

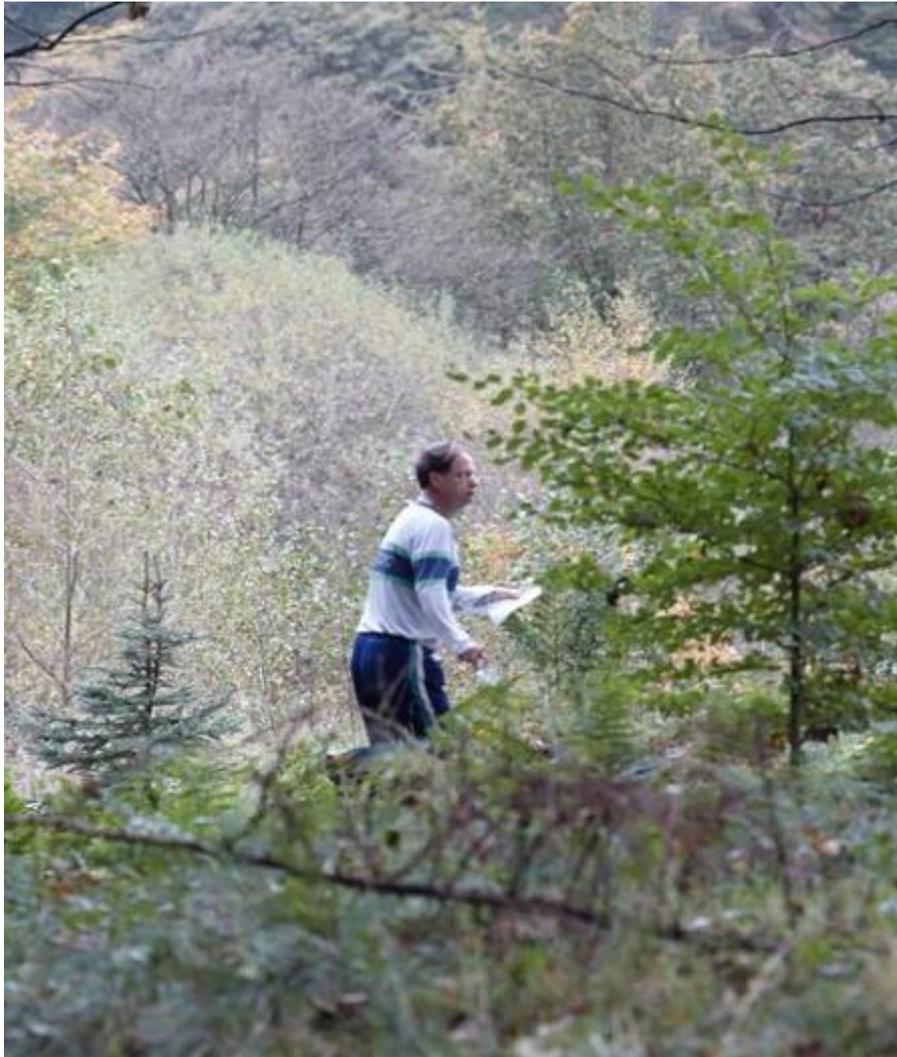


MDOC NEWS



Newsletter of Manchester and District Orienteering Club

DECEMBER 2013



Macclesfield Forest (Photo: Peter Cull)

**AGM, TWIN PEAK, PETER PALMER RELAYS
SCHOOLS CHAMPIONSHIPS, AUTUMN EVENTS
SARDINIA, ROME, BRISTOL**

NEWS

Talent Development Squad. Congratulations to Alex McCann on his selection for the Talent Development Squad. This is the entry point for athletes on to British Orienteering's Talent and Performance Pathway.

John Kewley has been selected to represent GB in the Open Class of the 2014 European and World Trail Orienteering Championships to be held respectively in Portugal and Italy.

UK O-league. We were third in the Club competition for 2013 and our B team was 13th. This is a very impressive achievement. Full details are given on another page.

OMM Mountain Marathon. This was held in the Brecon Beacons. Alex McCann with Matthew Elkington, were second in the C class. John and Elizabeth Britton were 4th in the Short Score class. Tim Martland with Joe Symonds were 22nd in the Elite and Alice Fellbaum with Emily Wood 60th in C.

Jim Nightingale has recently celebrated his 90th birthday. He is still keeping active, constructing posts for the permanent orienteering courses in South Manchester.

NWOA. David McCann is now a member of the North West Orienteering Association Executive Committee. Sue Birkinshaw has resigned from being Secretary, being replaced by Dick Collins of SROC and Mike Atherton is taking over as Chair.

First Aid. An excellent 1-day First Aid course was given by Derek Allison at the Elim Pentecostal Church in Stockport on November 16. The club members who attended, and passed, were: David Birtwistle, Joanna Horton, Andy & Alistair Thornton, Rik & Clare Griffin, Tony Wagg, Margaret & Andrew Gregory. Thanks to Richard Evans for use of the church.

Everest Marathon. Congratulations to Steve Lang for a brilliant run in the Everest Marathon held on 28 November. He was 15th overall in a time of just over 6 hours, and he was the second non-Nepali runner. All the profits from the race and much of the money raised by competitors are put into the Everest Marathon Fund, a UK registered charity that supports health and educational projects in rural Nepal.

Lyme Park New Year Charity event. Everyone will have their chance to contribute to this charity at our New Year event in Lyme Park on Saturday 4th January. Steve Lang is planning the courses and Sue Birkinshaw, who has been trekking in Nepal and is also a keen supporter of the fund, is organising. There will be a mass start at 11:00.

New Year Social. The annual New Year Social will be held at High Lane Village Hall on Saturday 11th January, from 5:00–11:00 p.m. There will be food, quizzes, the annual prizegiving and a ceilidh with a live band: Cadelin with ex-MDOC member Ian Roberts. The evening will be co-ordinated by Julie Brook.

CompassSport Cup. We shall be hosting the North West first round of the CompassSport cup on Sunday 16th February in the Irwell Valley. Kate and Dave Bryant are planning the courses and Paul Jarvis is organising.

ANNUAL GENERAL MEETING

The 2013 Annual General Meeting of the club was held on Thursday 10th October at the Ladybrook Hotel, Bramhall. David McCann presented his review of the year, which is given in detail overleaf. Steve Dempsey presented the Treasurer's Report. In summary we ran 30 events over the year that supported 2843 competitive runs, with a total net income from events of £3750. We made a net overall loss of just over £2500 ... against a financial plan to make a loss of £3000. Overall our finances remain very strong. We plan to spend around £3000 on capital investment projects of one form or another in 2013-14. It was agreed to leave the membership fees unchanged for 2014.

The majority of the officers and committee were re-elected, although Steve Fellbaum resigned from the committee and from the position of Vice Chairman. He will continue to be active in other ways. Margaret Gregory had expressed her wish not wish to continue as Secretary and Tony Wagg was elected to this post. Margaret Gregory was thanked for her work during the period she was Secretary. She will continue on the Committee. We have a need for a Vice-Chairman with the expectation of becoming Chairman in a year's time.

After the formal part of the meeting we had a very clear presentation from Dan Riley, BOF Participation Officer for the North West, on Developments in Community Orienteering. He emphasised that BOF is reliant on funding from Sport England, and the continuation of their funding in future is dependent on us increasing participation in orienteering events and activities. BOF are doing their best to increase this with Xplorer and with Run Challenge. Xplorer is a non-competitive activity aimed at young children and can be provided by local authorities or similar organisations. It has already been very successful in some parts of the country. Run Challenge is similar to our Countryside Score events, using points marked on Ordnance Survey maps. This can be presented by a number of partners who can download maps and add circles to them. This is aimed at young adults, but has been less successful so far in terms of participant numbers. In response to points raised during discussion he agreed that possibly BOF should have worked more with clubs and certainly should have communicated better what they were doing.

North West Junior Squad. The North West Junior Squad are in need of helpers, any senior age, if you can help at a weekend or every weekend we would love to hear from you, maybe the weekend that they train in your area (all dates are on the NWJS webpage). There are a variety of jobs to do and any help would be gratefully received and you may even enjoy it!! If you can help in any way please contact:

Sue Roome 01995 603885 sue@mroome.myzen.co.uk

OLOGIC PUZZLE

Solution to OLOGIC puzzle in last issue:

Alan	Blue	Knoll	
Beatrice	Orange	Small depression	
Charlotte	Green	Crag	
Dave	Yellow	Vegetation change	<i>Graham Phythian</i>

MDOC Chairman's Report for 2013

David McCann

Numbers: At a recent review of club membership numbers we saw that MDOC grew slightly over the past year, as did some but not all other clubs in the North West. MERO C unfortunately disbanded due to lack of members, their areas have now been taken on by DEE. The most notable area they had was Formby, a nice area of sand dunes. With a continued programme of events we should be able to build numbers further. We need more juniors in the club, for the long-term health of the club and in the shorter term to continue our pretty good record at major event relays as well as providing a steady number of athletes to the NWJS.

Events: We continue to run a good number of events through the year.

The variety of events gives everyone something different to try, from new formats at Autumn Saturday events to test our thinking as well as our legs, to the increasingly popular Countryside Score events and the Night Street league.

The Lyme Park series coordinated by Pete Lomas in the Spring remains popular with beginners and also serves as a training ground for novice planners and controllers. We have several of our teenage members who have started planning in this way.

Other new planners have taken on slightly larger colour coded evening events, with Carolyn and Laura Hindle delivering a good Lyme Park event and Rik and Clare Griffin showing us some parts of Alderely Edge that have not been used much. If anyone would like to get involved with planning or organising events, talk to any of the committee. Support and guidance will be offered. Overall the numbers of people at events have held up well over the last few years. We need to keep this going and encourage newcomers to try the various formats on offer.

Summer Events: We continue to do varied things during the summer "off" season, with people searching out multiday events to go to. This year we will have had members taking part in the World Masters in Italy, O-Ringen in Sweden, Senior Home International in Northern Ireland, the Scottish 6 Days, Hungarian O-Festival (where a new approach to event format in the form of a beer relay was on offer) and very soon people will go to Rome for what looks like being a very interesting urban race around the Roman remains.

Major Events: Our Junior team again performed well at the Peter Palmer's Relays, with a relatively young team. This took place at Hawse End in the Lake District. Many thanks to Vicky Thornton and Steve Fellbaum for taking the juniors this year.

At the bigger events earlier this year we did not pick up quite the normal number of medals but we did manage:

- in the British Championships Andrew Gregory won his class and Vicky Thornton a hard fought 2nd
- a bronze medal in the M18 British Relays
- a bronze in the W60 relay
- Mixed ad hoc were 4th

and several very near misses at the JK by:

- our girls team with a 5th in the Women's short relay

- our older boys in the intermediate Men's course, again with a 5th,
- Veteran Women were 4th

Apologies to anyone I have missed.

Development: We took part in a project to share ideas on how to improve communication with the public to raise the profile and awareness about our sport. Some new ideas have come out of this, if there are any people who feel they can help implement the ideas please let me now. We are looking for a few hours input.

The Run Challenge and Xplorer events have been organised by BOF in our area. Dan Riley is going to talk about the learning from this year and explain the plans for next year and the objectives of the project going into 2014. My understanding is to attract many more people to "running with a map" and then transfer them to the local orienteering clubs.

There is a constant need to keep our skills up to date, to allow us to continue to run top quality events. This means people need to keep their planning, controlling and first aid skills up to date. If you don't know what each of the roles means and would like to learn more, ask any of the committee and they will explain or direct you to the best person to talk to.

One of the vital jobs for any event is that of the controller. This is the person who ensures everything is fair, to the rules and crucially that controls are in the right place. The NW are organising a course soon that has an amazing 40 people attending – a really good sign for the future quality of our events.

Planning is moving ahead nicely for the Manchester urban race in June 2014, with Margaret and Andrew Gregory doing the job of talking to the various landowners. A good assembly area in Castlefield will provide a good atmosphere for runners and the public and the map being worked on by Tom Fellbaum will be excellent. SELOC put on a great event this year using part of the map before heading off into the badlands of Salford. Our challenge is to go one better.

BOF Conference: Ian Gilliver and I go to the conference later this month, where the focus is on the subject of volunteering and the alarmingly worded "death of orienteering".

BOF perceives a problem getting people to help out at events.

I have asked for thoughts via *Simplelists* but need more feedback so we can present the club view rather than that of a few individuals. Please share your views with us.

My view is we are often stretched but with a few more helpers we could share the load a bit more. I feel there is a crisis on participant numbers but not necessarily on helper numbers.

Thanks: go to all the committee and numerous helpers throughout the year, without people putting something back we would have a problem.

Requests: We need a Vice Chairman

TWIN PEAK 2013

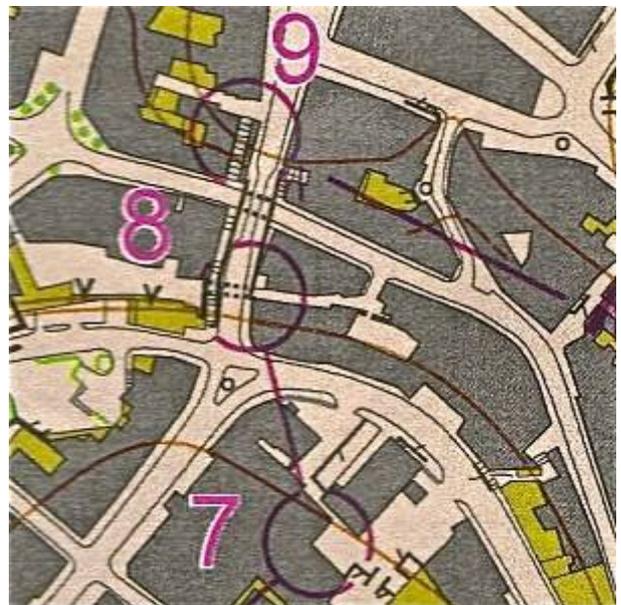
Andrew Gregory

An excellent Twin Peak weekend this year provided a contrast between the physically tough terrain and autumnal colours of Macclesfield Forest with the runnability and complexity of urban Stockport.

I am always delighted to have Peter Cull's permission to use his photographs of our events, as they capture the essence of orienteering so well. From the lonely individual runner in the midst of the forest to a puzzled group of competitors in Little Underbank, he manages to show all the varied aspects of our sport. The full set of photos are available on a link from our website, and I have selected a few for the front and back covers of this issue.

On Saturday in Macclesfield Forest Steve Dempsey had planned a challenging but fair set of courses and most competitors felt they had had their money's worth! The vegetation was not as bad as had been feared, but path routes were still often the best option. Vicky Thornton had put a lot of work into updating the map and it certainly gave a very good representation of the ground. Trevor Roberts organized with his usual thoroughness and everything seemed to go well. In spite of overnight rain the parking field was usable, although hardcore and straw bales were necessary at the entrance to the field.

The Stockport urban event was held on the Sunday so as to minimize the amount of traffic. The map had been extended to the east to include Vernon Park and the nearby housing estates. Parking was mainly at the British Gas offices opposite Vernon Park, and the Start and Finish were both in the park, with registration in the park pavilion. Jillyan Dobby had planned excellent courses that made good use of the different levels, sets of steps and narrow passageways in the older part of the town. The senior courses crossed the busy St Mary's Way by a footbridge to reach the more central area of the town, and returned by the same bridge. One advantage of starting in Vernon Park was that the junior courses could be in Woodbank Park and avoid busy streets. One control site in a small passage off Little Underbank proved difficult to find for a number of competitors and gave rise to a certain amount of discussion afterwards (No. 8 on map). It was generally agreed that the mapping of the site was quite accurate, however some competitors were not familiar with the description symbol for a tunnel and did not descend to the lower level.



Peter Lomas had worked hard on obtaining all the permissions for the event, including the use of the pavilion in the park very welcome with the rain in the earlier part of the morning. He has built up very good relations with the key people on Stockport council and we are fortunate to be able to hold events in such an interesting town.

Twin Peak results – Macclesfield Forest 26 October 2013

Black 9.2k (6)

1 Thomas Fellbaum M21 84:13

Brown 8.3k (14)

3 Stephen Lang M40 92:00

9 Liam Corner M40 110:27

Short Brown 7.1k (46)

15 Alistair Thornton M18 79:00

23 Andy Thornton M50 84:42

26 Trevor Hindle M45 87:17

27 David McCann M50 87:52

35 Stephen Fellbaum M50 101:35

42 Alan Ogden M50 119:46

Blue 5.6k (47)

3 Matthew Fellbaum M16 56:09

31 Richard Griffin M40 91:00

32 Peter Ross M65 91:49

35 Clare Griffin W40 103:17

41 David Birtwistle M50 124:53

Short Blue 5.0k (69)

16 Heather Fellbaum W50 70:59

19 Chris Rostron M65 72:26

30 Carolyn Hindle W18 81:44

40 Jane McCann W45 86:48

47 Ian Watson M65 90:57

53 Hazel Hindle W50 96:05

Green 3.5k (62)

7 Laura Hindle W16 46:40

10 Eddie Speak M55 48:51

12 Martin Green M55 49:17

17 Alan Poxon M55 51:10

23 Kate Bryant W60 57:25

38 Andrew Gregory M75 68:22

46 Marie Roberts W55 76:54

59 Alison Doyle W60 111:58

Short Green 3.2k (31)

12 Richard Blake M65 75:14

20 Richard Gibbs M60 85:32

22 Julie Brook W65 88:22

26 Jan Ellis W65 101:55

Very Short Green 2.5k (10)

5 Sue Birkinshaw W75 67:18

Light Green 2.8k (27)

7 River Edis-Smith M14 37:19

15 James McCann M14 55:09

Yellow 2.6k (10)

5 Jennifer Gibbs W60 46:51

Stockport Urban race 27 October 2013

1. Open 8.1k (17)

4 Thomas Fellbaum M21 54:11

9 Dan Riley M35 63:10

13 Paul Watson M35 79:10

2. M40+, W Open 6.6k (39)

1 Stephen Lang M40 40:14

4 Liam Corner M40 47:28

6 Steve Dempsey M50 50:57

10 Trevor Hindle M45 53:18

15 Andy Thornton M50 59:32

21 Ian Farrell M21 66:32

23 Rebecca Glen W35 67:39

28 Michelle Riley W35 78:48

31 Gemma Manley W20 99:11

33 Andrew Littlewood M35 121:16

3. M55+, W40+ 5.6k (44)

13 Vicky Thornton W50 58:49

18 Steve Nicholls M55 67:04

22 Ian Gilliver M60 70:41

26 Hazel Hindle W50 74:10

34 Clare Griffin W40 86:17

37 Richard Gibbs M60 101:18

4. M65+, W55+ 4.2k (43)

6 Chris Rostron M65 41:11

10 Ian Watson M65 44:30

12 Kate Bryant W60 46:28

13 Andrew Gregory M75 46:41

16 Trevor Roberts M65 49:30

22 Marie Roberts W55 56:10

33 Chris Kirkham M65 67:25

37 Alison Doyle W60 70:55

39 David Walker M70 76:24

40 Jennifer Gibbs W60 112:25

5. W65+ 3.4k (14)

3 Jan Ellis W65 44:35

4 Julie Brook W65 52:18

9 Sue Birkinshaw W75 62:44

10 Sara Farrell W21 72:40

6. M/W14+ 4.0K (16)

1 Matthew Fellbaum M16 24:59

5 River Edis-Smith M14 29:53

11 Laura Hindle W16 40:31

13 James McCann M14 43:40

Twin Peak 2013 Overall Results

M14	1.	River Edis-Smith	W16	2.	Laura Hindle
	3.	James McCann	W40	2.	Clare Griffin
M16	1.	Matthew Fellbaum	W50	3.	Hazel Hindle
M21	1.	Thomas Fellbaum	W55	4.	Marie Roberts
M45	3.	Trevor Hindle	W60	2.	Kate Bryant
M50	2.	Andy Thornton		4.	Alison Doyle
M65	2.	Chris Rostron	W65	2.	Julie Brook
	5.	Ian Watson		3.	Jan Ellis
M70	1.	Andrew Gregory	W75	1.	Sue Birkinshaw

“Mountain Marathon” class in weekend orienteering events - Guidance for organisers

Bob Elmes, Dave McCann, Siân Calow

It is proposed that when a club organises a weekend with Saturday and Sunday events in different locations (e.g. MDOC Twin Peak in Macclesfield Forest and Stockport) there should be a “Mountain Marathon” class which includes both the orienteering events plus running between the event venues, with an overnight camp preferably on the back lawn of a suitably located member of the Organising Club.

The person providing the overnight camping should follow these guidelines:

One week before event

- Put sprinklers on to soften the ground

3 days before event

- Get a dozen pigs in to churn it up a bit

Saturday

- Leave the outside tap only just on
- Make sure the security lights don't work
- Place pre-filled and paper-depleted portaloo in the dampest patch of mud you can find.

Saturday night

- Take good care to be out for dinner with friends
- Rota of helpers to go out and slam the portaloo door at regular intervals in the night
- Sprinkler over the tents so that competitors can be lulled to sleep by the sound of rain lashing against the side of the tent
- Play recording of loud snorer on loop through outdoor speakers

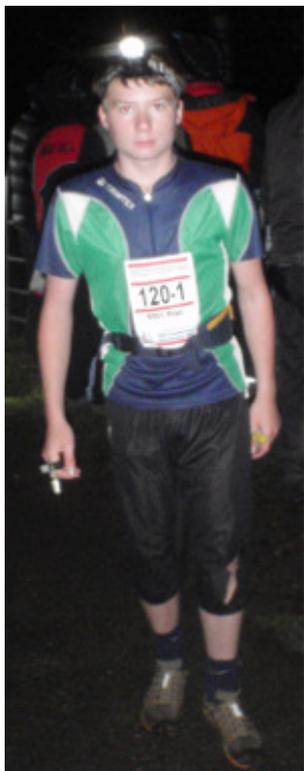
Sunday morning early

- Play very loud recorded bagpipe music
- Eject runners from garden before they are awake / fed / dressed

PETER PALMER RELAYS SEPTEMBER 8TH 2013

Vicky Thornton

This year the relays took place in the NW with WCOG hosting the event at Hawse End near Keswick. With a couple of our older experienced key runners (Alex Mc and John D) unavailable to compete we knew that among other junior teams fielding a greater number of older competitors in their teams MDOC would have their work cut out to get into the top ten. It was going to take solid performances with no major errors and no mis-punches from all of them for us to stand a chance.



However the journey in the bus got off to a good start with every one fit, well and in good spirits. The most amazing double rainbow up the M6 jollied us on our way to Keswick for our MDOC subsidised fish and chip supper. On our arrival at Hawse End Outdoor Centre things got even better as we were allocated a dormitory to ourselves and therefore the chance of some sleep. Socialising, quiz time and team briefing mainly to suss out the change-over area and study the map and go over past lessons learnt, meant that the evening passed quickly and by around 11pm most of us were asleep.

Matt Fellbaum had been brave enough to volunteer himself for the first 'red' night leg so he was up bright and breezy at 4 AM for breakfast with team manager Steve Dempsey while the rest of us grabbed another hours sleep! He soon found



himself on the mass start line with 22 teams rubbing shoulders with the likes of Aidian Smith and Joe Woodley seemingly unphased by this Matt disappeared into the night to appear on the run in 38mins later in 10th place Yipeee a great start!! This was followed up with solid runs from all our juniors. Carolyn Hindle was good enough to run the next night leg (a big ask) and she did well to hang in



there with other good runners on this leg. (This proved to be to the team's advantage later as it meant Alistair Thornton could be placed on the final 'green' leg

instead of doing 'red' at night.) Laura Hindle ran the 'dawn leg' brilliantly and we were still in 10th handing over to James Mc Cann who also ran as fast as he could and handed over to the two Ben's (Dempsey and Martland) on the 'yellow'. Ben M pushed himself to the point he



needed his inhaler and it was good he had it! So Ben D's faster time of 22mins counted. Our youngsters had done so well on the 4th and 5th legs against much older athletes that they handed over to Alistair putting him in an encouraging chasing position with teams not too far ahead which enabled him to 'burst a gut' and 'pick some off' meaning that the team finished in an extremely creditable **SIXTH PLACE!!!!**

We were nothing short of thrilled with what had been achieved and this experience now



puts us in a strong position for next year's battle. Although I have to say that with some clubs 'gaining' athletes from outside of their club territory it's unlikely we will grab 1st place ... just look at the winning SYO? Team! (All perfectly 'legal' I am assured well change the rules then I say!) Full results: www.wcoc.co.uk

The less fun bits were Steve D putting his back out when we were packing up which I termed 'Peter Palmer's back' which can come with driving, lack of sleep, hours of standing and loading bus before driving again! all

worth it though for such a keen bunch of happy juniors. There was also a valuable lesson to be learnt when a last leg runner passed out on the finish line (he was very expertly attended to by our very own Dr Tim Martland, and others, who happened to be on the spot) – the importance of over-excited juniors getting at least some sleep and some breakfast before running should not be over looked!

We did at least come away from the prize giving with 2 bags of sweets for the journey home as we won 2nd prize for the quiz 😊



SARDINIAN FIVE

Peter Ross

Day One. The format was five races over four days, one of them being a rest day. The Norwegians looked the ones to beat. They made up 80% of the competitors. Us Brits were a tiny fraction. The only way for us to get on the podium looked to be through proportional representation. First past the post wasn't going to work.

Race one started at 4.00pm, breakfast was at eight. Plenty of psych-up time. Went swimming in the sea and spotted a rare bird by the beach. It was a Sardinian Warbler, (looking more of a Black Beret than a Black Cap). Not a lucky black cat exactly, but maybe an omen. The race was a 2km urban dash in the nearby coastal town of Stintino. The swim across the creek option appeared twice. Sadly, only an option. The Norwegians won the orienteering, the prizes, and the race to the apperativos - cakes and wine - put on by the good citizens of Stintino.

Day Two. Due to a cockup involving my understanding of BST, European time zones, by what Apple try to pass off as a smart phone, plus apprehension over "roaming data charges" that drop out of foreign skies to land on your phone bill with the force of ten tons of euros - the alarm went off at 5.30am local time. Rather too early. The sooner Orienteers adopt a universal O-time based on whatever the time happens to be in Manchester the better. I have no more to say on the subject.

Our first event of the day was based in a caravan park by the sea. Five minutes before the start the landowner withdrew his permission. The negotiations began. Eventually a compromise was reached. The run would take place but there would be no electricity for the download. Somehow the agreement also trashed the formal start time arrangement, and so we had the mob-rule start system instead. Funnily enough, Jillyan and I had experienced this before at a night event in France, and so we knew the drill. (You charge the start, grab your map, dib the start box, and clear off quick).

The terrain was barely cooled molten lava, very prickly plants and a rocky beach on the edge of a beautiful rugged coastline. The finish wasn't the usual giant inflatable arch, but a man waving his arms saying "I am the finish." It was fine, it was OK.

After lunch we moved to the next event, which was an urban, and therefore with plentiful electricity. So first of all we downloaded, then we cleared, then we ran, and then we downloaded again. Cunning, hey what?



The race itself required you to run from the new town up through the steep medieval steps and alleys of the old town to the base of the castle ramparts, round a bit, and then back down through the steps and alleys to the main square. It was quite complicated. I was told it was a bit like doing the Venice urban on one hell of a slant. A Swiss won my event in thirteen and a bit minutes. Probably knows Venice like the back of his hand.

The locals put on a small exhibition of traditional folk dancing, then we went to Alghero to eat pizzas that were 1 metre long. Which, if you find the smaller ones a bit boring, was somewhat of a challenge. The company were good fun, although they were actually Norwegians.

Rest day. An excursion to the island of Asinara, national park and home, it was claimed, to a

number of exciting species including an endemic albino donkey. There were also mouflons. Unknown to Jillyan and I, they were described variously as being like a sheep, a goat, a cow, an ox, and/or (confusion was beginning to set in, or maybe we were the victims of the Norwegian sense of humour), a wild boar - most probably with horns.

Once on the island, 100 or so orienteers with a naturalist bent were in fact treated to a ride on a little train drawn by a tractor dressed up to look like an engine, and a trip round a now defunct maximum security prison (not a Red Guard nor Mafiosi in sight). Not much else really, except a number of stops to "make a photograph" of the undeniably beautiful island and its surrounding turquoise sea. For a moment I thought I saw a mouflon, but it was white, and mouflons, of course, are brown.

Day Four. A double header. The morning race was in a pine forest, set on dunes, with a multitude of juniper thickets that reduced the visibility nicely. Pretty much ideal for orienteering. The map had dark green spots everywhere and looked like something that Jackson Pollock produced during his green period. Sadly Jackson Pollock's name made a reappearance when Jillyan and I came to describe our runs, which ended any hope of podium glory.

Off to Castelsardo, then, for the final race - an urban. This time the old town was built within the castle walls, sat over a volcanic plug. The start was from the tradesmen's entrance round the back, and quite high up the hill. There were no roads of any kind, just steep steps and narrow alleys. Quite ardo actually. Once outside the walls the run was a straightforward sprint down to the promenade by the sea in the new town. And hurrah, we both finished with respectable results. I beat every Norwegians on my course, but the Swiss man beat me. It was the dark horse I should have been watching. That is what the Sardinian Warbler had been trying to say.

The good citizens put on a show of traditional folk dancing and provided a selection of aperativos - wine, salami and Fanta. The setting was perfect being by the sea, under the castle, in the bright sunshine - which had been the case all week, we nearly ran out of sunblock - and packed with happy people.

A short plug now for Park World Tours. This is the company that managed our Sardinian event, and they do something similar, and regularly, across the globe from places as unlikely as Kazakhstan to the West Indies. They find the areas that are suitable for orienteering, negotiate with the landowners, produce the maps, plan the courses, do the organising, and get the local mayor to make each race a bit of an occasion. They do the travel and the accommodation. Social events are provided too. We had a wonderful fun race in the hotel grounds - super map - in which some pretty nippy kids, assisted a wee bit by the handicapper, beat Theiry Gueorgiou into 6th or 7th place. It brought the house down. Have a look at their website: www.pwt.no. It's in Norwegian, but you'll get the gist. Next year their event has its races in Montenegro, Croatia and Italy, and includes an urban in Matera, a troglodyte city whose centre, in orienteering terms, hasn't changed any since the Basilian monks tried to find their way round in the 8th century.

BOK BLAST (plus Jammy Dodgers and a Gromit-fest)

John Britton

While the Peter Palmer team was performing in Cumbria, we headed south to Bristol for a weekend of sprint and urban racing. Saturday featured two sprint races - the "prologue" around a complicated housing estate next to the UWE Frenchay campus, and a "final" around the campus - which we'd raced on before in the JK 2007. For overall results and ranking points and SWOA Sprint Champs purposes the times for the two races were simply added together. (Might there be a NWOA Sprint Champs at some stage?) Sunday featured a full-length urban race around all the steep hills and flights of steps the planner

could find near the city centre. For my course at least, all three races were very nicely planned, demanding full concentration throughout on the essential navigation, with quite a few head-scratching tricky route choices to worry about while you were at it.

After a 6am alarm clock and a long drive (mostly by Jen), my prologue went steadily and reasonably cleanly for a while - indeed, right up to the last interesting leg (#12), which was a big left-or-right choice across uncrossable fences and a valley. I correctly picked the best route, to the left, and promptly fell to pieces when I decided to get in a tizz about whether an essential path was accessible. Staring repeatedly at the map, I first ran into a dead end, then half-way along the correct road before deciding not to risk it and turning back to go a long way round, and then another little wrong bit before finally reaching the flag. 4:43 on what should have been about 2 minutes, and serious embarrassment in the results. Imagine my surprise when sometime during lunch, that leg got removed from everybody's times because an essential gate on the incorrect right-hand route had not been opened when the first runners went through. A very jammy dodger, you might say, and you would be right.

Much invigorated by lunch and all the excitement of the prologue, my final went fast and clean, though on two route-choice legs I'm certain I didn't pick the best one, and on a couple of others, I've now seen potentially better choices that I missed at the time. Only the W40 who'd won the prologue by a good margin went quicker, and the combined results have me a clear second. After some awkward at-the-control decision-making at Sheffield the week before, in both these races I was trying really hard to always have a plan ready for the next leg, and I think it made a difference.

Saturday evening featured a pub with nice beer and steaks served "on the stone", which basically means you are given a hunk of almost-raw steak plus a seriously hot plate so you can cut bits off and cook them exactly to your taste yourself. Very entertaining.

Sunday morning, and into the centre of Bristol for a Nopesport League urban race. Our first control was at the top of a very steep grassy climb, and a bit of fiddling around some ponds at the end meant I failed to plan #2 in time, and consequently missed the best route. Thereafter I was back in the groove and somehow managed to make a decent job of seeing reasonable routes and executing them with reasonable confidence. It was gruesomely physical in places - plenty of steep contours, plenty of steps both up and down - but the splits analysis seem to show me getting relatively stronger as the race went on. In contrast, I wasn't exactly professional at the two-minute timed-out busy-road crossings - at the first one I wasted all the available time by failing to extract the first set of control descriptions I'd had to split off cos there were too many to fit my holder, and at the second one I'd picked routes for all the legs well before the time had elapsed but I then realised I'd forgotten when I'd dibbed so couldn't risk having any more of a breather. I'd say this was the most unrelentingly physical and technical urban event I've ever done - and somehow the planner had set really tricky problems without resorting to the kind of legs that need a careful reading of the control description or the exact centre of the circle.



For post-race amusement, we had a potter round a few of the 60-odd Gromit sculptures scattered around points of interest within a mile or two of the city centre. Each identical plastic sculpture is painted by a different artist, and sponsored by a different business; there's an app you could buy for finding out about them; there's an interestingly poor map with vague control descriptions. This whole venture had obviously generated a huge amount of interest, and along with that, quite a bit of money for the local hospital. Each Gromit we saw had a dozen or so people around it, caught up in the process of collecting them, often as a family outing. I'm sure that any of our local towns could easily do something similar, and we could maybe flog them a decent map?

VISIT FROM IAN BRATT

A very welcome visitor to our Twin Peak weekend was Ian Bratt from Rand Orienteering Club in South Africa. He was introduced to orienteering by Dave Blamphin at Kings School Macclesfield and he remembers first orienteering in Macclesfield Forest in October 1970.

He is a leading figure in South African orienteering and has produced an excellent book: "Orienteering: The essential guide to equipment and techniques". He has presented the club with a signed copy of the book and a set of orienteering maps from South Africa. He has written in the book: "It's great to be back to where it all began..... With thanks for the memories".

It is an excellent book, very clearly presented and well illustrated. I will circulate the book and maps around club members, but please contact me if you are particularly interested in seeing it.

Andrew Gregory

ROME-O 2013

Andrew Gregory

A 3-day event in Rome at the beginning of November sounded very attractive, as we had never been to the city before, so we booked a 5-day break with Jet2 Holidays. We found that Grahame and Irene Crawshaw, recently returned from high altitude training in Nepal, and Trevor and Marie Roberts had also booked on the same flights, and that Grahame and Irene were in the same hotel.

Nothing in Italy is ever straightforward, but the key person who helped the event to run smoothly was Mike Edwards from RAFO who lives in Rome, speaks fluent Italian and has developed the skills necessary for dealing with Italian bureaucracy. He helped to sort out many problems, including the medical forms that Italy requires for taking part in any sporting event. He also was planning the last day in the historic centre of Rome and controlling the second day. The event attracted over 800 competitors from many different European countries, including a large British contingent. The absence of a Venice event this year meant that a lot of the regulars from that event came to Rome instead. The weather was excellent for November, with plenty of sunshine and the temperature in the 20s. The only rain was on a couple of evenings, when we were searching for restaurants.

The first event was billed as a night event in the Villa Borghese, a large landscaped park that includes the villa itself, now one of the best galleries in Rome for art and sculpture. The organisers thought it would be too easy by day, and to make it more interesting decided on a mass start for each age group. The day before we left they announced that the start times would be between 4:00 and 6:00 p.m., with sunset being at 5:00, and that the M/W65s would start at 4:10, so in fact we were able to complete our courses in daylight.



Margaret, Grahame, Irene, Trevor & Marie

The M/W 21s and 35s however had the whole of their course in the dark. We were quite relieved, partly because we wanted to see the park, and partly because there were a number of very well-trimmed hedges with accurately mapped 30cm gaps, and these would have been almost impossible to see in the dark. We all had quite respectable runs, although Trevor did manage to run off the map into an area of the park that had been used earlier for a model event.

The second day, the Villa Ada, was also a large park but quite different in nature, being covered in wooded hills with narrow paths through the thick vegetation. The assembly area was very scenic, beside a lake. This time it was my turn to mess up – on a long leg I lost touch with the network of paths and tried to relocate on a rootstock that had a control beside it. I couldn't find a rootstock where I thought I was so ploughed on through the thickets. I finally managed to relocate and then realized that the rootstock I had found earlier was in fact the control that I was looking for!



Marie Roberts finishing at Villa Ada



Control site by the Colosseum

The final day was an urban event around the historic centre of Rome, with the start and finish near the Colosseum. There were a number of narrow passageways and sets of steps and hills, so one had to look very carefully at the map to see how to minimise the climb on some of the legs. The main hazards were large groups of tourists with guides and the 2000 year-old paving around the Colosseum that was very uneven and hard to run on.

Overall we were very much enjoyed the event, with the three quite different types of area, and good planning and organization. We managed to fit in plenty of sightseeing and returned home quite footsore both running and from walking the streets as tourists.

BRITISH SCHOOLS ORIENTEERING CHAMPIONSHIPS

The 2013 British schools championships were held at Shipley Country Park, Heanor on 17 November. Peter Hayes from the Fallibroome Academy had entered a very impressive number of 43 competitors and they were rewarded by a very respectable 7th position in the Large Secondary Schools class. The best 9 contributing towards their score were: Matthew Fellbaum (4th in B11), Bedthany Sloan (10th in G13), Edward Desousa (10th in B10), Tobias Halsey (10th in B13), Laura and Anna Harrington (both 11th in respectively G12 and G13), Nathaniel Horton (12th in B8), Nicholas Day (12th in B13) and Edward Harvey (13th in B11). From Poynton High School Carolyn Hindle was 6th in Girls year 12 and Laura Hindle was 12th in Girls year 10.

The British Schools Score Championships were held at Druridge Bay in the North East on 12th October. Matthew Fellbaum, representing Fallibroome Academy, was 4th in Boys year 10-11 and Laura and Carolyn Hindle, representing Poynton High School, were respectively 2nd and 3rd in Girls years 10-11 and 12-13.

RECENT EVENTS

City of Sheffield – Don Valley 1 September

M Open 9.6k (20)	18	Paul Watson	88:44		25 Peter Lomas	58:07
M40+ 8.3k (30)	7	Liam Corner	56:26	W16- 5.0k (4)	3 Laura Hindle	46:34
	23	Trevor Hindle	73:14	W Open 8.3k (7)	5 Carolyn Hindle	82:32
M55+ 6.7k (41)	11	John Britton	54:36	W40+ 6.7k (23)	15 Hazel Hindle	76:39
	33	Ian Gilliver	75:55		23 Liz Hamer-Davies	87:47
	38	Steve Nicholls	90:43	W55+	8 Jillyan Dobby	54:28
M65+ 4.8k (32)	15	Peter Ross	49:15		16 Alison Doyle	88:05
	21	Grahame Crawshaw	54:24	W65+	12 Irene Crawshaw	50:30

AIRE – Dales Weekend 14-15 September

Malham Moor – 14 September

Brown 10.8k (18)	Short Blue 5.1k (54)
3 Alex McCann M18 83:34	1 Heather Fellbaum W50 47:35
4 Alistair Thornton M18 85:16	23 Carolyn Hindle W18 63:12
11 Tim Martland M50 110:14	39 Chris Kirkham M65 71:08
Short Brown 8.1k (45)	48 Hazel Hindle W50 78:33
13 Steve Dempsey M50 81:02	Green 5.1k (77)
18 Trevor Hindle M45 87:27	3 Laura Hindle W16 46:58
22 David McCann M50 89:47	8 Martin Green M55 51:25
33 Alice Fellbaum W20 101:32	11 Alan Poxon M55 52:46
39 John Kewley M50 112:22	22 Andrew Gregory M75 56:44
40 Stephen Fellbaum M50 113:44	39 David Mawdsley M70 62:33
41 Elizabeth Britton W21 114:39	42 Peter Lomas M70 63:15
Blue 6.6k (54)	72 David Walker M70 92:16
2 Matthew Fellbaum M16 52:08	73 Alison Doyle W60 92:50
7 Neil Barton M21 57:43	Short Green 4.5k (40)
8 John Britton M60 58:34	10 Jan Ellis W65 56:09
14 Vicky Thornton W50 60:49	22 Rae Lomas W70 68:43
16 Andy Thornton M50 61:39	Very Short Green 3.4k (14)
36 Stephen Bingham M55 73:08	13 Margaret Gregory W75 81:33
44 Jane McCann W45 81:07	Light Green 3.4k (19)
52 Ian Gilliver M60 97:42	9 James McCann M14 42:20
	11 Ben Martland M14 47:24
	30 Chris Rostron M65 80:26

Yockenthwaite – 15 September 2013

Brown 8.5k (15)	Green 3.6k (65)
1 Alistair Thornton M18 82:46	7 Alan Poxon M55 42:56
Blue 5.7k (52)	36 Dave Mawdsley M70 56:42
2 Matthew Fellbaum M16 56:13	55 Alison Doyle W60 103:10
4 Vicky Thornton W50 61:37	Short Green 3.4k (26)
10 Andy Thornton M50 72:54	5 Stephen Beresford M65 58:23
Short Blue 4.5k (43)	
13 Heather Fellbaum W50 59:07	

LOK Ultrasprint 21 September 2013

Men Super-Vet (37)	John Britton	Prologue	5	Final	5
	Chris Rostron		16=		9=
Women's Vet	Elizabeth Hamer-Davies		36		30

London City Race – 22 September 2013

Men's Elite, 10.0k (116)

23 Nick Taylor M21 58:20

Men's Open, 8.0k (116)

78 Paul Watson M35 72:53

Men's Vet 40+, 8.3k (102)

15 Trevor Hindle M45 58:12

Men's Super Vets 50+, 6.0k (134)

16 Steve Dempsey M50 42:08

Men's Ultra Vets 60+, 5.2k (126)

2 John Britton M60 38:56

56 Chris Rostron M65 51:06

67 Andrew Gregory M75 54:22

71 Peter Lomas M70 54:44

78 Ian Gilliver M60 56:05

80 Grahame Crawshaw M65 57:17

Women's Open, 7.0k (71)

37 Carolyn Hindle W18 77:46

Women's Vet 40+, 6.1k (80)

70 Liz Hamer-Davies W45 71:28

Women's Super Vets 50+, 5.2k (87)

18 Rebecca Glen W35 48:42

58 Hazel Hindle W50 56:59

Women's Ultra Vets 60+, 4.1k (59)

13 Irene Crawshaw W65 43:58

24 Rae Lomas W70 48:05

49 Margaret Gregory W75 68:52

Juniors 16-, 3.1k (45)

16 Laura Hindle W16 21:12

Farleton Knott – 22 September 2013

Brown 8.4k (26)

2 Alistair Thornton M18 63:59

5 Matthew Fellbaum M16 73:16

12 Stephen Lang M40 79:53

20 David McCann M50 103:55

Blue 6.2k (45)

5 Vicky Thornton W50 59:24

25 Peter Ross M65 77:56

30 Jane McCann W45 82:37

Green 4.3k (56)

8 Martin Green M55 51:50

16 Dave Bryant M65 57:52

23 Jillyan Dobby W60 61:18

24 Kate Bryant W60 61:59

31 Chris Kirkham M65 68:59

35 David Mawdsley M70 72:39

38 Kath Speak W50 74:48

45 Julie Brook W65 86:19

52 Michael Owen M55 102:46

53 Alison Doyle W60 112:14

Short Green 2.9k (22)

12 Jan Ellis W65 64:51

14 Sue Birkinshaw W75 67:58

Light Green 4.0k (17)

8 James McCann M14 71:02

14 Gemma Manley W20 101:52

LOC – Birkett Common 29 September 2013

Brown 8.9k (20)

4 Jim Trueman M45 70:00

Green 4.2k (53)

11 Alan Poxon M55 50:47

20 Chris Kirkham M65 54:55

Short Green 3.2k (19)

15 Sue Birkinshaw W75 68:39

EPOC – Rishworth Moor – 6 October 2013

Short Brown 8.0k (25)

1 Matthew Fellbaum M16 71:44

4 Steve Dempsey M50 83:56

14 David McCann M50 95:09

18 Stephen Fellbaum M50 106:22

Blue 6.6k (37)

17 Ian Farrell M21 85:12

25 Jane McCann W45 93:02

Short Blue 5.7k (26)

12 Chris Rostron M65 78:04

Green 5.0k (27)

3 Alan Poxon M55 68:55

5 Kate Bryant W60 75:12

14 Dave Mawdsley M70 86:37

19 Stephen Beresford M65 94:45

21 Michael Owen M55 95:43

24 Alison Doyle W60 130:06

Short Green 4.0k (20)

3 Geoffrey Millan M65 62:08

14 Richard Gibbs M60 87:47

Very Short Green 3.1k (6)

5 Sara Farrell W21 96:24

Light Green 3.9k (8)

5 James McCann M14 77:56

Orange 3.2k (14)

5 Ben Dempsey M12 33:40

10 Jennifer Gibbs W60 63:42

October Odyssey -12-13 October 2013 Day 1 Score event & Schools Score Champs**Boys Yrs 10&11 (26)**

4 Matthew Fellbaum 275

8 Neil Barton 405

11 Liz Britton 360

Girls Yrs 10&11 (11)

2 Laura Hindle 240

Veteran (63)

17 Stephen Fellbaum 385

Girls Yrs 12 & 13 (3)

3 Carolyn Hindle 215

18 Trevor Hindle 380

58 Hazel Hindle 200

Open (16)

7 Alice Fellbaum 410

Senior Veteran (28)

3 John Britton 460

Day 2 Black 10.8k (7)

5 Neil Barton M21 91:15

Short Blue 4.9k (41)

10 Heather Fellbaum W50 47:06

Short Brown 7.2k (38)

7 Trevor Hindle M45 58:02

14 Carolyn Hindle W18 48:27

19 Liz Britton W21 69:09

26 Peter Ross M65 56:13

20 Alice Fellbaum W20 69:25

36 Hazel Hindle W50 65:16

Blue 6.1k (45)

2 Matthew Fellbaum M16 42:51

Green 4.4k (46)

3 Laura Hindle W16 42:06

7 John Britton M60 48:56

15 Jillyan Dobby W60 53:26

JOK Chasing Sprint - Newborough Forest, Anglesey 12 October 2013**M40+ (12)**

3 Steve Dempsey M50 66:06

9 David McCann M50 76:50

W40+ (13)

8 Jane McCann W45 80:40

M55+ (22)

17 David Mawdsley M70 93:38

W55+ (12)

6 Jan Ellis W65 99:46

ERYRI Welsh Championships - Newborough Forest, Anglesey 13 October 2013**Brown 8.2k (36)**

4 Alsitair Thornton M18 65:49

13 Martin Green M55 44:12

23 Andrew Gregory M75 50:09

Blue 5.2k (104)

18 Steve Dempsey M50 53:57

32 David Mawdsley M70 54:32

32 John Kewley M50 59:53

42 Marie Roberts W55 58:22

45 David McCann M50 63:39

54 Kath Speak W50 62:22

79 Jane McCann W45 81:28

58 Julie Brook W65 63:47

90 Ian Gilliver M60 96:21

65 Trevor Roberts M65 69:35

85 Jan Ellis W65 92:34

Green 3.8k (95)

4 Vicky Thornton W50 38:31

Light Green 6.1k (23)

8 River Edis-Smith M14 42:44

11 Sally Gilliver W50 43:13

10 James McCann M14 55:01

WCH Oldacre - 10 November 2013**Brown 6.7k (22)**

9 David McCann M50 61:53

18 Jillyan Dobby W60 54:39

30 Chris Kirkham M65 59:57

Blue 5.6k (49)

7 Andy Thornton M50 52:31

33 Kate Bryant W60 60:41

17 Peter Ross M65 63:10

47 Marie Roberts W55 68:29

21 Stephen Fellbaum M50 65:13

49 Trevor Roberts W65 70:05

25 Ray Humphreys M50 67:54

57 Steve Nicholls M55 76:29

32 Jane McCann W45 61:41

61 Kath Speak W50 81:40

37 Ian Watson M65 79:47

64 Tony Wagg M65 87:01

Green 4.5k (72)

12 Eddie Speak M55 53:07

Short Green 3.4k (34)

6 David Mawdsley M70 53:23

14= Alan Poxon M55 54:12

11 Julie Brook W65 59:22

25 Sue Birkinshaw W75 79:23

What Night Street League Could Do For You!

Grahame Crawshaw

I'm sure that you are all aware of Steve Lang's fantastic result in the recent Everest Marathon. You are also probably also aware Steve is the current MDOC NSL Champion. Do I need to spell it out?? Anyway, the 3rd series of MDOC's Night Street League got underway at the end of October. With new mapping standards (all maps are now to SLSSM specifications), a modified – and hopefully improved – scoring system and 8 new areas, the first event in Romiley was eagerly anticipated.

Having made a significant contribution to the production of the base map, Trevor Hindle stood aside to allow new recruit Richard Evans to keep a check on John Britton's planning on the completed map. There was a good turnout of old and new faces on a rather damp evening, and with the usual choice of a 40, 60 or 75 minute run, all appeared to enjoy themselves. In the gross scores results 5 out of the first 6 were non-MDOC orienteers, the top 3 were M21s with pride of place going to Airienteer Leon Foster who ran over 14 km in 60 minutes for 1010 points (10 more than the best score for 75 minutes!). His ability to potentially run 17.5 km in 75 minutes has already caused planners of future events to recheck the "all controls distance" of their courses. In the handicap scores, Paul Turner (M55) moved up to 2nd to split the M21s. Top MDOC performances came from Dan Riley in the gross results (4th) and Jillyann Dobby who just beat Chris Rostron (5th and 6th) in the Handicap.

It was nice to see local residents Frank and Kath Rose at the event. They didn't actually compete on the night, but took copies of the map with a view to a run / walk round at some future date.

The second event took place in Knutsford, with Ian Gilliver planning on his own map, and Kate and Dave Bryant doing the checking duties. There was an excellent turn out, including a contingent from DEE, and a significant number of non-orienteers. Top scorers were Warren Mason (local resident, ex-MDOC, now running for Knutsford Tri) and Paul Turner. Winner on the night, however, was John Britton whose time management skills ensured that he received fewer penalty points than the other 2. John took first place in the handicap from Paul, with Jane Anthony (ex-MDOC, now with SROC) leading the ladies in 4th place overall.

There were many complimentary comments about the map and the planning both at the finish and in the pub afterwards, where there was a real buzz. A subsequent email exchange between John Britton and Darren Baker is well worth a read to get a flavour of what this type of orienteering is about. (I'll pass the info on to Julie to upload to the website – you can then read it in conjunction with Route Gadget!).

Event 3 took place from Burnage Rugby Club less than 2 weeks later. Chris Rostron's map bore more than a passing resemblance to the one he used for The Heaton's event in the last series, with a new strip along the southern edge to include the Rugby Club. Chris also planned the event with Ian Watson acting as checker. Feeling the need to introduce some variety into the format, he decided on a different penalty allocation, with his 10 points per minute significantly less severe than the usual 30. The experienced Street Leaguers (but very few others!) immediately recognised the opportunities presented by this – and a glance at the results will show the consequences. High scorers were Pete Kidd 1410 (8 minutes late), John Britton 1390 (14 minutes late) and Paul Turner 1550, (35 minutes late). Credit too to MDOC's Andy Thornton, who, having opted for a 40 minute run, stayed out for 94 minutes, and, in spite of getting 520 penalties obtained a score of 987 points per hour to end up in 3rd place. Its just native low cunning Andy! Well done to those who spotted the way to maximise their scores, but I'm not sure it turned out exactly as Chris had hoped, and (call me clairvoyant) I don't think the penalties will be quite so "soft" in future.

We reach the halfway point in the series with the next event in Glossop on Thursday 12th of December. Further details are on the MDOC website, and you should have received an invitation

by email already. Julie Brook is planning on Grahame's map, and we are desperately trying to maintain the very high standards already set. Incidentally, you don't need to worry about the contours in Glossop – we've left them off the map!

It's now time for the shameless plug – NSL events are an extremely enjoyable form of orienteering, offering high quality maps and thoughtful planning. They provide the opportunity for a technical training run followed by a social get-together at a time of year when it is often difficult to find the motivation to get out there. There are 5 events left in this series, with your best 4 scores to count – so, forget your prejudices against night O and urban O, and give it a try!

See you in Glossop, and I'll leave the last word to Darren, commenting on the Knutsford event:

"Yet another fabulous event and well worth the traffic hassle. The rush hour should be renamed! Well done to all concerned. Plus such quick results and planner's comments. MDOC are setting great standards. I noticed that there were 58 units and 67 competitors on the night, a fantastic turnout. Brilliant stuff MDOC."

AUTUMN SATURDAY MORNING EVENTS

The autumn series of events are going well, with events at Reddish Vale, Wythenshawe Park, Mersey Vale and Brabyns Park so far, attracting around 50 competitors. Chris Rostron is co-ordinating the series. Thanks to all organisers and planners:

	<u>Organiser</u>	<u>Planner</u>
Reddish Vale	Steve Lang	Chris Rostron
Wythenshawe Park	Chris Kirkham	Ian Farrell
Mersey Vale	Tony Wagg	Paul Clifford
Brabyn's Park	Alison Doyle	Alan Ogden
Bruntwood	Chris Rostron	Steve Nicholls

POSTWATCHERS WANTED

Since its formation in 1986 GMOA (Greater Manchester Orienteering Activities) has developed nearly 60 permanent orienteering courses spread throughout Greater Manchester and its surrounding areas.

Each course has a designated 'postwatcher' who makes a number of visits throughout the year to check on the condition of the POC. This could involve clearing any vegetation around the post so that it can be seen, cleaning the post and reporting if any maintenance work that is required. At present in the southern area of Greater Manchester the following POCs are without a postwatcher:

Burnage RFC - Heaton Moor, Stockport;

Longford Park – Trafford;

Urmston Meadows – Trafford;

Meriton Park – Handforth

If anyone is interested in being a postwatcher, please contact me for further details

Peter Lomas (GMOA)

UK ORIENTEERING LEAGUE

The UK orienteering league is both an individual and a club competition, this year based on the best 10 of 19 nominated events around the country. Club teams require 3 competitors from each of the age groups: M/W 16-21, M/W 35-45, M/W 50-55, M/W 60+ and 3 others. We achieved an excellent third place with 6067 points, after SYO (6696) and OD (6277), and our second team came in 13th position with 4234 points, showing the depth of talent that we have in the club. Matthew Fellbaum, Sue Birkinshaw and Andrew Gregory won their individual class and Dave Mawdsley, Rae Lomas and Margaret Gregory were second, while Alex McCann was third in the very competitive M18 class.

Those contributing to these scores (with individual position and points) were:

<u>A team</u>			<u>B team</u>		
Matthew Fellbaum	M16	1 459	Alistair Thornton	M18	8 349
Laura Hindle	W16	4 439	Thomas Fellbaum	M21	6 343
Alex McCann	M18	3 435	Carolyn Hindle	W18	6 341
Trevor Hindle	M45	15 310	Liam Corner	M40	21 207
Jane McCann	W45	24 213	Steve Lang	M40	24 181
Elizabeth Hamer-Davies	W45	25 210	Paul Watson	M35	32 113
Vicky Thornton	W50	5 455	David McCann	M50	25 224
Steve Dempsey	M50	8 375	Hazel Hindle	W50	29 198
Heather Fellbaum	W50	10 345	Stephen Fellbaum	M50	36 188
Andrew Gregory	M75	1 494	Chris Rostron	M65	5 423
Sue Birkinshaw	W75	1 487	Peter Lomas	M70	5 410
Rae Lomas	W70	2 478	Julie Brook	W65	6 398
John Britton	M60	4 468	Irene Crawshaw	W65	16 293
Margaret Gregory	W75	2 466	Jillyan Dobby	W60	17 291
David Mawdsley	M70	2 433	Kate Bryant	W60	18 275

NOPESPORT URBAN LEAGUE

Scoring in the Nopesport Urban league is based on the best 7 out of 16 selected urban races during the year. Salford was the only North West event included, but some keen club members travelled to events in Sheffield, Hull, Whitby, Lincoln, Ludlow Dorking and Bristol among others.

The Hindle family excelled with Laura Hindle winning the Junior Women category, Carolyn 4th in the Open Women, Trevor 6th in Veteran Men (M40+) and Hazel 7th in Veteran Women. Other good placings were Irene Crawshaw 7th and Rae Lomas 8th in Ultra-Vet (65+) Women and Elizabeth Hamer-Davies 8th in Veteran (40+) Women. Grahame Crawshaw and Peter Lomas were respectively 14th and 15th in the Men's Ultra-Vet class.

MDOC AUTUMN SERIES

Sat 7 Dec Bruntwood Park Starts 10:30-11:15

NIGHT STREET LEAGUE Starts 6:30-7:30 p.m.

Thu 12 Dec Glossop. The Smithy Fold (Wetherspoons), Victoria Street

Tue 7 Jan Timperley. The Moorfield, 131 Marsland Road, Sale

Thu 23 Jan Cheadle. *venue to be confirmed*

Tue 4 Feb Macclesfield West. Macclesfield Cricket Club, Victoria Road

Thu 20 Feb Hazel Grove/Woodsmoor. *venue to be confirmed*

NORTH WEST NIGHT LEAGUE

Sat 7 Dec PFO Dean Clough, Great Harwood Starts 6:00-7:15 p.m.

Sat 11 Jan LOC Great Tower, Windermere 6:00-7:00

Sat 18 Jan MDOC Dovestone, Greenfield 6:00-7:15

Sat 8 Feb DEE Delamere East

Sat 1 Mar SELOC Tandle Hill, Oldham

MDOC EVENTS IN 2014

Sat 4 Jan Lyme Park Charity event Mass Start: 11:00

Sat 11 Jan New Year Social, High Lane Village Hall 5:00-11:00 p.m.

Sun 16 Feb Irwell Valley CompassSport Cup NW first round

2014 Twin Peak weekend

Sat 14 June Sprint event at Platt Fields and Fallowfield Campus

Sun 15 June City of Manchester Urban event

OTHER NEARBY EVENTS

Sun 8 Dec DEE Bickerton www.deeside-orienteering-club.org.uk

Sun 15 Dec SYO Canklow Woods www.southyorkshireorienteers.org.uk

Sun 22 Dec EPOC Storthes Hall, Huddersfield www.eastpennineoc.org.uk

Wed 1 Jan SROC Beacon Fell. New Year Cracker. Start 1:00 p.m. www.sroc.org

Wed 1 Jan DVO Bakewell urban. Start 11:00. www.derwentvalleyorienteers.org.uk

Sun 5 Jan DEE Delamere Forest, level B

Sun 12 Jan SYO Treeton

Sun 19 Jan DVO Farley Moor, Matlock

Sun 2 Feb WCH Beaudesert www.walton-chasers.co.uk

Sun 9 Feb LOC Black Beck, Bouth www.lakeland-orienteering.org.uk

Sun 23 Feb DVO Lindop, Bakewell

Sun 16 Mar DEE Frodsham Hill, Yvette Baker Trophy heat

Wednesday Runs

11 Dec John & Jen Britton 1 Jan *no run*

18 Dec Dave Mawdsley 8 Jan Sue Birkinshaw

25 Dec *no run*

Committee Meetings

7:30 Ladybrook Hotel, Bramhall Mon 9 Dec, 13 Jan, 10 Feb, 10 Mar

TWIN PEAK 2013



Latest O-fashion



Surely you didn't go that way?!



Putting out the String Course



Never look behind you!



*Images of Macclesfield Forest and of Stockport
(photos by Peter Cull)*