



MDOC NEWS



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



**Life in the Leagues
Safety Workshop
Istanbul
AGM
The New Forest
Event reports
A 70th Birthday**

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!

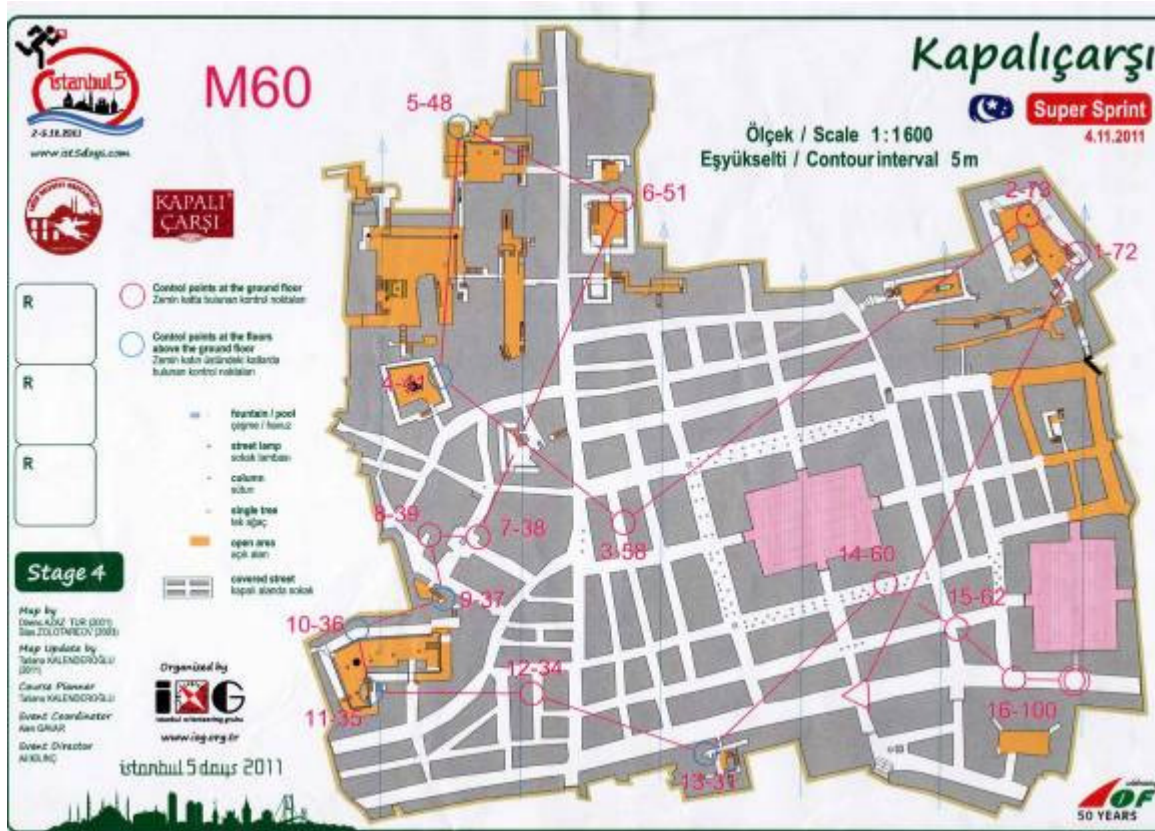
The opening ceremony was held at 9.30 on Wednesday morning at the assembly area; the youngest and oldest competitors from each country (39 in all) lined up behind their flags to listen to a couple of speeches and a stirring rendition of the Turkish national anthem. Brits were definitely in the minority - 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 |
|---|--------------|-----|-------|

Orange 2.6k (13)

| | | | |
|---|----------------|-----|-------|
| 5 | Jennifer Gibbs | W60 | 72:26 |
|---|----------------|-----|-------|

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 |
|----|------------------|-----|-------|

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 |
|----|------------|----|-------|

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> |
|-----|--------|------------------|-----------|-------------------------------------|

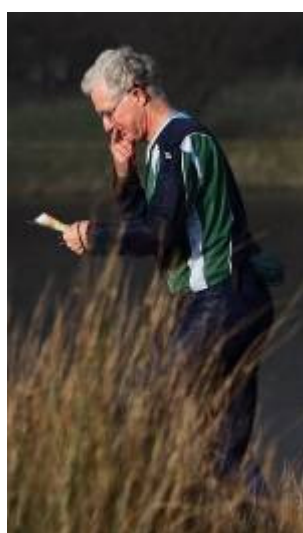
CLOWBRIDGE – *Pictures by kind permission of Tony Barker*



Kate Bryant



Dave Bryant



Tony Wagg



Peter Ross



Jillyan Dobby



Tom Bedwell



Dave McCann



Alex McCann



Simon Proud