



MDOC NEWS



Newsletter of Manchester and District Orienteering Club
AUGUST 2012



*Carolyn and Laura Hindle in action at High Dam
(Photos: Wendy Carlyle)*

**Twin Peak - High Dam
Tallinn O-Week
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GMOA Report**

NEWS

A very successful Twin Peak weekend was held on the wooded hills around High Dam on 19th – 20th May, with the Northern Championships on the Saturday and a Middle Distance event on the Sunday. A great amount of effort and time was put in by the organisers, planners, and everyone from the club who helped. Many positive comments were received from competitors both on the attractiveness and technical demands of the area, and on the organisation. High Dam is our premium area, and gives us a chance to put on very high quality events.

I have included both the Planners' Comments for the Northern Championships and the Assessor's Report on the Twin Peak Weekend, as both raise some interesting issues. The idea of an Assessor's Report for major events is a new one, and is based on comments received from competitors following the event. Dick Towler, who coordinates controllers in the Northwest, has produced the report, which provides a very fair review of the event, and it is worth careful reading.

Thomas Fellbaum (M20) has been selected to attend the Eurometing followed by the Elite Development Coaching Camp which is being held in Obernberg-am-Brenner, Austria from 8th to 19th August. Tom has been running at the Junior World Orienteering Championships at Kosice in Slovakia, and had an excellent run in the Relay.

Matthew Fellbaum (M14) and Laura Hindle (W14) have been selected for the Regional Squads summer coaching camp at Lagganlia, Scotland in July.

Active discussions are being held about possible designs for new club O kit. Trevor Hindle is leading this initiative and is seeking the views of members. Full details and a questionnaire are on the club website. There is felt to be a need for a club

Apres-O windtop as well as well as a new

design of O-top. New developments in

producing printed fabrics have greatly increased the potential types of design possible.

Suggestions so far have included cityscapes, 'forestscapes', tessellated leaf-patterns as well as plain bands of colour.

Our next major event will be in the Goyt Valley on Saturday 27 October. Steve Fellbaum is the organizer and Vicky Thornton is planning and looking at any need for remapping. As usual, plenty of help will be required on the day. DVO are organising an event at Carsington on the Sunday, so this will make for a Peak District weekend.

We are planning a major event in the City of Manchester in 2014, based on Castlefield. We have had provisional agreement from the City Council, and we have agreed to let SELOC use the Castlefield section of the map next year in conjunction with an event they are planning using Salford Quays.



Tom coming into the finish of the 2nd leg

PLANNERS' COMMENTS FOR THE NORTHERN CHAMPIONSHIPS

Ian Gilliver & Jillyan Dobby

While High Dam offers top quality terrain for experienced orienteers, the network of paths leaves few options for TD1 and TD2 courses. Hence, when the opportunity arose, we chose to use Wintering Park for the juniors. Wintering Park is a delightful piece of undulating mature woodland, but our first draft courses had much too much climb, and in the end we found that our options were again constrained by the limited availability of linear features, leading to a White course of only 1.1km.

We were advised that winning times for senior courses at the three 2011 Regional Championships had been too short. Although we had the benefit of the results of previous events on High Dam to guide us, in particular from Twin Peak 2007, it is apparent that our championship courses were also generally too short. Inevitably the ratios of Actual Winning Time to Estimated Winning Time vary considerably by class and gender, but 'on average' we were 12% too short. It's our mistake clearly, though it would have been a brave decision to increase our target course lengths beyond those that we provided.

It is clear from comments received that not everyone appreciated being sent into the low visibility forested area, though it did provide contrast with the more runnable areas, and require precise technique. Some also would have preferred not to have an uphill finish after a testing run. However, it is also apparent that many competitors enjoyed orienteering in the remarkable variety of high quality terrain that High Dam provides.

We would like to thank the following:

- The five land owners who allowed us access to their excellent terrain
- Martin Bagness who updated his maps of High Dam and Wintering Park efficiently and effectively
- Warrior OC for allowing us use of Wintering Park
- Steve Lang for preparing the maps for printing, and reacting calmly to our many and various requests for adjustments
- Eddie Speak for procuring SI kit for the two days of competition from a variety of clubs; thanks also to those clubs who loaned us the equipment; and thanks to Julie Brook for getting the boxes ready for competition
- Mark Roberts for assembling our new control stakes in double-quick time, thereby relieving us of an extra job as the event approached
- Dave Mawdsley, Steve Dempsey, John Taylor and Lewis Taylor who performed the lonely job of manning the gates in Wintering Park so that sheep did not escape
- Control collectors Ian, Sara, Todd, John, Chris, Tony, and Steve B
- Pete, Rae, Trevor and Sue for their support throughout the process
- Our Controller, Ray Barnes, who through his thorough reviews added significantly to the precision of the event
- And finally our spouses, Sally and Peter, who have supported us, dealt with our pre-occupation with this event over several months, and calmed us down when the pressures of the planning role threatened to get on top of us.

ASSESSOR'S REPORT TWIN PEAK 2012 - HIGH DAM

Saturday 19th May, The Northern Championships

Sunday 20th May, Middle Distance Races

Dick Towler

In addition to verbal discussions with competitors at the events, I have received 49 emails, raising, in total, 24 separate issues, of which I am detailing only about half in this report. The remainder, each of which was raised by only 1 competitor, I have passed on to the event officials.

There is no doubt that this was a very successful weekend of orienteering, much enjoyed, I think, by everyone. Points appreciated by many respondents included the car parking and its proximity to assembly, the excellent catering and the wonderful terrain, which several people suggested should have been used instead of Dalegarth for the recent British Championships. Of course, the weather helped; I don't think there was any wet weather parking alternative.

Of the critical issues raised, those mentioned by most people were the map scales used on both days and the use made of the area of green forest and marsh on the Saturday. A lot of people did not appreciate having to struggle through the latter; some wondered why they had to go through twice, when alternative, more interesting, terrain to the east could, perhaps, have been used. On the other hand, a few competitors complimented the planners on their use of the green area, demonstrating that you can't please everyone.

Several respondents had difficulty distinguishing on their map between open marsh and runnable forested marsh, which might have been easier to distinguish between on larger scale maps. Some users of both 1:15,000 and 1:10,000 scale maps would prefer to have had a larger scale map, arguing that orienteering is not a test of eyesight. Some feel that it was not correct to have excluded some very complex terrain from the Saturday event, because of the map scales used.

I understand that the planners of both events would have preferred to use larger scale maps. An application to the Chairman of Map Group was made for the Sunday event and rejected. The controller of the Saturday event did not support such an application, so none was made.

There was a lot of comment on the cost of entries, this factor being blamed, in part, at least, for the comparatively low entry figures. The tiered entry fees were not appreciated by people entering late and no doubt some didn't. Some people came only on the Sunday because of the entry fees; one lady told me that she is boycotting all very expensive events, so didn't go to Dalegarth either. Yet I am advised that the weekend has probably made a loss, the principal costs being access, with 5 landowners to pay, offset litho map printing for the Northern Championships, the BOF levy and high officials' expenses.

Are we in danger of reducing participation by charging too high entry fees for major events? Next year, the BOF levy will be much lower for larger events, which will help. I wonder if BOF should consider relaxing its Rule on the use of offset litho map printing. Did you notice any difference in the quality of your Saturday and Sunday maps; the former were offset litho, the latter laser? At very large events, like the JK, offset litho is not that expensive, but at Area Championships, with much smaller entries, offset litho

costs per map are very high. Perhaps consideration might be given to going back to using bagged maps, laser printed on non-waterproof paper, to give better quality at a much lower cost, at least for 1:10,000 scale maps?

Several competitors have reported instances of important detail being obscured by the purple overprint, either marking the uncrossable boundaries or their course. At least the uncrossable boundary line was legible, though, which it wasn't at Dalegarth.

Some people have wondered why the courses on Saturday seemed to be shorter than they expected, whilst those on Sunday were rather long for middle distance racing. Another comment was that the control flags on Sunday were more hidden than they were on the Saturday, necessitating careful reading of the control description, which is, I presume, a compliment.

The organisers are already aware that several campervan owners would have appreciated knowing, before reading the final details, that they would not be able to park at the event, and would have a long walk to assembly.

I have received a scanned copy of the back of a control description sheet for the Northern Championships. Loose sheets were printed on unused waterproof maps, but this one unfortunately shows on the back the complete control description sheet for the earlier event, which could have led to a protest, perhaps!

Finally, I'm including three suggestions which I think are worthy of further consideration. Since there are generally very few young juniors at major events, do they have to be given start times or could they have a punching start, providing greater flexibility for their parents? Secondly, could there have been more prizes for juniors, particularly the younger ones; juniors like getting prizes. Thirdly, wouldn't it have been a good idea on both days to have had a clear station where competitors left assembly to go to the start? The long walks to the start were unavoidable, but a reminder to people to check they had their dibber, before they set off, would have been a good idea.

In conclusion, I feel these were excellent events, providing really good courses, on superb terrain, in wonderful weather. The trial of the assessor scheme has identified a number of points, some of which are worth publicising more widely, whilst others perhaps need further consideration by others.

MDOC members won four of the classes in the Northern Championships at High Dam - Tom Fellbaum (M20E), Andrew Gregory (M75L), Laura Hindle (W14A) and Vicky Thornton (W50L).

Twin Peak Results: Northern Championships - 19 May

M12A 2.6k (8)		9	Geoffrey Millan	75:08
3	James McCann	36:29		
M14A 3.7k (14)		10	David Mawdsley	76:04
3	Matthew Fellbaum	40:15		
14	Benjamin Martland	90:42		
M16A 4.9k (15)		1	Andrew Gregory	51:22
2	Alistair Thornton	44:18		
13	Tom McCann	111:07		
M18E 7.9k (6)		4	David Griffiths	84:12
5	Alex McCann	84:02		
M20E 7.9k (4)				
1	Tom Fellbaum	57:39		
4	Tom Horton	90:07		
M21S 6.7k (4)				
2	Ian Farrell	92:18		
M45L 6.7k (27)				
11	Steve Dempsey	78:20		
12	Timothy Martland	78:27		
15	David McCann	82:26		
22	Trevor Hindle	107:51		
M50L 6.7k (40)				
35	Stephen Fellbaum	116:11		
M55S 4.3k (5)				
1	Martin Green	52:16		
2	Alan Poxon	57:04		
M60L 6.0k (37)				
3	John Britton	55:49		
29	Cliff Etherden	102:55		
M60S 4.3k (6)				
2	Grahame Crawshaw	77:42		
M65L 4.9k (32)				
9	Chris Rostron	71:11		
27	Chris Kirkham	120:07		
M65S 3.2k (11)				
3	Dave Bryant	48:39		

M70L 4.3k (25)				
10	David Mawdsley	76:04		
M75L 3.2k (8)				
1	Andrew Gregory	51:22		
4	David Griffiths	84:12		
W14A 2.4k (14)				
1	Laura Hindle	28:48		
W16A 4.3k (10)				
6	Carolyn Hindle	53:25		
W45L 4.7k (25)				
12	Jane McCann	74:33		
13	Heather Fellbaum	74:53		
24	Hazel Hindle	122:51		
W50L 4.7k (24)				
2	Vicky Thornton	55:52		
18	Kath Speak	98:55		
20	Marie Roberts	109:32		
W55L 4.3k (19)				
12	Kate Bryant	69:18		
W60L 5.3k (19)				
6	Jan Ellis	72:58		
17	Alison Doyle	124:28		
W65L 3.2k (15)				
10	Julie Brook	77:52		
13	Irene Crawshaw	105:43		
W75 2.5k (4)				
3	Sue Birkinshaw	78:16		
Light Green 2.4k (17)				
7	Todd Smallbone	41:55		
16	Sarah Farrell	122:06		
Orange 2.6k (9)				
6	Gemma Manley	67:07		

Middle Distance event - 20 May

Black 6.1k (39)		Blue 4.5k (97)			
2	Thomas Fellbaum	43:00	6	Alistair Thornton	42:20
15	Alex McCann	51:47	9	John Britton	46:28
Brown 5.3k (95)			53	Tom McCann	65:14
29	David McCann	52:45			
65	Trevor Hindle	66:47			
79	Stephen Fellbaum	76:27			

Green 3.5k (122)

10	Martin Green	43:17
20	Vicky Thornton	46:00
23	Chris Rostron	46:52
26	Carolyn Hindle	47:53
27	Heather Fellbaum	48:23
28	Alan Poxon	48:44
40	David Mawdsley	51:38
47	Trevor Roberts	54:15
63	Jane McCann	58:15
86	Tony Wagg	66:58
88	Chris Kirkham	68:05
92	Geoffrey Millan	70:03
96	Hazel Hindle	71:47
101	Kath Speak	74:59

108 Marie Roberts 82:14

Short Green 3.1k (60)

15	Andrew Gregory	49:00
31	Julie Brook	60:26
36	David Griffiths	65:11
38	Jan Ellis	65:41
52	Alison Doyle	89:54

Very Short Green 2.5k (12)

4	Sue Birkinshaw	63:11
7	Margaret Gregory	98:59

Orange 1.8k (26)

3	James McCann	21:14
15	Gemma Manley	42:46

Yellow 1.6k (10)

9	Jennifer Gibbs	46:51
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Combined Twin Peak Positions

M12A	2	James McCann	3	David Griffiths	
M14A	2	Matthew Fellbaum	W14A	2	Laura Hindle
M16A	1	Alistair Thornton	W16A	4	Carolyn Hindle
	8	Tom McCann	W45L	8	Heather Fellbaum
M18E	4	Alex McCann		11	Jane McCann
M20E	1	Thomas Fellbaum		17	Hazel Hindle
M45L	10	David McCann	W50L	2	Vicky Thornton
	15	Trevor Hindle		11	Kath Speak
M50L	30	Stephen Fellbaum		12	Marie Roberts
M60L	3	John Britton	W60L	8	Jan Ellis
M65L	5	Chris Rostron		12	Alison Doyle
	14	Chris Kirkham	W65L	8	Julie Brook
M70L	7	Dave Mawdsley	W75	2	Sue Birkinshaw
M75L	1	Andrew Gregory			



Alistair Thornton, Andrew Gregory and Tom Fellbaum became the overall Twin Peak prize-winners in their respective classes.

ORIENTEERING WEEK IN TALLINN, ESTONIA

Sara Farrell



Four of us from MDOC, myself (Sara Farrell), my husband (Ian Farrell) and my in-laws Jillyan Dobby and Peter Ross went to the multi-day event (included two world-ranking events) in Tallinn, the capital city of Estonia from 18th to 24th of June.

Estonia is a small country in Northern Europe on the border of Eastern Europe and Scandinavia by the Baltic Sea. Most of the population are of Finnic origin.

Whilst driving to our rented apartment after landing in Tallinn we were surprised by the atmospheric and clean feeling of the city. The stylish women, trendy bars and designer shops were a far cry from what we had in mind about this historic city.

The first day of orienteering took place in Tallinn Botanic Gardens. This breathtakingly beautiful park was the perfect start to a physically and mentally challenging week. There were around 700 experienced orienteers (as we later discovered) mostly from Estonia.

The second day took place at Keila-Joa, a military site with complex terrain and plenty of artillery holes to watch out for. The course took us by the Baltic coast which was a spectacular sight. Many of us stopped on the way and took in the view from the 100 foot cliffs overlooking the sea.

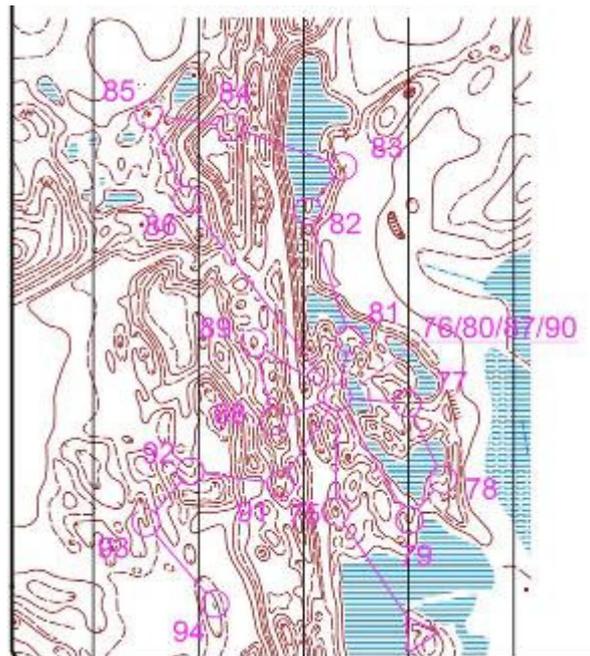
The third day was the world-ranking event in Tallinn old town. This urban event took us into the heart of Tallinn town centre around beautiful cathedrals, through tourist-filled cobbled streets and into the alleyway snug bars filled with young and hip Estonians. The atmosphere was great and the award ceremony was buzzing with food and music.

The fourth day was at Koodasoo, an open forest with plenty of paths and small hills. A course very similar to what you will find back home.

The fifth day was the world-ranking event at Voose. To get to the start we had to climb a very steep bank filled with large fallen trees. It resembled a scene from Indiana Jones, we were holding onto dear life trying to make it to the top of the bank. The terrain was extremely difficult with many depressions and considerable marshy areas therefore it was both difficult to navigate and run through. There were controls where orienteers were queuing to ask for help. To finish the course successfully you needed excellent

navigational skills and good physical stamina.

The last day took place at the same site; however it was a course everyone said they will never forget. This was the legendary “100 Control Points Competition”. The day started with very heavy rain at an average temperature of 13°C which continued through to the night. The courses ranged from 4.5 km with 40 controls to 12.7 km with 100 controls in the Elite group. The maps were very detailed. Midway through the course, we had to turn the map over where a third of the controls were on a small contour-only map. The forest was exceptionally thick so the contours were very difficult to visualise. There were dangerously steep climbs and due to the high number of controls, it was easy to forget which controls you had done. Many people did not finish the course or were timed-out. The last finisher in the Elite course took five and half hours to finish.



At the finishing line, many were just happy to have finished and looking forward to getting somewhere dry and warm. Unfortunately due to the adverse weather and the exhaustion of those who took part, there was not much of an award ceremony but nevertheless those of us who finished will be forever proud of tackling such an unforgettable course.

With the exception of myself, the rest of us did well with Ian ending up on the podium twice. The coordinators played the national anthem for us though they did not all know the words but we were not ones to judge as we were all too exhausted to sing anything.

All of the orienteering took place in the evenings which meant we had the whole day to enjoy the historic city which had a lot to offer. There were amazing museums, best of which was Kumu, a four storey gallery of old and new art as well as a cosy bright café with delicious food. There were many restaurants and cafes. The food was very much meat based and included unusual and controversial choices such as horse and bear meat. Estonians all spoke good English which always makes things easier.

The only disappointing experience was hurrying to make it to the flat on time every evening to watch England play bad football at Euro 2012 to the background of Estonian commentary.

Overall orienteering in Tallinn was a great experience but one should not underestimate the level of orienteering there, though it does makes for a memorable experience.

Footpath Relay – a View from the Rear

Tony Wagg

Mid June saw the annual Derbyshire footpath relay with 10 legs beginning with a circuit of Carsington reservoir then looping N to Stanton Moor and back. Legs 1-5 formed loop 1, while 6-10 (loop 2) then did the same circuit in the reverse direction, with a massed start for leg 6 to shorten the day. Stuart Swalwell was again the valiant organiser and as a member of DVO, and Ashbourne Running and Rugby Clubs he had at least a 50% chance of being on the winning side! Our usual team manager came up with a devious scheme for ducking out this year so somehow I got lumbered instead. Attempts to offload to Vicky fell on deaf ears.

An initial appeal for runners produced one and a bit teams. Many stars were missing. Tom 1 was tweaking his O skills in distant lands prior to JWOC. Tom 2 and Alice were still seeking A level stardom and Tom 3 was playing cricket. Our speedy W50's were also mysteriously AWOL, though leaving families behind... suspicious this... calls for a bit of phone hacking here. Next newsletter could be a sell-out, even without the revelations of what DM (no not McCann) was up to behind the loos at Alderley Edge!!! With a week to go we were still 3 bodies short but fate intervened. Jane McCann suddenly became available as a result of the intervention of a boxing match (don't ask – she's multi-talented but not quite that versatile). Chris R seems to have overdosed on the elixir of youth and offered to run 2 x 7 miles while many seniors were grumbling about 5 or 6. I managed to sign up Tim Martland on a campsite in Aberdeenshire. My scouting efforts are boundless. A further constraint down to BOF insurance meant that U16 's could not cross roads in the absence of a lollypop lady. However we now had 2 complete teams minus 1, so your noble team manager dragged himself out of retirement. Note that Mr Ferguson does not turn out if Mr Rooney is unavailable. I also had a key role as support driver, photographer and marriage guidance councillor (these latter functions were less successful than the first).

Most people seemed to have managed some sort of recce, which was perhaps as well because Stuart said he saw this as an opportunity to keep open some of the area's lesser used footpaths! The weather on the day was not good – high winds and periodic heavy rain! Team 1 was about as strong as we could achieve on the day but still had a surplus of handicap points and contained no one with a zero handicap. Half of team 2 was 60+ and the other half was ~70% female. With 2 days to go Gemma Manley (our sole 18-30 club member!) succumbed to a bug, so we started the day still a body short for Team 2.

There were 8 teams, 3 of whom were non-handicap. The starting line-up looked impressive except for a diminutive Ali Thornton and Marie R (W55), our team 1 and 2 runners. Ali was less impressed with the opposition however and stormed home in second place. Team 1 held 2nd place over loop 1. Andrew Stimson, an endangered species as an M21, was recovering from injury so was down for a sedate tester in Team 2. Having warmed up on leg 4 he continued to complete Gemma's leg – a mere 12 miles in total. All legs had 500 – 1000' of climb! We were back to two complete teams and Team 2 were now ahead of DVO.



Before the Start – Marie Roberts and Ali Thornton in front

Where possible families and friends were grouped together and so could co-ordinate their own transport (I had not allowed for domestic wrangles here!), but I had devised a fiendish plan to ensure everyone was in the right place at roughly the right time and that the minimum number died of exposure after they had run. As I was doing most of this ferrying it didn't matter much if no one else understood the plan. I had also left myself the last leg to run for the slower team so it didn't matter how slowly Team 2 ran (I had a torch but no breakfast). I took over firmly in 8th place in pouring rain but there were a number of positive factors. There was still plenty of daylight, I had managed a recce and, best of all, I had my valet to accompany me, to carry the umbrella, my alternative wardrobe and allow me to disrobe when overheated. Yes Mr Stimson still had energy to burn so (unofficially) completed his third leg (17 miles total). As he is 45% of my age he managed to match my blistering pace on the climbs! There were still a few around to cheer me in. Team 2 still put in a v creditable performance and Team 1 was 3rd overall and 2nd on handicap – an excellent result. Thanks to all who ran or helped and to Stuart Swalwell and his team for organising. It is our turn to organise next years race and the format has some flexibility. Perhaps multiple loops of Macc forest – in the dark - with some legs on mountain bike? There has to be some way of ensuring victory!

Open teams Loop 1 Loop 2 Total (mins)

Ashbourne Rugby Club A	248:40	258:32	507:12
Ilkeston Running Club	291:22	311:05	602:27
Ashbourne Rugby Club Social	291:42	322:03	613:45

Handicap teams

	Loop 1	Loop 2	Total (mins)	Handicap Pts
Ashbourne Running Club	286:33	241:38	528:11	20
MDOC A	271:57	290:35	562:32	24
WCH	323:55	279:04	602:59	24
DVO	333:27	298:36	632:03	29
MDOC B	326:20	344:27	670:47	29

HIGHLIGHTS OF THE HARZ

Germany hosted this year's World Masters Championships in the Harz mountains in Germany. The highest peak in the Harz is the Brocken which, like Pendle Hill, has a reputation for witches, but is actually adorned with radio towers and has both a road and a railway to the top.

Jan Ellis had found a holiday house in the village of Altenau divided into apartments that 20 of us occupied, together with Steve Round of SELOC and ex-members Tim and Adrienne Sowood, while the Gillivers braved the event campsite at Bad Harzburg.



The orienteering include a qualifying and a final Sprint race and two qualifying Long Distance races followed by the final, together with model events and rest days. Runners are allocated to heats, each with about 80 competitors, and then the best 80 from all the heats run in the A final, and so on. With almost 4000 competitors the largest age classes, M60 and M65, each had 6 heats, while in the smaller classes the top half of competitors from the qualifying race went in the A final. With such strong competition this meant that even a minor error of 2 or 3 minutes could be very costly, particularly for those in the largest classes.

The Sprint qualifying race was in the town and parks of the event centre at Bad Harzburg, which was not too technical, but it was easy to lose concentration and take the wrong road or enter the wrong garden.



Margaret and Andrew Gregory in the park at Bad Harzburg

The Sprint final was in the old town of Goslar, with narrow cobbled alleyways and finishing in front of a large castle. Unfortunately it rained, making the cobbles and grass quite slippery. Again continuous concentration was required, and pavement cafes and groups of tourists created additional difficulties.



Chris Rostron in the Sprint Final



Trevor Roberts finishing

The model event for the long distance race was mainly runnable forest, but in the higher part were several very high rock pillars. One, 20m in height, had ladders that could be climbed for a view of the Brocken and the surrounding forest.



For the first Long Distance qualifying race we had the option of being transported for part of the way by a historic steam railway.



The courses for the first qualifying day mixed long legs across areas of forest with few definite features and shorter legs in areas full of boulders and rock pillars, often in quite thick forest. This was certainly the most technical of the days, and the most different from British forests, with so many boulders that you couldn't work out which were mapped and which not.

The second qualifying day in an area of large ponds and watercourses was more runnable and with few rock features, but hot weather made it tiring, especially a long run-in across a dam.



Marie Roberts in the forest

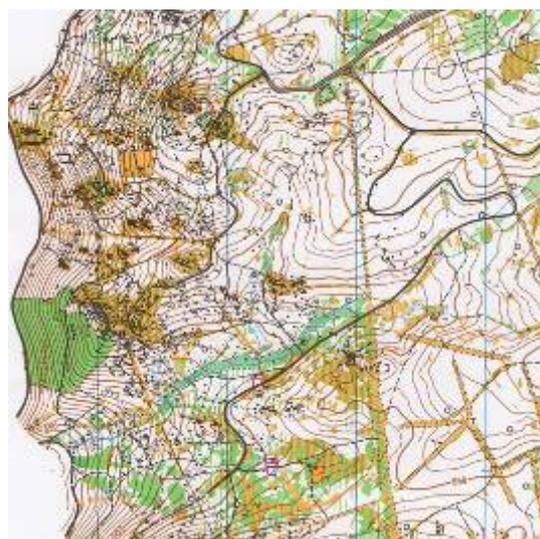


Sue Birkinshaw finishing the final

For the Final we parked in a huge quarry overlooked by the Brocken. The forest was very variable, with tracks, rides, marshes and groups of rock outcrops, but on the whole these were in less dense forest and easier to make sense of. The courses all had a significant amount of climb, particularly leading up to the finish, so most competitors were quite exhausted by the time they had finished.



The Brocken



Map of Final area

(Photos: Trevor Roberts, Margaret & Andrew Gregory)

In the Sprint, John Britton, Chris Rostron, Dave Mawdsley, Pete Lomas, Andrew Gregory, Sally Gilliver, Marie Roberts, Irene Crawshaw, Rae Lomas and Sue Birkinshaw all made

the A final, with Andrew 4th and John 6th. In the Long distance, John, Andrew, Rae and Sue made the A final. Both Sally Gilliver and Irene Crawshaw had excellent runs to come 3rd in the B final.

Commiserations to Tony Wagg who had a good run in the Final, but his e-card did not register on an easy control near the finish. There were at least two SI boxes at the control, so possibly he heard the beep from someone else punching at the same time.

	<u>Sprint</u>		<u>Long Distance</u>			
	Final	Pos.	Q1	Q2	Final	Pos.
John Britton	M60A	6	15	2	M60A	36
Cliff Etherden	M60B	11	17	23	M60B	55
Grahame Crawshaw	M60D	34	59	60	M60E	21
Ian Gilliver	M60D	24	54	61	M60E	22
Ian Watson	M65B	22	37	22	M65B	78
Chris Rostron	M65A	63	53	31	M65D	40
Trevor Roberts	M65C	28	55	44	M65D	29
Tony Wagg	-	-	46	56	M65D	<i>mp</i>
Dave Mawdsley	M70A	36	26	19	M70B	19
Pete Lomas	M70A	37=	<i>mp</i>	40	M70D	-
Andrew Gregory	M75A	4	17	8	M75A	12
Sally Gilliver	W50A	58	50	17	W50B	3
Marie Roberts	W50A	59	42	47	W50B	39
Jan Ellis	W60B	7	44	44	W60C	13
Irene Crawshaw	W65A	41	51	25	W65B	3
Rae Lomas	W70A	26	23	33	W70A	32
Margaret Gregory	W70B	28	63	67	W60B	56
Sue Birkinshaw	W75A	18	11	15	W75A	14

A cautionary tale from the Sprint Final:

One woman competitor misread the map and ran into an underground garage in Goslar as a car was coming out. Unfortunately the door of the garage then closed automatically, and she was stuck there for several minutes until another car arrived and she could escape. The organizers decided against disqualifying her for running onto private grounds. They decided the time delay she had endured was sufficient penalty!

EVENT REPORTS

26 May - Bridgnorth Urban event

M55+ (29)	16	Trevor Roberts	46:06	W55+ (10)	4	Jan Ellis	44:52
W40+ (19)	3	Marie Roberts	45:49	W65+ (11)	5	Rae Lomas	42:12

27 May - Brown Clew

Brown (26)	21	Jim Trueman	90:14	17	Andrew Gregory	54:43	
S Blue (70)	56	Andrew Stimson	98:17	57	Jan Ellis	76:54	
Green (91)	10	Peter Lomas	51:39	S. Grn (46)	9	Rae Lomas	63:36
	11	David Mawdsley	51:44	19	Sue Birkinshaw	76:40	

27 May - DVO Buxton Local event

Long (24)	5.0k	8	Rik Griffin	37:18	22	Kath Speak	52:11		
		12	Rebecca Glen	42:04	23	Clare Griffin	53:58		
		13	Marie Roberts	42:43	24	Julie Brook	58:13		
		19	Trevor Roberts	46:55	Short (11)	3.2k	1	Eddie Speak	30:56
		20	Ian Gilliver	48:31					

The Jubilee weekend gave a choice of distant multiday events in Surrey, Braemar or Cornwall. Several members were obviously attracted by the lure of London or the quality of terrain in Scotland.

2 June - University of Surrey Sprint

M Open (48)	2.4/2.3k	38	Andrew Stimson	30:29	27:46
MSVet (39)	1.8/1.7k	18	Ian Gilliver	24:02	21:35
		21	Trevor Roberts	22:58	24:03

3 June - Oldhouse Warren

Blue (110)	60	Ian Gilliver	77:20	42	Marie Roberts	82:49	
S. Blue (70)	11	Andrew Stimson	65:32	Green (82)	6	Martin Green	45:12
	39	Trevor Roberts	79:49				

4 June - Leith Hill Middle Distance

Blue (101)	57	Ian Gilliver	65:37	65	Peter Lomas	79:42
Green (97)	4	Martin Green	35:43	73	Trevor Roberts	92:14
	14	Marie Roberts	43:36			

2 June - Glen Feardar - Scottish Individual Championships

M14A (18)	18	Ben Martland	132:32	M65L (27)	10	Peter Ross	77:24
M20E (7)	2	Thomas Fellbaum	78:44		22	Tony Wagg	98:28
M45L (36)	17	Tim Martland	100:22	W16B (2)	2	Rosie Martland	82:51
M50L (32)	29	Stephen Fellbaum	129:54	W60L (22)	6	Jillyan Donny	85:49
M60L (26)	3	John Britton	73:23	Orange (8)	5	Gemma Manley	89:33

3 June - Creag Choinnich - Scottish Relay Championships

17+pts (19)	3	Peter Ross, Stephen Fellbaum, John Britton				
	12	Jillyan Dobby, Tony Wagg, Tim Martland				
Junior	nc	Gemma Manley, Rosie Martland, Ben Martland				

4 June - Banchory Sprint Race

M Elite (79)	6	Thomas Fellbaum	19:00	M65+ (16)	5	Peter Ross	19:08
W Elite (45)	40	Gemma Manley	52:30	W55+ (33)	24	Jillyan Dobby	24:59
M40+ (60)	42	Stephen Fellbaum	28:05				

5 June – Inchmarnoch – Middle Distance

M14 (10)	10	Ben Martland	70:19	15	Tony Wagg	44:38	
M20 (8)	1	Thomas Fellbaum	35:36	W16 (4)	4	Rosie Martland	95:59
M45 (33)	13	Tim Martland	49:16	W60 (14)	1	Jillyan Dobby	40:50
M60 (12)	4	John Britton	48:57	Orange (5)	3	Gemma Manley	38:35
M65 (18)	1	Peter Ross	27:42				

3 June – Knaresborough Urban event

A (26) 6.7k	2	Steve Dempsey	50:26	35	Liz Hamer-Davies	79:30	
	21	Paul Watson	69:19	D (11) 3.2k	4	Irene Crawshaw	39:46
B (39) 5.4k	14	Heather Fellbaum	54:14	E (12) 2.4k	1	Matthew Fellbaum	15:51
	19	Alice Fellbaum	56:22		2	John Dempsey	16:45
	33	Grahame Crawshaw	67:08	F (10) 1.7k	4	Ben Dempsey	18:15

4 June – York City Race

MJ (5)	2	Matthew Fellbaum	20:28	WO (22)	6	Alice Fellbaum	45:09
MO (22)	18	Paul Watson	60:45	WV (16)	3	Heather Fellbaum	43:01
MV (21)	11	Tom Bedwell	50:58		7	Kath Speak	58:07
MSV (36)	31	Grahame Crawshaw	56:17		14	Liz Hamer-Davies	71:34
MUV (13)	1	Chris Rostron	31:20	WSV (21)	18	Julie Bedwell	61:52
	6	Eddie Speak	39:52	WUV (12)	4	Irene Crawshaw	38:21

10 June – PFO Stonyhurst College

Competitors expecting a pleasant easy park run around the school grounds instead found themselves climbing over barbed wire fences, wading streams, fighting their way through thick hedges and running over ploughed fields. Rather like a cross-country run from ‘Tom Brown’s Schooldays’! Those who survived were:

Blue (31) 6.0k	1	Thomas Fellbaum	48:06	5	Andrew Gregory	56:11	
	2	Liam Corner	60:09	9	Stephen Beresford	64:40	
	8	Tim Martland	67:37	10	Dave Mawdsley	64:56	
	16	Peter Ross	79:04	12	Jan Ellis	68:47	
	21	Chris Rostron	92:49	Lt Gn (8) 4.2k	4	David Walker	91:49
Grn (23) 4.2k	4	Jillyan Dobby	55:20				

17 June – SELOC Lever Park & Horwich (combined result)

Long (38)	6	Liam Corner	37:34	23	Kath Speak	61:09
	14	Heather Fellbaum	46:24	28	Steve Nicholls	80:11

8 July – Nottingham City Race

M-Open (28)	27	Ian Farrell	62:15	20	Liz Hamer-Davies	50:19	
M-SV (37)	30	Steve Nicholls	50:41	W-SV (8)	3	Jillyan Dobby	42:04
	34	Richard Gibbs	63:11		6	Julie Brook	48:41
M-UV (13)	4	Peter Ross	36:36	Novice-S (8)	6	Jennifer Gibbs	54:04
W-V (23)	13	Kath Speak	43:24				

SUMMER EVENING EVENTS

The usual programme of summer evening events, run in conjunction with DEE, was very successful and most events attracted a good number of competitors, including school groups, Scouts and runners from outside orienteering.

Our events in the series were co-ordinated by Tony Wagg, and included the usual areas of Teggs Nose, Lyme Park, Brereton Heath and Alderley Edge, with the addition this year of Macclesfield Forest. Deeside events included Delamere East and North, Pettypool, Little Budworth and Marbury. Delamere East was notable for the fact that the technical courses all included a rather pointless run around the fences used for displaying Christmas trees. Older competitors on the Short Green were rather surprised to find this comprised a significant proportion of their course.

Teggs Nose was held on a very fine sunny evening. The Start was on the highest point of the map with glorious views, but as usual the courses then descended via thickets to the marshes in the valley before climbing back up to the quarry. Planner was Rik Griffin, who can claim the prize for the most precipitous last control!



*Pete Lomas, Steve Beresford & Jen Britton at Start
(Photos John Britton)*



Martin Green finishing

Lyme Park attracted a number of those who had been to one or more of the previous beginner's events there, and was very successful with a good turnout. This annual event attracts one or two Scout groups, but one of them seemed very ill-prepared, starting quite late in the evening, and going round as a very large group and not really having any good idea about navigation. Two of the scouts commented: "our leader got lost!"

Macclesfield Forest was planned by Vicky Thornton, and involved a long walk to the start so that the detailed runnable northern area of the forest could be used for the longer courses. Many competitors were out for some time, but everyone commented on the quality of the courses. The shorter courses were on the areas of forest nearer the Forest Offices that had been used for car parking and registration. The same evening Tom Fellbaum had planned a Terrain Time Trial in Macclesfield Forest that attracted nearly 20 competitors. This included a steep section vertically uphill. Winner was M45 Malcom Fowler, followed by M16 Alistair Thornton, M20 Tom Horton and W14 Lauren McNeil.

Brereton Heath was planned by Simon Proud, who returned to the idea of a normal Blue course, on a double-sided map, instead of a Norwegian course as had been tried the last

few years. The event attracted local Scouts and Brownies, who all seemed to enjoy the event. The Brownies in particular had been well coached beforehand by Janette Proud and went round in small groups with parents.



Running to the Finish at Brereton

HALKYN TRAINING

John Britton organised a training day on Halkyn, Mountain, a DEE area in North Wales near Holywell, just across the DEE estuary. This is an area of open limestone, with quite complex depressions, and ideal for small group training. Exercises included control-picking, some Trail-O problems from John Kewley, and two “simple” mapping exercises which provoked considerable debate.



Relaxing during the training at Halkyn (Photo: John Britton)

GRADE C CONTROLLERS' COURSE

Saturday 24th November 2012 10am – 5pm.

Great Tower Wood Scout Camp near Windermere, Cumbria. Grid Ref SD 394914

Free to NWOA Members. £10 to others. Priority given to NWOA Members applying before Nov 1st. Maximum numbers approx 15.

It is anticipated that Clubs will contribute towards participants' travelling expenses. Please check with your Club Treasurer.

Attendance at this course is a necessary part of the Grade C Controller Qualification.

You should have planned at least one Level C event (eg Cumbrian Galoppen or similar) and preferably organised one to gain maximum benefit from the Course.

Please bring a Packed Lunch (Tea/Coffee provided) and also outdoor clothing/orienteering gear (compass etc) as there will be a practical session.

Final details and some Pre-Course work will be sent later.

Enquiries to:- Angela & Dick Whitworth 23 Naworth Drive, Carlisle CA3 0DD, Tel 01228 535420, e-mail angela.whitworth@talktalk.net

Entries by Nov 1st, (earlier if possible, please), by phone, post or, preferably, e-mail to Angela & Dick.

Please include a list of your Planning and Organising experience.

Also state your familiarity with Orienteering Software such as SportIdent, Autodownload, OCAD, Purple Pen etc.

Saunders Lakeland Mountain Marathon

The Saunders is a 2-day mountain navigation event for teams of two (apart from the solo Klets class). Courses are carefully graded to ensure competitors run that most suitable for them. It was held on 7-8 July, starting from Wasdale Head.

In the Carrock Fell class Alex & David McCann were 5th out of well over 100 teams, and Simon Proud and John Williamson were 8th and 2nd veterans.

In the Wansfell class Tim and Rosie Martland were 29th out of well over 100.

Countryside Score Events

Andy Thornton again co-ordinated a series of Countryside Score events, this year on a Monday evening rather than a Wednesday, but still proving popular and attracting a good number of runners from outside orienteering. Eddie Speak planned the first of these, based on the Miners Arms on Wood Lane Ends, Adlington. Ian Gilliver planned the second in the Staffordshire countryside at the Knot, Rushton Spencer, and Jim Trueman the third on a very damp evening at the Navigation Inn at Buxworth.

The final event is based on the Wizard at Alderley Edge.

GREATER MANCHESTER ORIENTEERING ACTIVITIES

Chairman's Annual Report May 2012

Sue Birkinshaw



In the last year we have learned to manage without Beryl, although she has still been helping us with advice and with searches of her records for things that only she knows. She tells me that she has bought a house in Nairn and we wish her all good luck and happiness when she moves to Scotland.

Kath Etherden re-joined the committee this year, after a gap of about 5 years because of work commitments. She has re-introduced the idea of a newsletter to all the people in Local Authorities who have involvement with our POC's. This will become a regular publication. We are aware that more needs doing on publicity and distribution of our literature and posters.

Our post-watchers have continued to monitor the courses and, as a result of their reports, some courses such as Lyme Park and Daisy Nook have had updates. We have 2 new courses about to come on stream, Amberswood (near Wigan) and Alderley Edge. Burnage Rugby Ground and Meriton Park in Handforth are asking for courses.

We have had two major concerns in the year. The first is the maintenance of the POCs. Some Authorities pay a fee and receive a high level of care from GMOA. Others are "self maintained" which seems to mean that they pay nothing and do very little to ensure that their POC is up to standard. We are hoping to move to a single system, with a low fee, regular inspections and charges for work that needs doing.

The second is even more fundamental. We are going to introduce Annual (or possibly once every two years) Reviews of all the POCs – and we are going to pay for these. We have had offers from 5 or 6 people, all of them regular orienteers, who would like to do the work. It will involve far more than the post-watching role, assessing whether the course is "fit for purpose", making contact with the park rangers and managers, updating our literature and websites, checking the accuracy of the map, etc. It will be very interesting to see whether this initiative achieves our object of providing good, well-used POCs all over Greater Manchester. Perhaps we should ask the reviewers to find out why so few users move on to mainstream orienteering?

On a personal note, I want to thank John, Grahame and Irene, Pete, Carolyn, Kath, Paul, Jim and Phil for doing so much for GMOA. Does anyone want to join us?

MDOC/DEE CHALLENGE

Saturday 1st September Savio House, Bollington

Register by 11:30 a.m. for Mass Start at 12:00 noon

The event will be on the newly mapped grounds of Savio House in Bollington.

It will comprise a series of exotic Butterfly Loops, with interesting opportunities for scoring bonus points.

Competitive courses will be available for both experienced competitors and for juniors and novices. Orange, Yellow and String courses will also be available throughout the day.

Refreshments will be served after the event (about 1:15), including soft drinks. If you prefer something stronger please bring your own.

We have the use of a Barn which contains a games room.

Savio House is on Ingersley Road at the Northern end of Bollington. The entrance to the drive is opposite the Poacher's Inn. Use postcode SK10 5RE for satnav.

AUTUMN EVENTS

- Sat 15 Sept Reddish Vale, Stockport
- Sat 29 Sept Wythenshawe Park, South Manchester
- Sat 6 Oct Silver Springs, Ashton under Lyne
- Sat 20 Oct Boggart Hole Clough, North-East Manchester
- Sat 24 Nov Werneth Low, Hyde
- Sat 8 Dec Longford Park, Stretford

Each event will comprise a Yellow course, a 45 min Score event and a 45 Min Technical Score event, with bonuses for visiting controls in a pre-defined order.

Register from 10:00 to 11:00, Starts 10:30 to 11:30. Co-ordinator: Chris Rostron

OTHER MDOC EVENTS

- Sat 27 Oct Goyt Valley, Buxton – Full range of courses
- Sat 19 Jan Macclesfield Forest – North West Night League

Wednesday Runs

- 1 Aug Dave Mawdsley
- 8 Aug John & Jen Britton
- 15 Aug Dave & Jane McCann
- 22 Aug Andrew & Margaret Gregory

Committee Meetings

- 7:30 Poynton Sports Club
- Mon 10 Sept
- Mon 8 Oct
- Mon 12 Nov

CALENDAR

18-19 Aug	Arisaig, Lochaber	The Purple Thistle	purple-thistle.co.uk
24 – 27 Aug	Wykeham Forest	EBOR White Rose Weekend	eborienteers.org.uk
26 – 27 Aug	Limb Valley, Sheffield	Long-O, etc.	southyorkshireorienteers.org.uk
Sat 1 Sept	Bollington	MDOC/DEE Challenge	mdoc.org.uk
Sat 1 Sept	Sheffield	Sprint Relays	southyorkshireorienteers.org.uk
Sun 2 Sept	Lincoln	Lincoln City Race	logonline.org.uk
Sun 2 Sept	Wye Valley Forest	BOK Long-O	bristolorienteeing.org.uk
Sun 9 Sept	Longshaw	DVO level C event	derwentvalleyorinteers.org.uk
15 – 16 Sept	Longleat	Caddihoe Chase	sarumo.org.uk
Sun 16 Sept	Ainsdale Dunes	DEE level B event	deeside-orienteeing-club.org.uk
Sat 22 Sept	Silverdale	SROC informal score event	sroc.org
Sat 22 Sept	City of London	SLOW City of London Race	cityrace.org
Sun 23 Sept	Chigwell & Epping	Southern Championships	chig.org.uk
Sun 23 Sept	Whinlatter Forest	Cumbrian Galoppen	wcoc.co.uk
Sun 23 Sept	Swynnerton	DVO level C event	derwentvalleyorinteers.org.uk
Sat 29 Sept	Carlisle	BL Urban event	bl-orienteeing.org.uk
Sun 30 Sept	Sandstone Trail Race	17.1 or 10.6 miles	deeside-orienteeing-club.org.uk
Sat 6 Oct	Tockholes	PFO Middle Distance event	pfo.org.uk
Sun 7 Oct	Hameldon Hills	PFO event	pfo.org.uk
13 – 14 Oct	Sneaton Forest	October Odyssey	clock.org.uk
Sat 20 Oct	Oxford	Oxford City Race	ouoc.org.uk
Sun 21 Oct	Simpson Ground	SROC level C event & Yvette Baker trophy competition	sroc.org
Sat 27 Oct	Goyt Valley	MDOC level B event	mdoc.org.uk
Sun 28 Oct	Carsington	DVO event	derwentvalleyorinteers.org.uk
Sat 3 Nov	Chorley	SROC Urban event	sroc.org
Sun 4 Nov	Haslingden Grane	SELOC level B event	seloc.org.uk
Sun 18 Nov	Delamere Forest	British Schools O Championships (Closed event for school pupils only)	bsoa.org
Sat 24 Nov	Sheffield	Sheffield City Race	shuoc.co.uk

TWIN PEAK – HIGH DAM



Walk to the start past Finsthwaite Church



Alan Poxon



Julie Brook



John Britton



Through the woods at Brereton Heath