



MDOC NEWS

Newsletter of Manchester and District Orienteering Club

DECEMBER 2012



Kate Bryant at Errwood (photo Peter Cull)

**LAGGANLIA
NWJS NORWAY TOUR
ERRWOOD
SICILY FIVE + FIVE
BRITTANY
FLOODS IN VENICE!
WINTER EVENTS**

NEWS

Tom Fellbaum became the M20 winner of the 2012 Future Champions Cup Competition following the FCC Final at the PFO event at Hameldon Hill on 7th October.

Tom has also been selected for the 2012-2013 Elite Development Squad. This squad is focused on preparing athletes to win medals at the World Orienteering Championships in two to five years time.

In the OMM Mountain Marathon David and Alex McCann ran the C course and were 4th on the first day. On the second day thick low cloud and heavy rain caused problems, but they still finished in a very respectable 9th place.

Alistair Thornton and Matthew Fellbaum have both been selected as non-travelling reserves for the 2013 International Schools Championships at Monte Gordo in Portugal, Matthew for the Junior Boys and Alistair for the Senior Boys competition.

The first round of the CompassSport Cup 2013 competition will be held on Sunday 17 February at Claife Heights on the west side of Windermere.

Ash Dieback: The committee discussed the problem of Ash Dieback disease and the effect this would have on orienteering. The advice from BOF suggests washing all footwear before leaving an infected area and on returning home to wash footwear in a chlorine-based cleaner or garden fungicide and thoroughly wash and dry all clothing that may have been in contact with diseased trees. This goes much further than the official advice from DEFRA (www.forestry.gov.uk/chalara) which specifically says that there is a low probability of dispersal on clothing. The committee felt that it was sufficient to have a notice at events strongly recommending thorough washing of footwear between events.

Committee: Other points discussed by the committee included a review of Errwood, which was felt to have gone very well in spite of the problems with one land user. Future events will include a Twin Peak in Macclesfield Forest in October 2013 and level C events at Dovestone in June and Bosley Cloud in December 2013. The Spring Saturday morning events will continue with a slight change in format, and the Summer Evening events will continue as previously with a series of introductory events in Lyme Park and the joint programme of colour-coded events provided by us and DEE. The Countryside Score events will take place on selected Wednesday evenings next summer in place of the Wednesday run. A Greater Manchester Schools inter-borough competition will be arranged at Bruntwood Park in the Spring.

Publicity and marketing is widely felt to be a very important topic, and David McCann and Sue Birkinshaw reported on a conference they had attended. We need to decide our target markets and objectives, and were asked to come up with positive targets, such as two new family units per year. Ideas suggested included adverts in local papers, using the BBC 'What's On' website and leafleting cars in Lyme Park before the May series of introductory events there.

Trevor Hindle presented an après-O top that was much admired and could be available for about £18. He was asked to go ahead and order a number in different sizes.

We have offered to help with the World Orienteering Championships in Scotland in 2015. We shall probably offer a block of help on one day.

First Aid: Sue Birkinshaw has organised a one-day First Aid course with about ten members present. A full list of First Aiders should be available to event organizers.

Regional: The NWOA A.G.M. and Club Delegate Meeting were held on 13th October at Caton. Bob Roach from DEE was re-elected Chairman, and Sue Birkinshaw Secretary. Steve Round of SELOC, as Treasurer, reported that the overall financial position was sound although there had been a reduction in funds due to grants to athletes and our subscription to the English Orienteering Council. Dick Towler, the co-ordinator of controllers said there is still a severe shortage of level B controllers in the region, and level C controllers were encouraged to upgrade.

At the Club Delegate Meeting the sad news was reported of the dissolution of MEROC, the club for Merseyside. They only have 4 or 5 active members and are unable to put on events or offer anything to new members. Their sand dune areas will be transferred to DEE together with advice about the delicate negotiations required to obtain permission.

Suitable areas have been found for the Lakes 5 in 2014. One day will be a middle distance event, and LOC will probably organize an evening urban event. There was a need to appoint an event director. No volunteers had been found for this post and it was agreed to advertise for a part-time paid director if no volunteer could be found.

Several possible areas have been suggested for JK 2015, including High Dam. We would have to work with BOF on staging the event.

The Northwest Fixture List will no longer be printed, but will be distributed by email to clubs. The Northwest Orienteering League will be discontinued, as no volunteer had been found to champion it.

The proposed NWOA budget will lead to a significant increase in clubs' subscriptions to the NWOA. This is mainly due to an increased subscription to the English Orienteering Council, which no longer will receive any finance from BOF. The EOC organizes the various inter-regional championships and the team for the international Interland competition.

National: BOF are likely to be under severe financial constraints in future. UK Sport have withdrawn their funding, which had been supporting our international programme. We will not know until April 2013 whether there will be any funding from Sport England. Any grant from them would be very much dependent on increasing participation. Sport England have recommended to BOF that we might work with a sports development company called Limelight (www.limelightsports.com), who specialise in encouraging participation in sport. BOF feel it would be preferable to actively co-operate with Limelight and thus ensure that their activities can provide a link with conventional orienteering and that any keen participants can easily move onto club events.

MDOC A.G.M.

The 2012 club A.G.M. was held on 11th October at a new venue this year, the Ladybrook Hotel in Bramhall. This was an excellent meeting place, with plenty of room for the meeting, and with a hotpot meal provided by the Hotel. A well attended formal meeting was followed by a talk by Elle Baker, Stockport School Games Organiser.

David McCann gave the Chairman's Report, reviewing the year, congratulating members on their achievements and thanking everyone for all the hard work they had put in.

Steve Dempsey presented the Financial Report for the previous year, and the Financial Plan for 2012-13. Our finances are basically sound. The financial plan is to invest in the sport through mapping, supporting participation projects and making grants to members, and this should result in a planned reduction in our cash balance of £3000.

There were no changes to the elected officers, committee or auditor:

President	Frank Rose	Committee:	John Britton
Chairman	David McCann		Julie Brook
Vice-Chairman	Steve Fellbaum		Trevor Hindle
Secretary	Margaret Gregory		Steve Lang
Treasurer	Steve Dempsey		Pete Lomas
Fixtures Secretary	Sue Birkinshaw		Eddie Speak
Junior Rep	Matthew Fellbaum		Kath Speak
Honorary Auditor	Andrew Addis		Andrew Gregory (co-opted)

Trevor Hindle presented a range of designs for 'après-O' kit, which were much appreciated, and members were asked to indicate their preferences.

After the formal part of the meeting Elle Baker, Stockport School Games Organiser, introduced us to the work of the Stockport School Sports Partnership. Orienteering is one of the sports that have been introduced into school games for years 5, 6 and 7. MDOC could help by supporting competitions between schools and between boroughs. She presented a number of examples of the types of orienteering activity that are carried out with schools.

Chairman's report (David McCann)

A busy year as usual – many aspects to what club members get up to.

Events

Major Events of the year

- BOC – significant help, entries, helping on registration and website
- Northern Champs at High Dam, excellent weather matched by the organisation and venue

Charity Event

- Lyme – well organised by the Hindle family, another good turnout despite the poor weather.

In terms of the local events we continue to run a good and growing programme:

- Summer evening series – well attended, Teggs Nose was exceptional this year 161 Macclesfield Forest, midge hell 160
- Alderley, 140, an old favourite for end of series - no cherries this year.
- Spring Series

Chase format to be repeated with a new twist – distances will be controlled

- Autumn series scores, well attended, with new format adopted from WCOC proving a thinking and running challenge

- We're not proud, if we see a good format we'll gladly copy

The night street league was lifted almost intact from SROC, 5 last year, 8 planned this year

- We also don't mind being copied

Latest Focus has a proposal to run on OS maps in the country to attract a different clientele – similar to countryside score. These will continue in 2013

Monday night session

- Faltering towards end of last summer

- New format including circuits more popular

- Encourage friends along

Other training

- BOF day

- Halkyn Mountain – excellent but confusing

- Bramhall night – even got TV coverage

What about results

- Tom Fellbaum recently crowned Future Champions Cup 20

- John Britton continues to enjoy retirement with good results and often challenges or is in top spot in the rankings

- John Britton UK Master's League champion

- Andrew Gregory maintains a very strong position in age class

- Alex McCann NW league champion and NW nights champion

- Relays: M60 bronze John Britton , Cliff Etherden and Chris Rostron

W40 bronze Vicky Thornton, Heather Fellbaum, Jane McCann

Peter Palmer Relay 7th after a dodgy leg 1 control

Looking forward

- Night event in Tankersley, hard enough by day!

- JK in Berkshire

- BOC also in SE

- Helpers/volunteers - Always needed, please keep offering help

We need new helpers all the time

- Controllers needed at level 3 and 3s need to move up to 2- a shortage

Finally, many thanks due to all who have made the club a success over the year, we are in good financial and running health and can look forward to another good year.

Those who have been members for a long time will be sorry to hear of the death from cancer of Dave Holmes. He was a very active member of MDOC and printed the first maps for the club on a secondhand printing machine, before moving to Somerset. His wife Jan and daughters Rachael and Ruth were also active members.

MDOC events and activities September 2011 to August 2012

Italicised names are Series Co-ordinators Italicised numbers 2010/11

National Level A Northern Champs – Twin Peak Day 1

High Dam	May	637		Ian Gilliver, Jillyan Dobby, Pete Lomas, Trevor Roberts
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Regional Level B Middle Distance - Twin Peak Day 2

High Dam	May	530		Steve Lang, Pete Lomas, Trevor Roberts
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Level C	Prestwich Park	Sept	135		Martin Green, Trevor Roberts, Ian Gilliver
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Charity	Lyme Park	Jan	190	146	Hindle Family
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Informal *Score*

Woodbank/Vernon	Sept	40			<i>Chris Rostron</i> Paul Clifford, Chris Rostron
Reddish Vale	Oct	69			Matthew & Tom Fellbaum, Steve Lang
Gorse Hall	Nov	31			Julie Brook Alison Doyle, John Kewley
Brabyns Park	Mar	37			Simon & Dave Mawdsley, Trevor Hindle

Night Street League

Marple	Nov	48			<i>Grahame Crawshaw</i> John Britton, Grahame Crawshaw
Wilmslow	Dec	51			Ian Gilliver, Steve Fellbaum
Hazel Grove	Jan	45			McCann family, Steve Lang
Poynton	Feb	44			Hindle family, Chris Rostron
Lymm	Mar	46			Martland family, John Kewley

Sprint Chase +W/Y/O

Bruntwood Park	Jan	122			<i>Alison Doyle</i> Dave and Alex McCann,
Manor Park + Glossop	Feb	38			Andrew Stimson, Grahame Crawshaw
Riverside Pk + Tyth'	Mar	78			Gibbs and Bryants, Jan Ellis, Chris Rostron
Bramhall Park	Mar	90			Thorntons, Chris Kirkham
Platt Fields+Fallowfd	Apr	57			Marie and Trevor Roberts, John Britton

Summer evening Intro or W to Blue

Lyme Park 1, Intro	May	45	64		<i>Tony Wagg</i> Pete Lomas,
" 2, Intro	May	61	61		Pete Lomas
" 3, Intro	May	97	87		Pete Lomas
Lyme Park	May	115	95		Steve Nichols, Pete Lomas, Eddie Speak
Teggs Nose	Apr	161	147		Clare and Rik Griffin, Ray Humphreys
Macc Forest	June	160			Vicky Thornton, Heather Fellbaum, Dave Mawdsley
Brereton Heath	June	120	122		Simon Proud Julie Brook, Andrew Gregory
Alderley Edge	July	136	161		Steve Dempsey, Paul Jarvis, Steve Fellbaum

Countryside Score Events

Higher Poynton	May	74			<i>Andy Thornton</i> Eddie Speak
Rushton Spencer	June	53			Ian Gilliver
Buxworth	July	56			Jim Trueman
Alderley Edge	July	42			Vicky Thornton

Training	Hazel Grove - weekly	Av	7		Dave McCann, Dan Riley
	Bruntwood	?	5		Hamish Willis
	Night Bramhall	Jan	15		Dan Riley
	BOF Lakes	April	7		
	St Richards	?			Jenny Shaw

	Halkyn Mountain	July	15		John Britton
	Tytherington Club	April	30		Dave Mawdsley
	Safety Workshop	Nov	20		Ian Gilliver, Margaret Gregory
	Safety Workshop	Feb	8		Ian Gilliver, Margaret Gregory
Night	Woodbank	Jan	54	37	Dave McCann, Chris Rostron, John Kewley
Social	New Year, High Lane	Jan	50	51	Julie Brook, Rae Lomas

ORIENTEERING WITH SMARTPHONES & QR CODES

The latest development in orienteering involves the use of a smartphone and QR codes (basically 2-dimensional barcodes) on controls. The smartphone can provide the map and compass and also record that you have visited the controls. The normal orienteering map can be displayed on the screen of the phone, you can use the built-in compass, and the camera in the phone can scan QR codes to confirm your visit to the control and record the time. There is an application called Mobo which can be downloaded to most modern smartphones:

(<http://mobo.osport.ee/english.php>)



QR code for MDOC website

In the club both Steve Lang and John Britton are particularly interested in this new development. Steve Lang writes: "The orange course at Bramhall Park has been added to the Mobo app. To use the Mobo app you'll need a smartphone with a camera. On an Android you also need an app to scan QR codes, I recommend QuickMark. (I'm not sure of the set-up for Apple and Windows phones.) At each control you will have to scan a QR code. Currently, the codes are not fixed to the control posts. I can email you the codes, which you can print, carry around and scan when you get to the control post."

John Britton adds: "We are also hoping to have NFC chips scannable by phone in the future, which could be an exciting development for Permanent Courses, of which GMOA has about 60. If you or anyone you know would like to have a play with this emerging technology:

- > Check your phone can install the Mobo app and a QR scanner.
- > Contact Steve or me for the QR codes.
- > Take the QR codes with you and scan the appropriate barcode at each control. (Alternatively have someone scamper round pinning the codes to the posts in advance and retrieving them afterwards.)
- > Observe the effects of your efforts on the: *mobo.osport* website.
- > Let us know what you think. We are curious about scanning success rates in the field; website response times in the field; whether putting your phone in a plastic bag works, etc. I'm sure you will enjoy the way you can use the map on your phone.
- > And if you'd prefer somewhere else let us know that too.

ERRWOOD

After several years of diplomatic but persistent negotiations by Sue Birkinshaw we were at last able to hold another event in the Goyt Valley on 27th October. Steve Fellbaum was the organiser and he also spent a long time talking to all the relevant people in the area. Even so we lost permission to use part of the moor only a few days before the event, and last minute changes to some of the courses were necessary. Vicky Thornton as planner and Steve Lang as map printer managed to cope well with all the problems, aided by our very helpful controller Brian Shaw from DVO. Vicky produced some excellent challenging courses on the fairly dense woodland to the west of the lower reservoir together with some of the surrounding moorland.

The day itself was cold but fine, and the autumn colours were at their best, with much of the ground covered in a thick layer of leaves. Rain in the preceding days meant that the ground was quite damp in the wood and the marshes very obvious. The leaves on the ground contributed to creating some quite slippery slopes.

Steve Fellbaum: "The Goyt Valley is a beautiful area and hopefully the courses planned by Vicky and controlled by Brian gave you a good challenge. We appreciate the sensitivities of holding an event in such an area and hopefully the authorities and landowners will see that any negative impact is short lived. Thanks to the MDOC helpers for making everything run smoothly and the volunteers who collected all the controls".



Eddie Speak looking for the finish!

Vicky Thornton: "The good weather and high turnout coupled with all your favourable comments; my favourite being from a small lad on the yellow course "it was an adventure... and without Mum or Dad!" made all the work worthwhile. Impressive winning times and minutes per km were achieved by competitors on the Brown and Blue courses who enjoyed a combination of technical forest with less technical moor... but all tough going under foot. For the shorter courses, contained in the challenging northern forest, the winners achieved solid performances.

Brian Shaw: MDOC always put on a good event and they are a pleasure to work with. The results presented on a 28" LCD TV screen was an awesome innovation. Well done to Stephen Fellbaum and his team. Vicky Thornton is one of the best planners I know, conscientious, indefatigable, always gets the controls in the right place with the correct code and really understands the requirements for a good course. You can't ask for more. It was good to see newcomers to the sport at the event: Errwood is a tough area so you can count yourselves well and truly blooded.

MDOC Results at Errwood 27 October 2012

Brown 7.0k (31)

5	Alistair Thornton	M16	67:27	20	Kate Bryant	W55	58:34
7	Liam Corner	M40	69:05	22	Laura Hindle	W14	59:14
8	Jim Trueman	M45	70:40	23	Julia Simpson	W45	60:46
19	Trevor Hindle	M45	85:12	24	Jillyan Dobby	W60	60:59
23	Dan Riley	M35	93:44	26	Andrew Gregory	M75	61:11

Blue 5.3k (57)

11	Tom McCann	M16	65:27	31	River Edis-Smith	M14	62:39
12	Ian Farrell	M21	66:00	36	Michelle Riley	W21	63:59
14	Stephen Bingham	M50	67:42	39	Geoffrey Millan	M65	66:47
18	Simon Proud	M50	70:27	49	Jan Ellis	W60	73:18
20=	Carolyn Hindle	W16	70:48	50	Chris Kirkham	M65	73:39
25	Matthew Fellbaum	M14	73:03	54	Jane Walker-Cull	W55	76:57
27	Chris Rostron	M65	74:29	59	Alison Doyle	W60	84:02

29	Peter Ross	M65	74:40
30	Peter Bream	M45	76:44
34	Jane McCann	W45	80:06
35	James Stott	M16	80:34
36	Heather Fellbaum	W45	80:43
48	John Williamson	M50	98:50
49	Hazel Hindle	W45	99:56

Green 3.2k (66)

3	Martin Green	M55	42:37
8	Eddie Speak	M55	48:37
12	Alan Poxon	M55	51:45
13	David Mawdsley	M70	53:17
18	Ian Watson	M65	56:00

31	River Edis-Smith	M14	62:39
36	Michelle Riley	W21	63:59
39	Geoffrey Millan	M65	66:47
49	Jan Ellis	W60	73:18
50	Chris Kirkham	M65	73:39
54	Jane Walker-Cull	W55	76:57
59	Alison Doyle	W60	84:02

Short Green 2.1k (18)

2	Stephen Beresford	M60	44:58
6	Sue Birkinshaw	W75	54:41
10	Richard Gibbs	M60	59:46
12	David Walker	M70	62:36
14	Julie Brook	W65	64:58
18	Margaret Gregory	W70	96:58

Orange 2.4k (7)

3	Tom Gittins	M16	57:56
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Yellow 2.2k (8)

2	Helen Price	W50	24:59
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White 1.8k (13)

10	Jack Riley	M10	50:26
11	Lily Riley	W10	50:28

LYME PARK NEW YEAR CHARITIES

Two charities will benefit from the January event in Lyme Park.

Quaker Congo Partnership will benefit from the Entry Donations (including Gift Aid). The money goes to a group of local Quakers in South Kivu in the east of the Democratic Republic of Congo who are providing a small hospital for the whole community, treatment and counselling for women who have been raped by the marauding militias, education for children who have been orphaned and initial loans to enable women to set up small businesses. (www.quakercongo.org.uk)

The proceeds of the Raffle will go to the East Cheshire Hospice which cares for adults suffering from life-limiting illnesses for which there is no cure. The hospice is based in Macclesfield but cares for people throughout East Cheshire and parts of North Derbyshire. The hospice receives less than 23% of its costs from government and so relies on continuous fundraising simply to keep going. They are supported by over 500 local volunteers and by many local groups who organise fundraising activities. (www.eastcheshirehospice.org.uk) Gift Aid forms will also be available for donations to the Hospice.

LAGGANLIA 2012

Laura Hindle

The adventure began in Aberystwyth for Matthew, myself and various other M/W14s who had already enjoyed a great week of sunshine at the Welsh 6 days. The journey via Wolverhampton, Carlisle and Perth took all day and even longer than expected, as we had a delay of two hours in Edinburgh! We arrived at Aviemore station to be picked up by a cheerful Tony Carlyle, who transported us on the final leg of our journey to the Lagganlia Centre. At the Centre, everyone was waiting to eat with us and we enjoyed a tasty meal before being allocated our rooms. We then had a short introductory talk by Nev Myers and Tony, followed by some social time, giving us the chance to get to know each other.

Sunday: Moor of Alvie and Uath Lochan

- ♦ *Map walk*
- ♦ *1km track race*
- ♦ *Compass and pacing*
- ♦ *Map memory*
- ♦ *1km terrain race*
- ♦ *Aiming off*

This day helped us to get to know our coaches (and for them to get to know us!). I particularly liked the races as they were short, fun and I was first girl! My coaches were Emily Benham and Dave Rogers.

Monday: Inshriach

- ♦ *Checkerboard: control descriptions*
- ♦ *Course simplification*

This day was not a favourite of mine in terms of the activities as I found the checkerboard confusing but did improve! I did like the course simplification at the end as we went round in pairs and worked together.

Tuesday: Roseisle

- ♦ *Course simplification*
- ♦ *Attack points and catching features*
- ♦ *A course in dark green with lots of contours!!*

This was my favourite day as I loved the area and liked all the exercises. The course in the green was especially fun as it was hard and everyone was lost at some point!!

Wednesday: Lagganlia Centre and Badaguish

- ♦ *Sprint timed course (using SI)*
- ♦ *Swimming in a lake*
- ♦ *Final sprint course (using SI)*
- ♦ *TrailO*

This day started off really well at the Lagganlia Centre with a sprint race,

followed by the final at Badaguish. My run was going really well until I ran across the stepping stones.... I skidded and fell straight onto the hard stones beneath me. What a disaster!... I had to walk the rest of it and the bruises on my knees took the summer to disappear. Florence Haines has a wonderful picture sequence of the fall!

Thursday: Battan

- ♦ *Loop 1 - map memory*
- ♦ *Loop 2 - talk o*
- ♦ *Peg race*

Battan was an interesting area with many contrasting parts! I especially liked the peg race at the end as it was different and new.

Friday: Loch Vaa and Avielochan

- ♦ *Classic race (using SI)*
- ♦ *Relay*

The last day was great but of course sad as we had enjoyed a brilliant week and were sorry that it was coming to an end so quickly. The Classic race was interesting, difficult and very testing. The terrain was mostly high heather which made it very hard to run! The relay was fun!

In the evening we had a special dinner where Florence and Chloe Haines did a bit of match making with the seating plan! Then we had a final talk by the coaches. We all received our Lagganlia tops and received a special medal to celebrate our week.... mine was of course for 'The most elegant river crossing!!'

I thoroughly enjoyed Lagganlia and I am sure everyone else did too. I learnt new skills, received excellent coaching and made so many new friends from across the country. On behalf of Matthew and myself I would like to thank MDOC for supporting us. The only down side of the whole week was.... of course, the dreaded Scottish midges!!

Please send items for the next Newsletter to Andrew Gregory

In future there will usually be five clubs mailings during the year.

These will comprise the Newsletter and event notices and will be in February, April, June, September and December

The Northwest Fixture List will be sent to members on Simplelists, and a more local printed fixture list will be produced which will cover events put on by MDOC and neighbouring clubs.

David McCann is producing a short e-newsletter that will probably be sent out regularly to members.

NORTH WEST JUNIOR SQUAD'S 2012 NORWAY TOUR

Carolyn Hindle

This summer the North West Junior Squad spent ten days in Fredrikstad, Norway on our biennial training tour, where thirty of the squad's members, along with coaches and chef (our very own Masterchef, Kate Bryant!) were able to enjoy and experience some of the fantastic, intricate orienteering that Norway has to offer.

Once again Fredrikstad Skiklubb provided the Squad with their well equipped Skihytta, which provided fantastic accommodation for the tour. Ideally situated, it was located right in the middle of some classic Norwegian forest in which we trained on several occasions during the tour.

We were sent straight in at the deep end on the Sunday as we went straight out to a Classic Norwegian Orienteering Race. The event was held by Sarpsborg OL and the area was a technical wood, full of large crags and marshes, however there were no paths on the whole area, which was incredible! Performances varied and there was a mixture of results, some people in the squad that had good runs were treated to the Norwegian's, shall we say, 'interesting' prizes, which included bike pumps, neoprene socks and thermal tops!



The MDOC Contingent of the Tour

*Alistair Thornton, Matthew Fellbaum, John Dempsey, Kate Bryant
Laura & Carolyn Hindle*

Over the week, the coaches aimed to help build up our overall confidence on Norwegian terrain by planning exercises on different types of areas. Areas such as Bjørnerød and Sprinkelet were open forests which provided quick, intense running and tricky navigation whereas areas such as Maerrapanna, which was on open rock

by the sea, provided a bit of variety and new challenges within the training.

Most days, after a hard training session in the morning, we would go and have some fun swimming in lakes, the sea and off the diving platforms at Foton, which was great fun! Other activities included the messy game of marsh football in the local 'impassable' marsh followed by busy, dirty showers and long saunas at the hut!

Whilst we were staying in Norway, we were given the opportunity to meet and talk to the local Norwegian Juniors from Fredrikstad, both at events, Fredrikstad training and also during the evenings when we went to visit people locally. One evening we were told to 'bond' with them (literally) by pairing up with a Fredrikstad junior and tying our legs together, before running a three legged O-Course... in the rain! My partner, it is safe to say, had a very different running style to me!

Over the week we had a great set of meals which were all delicious. I would like to take this chance to thank Kate Bryant and Sue Harding (SROC), who were fantastic chefs throughout the week and looked after us very well! We quite literally would not have survived without them!

At the end of the week we tackled two more events: a middle distance race on Saturday in another marshy woodland and a relay on the Sunday. Many good results were had by squad members on the Saturday, but sadly I was not one of them although I feel learnt so much from the experience. The relay event was in an area called Krakerøy, which was, I felt, the easiest area of the three events. The way the relays are organised was also different to the UK - only in Norway would you find the mass start being set off with a rifle being fired in the air!

Sadly the tour came to an end on the Sunday night and we packed our bags ready for an early departure in the small hours of Monday morning. We decided it was pointless to go to bed on the Sunday evening and so, following the coaches orders, stayed in the Boy's changing rooms so as not to disturb others chatting. Tired from 10 days of intensive training and racing in Norway, we arrived in Manchester for a late breakfast and went home to bed. Norway was definitely the best part of my summer holiday!

Thank you MDOC and the committee for funding me to take part in this tour My last big thanks goes to all of the MDOC members who bought cakes, scarves and jams from the various stalls. I hope the cake was as fantastic as the tour!

REFLECTIONS ON SICILY *Five + Five*

2nd to 11th October, *Ian Gilliver*

I would have preferred not to have left my new specs in the gents at Rome central station, nor set off an alarm at a motorway toll booth just outside Catania, nor slipped on newly-washed stone steps in Taormina (landing on and jarring my back), nor left my passport and return rail tickets at Palermo ferry check-in, but overall it was a good trip.

My itinerary by rail and sea (48 hours each way – but I’m scared of flying) was arranged through Ffestiniog Travel, as I found Seat 61 and the Rail Italia website to be rather hard going. Six rail tickets outbound from Macclesfield to Civitavecchia and just five for the return journey. I can’t recommend sharing a four-berth couchette cabin with a French ecologist and an Argentinian couple, but there are worse overnight companions I’m sure. By contrast, the cabin accommodation on the ferry ‘La Suprema’ was very comfortable. In Palermo, ‘Thrifty Motors’ hired me a Lancia Ypsilon and driving in the city was every bit as challenging as Jillyan and Peter had warned me it would be: so much bad driving, but so little road rage – remarkable!

Accommodation (half-board) in Sicily, arranged by the event organisers (participants in the event had no option) was in decent hotels: six nights in Selinunte on the SW coast and three in the Caesar Palace Hotel in Giardini Naxos, near Taormina on the east coast. Many of the dishes at dinner featured Sicilian cuisine, which is great if you like aubergine and/or courgettes. I’ve read that, faced with a buffet, people eat some 30% more than they would at a normal meal. Having no self-control when it comes to food, I think the figure is nearer to 95%!

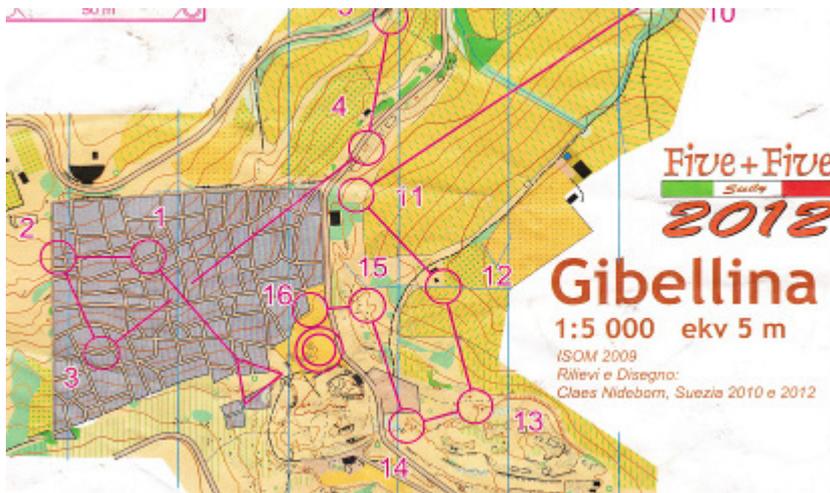
I arrived in Sicily on the morning of the first day’s event, an urban sprint race in Sciacca. The road map provided by the organisers was very faint so I had difficulty finding Assembly, and was stopped by the Carabinieri from driving the wrong way through an historic archway. However, the Sciacca event proved to be a technical highlight of the trip, each course drawing praise for the quality of its planning: so much mapped detail (roads, alleyways, stairways), so many route choices.

Day 2 gave us the opportunity to run through one of Selinunte’s magnificent archaeological sites (ruined temples and all!). The sand was very hard going, but it was a privilege to compete in such an ancient landmark. The event also gave a pack of wild dogs the chance to meet David Rosen, on all-fours penetrating the undergrowth – all concerned survived the experience.



Day 3 took us to Gibellina Vecchia, the site of an earthquake in 1968. Twenty years later, as a memorial to the dead, the authorities built a concrete labyrinth over an extensive area of the former town. The concrete is typically 1.6m in height, and the routes through the concrete depict the roads and paths that existed before the earthquake. All courses passed through the labyrinth, and then on to various concrete

terraces, and through olive groves and fields, with the penultimate control being in some rubble of former buildings. I cut my leg on an unmarked wire fence. Not a very technical area, but another memorable experience. By the end of Day 3, 5 of the 10 runners on M60 had mis-punched, so I was guaranteed at least 5th place!



Day 4 was located in an area called Santissima Trinita di Delia, featuring pleasant runnable woodland and parkland. The church that we passed looked distinctly north African. Bosco di Calatubo was the venue for Day 5 and is a small but very pleasant, well-contoured and runnable woodland, on the north coast and adjacent to the beach. Inevitably,

Assembly and the Finish were on the beach, and in order to punch the last control competitors had to place at least one foot in the Med! After four events, I had held a small lead over a Dane and I'd worked out that he was a better runner than me (no surprise there!), so the pressure was on. Happily my nerve held, and I had a clean run, ending up in 4th place overall for the first five days by a total of 10 minutes. After running, most of us piled into the sea for a refreshing dip (some people still in their O-kit) – delightful!

On the rest day I visited Marsala, a port on the west coast, famous for its fortified wine, and went on towards Trapani to see the salt pans.

The first event of the second '5' was held in the late afternoon, so in the morning I had time to divert to Scala del Turchi, a magnificent section of coastal cliffs in brilliant white marl, and then drive via the Valley of the Temples near Agrigento before heading inland to Petralia Soprana, being higher than Petralia Sottana and the highest town in the Madonie National Park. This was a proper old hill town event, similar to those which I had



enjoyed in Puglia back in the summer of 2008. Some participants from the first 5 days had stayed on for the second 5 events, but there were also some new faces, and there were now 12 of us in a combined M60/M65 class. We parked where we could, and I found a space outside the town library where a notice-board advertised a seminar in the town on 20th October on the subject of 'Il Bosone di Higgs' – a bit like the Bollington SciBar, but without the beer? After the event we had to travel half the breadth of Sicily to reach our accommodation on the east coast. Driving in the dark along Catania's ring road was not enjoyable. Event 2 of the second 5 was held at Linguaglossa, a town some 25km inland. The mapped area offered courses with some decent route choices, but not as distinctive nor as memorable as some of the other events.

The meal that I enjoyed most during my fortnight's break was lunch at the Rifugio Ragabo, located at an elevation of 1425m, some 43% of the way up Mount Etna. Unusually, events 3 and 4 of the second group of 5 were held on the same day (morning and afternoon), and in the same forest, using the same Assembly area at Rifugio Ragabo – so my meal (of tagliatelle with fresh porcini mushrooms, mixed salad, and a beer) was enjoyed between the day's two events. Though there may have been other points of difference, the main change between the original 1999 map and its 2012 counterpart was a wide grey swathe on the later version, occupying some 15% of the map and denoting a new lava field. Remarkably, M60 and W50 had a control on top of a knoll towards the edge of the lava field. The slopes which featured small lava stones behaved like scree and were almost impossible to climb, whereas the slopes featuring larger lava stones were unstable. It was really quite un-nerving – but yet another remarkable feature of this series of events. However, the lava field experience did not detract from an otherwise beautifully runnable and well-featured woodland, and the day's two courses (which had different starts but a common finish) were both exceptionally well planned and most enjoyable – a technical highlight of the series.



The final event was held in the tiny old town of Castelmola, perched high on a cliff above Taormina. Driving to the event was one memorable experience, and running there was a second. Map scales during the festival had varied – 1:4000, 1:5000, 1:7500 (and 1:10000 for the forested events). The final day's map however was at a scale of 1:1500, and all the courses were close to 1.0km in length. There was quite a bit of climb and (with the intricate nature of the network of alleyways) the 0.8km M60 course was won in more than 12mins. It was all over too quickly - but it was a delight! I had a good run, but finished 11th out of 12 again, and also 11th ex 12 overall in the second set of 5 events.

So, overall impressions of the 10 days? Sicily is a great holiday venue, and an island of many contrasts. Skies were usually bright blue, and temperatures were often above 30 degrees, even in early October. I didn't manage to visit as many tourist locations as I had hoped as the orienteering got in the way! Nevertheless, I really enjoyed my trip. Only one event out of the 5+5 approached a Classic distance in length, and winning times were often only a little over 20 minutes - so some people might have preferred more of a physical challenge. For me, Gabriele Viale, Jorgen Martensson and their team of experienced assistants are to be congratulated on getting the balance between the sport of orienteering and an orienteering holiday about right. Next year's comparable event will be in Sardinia – and I'm wondering if I can make it...

FLOODS IN VENICE!

John Britton

The Rostrons and the Brittons spent a week in Venice, intending to post professional performances in the Sunday's annual Venice urban race - which was the 33rd such event. Having arrived on Tuesday afternoon, we spent a couple of hours before breakfast on each of the next 3 days pottering around previous-years' courses - we had an M65 course from Pete, two of the same M60 course from Grahame and Trevor, a W65 course from Sue, and a Mens Elite from Nick, and an M40 course from Martin Ward. So we got a good feel for the map, the bridges, the tourist levels, the types of legs, and we experimented with one-go-left, one-go-right on a few of the better-looking route-choice legs.

Weather had been lovely all week, but turned a bit greyer and cooler on Saturday, when we ran the MC Park-O course. This is usually a "Park-O" on a less interesting area to the South-East, but this time it turned out to be a serious run on the main area, including some very crowded bits - which are mapped as brown rather than grey. I thought the course was interestingly planned and was pretty pleased with 25:05 for 3.4km. I lost something near a minute getting confused on the exit from one control, and a few seconds not seeing a faster way out of another control, but I thought I made the big decisions quickly and correctly, and ran hard despite a sore knee. Chris also had a solid run, and we both felt positive about the next day. However ...

> Saturday afternoon the Sunday starts were put back half-an-hour as an unusually high tide was forecast. High tide 8:30, starts moved to 9:30.

> In the middle of the night the siren went off and rang 4 bells worth of expected tide height. This is serious. We looked out of our windows around 7:30 and our street was under water. We went for a wade in our wellies (which we'd packed on advice from our apartment people), and the situation was clearly desperate, though controls were being put out and the Finish was being set up. We waded the couple of minutes to Assembly, and found starts put back another half-hour to 10am. We decided to check out the route to the start (declared as 15 minutes walk), and found there was a stretch alongside a canal which was about the same depth as the deepest bit we'd seen so far. Some youngsters were having great fun splashing through at knee height; a cafe owner was getting very irate and attacking fast-moving passers-by with an umbrella. At the start, there was quite a crowd and an announcement that it was now punching starts and go when you wanted, though it was clearly impossible to run properly. We retreated to Assembly, and saw a notice saying last starts 1:30. We decided to go back to our apartment and come out ready to race as soon as the water at the end of our street had disappeared.

> Around 12:30 we left the apartment ready to run. We'd judged it well and just about stayed dry all the way. 200m before we got there, people were coming the other way saying it was all cancelled. We went



on and had it confirmed ... the police had stopped the event - ironically, at just the moment it had become sensible to run it. All we could do was collect our maps and go out for another afternoon's touring. Chris's M65 course was on the exact same area, and not as interesting as the Saturday event; my M60 course looked better, and had a couple of controls across the Rialto - for which I was very well prepared.



> It turns out that a number of public order incidents had been caused by competitors running through water and upsetting non-competitors. I'm not clear if there's a no-running by-law or some such, but several runners were assaulted with hands and umbrellas, and at some point the police were invoked. It probably wasn't helped by the courses being routed through the main St Marks Square, which is where most people gather, and which floods deeper than

most other places.

It is easy to understand what happened and why. To be fair and sensible, the starts should have been pushed back to 12:30 - but this could have been very awkward for people with transport out later that day. However, letting people run round in the water guaranteed that incidents would happen, and the whole future of the event put at risk. They should have had a better plan.

It would be nice if the Results published showed the names of people unable to get a run, and it would be interesting to see what time those people who did get a run actually started. Early "runners" must have paid at least a 30% price in time, I would guess. My speed-per-k on Saturday was over a minute-per-k quicker than the M60 "winner" in the Sunday results, but I don't know when he ran.

Chris Rostron, Eija Rostron & Jen Britton making friends with the locals



The Venice map is outstandingly well drawn - clear as crystal even at the competition-scale 1:7500. It is helped by the complete absence of UK-type difficulties such as the dreaded uncrossable obstacles and multiple levels/contours. So, the "only" issues you have when racing on it are:

- a) Rapid identification of viable routes and selection of a decent-looking one. This needs a good study of ways into the control, plus usable bridges, with a possible slight preference for avoiding the brown tourist bits.
- b) Execution of your chosen route at high speed. This needs reliable and continuous

thumbing of the map, as it is very easy to miss junctions and lose track of what you're doing. The pointy end of my thumb compass was very useful for this (though the magnetic bit was hardly used).

c) Planning ahead. This is much easier said than done - and routes are so complicated you may not be able to remember your plan anyway. I tried to have a quick look at the next leg when I was doing something un-lose-able, like crossing a big square or running to a T junction.

Venice itself was a great place to visit. No cars or bikes anywhere on the main islands - the world's biggest pedestrian precinct? Everything feels a bit expensive - but then everything is barged in, man-handled and trollied to the shops and restaurants, and rubbish is bagged, trollied and barged the other way. I didn't realise it was once the centre of a huge empire based on sea-power; nor that it operated as a highly-democratic republic for several centuries. Endless stuff to see, and we barely scratched the surface in our week.

6 BRITONS IN BRITTANY

Jillyan Dobby

Our little group comprised Dave Mawdsley, Jan Ellis, Steve Fellbaum, Ian Watson, Peter Ross and me. We were all entered for a five day event centred around Quimperle in Brittany and the first problem for us to wrestle with was route choice; there are several different ways to get to France and they all have their merits depending on how early you're willing to get up, how keen you are to watch films on a boat and of course, how much you want to spend. But like all good route choices we all arrived at our destination, and not too frayed around the edges. Our accommodation, supplied by a friend of Dave M, at a very reasonable rate, was an extremely comfortable house five minutes from a delightful sandy beach.

Now down to the real business of the trip, the orienteering. Some members of our party were very keen to have a little internal competition and Ian Watson devised a clever system enabling people running different courses to be allocated scores which could be summed to find an overall winner at the end of the week and ensuring a level playing field. Sadly it became very clear after a couple of days that this 'level playing field' was distinctly tipped in Dave Mawdsley's favour since French competitors do not appear to age quite as well as we do; Ian's chances of winning were fairly forlorn and Steve's were even worse how ever well he ran. The competition days comprised 3 middle distance, a classic distance and a sprint event. To my great regret I did not study French at school so had down-loaded the Google translation of the final details. This told us that the long distance race would take place on terrain with "tea and great flank" which rather taxed my imagination. In truth most events were run on interesting, fairly flat forests. They were well planned and not too physically demanding. It is very evident that the demography of the sport is quite different in France and as previously stated the more mature members of our party, in which I include myself, tended to do rather better than we would in England. However I don't think we ever truly mastered the French approach to event parking. A satellite reference was supplied in the details which was approximately correct, but only approximately, and then when you had driven as close as you dared you just stopped somewhere. On the last day we seemed to

park on someone's front lawn which I fear would have gone down badly in Britain but the house owner simply came out for a chat which was inevitably lost on me.

At all times we found the locals friendly and welcoming. There were some nice touches, prizes were awarded for each day and comprised a carrier bag of goodies; an item of clothing (T shirt/gaiters), a tin of ham/paté, a Breton gateaux and the inevitable bottle of cider. Perhaps we in Britain could learn something from this generosity. I've never actually won an individual award at the Scottish Six Days so I don't know for sure what I am missing but I am convinced that there would be much tut-tutting if all winners were issued with a bottle of single malt and a haggis. On the other hand some aspects of Frenchness did bring out the xenophobe in me. Supermarkets were either shut because it was half day closing, shut because it was lunchtime or shut because it was a public holiday. This culminated in the desperate hunt for the bottle of milk on All Souls Day. You could buy characteristic Breton biscuits, Breton sweaters and you could even purchase as much wine as you wanted from the local petrol station but milk - Non. I must own up to dark, ungenerous thoughts about the Eurozone under these circumstances. I think Dave is more of a "citizen of the world" and therefore more tolerant of alien idiosyncrasies but I would happily have become a citizen of the world after a cup of tea with milk.

Oddly there was no overall prize for the full five days and Dave is pretty sure, after much calculating, that he would have lifted that. I, on the other hand, ended up being disqualified on Day 3 but that's another story.....

Postwatchers - Greater Manchester Orienteering Association (GMOA)

Since its inception in 1986 the GMOA has gradually increased its number of Permanent Orienteering Courses from 20 to nearly 50 which are spread across Greater Manchester and some neighbouring areas. In the last few months plans have been going on to install further ones in Alderley Edge and Macclesfield Forest while near Wigan a new POC has been installed and opened at Amberswood. Full details of all the POC run by GMOA can be found on their website from a link on MDOC's website. There is also a very informative leaflet which sets down all the details about each POC.

MDOC are looking for volunteers to act as postwatchers for 2013

In order that the POCs are 'fit for purpose', a group of people called 'postwatchers' visit their dedicated POC throughout the year, normally three times, to check the state of the control posts and report any maintenance that may be required to either Jim Nightingale who covers the POCs in the south of Manchester and Phil Ellis in the north.

Next year MDOC will need a number of volunteers to cover the following areas:

OLDHAM – Daisy Nook Park

SALFORD - Kersal Moor, Kersal Vale, Princess Park (Irlam)

TRAFFORD - Longford Park, Urmston Meadows

TAMESIDE - Silver Springs

So if you are looking for a different training run why not use a POC

Peter Lomas (On behalf of GMOA)

RESULTS

PFO Middle Distance Race Tockholes, 6 October

A good area, but heavy rain in the previous week made all the lower parts of the area a large marsh, and the many steep slopes were very slippery.

Black 5.1k (17)

1	Thomas Fellbaum	M20	36:19
2	Nick Taylor	M21	41:17
5	Alex McCann	M18	43:22

Brown 4.6k (29)

1	Alistair Thornton	M16	39:25
6	Vicky Thornton	W50	50:09
7	Timothy Martland	M45	52:34
15	Jim Trueman	M45	57:23
20	Stephen Fellbaum	M50	70:55

Blue 3.9k (48)

5	John Britton	M60	42:31
6	Matthew Fellbaum	M14	42:55

23	Heather Fellbaum	W45	53:08
30	Peter Ross	M65	56:12

Green 3.0k (54)

7	Martin Green	M55	43:47
10=	Alan Poxon	M55	46:20
15	Ian Watson	M65	50:13
16	Andrew Gregory	M75	50:35
18	Stephen Beresford	M60	51:34
27	Jillyan Dobby	W60	55:59
28=	David Mawdsley	M70	57:03
36	Chris Kirkham	M65	62:31

Very Short Green 2.2k (8)

6	Margaret Gregory	W70	90:19
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PFO Hameldon Hills, 7 Oct Future Champions Cup, UK Cup and Long Distance

An interesting new area with complex old quarries on the ridge and, due to the heavy rain, some very wet woodland lower down

FCC Men 8.3k (15)

1	Thomas Fellbaum	M20	54:54
12	Alex McCann	M18	66:45

UK Cup Men 10.4k (32)

16	Nick Taylor	M21	81:28
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Brown 8.3k (8)

3	Liam Corner	M40	80:51
4	David McCann	M45	81:01

Short Brown 7.0k (42)

2	Alistair Thornton	M16	56:58
16	Timothy Martland	M45	71:34
17	Steve Dempsey	M45	71:40
29	Tom Bedwell	M50	81:28
34	Stephen Fellbaum	M50	86:44

Blue 6.2k (56)

12	John Britton	M60	60:09
18	Cliff Etherden	M60	64:28
30	Matthew Fellbaum	M14	71:01
36	Peter Ross	M65	74:40
47	Jane McCann	W45	87:27
48	Tom McCann	M16	88:02

Short Blue 5.4k (60)

21	Chris Rostron	M65	70:19
31	Ian Watson	M65	77:02

48	Chris Kirkham	M65	87:42
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Green 4.1k (75)

13	Alan Poxon	M55	50:32
16	Eddie Speak	M55	51:13
25=	Kate Bryant	W55	56:53
28	Dave Bryant	M65	57:10
31	Andrew Gregory	M75	58:22
32	Jillyan Dobby	W60	58:35
45	Kath Speak	W50	68:44
51	Stephen Beresford	M60	72:54
69	Alison Doyle	W60	101:27

Short Green 3.2k (19)

5	Geoffrey Millan	M65	59:44
11	Julie Brook	W65	71:22

Very Short Green 2.6k (8)

2	Sue Birkinshaw	W75	51:25
7	Margaret Gregory	W70	87:38

Light Green 3.2k (27)

24	Benjamin Martland	M14	65:25
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Orange 2.8k (25)

10	Ben Dempsey	M10	37:44
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October Odyssey - Sneaton Forest, Whitby 13/14 October 2012

			<u>Day 1</u>	<u>Day 2</u>	<u>Overall</u>
M50 (20)	5	Stephen Fellbaum	58:26 (11)	1:16:28 (7)	2:14:54
M60 (19)		John Britton	47:22 (6)		
M65 (14)		Chris Rostron	40:02 (5)		
W20 (4)	1	Alice Fellbaum	54:20 (3)	1:11:47 (1)	2:06:07
W40 (5)	2	Heather Fellbaum	55:13 (3)	1:16:01 (2)	2:11:14
W45 (11)		Elizabeth Hamer-Davies	1:17:58 (9)		

WCH Hednesford Camp & Brindley 14 October 2012

Brown 8.6k (29)			9	Martin Green	M55	38:39	
3	Alistair Thornton	M16	59:14	19	Alan Poxon	M55	44:01
4	Steve Dempsey	M45	60:31	20	Eddie Speak	M55	44:07
6	Liam Corner	M40	61:23	21	Ian Watson	M65	44:08
17=	Vicky Thornton	W50	71:54	25	Peter Lomas	M70	45:27
27	Ray Humphreys	M50	87:31	49	Kath Speak	W50	50:17
Blue 6.5k (85)			88	Alison Doyle	W60	75:16	
64	Rebecca Humphreys	W18	78:00	Short Green 3.2k (49)			
76	Simon Proud	M50	94:32	12	Julie Brook	W65	43:38
Green 4.3k (95)			23	Sue Birkinshaw	W75	53:31	
6	Andy Thornton	M50	37:32	30	Rae Lomas	W70	56:20

SROC Simpson Ground 21 October 2012

A mixture of thick woodland with complex contours and very wet open moorland.

Brown 8.8k (28)				Green 4.8k (84)			
1	Nick Taylor	M21	78:56	13	Laura Hindle	W14	66:11
3	Alex McCann	M18	82:07	44	Kate Bryant	W55	92:43
4	Alistair Thornton	M16	84:31	45	Anne Burbidge	W50	92:45
17	Jim Trueman	M45	106:41	46	Joyce Hemingway	W50	92:49
19	David McCann	M45	109:32	50	Andrew Gregory	M75	96:01
22	Trevor Hindle	M45	120:54	56	David Mawdsley	M70	97:37
23	Matthew Fellbaum	M14	121:46	64	Jan Ellis	W60	109:54
Blue 6.4k (63)				Short Green 3.1k (29)			
18	Cliff Etherden	M60	87:15	4	Stephen Beresford	M60	59:14
20	Stephen Bingham	M50	87:57	8	Geoffrey Millan	M65	64:54
21	Carolyn Hindle	W16	90:09	10	Janet Taylor	W60	79:02
25	Stephen Fellbaum	M50	94:27	19	Sue Birkinshaw	W75	103:28
30	Ian Farrell	M21	97:30	25	Richard Gibbs	M60	130:11
34	Peter Ross	M65	100:31	Light Green 4.0k (29)			
36	Ruth Beresford	W21	101:41	27	Sara Farrell	W21	156:34
45	Tom McCann	M16	113:23	Orange 2.8k (28)			
52	Jane McCann	W45	122:29	12	James McCann	M12	31:46

DVO Carsington 28 October 2012

Open area with many small pits and mounds resulting from lead mining.

Brown 8.3k (35)				20	Chris Kirkham	M65	42:30
4	Alistair Thornton	M16	44:14	29	Kath Speak	W50	45:00
10	Liam Corner	M40	47:54	48	Andrew Gregory	M75	48:46
Blue 6.9k (76)				71	Julie Brook	W65	60:41
14	Heather Fellbaum	W45	46:07	75	Sue Birkinshaw	W75	69:31
18	Vicky Thornton	W50	47:32	78	Alison Doyle	W60	71:22
23	Matthew Fellbaum	M14	48:14	Short Green 3.3k (33)			
34	Alan Ogden	M50	51:56	6	Stephen Beresford	M60	37:06
53	Chris Rostron	M65	58:17	Light Green 3.6k (18)			
60	Jane McCann	W50	60:27	4	James McCann	M12	33:04
Green 4.9k (83)				6	Tom Gittins	M16	40:38
17	Alan Poxon	M55	41:25				

SROC Chorley Urban event 3 November 2012

One of the best urban areas in the UK, particularly the Astley estate.

B. M40+ 6.2k (14)				2	Chris Rostron	M65	27:27
1	Liam Corner	M40	34:10	6	Andrew Gregory	M75	31:45
13	Trevor Hindle	M45	45:18	E. W65+ 2.7k (3)			
C. M55+ W40+ 5.6k (18)				2	Irene Crawshaw	W65	29:55
2	Heather Fellbaum	W45	38:03	3	Margaret Gregory	W70	39:46
14	Hazel Hindle	W45	52:27	F. M/W16- 3.3k (10)			
16	Ian Gilliver	M60	57:10	1	Matthew Fellbaum	M14	20:05
17	Grahame Crawshaw	M60	60:32	2	Carolyn Hindle	W16	22:50
D. M65+ W55+ 3.6k (14)				4	Laura Hindle	W14	27:01

SELOC Haslingden Grane 4 November 2012

Complex and tough quarry area where it is very difficult to make sense of the map.

Brown 7.8k (11)				Green 3.7k (36)			
1	Alistair Thornton	M16	78:41	2	Laura Hindle	W14	63:28
3	Vicky Thornton	W50	94:07	3	Alan Poxon	M55	63:53
4	Liam Corner	M40	96:11	6	Andrew Gregory	M75	76:09
6	David McCann	M45	105:25	11	Kate Bryant	W55	83:40
7	Matthew Fellbaum	M14	107:05	19	Steve Nicholls	M55	95:29
8	Stephen Lang	M40	110:47	26	Rosie Martland	W16	106:01
9	Trevor Hindle	M45	122:02	29	River Edis-Smith	M14	115:12
10	Heather Fellbaum	W45	133:09	Short Green 3.2k (13)			
Short Brown 6.6k (17)				5	Stephen Beresford	M60	86:02
3	Timothy Martland	M45	74:39	10	David Walker	M70	112:27
4	Jim Trueman	M45	77:40	12	Julie Brook	W65	128:51
Blue 5.2k (24)				Very Short Green 2.6k (2)			
10	Carolyn Hindle	W16	88:13	1	Sue Birkinshaw	W75	92:12
16	Jane McCann	W45	102:52	Light Green 2.6k (12)			
19	Hazel Hindle	W45	122:14	2	Tom Gittins	M16	28:05
Short Blue 4.1k (30)				5	James McCann	M12	44:39
22	Chris Kirkham	M65	108:07	8	Benjamin Martland	M14	52:40

EPOC Ogden 11 November 2012

Brown 8.0k (19)

5	Steve Dempsey	M45	69:40
12	Vicky Thornton	W50	83:03

Blue 5.9k (46)

7	Heather Fellbaum	W45	63:21
28	Peter Ross	M65	78:13
40	Ian Gilliver	M60	109:47

Short Blue 4.8k (40)

3	Andy Thornton	M50	53:59
15	Ian Watson	M65	66:12
28	Jillyan Dobby	W60	80:31

Green 4.2k (63)

18	Andrew Gregory	M75	57:19
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DVO Eyam Moor 25 November 2012

Brown 9.5k (17)

9	Liam Corner	M40	101:54
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Short Brown 7.7k (60)

9	Alistair Thornton	M16	66:35
14	Alex McCann	M18	69:41
30	David McCann	M45	82:55
32	Steve Dempsey	M45	83:46
35	Trevor Hindle	M45	86:59
43	Alice Fellbaum	W20	92:25
46	Heather Fellbaum	W45	94:59
48	Ray Humphreys	M50	96:04
49	Steve Fellbaum	M50	100:58

Blue 6.8k (57)

14	Matthew Fellbaum	M14	69:11
16	Vicky Thornton	W50	73:30
50	Jane McCann	W45	101:58

Short Blue 5.3k (55)

9	Carolyn Hindle	W16	67:23
12	Rebecca Humphreys	W18	68:07
20	Chris Rostron	M65	73:29

LOC Bethcar Moor 2 December 2012

Brown 8.1k (47)

10	Alistair Thornton	M16	65:24
11	Alex McCann	M18	67:07
32	Vicky Thornton	W50	90:45

Blue 5.5k (76)

6	Steve Dempsey	M45	50:44
13	Andy Thornton	M50	54:08
15	David McCann	M45	55:47
27	Stephen Fellbaum	M50	61:47
33	Tom McCann	M16	66:27
36	Ian Farrell	M21	67:04
39	Peter Ross	M65	67:57
49	Jane McCann	W45	71:13
55	Alex Connock	M45	73:31

19	Eddie Speak	M55	57:21
33	David Mawdsley	M70	66:33
38	Geoffrey Millan	M65	69:01
49	Jan Ellis	W60	75:10
60	Alison Doyle	W60	112:33

Very Short Green 2.4k (9)

3	Sue Birkinshaw	W75	63:29
4	Margaret Gregory	W70	72:25

Light Green 3.1k (31)

26	David Walker	M70	65:52
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Orange 2.3k (26)

15	Ben Dempsey	M10	38:55
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39	Hazel Hindle	W45	91:55
45	Chris Kirkham	M65	99:52

Green 4.5k (67)

4	Laura Hindle	W14	49:27
18	Alan Poxon	M55	57:08
28	Kate Bryant	W55	64:07
34	Geoffrey Millan	M65	68:24
37	Peter Lomas	M70	70:00
42	Jan Ellis	W60	72:42
46	Dave Mawdsley	M70	75:35
59	Alison Doyle	W60	111:40

Short Green 3.8k (41)

8	Andrew Gregory	M75	54:49
24	Rae Lomas	W70	76:36

Very Short Green 3.1k (11)

10	Margaret Gregory	W70	120:21
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Light Green 3.2k (22)

14	James McCann	M12	63:29
20	Ed Thompson	M16	108:15

Green 4.0k (70)

17	Andrew Gregory	M75	50:55
23	Trevor Roberts	M65	54:45
28	Jillyan Dobby	W60	58:07
29	David Mawdsley	M70	58:21
49	Tony Wagg	M65	75:35
57	Alison Doyle	W60	92:15

Short Green 3.1k (17)

8	Stephen Beresford	M60	62:35
15	Sue Birkinshaw	W75	77:48
16	Margaret Gregory	W70	101:34

Orange 3.2k (20)

5	James McCann	M12	45:46
16	Ben Dempsey	M10	90:13

British Schools Special Selection Race – Delamere Forest 17 November 2012

W14 9 Laura Hindle

M14 6 Matthew Fellbaum

W16 13 Carolyn Hindle

M16 10 Alistair Thornton

British Schools Championships – Delamere Forest 18 November 2012

Year 9 Girls 5 Laura Hindle

Year 10 Boys 5 Matthew Fellbaum

Year 11 Girls 10 Carolyn Hindle

Year 11 Boys 4 Alistair Thornton

Year 7 Boys 12 Nathaniel Horton

Year 13 Boys 3 Alex McCann

In the team competition for large secondary schools, Fallibroome Academy was 8th.

LIFE IN THE LEAGUES

The UK Masters Cup is a series of 18 events around the country for M/W 35 and above. John Britton has introduced and is co-ordinating the Northwest Urban League, based this year on 6 urban events in the region. The Northwest Orienteering League started 2 years ago but seems to have faded away as no individual person has volunteered to take over the responsibility for it. The NWOA website (www.nwoa.org.uk) has links to the results for 2010 and 2011, but not for 2012. The results for 2012 are in fact on the Lakes-O website (www.lakes-o.com)

UK Masters Cup – (Best 8 out of 18) - Positions (top 50)

M35 25 Paul Watson

W45 7 Heather Fellbaum

M40 24 Stephen Lang

15 Hazel Hindle

30 Liam Corner

22 Jane McCann

M45 12 Trevor Hindle

33 Liz Hamer-Davies

17 Steve Dempsey

W50 9 Vicky Thornton

22 David McCann

11 Marie Roberts

M50 28 Stephen Fellbaum

W55 27 Kate Bryant

M60 3 John Britton

W60 14 Jan Ellis

28 Cliff Etherden

20 Jillyan Dobby

M65 7 Chris Rostron

39 Alison Doyle

28 Peter Ross

W65 6 Irene Crawshaw

M70 4 David Mawdsley

18 Julie Brook

6 Peter Lomas

W70 5 Rae Lomas

M75 1 Andrew Gregory

18 Margaret Gregory

26 David Griffiths

W75 2 Sue Birkinshaw

NW Urban League (Best 3 out of 6) - Positions

M 16- 7= Matthew Fellbaum

21 David Mawdsley

M Open 22= Tom Fellbaum

31 David Walker

22= Paul Watson

W16- 1 Carolyn Hindle

M 40+ 3 Trevor Hindle

2 Laura Hindle

6 Liam Corner

W 40+ 2 Heather Fellbaum

40 Stephen Lang

7 Hazel Hindle

M 55+ 1 John Britton

10 Kath Speak

10 Ian Gilliver

17 Marie Roberts

11 Grahame Crawshaw

W 65+ 2 Irene Crawshaw

24 Trevor Roberts

10 Margaret Gregory

40 Steve Nicholls

12 Sue Birkinshaw

M 65+ 1 Chris Rostron

14 Julie Brook

2 Andrew Gregory

18 Rae Lomas

12 Peter Lomas

Greater Manchester Orienteering Activities



GMOA Newsletter Number 2

November 2012

This is the second newsletter from Greater Manchester Orienteering Activities (GMOA). It includes information and updates about our Permanent Orienteering Courses (POCs) and some of our plans for the future.

POC updates

Tandle Hill - The maps have been updated following the removal of some fences and the re-siting of two POC plaques.

Queens Park, Heywood - The map has been updated.

Amberswood - The new map has been used for the first time at an event on 2nd June and the POC posts have been installed.

Lyme Park - The posts for the reworked POC are now in place and the maps are available from Lyme Park (please ask at the information point in the car park).

There are also a number of new, updated or proposed POCs including: Alderley Edge, Meriton Road Park (Handforth), Platt Fields, Macclesfield Forest, Springfield Park and another three areas in Rochdale. We will keep you updated on the progress of these in future newsletters or you can contact us by email at enquiries@gmoa.org.uk

Further information can also be found on our website www.gmoa.org.uk

POC Maintenance

GMOA believe that it is important for your POC to be maintained regularly so that it is 'fit for purpose'. We have developed a new, heavily discounted, charging policy for this maintenance in response to the current financial situation. A letter has been sent to all Local Authorities and Organisations with POCs in their areas.

Please get in touch with the person responsible for financing your area to discuss the new charging policy for the maintenance of your POC.

For more details please contact us via our email at enquiries@gmoa.org.uk

Other Developments

We are willing to produce maps of our areas, without the POC marked on it, so that it can be used for other purposes eg. Walking, maths trails, nature trails. For example, Alexander Park in Oldham has developed a Maths Trail using the GMOA map.

Let us know if you could make use of the map of your area without the POC marked on it. Let us know how you would use the map.

Feedback

Because the use of POCs is difficult to monitor we would appreciate your feedback. If possible, could you let us know which courses are being used, who is using them (including how many people, and are they groups, children, adults, families etc.) and how often are they used. Please contact us at enquiries@gmoa.org.uk

Please let us know if your role has changed and there is now someone else in your organisation who would be interested in receiving this newsletter or any other information about POCs.

MDOC EVENTS

Sat 5 Jan John O'Goats - Lyme Park Charity event - 11:00 a.m. mass start

Sat 19 Jan Macclesfield Forest – North West Night League

New Year Social

Saturday 12 January High Lane Village Hall 5:00 p.m. onwards

Food – Prizegiving – Quizzes – Ceilidh with live band

Saturday morning Events

Register 10:00-11:00, Starts 10:30-11:30a.m.

Sat 2 Feb Chorlton Water Park *White, Yellow, Orange & Technical*

Sat 2 Mar Bramhall Park *White, Yellow, Orange & Technical*

Sat 16 Mar Prestwich Forest Park *White, Yellow, Orange & Technical*

Night Street League Series 2012-2013

Score events of 40 or 60 minutes, Based on a pub with food available afterwards.

Registration 6:00-7:00 p.m., Starts 6:30-7:30 p.m. Under 16s must be accompanied by an adult. 16/17 year olds need written parental consent.

Thur 13 Dec Bramhall

Tues 5 Feb The Heatons

Thur 10 Jan Bollington

Thur 28 Feb Macclesfield

Tues 22 Jan New Mills

Wednesday Runs

Dec 12 Tony Wagg

Jan 2 Eddie & Kath Speak

Dec 19 John & Jen Britton

Jan 9 Chris & Eija Rostron

Dec 26 *No run*

Jan 16 Steve & Heather Fellbaum

Committee Meetings

7:30 Poynton Sports Club Mon 10 Dec, Mon 14 Jan, Mon 11 Feb, Mon 11 March

John O'Goats Charity event, Saturday 5th January 2013

We will be holding the annual fund raising event in Lyme Park as our first event for 2013. The charities chosen this year are the Quaker Congo Partnership and the East Cheshire Hospice in Macclesfield.

Please can you let me know if you can help in any way on the day. All the usual jobs of registration, control setting and collecting need to be done, as well as other jobs unique for this event such as selling raffle tickets, welcoming runners and so on. Everyone who wants to run should be able to do so.

Please mention the day to friends who might like to come along and take part in this fun event.

Please email Margaret Gregory (hm.gregory@btinternet.com)

ERRWOOD



Autumn colours at Errwood (photos Margaret Gregory)



David Walker



Alison Doyle



Margaret Gregory



Eddie Speak, Alan Poxon & Martin Green



Peter Bream

(above 5 photos by Peter Cull)