



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

DECEMBER 2008



TOM FELLBAUM IN EUROPEAN RELAY SUCCESS

! DRAMATIC RESCUE IN MOUNTAIN MARATHON !

YORKSHIRE PUDDING

CITY OF LONDON RACE

FALLIBROOME SHINE AT SCHOOLS CHAMPS

GRAND CHRISTMAS QUIZ

CHAIRMAN'S REVIEW OF THE YEAR

John Britton

The last 2 years, I've reported against our Strategic Plan, and will do so again.

1. Be financially and organisationally secure.

Financial security remains good, and this should be reinforced by Steve Dempsey's introduction of an actual Financial Plan to bring more visibility of what we intend to spend and why.

Organisational security is ever more precarious. We have no volunteer yet for Phil Colville's A3 printing role; we are hugely indebted to Andrew and Margaret Gregory for holding the fort in Newsletter Editor and Secretary roles. I can only apologise to Steve Fellbaum for leaving this part of the enterprise weaker than when I started.

2. Contribute as a large club.

Again, largely business as usual, putting on numerous excellent events. Lots of people do contribute, but then there's lots to be done. I would like to record our particular thanks to Helen and Nick Price for their years of work keeping our local events going. Local events are vital for providing progression into the sport; unfortunately as soon as you do get into it, they cease to be attractive. We want a framework for – low effort, high quality, sustainable, frequent, well publicised – but we haven't mastered it yet. As an aside it was interesting to me that no MDOC members were candidates for one of the 9 BOF Directorships. We contribute enormously at local and regional levels, but not at national.

3. Maintain up-to-date O resources ... More Places ?

The stores remains in good shape, and we have replaced the old mini bus. We have created 3 new maps (Torkington Park, Tiviot Dale and Stockport Centre), conducted lots of updates, and built a substantial sum for mapping projects into the Financial Plan. Basically, I don't think you can ever have too many maps.

4. Increase active membership ... More People, More Podiums?

Figures from Kath Speak show that the flow of losing 30 members in each of the last 2 years has been reversed. This year we have a modest increase, which is excellent news. It would be even better if we knew how or why it had happened – all our efforts with the Stockport event seemed to be misplaced, but we must be doing something right.

On the Podiums front, our best hopes lie with the excellent group of Juniors who lifted the Peter Palmer Trophy, and will all be a round to defend it next year.

5. Promote Orienteering in Manchester.

The Stockport event was a major new adventure, has established some links and channels which may eventually be useful, and will be followed up by more of the same. GMOA, with Beryl Blackhall at the helm, is generating new projects in several directions – having 50 POC's within a few miles, we are maintaining a fantastic resource, which I don't think is being used to anything like its true potential.

6. Clubmark.

Now we've got used to having it, we have to start thinking about renewal.

In summary, throughout 2008 we have managed to maintain all our usual business, we've led the North-West into the exhilarating world of street orienteering - and we've held membership a little more than steady. We've put in a lot of hard work, and we know there's plenty more to be done. I think we need to look for radical new approaches to development objectives – which is why I for one will be watching the goings-on in Buxton with a very keen interest.

Again, I'd like to say a sincere Thank-You to the members of the Committee for their dedication and support through the year, with a special mention for the retiring Secretary Irene Crawshaw who has managed the tricky job of minute-taking very quietly and efficiently.

Now my term is over, it feels like it has been a real privilege to be Chairman of the Club. We have some amazingly skilful and dedicated people in all areas of the sport, and we live in some increasingly interesting times. I hope everyone will support Steve with the same level of sympathy and patience that you've given me.

MDOC COMMITTEE 2008/9

President	Frank Rose	
Chairman	Steve Fellbaum	
Vice Chairman	John Britton	
Secretary	Margaret Gregory	Welfare Officer
Treasurer	Steve Dempsey	
Fixtures Secretary	Sue Birkinshaw	
	Julie Brook	Social & Website Manager
	Tom Fellbaum	Junior Rep.
	Steve Lang	Club Statistician & A3 Map Printer
	Pete Lomas	Club kit & Schools
	Dave McCann	Publicity & Club Captain
	Jenny Shaw	Juniors & Coaching
	David Walker	
Co-opted	Eddie Speak	Technical Officer & Map Librarian
	Kath Speak	Membership Secretary
	Andrew Gregory	Newsletter Editor
	Vicky Thomton	British Orienteering Representative

ANNUAL GENERAL MEETING

The Annual General Meeting on October 2nd was well attended with 27 members present. John Britton as retiring Chairman gave his report on the year (see above). Steve Dempsey as Treasurer outlined the Financial Plan and presented the accounts for the year. The total net income from events was down on the previous year, and we invested heavily in map surveys, SI kit and the new minibus. We made a small loss over the year, but our finances remain very strong. The committee had recommended that membership fees should remain the same, and this was accepted by the meeting.

Stephen Fellbaum was elected as Chairman and Margaret Gregory as Secretary.

Dan Riley gave an outline of the 'satellite club' operating in Buxton, which is one of the first examples of a new BOF initiative to develop orienteering. With strong support from the local authority, he is providing 5 hours a week of coaching. An event put on by DVO in the Pavillion Gardens attracted over 150 non-orientees. A regular club night is being held at Buxton Community School, aimed at families and children, and had started very successfully. It is hoped that this initial enthusiasm can be maintained. After our successful Stockport town event, we had already been considering Buxton as a suitable place for a similar map, and this would fit very neatly with the new development of orienteering there.

Ed Nicholas, one of the directors of British Orienteering, outlined the new structure for events and the reasoning behind the change. There are currently too many levels of event, there are problems for newcomers at any age, and it is important to promote the social aspects of orienteering. The proposed solution was just three levels of event, National, Regional and Local. Within this structure a wider variety of events was envisaged, including sprint, middle distance and urban events. He also encouraged clubs to make events more attractive, to promote them more, and stressed the idea of branded events, such as our annual Twin Peak weekend.

National events will include the JK, Regional Championships, and British Championships on Long, Middle Distance and Sprint courses, and relays. Regional events will be high quality events for orienteers of all abilities, and may include sprint and urban events. Local events will encompass a wide range of events for people local to the event. Clubs will be free to select the format of the event, and may decide to provide only a limited number of courses. This structure will become fully effective from 2010, with 2009 being a transition year.

Since the AGM, details of the draft of the new event structure are now on the BOF website. They provide a range of courses similar to the previous set for small badge events, but with every course being given a colour. However the shortest technical course has been dropped from the new draft guidelines, which give no suitable course for experienced older competitors who are unavoidably slow over rough ground. The club has written to BOF to suggest that this particular course be reinstated.

FROM THE NEW CHAIRMAN

Firstly I would like to record my sincere thanks to our outgoing Chairman, John Britton for his service to this club - he will be a very tough act to follow. I am very pleased that John has agreed to take on the Vice-Chairman position, and his support, along with our experienced and active committee, will I hope ensure continued success and growth of our club. I am sure that decisions and the direction we take will always consider the best interests of the club, its membership and the ongoing development of orienteering as a sport.

- As orienteers we expect to compete in good areas, with good maps, good planning and good organisation.
- As a club we should simply commit to meeting and delivering this expectation to our orienteering competitors.

As orienteers our aspirations and targets of course will vary greatly. Some will simply enjoy an occasional run-out in good weather on pleasant terrain, whilst others travel far and wide to compete against the best runners in some of the best areas.

However for us all whatever our age or competency level, improving fitness, honing skills, and developing/refining technique will bring more success (whatever that means for you) and ultimately will enhance our overall enjoyment of this challenging sport.

I want to carry on building an environment where all members are kept informed and feel included in the Club on both a sporting and social level, and I know the committee are all highly committed to helping to run a successful, happy and inclusive club at all levels. If any member has an issue they wish to raise then do not hesitate to contact myself or any committee member.

Steve Fellbaum

P.S. Thanks to Andrew for the production of this newsletter and thanks to all contributors – happy reading.

NEWS

The New Year Social will be held at High Lane Village Hall on Saturday January 10th.

Our annual Twin Peak event next year will be on Angle Tam Pikes and Place Fell near Ullswater in the Lake District on May 30th & 31st.

Phil Colville had the distinction of being first orienteer in the long race of the annual Sandstone Trail race organized by Dee on October 5th. In appalling conditions he finished 23rd overall in just under 2 hours 19 minutes for the 27.5km course.

John Britton was leading the Super Vets class (M55+) in the Nopesport Urban League, after coming 4th in London, and 1st in the recent competitions at Leeds and Skipton.

Lucy Harris is the current women's under 23 fell running champion.

Alice Fellbaum won the JW5S course in the Interland Junior Selection Race at Hatfield Forest on October 12th, completing the 3.8km course in just over 26 minutes, almost a minute ahead of her closest rival.

Tom Fellbaum was selected to compete in the M16 class in the European Youth Championships in Switzerland. In the long distance race he had a very respectable run, coming 35th out of 96 competitors. However the peak achievement of the event was his brilliant first leg run for the M16 relay team, coming into the handover in 3rd place. The team, also including Duncan Birtwistle and Jonathon Crickmore, came 5th overall against very strong competition, and qualified for a podium place.

EVENTS

Charity event, Lyme Park, Saturday January 3rd

This will be the 19th Charity event that we have held - no wonder it is thought of as "traditional" (One year it was held at Tatton, as we had a Regional event at Lyme later in the year, but all others have been at Lyme Park) And this is the eleventh John o'Goats format, introduced by John Britton when he came back from a spell in USA.

The other tradition is that the people who do the work get to choose the charity. This year Roger and Stephanie Bryant have done all the planning and they will be giving some of the donations to a charity in Kenya where they are going to work next summer. I am organising - with help from a lot of other people - and I shall be donating my share to the MS Society. My youngest daughter Hilary, known to many club members as a teenager but a W40 in January, has Multiple Sclerosis. Last year she had a bad relapse and will be at the event in her wheelchair. If you can't get to the event but would like to make a donation to help fund research into MS, I have sponsorship/gift forms.

Sue Birkinshaw

Spring Sprints

We are going to try a new idea at the Saturday morning events in the Spring, and hope that it will work, encourage more people to come and join in, and provide some good fast racing and a lot of fun. There will be the usual White, Yellow and Orange courses, start times 10.30 to 11.30. Anyone who has run the Orange course can then take part in a Chasing Start Sprint (Lt Green standard). Your start time will probably be 11.20 + your time taken on Orange. Winner of the Sprint is the first past the line. If you want to do the Sprint Chase, it will be best if you start the Orange course early-ish - or we envisage a logistical nightmare.

The proposed dates and venues are (but watch the website for confirmation):

January 24th	Fletcher Moss	March 13th	Chorlton Water Park
February 14th	Reddish Vale	April 4th	Woodbank Park

There may be a special award for the MDOC Sprint Champion!

CROWDEN

Unfortunately our planned regional event at Crowden on November 9th had to be cancelled. We have had previous events there, although not for about 15 years. The area had been remapped and Sue Birkinshaw had put in a lot of work talking to landowners, however last minute loss of permissions forced the planners to make use of areas which the controller considered unacceptable at this time of year.

The controller, Mike Pownall of EPOC, reported: "I spent yesterday up on the area checking controls and I've come to the conclusion this event shouldn't take place. I don't say this lightly as I appreciate the amount of work that has gone into the event and the financial effect of the event not taking place, but I am very unhappy with the safety and fairness aspects. This is down to the nature of the area not the planning I would like to stress. The tussocks to the NW of the start are horrendous and the only feasible way across them is to use the paths - ok for the most junior courses but not the option you want for the rest of the courses.... The north end of the area used is too steep and the route choice is restricted to a path run to any controls up there and the same path run on the way out. Further south ... one route between controls is awful underfoot and dangerous another area is extremely steep and extremely rough. The other big problem with the area is the steepness of slopes which really rule out the older and younger classes going up or down them. They are very rough underfoot and quite treacherous in wet weather. I think if the event went ahead as planned there would be a large number of retirements and potentially injuries. We now know the fields are out of bounds, resulting in major replanning of almost all the courses. All this suggests that we cannot hold a regional event on the planned area at this time. I am really sorry to have to say all this and have spent several hours looking for ways to carry on with the event but can't find any. If the event goes ahead I think there is a risk of putting newcomers off the sport, alienating fringe orienteers and upsetting the rest. Better I think to call a halt to this event and reconsider the area for the future."

YVETTE BAKER TROPHY QUALIFIER

David McCann

We fielded a small team at this year's qualifying event at Torver, depleted mainly due to a dash of dates with an Interland selection race in the New Forest (well done to all the juniors who went there - some really good results).

The weather was excellent for the time of year, blue skies and little wind, most ran in short sleeved tops. The courses were well planned and the terrain was challenging with quite a lot of complex detail.

Romane Salathé and Matthew Fellbaum had good runs on the orange. The rest of the team ran well on yellow, Rosie Ogden, Jason and Hector Salathé, James and Tom McCann.

Many thanks to all the runners and accompanying parents.

The target for next year is to retain the Peter Palmer Trophy and be in the final for the Yvette Baker.

A pair of O-shoes for re-use

Inov-8 Muddaw 330-O, size 10/44.5, only used once. 'I thought they fitted me, but they don't! Any offer will secure, reasonable or otherwise.' Please contact Ian Gilliver.

MDOC events and activities September 2007 to August 2008

<u>Regional</u>	Twin Peak Macclesfield Forest	May	450+60 500+80	Phil Colville, Thorntons, McCanns
	Piethome	Nov	260	John Bainbridge, Paul Jarvis
<u>Town Race</u>	Stockport	June	150	John Britton, Pete Lomas, Dave Walker, Sue Birkinshaw, Dave McCann
<u>Charity</u>	Lyme Park	Jan	205	Eddie Speak, Pete Lomas
<u>District</u>	Bosley Cloud	Dec	125	Steve Dempsey, Jenny Shaw, Dave Mawdsley
<u>Informal</u>	Chorlton Water Park	Sept	55	Tony Perrott, Julie Brook
	Fletcher Moss	Oct	35	Helen Price
	Sale Water Park	Nov	45	Helen Price
	Bruntwood	Dec	25	Helen Price (+Schools see below)
	Bramhall Park	Jan	55	Helen Price
	Wemeth Low	Feb	55	Helen Price, Dave McCann
	Reddish Vale	Mar	60	Dave McCann
	UMOC Sprint	March	70	Andrew Tongue, Andrea Cameron, Eddie Speak
	Woodbank Park	April	65	Steve Dempsey, Andrew Gregory, John Kewley
	Lyme Park 1	May	65	Alex McCann
	“ 2	May	70	Alex McCann, Pete Lomas, Dave McCann
	“ 3	May	75	Alice Fellbaum
	“ 4	May	120	Dave McCann, Pete Lomas, Eddie Speak
	Teggs Nose	June	140	Tom & Steve Fellbaum, Dave Mawdsley
	Breton Heath	June	125	John Kewley, Julie Brook, Dave Walker
	Dovestone	July	60	Steve Lang, Alison Doyle, John Britton
	Alderley Edge	July	150	Tony Wagg, Kate Bryant, Ray Humphreys
<u>Training</u>	First Aid Course	Oct	12	Margaret Gregory
	BOF Lakes	April	4	John Britton, Vicky Thornton
	Juniors Buxton	Oct	9	Jenny Shaw
	Delamere	Dec	20	Jenny Shaw
	Lyme	Feb	9	Jenny Shaw
	Sat event coaching	Jan/Feb	10/10	John Britton
<u>Schools</u>	Score Champs Bruntwood	Dec	30	Pete Lomas
	Individual Champs Lyme Park	April	60	Pete Lomas, Dave Walker
<u>Night</u>	Piethome	Nov	35	Chris Rostron, Steve Lang
<u>Social</u>	MDOC/DEE	July	65	Roy Hayes, Julie, Chris Rostron
	New Year	Jan	70	Julie Brook, Rae Lomas
	Footpath relay Derbyshire	June	20	Andrew and Margaret Gregory

OMM MOUNTAIN RESCUE

John Britton

Straight off the Callout Log on the Wasdale Mountain Rescue website:

2008:63 25/10/08 (2.20 p.m.) - Saturday

Telephone call from Keswick MRT after they had been contacted by Ambulance control (Keswick were already dealing with 3 incidents related to the same event - Original Mountain Marathon). Female competitor in a team of two had been swept away down the swollen Spouthead Gill where it met with Lingmell Beck (Wasdale side of Styhead Pass).

The team were immediately called out and approximately 20 team members attended. Unprecedented rainfall and high winds had flooded the valleys and swollen the rivers. The missing walker was located on an island in the middle of the raging gill. She was located on a very small island with a number of injuries. A further 4 walkers had gone to assist her but were also stranded. 4 Wasdale swift water technicians managed to get to the location and two got across to the island using ropes. A Sea King helicopter that had been called in to assist in the search for the lost walker was brought in to winch all 7 off the island which was quickly becoming engulfed. The injured and hypothermic female was stretcher winched. All were flown to Whitehaven Hospital. Incident closed at around 6.30 p.m.

Another version of the story:

As is well documented, there had been heavy rain midweek and the OMM organisers did well to establish the event centre on a pleasant Friday. Everyone's fingers were crossed that the weekend weather would turn out kinder than the dire forecast.

I was doing Short Score with daughter Emily - our Start time was 9:53. The howling gale and continuous torrential downpour started just after 9:30. Daughter Liz was also doing Short Score, with Rachel Findlay-Robinson, starting at 10:24.

We dimbed steadily up to Sprinkling Tam, quickly aborted a trip to Glaramara and, still looking for points rather than a direct route to Camp, nipped over Esk Hause to a control under Bow Fell. Back to Esk Hause and linking arms to stay upright in the wind, we three-legged over Great End and made a very uncomfortable descent to a tricky navigational control under Scafell Pike. With almost 3 hours gone, we were now in a hurry, and we had Wasdale and Ennerdale to cross, as in the conditions I didn't fancy the Gable traverse. There was a control on a stream bend towards the head of Wasdale and as we homed in on it, Liz and Rachel appeared from the opposite direction, also heading for Camp - they'd been a bit less greedy, and in truth, much more sensible. The control was a few hundred feet above the valley floor, and at this height we could have crossed the main pair of streams and then escaped round the foot of Kirk Fell. However, we all set off down to the valley. It was a strange, uniformly grey sight with low cloud and the gale driving rain from the sky mixed with spray from the water.

It soon became obvious that crossing the main stream was not going to be easy. People were milling about, some attempting very dubious crossings, some going down, some going up. A woman said we'd never cross lower down, but I wasn't convinced, and didn't want to lose any time. We went to look, leaving Liz and Rachel to make their own decision. After a while, a huge side-stream put a stop to any ideas of going any further, so we turned back up-stream. I was pretty nervous about white water, having had a partner ("JK") take an involuntary swim in similar conditions in the Howgills 1998. We passed Liz and Rachel looking at a crossing I didn't fancy at all. We carried on up, had a look at several more places and still couldn't find a way

across. By chance we looked down the hillside and saw Rachel running up the hill, blowing her whistle and waving frantically.

Rachel said Liz had been swept away down the river and out of sight. We agreed that we would try to find Liz, and she would go for help - there were quite a few people visible higher up the valley, and a radio control at Esk Hause. As it happens, one of the nearby people was a mountain rescue person with a walking group and a working phone, and he quickly raised the alarm and got Rachel down to Wasdale Head.

As we were getting across a side-stream to go back down the valley, another competitor appeared and said there was a girl on some rocks lower down and had we seen her partner? They (Phil England and Tim Sparrow, on Long Score) had done the same as us, looking lower down and dimbing back up, but they'd seen Rachel and Liz trying to get across on the way down, and recognised Liz on the way back up.

We zoomed downstream to find Liz lying face down just out of the water on a little island which divided the main stream. When we got across to her, she was conscious but cold, and very reluctant to be moved or touched. Between the four of us, we managed to go through the basics of Outdoor First Aid - space blanket, sleeping bag, tent-as-bivi, bubble-wrap underneath, people lying close to add warmth, but it wasn't being effective enough. We put up a tent on a flattish bit - pegged out with rocks - managed to man-handle Liz into it, and finally got the kettle on. Because everyone was now getting cold, we also put up another tent so all 5 could get some shelter from the still-hammering wind and rain, and put more clothes on. Apparently Liz and Emily were now singing Abba songs to keep themselves occupied, so it's a good job I was busy outside.

We'd taken maybe a couple of hours to reach the point of deciding to have a confab over what we'd need to do to spend the night there. We had placed a stone to watch water levels on the low side of the island, and that was looking OK, but didn't have the same on the high side. With exceptional timing, the confab was immediately abandoned as we heard whistles and shouts, and half-a-dozen Mountain Rescuers appeared on the far bank. Lower down the valley we could see several more searchers. Apparently, when the call came, the leaders had been putting canoes onto their van roof in order to go white-water canoeing in Eskdale, so they were already fully dressed for action.

We quickly established that we were the casualty they were looking for, though with the noise of the water and the wind, this was mostly done with arm waving. It seemed to take ages for them to establish a rope across the stream and get a couple of men across to us. They tied a rope around a large rock, angled it at 45 degrees across the flow, and had 3 of us sit like in a tug-of-war keeping the other end secure. They then karabinered a dry bag, and themselves, to the rope and started to walk across. When they were swept off their feet, the karabiner made sure they simply slid in the direction they wanted to go. Very cunning.

The dry bag contained a serious fleece suit which Liz was put in. I was expecting a stretcher to be next across followed by a team trip across a reverse rope, but then a helicopter arrived and hovered maybe 50-100 ft above us. An RAF man was winched down, using a very impressive system of emphatic arm signals as he spun round under the aircraft. It turns out they'd come from Anglesey, in super-fast time with the gale behind them.

First up were Phil and Tim, face to face each in a harness which is nothing more than a loop of seat-belt material which your armpits keep you in. Then a stretcher came down, Liz was strapped onto it, and the RAF man went back up with her. Next up were Emily and me, and last the Mountain Rescuers Mike and Steve. It felt like forever, spinning gently round miles above the ground, before the helicopter door appeared and we were pulled in.

Sometime during this process, the tents were totally flattened by the downdraft, and I realised that there was already a few inches of water running through both tents as the upper side of the island had been breached.

We were all dropped at Whitehaven Hospital. Phil and Tim returned to Wasdale Head with Mike and Steve, in the ambulance, which then brought Rachel back along with someone else with a broken collarbone (MTR callout 2008:63a). Liz was treated for hypothermia (her temperature was 34.1 when measured on arrival), X-rayed from head to toe, and kept in overnight for observation. A hairline fracture of a wrist was supported with a splint. Emily and I were warmed with toasted blankets, tea and soup, and allowed to embark on a complicated series of phone calls to inform the organisers where we were and get ourselves a lift to a warm bed.

Two weeks later, the casualty is still very tired and bruised all over, her grazed back is healing nicely, she still has some muscle problems around a knee, and the wrist still needs its splint.

A few random thoughts:

- The most valuable thing we did was also the very first thing we did – sending Rachel for help.
- The Outdoor First Aid course we had to do for Clubmark and my Coaching qualification was a major factor (for me at least) in providing a framework for us to do sensible things.
- The Most Useful Item you can ever carry is a space blanket. Much more effective than anything else we had. Probably any time “cagoules are compulsory” you should stick a space blanket in as well.
- How come her temperature dropped so low when we’d done sensible things? When we’d got the dry clothing out (a woolly jumper), it had gone on top of everything. I think we’d have been better getting dry clothing next to skin and putting the wet stuff back on top.
- Following one of the threads on the OMM forum, I’m going to investigate neoprene gloves from a sub-aqua supplier for future events. Carrying phone numbers and money might also be a good idea.
- The thing that tipped the event over the edge was a bad forecast coming abundantly true on top of already totally-soaked hills. It seems to me the organisers were unlucky rather than wrong, and I think the vast majority of competitors would have been very disappointed if it had been cancelled ahead of time.

See grough website article and video footage

<http://www.grough.co.uk/view/2008/10/25/hundreds-stranded-as-floods-hit-mountain-marathon/> *and competitors story* <http://www.grough.co.uk/view/2008/10/26/all-back-safe-as-media-storm-follows-omm-weekend/>

See further photos here from BBC website http://news.bbc.co.uk/1/hi/in_pictures/7692022.stm

Some interesting links:

- 2-and-a-half-hours of excellent reportage in two podcasts on:

<http://www.theoutdoorstation.co.uk/>

Liz is interviewed from about 32 minutes to 39 minutes into the first podcast; Lucy Harris features early in the second one.

- A decent article by Richard Askwith (author of Feet in the Clouds):

<http://www.independent.co.uk/sport/general/others/the-extreme-world-of-mountain-marathons-975372.html>

- Lots of assorted threads on the OMM Forum:
<http://www.theomm.com/forum/index.php>
- Wasdale Mountain Rescue (featuring photos of rescuers Mike Gullen and Steve Walter):
<http://www.wasdale-mountain-rescue.org.uk/>
- Last but definitely not least, the Event-related charity collection for Mountain Rescue on:
<http://www.justgiving.com/theomm08-mrtdonation>

BRITISH SCHOOLS SCORE CHAMPIONSHIPS

Alice Fellbaum

On the 11th October 30 Fallibroome pupils travelled to Sherwood Forest, Nottingham to take part in the British Schools score championships. About 500 other people from all over Britain competed. The lower school years 7-9 had 45 minutes to get as many controls as they could and years 10-13 had 60 minutes.

The area proved to be very fast with difficult decisions as to which controls to get and which to leave. After finishing with 20 minutes to spare I thought I had got all controls but found out I had missed one. I ended up finishing 4th. Many other Fallibroome pupils secured top 10 positions including:

Year 8 girls	Anna Harrington	5	Year 8 girls	Bethany Sloan	8
Year 8 boys	Isaac Liptrott	10	Year 9 boys	Tom Williams	8
Year 9 boys	William Preece	10	Year 10 girls	Alice Fellbaum	4
Year 10 girls	Alannah Birtwistle	7	Year 12/13 girls	Rebecca Devine	10

With a wide spread of pupils across all year groups, Fallibroome had the chance to do well in the team categories. The excellent performances by the lower school boys meant they finished 3rd out of 32 teams and the upper secondary girls finished 2nd. A very successful day for all students and hopefully their good results will encourage them to continue orienteering in the future.

BRITISH SCHOOLS CHAMPIONSHIPS

Richard Preece

This year's British Schools was held near Sandhurst in north Hampshire. A small contingent of MDOC juniors travelled down, mostly staying with the Fallibroome team under the direction of Peter Hayes.

After the torrential rain and gale force winds in 2007 the weather this year was warm, still and dry. The course was set in wooded heathland with few contours and very few features (not even thickets to break up the runnable forest). All the courses were flat and very short from just 2.0 km at Year 6 to only 4.1 km at Year 12. In a featureless setting with a very fast course any mistakes were very costly.

The special international selection races on the Saturday were held close by, near Deepcut barracks. Tom Fellbaum (M16) gave the performance of the day finishing 3rd, with both Alice Fellbaum (8th) and Alex McCann (10th) making the top ten.

Alice gave the performance of the Championship day from the MDOC juniors finishing 3rd and helping her Fallibroome Year 10 girls team to 2nd place. The Fallibroome Year 10 boys also managed 2nd place.

Overall one podium, three more finishing their race in the top 10, four more in the top 20, and

two team medals for Fallibroome meant a very credible performance by the juniors. And this year no cases of hypothermia. Next year the championships move north east.

Positions in Individual Championships:

George Preece	Y6	20	Kristian Birtwistle	Y8	58	Will Preece	Y9	15
Alex McCann	Y9	20	Alice Fellbaum	Y10	3	Alannah Birtwistle	Y10	13
Tom Fellbaum	Y12	7	Roger Bryant	Y12	5	Stephanie Bryant	Y12	5

Fallibroome team positions: Y10 Girls 2nd, Y10 Boys 2nd, Overall 6th

Key ISF selection race performances:

Alex McCann	M14	10	Tom Fellbaum	M16	3	Roger Bryant	M16	12
Alice Fellbaum	W16	8	Stephanie Bryant	W16	15			

Photos on last page, including "MDOC runner No 1": George Preece - bib number 1, school number 1.

START WEEKEND

Alice Fellbaum

After attending the BOF summer tours for our age group in the summer, Tom and I were both selected for the Great Britain Start Squad. This means we attend training weekends throughout the year and have access to high quality coaching. Another perk is discounts at Wilfs and we are given some orienteering kit.

The first training weekend was held on the 24th- 27th October and along with 25 other juniors and a number of coaches we travelled to the Lake District. We were met by minibuses to transport us to Hawkshead youth hostel where we were staying for the weekend.

The following morning we got up bright and early for breakfast and the briefing for the day. We trained at Bishops Wood. During the warm up the weather was nice and sunny but it didn't last for long. It rained all morning and was very cold. There were a number of exercises to do including attack points, control pick and talk-O. I'd never done a talk-o exercise before but found it really useful. We had to go around in pairs and one person navigated and had to explain what they were doing and talk about what they were thinking. After halfway one person had the map and had to tell the other person where to go.

The start weekend took a different approach this time and instead of training all day we went back in the afternoon and had classroom sessions on core stability, physical training, mental aspects of orienteering and route choice.

The next day we went to Esthwaite- a forested hill with lots of open marshes and intricate contour detail. There was one set course which was 4.5km and gave us the chance to practice all the techniques we had learnt the day before. In the afternoon we did an interval session with Sarah Hague (Yvette Baker's sister). All 25 of us jogged the 15minutes down into Hawkshead to the football field causing some amusement for the tourists and locals who probably wondered what was going on!! The intervals were in a pyramid style. There was a set course around the football pitch and we had to run for 1min as fast as we could, then got 1min rest, then ran 2mins, 1min rest, 3mins, 1min rest, then back down again. It was very tiring, especially after a hard mornings training. In the evening we had talks on next year's races.

Monday was race day. We travelled to Great Tower Wood for a chasing sprint format race. A chasing sprint consists of a prologue race and then a final. For the final your start time depends on the time you took for the prologue and the winner is the first person over the line. The prologue was 2km and was on the 'easier' side of the area. There were large re-entrants and spurs whereas the side where the final was held was very steep with some

very intricate contour detail. There were 2 finals (A and a B) and strangely most of the boys ended up in the B final whereas the girls were in the A. The boys ran too fast and made mistakes. It was very exciting in the final with people setting off seconds apart. We then all quickly got changed before going to the train station.

I found the weekend very enjoyable and extremely beneficial even though I was shattered when I got home. I'm already looking forward to the next training weekend in February half term, which will take place in the same area as JK 2008.

MORE YORKSHIRE PUDDINGS PLEASE!

John Britton

Nov 1/2 featured a wondrous weekend of urban orienteering laid on by AIRE. If this is the shape of things to come, I'm all for it.

First up was the Chasing Sprint at Leeds University on Saturday. A surprisingly tricky A4 map at 1:4000, with lots of steps, tunnels and uncrossable bits, and pretty well zero traffic. Weather fresh but dry. Plenty of competition. Who could ask for more ?

Managed to hammer round the Prologue in 11:34 (1.8k) - fairly slowly away from the start, somehow spotted the trap control #4 which cost most people 20-30 secs, got the long leg right to #5, only mistake was about 15 secs at #10 when I didn't look hard enough for the flag and had to go round a small building and back.

Desperate scamper round the Chase, feeling like hellhounds were on my trail. Gave a way 15 secs on #1 just trying to not mess up; another few seconds at #3 checking out a blocked-off alleyway; felt very tired half way round after catching sight of the main chaser who had halved the gap already. Somewhere along the way must have passed the M14 who started ahead of me, but never saw him at all. Very happy to make it to the Finish in 12:28 (2k) without any disasters.



I thought the map was great (at least as good as the Guildford campus map used at the JK), though there were a few mapping and printing errors that should have been picked up by planner or controller. The 2-hour wait between the two races seemed like a long time, but was actually very sociable, and obviously not long enough for me to fully recover. Control technology was SI-box-with-kite cable-and-padlocked to lampposts and railings - needs no defenders but a squashed kite is not always easy to see. However, I now think it is the only sustainable way forward for these events.

Next up was a Night event at Leeds Met campus plus Beckett Park. I hadn't realised it was also Park-and-Street-O so hadn't made arrangements so I could do it. From a peek at the maps the next day, it looked very decently entertaining and should have been done.

Last but not least was the Skipton Park and Town Centre race on Sunday. Another 32:35 (4.5k) of extreme intensity. After starting along the canal towpath, you wiggled through various housing estates featuring noticeable contours, and over assorted bridges round the back of the centre, then dived into a few controls in the alley-infested old part of town. Off for a fairly

straightforward tour of a school, and then a whole 1km of grinding steadily uphill back to the assembly area. And then a truly excellent sting in the tail ... 5 controls in a small but extremely complicated school before a lovely short downhill finish. Gave away a few seconds at the start



returning the second map I shouldn't have picked up; a few seconds on #3 taking a safe route cos I couldn't tell if the towpath would get you through; a few seconds at #5 hoping for a non-existent way through, and same again at #10; almost missed out #14 cos the circle and number were well separated and hard to see; from the splits I had a good lead going into the final school. Total oxygen debt then set in and almost everyone of the last half-dozen short legs cost me time - in these

aces there's absolutely no hiding place or opportunity to recover when you've lost the ability to see and think straight.

Fantastic fun, and sponsored by Up&Running at least to the tune of modest goody bags for class winners in all the races. The 1:5000 A3 map was nicely done, though there was some mis-mapping around a construction site which affected one of the courses, and in the last school area, some mapped-as-uncrossable fences were dearly easily crossed, which some people felt entitled to do. Neither day's map copied our Stockport technique of printing the 55% black at more like 35% so control numbers can be easily seen.

GREATER MANCHESTER ORIENTEERING ACTIVITIES

As I see it from the Chair – November 2008

Beryl Blackhall

Another busy two months have flown by and below is a selection of what has been going on.

OUT ON THE COURSES

Queens Park, Heywood, after being closed for some time, has been re-mapped with an area extension which will allow a RED course to be planned for the first time. All other courses have been re-planned. In addition there will be a second map of the central area, at a larger scale, specifically for Star and Loop exercises and mainly for local school groups.

Burrs Country Park, Bury, will also have a second map at a larger scale, based around the Burrs Activity Centre. This again will be mainly for group use by the Centre and Park Rangers. Unlike other GMOA courses the 40 control sites here will be marked by red & white plastic plaques attached to park furniture. The plaques are in place, the map is nearly ready and the map reverse file, with instructions and control descriptions, is being prepared.

Longford Park, Stretford, is a long awaited Trafford course, where the posts have finally been installed. There are still a few little bits to do to the map and the map reverse is being prepared.

Clifton Country Park, Kearsley, has benefited from a map update, 2 new control sites and some course amendments. This brings the courses into the correct technical standard for their colours.

Strinesdale, NE Oldham, has had map updates to both maps, POC and Trail O. One control will be moved to keep the Yellow course at the correct technical level.

IN THE COMMITTEE ROOM

Each meeting is always over 2 hours of concentrated work. This work usually falls under one of 3 headings 1 – Reports of day to day business – 2 – Future Development discussions – 3 – Decision making. Here I will just look at the first heading.

Reports of day to day business – As GMOA is very active there is usually a lot to report.

Maps and Printing are dealt with by John Britton, giving details of maps printed, who for, of which parks, cash they have generated and expenses incurred. He also monitors Enquiries received, reporting who from and what information was requested.

Project Reports and Site Updates is my current responsibility. This includes progress reports for new sites and major site updates requested by authorities, details of new requests for courses, quotations for these new projects, together with sourcing of mappers and materials. The 3 new Bolton courses, 3 updated Bury courses and Bowlee all came along this route.

There is also a current rolling programme of assessments of established courses, which are reported on. Those below standard are discussed and renovations planned. These courses usually have a maintenance contract with us, where GMOA undertake to update the map and course when required. Blackleach CP and Philips Park, Prestwich, were redeveloped along this route and Strinesdale and Clifton CP are now following along.

Finance is reported by our treasurer, Grahame Crawshaw, who updates us with the figures and brings any concerns to our notice. At present we have a healthy bank balance and are in a good position to withstand the current financial climate.

Course Maintenance is co-ordinated by Grahame Crawshaw, who has a dual role on committee. It is a continuous job keeping track of all the Post Checkers visits, as every visit means a form to go to Grahame, and work that needs doing on each site has to be arranged with Jim Nightingale. At present there are 30 sites being regularly checked and he keeps us updated on any major problems that arise. He also deals with the payment of maintenance fees from the councils and reports on that situation.

POST CHECKER VACANCIES - I am pleased to say that Clive Atty has now volunteered to check Moss Bank Park but I still have had no offers for **Philips Park, Prestwich**. That is one of my 4 courses so would anyone prefer to check one of the others – **Haigh Country Park, Wigan, Princes Park, Irlam or Heaton Park, Manchester**. Ring 01942-254835 to volunteer.

RECENT RESULTS

Swindale, September 21st

JM1 James McCann	1	M40	Jim Trueman	3	M65	D. Mawdsley	9	W60	I. Crawshaw	7
JM3 Alistair Thornton	1		Dave McCann	4	W40	Karen Parker	1	W65	Rae Lomas	3
Matthew Fellbaum	6	M45	Andy Thornton	3		H. Fellbaum	2	W70	S. Birkinshaw	4
JM5M Sean Malkin	3		Dan Parker	6		V. Thornton	3			
JM5L Elliot Malkin	1	M55	John Britton	1	W55	Jillyan Dobby	7			
M21 Steve Lang	7	M60	Cliff Etherden	10	W60	Jan Ellis	6			

October Odyssey, October 4 & 5

JM2 James McCann	3,-	M40	Dave McCann	5,-	JW5L	Alice Fellbaum,	1,1-1
JM3 Matthew Fellbaum	4,3-3	M45	Steve Fellbaum	8,6-6	W40	Jane McCann	1,-
Tom McCann	8,-	M55	John Britton	2,6-4		Heather Fellbaum	3,3-2
JM4 Alex McCann	4,-	M60	Pete Ross	5,7-5	W55	Jillyan Dobby	-,3
JM5L Tom Felbaum	2,1-1	M65	Dave Mawdsley	4,5-5			

Rishworth, October 26th

JM1 James McCann	1	JM4	Alex McCann	4	M45	S. Fellbaum	10	W40	Karen Parker	1
JM3 Matthew Fellbaum	4		Nick Priestley	7	M60	Cliff Etherden	4		H. Fellbaum	2
Tom McCann	5	M45	Dan Parker	1					Jane McCann	3

Shining Cliff, November 16th

JM1 James McCann	2	M40	Jim Trueman	4	M65	D. Mawdsley	7	W40	Karen Parker	1
JM3 Matthew Fellbaum	1		Trevor Hindle	9	M70	A. Gregory	2		H. Fellbaum	3
Tom McCann	6	M45	Dan Parker	1	JW2	Laura Hindle	1		Jane McCann	5
JM5L Elliot Malkin	1		Steve Fellbaum	9	JW3	Carolyn Hindle	1	W45	Hazel Hindle	10
M40 Dave McCann	3	M55	John Britton	1				W50	Alison Doyle	9

NAVIGATING THE CITY OF LONDON

Marie Roberts

Saturday 11th October dawned bright and clear for this year's City of London Orienteering race. Oliver O'Brien of SLOW had mapped an area bounded by the river as far as the Tower of London to the south, and the Barbican and just beyond St Paul's to the north and west. This area incorporates many of the intricate alleyways of the original medieval city street plan, as well as monuments such as St Paul's Cathedral and the Bank of England, and 20th century developments such as the residential rabbit warren that is the Barbican and the famous 'Gherkin' tower. Being largely a business district, it is also remarkably people and traffic-free on a Saturday morning.

The splendid circular assembly/start/finish at Broadgate Arena was tucked away down the side of Liverpool Street Station, and was as safe and quiet as you could wish.



Trevor and I were due to meet Naomi with some of her new Warwick University orienteering club mates. John and Jenny Britton were also there with their daughter, Emily, as was Steve Round of SELOC. Trevor, Steve Round and I were all on course 3 (Men's SuperVets/Women's Vets), with start times a minute apart. By the time we started, John Britton had already stormed in on the same course in 31:33, but he was among the likely winners – our race was between the three of us.

The start 'beep' fired us out of the arena into a bus lane for the station, but once crossed, it was a no-choice fast run to the first control on the far edge of the park in elegant Finsbury Circus. From there, we entered the narrow back alleys of the old city – with plenty of detail and route choice between controls. Several alleys opened up into surprising little green oases hiding ancient churches (including St Clements of nursery rhyme fame). At this point, Steve overtook me and I saw Trevor running towards me out of a control, so we were all very close.



The course then led us past the Bank of England (at a busy road junction which I managed to bypass via more alleys). Without street names on the map, you had to be very careful to read junctions, layout shapes and any green dues. I arrived at control 9 just behind Steve and saw him speed off due north, but checking where the next control was, saw that it was up a level, accessed by steps for which I needed to turn east. This was a key decision in the race, and enabled me to get ahead of both Trevor and Steve.

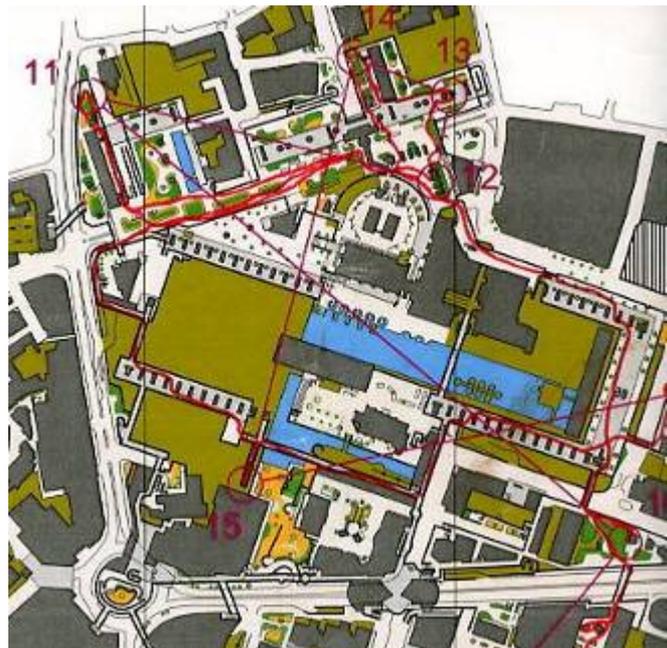


The long leg from the upper level control (10) was to the far corner of the Barbican (11). It led across a road bridge into a fiendishly difficult area of mapping on multiple levels. In fact the planner said in his notes that “quite a lot of the out-of-bounds areas are public walkways, but would have made the map too complex if they had been shown as legal routes”. So, one had to really stay in touch with the map to negotiate the out-of-bounds areas and landscaped concrete levels. This produced several not-so-obvious route choices well off the straight line.

Although I had a fair idea I would be ahead of Steve, I had no idea whether Trevor was ahead of

or behind me, so it was a surprise to see him running towards me in the direction of control 11 as I was heading for no 12. With several more changes of direction and level to go, I managed to make optimum choices through the rest of the Barbican section and then negotiated the streets back towards the finish area. 41:49 – nota bad time in my class. Trevor arrived shortly after in 45:05, with Steve later in 47:52.

Naomi competed in the longer Women’s Open, which took her to the Gherkin, the Monument and round St Paul’s Cathedral. She enjoyed it immensely and completed the 6.1km course in 84:05. Looking at her course, it was even more challenging than ours.



Everything about the event was superb – the organisation, the venue, the mapping, the courses and even the weather obliged. It will definitely become a regular annual event for us – and we look forward to further historic areas of the city being mapped, as hinted at by the organiser. For further information visit: www.cityrace.org

Results: John Britton was 4th, (out of 52) in the Super Vets class. Trevor Roberts 27th in the same class, Marie Roberts 9th (out of 25) in the Women Vets class and Naomi Graybum 40th (out of 57) in the Women’s Open class.

GRAND CHRISTMAS QUIZ

How well do you know your MDOC areas?

Which MDOC or GMOA area:

1. Was "Pemberley" in a TV adaptation?

Who played the male and female leading parts?

2. Was visited by the pope?
Which year?

3. Was a source of silica sand?

4. Has a "jaw crusher" on display?



5. Witnessed an attempt on the world water speed record? Which year?



6. Has been home to the Masseys, the de Bromales and the Davenports?

7. Contains a point where two rivers meet and change their name?

What is the wording of the inscription at this point?

8. Contains a house associated with the origin of the RSPB?

9. Was given to the city of Manchester by Lord & Lady Simon?

10. Supplied water to a bobbin mill?

11. Has a well with an invitation to drink?
What is the complete inscription?

12. Includes Rock Hall?
Who built and lived in it?

13. Has a chapel nearby with an annual rushbearing ceremony every August?

14. Are crowned by trig points at

- a) 343m
- b) 463m



15. Has a family cemetery and a shrine?
Who were the family and who is the shrine to?

16. Contains a community orchard where local people may collect free apples during harvest time?

17. Has an arch where the hall was demolished in 1995? What is the wording on the arch?

18. Is bisected by the River Bollin and a railway?

19. Has a footbridge over 11 lanes of motorway?



20. Has a recently restored iron bridge built by Salford Iron Works?

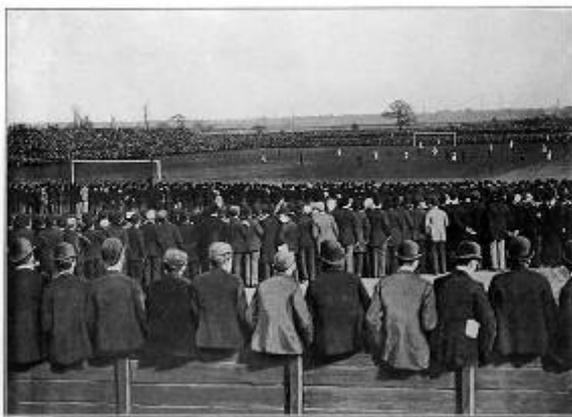
21. Was visited by King Taufa'ahau Tupou IV?
In which year?

22. Is the home of this angel?

23. Was part of the estate of the family of Charles Worsley, Manchester's first MP?

24. Includes Kitcliffe and Rooden?
Which are the other 4 in the group?

25. Hosted an F.A. Cup Final? Who won?



See how many you can answer before looking them up!

There will be Junior (18-) and Senior prizes for the most correct answers, to be presented at the New Year Social. (The winner will be drawn from a hat at the social if there are several all correct).

Send solutions to the Editor – Andrew Gregory (email or paper).

AN EVENTFUL AUTUMN!



In the OMM Mountain Marathon, Elizabeth Britton was rescued after being swept away by a raging river. Her father John and sister Emily were among the immediate rescuers, but rising waters trapped them all on an island. Wasdale Mountain Rescue arrived and provided help and they were all lifted to safety by an RAF rescue helicopter.

Tom Fellbaum had a brilliant run in the M16 Relay team at the European Youth Orienteering Championships in Switzerland. His third position on the first leg set up the team for an overall fifth place podium position.

Photo & Front Cover photo: Martin Jörg, EYOC



Fallibroome Upper Secondary Girls finished second in the team competition at the British Schools Score Championships. From left to right: Alana Jackson, Alannah Birtwistle, Catriona Paton, Alice Fellbaum, Alice Jackson (hidden), Rebecca Devine, Ceri Williams.

Photo: Ray Barnes



George Preece and Alice Fellbaum running in the British Schools Individual Orienteering Championships. Alice was third in the Year 10 girls helping Fallibroome to sixth place in the team competition for large secondary schools.

Photos: Richard Preece and Ray Barnes

