



# MDOC NEWS



**Newsletter of Manchester and District Orienteering Club**

**AUGUST 2010**



**Macclesfield Forest  
Ultrasprint & Stockport  
Langley, Poynton & Marple  
Summer evening events  
GMOA AGM**

## NEWS

Our Town and Country weekend was a great success, thanks partly to the weather, but mainly to the enormous amount of hard work put in by all club members involved.

Steve Fellbaum, Club Chairman, says: "Based on my own observations and feedback received I think we can conclude that the weekend has been a major success. There are far too many people to thank, you know who you are and the contribution you have made (organisers, planners, controllers, computer team, car parking, cake stall, catering, control putting out/collection, stores/equipment, start team, control manning, event coordination etc. etc.). Just to remind you this has been possibly the busiest week in MDOC's history. Wednesday the Countryside Score event at Poynton, Thursday the summer evening event at Brereton Heath, Saturday the middle distance race in Macclesfield forest and the Ultrasprint in West Park followed by the Barbeque, Sunday the Urban event in Stockport."

Discussing the weekend, the committee not surprisingly decided that for any future major event it would be preferable not to have other events in the preceding week.

The Ultrasprint at West Park in Macclesfield, was a new innovation for the club, and a product of John Britton's enthusiasm. Everyone who took part seemed to enjoy it, and it certainly showed who could think quickly and keep a cool head! The barbecue that followed the event made it a very pleasant social occasion.

Three MDOC juniors have been selected to represent England in the Junior Home Internationals to be held in Scotland in September: Alice Fellbaum (W18), Alistair Thornton (M14) and Thomas Fellbaum (M18).

Twin Peak 2011 will be held on February 26 and 27 at Torver in the Lake District. Twin Peak 2012 will also be held in the Lake District on May 19 and 20, and will use High Dam and adjacent areas. This weekend will incorporate the Northern Championships.

Welcome to new members:

Steve Nicholls                Senior National Member

Sara Andersson              Senior Local Member

Anthony McGuinness, Victoria Lomas, Tom, Lily and Patrick    Local Family Members

### **MDOC Talent Squad**    *Dave McCann*

We have an opportunity to set up and organise some training for anyone interested in improving their orienteering. Depending on what we want and choose to organise we may get some funding and support from BOF.

I would like to hear from anyone, any age and any ability, who has an interest in improving their orienteering. If we were to organise a regular evening training session, what do you want the format to be, where do you want it to be (same place or moving around?), which night do you want it on, what type of training do you want (physical or technical?). All comment to Dave McCann on [mccannhg@aol.com](mailto:mccannhg@aol.com)

## MACCLESFIELD FOREST

The northern part of Macclesfield Forest contains some excellent orienteering terrain, including areas of intricate contour detail, and the attractive meadow area in the highest part of the forest. This is ideal terrain for a Middle Distance race, and Vicky Thornton had planned some excellent courses that made good use of the variation in terrain. Steve Fellbaum as organizer had everything under control, with help from a good number of club members. Brian Shaw of SYO and Dave Mawdsley were joint controllers.

A very picturesque assembly area had been chosen, shown below in the photo by Dave McCann. Dave McCann also took the superb cover picture of Alex McCann in action in Macclesfield Forest.



Positions of MDOC runners who completed their course were:

- Black (18): Tom Fellbaum 4, Roger Bryant 8, Steve Lang 11, Paul Watson 17.  
Brown (40): Alex McCann 4, Andy Thornton 6, Dave McCann 12, Trevor Hindle 14, Alan Ogden 27, Ian Farrell 30, Simon Proud 33.  
Blue (73): Steve Dempsey 2, John Britton 15, Eddie Speak 21, Chris Rostron 28, Ian Watson 34, Peter Ross 40, Jane McCann 43, Chris Kirkham 48, Grahame Crawshaw 54, Hazel Hindle 55, Steve Rawlings 65, Ruth Beresford 66, Tony Mason 67, Kath Speak 68.  
Green (64): Martin Green 1, Andrew Gregory 7, Peter Lomas 9, Kate Bryant 10, Jillyan Dobby 13, Anthony Sutton 23, Irene Crawshaw 26, Rae Lomas 31, Jan Ellis 37, Alison Doyle 40, Sue Birkinshaw 45, Julie Brook 46, Steve Nicholls 56.  
Lt Green (15): Matthew Fellbaum 1, Carolyn Hindle 2, Tom McCann 3, Dave Bryant 5, Stephen Beresford 7.  
Orange (8): Laura Hindle 1, Rosemary Ogden 3, Caroline Sutton 4, Pamela Hartley 8.  
Yellow: (10) James McCann 1, Ben Dempsey 4.

## ULTRASPRINT

John Britton was an enthusiastic proponent of the idea of an Ultrasprint event, including a maze section, as part of the Town and Country weekend. West Park in Macclesfield was chosen, both as being suitable for the event, and for its facilities for a barbecue afterwards. John Britton produced the map, and planned the three courses – together with designing and building the maze. Steve Fellbaum organized the event very efficiently, and Ian Gilliver was controller

The park was mapped at 1:1500, a map showing every tree, bench and post, with the maze section enlarged to 1:1000. The maze itself was constructed of red-and-white tape strung between posts. The rules forbade you from leaning over the tape to reach a control. You had to be right beside it. To confuse the situation even more both the park and the maze had several dummy controls, so that accurate map-reading was essential. In parts of the park it seemed that every tree had a control on it!



Everyone ran two heats, each of about 700m, with competitors starting at 20 second intervals on each heat. The final course of just over 1000m had gaffled butterfly loops, so that four competitors could start simultaneously, all running the same course but with the loop sections in different orders. The four men with the fastest times in the

heats ran their final, followed by the four fastest women, and everyone else was able to watch them negotiating the park course and the maze. For both of these races the winner was the overall male or female winner. Then the remaining competitors started in groups of four, in order of their overall time on the heats. For them their overall position depended on the total time over all three races.



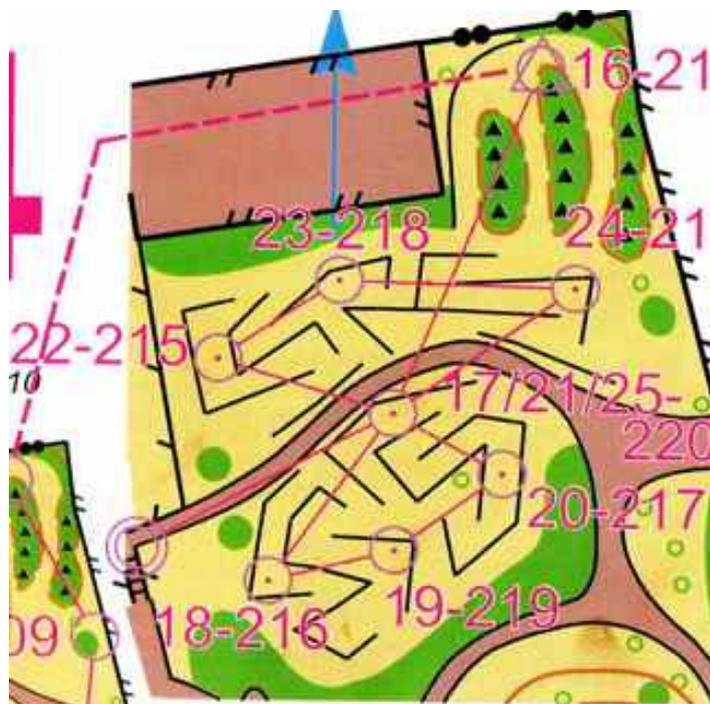
*Vicky Thornton on the path beside the maze*

In all 64 competitors took part in the Ultrasprint, of whom 24 were from MDOC.

Thomas Fellbaum, Ben Chesters (SARUM), Roger Thetford (TVOC) and Alex McCann qualified for the Men's Final, and finished in the same order, with Tom both winning the final and winning on overall time for the three races by 40 seconds. This was an excellent result for Tom, and for Alex McCann, as an M16. Other good MDOC results in the overall men's competition were Andy Thornton 7th, Jim Trueman 9th, Martin Green 10th, Alan Ogden 11th and Stephen Lang 14th.

For the Women's Final Charlotte Watson (WCOC), Liz Campbell (WAROC), Emily Britton (MDOC) and Liz Phillips (OD) all qualified. The clear winner by over a minute was Charlotte Watson, from Liz Campbell and Liz Phillips, but unfortunately Emily Britton mispunched. Jane McCann was an excellent 5th in the overall women's competition, and Rosemary Ogden 10th.

The gaffed butterfly loops in the maze for the Final are shown here. Each control is marked with both the consecutive number and with the number of the control. The control at the centre of the loop had to be visited on three occasions. This required very clear thinking, and not surprisingly many competitors had problems here. In particular, on reaching the central control for the third time (control 25) several people spent time wondering where 26 was, not realizing they just had to go directly to the finish!



### **MDOC/DEE CHALLENGE**

June 26th saw the annual MDOC/DEE Challenge, incorporating the Macclesfield Middle Distance Race and the West Park Sprint Race. The competition was closely fought. The leading MDOC/DEE competitor in each age class scored 100 points, second scored 99 points, and so on. The team with the highest average over the two races won. After the Macclesfield Middle Distance Race, MDOC led with 98.9 points over DEE's 98. During the Sprint, MDOC maintained their lead. The final score was MDOC 99.1 and DEE 98.3. The challenge finished with a well attended barbeque, with Steve Fellbaum wearing the apron and supported by Andy Thornton.

Steve Lang

## STOCKPORT

The third urban race on Graham Gristwood's excellent map of Stockport comprised the final day of the Town and Country weekend. Obviously Sunday morning was relatively quiet, although the precinct centre became quite busy later in the morning.

Pete Lomas organized the event and it is thanks to the excellent contacts he has built up with relevant people on the council, that they are quite happy for us to have an event. Pete had also managed to obtain the loan of a small marquee from Trevor Kimm of 1<sup>st</sup> Bramhall Scouts, and this proved invaluable for housing our computers and an information point. Our normal tents could not be safely erected on the hard surface of the precinct.



*Kate Bryant, Jan Ellis and Chris Rostron on the Start*

Fortunately the fine weather and very light wind kept everything under control. The club minibus was also put into valuable use for storing competitors' kit while they were running.



Steve Lang had planned some challenging courses, which made full use of the extent of the map, and contained long route-choice legs as well as shorter ones that needed continual concentration on the map. Runners were certainly made aware that Stockport is physically quite tough with all its hills. Ian Watson and Simon Thompson were controllers.

*Steve Fellbaum, Jen Britton, Chris Kirkham and Martin Green in the marquee*

MDOC results were:

- Black (10): Roger Bryant 6, Paul Watson 8.  
Brown (29): Alex McCann 5, Dave McCann 8, Trevor Hindle 11,  
Heather Fellbaum 16, Elizabeth Britton 19, David Birtwistle 25.  
Blue (54): Dan Riley 1, Eddie Speak 18, Jane McCann 22, Chris Rostron 23,  
Peter Ross 29, Grahame Crawshaw 33, Hazel Hindle 36,  
Kath Speak 45, Tony Mason 48, Jenny Birtwistle 52.  
Green (31): Andrew Gregory 3, Carolyn Hindle 4, Matthew Fellbaum 5,  
Peter Lomas 8, Jillyan Dobby 9, Michelle Riley 10, Irene Crawshaw 12,  
Kate Bryant 15, Julie Brook 20, Sue Birkinshaw 23, Jan Ellis 26,  
Steve Nicholls 28.  
Orange (6): James McCann 1, Tom McCann 2, Laura Hindle 4.

In all the Town and Country weekend was a great success, although it put a lot of strain on all those who had major roles in the events. Everything seemed to go well, helped by the glorious weather, which put everyone in a good humour. The only disappointment was the relatively small number of entrants. Middle Distance races may not have caught on yet, although they are more challenging than a conventional course.



*Sue Birkinshaw, Dave Mawdsley and Jan Ellis by the minibus*

### **CompassSport Cup Qualifier, Sunday 12<sup>th</sup> Sept, Formby**

The qualifier for the 2010 Compass Sport Cup was cancelled earlier this year, a victim of the bad weather in January and February. It has been rescheduled to Formby on Sunday 12<sup>th</sup> September.

MDOC need as many club runners as possible to come along and run in this event. It's right on our doorstep, on a really runnable area of sand dunes (if you avoid the gorse and thickets!), where navigation should not be too difficult.

The format of the competition allows a certain number of runners to count for the final club score. Runners who don't count can help push other clubs' runners down by having good runs and reducing the points scored, helping the overall MDOC score.

The club will pay the entry fee for all competitors running the correct course for their age class.

Please can you let Dave McCann know if you can run as soon as possible on:  
mccannhg@aol.com

## COUNTRYSIDE SCORE EVENTS

### LOPING ROUND LANGLEY

The Countyside Score Event on 2<sup>nd</sup> June was based on the Leathers' Smithy pub in Langley, and organized by Andy Thornton. Control points were in the countryside surrounding Macclesfield Forest and some were in the forest, but many of the forest tracks were out of bounds, with only rights of way through the forest being allowed.

In the 90 minute event Simon Harding was the winner with 34 points. There were good MDOC results from Roger Bryant and Dan Parker on 30 points, Dave Birtwistle on 29, Alan Ogden and Heather Fellbaum on 27 and Chris Rostron on 23. Alex McCann won the 60 minute event with 22 points, with Alistair Thornton on 20, Dave McCann on 18, John Britton on 17, Matthew Fellbaum, Jane McCann, Tom McCann and Eddie Speak on 16, and Ian Gilliver and Dave Mawdsley on 15.

### POTTERING ROUND POYNTON

Jane McCann

Planning the countryside score events is an enjoyable process that takes you to corners of your local footpath network that you never knew existed. Seeing the discussion that follows your run as you attempt to determine the most efficient routes and learn where you perhaps went astray is always interesting. But it is the positive feedback that I received from so many of you that makes it all so rewarding.



*Studying the map before starting (Photo: Margaret Gregory)*

It is also interesting to analyse the results and see where you have been. As with previous events, at least one person has been to each control on the map and a number of you ventured right up to the Cage in Lyme Park. I hope you had time to enjoy the view!

We are still learning our way around this format and despite careful checking it appears that there will always be one or two control questions or locations that

generate debate and give you something to talk about in the pub afterwards. We do tend to err on the generous side when marking sheets provided there is reasonable evidence that you have been to the correct location. Thank you to everybody who assisted on the night. These may be simple low-key events but it still needs a willing team to deliver a successful evening.

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Jim Trueman won the 90 minute event with 31 points, followed by Steve Lang 29 and Dan Parker 27. Alan Ogden was 7<sup>th</sup> with 24 points and Chris Rostron 13<sup>th</sup> with 19. In the 60 minute event Tom Fellbaum and Mike Greenwood were joint winners with 19 points, followed by Alice Fellbaum and Vicky & Andy Thornton on 18. Trevor Roberts was joint 7<sup>th</sup> with 17 points, Andrew Gregory 10<sup>th</sup> with 16, and joint 11<sup>th</sup> were Tony Wagg and Alistair Thornton with Nat Hall.



*Old milestone beside the canal (Photo: Margaret Gregory)*

## **CAREERING ROUND COMPSTALL**



*Briefing from John Britton*

John Britton had planned a challenging score event centred on the George at Compstall Bridge. With 50 check points dispersed over 10 square kilometres it was clearly not possible to visit them all within 90 minutes. A short loop to the west around Redbrow Wood included 7 points, with the option of going round the lake for 3 more, or longer loops to the north visiting 8 to 12 more points. Alternatively there were about 20 points to the south-east, in and above Marple Bridge, but some of

these involved significant climbing and it needed careful thought to work out an optimum route. Several of the questions at check points involved counting the number of horizontal, vertical or diagonal bars on gates, which gave an interesting change from

numbers on telegraph poles.

Although it was dry when everyone started, after about 20 minutes the rain started, torrential at times with thunder, and those out in the open wished they had chosen the woods of Etherow Country Park. Although the maps were printed on waterproof paper, the answer sheet wasn't! After either 60 or 90 minutes bedraggled competitors began to return with answer sheets in various stages of decay. Some very generous interpretations of faint pencil marks by Rae and Pete Lomas gave most people a reasonable score. When dry everyone returned to the pub for a well-earned drink, and some very good value food from a special menu.

Steve Lang was the winner with 29 points with, from MDOC, Dave McCann and Tim Martland 4<sup>th</sup> on 24, Alan Ogden 7<sup>th</sup> on 21 and Chris Rostron and Jane McCann 12<sup>th</sup> on 19. On the 60 minute event Vicky & Andy Thornton won with 20 points, Liam Corner 3<sup>rd</sup> on 17, Mike Greenwood 4<sup>th</sup> on 15, Kate Bryant and Andrew Gregory 5<sup>th</sup> on 14, Grahame Crawshaw 9<sup>th</sup> on 12, Ruth Beresford, Ian Gilliver and Steve Osborne 10<sup>th</sup> on 11.



*A 6-barred gate with storm clouds behind!*

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### ***Seen at Alderley Edge this summer***

A DEEsider, standing over a control (which was indeed the control he wanted to be at), squinting round his half-moon O spectacles at a blurred red box on the ground and asking an MDOC member against whom he was competing "Is that number 233?" Two questions: does this constitute cheating under the Rules of Orienteering? and will the optician concerned be sending the DEEsider a bill, or is this covered by free eye tests for M60 and over?

*From Bob Elmes of DEE*

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### ***Stranded in Stockport***

After the Stockport event Julie Brook and Andrew Gregory valiantly offered to help collect controls. They left their sports bags in the club minibus, having first checked that it would be waiting until all controls were back. On returning with the controls – no minibus! It was already halfway to Macclesfield. We were only wearing running kit, no money or drinks, and most helpers had already left. Fortunately Pete and Rae Lomas were still there and eventually managed to retrieve our bags from Macclesfield.

## **SUMMER EVENING EVENTS**

The programme of Summer events this year was co-ordinated by Tony Wagg, and proved very popular, attracting well over 100 competitors to each of the four events, the best attended being over 150 at Macclesfield Forest. Fallibroome High School attended all four events, and members of the Buxton satellite club and Macclesfield Harriers were also frequent visitors.

### **MACCLESFIELD FOREST**

This event in the Southern area of Macclesfield Forest was very well organized by Warren Mason, and Heather Fellbaum planned a good set of courses. The Blue course was won by Thomas Fellbaum, with Alistair Thornton 3<sup>rd</sup> and Alex McCann 5<sup>th</sup>. On the Green course ex-MDOC member Anne Osborne was 4<sup>th</sup> with Carolyn Hindle 7<sup>th</sup> and Paul Watson 8<sup>th</sup>.

### **TEGGS NOSE**

Jan Ellis was organizer for Teggs Nose, and she efficiently rounded up plenty of club members to help. This is always a difficult area on which to plan, with the problems of reducing excessive climb and avoiding the thick undergrowth in the lower section of the area, which seems to get worse every year. However Alex McCann did an excellent job, with advice from Dave McCann as controller. He provided two parallel Blue courses and two parallel Green. On the combined results, Tom Fellbaum won the Blue course, with Alistair Thornton 5<sup>th</sup> and Trevor Hindle 8<sup>th</sup>. The Green course was won by Martin Green, with Paul Smith 3<sup>rd</sup> and Eddie Speak 4<sup>th</sup>.

### **BRERETON HEATH**

This year it was again warm and sunny for Brereton Heath, which made life much easier for organizer Julie Brook. Marie Roberts had planned excellent courses, including a Long and a Short Norwegian Map Memory course. At each control you had to memorize the position of the next control, which was quite tricky given the intricate network of paths at Brereton. Andrew Gregory was controller, and he and Tony Wagg helped to put out controls. St Richards Primary School from Longsight made a welcome return to this event, and Jenny Shaw helped with giving them instruction.

Tim Martland won the Long Norwegian course, with Alex McCann 3<sup>rd</sup> and Martin Green 6<sup>th</sup>. On the Short Norwegian Jillyan Dobby was 3<sup>rd</sup> and Michelle Riley 5<sup>th</sup>. Trevor Hindle was 3<sup>rd</sup> on Light Green, with Carolyn Hindle 5<sup>th</sup>, Jonathan Emery 7<sup>th</sup> and Alan Shaw 8<sup>th</sup>.

### **ALDERLEY EDGE**

The steep slopes of Alderley Edge were particularly slippery after very heavy morning rain, and competitors were sliding down banks holding on to trees for support. Chris Kirkham organised the event, and Ray Humphreys had planned some challenging courses, overseen by Steve Lang as controller. Early competitors managed to get round before the next band of rain arrived, but later runners were not so fortunate.

David McCann was 5<sup>th</sup> on the Blue course, followed by Steve Dempsey 6<sup>th</sup> and Tim Martland 8<sup>th</sup>. Martin Green was 4<sup>th</sup> on the Green course.

## **PETER PALMER RELAYS 2010** Sunday 5<sup>th</sup> September

In 2008 we won the Peter Palmer Relays with a team of fast improving juniors with Elliot Malkin taking the lead a long way into the final leg and then holding the lead until the finish. The following year our team was largely unchanged and managed a very creditable second against a strong team from Octavian Droobers. Ironically Elliot was overtaken by Matt Halliday on the final leg.

The 2010 Peter Palmer relays will be hosted by BAOC in the East Midlands. The location has now changed to Chetwynd Barracks near Nottingham. I know nothing about this area so if anyone has any information or better still a map of the area please can they get a copy to me.

The format of the competition is a number of legs, some in the dark:

- 1 Red standard, definitely in the dark
- 2 Red, definitely in the dark
- 3 Light Green, could be just getting light depending how leg 1 and 2 runners have done
- 4 Orange, daylight leg
- 5 Yellow leg, 3 runners can take part
- 6 Green leg

We need a mixture of boys and girls to take part, the minimum age is M/W12. The red legs are ideally suited to runners who have a combination of night and relay experience, especially on the first leg where it is so easy to follow the crowd and forget that the leg is gaffed. We have enough juniors to enter some good teams.

**Please can you let me know as soon as possible so I can get the team entry or entries in. email to David McCann - [mccannhg@aol.com](mailto:mccannhg@aol.com)**

This event is always good fun, even if it is tiring, with the travelling and early morning starts. It's a great opportunity to meet other orienteers from across the country. We would travel to the army barracks on the Saturday ready for an early (before dawn) start on the Sunday.

The plan is to be back in the MDOC area WITH the Peter Palmer trophy by around mid-day on the Sunday.

### **LAKES 5-DAYS**

Our club contribution to the event is central services. All the other clubs in the NW are putting on one day's event. This means that we have to provide, every day:

Computing, Download, Enquiries & EOD.

At the moment we have about 40 adult entries from the club so we shall all need to do a shift on 2 days. I am assuming that everyone coming to the event is going to help.

If you are going to the event and have not already contacted me, please will you confirm that you are willing and able to do your share of the club's workload. I think we can assume that helpers have open start times, which makes it easier to allocate shifts.

Sue Birkinshaw

## GREATER MANCHESTER ORIENTEERING ACTIVITIES

### The AGM 2010 – A brief report

The meeting was attended by 14 members, with another 9 offering their apologies.

Following the approval of the 2009 AGM Minutes and the Report from the Chair (printed in the last Newsletter) the Treasurer presented his Report and Balance Sheet. GMOA have a healthy balance, which will be very welcome in the coming difficult years. Because of current financial constraints some Local Authorities will be unable to pay GMOA to maintain their courses, so our income will be reduced.

The following Operational Reports were presented:

Maintenance – Peter Lomas and Philip Ellis reported on the first quarter course inspections and Grahame Crawshaw reported that the level of maintenance checking had significantly increased over the last two years. It was noted that Jim Nightingale is doing a huge amount of work underpinning the basic level of maintenance work. A number of questions were asked and answered.

Map Production – John Britton presented summaries of our map orders over the year, both for big orders from Local Authorities and smaller orders. He reported that e-mail enquiries had increased over the past 3 years.

Sites and Publicity – A 4 page report was available at the meeting giving details of completed new courses, completed major course projects, course assessments and map updates, and projects in progress, with 26 projects mentioned in these sections.

On the publicity side a lot of updates have been required on the GMOA website, following all the site work. GMOA now have 40 of their courses entered on the BOF website, on the POC section. It was reported that the 2009 Promotion of POC's courses had mixed results. New posters for use on sites and in map sales points have been produced by David McCann and the project is ongoing.

The election of the 4 Officers and 2 Committee Members followed, resulting in:

CHAIR:	Sue Birkinshaw
VICE CHAIR:	John Britton
HON TREASURER:	Grahame Crawshaw
HON SECRETARY:	Irene Crawshaw
Committee Members:	Beryl Blackhall and Caroline Barcham

Note that there are changes in composition of the committee. At the first meeting since the AGM Peter Lomas was co-opted onto the committee. The Chairmen of both SELOC and MDOC automatically have a place on the committee if they wish to attend.

While I was in the Chair for two years I tried to write a report of GMOA activities for each edition of the club newsletters, so now it is time to sign off as a regular contributor and concentrate on work out on the sites.

Beryl Blackhall



## Manchester & District Orienteering Club

### Saturday Morning Autumn Series 2010

#### Venues

#### 11<sup>th</sup> Sept **Reddish Vale**

Reddish Vale SJ905935 Signed east from B6167 just south of Reddish South Station

Practice event for British Schools Score Championship.

#### 25<sup>th</sup> Sept **Vernon/Woodbank Park**

Woodbank Park and Vernon Park. SJ910910 Entrance from B6104, 1km east of junction with M60 junction 27

Practice event for British Schools Score Championship.

#### 16<sup>th</sup> Oct **Chorlton Water Park**

Chorlton Water Park SJ823919 Signed from A5145, Barlow Moor Road, Didsbury

#### 20<sup>th</sup> Nov **Boggart Hole Clough**

Boggart Hole Clough SD867030. Signed from A664 1 mile south of M60 junction 20 (limited access junction)

#### 4<sup>th</sup> Dec **Manor Park & Old Glossop**

Manor Park SK039942. Entrance from roundabout on A57, 0.5km east of the centre of Glossop.

#### Format

Each of the 5 events will consist of

- a score event
- a yellow course for beginners.
- A technical score event for the more experienced where odd and even numbered controls have to be visited alternately.

Register 10.00 to 11.00, starts 10.30 to 11.30. Fee £2.50/1.50. SI punching.

Further details on website [www.mdoc.org.uk](http://www.mdoc.org.uk)

or from Chris Rostron 01663 764799

Enquiries to [autumn2010@mdoc.org.uk](mailto:autumn2010@mdoc.org.uk)



## CALENDAR

Sun 22 Aug	Swindale North	Lakes 5 – Day 1	
Mon 23 Aug	Tarn Hows South & Guards Wood	Lakes 5 – Day 2	
Tue 24 Aug	Harrop Tarn	Lakes 5 – Day 3	
Thu 26 Aug	Caw & Broughton Forest	Lakes 5 – Day 4	
Fri 27 Aug	Helsington Barrows	Lakes 5 – Day 5	
28 – 30 Aug	White Rose Weekend, Helmsley		EBOR
Sat 4 Sep	Pendle Hill, Capricorn, 3 hour score event		PFO
Sun 5 Sep	Peter Palmer Relays, Chetwynd Barrcks, Nottingham		BAOC
Sun 12 Sep	Formby Dunes, CompassSport Cup Northwest Round		MEROC
18 – 19 Sep	*MDOC 2-day First Aid course, Adlington		
Sun 19 Sep	Conistone, Upper Wharfdale, Regional event		AIRE
Sun 19 Sep	Carsington Pastures, near Matlock, Regional event		DVO
Sun 10 Oct	Tockholes, Regional event		SELOC
Sun 24 Oct	Stoodley Pike, Regional event		EPOC

*\*There are still a few places available on the First Aid course. Contact Margaret Gregory*

### WEDNESDAY RUNS All at 7.00 p.m.

28 July	Meet at Visitor Car Park in Macclesfield Forest	
4 Aug	Julie Brook	New Mills
11 Aug	Sue Birkinshaw	Hale
18 Aug	Jan Ellis	Macclesfield
25 Aug	<i>(no run – Lakes 5 event)</i>	
1 Sep	Andy & Vicky Thornton	Whitney Croft, Macclesfield
8 Sep	Trevor & Marie Roberts	Bramhall
15 Sep	Andrew & Margaret Gregory	Didsbury
22 Sep	Eddie & Kath Speak	Adlington
29 Sep	Dave Mawdsley	Macclesfield

### MDOC COMMITTEE MEETINGS 7.30 p.m. at Dialstone: Mon 13 Sep & Mon 11 Oct

*(Note that there is no Broadsheet in the current club mailing)*

## CLUB CHAMPIONSHIP

At the halfway point, Dave McCann has a slender lead over Steve Lang and Jane McCann. The Juniors - Thomas Fellbaum, Alex McCann and Alice Fellbaum are ready to claim the top spots when they have completed a few more events. The Seniors - Sue Birkinshaw and Pete Lomas may yet claim a podium position. But based on averages, Andrew Gregory is the favourite to win. The full league table is on the club website.

The next two club championship events are:

(1) Day 1 of Lakes 5 Days at Swindale North, Penrith on 22<sup>nd</sup> August

(2) Compass Sport Cup, NW First Round at Formby Dunes on 12<sup>th</sup> September

***Please send items for the next Newsletter to Andrew Gregory***

## ULTRASPRINT



*John Britton checks the Ultrasprint maze*



*Matthew Fellbaum*



*Women's Final competitors in the maze (Photo: Dave McCann)*



*Tom Fellbaum*



*Men's Final: Roger Thetford, Tom Fellbaum, Ben Chesters & Alex McCann (Photo: Dave McCann)*