



MDOCC NEWS



Newsletter of Manchester and District Orienteering Club

DECEMBER 2009



**Peter Palmer Relays
Autumn events
Tiviot Dale
GMOA
Provence
Australia**

NEWS

Congratulations to our junior team who came second in this year's Peter Palmer Relay. This was a brilliant performance and reflects the enthusiasm and hard work they and their coaches put into training. Dave McCann's photo on the front cover shows the team at the prize giving. From the left: Roger Bryant, Tom Fellbaum, Elliot Malkin, Alex McCann, Carolyn Hindle, Alice Fellbaum, Rebecca Humphreys. Our second team, appropriately named "Next Generation", got round successfully and gained valuable experience of running in this unusual event. They comprised Alistair Thornton, Tom Horton, Matthew Fellbaum, Romane Salathé, Laura Hindle and Rebecca Thornton. The team was coordinated by Dave McCann who contributes an interesting article in this issue.

Fallibroome High School in Macclesfield is providing a boost to orienteering in their area. They took 35 pupils to the British Schools Orienteering Championships at Druridge Bay, Northumberland. In the team competition they came fourth of the 'large secondary schools' and individually there were third place results for their respective school years for Matthew Fellbaum, Tom Horton and Alice Fellbaum. Ceri Williams, Adam Simpson, Bethany Sloan, Alice Jackson, James Chasty and Alannah Birtwistle also counted for the schools position. Well done everyone.

Next year will start with our popular annual New Year Charity Event in Lyme Park on Saturday January 2nd. A good chance to work off all the excesses of Christmas, put New Year resolutions into effect and contribute towards the funds of Mountain Rescue. Then on Saturday January 9th is our annual New Year Social at High Lane village hall. This will include a meal, the club awards, quizzes, prizes and a lively Ceilidh.

Permission problems continue to present a challenge for orienteers everywhere. The committee, and in particular our fixtures sub-committee, have spent considerable time discussing how to meet these, and our fixtures programme may look slightly different next year. For our annual Twin Peak weekend one peak will be Macclesfield Forest, probably a middle distance event. The other peak may well be the highest part of the town of Stockport. However in addition an Ultrasprint is also being planned – more details later.

There may also be problems this year with our regular series of introductory events in Lyme Park. Alterations are being made in the building that we normally use for registration and download, and we are not yet sure if we can find an alternative.

The first round of the CompassSport cup will be held very nearby at Watergrove on the moors above Rochdale on Sunday 24th January. Please keep this date free and come and support the club.

FROM THE EDITOR

Apart from Haslingden Grane I have not been to any events in this country for the past two months. After a fascinating trip to Australia for the World Masters Orienteering Championships I returned home and ten days later was struck by a severe attack of flu. Although most of the symptoms cleared within a week one infection persisted and required prolonged treatment. I hope to be back orienteering in the New Year.

In view of my absence from the local O scene I was delighted to receive a full set of event reports from John Britton, as well as several contributions from other club members. I hope this will inspire people to send in reports of any future events they

attend. A personal viewpoint is always much more interesting than just a bit of the results.

In future the online version of the newsletter will be more generally available to outsiders looking at the club website. I have always published photos of members, including juniors without asking for permission, as indeed have Compass Sport and Focus. If anyone is unhappy with this please let me know.

We have all been following the news of the Cumbria floods over the last three weeks and we have been told that there has been damage to some of the areas we know well and that some members of the Lake District clubs have been flooded. Our thoughts are with them and all the people of Cumbria at this difficult time.

Andrew Gregory *ah.gregory@btinternet.com*

PETER PALMER RELAYS - WHY?

Dave McCann

Why do teenagers give up the majority of a weekend to take part in the Peter Palmer Relays? Assembling in Macclesfield in the early afternoon and not getting back until gone mid day on the Sunday.

Why do they accept being driven in a minibus for 3 hours to run a yellow course taking about 15 minutes? This year the relays were held at the "home" of the Peter Palmer relays in Sutton Park near Sutton Coldfield, an easy but time consuming run down the M6.

Why to adults give up their hard earned weekend lie-ins in exchange for a weekend of sleep deprivation? While the runners recover from their exertions on the way back the drivers need to stay awake.

Why do the boys take the 5 a side football so seriously? We came a creditable second in the Saturday evening football tournament, knocking out some good teams on the way to the final. Matthew and Tom Fellbaum were extremely competent and carried the team to a well-deserved second place. Even Alex managed to kick the ball a couple of times!

Why do we think that sleeping in a sports hall with 300 other people, snoring, shuffling and coughing is good fun? This year the sleeping arrangements were in the local sports hall, each team having its own area. When lights out was announced it did go quiet reasonably quickly although several of the older juniors were seen relocating to lets say, more comfortable parts of the hall.

Why do teenagers who most of the week need to be prized out of their beds with a crowbar get up willingly at 4.15 am for a run? The start time was set to give the first and most of the second leg in the dark for the fastest teams and add to the atmosphere. The start itself was about 15 minutes walk away from the sports hall and was located on the edge of a wooded area. The walk to the start was starlit on the hill, before dipping down into thin dawn mist, all adding to the atmosphere.

Why is the start of the Peter Palmer relay always slightly delayed? Overall the organisation was excellent, with results after each leg, a good breakfast service. But, as always there was a slight delay to the actual start. No-one got trampled into the

ground at the start but I do suspect quite a few runners ran into the woods with the pack before even looking at their maps, an interesting strategy when the leg is gaffled.

Why did Tom start his leg (second leg) in 9th position and see 2 people on the way round and emerge in the lead at the end of the leg? The most likely reason is he had a clean fast run and others didn't. An excellent change in the running order suggested by Tom and Roger. It was great to see Tom come in in the lead, despite the commentator missing it completely, it gave the rest of the team added incentive to keep the lead.

Why does Alice always get the same leg as Chris Owens from DEE? Last year Alice set off ahead of Chris and this year the same happened. Chris is a fast M16 and pulled DEE up to the lead at the end of the leg, despite a largely clean run from Alice. All was not lost as we knew DEE had struggled to put a team together and their Orange runner was not so hot. By the end of the Orange leg we were back in first, followed by solid runs on the yellow leg by our younger girls who maintained the lead.

Why is the winner of the Peter Palmer relay always decided on the last leg? Elliot, in his last year as a "junior" set off having not done, by his own admission, a lot of orienteering since the JK. The tension built as Elliot passed through the spectator control (over half way through the course) in the lead but with Matt Halliday (an excellent runner) chasing hard. A small error in the woods let Matt into the lead, with Elliot finishing a very good second.

Why shouldn't we be too upset to lose the trophy? We won it in 2008 on the last leg, with an even tighter margin than this year. So what we did to another team was done to us this year. Also, everyone can look at their runs and ask the question "what if" and find those vital seconds that would have got the win, it was a team effort and we didn't quite make it 2 wins in a row. But, there is a real possibility to bounce back next year as all runners in both teams did very well and with some juggling of the teams we will come back stronger next year.

Why go all that way for a short run? It's obvious really.

North West Junior Squad are again (sorry) raising money, some will go towards their training trip to Norway 2010.

*As a new idea from one of our new members we have registered with:
<http://www.easyfundraising.org.uk>*

*This is an online shopping site that gives us commission for all sales that are registered to us. It does not cost you anything. You just go to the site, register and then when/if you do any on-line shopping if you go through this site they give us money. Just think you can spend money without leaving the house and help the juniors as well. It has over 600 shops, (including M & S, Amazon etc). If you get time please will you take a look and I am sure lots of you now do book hotels and/or shop on-line.
Thank you, Steve Fellbaum*

JOHN O'BLOGS, AUTUMN 2010

John Britton

While the cats have been away Down Under, the mice have had to play by themselves. Since the last Newsletter, there's been plenty to do, but possibly not too much of orienteering life as we know it.

In sequence...

26/27 Sept. RAB Mountain Marathon, on the Howgills. An excellent event on a well-trod area. The non-Elite class was a Score event of 6 hours Day 1, 5 hours Day 2, with an overnight camp for which you have to carry your stuff.

They allow teams of 2 or solo, and I went solo. For me, each day was about an hour too long, but the weather was very kind (too hot in fact on Day 1) and the planning was really good. One misplaced control on Day 1 caused problems for lots of people, but I was relatively lucky. After a shambolic first hour of poor choices and inaccurate navigation, I sorted myself out, did the remainder pretty well and scrambled in exhausted, just 2 minutes early. After a very sociable evening camp and the usual not-a-lot-of sleep. Day 2 was equally entertaining but I got ambushed by some bracken and bottled out of a marginal control in the last hour, so I finished in comfort and a few points short of optimal. Most people seemed to be there for recreation rather than competition, enabling experienced chaps to end up surprisingly high in the results. Controls often featured groups of people sitting down having picnics and strategic deliberations (and hiding the kite). On the positive side, the average age of participants was much younger than I was expecting, suggesting that this branch of our sport has a much more promising demographic than the average Regional Event



3/4 Oct. October Odyssey. Saturday featured the least enjoyable Regional Event I can remember. Maybe a chap was still tired from the weekend before, but despite another lovely afternoon, this really wasn't any fun at all. High bracken made progress difficult and hid controls on small boulders and in pits. Whatever skills were being tested, I didn't have any of them. The Sunday was much better. First, a fairly straightforward Urban race hurtle round the middle of Northallerton - where a major hesitation near the end was the only blemish in a good run; next an Ultrasprint series of 5-minute races round some trees and shrubs and a maze made of plastic fencing. Both events seemed to me to make decent use of the modest terrain available. Slightly embarrassing, and indicative of the general low level of entries and lack of support for the Urban event - I won the M55 prize by being 1st out of 2. An independent observer of the maze section remarked that it was noticeable how quick the youngsters were through the maze relative to their elders and betters - and after it was pointed out, I have to say it was abundantly true. It would appear that speed of thought degrades even quicker than speed of foot.

10 Oct. Chester City Race. Much anticipated, the first open race round Chester. I had to rush straight off to work afterwards, so asked for the first start time. It was a bit odd that there was only one men's course - so the M55's ran 50% further than usual, and got very tired. The course started well with half-a-dozen interesting legs and finished nicely in the ancient multi-level shops, but had a tedious middle section presumably to get the distance up - a much better M55 course would have been the usual length and missed that whole section out. One unclear piece of mapping close to a control cost strangers to Chester a minute or two running a long way round to avoid a solid black line that was actually a bridge you could run straight

under. I also lost time on a self-inflicted wander round subways under an avoidable roundabout, and on a tired choice near the finish - so not perfect but not bad.

17 Oct. Cambridge City Race (postponed from a snowy February).

I really enjoyed this one - a decent mixture of fiddly bits, big route choices, one control you had to go miles round one side or the other to get at, a serious long leg where the straight line took you right through the central market and tourists, and a nice fiddly bit in a College to finish with. Nice weather, and I only lost time on a few little wobbles and hesitations - great fun and a decent result amongst some serious competition.

24/25 Oct. The Original Mountain Marathon, Rhyader, Short Score.

5 hours Day1 and 4 hours Day 2 - just about perfect for me. Partnered by daughter Emily, I had a really good weekend. We strategised together and did a decent job between us; my navigation was mostly pretty accurate; the weather had plenty of variety; the planning of our event, especially, I thought was very good. The area wasn't any place I'd rush to go again - our Day 1 strategy had a half-way review point where, as we crossed a dam, we could check what we'd done and predict what we should be able to manage for the remainder - but the first set of hills had been decently go-able and the second set were a nightmare of tussocks and swamp. We ended up aborting the plan and spending our last hour desperately straight-lining to the Finish, getting in with a bit over a minute to spare. Day 2 featured more mixed terrain, and generally nicer weather, and the lovely swoop down a long ridge to the Finish was a well-deserved treat. After last year's adventures, an uncomplicated and generally unremarkable event was very welcome.

31 Oct/1 Nov. Oxford City Race and November Classic.

Oxford was possibly not as entertaining as Cambridge, but very good fun nonetheless. Some nice fiddly bits, lots of tourists and bikes, and a good long leg. As in Cambridge, I managed a pretty clean run and respectable result. Looking at all the courses for this year's series of urban races, it seems to me that Course 3 at around 4k has almost invariably been the best course - the longer ones seem to have to try too hard to get the length, whereas 4k is long enough to visit all the good bits. The November Classic featured a typical New Forest area of mixed terrain and runnability, with a perfectly up-to-standard Regional Event. Unfortunately, it absolutely tipped it down for at least a couple of hours as we drove there - and then kindly stopped ready for me to jog to the start and race in Autumn sunshine. Early starts must have been appalling, but we later starters had a serious amount of surface water and widened streams to contend with. Without losing any significant time anywhere, and without feeling tired or uncomfortable, I was well off the pace of my usual peer group.

7 Nov. MDOC Saturday morning event, Tiviot Dale & NW Night League, Bickerton Hill.

Charging round our new Tiviot Dale map for an hour was very amusing, as we had to find all the initial controls and then a dozen extras which unfolded as you went round, and half of which required map sketching plus memory as they were beyond the map in your hand. A thoroughly devious adventure from Martin Green Entertainments Incorporated. I slightly mis-timed my run and was left with the choice of coming in 5 minutes early with 4 missing or taking a ridiculous punt and getting a couple more. Needless to say I took a punt and suffered 6 minutes worth of penalties. The less said about Bickerton Hill the better. The usual Night League regulars were outnumbered and generally outclassed by the NW Junior Squad. I had one of those days where if you went straight, it didn't work (as it doesn't tend to in the dark), but if I went for a safer plan, the plan was either very slow or just as unsuccessful as going direct. The worst time loss I can blame on being led astray by Ray Humphreys, but this was a totally humbling performance. The endless need to relocate was a stimulating challenge for a while, but began to get wearing long before the end.

14 Nov. Regional Event on Eyam Moor. Another lovely day, and the memory banks of 10 years ago seemed to recall a decent area. As it turned out, the heather was hard work and very difficult to read features in - and as soon as you got out of the heather, the choice was extremely slippery grass slopes or extremely muddy paths. I lost a few minutes on one control in the heather, and was again well off the pace for the remainder. One novelty - I can't remember any previous event where there's been a significant route choice from the last control to the Finish.

21 Nov. Chasing Sprint race, Sheffield. An excellent finale to the Urban League season, with a high-quality field, really good planning, and a handy venue in the Hallam Union building. The weather was pretty miserable all day, though mercifully the proper rain saved itself for later. As last year, I was one of only two people who could end up winning the League, and as last year, I didn't. The Prologue featured a dizzying several-lap criss-cross-everywhere round a complicated housing estate, followed by a fairly straightforward run for home. Looking at the splits, it clearly took me a while to get going and I ended up 9th with 7 people less than a minute in front - all set up for a frantic Chase. The Chase featured some good fiddly bits, some good route choices, and some modest multi-level bits (including a skirmish with an underground car park) - this time I thought all the courses made really good use of the map and its possibilities. I worked my socks off to catch the first of my targets (Pete Haines), and we quickly picked up the next 2, so all to play for as we set off to #8, which featured a promising line that didn't get through followed by a huge run round to left or right. Little did I realise that more or less everyone in front had fallen for the trap and lost time - Pete went right, I went left, but with some fatal hesitation closing in on the control. He managed to connect with the pack, but I couldn't quite get there and ran most of the rest by myself. After a heavy fall which broke my compass on the car park steps, there was just time to avoid a final trap control and it was all over with me 6th, having needed to be in the top 2. One or two talking points - the Prologue should have had two controls in some sort of housing complex, for which permission had been asked and not refused - but on the day a man removed the controls. In the circumstances, I thought the students did very well to recover a plausible set of results by taking out several legs, and doing their best to brief starters and get marshals stationed. In the Chase, apparently one control was deemed to be a potential bomb and was taken away by the Fire Brigade!! The final trap control I mentioned was in a thicket next to a big building corner. About 40 yards away was another thicket with a control, on a road corner. I punched the wrong control, immediately realised and went on to punch the right one. Several people followed me to the first one and didn't realise - and our course ended up with a significant number of mis-punches. I personally wouldn't have planned or controlled two controls like that, but I don't know if that's a matter of taste or rule-book.

Club 2009 Championship - Steve Lang

Both Heather and Alice Fellbaum are chasing Vicky Thornton's slender lead for club champion. Karen Parker with one event in hand may still claim the title. There is one remaining event WCH Beaudesert, Cannock Chase, 13 December. There are many close tussles mid-table. Can Chris Kirkham pip Chris Rostron? Will Dave McCann be overtaken by Jane McCann

		Total	(Average)
1	Vicky Thornton	5424	(1084.80)
2	Heather Fellbaum	5402	(1080.40)
3	Alice Fellbaum	5399	(1079.80)
4	Andrew Gregory	5295	(1059.00)
5	John Britton	5284	(1056.80)
	...		
23	Karen Parker	4395	(1098.75)
25	Roger Bryant	4169	(1042.25)
26	Jim Trueman	4166	(1041.50)

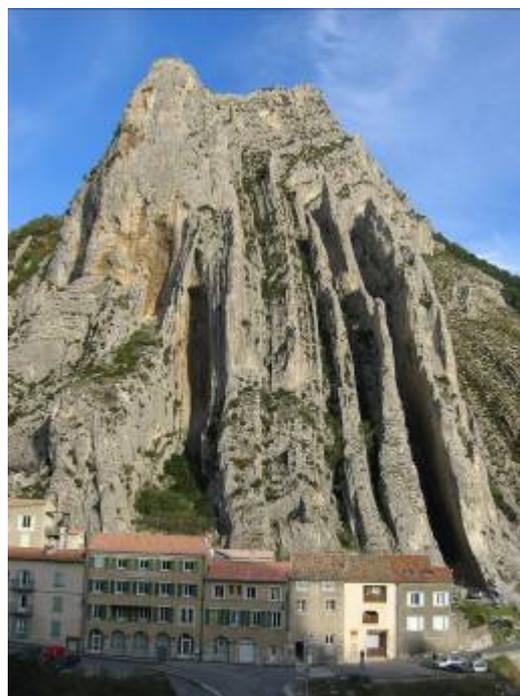
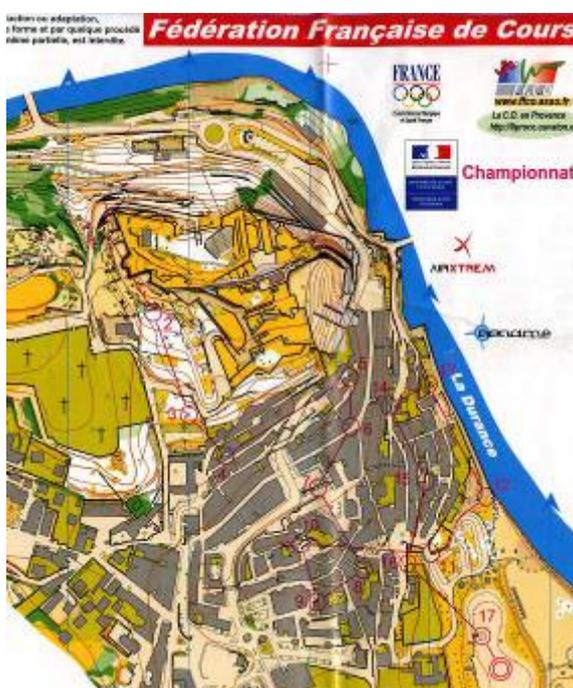
S'orienter dans le Pays d'Aix: un Équilibre entre la Tête et les Jambes

Ian Gilliver

In late October, Trevor and Marie Roberts and I attended the “Toussaint 2009” in Provence, which provided 5 days of orienteering competition. This included the French Night Champs on the Saturday evening and the French Sprint Champs on the Sunday, and then a 3-day event in and around Aix-en-Provence. Skies were blue, temperatures were warm, and food was delicious.

On Saturday afternoon the semi-finals for the elite sprint champs were staged in the village of Meyrargues, together with an open sprint event with a full range of age classes. Meyrargues stands on both sides of a stream and the mapped area included part of the village, the sides of a hill fort, and a scrubby bit of sloping woodland on the other side of the stream. As an event, it was OK but not great. Courses left the area around the fort by the same route that we entered, and apart from just a couple of controls there wasn't a lot of detailed navigation required in the urban area. Still, we were on holiday, and it was fun. What was noteworthy about the elite races was that competitors were kept 'in quarantine' (actually within the fence around a football pitch) for up to an hour before their start time, to avoid late starters gaining information from early finishers.

I stayed on for the Night Champs that used the same finish and assembly areas. After a couple of controls in scrubby sloping woodland, with loose stones making it difficult to make progress, the courses passed through lovely gently undulating woodland with good visibility – if you can have that at night. It was my first night event for many years, and I enjoyed it because of the runnable terrain.



The Sprint Champs were held at Sisteron, at least an hour's drive to the north, a small historical hill town overlooking the Durance River. The route to the start took us along the river and then up through steeply sloping parkland to the walls of the Citadel which dominates views of the town. Courses were routed from the Citadel, initially through parkland, and then down the hill into detailed urban terrain, featuring narrow bendy snickets and traffic-free roads. To get to the last control we

crossed a footbridge on to a 1m high platform in the middle of an open-air lido, which had been drained for the winter. The event was spectacular and hugely enjoyable, and I am delighted to report that Marie is W50 sprint champion, beating all the locals.



The first day of the 3-day event was also an urban street event, through the oldest part of Aix. The streets were full of pedestrians, but it was remarkable how many ignored the orienteers rushing past them. It was not as technical as in Sisteron, and times were fast. I aggravated the calf injury that I picked up at the Cambridge city event a weekend earlier, but still enjoyed it. The finish was in the square outside the Hotel de Ville. It was packed with people and the atmosphere was wonderful.

Day 2 was located on the edge of the village of Venelles, a little to the north of Aix. This was more conventional in terms of terrain, featuring sand and gravel slopes, scrubby undergrowth and some contour detail. A good event, but not outstanding.

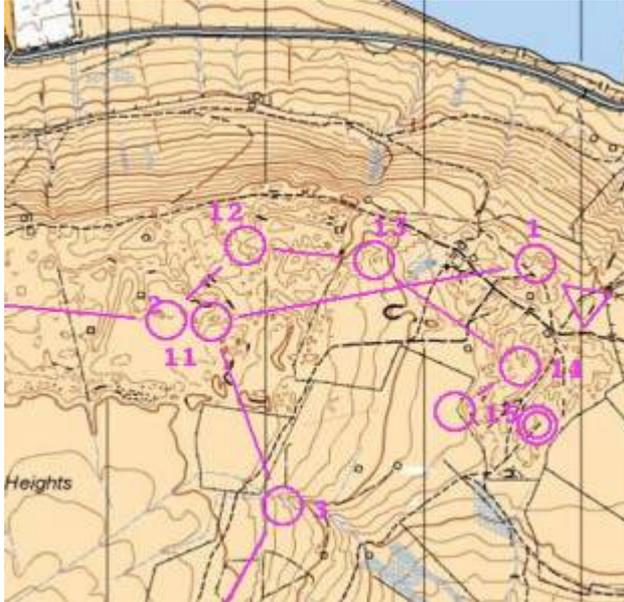
The assembly area for Day 3 was located in a large field with views up to Mont Sainte Victoire, to the east of Aix, and one of the subjects often featured in Cezanne's paintings – utterly stunning scenery. I found the terrain rather rough under foot, though orienteering through olive groves was special. As a result of my being slow, 3 of my final controls were missing, not because they had been taken in at the end of the event but having been removed by the landowner, to the embarrassment of the organising team. But it didn't spoil the event, nor a wonderful 5 days of orienteering.

Final thoughts: the longest courses out of the 6 events in 5 days were on the last day, and even those was shorter than our regional events – I think that entirely suited the holiday event format; all the event helpers were given and wore lovely maroon gilets; and Thierry Georgiou won all his races comfortably. For all his fitness and ability he remains a modest and patient man – a fine role model!

PS. The title is a combination of two banner headlines from event reports in 'La Marseillaise' (a local paper). (Photos by Trevor Roberts)

HASLINGDEN GRANE

On 27th September, Haslingden Grane at last welcomed orienteers again after a long break. After problems with permission, SELOC had been building up relations again with local farmers, and finally obtained permission for another event.



Section of map showing Musbury Heights.

Musbury Heights (copyright Liz Dawson)

The access was from near Helmshore textile museum, up a very steep and poorly-surfaced farm road. Some people found the final section so steep and rough that they left their cars and walked the final hill. However the advantage of this approach was that all courses went straight into the interesting and complex areas of Musbury Heights, used for quarrying the famous Haslingden Flagstone. The longer courses then crossed a steep valley (a typical across or round choice), and descended to a wooded valley near the Calf Hey reservoir before climbing again for the final legs across the quarried area.

Black (9) 9.4k

6 Stephen Lang M35 117:22

Short Brown (26) 6.7k

4 Karen Parker W45 82:27

10 Dan Parker M45 92:55

26 Stephen Fellbaum M45 112:40

Blue (48) 5.6k

8 Heather Fellbaum W45 72:59

10 Steffan North M21 77:04

14 Peter Ross M60 83:36

16 Jane McCann W40 85:39

20 Chris Rostron M60 89:43

21 David Dann M50 90:36

22 Trevor Roberts M60 91:05

27 Tony Wagg M60 93:38

29 Tim Mallon M45 96:14

31 Ian Watson M60 98:48

32 Chris Kirkham M60 99:04

36 Paul Watson M35 107:57

42 Michael Owen M55 129:38

Short Blue (31) 4.7k

1 Stephen Bingham M50 68:25

26 Tony Mason M45 120:58

Green (39) 3.9k

1 Alan Poxon M55 65:29

3 Andrew Gregory M70 71:31

9 Geoffrey Millan M65 79:55

10 Jillyan Dobby W55 83:02

22 Douglas Edwards M60 95:52

27 Jenny Mallon W45 108:00

30 Alison Doyle W60 115:58

33 Julie Brook W60 126:24

Short Green (16) 3.2k

6 Marie Roberts W50 71:27

9 Alan Shaw M60 84:32

11 Sue Birkinshaw W70 93:26

12 Jenny Shaw W60 99:25

Orange (7) 2.5k

6 Pamela Hartley W50 101:06

CHESTER CITY RACE



Photos by Robin Tilston (DEE): Dave McCann, Chris Rostron & Frank Rose

Course A 7.0k (84)				13	Jane McCann	W40	40:27
20	John Britton	M55	47:07	20	Alice Fellbaum	W16	42:09
22	David McCann	M45	47:47	41	Kath Speak	W50	50:11
42	Tim Martland	M45	53:19	50	Julie Brook	W60	58:35
63	Stephen Fellbaum	M45	60:56	59	Frank Rose	M80	79:31
69	Trevor Roberts	M60	64:04	60	Kath Rose	W80	104:35
70	Ian Gilliver	M55	65:14	Course C 2.4k (20)			
72	Chris Rostron	M60	65:29	4	Matthew Fellbaum	M12	19:15
Course B 5.0k (62)				7	James McCann	M10	23:01
2	Alex McCann	M14	35:26	8	Tom McCann	M12	24:09
8	Heather Fellbaum	W45	38:07				

LYME PARK CHARITY EVENT – January 2nd 2010

John Britton

It's a bit over 10 years ago now, when we came back from our stint living in America ... I'd been intrigued by reading about an annual event called The Billygoat. I hadn't actually managed to do one, because it was an East Coast event, and we lived on the West Coast, but the idea sounded brilliant. [There have now been 31 of these events ... check out www.billygoat.org]. Essentially, the Billygoat is a fairly long line-course O event in good terrain with just a couple of twists - it's a mass start, and everyone can miss out one control, of their choice. For competitive groups this gives an entertaining mix of head-to-head racing and low cunning.

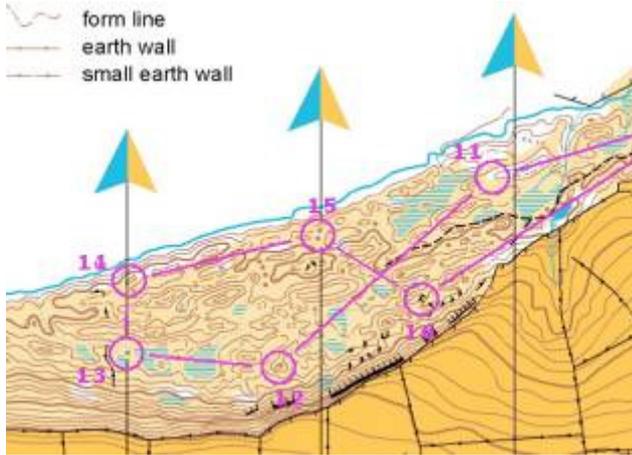
The Committee kindly agreed to let me switch our New Year score event to become a UK equivalent ... styled the John O'Goats, and adapted for all the family by addition of multiple course lengths and miss-a-few rather than just miss one. The rest is history ... numbers of runners have been very healthy, using different planners every year has kept everyone guessing, and charities have benefited in non-trivial amounts.

The mayhem at the Start of these events is a unique orienteering experience, and every home should have one.

Anyway ... this year's nominated charity is the Mountain Rescue. Recent catastrophic flooding in the Lake District may have reminded you of events 12 months ago, when the BBC declared several thousand fell runners Unaccounted For, and the Wasdale Head Mountain Rescue helicoptered five of us out of genuine "real and present danger". Clearly the only sensible way to start your 2010 is with a Goat.

EYAM MOOR

The weather was kind for the DVO regional event on 15th November. Some previous events have mainly stayed on the heather-covered slopes of Eyam Moor itself, but this time the majority of courses made full use of the attractive woodland of Bretton Clough. The longer courses visited the fascinating landslip area at the extreme west of the map, consisting of narrow parallel ridges of rock and isolated pointed hills.



M10A (5) 2.4km	7 David McCann	63:09	9 Carolyn Hindle	42:02	
1 James McCann	25:56	9 Andy Thornton	65:43	12 Romane Salathe	47:48
5 Jason Salathe	45:01	23 Stephen Fellbaum	88:52	W16A (11) 4.4km	
M12A (9) 3.0km		24 Trevor Hindle	92:48	10 Reb. Humphreys	73:15
7 Hector Salathé	78:09	M50L (38) 7.6km		W18A (9) 5.7km	
Class M14A (29) 3.0km		20 Phil Colville	85:38	7 Alice Fellbaum	68:53
3 Alistair Thornton	25:17	21 Ray Humphreys	87:32	8 Stephanie Bryant	73:47
18 Matthew Fellbaum	42:33	22 Tom Bedwell	89:29	W40L (21) 6.8km	
25 Tom McCann	55:20	M55L (23) 6.6km		11 Jane McCann	88:12
M16A (21) 6.6km		13 John Britton	67:51	W40S (7) 4.4km	
11 Tom Horton	60:03	M55S (11) 4.4km		5 Claire Barnett	100:40
13 Alex McCann	62:43	1 Alan Poxon	52:16	W45L (24) 5.7km	
20 Will Humphreys	81:46	M60L (36) 6.6km		2 Vicky Thornton	54:58
M18L (11) 7.6km		7 Cliff Etherden	70:59	22 Hazel Hindle	99:41
3 Thomas Fellbaum	55:55	19 Ian Watson	81:37	W50L (28) h 5.7km	
11 Sean Malkin	84:05	27 Chris Rostron	88:45	23 Marie Roberts	101:45
M21S (7) 7.6km		31 Trevor Roberts	95:03	24 Pip Humphreys	104:24
3 Steffan North	80:22	32 Chris Kirkham	100:24	W55L (19) 4.4km	
M35L (13) 8.3km		M60S (18) 4.4km		8 Kate Bryant	66:38
7 Liam Corner	76:02	6 Stephen Beresford	68:59	10 Jillyan Dobby	69:04
M35S (1) 6.6km		10 Geoffrey Millan	75:03	W60L (20) 4.4km	
1 Paul Watson	100:01	14 Douglas Edwards	86:52	19 Alison Doyle	122:22
M40L (19) 8.3km		M65L (12) 5.7km		W60S (5) 3.3km	
5 Edouard Salathe	69:52	8 Peter Lomas	82:20	1 Jan Ellis	69:56
13 Jim Trueman	82:08	W12A (6) 3.0km		W65L (5) 3.3km	
M40S (8) 6.6km		5 Laura Hindle	55:26	4 Rae Lomas	67:40
6 Paul Smith	82:39	W14A (17) 3.0km		W65S (3) 3.1km	
M45L (28) 7.6km				1 Elizabeth Smith	82:27

 We welcome two new members to the club:

Richard Blake: National Senior BOF member M60, a former member of LOK who has moved to the area.

Steffan North: National Senior BOF member M21, a former WREKIN member some years ago

TIVIOT DALE: The trials and tribulations of a planner.

Martin Green

I first suggested mapping Tiviot Dale many years ago, and then forgot all about it. Last year it was mapped by JS and drawn while he was abroad. When Sue first suggested I plan a score event at Tiviot I thought I would be busy that week, but things turned out otherwise and I agreed to plan. (PS when Sue asks you to plan a local event, you are usually assumed to be organizer too!). The map didn't extend as far as I knew to the Tiviot Dale end of Reddish Vale country park. On my first site visit I thought the map was inaccurate, and when I discovered that magnetic north was 6 degrees out, I decided to redraw the map and add some extra bits. I produced a base map using OS maps and aerial photos from the internet (by the way you can now get OS 1:1250 maps of the whole country from the Elgin website). Autumn is not the best time to map because of the undergrowth, but fortunately the weather was kind, and I found a few dry afternoons to wander around. In a few evenings of drawing I was able to produce the Tiviot Dale map, and join it to the Reddish Vale map. (If you want to explore both areas, there is a night O in January with bussing from the registration/finish area at Reddish to a start in Tiviot.)

I added three areas to the map. The first was the area to the north east of the cemetery, where the score competitors had to go off their maps. (I know we would never get permission, but the old wooded cemetery would make a delightful Orienteering area). The second area was the industrial moonscape to the south of the park. This area is not in the country park but has been derelict for about 10 years during which time IKEA failed to get planning permission for a Stockport store. The third area was at the other end of the Brinnington tunnel. The Brinnington tunnel is a 150m long ex railway tunnel, and now has 24 hour lighting. There were originally two railway lines though the area, and they are now part of two long distance cycle etc trails. Further remains of the railway can be seen running through the rocks parallel to the motorway through Stockport. The lowest part of the area to the east of the tunnel, where the trail goes under the silly motorway junction, once contained the river Goyt. But they made the river do a shortcut when they built the motorway. Evidence of this can still be seen on the OS map, where the river goes over a hill!

I originally thought I was planning just a score event with extra controls, and I planned accordingly. At the second event of the series a 'line' course was added. By the way I think the term 'line' is confusing, especially when I overheard an experienced orienteer explaining to a beginner at Riverside, that on a line course you just get the line on your map, which you have to follow as closely as possible to find controls. Fortunately the Riverside 'line' course turned out to be a normal course, starting as yellow standard, and increasing to orange at the end. I made many of my planned control locations slightly easier and joined them into a 2.5km orange course. The orange course comfortably fitted onto a portrait A4 map at a scale of 1:5000, the same scale as the other similar events. Some of the extra controls on the score needed a larger map or a different scale, so I hatched a plan to give the score competitors some of the fun that I had mapping the area. The score map was a landscape A4 map showing 18 controls. The competitors would find the location of the other twelve controls at two second mastermaps somewhere in the forest. Tiviot Dale covers a larger area than the other areas in the series, so I increased the score

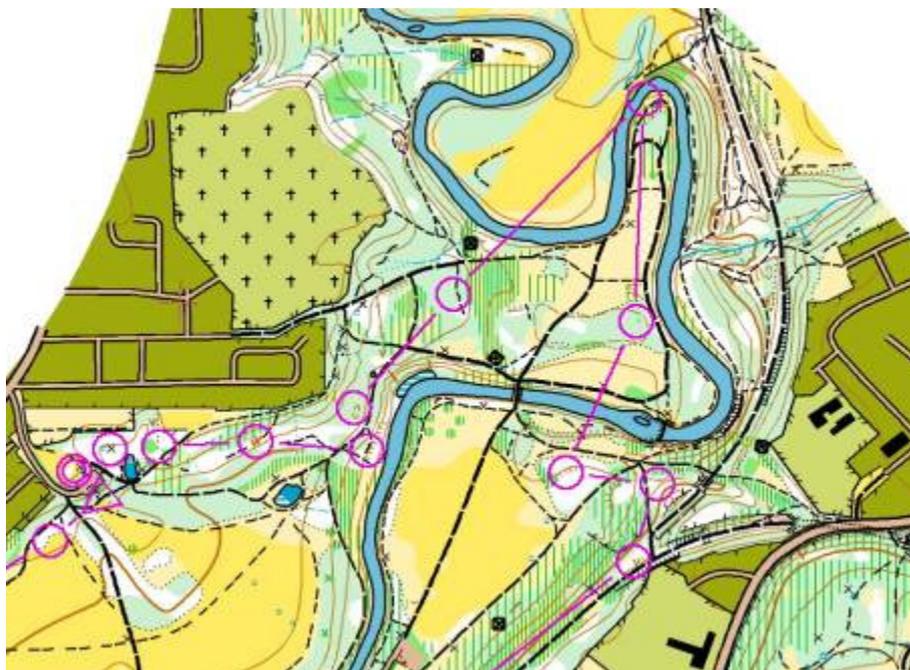
time limit to 1 hour, and reduced the number of second master maps to just two showing 6 controls each, but each map at two locations, to minimise criss-crossing and the luck of a clockwise or anticlockwise strategy. Three of the extra controls were just a couple of millimetres off the map, and could simply be found. A further three controls were up to 200 metres north of the competitors maps. The only clue that most competitors had of what was in store for them at the second master maps in the forest was the cryptic comment 'the back of your map is blank'.

When I was putting out controls in the drizzle, I slipped over twice, and so was rather wet and muddy when I arrived at registration. I also discovered while putting out controls, that some of the burnt out cars that predated the trees growing had been cleared away in the week before the event, removing one control location and creating a new path. Fortunately the weather dried up and the sun came out, although it was still slippery on the paths and on the steep slopes. Unfortunately I missed the finish of the mass start sprint score. I was shadowing a junior part way round the orange course. It would have been interesting to hear more of your comments, and see more of your drawing skills. PS it is not the first time that I have planned a course with controls off your map, so beware in the future.

If you thought the orange course was hard, it was. It had lots of controls, it was orange all the way, without the usual scatter of yellow controls. The control on the 'Beach' was placed on higher ground, because the beach was only 25% of the size it had been the previous week. Congratulations for completing the orange course. Edouard was the only one who came very near to getting all 30 score controls in the hour, only missing the 'bank foot' and the 'painted crag' in the moonscape by a few metres when pushed for time at the end. Extra congratulations to everyone who got one or more of the off-map controls. Congratulations also to Simon and Sam from work, (and Sam's mum) who all three completed the orange at their first ever orienteering event.

Finally thank you all for turning up. I hope you all enjoyed the challenge.

Extra thanks to all those who helped on the day.



GREATER MANCHESTER ORIENTEERING ACTIVITIES

As I see it from the Chair – November 2009

Beryl Blackhall

This has been a hectic autumn out on the sites and so in the map department, with some details below. Remember all new maps can be purchased from GMOA.

The pilot project of basic orienteering courses in Bury and Stockport is now complete and we are beginning to analyse the results, which were very different in the two boroughs.

Since the last newsletter there has not been a committee meeting, due to half of the members away in Australia for the World Masters. When we meet in early December there will be a lot to discuss.

OUT ON THE COURSES – NEWS and progress report

Although it is only 2 months since my last report there are a number of site updates.

Bogart Hole Clough, Manchester – SD 867 030 – the new map, with revised courses, is ready for printing. It just requires the 5 new posts, which have been delivered to the site, to be installed.

Dove Stone, Oldham – SE 014 035 – I have now had a meeting with a representative of the RSPB, the new landlord at this site. For the present it looks as if the POC's will continue as before and considerable interest was shown in the Trail O course, the map for which has just been updated and is ready for printing. The RSPB eventually envisage a Visitor Centre on site, with an Educational Officer running a schools programme.

Philips Park, Prestwich – SD 797 042 - major site work has turned a jungle into a meadow, including alteration of fences and removal of part of a track. No POC posts or anticipated routes are affected but as you pass the area things will look very different. The courses were updated last year and continued thinning in some parts of the forest only serves to make it easier to orienteer.

Silver Springs, Tameside – SJ 955 993 – Tameside have now installed their new set of posts, with the exception of the Start and Finish. The map has been updated, courses re-planned, and is ready for printing. Get your copy and go and see what has been done.

Wythenshawe Park, Manchester – SJ 815 901 – this lengthy map update is nearing completion, a number of new control sites have been installed and courses re-planned. By you read this the map maybe ready for printing, so avoid the Christmas preparations and go and investigate. If you are interested in wood sculptures go to the NW woodland where some have just been installed, mainly depicting wildlife. Can you find all three? These add to the previous two installed on the northern boundary of the main park.

Moses Gate Country Park, Darcy Lever – a new course at this Bolton site has been in the planning stages for some time, but courses have now been agreed and the new posts delivered. The map is well on the way so watch this space for a new area to investigate.

Hough End Fields, Manchester – a new course has just been ordered for this sporting venue not far from Chorlton Water Park and Longford Park. Mapping is about to begin.

Have an enjoyable Festive Season and Good Orienteering in 2010.

Use our POC's to run off the excess calories.

AUSTRALIA

A group of us from the club travelled to Australia for the World Masters Orienteering Championships, part of the World Masters Games, which is held every four years. Sydney was the centre for the Games and for the first two sprint orienteering events. We then moved up to the Blue Mountains outside Sydney for the long distance events. We all shared two houses together with ex-club members Nick and Vivienne Maxwell who had found the accommodation.

A long way to go for orienteering, but we all variously combined it with visiting friends and relations, taking in other O-events, travelling to other parts of Australia, visiting Singapore, New Zealand and Thailand, climbing the highest mountains in mainland Australia and Tasmania (Grahame & Irene Crawshaw), and staying in the Queensland rainforest and snorkelling with turtles on a coral island (Andrew & Margaret Gregory).

We were all very pleased to meet up again with Tony Perrot and Liz Wood who had been active members of the club 2 years ago when on an exchange visit. Several of our group accepted their generous offer to stay with them for a few days at their house in Albury.

Grahame Crawshaw produced an excellent blog of the whole of his and Irene's travels. With his permission I have included extracts from the sections on the orienteering events here together with some of his photos. Other photos of the events are on the back page. Grahame's complete blog is on: www.gandisblog2.blogspot.com

Tuesday 6th October Canberra Up the (honeysuckle) creek

We headed into the hills to Honeysuckle Creek in the Namadji National Park for Day 1 of the Canberra 2 day event. The organisers' description of the area did not inspire confidence.... "Honeysuckle Creek is a world class orienteering area with a range of challenges including subtle contours, complex rock formations, thick undergrowth, low visibility and some steep sections. It has been the venue for some major orienteering events in the past 25 years. The area has always been challenging, but the re-growth since bushfires in 2003 devastated the vegetation has made it even more so, with low visibility in many areas"

We had only made a last minute decision to enter this event - so decided to use it as a training exercise and not worry too much about times. The terrain certainly lived up to its pre-event billing - with lots of potential for time-consuming errors. There were a couple of handy paths, but both of us lost time by trying to go straight when safer routes were available.

Wednesday 7th October Canberra Campbell Park

Day 2 was held in Campbell Park on the lower slopes of Mount Ainslie. The area was described as.... "one of the most popular areas for orienteering in Canberra. It is relatively fast spur-gully terrain with some steeper areas in the north-west. The main features are re-entrants, dry watercourses, ponds, earth banks, pits, gullies, spurs, small boulders, stony ground, termite mounds, roads, tracks, fences and power lines."

It was cold and wet in the assembly area, and early starters reported seeing lots of kangaroos. The terrain was lightly wooded with little undergrowth and generally good visibility. The weather improved by the time we started, and we were both pleased with our runs - it is however slightly unnerving to come across groups of inquisitive kangaroos, which seemed in no hurry to move away, while we were on our courses.

An additional bonus was the fact that I beat Dave Mawdsley (by 12 minutes!!!).

Thursday 8th – Sunday 11th October Sydney Sprint-O

Good journey on the train up to Sydney - waved off from Canberra by a group of grazing kangaroos at the station. Decided we would head off to Olympic Park to pick up our "accreditation pack" and register for the Games. At the stadium we met our first example of ruthless Aussie efficiency - a 2-hour queue for registration. The main problem appeared to be the printing of photographs for the travel passes, despite the fact that we had sent photos on line months before.

The WM sprint qualification race was on the campus at Macquarie University. We both had steady runs with no major errors. Irene qualified (just!) for the A final with Rae doing a slightly quicker time. I overshot one control (chasing Peter Gorvett instead of doing my own thing) - losing perhaps 1 minute in the process. I was happy to qualify for the B final - reasonably high up the field.



The final was held at the Olympic Park. Most of the area was quite straightforward, but there were complex areas near the start and in the stadium near the finish. Despite making a 4 minute error at the first control, Irene finished strongly in 16th place. Rae lost contact coming back in to the stadium, finishing a couple of minutes behind. I started well, but lost at least 3 minutes at control 12 - losing concentration and getting totally confused on what should have been a relatively simple leg.



Tuesday 13th October

WMOC Blue Mountains

Model Event.

Off to Long Swamp for the Model Event. We were promised an area of typical Australian spur-gully terrain, but the small area of map used concentrated on an area of huge "pagoda" rock formations with many steep and impassable cliffs - and some formidable thick vegetation.

Irene and I set off together for a walk round a few controls, eventually separating to do our own thing - and meeting up again on top of one of the many rock formations. As we moved off towards the next control, Irene fell heavily on the abrasive sandstone rock. She was clearly shaken, and having seen the fall, I was worried that she may have done some major damage. There was a lot of blood, with both palms, elbows and knees taking the brunt of the impact. After a brief rest to recover from shock and feeling sick, we picked our way gingerly down a very steep rocky gully, and then across easier terrain to the first-aid tent in the Assembly area. They dressed and bandaged the worst of the damage and we headed back to Lythgoe for some comfort eating and retail therapy (OK - it was only a supermarket.....)



Liz Wood - who spent 9 months in England with husband Tony a couple of years ago - called to see us in the afternoon. Both are honorary members of MDOC - having been fully integrated into the Wednesday Run schedule and event organisation during their stay in the UK. It was great to see her again.

Wed 14th October 1st Qualifying Race

Back to the scene of yesterday's mishap, we are all in pretty sombre mood. This is probably not helped by the weather - it is cold (8 °C) with a strong blustery wind.

Pete and I head off to start 1 - uphill. It is clear that we are heading back to the rocks. Rae and Irene head off to start 2 further up the valley into the unknown. Irene can't bend her knee, but is still determined to give it a go.



My first 5 controls are in a complex rocky area similar to yesterday. All goes well for the first 4, but I misjudge the distance to 5 and waste time trying to sort the problem out. A rough descent into the valley seems to take forever, but we then cross the swamp into a much more friendly area (typical spur-gully stuff) on the other side. Slightly disappointed to find my time is very long (73+ mins), but apart from the one mistake in the rocks, I couldn't have gone much faster.

Irene's course is entirely in the spur gully area with hardly a rock in sight. She gets round in around 35 minutes - a few seconds behind Rae - and is disappointed that she was unable to run properly in what was potentially a very fast area.

Thursday 15th Oct 2nd Qualifying Race

The second qualification race was held at Prossers Reef in Clandulla State forest some 80km north. It meant an early start - we were on the road at 7am. There were kangaroos bouncing around on the way to the start, and the weather was slightly warmer than yesterday.

It was an excellent area for orienteering with challenging but enjoyable courses. My 5km course had one leg of around 1.75km. A small error on one control cost around 5 minutes (I'm blaming the low visibility), and I finished in a time of 78 minutes. My combined time for the 2 qualification races put me firmly in the B final - about half way down the field.

Irene had another good run with no major errors and qualified in 14th place in the A final. This is a fantastic performance taking into account her severe fall at the model event.

In the evening Dave and Jan hosted a barbecue for MDOC members and associates, the orienteers from Albury. A thoroughly enjoyable evening, and our first taste of kangaroo.

Saturday 17th Oct WMOC Long Finals

An early start as we headed back to Carswell's Creek in Clandulla State Forest for the long distance finals. Another organisational glitch meant that we had been unable to find our exact start times on the web last night, so we erred on the cautious side and arrived by 9 a.m.

The weather had finally changed - and it was obvious from early on that it was going to be a very hot and sunny day. The flies also clearly enjoyed the increased temperatures. Despite the fact that the area was adjacent to Q2, the terrain was significantly different with areas of huge boulders and crags - and some even thicker and scratchier vegetation.

MDOC members suffered mixed fortunes!

Rae had a steady run with no mistakes and finished - well pleased - in 10th place in W65A.

Irene, still struggling from the effects of her fall earlier in the week, was slow to No 1 but after that orienteered well until crossing into the easier terrain close to the finish. Having made a conscious attempt to up the pace she went to the same control 3 times - before checking the descriptions and realising it was the one she was looking for! 10 minutes lost. She was very disappointed with herself for making such a basic mistake - but was relieved to have O'd well throughout the week despite her horrendous fall at the Model Event.

Carswells Creek was a 10m wide "stream" with not much water in it and a very rocky and uneven stream bed. In places it had steep and craggy banks and I had problems crossing it - turning the wrong way to try and find an easier way down into it. When I eventually emerged, I was further offline than I thought and spent some considerable time thrashing about in thick bouldery vegetation before sorting myself out. Another perfect run gone astray, I made a couple of smallish mistakes on the later part of the course.

Pete, who struggled on both Qualifying days, had a much better run in the M65B final.

Of the others, Sue won W70B and Dave was 4th on M65B (but both were disappointed not to have made the A finals). Margaret and Jan had steady runs on their courses. Cliff Etherden had not been happy all week - O-ing OK, but feeling very lethargic - possibly due to a recurrence of the Lyme Disease (caused by tick bites!) that he suffered some years ago. He made the A final - but finished much lower down the field than he felt he should have.

There was controversy on the M55B and M70A courses. Both Nick and Andrew crossed a deep re-entrant with running water in it (fairly unusual in Oz terrain apparently) but couldn't locate any "blue" on the map - so became confused as to where they were. Both lost a considerable amount of time (Nick reckoned about 50 minutes!). When Andrew checked Margaret's map later, he discovered that the blue stream WAS on her map, but not on his. Very mysterious We may not have heard the last of this one!



Liz, Tony, Margaret, Andrew, Rae, Pete, Sue, Irene, Grahame

IMAGES FROM AUSTRALIA

