



MDOC NEWS



**Newsletter of Manchester and District Orienteering Club
DECEMBER 2011**



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NEWS

Thomas Fellbaum has been selected for the 2012 British Orienteering Talent Development Squad. This squad comprises: "athletes who have confirmed their potential to progress up the talent pathway and are ready to progress to in-depth specialisation and master the sport-specific skills necessary to become top 10 performer at World Championships".

The MDOC A3 printer operated by Steve Lang has been officially approved by the BOF Map Group for Level B events. This is excellent news and very important for the club as it now means we can print our own maps for major events. It also reflects the amount of work Steve Lang has put into ensuring the quality of our printed maps. Colin Spears, Chair of Map Group, commented: "The results of the last test sheet you sent in were among the best seen so far".

Vicky Thornton won the W50 class in the Veteran Home International at Deeside in Scotland on 8 October. She was the only English course winner in the Individual event, although England just beat Scotland overall.

Congratulations to Steve Beresford on completing all the Scottish Munros. His final summit, in very bad weather, was Ben Lomond with a group of family and friends. He joins the select few present and past club members who have achieved the same feat: Graham and Irene Crawshaw, Mark Elsegood and Dan and Karen Parker.

The OMM Mountain Marathon was held in Perthshire on the last weekend in October, under particularly unpleasant weather with heavy rain and strong winds. Congratulations to Dave & Alex McCann who won Course D, and to John Britton & Andy Hemsted (HOC) who were 1st Vets (age adjusted) on the Short Score (5th overall).

Andy and Vicky Thornton will be the new Club Captains. They will co-ordinate relay teams and entries for the CompassSport Cup (British Club Championships). Andy Thornton has also taken over co-ordination of the Minibus.

As a club we are organising and planning the Northern Championships on Saturday 19th May, on the MDOC Lakeland area of High Dam just west of Lake Windemere, followed by a Middle Distance event on the Sunday. A lot of help will be required, so please put the date in next year's diary now. Two weeks earlier on 5th and 6th May the British Championships will also be in the Lake District. Dalegarth in Eskdale for the Individual Championships and Heslington Barrows for the Relays. We are organising the prize giving, so some help will also be required that weekend.

2011 AGM

The 2011 club AGM was held on 20th October at the Dialstone Centre. Steve Fellbaum's Chairman's report is given in full in this Newsletter. Steve Dempsey the Treasurer reported that we were still in a healthy financial position, but need reserves to cover the costs of cancellation of a major event. We are able to invest in major items of equipment such as printers and SI equipment, but these also generate income for the club. There was some discussion about reducing the annual subscription for subsequent years, and it was agreed that this would be discussed by the Committee during the next year.

David McCann was elected as new Chairman, and the full Committee is as follows, with specific tasks listed:

President	Frank Rose	
Chairman	David McCann	
Vice Chairman	Steve Fellbaum	
Secretary	Margaret Gregory	
Treasurer	Steve Dempsey	
Fixtures Secretary	Sue Birkinshaw	
Committee	John Britton	
	Julie Brook	Website Manager & Social
Secretary		
	Matthew Fellbaum	Junior Representative
	Andrew Gregory	Newsletter Editor
	Trevor Hindle	
	Steve Lang	Print Manager & Club Statistician
	Peter Lomas	Stores and Equipment
	Eddie Speak	SI Equipment & maps
	Kath Speak	Membership Secretary

Andrew Addis was again elected as auditor.

The formal business of the meeting was followed by an open discussion:

One important point made was that it would be great to have some new areas for orienteering in our region. Any ideas please to David McCann.

Sue Birkinshaw raised the question of how we could improve the range of events we provide. Some clubs have more frequent lower key events, and maybe we should revise our programme to follow this pattern. This would be easier if we could simplify our events so they only required a much smaller number of helpers.

There was a suggestion of possibly changing the design of our O-kit, and particularly having 'Apres-O' kit, such as a sweatshirt or all-weather top. Any ideas should be sent to the Secretary, Margaret Gregory.

There was a request for coaching opportunities for more experienced orienteers, and it was suggested that this should be incorporated into club activities.

CHAIRMAN'S REPORT

Steve Fellbaum

The main business of an AGM is inevitably the financial performance of the club based on the last financial results that have been prepared and these will be presented in detail by Steve Dempsey, our treasurer, later on during this meeting.

In summary the club has continued to be run on a sound financial basis and fortunately we do not appear to have been significantly impacted by the downturn in the wider economy. We have continued to generate good income from our events and as a consequence the committee have been able to support the majority of expenditure proposals presented. In terms of financial management I believe one of the club's and therefore the committee's key objectives is to support the development and governance of our sport, the club, and its membership through appropriate and considered investments. I believe we have mostly achieved this objective but also accept that there is always more that can be done. I therefore strongly encourage you to raise potential new opportunities and demands with the committee and I know that the new chairman and the committee can provide assurance that such proposals will be discussed and in many cases approved.

This meeting provides you with the opportunity to question and seek clarification from myself, Steve Dempsey and the committee regarding the running of the club. I know we can always do better, but I hope you will agree with my view that the club committee primary purpose is to facilitate the delivery of a wide range of orienteering opportunities, events and activities perceived as important and demanded by you, its membership. If however it is your opinion that the club is failing to meet this primary need then I believe that through the AGM, committee meetings and easy access to the committee members, you have the opportunity to voice any concerns, raise any new requirements and even propose suggestions for improvement.

Unfortunately we still continue to see a gradual decline in membership, however on a positive note we do have some new members and very much welcome them to the club and the sport of orienteering in the Greater Manchester area.

Continuing on the theme of participation and support for potential new members, I would like to provide an update on the BOF/MDOC participation initiative in our local region. The participation club night is now into its 2nd year and following initial good levels of attendance we have unfortunately seen a significant decline in recent months, particularly from new and non-orienteering people. I know the small number that do attend, myself included have benefited, but I appreciate it is likely with current numbers, that the initiative will not be sustainable over the longer term. Dan Riley, Steve Vernon, Dave McCann and I will be undertaking a review with a desire to initiate a re-launch. I would like to thank all those involved for their perseverance and support, and hope that we will find a way to develop this initiative into a success with the benefit of developing the skills of our existing members as well as bringing in new participants to our sport.

The club's primary purpose is to facilitate the delivery of a wide range of orienteering opportunities, events and activities perceived as important and demanded by you, its membership. I would now like to give a brief summary of events over the last year and refer you to the events document for more detail. I think you will agree this again has been a very full and busy year with many events; Wednesday night runs – continue to flourish; Saturday mornings/Lyme Park – a key stepping stone for potential new members; night events – a new and different challenge on well known areas; countryside score – a great alternative to the regular Wednesday night run, Twin Peak/Town and Country – our flagship event; the list goes on. Importantly we have continued to add to the number of areas and update the maps available to us, which of course is fundamental to supporting our desire to develop and grow the sport within this region.

Also, I would like to acknowledge the efforts of all those in taking a lead to organise and stage events over the last year. In particular I want to say a big thank you to Sue Birkinshaw and the Series Coordinators (Chris Rostron, Alison Doyle, Tony Wagg, Andy Thornton and Pete Lomas). Their efforts are appreciated.

In conclusion I would like to finish now by saying thank you to a number of people. Firstly, I would like to thank you and the wider membership for your commitment and all you do in support of MDOC and orienteering. I continue to be so impressed by the way in which so many members (both established and new) rise to the challenge and contribute time and experience in support of our events. All contributions, big and small are important and key to making our events so successful and enjoyed so much by the competitors.

Secondly, I would also like to record my sincere appreciation to the committee for the support they have given me over the last 3 years. In particular to Margaret Gregory in her role as club secretary, who has continued to support me and quietly prompt me to complete my actions, and to Steve Dempsey for delivery of our financial plan and the efficient ongoing management our club finances.

Finally, I would like to offer best wishes to Dave McCann, who has agreed to take on the role as Chairman of our club. I wish him well and know with the support of the membership he will undoubtedly prove to be a big success.

The annual New Year Charity Event in Lyme Park will be held on Saturday 7th January. The Hindle family will be organising and planning. Their chosen charities will be McMillan Cancer Support and the National Autistic Society.

The New Year Social will be held the following Saturday, 14th January, in High Lane Village Hall. Julie Brook is organising, and we expect to have the usual ceilidh as well as a meal, quizzes and presentations of trophies and prizes.

LIFE IN THE LEAGUES

John Britton has almost completed a very successful year in his determined assault on the different orienteering leagues and championships.

He is pictured on the front cover just after finishing in the Cambridge City race, where he was first in M60 and this confirmed his winning position in the UK Masters Cup competition. This league takes the best 8 races out of a designated 19 from all over the country and assigns points dependent on position in each age class, the winner obtaining 60 points. John achieved 465 points, 8 points ahead of his nearest rival.

In the Northwest League, with a surprisingly small number of only 4 events to count out of a possible 14, John is winning at present in the M60 age group, with only the Penrith Urban event still to come.

The Nopesport Urban League counts the best 6 events from a designated 12 urban events. They also have the Penrith race as their final event. At present John is lying third in their Supervets category, which is M55+, but he is the first M60.

John has also won the 2011 MDOC club championships. In addition to these four leagues, he is also competing in the SROC Night Street League, the new MDOC Night Street League and the Northwest Night League. Truly a man with seven-league boots!



Lesser mortals will however be relieved to know that even the top elite competitors are not infallible. The picture above shows John Britton on route to the first control at Cambridge – sadly in the opposite direction to the optimum route (he hadn't noticed a small bridge over a stream!). He did however make up for it later on the rest of the course, and won his age class.

(All Cambridge pictures by Margaret Gregory)

The Istanbul 5 Days – November 2011

Grahame and Irene Crawshaw

Having sampled the late season events in Venice and Barcelona over the last couple of years, and encouraged by Trevor and Marie's enthusiastic reports from last year's event, we decided to head out east to Istanbul for a week of culture and orienteering at the beginning of November. An early morning Easyjet flight from Luton was definitely not the ideal starting point, but a park and stay package in a local hotel took the sting out of a possible pre-dawn start.

Arriving in Istanbul on Sunday, we were pleased to find that our hotel was conveniently situated for many of the major tourist attractions – and next door to the O event centre . The Orienteering did not start until Wednesday, so we had a couple of days of relentless sightseeing to start the week. Visits to the Blue Mosque, Hagia Sophia (ex-church, now museum), Topkapi Palace (gardens only – queue too long on Monday and palace closed on Tuesday), the Museum of Islamic and Turkish art, the Basilica Cisterns, Galata Bridge, the waterfront at Eminonu, the Spice Bazaar and Grand Bazaar and a boat tour taking in the major sites on the Bosphorus and Golden Horn kept us interested, busy, and “cultured-out” by Tuesday evening. We registered for the event, and booked a session at the Suleymaniye Hamam (Turkish bath) as a treat for later in the week.



The Blue Mosque

The Orienteering event is billed as the only one to take place on 2 continents, and involves 5 races in 4 days;

1. Day 1 Belgrad Forest (about an hour's drive north of the city) in Europe
2. Day 2 Heybeliada (an island some 75 minutes boat trip from Eminonu) in Asia
3. Day 3 Belgrad Forest (different bit) – a WRE middle-distance event for the elite
4. Day 3 Night Super Sprint event in the Grand Bazaar (first start time 10pm, and the last around midnight)
5. Day 4 Urban event in Sultanahmet (Blue Mosque, Topkapi area)

Results from Events 1, 2, 3 and 5 are combined to produce the final placings; the event in the bazaar is just a bit of light relief!

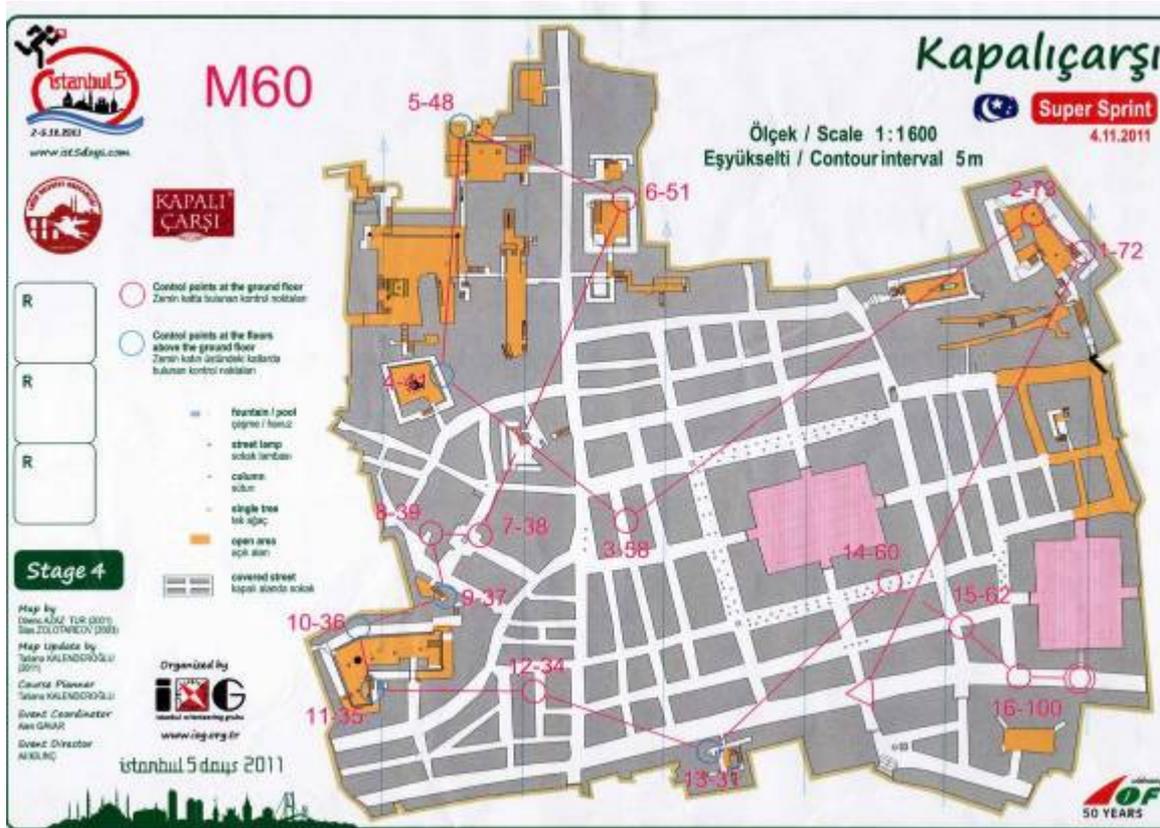
The opening ceremony was held at 9.30 on Wednesday morning at the assembly area; the youngest and oldest competitors from each country (39 in all) lined up behind their flags to listen to a couple of speeches and a stirring rendition of the Turkish national anthem. Brits were definitely in the minority - Axel and Julia Blomquist (SN), Alan and Diane Leakey (SLOW), David, Anne and Michael May (SLOW), and another guy from EBOR (who we didn't see all week) were the only others. The Scandinavians were there in force – with 24 (of 32) entrants in M60 and 26 (of 29) in W65.



Irene and Julia at the Opening ceremony

Parts of Belgrad Forest were similar to many UK areas – with undergrowth and ground vegetation matching parts of Macc Forest or some areas in the N York moors; plenty of green – and hatching – on the map, but often difficult to see any meaningful differences on the ground; lots of contours, but nothing too steep and some paths, often lurking under fallen leaves, and difficult to pick out. The area is also notorious for a type of super-bramble, often in lengths up to 20 feet, either snaking along the ground, or, frequently, hanging down from tree branches and catching the unwary around the upper body and neck. Few escaped completely unscathed. Fortunately the area used on day 3 had better runnability. The Asian event on Heybeliada started on one hill, crossed the island by descending through the small town and then climbed up on to a second hill before finishing with some urban O through the town. Some of the vegetation around the start was interesting – with patches of low visibility and impenetrable bushes interspersed with more open runnable stuff. Questions were asked about the quality of the map in one area – where a path appeared to lead directly to a control in a pit. It didn't – and several people spent time thrashing about in the zero visibility vegetation that it did lead to.

Unfortunately, our O performances were not sparkling; I made one significant error on each day, losing 6 – 10 minutes each time; Irene had a nightmare on day 1, but had a better run on day 2 and was disappointed to be so far down (27/31); interestingly, if she had run W60 (same course), she would have been 8th. Having survived the forest O, I was looking forward to the last 2 events, the novelty night event in the bazaar and the urban sprint in Sultanahmet. The bazaar is only a small area – mapped at 1:1600, so distances are covered quickly, and small passageways are very narrow; the main bazaar has a grid pattern, but there are many open courtyards, often with balconies – adding a 3rd dimension to the map. Control circles (but not codes) on the upper levels were shown in blue; those on the ground level were red; the fact that the area was dark just added to the confusion (thanks to Steve F for loaning me his headtorch!). I was determined not to make any mistakes, even if it meant walking the whole course, but quickly abandoned the reasoned approach for the normal mix of optimism and headless chicken. No major blunders, and pleased to get round the 1.3km in about 24 minutes; the winner did 13 – good for him!



Descending from #13 at the Super Sprint in the Bazaar (it only appears light because of the camera flash!)

The urban event in Sultanahmet was held in bright sunshine on Saturday morning. The backdrop of the Blue Mosque and Hagia Sophia – and the start on the Hippodrome – were very impressive. The course also visited Gulhane Park below the Topkapi and had a good mix of urban and park controls with one significant climb; the only major issue was the difficulty in locating the controls owing to the crowds of sightseers, particularly near the finish. However, with only a couple of hesitations, and no huge mistakes, I was happy with 28 minutes for the 3km course and moved a couple of places higher up the results. The Scandinavians don't seem to be quite so dominant at these events – quite a few managed to mp.

Sadly, the week ended on a disappointing note for Irene. She picked up a bug, presumably from something she ate, on Thursday night, and opted to stay in bed on

Friday, hoping to recover for the bazaar event in the evening; it was soon obvious that this was a non-starter, but we hoped that she may be able to at least walk round the urban event on Saturday. In the end, this also proved a step too far – and we reluctantly cancelled our proposed visit to the hamam as well. After some fairly gentle sightseeing on Saturday afternoon, taking in part of the tram system (ancient and modern) and the view from the Galata Tower, we flew back to Luton on Sunday. Fortunately our return to the UK coincided with the return of Irene's appetite and she made a speedy recovery.

In spite of the problems, we both enjoyed (most of) our stay in Istanbul; the orienteering was always interesting and there is plenty to see and do in the city – we may well return sometime in the future. Now where did I put the leaflet for that event in Bulgaria next October?

Results and details at <http://www.ist5days.com/>

SAFETY WORKSHOP

BOF have a new initiative on Event Safety, with the aim of providing event volunteers, particularly Organisers, Planners and Controllers, with an overview of Safety and Welfare issues that may arise in an orienteering event. They have developed a highly structured presentation that outlines BOF procedures and policies, practical measures to reduce risks and guidance for what to do in the event of an accident or emergency.

The presentation was first given in the Northwest by Derek Allison, with the intention that some of those who had attended would be able to repeat the presentation to their own clubs, with the hope that soon all event officials would have attended. It will in time be a requirement for all officials to have attended such a course.

Ian Gilliver, Peter Lomas, Steve Lang and Eddie Speak attended the original presentation, and Ian Giliver agreed to repeat the presentation to MDOC members. Ian gave a very clear professional presentation in a three-hour session on the evening of 17th November to 19 club members at the South Manchester Friends Meeting House. Margaret Gregory had co-ordinated the booking and provided a light meal beforehand.

A further course will be given next year for anyone else who would like to attend.

Club members who now have attended the presentation are:

John Britton	Peter Lomas
Julie Brook	Jane McCann
Dave Bryant	Trevor Roberts
Kate Bryant	Chris Rostron
Grahame Crawshaw	Eddie Speak
Jillyan Dobby	Andrew Stimson
Jan Ellis	Andy Thornton
Ian Gilliver	Vicky Thornton
Andrew Gregory	Tony Wagg
Margaret Gregory	
Trevor Hindle	
John Kewley	

MDOC Night Street League Event 1 - Marple

Thursday 10 November 2011

Planner/Organiser Comments - John Britton

It was wonderful to see 44 competitors from all manner of places brave the darkness of Marple. Thanks to everyone for coming and thanks for all the kind comments. I think our new venture has got off to a flying start.

We copied all the principles shamelessly from the long-established and totally-excellent SROC Street League - huge thanks to Grahame Crawshaw for getting the series started up and Controlling this event, and to Ian Gilliver for his supporting efforts, and thanks on the night for the super-efficient office team of Jen and Irene.

I think the two differences from SROC standards we decided on both worked out pretty well, but I'd be very interested in other people's thoughts:

- The use of SI timing may be a slight nuisance for the runner, but it takes away a highly stressful official job - timing multiple incomings while still running the start is not easy
- Dropping the 75-minute option enables us to use smaller areas, and have more pub-friendly timings.

The results are presented as a table of merged 40 and 60-minute totals pro-rata'd to points per hour and then taken as a percentage of the winner. That is your counting score for the accumulated league results. An additional table is the same totals adjusted by the SROC age/sex/adjustment algorithm, which may be a better measure of individual performance, and which will also be accumulated over the season. It's interesting that the M16 and M40 adjustments are identical, so the straight fight between Alex and Steve will be one to watch.

Apologies to everyone who lost time at #49 - the metal TP and its very high-up number - and the dot for #30 was a mm or two out. I generously allowed 3 instead of 8 in the answer for #25 as I'd made the very same mistake when planning. Not sure why there were a couple of different wrong answers for the Green Box at #37.

I was truly astonished by the various degrees of muppetry I saw and heard last night. Maybe everything is too familiar for a chap who's been doing these events for the best part of 20 years, but let me just make some basic comments:

- What are you looking for? There was a display board in the pub explaining every type of control in use, with helpful photographs. This board will be at every event. Given that you get your questions when you register, you have plenty of time to look through them all and make sure you understand what you're in for. It won't be long before TP, LP, H and GB become second nature.
- Controls with different values. This seems complicated but is essential for street league to work - it means you have to think carefully about where the value is and how much of it you can get to. One useful thing I always do is to take a highlighter and pick out the top values (the 40s and 50s, say). It takes a few seconds, but gives you a very quick feel for the distribution.
- Sensible watches are essential for score events. I always carry a little compass just in case of disorientation. And a spare writing implement - pencils are most effective

for waterproof paper.

- Thinking time. Even on a 40-minute event it has to be sensible to spend some time thinking about your strategy before charging off. I usually take a good couple of minutes to highlight the values and ponder the consequences before leaving the start. I'm trying to decide what I'm going to do for the first 15-20 minutes, where big decision points might be, and what return route leaves most options available.
- Studying the blank map display - first, you can work out where the start/finish is, so you don't have to hunt after you've started. Second, you can work out possible shapes of course and make some advance decisions about bits to do first or bits you won't be able to get to. It's also useful to know where North is and suss out the possible ways of leaving and returning while you warm up.

Some words of warning ... map scale, number of controls, values of controls, penalty rate are not guaranteed to be the same every week. Check them all before you start, to make sure your decisions are going to be correct for the way each event is set up.



Some dubious characters outside the pub at Marple!

MDOC 2011 CLUB CHAMPIONSHIP

Steve Lang has just completed the calculations for the Club Championships, following the event at Clowbridge. The Championships depend on the best 6 out of 12 designated events. Full results are on the club website, but the first ten in the Open group, with their points scores are:

1	John Britton	6408	6	Jillyan Dobby	6250
2	Vicky Thornton	6390	7	Alice Fellbaum	6242
3	Alex McCann	6323	8	Andrew Gregory	6236
4	Heather Fellbaum	6263	9	Kate Bryant	6218
5	Tom Fellbaum	6256	10	Peter Ross	6212

EVENTS ROUND-UP

Many of the weekends this autumn have given a choice of venues for possible events.

Sunday 25th September provided a choice between open Peak District moorland near Ashbourne, or the open fell at Bannisdale north of Kendal.

Carsington Pastures (DVO) 25 Sept 2011

Brown 9.7k (28)				40	Chris Kirkham	M60	58:40
4	Liam Corner	M40	56:20	43	Kath Speak	W50	59:53
26	Ray Humphreys	M50	84:51	62	Steve Nicholls	M50	68:44
Blue 6.9k (72)				63	Julie Brook	W60	69:54
26	Peter Ross	M60	53:01	69	Pip Humphreys	W50	73:59
49	Trevor Roberts	M60	59:03	Short Green 3.1k (26)			
Green 5.8k (87)				8	Richard Blake	M60	37:44
19	Richard Griffin	M35	52:33	Light Green 4.1k (34)			
28=	Jillyan Dobby	W60	54:22	20	Clare Griffin	W35	51:41

Bannisdale (LOC) 25 Sept 2011

Brown 8.2k (25)				Green 4.5k (41)			
4	David McCann	M45	71:24	10	Tony Wagg	M65	56:22
Blue 6.0k (47)				13	Andrew Gregory	M75	57:12
34	Jane McCann	W45	77:49	Orange 2.8k (18)			
				14	James McCann	M12	54:24

October Odyssey (NN) 1 & 2 Oct 2011 Edges Green & Cottonshope, Northumberland

Course (No.)	Pos.		Day 1	Day 2		
Short Brown (15)		Stephen Fellbaum	M50	<i>mp</i>		83:10 11
Blue (35)	1	John Britton	M60	44:28	2	51:12 2
	9	Cliff Etherden	M60	54:01	15	59:24 9
	25	Chris Rostron	M60	70:22	31	90:13 29
Green (30)	5	David Mawdsley	M70	46:01	8	52:39 6
	20	Jan Ellis	W60	54:27	20	79:05 21
Light Green (11)	1	Matthew Fellbaum	M14	32:30	1	28:47 2

Sunday 9th October gave a choice of three possible events. The nearest was a POTO event on an open moorland army training area near Leek, with the additional bonus of Dave Mawdsley as controller. Further afield but still open fell was High Pike in the Caldbeck Fells; an attractive area in good weather, but very exposed to the wind and rain that prevailed. The connoisseurs however travelled to Pickering Forest in the North York moors for an event that included a round of the Future Champions Cup.

Pickering Forest is one of the best parts of the North Riding Forest Park for orienteering, with the deep wooded valley of Newton Dale containing Pickering Beck, and its long western forested slope providing good technical terrain. Courses were planned to a very high standard, and were very challenging, traversing a very tough area of detailed forest. Steve Dempsey commented that it was the best course he had done for a long time. Tom Fellbaum had an excellent result, coming in second on the M20 course in the Future Champions Cup, and Alice Fellbaum a very respectable run on the W18 course.

Leek Training Area (POTOC) 9 Oct 2011

Blue 5.5k (32)				29	Steve Nicholls	M50	73:36
10	Dan Riley	M35	64:40	37	Stephen Beresford	M60	85:39
24	Peter Ross	M60	75:39	42	Julie Brook	W60	94:22
Green 4.1k (48)				Short Green 3.1k (19)			
8	Martin Green	M55	57:21	4	Richard Blake	M60	55:56
18	Jillyan Dobby	W60	63:45	7	Jan Ellis	W60	63:54
20	Kath Speak	W50	67:21	Light Green 2.7k (5)			
22	Michelle Riley	W21	69:10	3	David Walker	M70	61:23

High Pike (BL) 9 Oct 2011

Black 9.9k (8)				34	Michael Owen	M55	62:17
5	Alex McCann	M16	90:01	40	Chris Kirkham	M60	79:39
Brown 8.1k (11)				Green 3.7k (40)			
8	David McCann	M45	73:31	9	Rebecca Humphreys	W16	43:11
Short Brown 6.6k (16)				15	Tom McCann	M14	46:50
12	Ray Humphreys	M50	76:03	21	Dave Bryant	M60	49:57
Blue 5.8k (35)				29	Peter Lomas	M70	54:58
3	John Britton	M60	48:42	31	Kate Bryant	W55	55:29
28	Jane McCann	W45	68:00	Orange 2.7k (23)			
Short Blue 4.3k (45)				13	James McCann	M12	38:19
30	Marie Roberts	W50	59:02				

Pickering Forest (EBOR) 9 Oct 2011 Regional event & Future Champions Cup

FCC M20 (5)				Blue (48)			
2	Thomas Fellbaum	M20	68:01	8	Alistair Thornton	M16	77:20
FCC W18 (5)				Short Blue (24)			
4	Alice Fellbaum	W18	88:39	12	Heather Fellbaum	W45	93:53
Short Brown (27)				Green (37)			
4	Steve Dempsey	M45	88:42	15	Carolyn Hindle	W16	74:29
14	Trevor Hindle	M45	112:38	Light Green (13)			
21	Stephen Fellbaum	M50	168:43	3	Matthew Fellbaum	M14	47:51

Prestwich Forest Park (MDOC) 16 Oct 2011

When Martin Green was updating the map for Phillips Park he found new terrain to the south in the form of the new Prestwich Forest Park that was being created from industrial wasteland. A new car park and a new bridge over the river Irwell created great possibilities for a greatly extended area for orienteering. Martin extended the existing Phillips Park map to the south, and Tom Fellbaum then completed the map. The first event on the new map was held on 16th October, with Martin Green as planner, Trevor Roberts as organiser and Ian Gilliver as controller. A fine morning greeted competitors, although many of the slopes in the woodland were quite slippery after previous rain. Summer undergrowth also made the senior courses physically quite tough. However most competitors were very happy with having experienced a good new orienteering area. Probably winter or early spring would be a better time for future events, as it is quite a sheltered area and the undergrowth would have died down considerably.



Brown 9.5k (13)

1	Steve Dempsey	M45	90:26
3	Stephen Lang	M40	97:31
5	David McCann	M45	107:04

Blue 7.6k (21)

4	Stephen Bingham	M50	96:00
5	John Britton	M60	97:52
6	Stephen Fellbaum	M50	101:29
7	Simon Proud	M50	108:01
11	Peter Bream	M45	112:19
13	Paul Watson	M35	120:58
15	Jane McCann	W45	135:48
18	Michael Owen	M55	195:09

Green 4.8k (30)

1	Matthew Fellbaum	M14	58:13
4	Peter Ross	M60	66:57
5	Paul Clifford	M45	69:30
6	Ian Farrell	M21	69:33
7	Alan Poxon	M55	69:59
11	Andrew Gregory	M75	73:16
14	Malcolm Fowler	M45	83:59

16	Jillyan Dobby	W60	84:48
19	Kath Speak	W50	95:19
22	Chris Kirkham	M60	98:26
23	Julie Brook	W60	100:37
24	Mason	M50	117:28

Short Green 3.3k (15)

1	Trevor Roberts	M60	56:42
4	Geoffrey Millan	M65	71:00
6	Alan Shaw	M60	73:27
8	Sue Birkinshaw	W70	75:45
12	River Edis-Smith	M12	84:55

Light Green 3.6k (16)

2	Todd Smallbone	M21	53:04
3	Andrew Tute	M50	56:28
4	James Wilson	M40	61:20
6	David Walker	M70	67:26
7	Janette Proud	W45	67:27
10	Jack Leach	M50	81:21
12	Richard Gibbs	M60	84:35
14	David Dann	M55	98:47

Orange 2.8k (9)

1	Matthew Bream	M11	41:02
2	Gemma Manley	W18	47:15
3	James McCann	M12	48:10
5	Sara Jamalfar	W21	58:17
6	Benjamin Wilson	M14	68:11
7	Pamela Hartley	W55	72:26
8	Jenny Shaw	W60	81:06
	+ Jessica Rafferty		

Yellow 1.9k (9)

1	Ben Dempsey	M10	14:56
5	Jennifer Gibbs	W60	28:08
6	Joseph Proud	M11	32:17
7	Hannah Proud	W9	32:24
9	Heather Edis-Smith	W9	71:04

Deeside Weekend – Thurstaston Common & Chester 12th & 13th November

Deeside O.C. provided an excellent weekend of orienteering, with a country event on Thurstaston Common in the Wirral, followed by Sprint Races in Chester on the Sunday. Thurstaston is a very complex sandstone ridge, with some woodland and very detailed contours and rock features. The sprint races in Chester were based on the University, which gave the advantage of a large hall in which competitors could gather, and a detailed enclosed campus. The first race started close to the walls and the Shropshire Union Canal and finished at the University. However only the longer courses had legs through or along the walls and through the Rows. The second race started and finished with a loop around the University campus, and again only the longer courses had a loop outside in the town.

Between the two races, a Mikrosprint was put on in the campus. This was only 700m in distance and, with 4 competitors starting at once, provided some light amusement.

Thurstaston Common Middle Distance**12 November 2011****Black 6.5k (27)**

2	Thomas Fellbaum	M20	45:42
11	Roger Bryant	M20	63:21
12	Stephen Lang	M40	66:08
14	Tom Horton	M18	66:46
16	Dan Riley	M35	70:01
19	Trevor Hindle	M45	76:50

Brown 5.5k (33)

18	Stephen Bingham	M50	70:42
19	Alice Fellbaum	W18	71:14
26	Stephen Fellbaum	M50	80:56
29	Michelle Riley	W21	98:36

Blue 4.4k (59)

4	Ian Farrell	M21	43:48
8	John Britton	M60	46:41
14	Carolyn Hindle	W16	49:22
15	Matthew Fellbaum	M14	50:12
21	Paul Watson	M35	55:30

Chester Sprint

Pos.

Race 1

Race 2

Overall

A Men Open 3.6k & 4.2k (24)

2	Thomas Fellbaum	M20	21:29	(3)	23:18	(2)	44:47
5	Stephen Lang	M40	22:01	(4)	25:38	(9)	47:39
11	Tom Horton	M18	24:24	(10)	26:59	(11)	51:23
13	Trevor Hindle	M45	24:56	(12)	29:29	(13)	54:25
19	Dan Riley	M35	29:38	(20)	34:41	(19)	64:19
21	Paul Watson	M35	30:41	(21)	37:02	(21)	67:43

B M40+, Women Open 3.0k & 3.4K (31)

14	Stephen Bingham	M50	27:24	(15)	28:37	(16)	56:01
15	Alice Fellbaum	W18	28:52	(18)	27:25	(14)	56:17
16	Stephen Fellbaum	M50	29:48	(20)	27:58	(15)	57:46
20	John Kewley	M45	33:11	(25)	29:15	(18)	62:26
23	Michelle Riley	W21	39:13	(29)	31:28	(20)	70:41

C M55+, W40+ 2.6k & 2.7k (54)

3	John Britton	M60	19:01	(4)	17:39	(3)	36:40
26	Andrew Gregory	M75	24:31	(26)	24:49	(34)	49:20
27	Chris Rostron	M60	25:26	(29)	24:10	(31)	49:36
34	Grahame Crawshaw	M60	26:21	(35)	24:47	(33)	51:08
52	Elizabeth Hamer-Davies	W45	39:43	(53)	32:11	(49)	71:54

D M70+, W55+ 2.0k & 2.1k (25)

7	Peter Lomas	M70	20:31	(8)	21:10	(10)	41:41
17	Irene Crawshaw	W65	25:10	(16)	23:10	(16)	48:20
19	Rae Lomas	W70	27:21	(19)	24:27	(18)	51:48
23	Sue Birkinshaw	W70	31:09	(23)	31:34	(23)	62:43

E M/W 16- 1.4k & 2.1k (11)

1	Matthew Fellbaum	M14	9:13	(1)	13:36	(1)	22:49
2	Laura Hindle	W14	11:25	(3)	15:00	(2)	26:25
3	Carolyn Hindle	W16	12:59	(4)	15:01	(3)	28:00

27	Rebecca Humphreys	W16	60:06
32	Ian Gilliver	M60	65:27
53	Pip Humphreys	W50	95:24

Green 3.4k (58)

3	John Kewley	M45	33:26
4	Martin Green	M55	37:27
6	Dave Bryant	M60	43:10
7	Alan Poxon	M55	44:58
17	Andrew Gregory	M75	50:57
19	Kate Bryant	W55	54:53
21	Stephen Beresford	M60	57:29
29	Geoffrey Millan	M65	67:01
38	Elizabeth Hamer-Davies	W45	80:03

Light Green 3.0k (17)

5	Laura Hindle	W14	47:27
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Orange 2.6k (13)

5	Jennifer Gibbs	W60	72:26
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13 November 2011

Mikrosprint

3	Thomas Fellbaum	M20	4:34	45	John Britton	M60	7:19
8*	Matthew Fellbaum	M14	5:08	59	Michelle Riley	W21	8:10
14	Stephen Lang	M40	5:30	67	Andrew Gregory	M75	8:41
18	Matthew Fellbaum	M14	5:50	76	Grahame Crawshaw	M60	11:30
23	Tom Horton	M18	6:03	78	Sue Birkinshaw	W70	12:03
28	Dan Riley	M35	6:15	81	Peter Lomas	M70	13:21
29	John Kewley	M45	6:17	82	Irene Crawshaw	W65	13:56
39	Chris Rostron	M60	6:53				

* Second run!

Clowbridge

20 November 2011

Previous SELOC events at Clowbridge have only used the open moorland with the areas of newly planted trees being fenced off. At last the fences have been removed and we were able to use the wooded areas. This makes the area much more interesting, but also quite tricky as the vegetation boundaries are quite vague, with many small clumps of trees. The tussock grass in the Eastern side of the area is still however just as unrelenting, although some of the western moorland is much more runnable. A very good turnout from the club produced some excellent results:

Black 9.0k (8)

1	Thomas Fellbaum	M20	64:48
5	Stephen Lang	M40	82:36

Brown 7.3k (6)

1	Liam Corner	M40	61:33
3	Steve Dempsey	M45	70:15
6	John Dempsey	M16	82:18

Short Brown 6.2k (20)

2	Alex McCann	M16	46:16
5	Jim Trueman	M45	53:37
7	Tom Bedwell	M50	57:33
8	David McCann	M45	59:18
9	Stephen Bingham	M50	59:57
17	Ray Humphreys	M50	66:01
18	Andrew Stimson	M21	69:15
19	Alan Ogden	M50	69:25
20	Stephen Fellbaum	M50	78:35

Blue 4.8k (42)

1	John Britton	M60	39:58
10	Peter Ross	M60	49:29
15	Dan Riley	M35	50:48
18	William Humphreys	M18	52:14
20	Simon Proud	M50	52:42
32	Tony Wagg	M65	63:21
34	Chris Rostron	M60	64:23
35	Paul Watson	M35	65:01
37	Jane McCann	W45	67:06
38	Michael Owen	M55	67:59

Short Blue 3.9k (28)

6	Rebecca Humphreys	W16	44:51
11	Chris Kirkham	M60	51:32
24	Kath Speak	W50	64:20

25	Grahame Crawshaw	M60	67:41
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Green 3.5k (35)

1	Dave Bryant	M60	38:40
2	Alan Poxon	M55	41:57
5	Andrew Gregory	M75	48:23
7	Kate Bryant	W55	49:20
8	Michelle Riley	W21	49:25
9	Jillyan Dobby	W60	50:17
13	Geoffrey Millan	M65	53:12
21	Stephen Beresford	M60	64:06
24	Julie Brook	W60	65:33
27	Steve Nicholls	M50	71:04
30	Alison Doyle	W60	80:51

Short Green 2.9k (20)

2	Irene Crawshaw	W65	46:27
9	Sue Birkinshaw	W70	65:02

Light Green 3.1k (14)

1	Tom McCann	M14	30:00
8	Janette Proud	W45	50:09
10	Rosie Martland	W14	59:11
11	Laura Tysvaer	W21	67:14
12	Jack Leach	M50	68:21

Orange 3.0k (9)

2	James McCann	M12	34:22
5	Ben Martland	M12	43:19

Yellow 2.3k (8)

1	Ben Dempsey	M10	20:51
5	Joseph Proud	M12	60:15
6	Hannah Proud	W10	60:59

White 1.4k (11)

11	Lily Riley	W4	43:01
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TWO LEFT FEET! *Rebecca Humphreys*

A recent weekend to South Central area with the NWJS turned out to be rather more eventful than I had expected. The weekend started with a long drive to the South Central area. Steve and Heather gallantly took on the task of driving the group of us, to be welcomed with the prospect of sleeping on a cold hard floor. However, on arrival at the village hall I realised they were very prepared and they set up comfortable camping beds/mattresses at the hall. My small camp mattress didn't appeal any longer. The briefing that evening revealed another long journey the next morning to join the South Central Juniors training in an area similar to the event on the Sunday.

6.45 wake up call. The MDOC minibus, despite being labelled as the "unreliable" bus that "always breaks" and is "slow and uncomfortable" by the rest of the squad, reached the area first under the firm foot of Steve...reaching highs of 65mph! (not quite up to the standards of Dave Mawdsley.) It was pretty cold but the area looked nice with a mixture of open heathland and runnable forest. This was when my disaster truly began. When everyone got their kit on I searched round for all the items I had 'definitely put in.' For once, I seemed to have everything, or so I thought. I attempted to put my shoes on and realised in fact that I had two left shoes!

Ooops! Chris Owens decided that "all the pros wear two left shoes" I still haven't decided if he was just trying to make me feel better or trying to embarrass me. The training on Saturday was a mixture of compass and pacing, compass work following a line and control pick exercises. It was a really helpful day of training and despite my trainers providing very little grip and causing me to fall over many times, it was a great insight into the next day.

The afternoon consisted of a sprint around Sandy Balls (to the amusement of a lot of the squad!). This was a caravan park with mostly flat land and one hill with very little vegetation. The map wasn't too complex and so times were very fast. My course was however a disaster, as I succeeded in running through two out of bounds areas and then slid down a very steep slope to my control. To my dismay, my next control was at the top of the hill and I would then be running back past the caravan's garden I had just run through; who's owner was now stood outside, I kept my head down. I finished dismally low down the results. I was glad to be told I could have a shower on the site, but on returning to the minibus I discovered I had left my dibber at download. Steve had sold it on ebay along with all the other items I had left at previous squad weekends. The day finished relatively early and the scout hut and food gave us all a chance to relax and watch the fireworks displays nearby. After briefing we all got some much needed rest.

The next morning I was welcomed with the choice of two left shoes or some soggy trainers. After another long journey I chose the trainers. The minibuses, were welcomed by New Forest wild horses and the boys took this opportunity to bet who would be most likely to be able to ride one. None of them succeeded.

The South Central area was an area similar to that we had been training on. It had a lot of woodland, with pretty good runnability and intricate contour details and path networks. I set off for my blue course in high spirits. Two long legs at the beginning didn't give me a confident start and I was very hesitant which didn't help my run. I was confident

for the next three controls, but after this I lost concentration again and never quite regained the right mindset. In summary, my run was pretty rubbish, I appeared to have two left feet despite wearing a shoe on each foot that fitted! I took 1 hour 23 minutes for 7.3km, not one of my best results. However commendable results from Alex McCann who came 9th taking 1 hour 5 minutes for 10.1km and Carolyn Hindle who placed 18th, taking 53 minutes for 5.2km.

The weekend ended with a 5 hour drive which we all passed by playing many games of I-spy, trying to figure out Tom Horton's complicated games and some of the boys finding it hilarious to throw my socks at Matthews face.

Two left feet was the only description I could come up with for the whole of my weekend.

HAZEL GROVE CLUB NIGHT CHRISTMAS EXTRAVAGANZA

Dan Riley

Below is one of the flyers for the Hazel Grove club night extravaganza on the 5th Of December 6.30 - 8.00pm.

This event is mainly aimed at getting some new members for the club night.

If you know anyone who is interested in trying orienteering for the first time then please ask them to come along.

The format of the event is such that it is suitable for everyone, regardless of experience.



Ode to Dave Mawdsley!

70years of Age

By Rae Lomas

Dave I really could not resist writing a ditty for you
Having observed you over the years, although it's only my view
But I don't think members would disagree because these things they are true

Starting appropriately with the Wednesday run
A good run with others not a race to be won
But Dave's dash at the finish – well - just has to be done!

Your flans - Your flans - Your flans Dave
But Eddie's or yours – it's a close shave!
Some they favor Eddie's for others it's yours that they rave

Cooking for squaddies – the dream team – you and Trevor
Who's now got lots of recipes that he'll remember forever
And oh – your rum and raisin cakes – can we forget them – never

Orienteering holidays come next into my head
Of these Dave's a champion it has to be said
Finishing his runs and relaxing – how many books has he read?

As you may know Dave's a great reader – words he knows them all
For the meaning of a word or a crossword clue just give him a call
If he doesn't know the answer then er er he'll stall

Til he thinks of the answer you can never catch him out
But he is never boastful - about all his abilities he doesn't shout
And his great contribution to the club can never be in doubt

Innovative ideas – one his map printing on site
But carrying the printer and the generator – well they're not light!
However Dave no one can dispute that your ideas are always right

I hear you some times do spinning, you're a keen skier as well – what a chap
You're also a good golfer although I don't know your handicap
But I do know that recently you've been very successful with an orienteering map

Ecology, saving the planet, Dave's doing all he can
Solar panels indoor gardens sharing cars was his plan
But Dave you've become reknown as the minibus man

Oh I have to mention the pride that you have in your tilly hat
Hasn't it been through an elephant – I'm sure you told me that
Want to know more about this hat – ask Dave – you'll have a long chat

Your knowledge of wines is greatly respected; you're always given the taste
I believe you nearly choked to death once when you were in haste

To order many bottles was the only decision you faced

Well you've been an M70 since January

Although yesterday was your birthday I see

But Dave we all know your ambition is to be

A world champion in class M90

Here's hoping you achieve that goal one day

A cheer for Dave Hip Hip Hooray

And we all wish you A Happy Birthday

Compass Sport Cup 2012 - Round 1

Askham Fell - Sunday 19 Feb 2012

Calling all club members.....

Please keep Sunday 19 Feb free to run for your club in the first round of the 2012
Compass Sport Cup.

It is near Pooley Bridge, Penrith and has great views over Ullswater and the Lake
District.

The event is hosted by Borderliners.

Website: <http://www.borderliners.btck.co.uk/>

MDOC covers the cost of your entries to this competition as an extra incentive to go!
Additionally, Dan and Karen Parker who live near the event area have kindly invited
everyone from MDOC round to their house for soup and cakes after the event.

I believe this might be the last Sunday of the Feb half term holidays for some of you.
Please put it in your diary now - we will be in touch with more details in due course.

Let's try to get to the final this year!!

Andy & Vicky Thornton

MDOC Saturday Morning events

Sat 10 December Brabyns Park, Marple

Register 10:00 - 11:00 Starts 10:30 - 11:30

Courses: Yellow, 45 minute Score event, 45 minute Technical Score event

MDOC Night Street Events

Thurs 8 December Wilmslow Ian Gilliver, Steve Fellbaum

Thurs 19 January Hazel Grove Dave and Alex McCann, Steve Lang

Thurs 16 February Poynton Chris Rostron, Trevor Hindle

Thurs 15 March Lymm Tim Martland, John Kewley, Pete Owens

Northwest Night League

Sat 10 December PFO Brun Valley Forest Park, Burnley

Sat 17 December SROC Worden Park, Leyland

Sat 21 January MDOC Woodbank Park, Stockport

Sat 28 January SELOC Beacon Country Park, Skelmersdale

Sat 3 March DEE Arrowe Park, Wirral

MDOC Special Events

Sat 7 January John O'Goats Charity Event, Lyme Park

Sat 14 January New Year Social, High Lane Village Hall

MDOC Spring Series

Sat 28 January Bruntwood Park

Sat 18 February Manor Park & Old Glossop

Sat 17 March Riverside Park, Macclesfield

Sat 31 March Bramhall Park

Sat 21 April Platt Fields & Fallowfield Campus

The Spring series will offer White, Yellow and Orange courses for juniors and beginners, and a 2-part Chasing sprint for more experienced orienteers.

For those who haven't done it before, the Chasing Sprint is good fun, and gives practise at racing and running in close competition with other runners, which is good training for relays.

Co-ordinator: Alison Doyle

CALENDAR

Sat	26 Nov	Penrith	BL Urban event (level B)
Sun	27 Nov	Burbage Moor	SYO regional event (level B)
Sun	27 Nov	Beaudesert, Cannock Chase	WCH regional event (level C)
Sun	27 Nov	Silver How, Ambleside	SROC Tim Watkins Blodslitet Mass start long distance event
Sun	11 Dec	Hawkbatch, Bewdley	HOC regional event (level C)
Sun	18 Dec	Royds Hall, Huddersfield	EPOC regional event (level C)
Sun	1 Jan	Bathpool Country Park, Kidsgrove	POTOC Score event <i>Laurie Bradley Memorial Trophy event</i>
Sat	7 Jan	Lyme Park	MDOC New Year Charity event
Sat	14 Jan	High Lane	MDOC New Year Social
Sun	15 Jan	Shining Cliff, Whatstandwell	DVO regional event (level C)
Sat	4 Feb	Canklow, Rotherham	SYO Northern Night Championships
Sun	5 Feb	Big Moor, Chesterfield	SYO regional event (level B)
Sun	12 Feb	Norland Moor, Sowerby Bridge	SYO regional event (level C)
Sun	19 Feb	Askham Fell, Pooley Bridge	CompassSport Cup, 1st round
Sun	26 Feb	Roundhay Park, Leeds	AIRE level C event
Sun	26 Feb	Lizard Hill, Telford	WRE level C event
Sun	26 Feb	Lindop, Bakewell	DVO level C event
6 -9	April	JK Festival of Orienteering, Perthshire	
Sat	5 May	Dalegarth	British Individual Championships
Sun	6 May	Helsington Barrows	British Relay Championships
Sat	19 May	High Dam	MDOC Northern Championships
Sun	20 May	High Dam	MDOC Middle Distance event

Wednesday Runs

Wed	30 Nov	Jan Ellis
Wed	7 Dec	John & Jen Britton
Wed	14 Dec	Steve & Heather Fellbaum
Wed	21 Dec	Andrew & Margaret Gregory
Wed	28 Dec	<i>No run</i>

Committee Meetings

Mon	12 Dec	Dialstone Centre	Mon 9 Jan	<i>Date and Venue to be decided</i>
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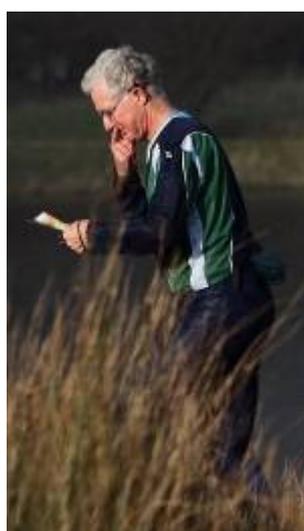
CLOWBRIDGE – *Pictures by kind permission of Tony Barker*



Kate Bryant



Dave Bryant



Tony Wagg



Peter Ross



Jillyan Dobby



Tom Bedwell



Dave McCann



Alex McCann



Simon Proud