



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

August 2019



Club members relax after day 3's finish at Dundurn

SPECIAL 24 PAGE SUMMER EDITION
Scottish 6 Days
World Masters Championships
Saunders Mountain Marathon
& much more...

Chat from the Chair

By the time you receive this newsletter, the summer holidays will be drawing to a close. Many of us travelled to Scotland to test our fitness and orienteering skills in the technical forest terrain of Strathearn, some ventured further afield. Wherever we went, and whether the challenges were in classic forest or urban terrain, very few of us had a perfect run – that's the nature of the sport; there's always room for improvement, whether you have been orienteering for three months or thirty years. Congratulations to those who were closer to having that perfect run than others!

Earlier in the year, we circulated a survey about training needs in the club. Your answers showed that the majority of club members feel that they have a need for some training, from basic skills for beginners to technical improvement or refreshment, as well as a desire to learn how to plan and organise events. We should have details of a programme of regular technical training soon and hope to put on a planners' workshop too. You will have seen the call for first aid training. One of the best ways to learn planning or organising is by having a go with a more experienced mentor, so if you want to have a go it can always be arranged – just contact me or Sue.

The club is organising two large events this autumn: the British Schools Score Orienteering Championships in October at Heaton Park and the Twin Peak in November, this year it's a town and country weekend at Errwood and Stockport. Helpers and marshals will be needed for both events, but particularly so for the schools event, which takes place in a busy public park on Saturday 12th October – please put the date in your diary.

Wishing you all success in the orienteering season ahead.

Marie Roberts

Scottish 6 Days 2019

We have three fantastic articles for you from this year's Scottish 6 Days, plus a terrible poem. Thank you to Paul, Stella and Cecilia and apologies in advance for subjecting you to my poetically arranged gibberish. MDOC had some great overall results in the festival of orienteering, in particular: Cerys Manning 2nd on W21L, Andrew Stimson 3rd on W35S & Ian Watson 3rd on M70S. In addition there was rest day success for Chris Embrey who came 3rd on Senior TrailO and River Edis-Smith 1st place on Junior TrailO, but more on that later.

A light hearted view from the lower half of the results tables

Paul Watson

I enjoy being in Scotland. So much so that I am currently splitting my time between Manchester and Glasgow, having the chance to live, work and orienteer on both sides of the border. The Scottish 6 days in my experience has always been good fun with a good atmosphere and (generally) reasonable weather and this year was no exception. I recommend it to those of you who have never been. For 2019 it was Perthshire's turn to host and the orienteering clubs of Scotland put on a great event. Our own Eddie Speak also got involved with the computing for the event and all seemed to run very smoothly. Here's my view on this year's event:

Day 1 Auchingarrich

Heading into the outskirts of Crieff from the A9 there is a Christmas shop across the road from the Crieff visitor centre and Caithness Glass Exhibition. It promotes proudly that it is now open 7 days a week. It was open. There was one car parked outside. Clearly the orienteering community were more interested in the opening day of competition than buying tinsel.

A lengthy walk to the assembly from the parking included an 'interesting' slope shortly after the car park that people were struggling with. Had it been bad weather the scenes there could have been chaotic. I tried to work out my strategy for the return climb whilst walking to the arena.

On arrival at assembly a number of the club had already arrived in good spirits and found their pitch adjacent to the run in for the finish. A crossing point across the run in had been set up for competitors to reach their club tents. Not many people were using it. This turned out to be a theme for the week ahead.

I had the 'privilege' of being one of the first official starters at 1000hrs on Day 1. It seemed to stand me in good stead as I had my best run of the week. A tricky area but I was pretty happy. Lots of white tape was in the area to aid juniors on their courses but causing confusion for seniors. Head high bracken did not help in finding crossing points so Jillian Dobby and I created one (legally).

I overheard a lot of people saying that they had found the area challenging so I was quite pleased with how I got on. It was going too well... I head back to Glasgow. Still no shoppers at the Christmas shop in Crieff.

Day 2 Edenchip

A controversial day - 'Red Line Day' as it will go down in 6 day history. The military police had a presence in Lochearnhead (probably to the surprise of residents) but thankfully their duties were limited to the role of crossing patrols. Maybe their presence in the forest would have avoided the controversy that was to unfold.

On the walk to the start we passed the finish below, noticing there was a climb up from the last control. The fact that the start was above us and the finish was below did not bode well. However, the start gave some great views across to the loch.

I enjoyed my course though it was much more straightforward than day 1. Thankfully, the burn (a stream, rather than any burst of energy on my part) in the early part of the course was not too troublesome to cross. Later, an embankment to the old railway line was a challenge to climb. Crampons would have been useful. I suspect most of us attempted the climb despite realising in the post race analysis that it was not the optimal route choice.

Then came the red line. It was clearly overprinted on the map over the burn and on my course the obvious route was to use the marked crossing point. No issue there. You don't cross red lines.

However, it seemed that a number of people on a number of courses had crossed the red line, ignoring the two crossing points, to go through the burn with wet feet and possible time savings as a result. At the end of the day the organisers invited voluntary disqualification from those who had crossed the red line but let the results stand. That was not the end of the matter...

Day 3 Dundurn

Middle Distance day. A really impressive arena location, adjacent to St Fillans golf course, which gave good views of people careering down the slopes to the finish.

I had a bad feeling about this day on my walk to the start. Comments from the arena about the area were 'technical' and 'boggy'.

First three controls were fine then I royally messed up my number 4. Slow going after that and some poor route choices. Heading to my number 11 I see David Wathey bounding like a gazelle heading for his last few controls immediately before I sink thigh high into a bog. It takes me a while to get out.

By the evening of day 3 the organisers say there have been complaints about the red line day decision and so they are going to void the leg on courses affected, with those who had been disqualified being reinstated. Nopesport goes mad. Competitors' positions change in the results. Mine probably didn't.

Rest Day Sprint - Macrosty Park, Crieff

Six cars outside the Christmas shop. Maybe some orienteers are taking a rest day opportunity to buy their trees.

I arrive at the pre start area. The sun is shining again. A well known competitor (not from MDOC) is having a bit of a shout at the 6 day coordinator about the change of stance taken by the organisers from red line day. The coordinator calmly indicates he will help them seek out the red line day coordinator.

Blast. An enjoyable run then I get to the finish to find I had missed control 12. Control 12 was 40m from my control 11. I must have run straight past it on my route to 13. I didn't even realise it was there until the finish official told me I had missed it. Oh well, only the rest day so it doesn't count for anything. Hang on - it's a UK urban league event. Blast. Arriving back to Glasgow I check the final results for my course and see I am in esteemed company. 4 of us missed control 12 including Nick Barrable. Even the best get it wrong sometimes.

Day 4 Culteucher and Dron

Billed as the fastest of the areas. Probably correct if you are a runner (I am not) though it felt a bit like a cross-country run today.

The walk to the start probably summed up the day. Heading to the arena you could see the start on the side of a rather steep hill a distance away but you had no idea how long it was going to take you to get there. When I do arrive at the start (thankfully with 10 minutes to spare - time my breath back, many did not get that luxury) Jillian and Ian Watson are discussing red line day. I join in.

The start kite is down into a reentrant to then head back uphill. Most rebel and don't head down to the start kite. My route to number one takes me through a 'gorse grid' on quite a steep slope. I reflect that it could be both interesting and painful if the weather was worse and the slope was slippery...

Despite a start at 11:15 the area is well tracked and often I could see my next control from the one before.

On my route through the farm to the far west of the map there is a very strange 'moo-echo' effect - the noise from the cows bouncing round the slopes. Maybe I should concentrate more on my orienteering...

We finish in someone's back garden.

Day 5 Craig a Barns

The home of Scottish Orienteering and yet it was my first visit. After yesterday's hike we all overestimate the time needed to get to the start. On arrival one competitor is being treated for a nasty knee injury. Another is hobbling back downhill to the arena using what looks like fence post for support. It's not looking good.

My course felt rather steep to me but not particularly challenging technically though I had the now traditional bad control on one of the shortest legs.

As I head out of the forest onto the open area for the last few controls I hear at least two competitors using extremely strong expletives. One is particularly annoyed to have sprained their ankle but even more annoyed that they have torn their JK O top. Jane McCann hears them too.

We head for our next control. I nearly get my foot caught on a low wire fence and then do well to miss a trailing TV camera cable immediately after. I blame all these events and the fact my control circle seemed to centre on a reentrant when I should have been looking for a crag, for being too high and then overshooting the control. I suspect Jane does too but then she found it quicker!

Day 6 Grandtully

Middle Distance. We're all tired. Small children are having tantrums and some are having blatant sit down protests on the way to the start. The Ross v Rostron contest on M70L is reaching its climax. We debate how it should be settled if there is a draw in the scoring. I suggest fastest round the string course (blindfolded if that adds another dimension) wins. This idea is not rejected. I gather that the playoff was not required.

I enjoyed Grandtully very much and aside from a minor overshoot at my number one had a good run, though as always I could have been faster.

The last section has another red line/crossing point scenario but this time the control description shows that crossing points are mandatory (Personally, I think the descriptions on Red Line Day should have done the same). Looking at the map afterwards I see a gate that was available to us but not overprinted with a crossing point symbol. I suspect most people didn't see that. No-one comments about it.

After a great full week of orienteering I head away from Perthshire tired and a little sore but happy. On arrival home there is yet more comment on the 6 day website on Red Line Day. More protests at the organiser's decision resulting in a jury review. The jury upholds the voiding of the leg on affected courses as the least unfair option. I'd be interested to know of a panel of MDOC controllers would have reached the same conclusion.

See you all in Lochaber in 2021?

MDOC win the Scottish 6 Day... pub quiz

Friday 26th July and 17 Heaps arrived in Crieff to stay in what we thought was a Hostel but turned out to be somebody's lovely and rather large home, which was perfect for our needs. I can recommend to anybody going up there to stay. Nice to get up there a day early to have a bit of a look around before doing a bit of homework on what was to come.



The full family ready for an exciting week

Day One: A bit different to what we were used to running around the local parks! Once back in camp we had all the maps out discussing what we could have done better or what we did well.

Day Two: Slimming world and lost ½ lb so I was happy.

Day Three: Very frustrating, when doing a simple jump down from a straw bale my knee collapsed and so I wasn't able to go for the best run in time (which is a big thing with the Heaps.)

Ceilidh dancing at the campsite in the evening was a great fun event for all ages and the band were very good.

Day Four: The rest day, but a sprint was put on in the park. This was very tricky with controls where you expected to find them but not quite sure how to get to them. Ma Heap & Graham went off on her Whisky tour which turned out very beneficial when the questions came up at the quiz night that evening.

And yes we might not be winning the orienteering but we did win the quiz by one point! We called ourselves SOMDOCRP beating about 40 other teams so we were very chuffed. Our mixture of knowledge was the key and younger brother Will & Kate were able to answer all of the orienteering questions which helped.



Sue the shepherdess finished every race!

Day Five: I walked with a straight leg round the white course for the rest of the week and I wasn't alone. Sue was my inspiration having had her hip operation 12 weeks ago and there she was looking like a shepherdess rounding up her sheep. (Ed: Sue successfully completed the W80 course every day for 6th place overall in that class!)

Day Six: Our last day and we were last to go out, which was to our advantage as the long grass had been nicely trodden down for us and there were tracks to follow, if they were the right ones... At the prize giving I didn't really know anybody, then suddenly there was Vicky with the biggest and best smile and I was very proud to see her up there thinking that was one of our club at heart.

Lots of stopping the car on the way home for jumping into the streams! A game of Articulate caused the usual family arguments.

We were newcomers to these sorts of events and had such a lovely week. We came armed with mosquito nets, nit tweezers and Avon 'So Soft' and apart from a few ticks these were not needed. The organisation of the whole event, support from our fellow club members, the beautiful Scottish hills and last of all the weather made it a perfect week so thank you everybody and looking forward to Wales next year.



A great week for the Heap family

Stella Heap

The Scottish Six Day TrailO

Cecilia Fenerty

The S6D Rest Day offered competitors the opportunity to try out their skills in a TrailO event at Drummond Castle, famed for its spectacular terraced gardens. This orienteering discipline is becoming increasingly popular and over 100 competitors entered the event in Scotland.

The competition was divided into TempO and PreO sections with combined scores calculated for the final result. The TempO competition was entered first, and competitors were individually called to each control station to answer 3 timed problems. Usually the competitor has to state exactly which control flags of the six visible in the terrain, matches the control shown on their map extract.



Liam contemplates the sites (Photo: Andrew Johnson)

However, having anticipated long queues as a consequence of the large entry list, the officials used a recent adaptation of the rules, so that the answers could be 'A' (meaning any one of the controls flags fitted the answer) or 'Z' (none of the control flags fits the answer). This then allowed the time at each control station to be reduced to one minute for 3 problems with a 20 second penalty per incorrect answer. Clearly, this change in the rules may also have encouraged a change in the usual tactics, and while waiting to be called, competitors discussed the mathematical probabilities of chance, and the influence of timing, penalties and scoring. However, no one seemed to conclude a strategy to gain an advantage other than 'Try your best!' The addition of a couple of torrential downpours of rain and some rumbling thunder also added the advice to 'Be as quick as possible!'



River winning the junior title (Photo: Andrew Johnson)

The PreO competition comprised 9 control stations along a 1.7km course, with a maximum time of 78 minutes. For most foot orienteers this sounds like ample time. However, the technical difficulty of deciding the exact location of the control flags often depends on secondary viewing points, or multiple sighting lines with judgment of distance and elevation, and as a consequence most of the competitors could be seen walking up and down the same few metres of track several times to make a decision.

MDOC had good representation in the event and we are clearly growing some talent in the junior section. River Edis-Smith gained a spectacular first place with consistently high performance in both the PreO and TempO sections (2nd and joint 1st respectively). Dominic placed fourth overall after a 1st place in the TempO and 8th place in the PreO. In the senior section, Chris Embrey secured third overall with 3rd in the TempO and joint 4th in the PreO. Other MDOC results include, Liam Corner 21st, Sam Drinkwater 25th, David Wathey 49th, Cecilia Fenerty 59th and Elizabeth Embrey 66th. The next TrailO competition will be held at the White Rose Event at the end of August, and MDOC is again well represented, so with the advice of 'Try your best!' and 'Be as quick as possible!' we wish our club members the best of luck.

My Scottish Six Day Poem

By Sam Drinkwater (aged 25 ¼)

Day 1 had mixed forest with every extreme,
too easy to choke and get lost by the stream.

I thought I ran fast and eased up the climb,
but turns out I doubled Graham Gristwood's time.

Day 2 was a new area but it wasn't my race,
I walked up some mountains at a more reasonable pace.

Back in the forest there was chaos for the team,
all caused by cheaters and an uncrossable stream.

Day 3 felt serious for the elites waiting in line,
but a wonderful area with contours so fine.

I had the race of my life and the end was nigh,
until an unfortunate tree branch impaled my eye.

The rest day for many meant sprinting around,
but I opted for TrailO in Drummond Castle grounds.

A test of the mind full concentration required,
the fun of orienteering without feeling tired.

Day 4 gave fast running on open land,
except the far forest which my course spanned.

Time lost in the trees could not be regained,
no matter how much my muscles were strained.

Day 5 scared me off so I put on my boots,
when climbing Munro's the fun never dilutes.

Those braver than me had given their all,
but personally I think I made the right call.

Day 6 showed off marshes so carefully mapped,
but one rogue pit and my concentration snapped.

I retired disgracefully and fled for the train,
the most fantastic week can I do it again?



Ben Chonzie and Loch Turret



Rainy TrailO (Photo: Andrew Johnson)

World Masters Championships 2019 - Latvia

Ian Watson

WMOC2019 was centred on Riga, the capital of Latvia. A small band of MDOC members made the journey, some via Ryanair, the more discerning by more upmarket means. We represented the more senior end of the masters category, Steve Fellbaum being the youngest by a margin of 15 years. We were also probably not the fittest contingent either with a fair collection of ailments and replacement parts. Nevertheless we were there to take part and enjoy the experience, but given the location there were large attendances from Nordic and Baltic countries and it was going to be tough.

For some of us, the week started with a taste of indoor orienteering. However, there is another article describing this (although it might fail to mention who came out as the leader of the MDOC contingent), so on to the main competition. The first two days were a sprint qualifier followed by the sprint final. The qualifying races were held in a suburb of Riga and included both urban and park.

It wasn't hugely complex but had a few apparently attractive routes which were blocked by uncrossable fences and many were caught out. Unfortunately none of us made the A final, although Chris Rostron and Ian Watson missed narrowly in M70 which, as the biggest class in the competition, had A, B, C, D and E finals.

The finals were held in Riga old town which, although attractive as a tourist destination, didn't present huge navigational challenges and running speed was all. However, the most complex piece of navigation involved finding the entrance to a narrow alleyway which was made even more difficult by the fact that the entrance was locked. As a consequence 80% of the courses were voided as removing legs is not allowed in IOF competitions. As all A courses were affected, no sprint champions were



Doug Edwards (Photo: WMOC 2019)

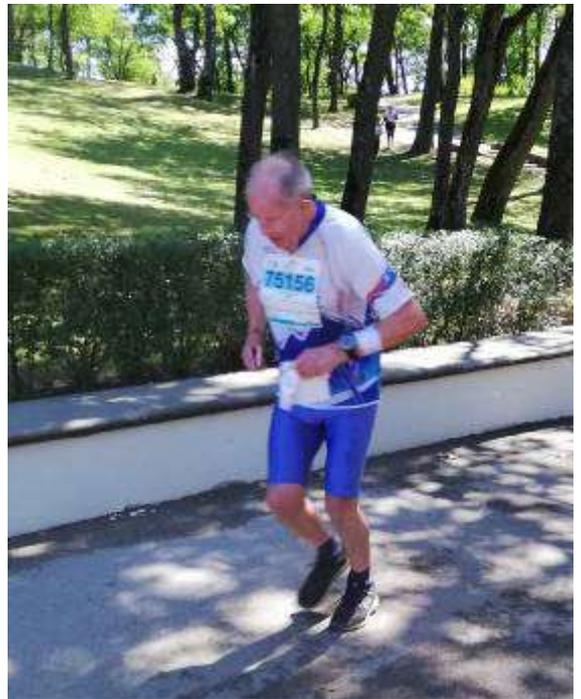
declared. And I thought the gate issues at Liverpool (which I controlled) were a disaster. However, all of us completed the courses – oh except Doug Edwards who failed to punch the penultimate control as he got too excited being in sight of the finish.

On the rest day most of us visited the model event. The terrain for all the forest events was tree covered sand dunes on the north Latvian coast so it was important to see what it was like. Although the model was useful, it is fair to say that they reserved the most complex terrain for the real events and they were to prove pretty challenging.



Margaret Gregory (Photo: WMOC 2019)

Actually, the first challenge was getting there. Some of us had forgotten to pre-order a car park permit and were told at registration that they were no longer available as there was no more space. On top of that all the bus tickets from the event centre had been sold. For the forest qualification race and the Middle final this was particularly concerning as there was no obvious way to get anywhere near by public transport. Fortunately, as an afterthought, the organisers arranged for extra buses to run from the nearest railway station. Actually Chris had the best solution which was to blag his way in by claiming that he had bought car park tickets for all days when he had only ordered one for the long final. He claims he really believed this at the time.



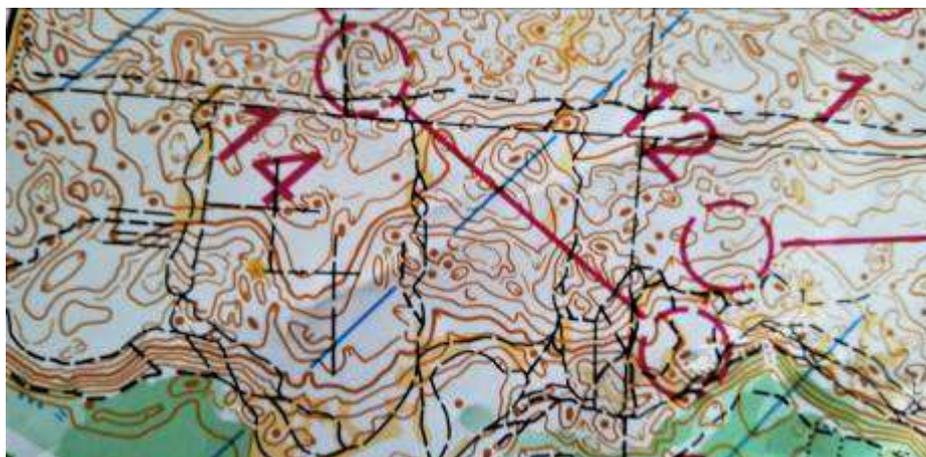
Dave Mawdsley (Photo: Ian Watson)

The forest qualification races were at least as difficult as anticipated. For anyone who has run on the forested sand dunes at Lossie on the Scottish coast, imagine an area with much the same complexity as the hard bits there but much more extensive. Doug and Ian failed to complete the course and ended up as non-competitive in the E final. The rest did qualify but nobody really covered themselves with glory, Chris was probably the most successful making the M70 C final.

The Middle final was held on another part of the same area. This time we were better prepared for the challenge. That and the fact that the courses were shorter meant that most of us got round successfully. But again there were no really outstanding performances.

The long final moved to a different area along the coast. This time there was a train station nearby so those of us without a car park permit were able to experience the delights of the Latvian railway system. The rolling stock was rather dated, but tickets were remarkably cheap. They also have an online purchase, mobile phone delivery and electronic ticket inspection scheme which shame most UK train companies.

The terrain for the final was again forested sand dunes but a bit less complex than the previous two days. Our results were probably slightly better but MDOC gracing the podium will have to wait for another year – Slovakia watch out.



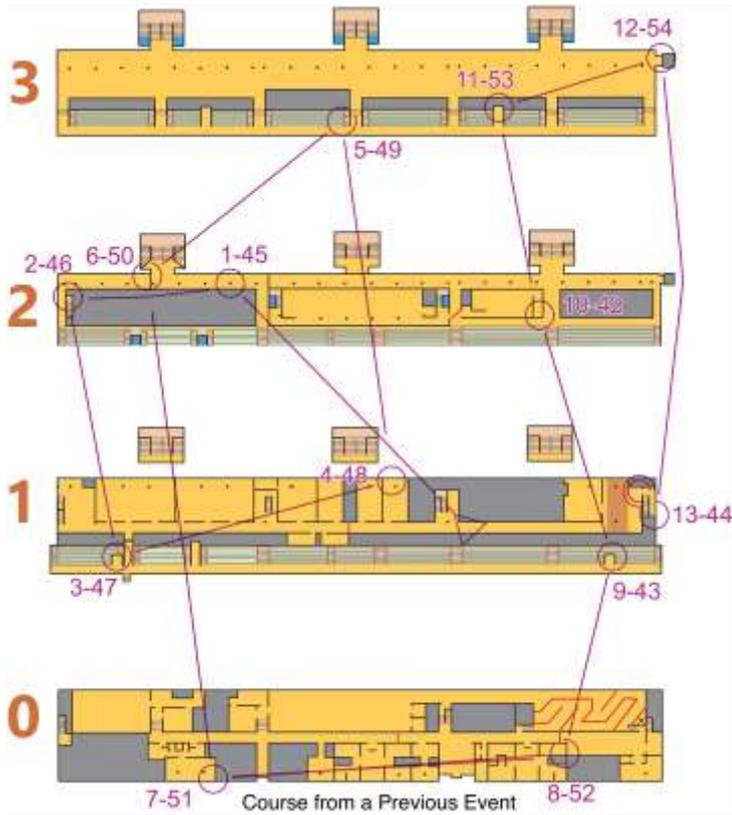
A map section from the Latvian forest

WMOC Indoor Orienteering - Hours of Fun

Doug Edwards

Well, it was certainly a lot of fun and some competitors took hours. The event took place in the Daugava Sports Stadium. I had heard stories that these events can be challenging, but the stadium couldn't be more than 100m long – how difficult could that be, even if it might involve running up and down a few stairs to get between controls on the same level. Maps of a previous event were available,

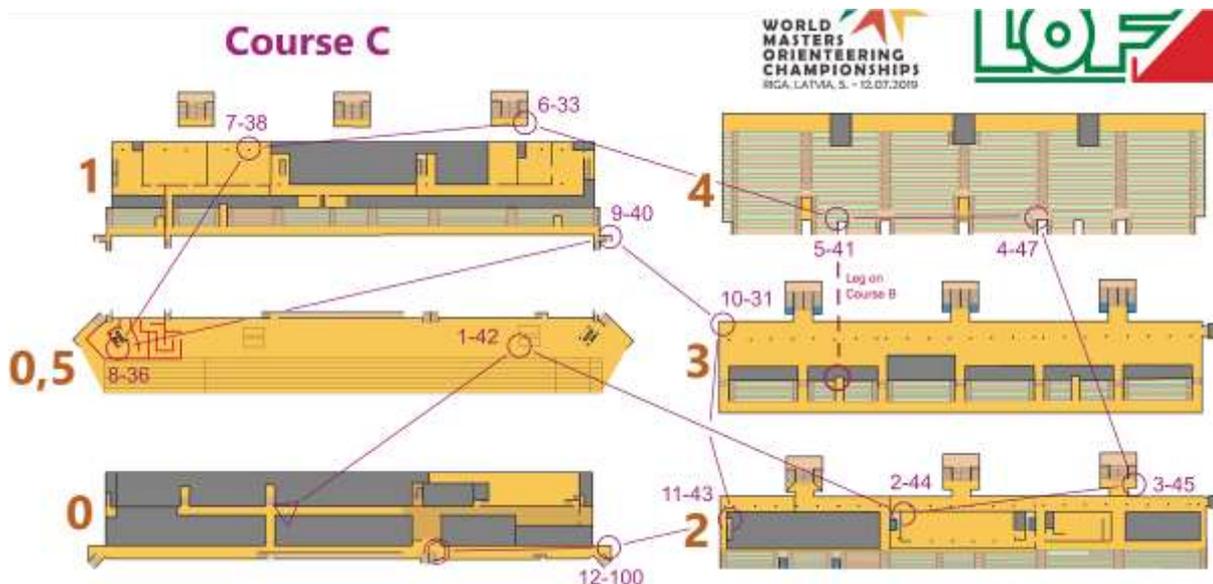
<http://tinyurl.com/y4sad3he> and were studied intensively beforehand, together with



photos of the stadium garnered from the internet. We worked out that the horizontal green lines represented seating overlooking the sports field, but the mapping conventions were puzzling: 4 levels were drawn, but the stadium only appeared to have 2 tiers. On the other hand, each drawn level must represent more than one physical level – for example on level 0, sets of stairs are shown at either end of the taped maze (red lines) not joining any other drawn level. Furthermore, determining how the staircases between levels were connected was a mystery. After trying, and failing, to find the best (or any) route for a couple of legs, I decided it might be prudent to downgrade my entry from the **B** course to the **C**. Surely though, all would be revealed on the day.

Arriving at the event, we were given a talk on indoor orienteering. Disappointingly, the briefing did not explain the mapping conventions, but did finish with the exhortation to remember which level you were on – seemed obvious at the time, but was advice that many competitors found difficulty in remembering. The moment of anticipation/trepidation arrived: my start. I picked up my map, course **C** <http://tinyurl.com/y3xf5qhn>, and was thrown into confusion. The stadium was mapped rather differently from the publicly available maps we had studied so intently – the major difference being that 6 levels were mapped rather than 4.





Anyway, no time to lose – off I rushed. There were not many route choices and somehow I emerged blinking into the sunlight on the athletics arena looking for my first control. At this point, previous study of the maps actually proved a disadvantage. I was obviously on level 0.5 and with the smug knowledge gained beforehand fogging my brain; I believed that the parallel lines on the map represented seating. I tried to orientate the map so that the seating was behind me with the athletic field in front of me. Confusion: I could see a taped maze, but the map indicated it to the left, but I could plainly see a maze on my right. Perhaps that maze wasn't on my course and wasn't shown on my map (ludicrous thinking), so I ran left towards the maze that I was convinced was there but just hidden somehow. Of course no maze was to be found. I turned the map upside down and twisted around several times to make the map fit with what I saw – to no effect. I was getting demoralised when I realised that the parallel lines on the map were not seats at all, but the running track. All became clear and I then found my first control (in 8:49 mins). After that things got easier apart from the incident described later.

My excuse for my confusion is that I arrived on the athletic area almost immediately after picking up the map and not yet had time to appreciate how the stadium was



mapped. A quick glance at the map makes it look as if the slice marked 0.5 is behind the slice marked 0 and therefore the yellow strip at the very front of slice 0 (where control 12 is marked) represented the athletic field and slice 1 represent the 1st tier of seating. Does that make sense? Well perhaps not in the cold light of day. In practice the slices on the map represent vertical levels: 0 is the basement of the stand and 0.5 is the athletic arena and horizontally in front of slice 0.5.

Another mapping feature was that the lower tier of the stand was split between level 1 and 2 on the map with the raked seating extending across the two. The orange area on level 1 (actually the ground floor of the building) beneath the seats being various rooms and corridors. Similarly levels 3 and 4 represent the single set of the tier 2 seating; the orange area on level 3 being a walkway under the raked seating.

This mapping is complicated to explain without having been being there and difficult to grasp even if you have. It certainly fooled several experienced runners. Course B had a leg from my control 5 (#41) on level 4 to the circle on level 3 which I have added to this course C map. It might look as if the route between the two controls might involve a staircase. Not so: control #41 is on the outside corner of an access well that leads to the seating, whereas the next control was on the inside corner of the access well, albeit at a lower level. The fastest time between the two was 5 seconds! Some of our party took nearly 10 minutes. Sneaky planning or careless map reading??

It was quite easy to get disorientated. The leg 6 to 7 was particularly tricky. I found myself on the walkway of level 3 with no idea of how to get off it – even though I had been there before (for control 3). The exits to level 2, down either the left or right exterior stairwell were blocked (as indeed shown on the map). I descended the part way down the middle stairwell unwilling to go all the way to the bottom and peered round the corner: that exit too seemed blocked by barrier fencing. Running round like the proverbial headless chicken, I tried the left and right stairwells several times again – still blocked of course. I began to wonder if I was where I thought I was and hearing another competitor’s despairing cry of “what level are we on”, to which a response rang out “No idea, I’ve been out 20 minutes and still haven’t found control 1” thought: “we’re all doomed!” Eventually, I brought myself to descend to the bottom of the middle stairwell to discover that, as indicated on the map, there was indeed a way through. The barrier fencing did not totally close off the exit: a narrow gap had been left open which I had been unable to see initially. Time for that leg 18:25! I had switched my Garmin watch on to monitor my time, not expecting to get a track as a lot

of the running was indoors, but one was recorded albeit with obvious inaccuracies. It is included here for your delight.



To sum up. Understanding the mapping was essential. Indoor orienteering is popular in Latvia and it was noticeable that Latvians occupied many of the top places and it is probable that some of them had competed here at an earlier event. Even so, I found the event really good fun and it would be great to put on an indoor event in Manchester. Two caveats: I can’t think of a suitable venue and planning such events is rather a specialised skill – experience is needed.

The maps for all 4 courses can be found at <http://tinyurl.com/y5ybmzdi>

Saunders Lakeland Mountain Marathon 2019

5 MDOC teams entered this years SLMM, held in the Howgill fells on the 6th/7th July. The weather turned out to be better than expected and the glorious sunshine meant that managing the heat was a big concern for everyone. Surviving the courses required plenty of stops to refill water bottles at the streams, as well as a conservative pacing strategy for the longer courses. Runnable sections were hard to find and most of the route choices were between longer contouring routes and shorter up and over climbs. Initially the contouring seemed to prove favourable, however with hindsight any route that helped to preserve the runners feet was the optimum choice. By the organisers own admission twisted ankles and blisters caused a large number of drop outs, between 20% and 30% on most of the linear courses.

Two MDOC teams took on the Harter Fell course, David & Jane McCann finished the 22km (1500m ascent) of day 1 in just over 6 hours for 33rd place, and the veterans handicap placed them in an excellent 4th position. Meanwhile Trevor & Laura Hindle finished in 6 hours and 39 minutes for 56th place. Day 2 was 15km with 1200m ascent, including a steep but picturesque start past Cautley Spout waterfall. Dave & Jane dropped a few places to finish 44th overall, but managed to finish as 7th veterans team by just one second after almost 11 hours of running. Trevor & Laura also ran well and finished 65th overall and 23rd mixed team, with a total time of 12 hours 16 minutes.



Laura & Trevor on day 1 (RandR Photos)



Team McCann begins the Harter Fell course (RandR Photos)

There were also 2 MDOC teams on the Carrock Fell course; although a brutal 31km (1700m ascent) first day took its toll. Sam Drinkwater & Anna Mackenzie finished in just under 7 and a half hours for 16th place, and Mark Burley & Emma Vincent finished in just under 9 and a half hours for 47th, with 12 teams not completing the first day. However, both teams paid for their long efforts in the heat and despite Sunday's easier course the damage had already been done. Slow progress due to sore feet meant Sam & Anna lost more time to the leaders over Sunday's 17km than they did on Saturday's 31km, but they just managed to hold on to 16th overall. Mark & Emma decided to join more than 30 other teams who abandoned the course and opted to walk directly from the start back to the event centre, enjoying the views at a more sensible pace.



Smiles masking the pain at the end of day 1 (RandR Photos)



The end of a very long day for Mark & Emma (RandR Photos)

The Saunders also offers a score course (Fairfield) and Hazel & Carolyn Hindle where the MDOC team to take this on. They made the most of the 7 hour time limit for day 1, scoring 150 points in 6 hours 48 minutes, for 66th place. But the 5 hour time limit on day 2 was just a little too short for them, although finishing 4 minutes late only lost them 8 points, with 60 more added from the day, for a grand total of 202 points.



Hazel & Carolyn at the finish of day 2 (RandR Photos)

Ode to Frank Rose

Rae Lomas

Car parking, organizing, toilets, B.O.F. and North West,
Whatever you did Frank you did it the best,
Hard to list absolutely everything you brought to the sport,
Certainly the bug of orienteering that we all caught,
Pete and I caught it in 1977 in Lyme,
Oh little did we know... at that time,
How Frank would greatly influence our lives,
Our Sundays, our holidays and many, many, long drives,
The bug for which there is no cure;
I'm so glad we caught it that's for sure,
This great sport that needs commitment to....
Not only competing but all other things there are to do,
Whatever they are Frank, you have done them all,
You worked at the top but no job was too small,
An incredible example is what you set,
And for that Frank we are forever in your debt,
Thinking of club history it is clear to see,
You dotted every 'I' and crossed every 'T',
You never failed to see the effort people made,
You appreciated what they did and compliments you paid,
You are a special person in M.D.O.C.,
There's lots of memories, mostly good, but for me....
Taking home full portaloos to empty down our drain,
From the telling of this memory I cannot refrain,
I'm sure there are many memories for everyone here,
But whatever they are we all hold you dear,
They don't make them anymore in your mould,
Frank we're all pleased how well you've grown old,
I'm sure this unique sport in which we all take part,
Is good for the body, the soul and the heart,
You certainly Frank are testament to this,
HAPPY 90TH BIRTHDAY tonight is our wish.

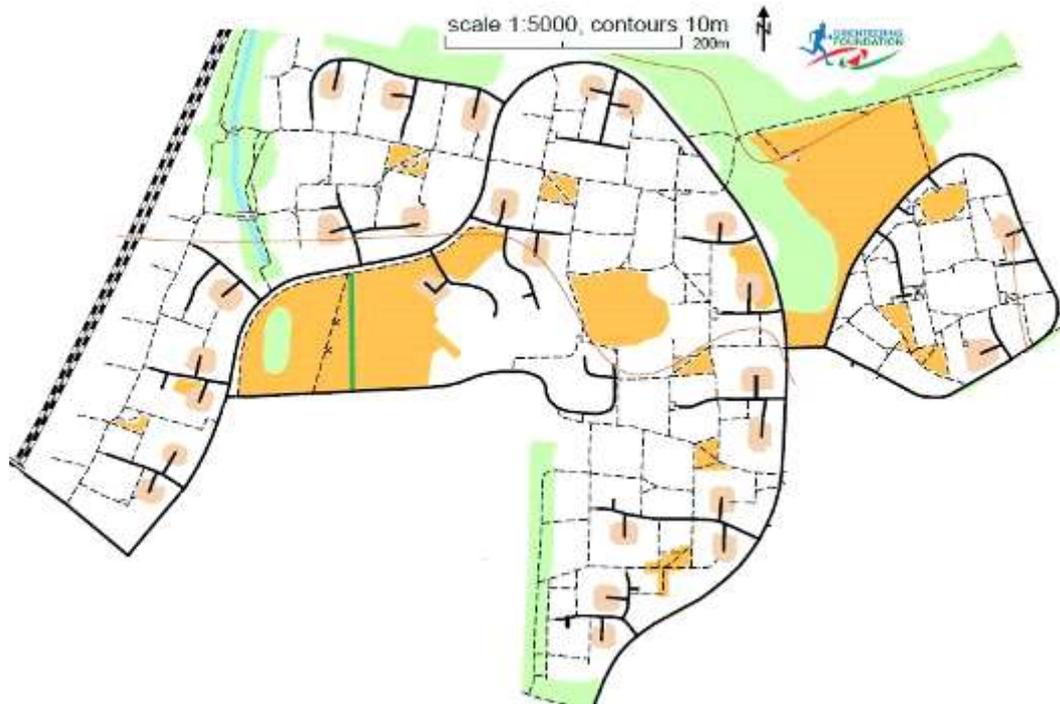


Frank Rose with club members at his 90th Birthday celebration run

New O Areas

The club are actively seeking new O areas to map, in particular smallish areas that would be technical enough to support an urban sprint type event. An area does not need to be large; anything from ~500m square upwards could suffice. However, what is important is that it **must** support complex route choice decisions and ideally not have busy roads passing through it. The Mapping Group has a few ideas but we would welcome any suggestions from club members. So if you know of somewhere that might be of interest please contact us (Eddie S, Ian G and Trevor H).

Here are some examples of what we are looking for, albeit in street league format and without housing:



Would you like to raise £1000 for your favourite charity?

All you have to do is plan MDOC's John o' Goats event at Lyme on 4th January 2020. Every year over 150 people come to the event, pay no entry fee but give a donation to a charity of the planner's choice (which can be Gift Aided). A raffle raises even more money and apart from paying the BOF event levy, **all** the takings go to the nominated charity.

Interested? Talk to SueB@mdoc.org.uk



Future of MDOC areas in Lakes in question

For various historical reasons, the club has intellectual rights to use a number of prime areas in the Lake District. Over the years we have regularly held events on our maps of High Dam, Torver Back Common, Bleathwaite, Place Fell and Angle Tarn. However, it is now proving extremely difficult to find people in our club who are willing to plan or organise events at such a distance. The question is therefore being asked whether we should hand some of these areas over to other NW clubs in the hope that they can find the planners and organisers to run quality events there for the whole orienteering community to enjoy. Borderliners recently obtained permission to run a regional event on Angle Tarn next year.

We currently have no plans to relinquish High Dam, where we are hosting the Northern Championships next year in a joint weekend with LOC's Middle Distance Championships.

Is this the way forward? What do you think? We are likely to be asking your views at this year's AGM on 17th October. In the meantime, if anyone is interested in planning or organising events on our excellent orienteering maps in the Lake District, please contact Sue Birkinshaw (Fixtures) or myself.

Marie Roberts chair@mdoc.org.uk

Mystery Maps

Can you work out which MDOC orienteering areas these shaded maps represent, just from their outlines? Hint: two of them now have urban extensions which are not shown here. Bonus points if you don't have to look through your old maps...



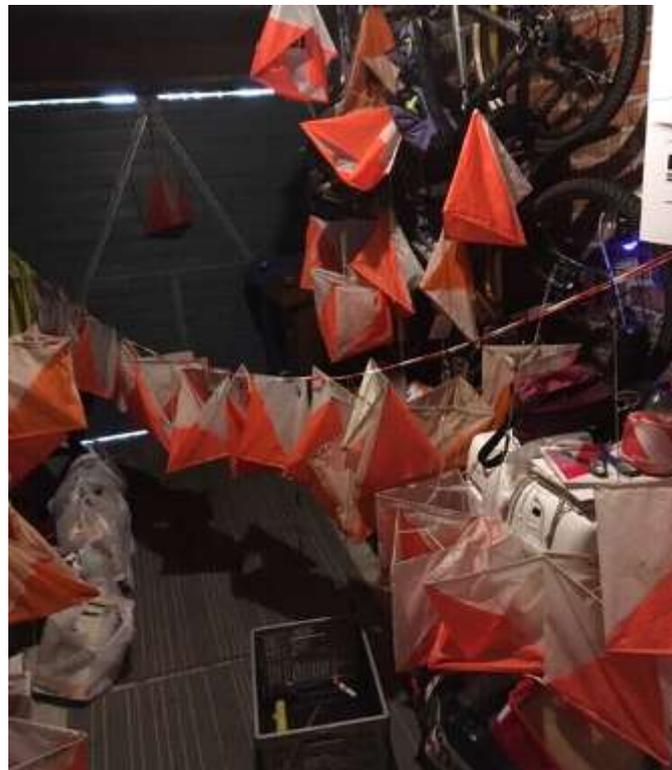
Disclaimer: Picture editing has been done hurriedly (and badly!) during the editor's lunch break. Real map outlines may vary by year and ocad updates.

Caption Competition



Photo: Andrew Johnson

Last editions winner...



'Following the popularity of O-on-an-App, redundant control flags secretly convene to plan their next move.' – *Steve Bingham*

Fixtures

Autumn Series:

21st September – Sale Water Park

19th October – Bramhall Park

23rd November – Boggart Hole Clough

14th December – Brabyns Park

Offering a score course, a technical score and a yellow course for young beginners.

Twin Peak 2019:

9th November – Goyt Valley National Event

10th November – Stockport Regional Urban Event

This will be our busiest weekend of the year, so we will need as many on-the-day volunteers as possible – please save the dates!

Night Street League:

31st October – Hazel Grove

12th November – Offerton (with MapRun app)

28th November – Macclesfield (Centre & East)

10th December – Sale West

Wednesday Runs:

28th August – Mawdsley – Macclesfield

4th September – Lomas – Hazel Grove

11th September – Evans – Romiley

Other neighbouring events:

7th September – Moss Bank Park Local Event – SELOC

14th September – Whitaker Park Local Event – PFO

28th September – Wilson Field Local Event – PFO

28th September – Sefton Park Local Event – DEE

5th/6th October – EuroCity Race Tour Liverpool – DEE/SELOC

MDOC Competitors at the Scottish Six Days



All photos by Andrew Johnson©, contact mlso.results@gmail.com for copies and more.

Please send your suggestions, news, photos and other articles to the editor at samdrinkwater.sd@googlemail.com for inclusion in future editions.