew & Steve Fellbaum with Pete Lomas

Photos: Margaret Gregory & Trevor Roberts

There has been some discussion after the event as to whether in future teams should be fewer than 20 runners, as some clubs found it difficult to raise a team this year. For example DVO, who are very regular competitors, had someone running the Bob Graham Round that weekend. However it has been pointed out that this would make it more of an elite competition, which would change the informal and inclusive nature of the event.

STOCKPORT

Our second urban event at Stockport was organized by Pete Lomas, with courses planned by Edouard Salathé and Ian Gilliver as controller.

Edouard commented: “The planning exercise was interesting on this map because of the ups and downs. I eventually got fully briefed on Stockport’s history, thanks to the Heritage trail documents and to David Walker. Ian Gilliver did a wonderful job regarding planning control, logistics and saving on marshalling resources by setting up a secure and straightforward system for the controls after a benchmark with previous events. Well done Ian! Everything went as planned on the day. Even the fire in a derelict zone and the fire brigade did not impact on the well-oiled MDOC organisation’s engine. I like very much getting feedback from runners. This time, there was a lot, and very diverse. Overprint readability came ahead. A lot of runners enjoyed the run. I heard stories about treacherous benches and a mysterious blue door.”



Edouard Salathé



Ian Gilliver



Frank Rose

Ian Gilliver took advice from SLOW, who organized last year’s City of London event. He produced a system using Gripples for attaching the controls. He commented: “We would have lost (at least?) one control box had it not been for the system we employed to secure the control sites. When collecting controls after the event I found one control completely without its flag and on the pavement. The steel ribbon holding the SI box to the wire cable was greatly distorted where it appears that someone attempted to tear the control way from its fixing - but both the cable and the fixings held firm. I am therefore very pleased to recommend Gripples for this type of application. In addition to being secure, they are reusable, and (as we found) easy to use.”

Dave Walker devised a Heritage Trail that visited some of the historical sites of Stockport, and he also co-ordinated the charity link with St Ann’s Hospice.



Chris Rostron poses under the statue of Cobden whilst keeping an eye on one of the manned controls. (Photos: Peter Cull)

Les 3 Jours de France à Fontainebleau

Sue Birkinshaw

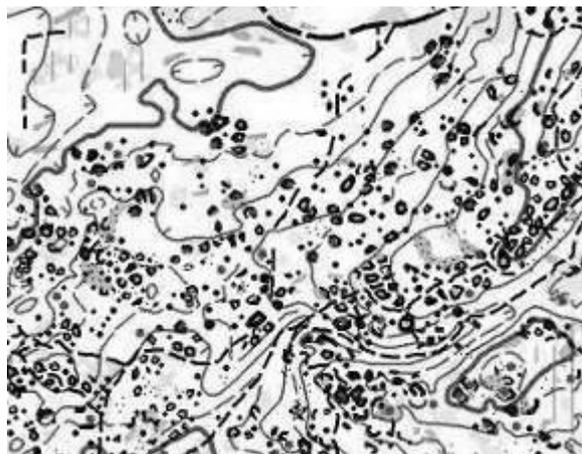
Dave Mawdsley, Sue Birkinshaw, Steve and Alice Fellbaum went by car to the event at Fontainebleau and met up with Ian Gilliver and Marie and Trevor Roberts. It was a three-day event in an amazingly technical, rock-filled forest, with an additional day called '77'.

We kept ourselves amused on car journeys by attempting to write a report in French. We DIDN'T ask Marie to join in – she would have been horrified at our abysmal French! Here are some of our notes:

Nous avons départé de Macclesfield à sept heures du matin. Le soleil brille. Il était une queue sur le M25 où nous traversons le Thames. Nous proposons que MDOC (Jim Nightingale, le maestro des stile crossing points) construit un nouveau, deuxième, pont. Et depuis, quand il faut queuer pour le péage, nous demanderons un système électronique créé par Eddie. Quand nous arrivons à Dover nous pensons que Frank ferait mieux le parking au port.

Nous avons une nouvelle bannière pour MDOC à Assembly. C'était construit par Dave M, de son O-top ancien. Malheureusement tout le monde pense que c'est "knickeres" (de qui?!)

Un soir nous avons acheté de boeuf haché, mais il n'y a pas un barbeque au campsite. Donc, comme normal, Dave et Steve ont improvisé avec les rochers et le bois. Le diner était tres bon.



La forêt de Fontainebleau est plein des rochers – grand rochers (6x6x6m), et petit rochers et rochers sur rochers. Entre les rochers il y a le bracken, le heather, les petits arbres, les arbres énormes et beaucoup d'autre vegetation. Il y a les petits sentiers, et les grand sentiers fait de sable. L'orientation c'est très difficile. On peut faire les grandes erreurs, peut-être 30 ou 40 minutes pour control. Sue a commencé le troisième jour 20 minutes derrière la première, mais a triomphé parce que elle n'avait pas fait des erreurs!

Le dernier jour était une course très spécial qui s'appelle 77. Il y avait 77 controls en 16km. Fontainebleau est en District 77 en France. Il y avait aussi trois courses plus courtes. Alice a couru une course de 8km et elle a gagné troisième place pour dames (adultes, pas juniors). Bravo Alice!

Un bon weekend. Merci, Dave, pour l'organisation.

GREATER MANCHESTER ORIENTEERING ACTIVITIES

As I see it from the Chair – July 2009

Beryl Blackhall

The GMOA space in the last two newsletters was mainly devoted to the AGM, first to notify you of the details and proposed Constitution changes, then to give you my annual report so you received it very soon after the meeting. In fact it went to press before the actual meeting!

The meeting ran smoothly, all annual reports and the new Constitution were accepted. All Officers standing for re-election were elected unopposed, so leaving a vacancy for a Secretary. At the first committee meeting Irene Crawshaw was appointed to fill the vacancy and Sue Birkinshaw was again co-opted onto the committee, so we can benefit from her wide knowledge. We even had time for questions and discussions.

PROMOTION OF OUR POC's – More People on More POC's

In February we advertised for people to come forward who were interested in preparing sessions for adult learners at a number of POC sites, doing the publicity for these sessions and delivering the sessions. Beren Airstone has agreed to undertake the work, all as one project, and Bury and Stockport have agreed to host the two series, each of 4 sessions. These free sessions, funded by GMOA, are due to take place in September and October as shown on the next page.

This is a pilot scheme, with each session running from 11.00 – 12.30 hours, aimed to introduce people to Leisure Orienteering. The idea is to give them enough skills to motivate them to return to the parks used and to visit other parks with POC courses. These will be advertised locally.

All adults are welcome, including those involved with Health Walks, Mums with children at school, shift workers or those who can arrange an extended lunch break from work. If you know of such people in those areas, probably lacking the confidence to do it on their own, please point them in that direction.

OUT ON THE COURSES

With so much AGM news recently an update in sites is overdue. The following new and updated courses are now available for your enjoyment, and we have others in the pipeline. Each entry shows the nearest town or village, the council area and an OS Grid Reference, in addition to brief details.

Longford Park, Stretford, Trafford – SJ 807 943 – NEW COURSE NOW OPEN. Courses up to ORANGE. At present maps only available direct from GMOA.

Etherow Lodge Park, Hollingworth, Tameside – SK 018 964 – NEW COURSE OPENS 19th JULY. This is a very small but complex area, which was once a large garden. The POC has been designed for Star Exercises and Loop Courses with a couple of short courses at Orange level. This is like no other GMOA course and is a real Micro O, with constant control picking. Just go and try it at speed! At present maps only available direct from GMOA.

Hoyles Park, Bury – SD 817 115 – NEW COURSE NOW OPEN. This is a small town park with the POC designed for Star Exercise and Loop Courses, plus a Yellow course. Maps available from Bury TIC or direct from GMOA.

Queens Park, Heywood, Rochdale – SD 858 115 – NOW OPEN after major refurbishment and extension. Details were in the November issue. Courses up to RED. There are 2 maps available, either from the Park Office or direct from GMOA.

Reddish Vale, Reddish, Stockport – SJ 905 935 – NEW COURSES soon available. The map has been extended to both the North and East, allowing for a number of new control sites and some very different courses. RED is the highest level. The map is ready and can be ordered direct from GMOA. The Rangers have the new control posts and I am waiting for confirmation that they have been installed. So get your new map for a good training run.

Gorse Hall, Stalybridge, Tameside – SJ 906 980 – NEW MAP & REVISED COURSES. There will be an official re-launch of the POC in the autumn, but the new posts are installed and the map ready so you can get out there and investigate. Courses up to ORANGE. At present maps only available direct from GMOA.

Dove Stone Reservoir, East of Greenfield, Tameside – SE 014 035 – NEW MAP. Many original fences on the site now removed but miles of new fences erected, mainly on the moorland. Modification to Blue course, which you can download from: www.gmoa.org.uk

NEED A SUMMER TRAINING RUN?

LOCAL POC AREA A BIT SMALL?

THEN TRY, "STARS FOR EVERYONE"

BE GREEN AND TRAIN LOCAL

USE A GMOA POC

Who is this for? This is for everyone as it can be adapted to suit your orienteering level. For anyone from beginner to experienced orienteer. For training it can be adapted for a single person, a pair or a group.

What is a basic STAR exercise? Star exercises were originally developed for teaching beginners the basic skills of orienteering. The basic principle is that there is a central base, from where the exercise can be easily supervised. Participants are each sent to find ONE control and then return to report the code found on the control marker. This process is then repeated with the other controls, one at a time. The difficulty of the leg out can be varied according to a person's skill knowledge and physical capabilities, depending on which control is being used.

Adapting the STAR principle into a training session. Forget the recording of codes and substitute with touching the post. If you cheat by not going to a post, it is only yourself that you are cheating, by reducing your training. These ideas will give you map reading practice on the run with constant changes of direction, so improving your map handling skills. Below are a number of variations.

1. **On a small POC site** - (Etherow Lodge Park; Princes Park; Hoyles Park) choose a central point as your base. From this point visit each POC control in turn, in any order, returning to base after each one found and touched. Continue until all have been visited.
2. **On a large POC site** - select an area, suitable to your physical capabilities, then treat it as a small POC and do as in exercise 1, above.
3. **One control loop** - as for exercises 1 or 2 but at each control you have to find a different route back to base.
4. **Map memory** - As for exercises 1 or 2 but you may only look at your map when you are at the base. You must memorise the route, or routes if doing a loop, put your map away then run the route, only re-opening your map when back at base.

For any of the above ideas if you have a training partner or small group see who can complete the exercise first, or even time it.

Adapting the STAR principle into a group coaching session. I remember this principle used when I was a squad member (a long, long time ago) for introduction of complex terrain. For anyone interested in running club sessions see, "Club Activity Guide" from British Orienteering for a number of ideas.

HAVE FUN

Beryl Blackhall

Do tell any non-orienteering friends who might be interested about these introductory coaching sessions, which are being run by Beren Airstone:

Free Orienteering Coaching Sessions for Adults

As part of a community initiative to promote the use of **Permanent Orienteering Courses by adults**, four coaching sessions are being run both in Stockport and in Bury by the GMOA with a qualified British Orienteering Coach.

Stockport

10 September- Bramhall Park

17 September- Bruntwood Park

24 September- Woodbank Park

1 October- Reddish Vale Country Park

Bury

16 September- Nuttall Park, Ramsbottom

23 September- Chesham Woods

30 September- The Burrs Country Park

7 October- Philips Park, Whitefield

Orienteering involves the use of maps to navigate on foot around parkland, visiting checkpoints or 'controls'. It is an enjoyable, challenging and healthy activity.

All adults are welcome, including those involved with Health Walks, park groups, mums and dads with children at school, shift workers or those who can arrange an extended lunch break from work.

For each district you will need to attend **all four sessions**, which will run from **12pm until 1.30pm each day**. The aim of the coaching is to allow you to visit other parks and tackle Permanent Orienteering Courses on your own, or with friends or colleagues.

Groups are welcome but the maximum number of participants on the course is 20.

To register your place on this exciting, free-of-charge initiative, call

Beren on 07941 157178

Bookings only!

SUMMER EVENING EVENTS

Lyme Park Series

The annual series of introductory events over four consecutive evenings in Lyme Park was again very successful. Three low-key events using different areas of the park led up to a full colour-coded event in the final week. The first three events were planned by Alex McCann, Alistair Thornton and Alice Fellbaum, and the final event by Ian Gilliver. Peter Lomas was the organiser, with help from a good number of club members, who usually enjoy the excuse to come out to Lyme Park on a fine summer's evening.

The number of competitors was around 60 for the first three events, and over 100 for the final event, and it was encouraging to see so many new people trying the events, particularly those from Goyt Valley Striders, Macclesfield Harriers and the Buxton satellite orienteering club.

Macclesfield Forest

Macclesfield Forest is a physically tough area for an evening event, with dense vegetation in the valleys and some recent areas of felling. However a good number of competitors managed to complete John Bainbridge's interesting courses. Jan Ellis organised with her usual efficiency, and we had the excellent site of the forestry offices below the upper reservoir for the parking and assembly area.

Some excellent photos by Peter Cull appear on the back page.

Brereton Heath

Martin Green had produced an excellent new map of Brereton Heath, which was a considerable improvement on the previous one, and reflected the complex network of paths very well. Julie Brook was organiser, and Ray Humphreys controller. Marie Roberts had planned the courses and, with the help of Trevor, tried out an interesting idea for a score event that had been used by SROC at their New Year's Day event.

Only 4 master controls were marked on the map, and at each of these was a map with 4 further "slave" controls that had to be copied onto the competitor's map. There were thus 20 controls in all, but you could only count a slave control if you had already visited its master control. A further variation was that you could choose either 50 minutes or 75 minutes, although the number of controls was the same. The 75 minutes was presumed to be harder, although one could well argue the opposite. In fact the optimum distance was about 4km and most competitors collected all controls in under 50 minutes, with the winners taking just over 30 minutes.

With a novel format, some interesting mistakes were made. Personally I started well, visited the first master control, copied down the 4 new controls on my map and set off for the next master control. I was almost there when I realised that I hadn't actually punched the first master control! There was nothing for it but to go back and correct my error. I gathered that I wasn't the only one to make this mistake. Dave McCann, who had been to the SROC event, was warning people at the start that the main problem was that with so many controls marked on the map, it was very easy to miss one out. He then managed to miss one himself!

It was an interesting idea, and a variation on the theme will be tried at this autumn's Saturday morning events.

Summer Social

The summer social was held on the fields of Roy and Rosemary Hayes near Nether Alderley. The afternoon started with a bicycle treasure hunt devised by Dave Mawdsley, with a course on local tracks and roads and a series of fiendishly cryptic clues to be answered. This was followed by the traditional barbecue, and opportunity to tour the estate. As usual we are very grateful to Roy and Rosemary for hosting the event, and to Julie Brook for organising.

Alderley Edge

Steve Lang, fresh from his completion of the Bob Graham Round, had planned the courses at Alderley Edge. There was some anxiety as to what his idea of a short course would be, but in fact the lengths and winning times were fine. Alderley is always quite tough at this time of year, with its steep slopes and thick vegetation, and this was not helped by the rain, that started gently but gradually became much heavier, so most people arrived back soaking wet. Some of the steep slopes covered in leaves became very treacherous. Steve had produced an interesting variation for the Blue course, in that the paths were omitted from the map. This was clearly stated at registration but, of course, some competitors never read notices and didn't realise until they had started! Phil Colville organised the event very competently, and coped with all the problems due to the rain. Andy Thornton was controller.



Queue to register at Alderley Edge



Running through the woods

Recent Results

Twin Peaks

M10	James McCann	4/7	M45S	Paul Jarvis	2/10	M65	Dave Mawdsley	4/22
M12	Matthew Fellbaum	3/10		Tony Mason	6/10	M70	Andrew Gregory	1/16
	Tom McCann	5/10	M50	Tom Bedwell	10/25	W14	Rebecca Humphreys	2/12
M14	Alex McCann	2/19	M50S	Stephen Bingham	7/11	W21	Vicky Thornton	5/18
	Alistair Thornton	5/19	M60	Ian Watson	19/46	W40	Jane McCann	1/10
M21	Tom Fellbaum	8/26		Tony Wagg	21/46	W40S	Heather Fellbaum	1/4
M40	Warren Mason	3/10		Chris Rostron	23/46		Julia Simpson	2/4
	Jim Trueman	6/10		Trevor Roberts	25/46		Claire Barnett	4/4
M40S	Paul Smith	3/8		Grahame Crawshaw	30/46	W55	Alison Doyle	18/24
M45	Dan Parker	3/29	M60S	Chris Kirkham	27/7	W70	Sue Birkinshaw	8/10

Stockport

M Open	Steve Lang 2, Dan Riley 7
M18-	Alex McCann 2, Matthew Fellbaum 4
M40+	Dave McCann 7, Paul Watson 15, Tony Mason 17, Paul van Calster 18
M55+	John Britton 1, Eddie Speak 8, Chris Rostron 9, Ian Watson 11, Andrew Gregory 12, Trevor Roberts 14, Dave Mawdsley 15, Grahame Crawshaw 18
W Open	Liz Britton 1, Michelle Riley 4
W18-	Roman Salathé
W40+	Jane McCann 3, Marie Roberts 9, Kath Speak 13
W55+	Jan Ellis 2, Julie Brook 5, Margaret Gregory 9
16-	James McCann 3, Tom McCann 7
Score	Irene Crawshaw 1, Marianne Salathé 2, Hector Salathé 3, Manuelle Salathé 4, Jason Salathé 5, Kath Rose 10, Frank Rose 11



Alistair Thornton



Alice Fellbaum



Will Humphreys



Alan Ogden



Dan Parker



Marianne and Hector Salathé



Kath Rose with the group from St Ann's Hospice at Stockport

A selection of Peter Cull's superb photographs from the Macclesfield Forest summer event, and from the Stockport town event. More can be see on his website: www.petercull.com