



MDOC NEWS

Newsletter of Manchester and District Orienteering Club

DEC 2014



Peter Palmer Relay team (Photo: Steve Dempsey)

**! NEW JUNIOR SECTION !
PETER PALMER RELAY
OMM, NW TRAINING**

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ISTANBUL, MONTENEGRO, BRAZIL**

CLUB AGM

GRAND CHRISTMAS QUIZ

A variety of colourful pictures!



VHI England team with Vicky Thornton (2nd from left) and John Britton (2nd from right)



Finish at the Swedish O-ring



Cake baked by Cecilia Fenerty for helpers at the Wythenshawe Park event



A small waterfall in Brazil! ...



... and as shown on the O-map

NEWS

A brilliant performance by MDOC Juniors at the Peter Palmer Relays resulted in their coming second by only two seconds. Their picture certainly deserves place of honour on our front cover, and a full report by Carolyn Hindle is given later. Well done to everyone in the team: Matthew, Carolyn, Laura, James, Ben, River and Alistair.

Carolyn, Laura, Alistair and Matt were also selected for the NW team in the Junior Inter-regional championships held at Graythwaite. They all had good runs, and the NW team were second to a very strong Scottish team.

Matthew Fellbaum won the M16 class in the World Schools Qualification Race in Leeds, and was later selected for the 2015 World Schools' Championships in Antalya, Turkey. In the British Schools' Championships the following day Matthew won Year 12, Laura was 4th in Year 11, Carolyn was 5th in Year 13, Nathanael Horton was 8th in Year 9 and Ben Dempsey 11th in Year 8. Fallibroome Academy were 1st in the Year 12 boys team competition, with Matthew Fellbaum, Edward Harvey and Edward de Sousa. They came 6th overall in the Large Secondary Schools category. Cheadle Hulme School, Poynton High School and Manchester Grammar also were represented in the Championships.

MDOC AGM 16 October 2014

The **Treasurer**, Steve Dempsey, presented the Financial Report for 2013-2014. The key points were:

- (i) We made a net profit of £2700, against a plan for a net loss of £3000.
- (ii) Events made a net profit, thanks largely to two Twin Peaks and the Lakes 5 day..
- (iii) Membership income fell slightly.
- (iv) Relays were becoming expensive, with major event entries costing £1500.
- (v) The net cost of the minibus was £2000, compared with £1000 the previous year. We will need soon to consider if and when to replace it.
- (vi) Overall the finances are strong.

The Financial Plan for 2014-2015 has yet to be discussed in committee. The default plan is to spend £3K on mapping and equipment and £1K on coaching and training courses. Income will be larger but there is the possibility of replacing the minibus.

A constructive but lengthy debate ensued on membership fees. The general aim was to increase membership, including from school groups. In view of the Lakes 5 windfall, some clubs had opted for a year's free membership for all. The treasurer cautioned that our current fees brought in £1500 and we could not afford to lose this long term. BOF fees would remain at £5 (seniors) and £2 (juniors). The meeting voted on 4 proposals. By a majority of 1 vote we agreed fees of £5 for seniors and free membership for all juniors, and for seniors during their first year of membership.

The **Chairman**, David McCann, gave his report on the year.

- (i) Membership fell by 7½%, in line with the average for NW clubs, but our decrease may have been exaggerated by the loss of some 'free' members from Fallibroome.
- (ii) The young and the old(ish) achieved much. Our juniors formed part of a strong NW squad (Carolyn and Laura Hindle, River Edis-Smith, Alistair Thornton, Ben Dempsey and Matthew Fellbaum). Medal winners at major championships were Matthew Fellbaum, Vicky Thornton, Sue Birkinshaw, Andrew Gregory, John Britton, Rae Lomas and John Kewley. Relay triumphs included M18 (Gold, British), W50, W60 and Men's Short. Thanks to Vicky as Club captain. John Britton and Vicky Thornton were selected for the home veterans international and Matthew Fellbaum and Alistair Thornton were selected for junior internationals.

- (iii) The Manchester weekend and Lakes 5 days were well received and have given us an income boost. The latter gave a total profit of £34K to the Region.
- (iv) Jim Nightingale finally retired as storeman, leaving Pete Lomas to plough on unguided. Many thanks to Jim (and to Pete).
- (v) Club development. Income from the NW in the coming year will include £1600 from the Lakes 5 proceeds (a one-off share) and a further development grant of £1000 to be assigned to specific projects. Courses for First Aid, coaching and controlling will also be fully funded by the Region. Issues to be addressed could include promoting membership to permanent course users, continuity between events, a new members pack, 50th anniversary celebrations and publicity.

A wide-ranging discussion followed. The new club vests have been well received and Trevor Hindle was complimented. There was support for a new design of O top such as might be provided by the Bulgarian company that had supplied our vests.

John Britton reported 2-4000 permanent course maps were printed each year, with school groups recycling them. O-plaques could be added to the posts with QR codes linking to the Club website. Geo-references on maps would enable people to track their route and upload to route gadget.

We could publicise our activities via flyers at adventure sport races (e.g. Peak Raid events) and it was noted that SELOC had gained members as a result of weekly club nights. Young people could be encouraged to make the website work better. Pre-event terrain guidance was an example and further suggestions are invited.

Matthew Fellbaum was thanked as junior rep and Vicky Thornton as Club Captain. Long may she reign over us was the view endorsed.

8. Election of Officers and Committee

The following were elected:

		Proposer	Seconder
President	Frank Rose	Andrew Gregory	Rae Lomas
Chairman	David McCann	Steve Dempsey	Ian Gilliver
Secretary	Tony Wagg	Eddie Speak	Kath Speak
Treasurer	Steve Dempsey	Chris Rostron	Eddie Speak
Fixtures Secretary	Sue Birkinshaw	Rae Lomas	Steve Dempsey
Junior Representative Committee	Carolyn Hindle Julie Brook	Andrew Gregory Eddie Speak	Stephen Fellbaum Hazel Hindle
	Trevor Hindle	Andrew Gregory	Jen Britton
	Eddie Speak	Ian Gilliver	John Britton
	Kath Speak	Pete Ross	Jen Britton
	John Britton	Andrew Gregory	Stephen Fellbaum
	Margaret Gregory	Trevor Hindle	Stephen Fellbaum
	Pete Lomas	John Britton	Stephen Fellbaum
Auditor	Andrew Addis	John Britton	Dave McCann

JUNIOR SECTION – Edited by Carolyn Hindle

North West Junior Squad Fitness Testing

By James McCann introduced by Carolyn Hindle

Every 6 months the squad holds it's fitness tests in order to see the fitness standard we are working at, and what we need to work on, be it stamina or speed. I spoke to James McCann (M14) and asked him a few questions about the way the day is laid out and what it focuses on.

What do you do at the fitness testing?

At fitness testing we do 6 tests, they are;

- The Cooper test (12 minute run)
- The Bleep test
- The 20-metre sprint
- The Illinois test
- The Standing Long Jump
- The Sit and Reach
- Sit-Ups



What exactly do they test?

The Cooper test measures is designed to measure a persons speed and endurance as they run as fast as they would like for 12 minutes around a track, aiming to run as far as they can. The bleep test measures stamina and turning speed whilst the 20-metre sprint measures acceleration, which is an ideal skill for sprint races. The Illinois test measures agility as you weave around cones and turn corners to complete the course as quickly as you can, whilst the standing long jump measures explosive power. Finally the sit and reach measures flexibility, which ranges a lot and can be quite funny to watch!

And finally, what is your favourite test?

My favorite test is the Illinois agility test because I really like weaving through things and I prepare for it by running around obstacles whenever I go running.

PETER PALMER RELAYS

Carolyn Hindle

When the Peter Palmer's 2014 was announced, MDOC was determined to put together a good team with some members representing MDOC for the first time, and others for their last. The team consisted of Matthew Fellbaum, the first dark leg, myself on second, Laura Hindle on Light Green, James McCann on Orange, Ben Dempsey and River Edis-Smith on Yellow and Alistair Thornton bringing it home on the Green anchor leg. Arriving on the Saturday evening, driven by our chauffeur and excellent team manager, Steve Dempsey, we were then shown to our tent. This was a different kind of accommodation in comparison to the normal large Peter Palmer sports hall! MDOC then ventured out to a fish and chip restaurant nearby for tea, yummy, and a team talk of tactics and conspiracy!

Having planned when people would need to emerge from the tent in the unearthly hours of Sunday morning and hidden our game plan from snoopers of the opposition (yes DEE we mean you), we returned to the campsite, where many of the clubs had now arrived. Football, cards and Perudo were enjoyed until we all realised that we only had 5 hours until the start of the race and decided to turn in for the night.

Next thing we knew it was time to get up and get ready to run - well Matt and I at least! Emerging into the darkness with torches blazing we psyched ourselves up for the race. I had to collect my tracker, which was a new experience for me but very useful and interesting for all the spectators - especially in the final legs as things turned out! Matt flew around the course on first leg, allowing me to set off before 5am!



I had a relatively sound race with few navigational errors. The course began with a quick decision at a path junction which caused confusion for many of the early runners but luckily I managed to choose the right one! Having

attempted to go through the forest for one leg and getting caught by the brambles, I decided it would be best to use the paths! Then it was about staying focused and making sure I was on the right path. Due to the earlier start it was a lot darker than last year, adding to the technicality but making it great fun all the same!

Entering the spectator control, it was still quite dark, much to Laura's disappointment as she had to set off on Light Green with her head torch! She ran well, handing on to James who headed out with the tracker. We watched keenly as he passed runners, maintaining a good pace and accurate navigation. Then the pairing of River and Ben set out both completing terrific runs and hope for a high podium place was increasing.

Alistair set off at speed and had advanced our placing to second before the first half of the race was over, chasing down Nathan Lawson from OD. We all waited, watching the trackers nervously as Alistair began to gain time on Nathan's 3 minutes 50 seconds lead. As they entered spectator control he had just about caught him and anything looked possible! Our team cheered him on frantically, and after a dramatic sprint finish – Nathan managed to win by a mere 2 seconds!!

So that was that: the podium for the Peter Palmers 2014 OD 1st, MDOC 2nd and LEI's Hannah Cox coming home in 3rd. I really enjoyed the race with a great course planned by Zac Field, a huge thank you to him and all the helpers and organisers from HALO and SYO it was an excellent, intense and gripping race, enjoyed by all of us!



Laura, Matt, Carolyn, Alistair, River, Ben & James

OMM 2014

Matthew Fellbaum

Earlier this year my brother Tom and I decided we were going to attempt to complete the Original Mountain Marathon. This year it was in the Cheviot Hills in Northumberland and we were doing the D class. It was my first time but Tom has done it once before, although anything he had learnt then he'd pretty much all forgotten which was helpful!

Preparation. About a month before the race we started going on long runs together to get to know how our bodies would cope with the event. This helped as we got used to running together and we spent long periods of time discussing possible scenarios; such as what to do if one of us ran out of energy. We also had to get all the kit together to satisfy the extensive kit list provided by OMM, some of which was vague so had us guessing what it meant, the first aid kit being the main difficulty. Even with Tom nagging me to get it all sorted, we still ended up with a mad scramble to sort out what we were taking in the Friday morning before.

John Britain was doing the Medium Score with daughter Liz so he kindly offered to take us up to Northumberland. The journey didn't start off well - we had to turn around after 30 minutes as John had forgotten his "official string" that he uses to measure distance. John gave us his top tips that he's picked up after a grand total of 20 OMM's, such as taking bubble wrap to sleep on at night for insulation – I wish we'd known this beforehand! On arrival we registered in the event centre and I was given an SI card that had to be attached onto my arm and proceeded to annoy me for two days straight!

Day 1 was the longer day of the two at 19km and 1500 metres of climb straight line. We ran it steady while maintaining regular eating, and we kept picking other teams off throughout the day. Tom did the majority of the map reading and was stronger on the hills so he helped me out by giving me a push up a few! It was incredible to look back and see some of the climbs we'd got up and the steep downhill's that we resorted to "bum sliding" down, a patented technique I picked up from Alistair. Towards the end of the course Tom realised that two guys, (we called them orange shorts becauseerm....I forget what), about 500m behind us were catching us. This caused us to panic and start pushing harder to keep ahead. Up a long ascent we could see them gaining but then we lost them due to a better route choice that involved dropping into a huge, felled re-entrant and then climbing up the other side through the rough cut trees.

We were the first finishers by about 30 minutes so got prime choice of pitch behind a farmer's plough. This was the perfect windbreak... until the wind direction changed later on and the plough acted as a funnel for the wind! We realised we had 17 hours to wait until our start the next morning, oh dear. After a couple of hours sleep it was only 3:30pm and we began to get very claustrophobic. What didn't help me was that we were camped on a slope and Tom decided that I was to be the one sleeping head first down the slope. On checking results we discovered that we had a 30 minute lead going into day 2's chasing start, erm what? We ate our "delicious" dehydrated food rations and waited, and waited, and waited.

Day 2. The next morning Tom told me he had been freezing all night and not slept, so he wasn't happy to hear that I'd had a fantastic night's sleep, due to my sister kindly lending me her expensive sleeping bag! Then, disaster struck! Our "waterproof" matches had got wet during the night and despite about 10 matches wasted we couldn't get them to light. This meant no breakfast other than some malt loaf and caused us to nearly miss our start.

For the majority of day 2 we were on our own so we just set a pace and kept going. The organisers had implemented the wet weather courses so we managed to get round without

needing too much food. On the final 2km run in I realised how close to the finish we were so I sped up, leaving Tom not too happy after being stronger for most of the two days. Again we were first back and we won our class by almost 75 minutes! After a 2 hour sleep in John's car, we got back to find we'd missed the prize giving...oops!

Immediately afterwards I decided that I was proud to have done the OMM but I don't want to do it again in the near future. But now, on reflection, I've reconsidered. I'm definitely never ever doing it again! Until next year...

Other MDOCers to do well were John and Liz Britain – 11th and 1st family on Medium Score, Rosie and Tim Martland – 19th and 3rd family on D, and Alannah and David Birtwistle – 113th on Long Score. Sorry if I missed anyone.

Istanbul 2014

Peter Ross

Day One. Well I suppose the sat nav got us there in the end but dear oh dear. Two hours for a "half hour" journey from our apartment in a hip Istanbul environ to a relatively remote spot in a forest via other absolutely remote spots on dirt roads left us frazzled and late. It wasn't as though the previous night had been easy. There were the Ottomanic city noises to enjoy. The taxis beeping, the kick-every-milk-bottle man, the motor biker calibrating and re calibrating his tachometer, the insomniac bin men, the man in the cafe who did hold forth for ever and ever amen, and just as the cats stopped fighting and an exhausted calm descended down our street, came the pre-recorded and highly amplified call to prayer. Too late you might say, and certainly too early.

So one way and another it seemed reasonable to suppose, as we picked up our maps and jogged to the start kite, at newly negotiated start times, that the actual orienteering was going to be a gentle return to a familiar comfort zone. It was not, challenges abounded. The area was technically challenging because although the dark green, light green and hatched areas were plentiful on the map they were indistinguishable on the ground, the bushy vegetation made spurs and reentrants indistinguishable, and the paths were undiscernible. Personally I felt that my run was likely to be undistinguished, which proved to be the case. In the meantime the killer thorny creepers were proving a physical challenge. These hung down in a creepily unexpected way from the trees and shrubs. They had the tensile strength of piano wire, big sharp thorns, and garrote written all over them.

The lost souls in the forest, of which there were plenty, were all desperate for slivers of help, and created a series of emotional challenges. To give you a clue as to the level of despair one competitor took over two hours to find her first control and then retired. But here's the thing, Sara, Jillyan, Ian and I all completed our courses and we all felt pretty good about it. And the satnav eventually found us back to the apartment which, it turns out, has a top class fish restaurant next door but one. Further, in Istanbul at least, it is socially acceptable to pig out on otherwise disgraceful amounts of baklava.

Day Two and it's proving at least as difficult to find the events as it is the controls. The taxi sort of took us (a feature of Istanbul taxi drivers is their reluctance to go the last mile, never mind the extra bloody mile) to the harbour where a boat was to take us to the

island venue. Which boat though? Panic, until keen eyed Jillyan spotted a crocodile of orienteers. We tagged along.

It was raining on the island so claiming the last chair in the indoor changing area was a bit of a luxury plus. The middle distance course was a mixture of forests (two, the island had one at each end) and urban. The bushes in the forests were close enough to restrict visibility but thin enough for those with a good side step to run through at speed. I have to tell you that my side step skills peaked many years ago and my meagre navigation skills do rely on seeing where I'm going. Tricky. The urban section had streets steep enough to have steps - a feature of the roads that the satnav was having difficulty with on the mainland - a hazard best mitigated by a sturdy handrail had there been one. Also tricky. The good news was the lack of any killer thorny creepers.

But here's the thing, Sara, Jillyan and I all finished with reasonable times and we also made the cut for the first boat back. (Ian didn't run as he was poorly bad with food poisoning - the fish we think). The three of us walked back to the apartment from the harbour. It was less hassle than a taxi, and quicker, and got us all the way.

That night we decided to go vegan. The restaurant ambiance was v. laid back. You could tell because one of the customers was asleep. I haven't the space to tell you about the others. The waitress was so other worldly that we had to prompt her for the menu. To be fair there was no menu. However she did produce a plate upon which were arranged different vegan foodstuffs from which to choose. It wasn't difficult to decide to go off menu, as it were, and we ordered lentil soup and a beer. The provenance of the beer was clear - it came from the offie across the street. We couldn't tell where the soup came from, but it did taste good. The waitress undercharged us. We think it was to do with carrying tens into the next column. We coughed up anyway.

Day Three. This was the day the four of us found ourselves on the wrong continent. It happened in a trice: wrong lane, wrong exit and suddenly we were stuck in the 5km tailback to cross the Bosphorus from Europe into Asia and nothing could be done about it. There wasn't much to be done about avoiding the 5km tailback back from Asia into Europe either.

We knew that new start times were non negotiable - a condition of the previous negotiations. Further encounters with the killer thorny creepers were likely. It was raining cats and dogs. Spirits were low. What was to become of us?

Somehow, we all made our start times. The terrain was similar to Day One and had the same challenges, but it also had a couple more: the valleys were steeper and much, much wetter. It rained heavily throughout. At one point I had to wash the mud off my map in the water that was handily cascading down a forest track. Even as the end was in sight the taped route to the finish was roped to prevent competitors being washed down a torrent that had appeared. And here's the thing: we all four finished, and felt quite good about it. What's more, we learnt from the journey back to the apartment that we hadn't been so unlucky with the morning's 5km tailbacks as we first thought: Istanbul has them everywhere.

Day Four. Now to let you in on a little secret. We started the day with hopes for a place on the podium! Our target category was the Women's Open. Podium places were based on aggregate times over the first four days, and our Sara had completed three (magnificently) and was lying third. One journey of 120kms and one, world ranking, urban sprint to go. Ominously, but in a good way, we drove to the venue with time to

spare. It was a Black Sea resort that had seen/ I hope will see better days. The townsfolk turned out to sell us dried chickpeas and maize, huge loaves of bread wrapped in cling film, raw chestnuts and jars of honey. You'd think that maybe one orienteering Finn, Russian, Brit, Estonian, Kazakhstani and or even a Turk would be interested. Not so I'm afraid. Back on the track, and here's the thing, the four of us did quite well, even if some of the open areas in the town were ankle deep in water. Jillyan ran a blinder, Ian and I were solid, and hurrah, Sara held her position. Accordingly, I am proud to report Sara played a prominent part in an extravagant podium ceremony. (Note to treasurer: MDOC must purchase a gold foil ticker tape blower machine immediately.)

We went for the celebratory burger and fries option that night. The franchise and its electronic gadgets were 21st century, but the lemonade tasted just like my granny used to make. I just wonder how the recipe got to Istanbul.

Day Five, and time to take on the famed Grand Bazaar sprint. Travel-wise it was not too far from our apartment. The taxi driver outside certainly thought so. He turned us down flat. We had to walk. Once there we discovered that the map had an unusual convention: red circles were for controls at ground level and green circles were for those to be found upstairs. The races were around 2km and pretty much under cover apart from the occasional open courtyard. It was great fun. Spectators were able to witness a maze and the start/finish which added to an already exceptional atmosphere. Jillyan adapted to the situation particularly well and was only 7 seconds off the podium, the rest of us were in our respective packs.

All credit to the Istanbul Orienteering Club who worked so hard too provide a variety of orienteering experiences over five successive days. They put in long shifts every day in difficult conditions. A nice touch was the availability of free cups of tea at assembly. Well done I say.

After the sprint we bought pomegranate juice, some hot chestnuts and stunningly sweet crunchy syrup doughnuts and walked back through the clothing market, the Spice Bazaar, over the bridge of one hundred fishermen, past the open air fish market (yes, I know, but fishermen are a funny lot), and up the steppy streets to our apartment. To be honest we didn't rush; it had been one full on week.

5+5 Dubrovnik – Montenegro – Puglia

Ian Gilliver

My Park World Tour Italia 5+5 trip to Sicily in the autumn of 2012 ranks among my top 5 holidays ever: decent hotel accommodation, fantastic food, wonderful scenery, daily warmth and sunshine, and 10 orienteering events, all shared with like-minded people from various European countries. A key ingredient for me is the orienteering, not full length courses each day which leave me with little energy or desire to do anything else, but very well-planned sprint or middle-distance events which give an intense burst of the sport that I love, but leave time and breath for other holiday activities. Inevitably, I was therefore drawn towards the 2014 5+5 events in Dubrovnik – Montenegro – Puglia (i.e. SE Italy), but as I’m scared of flying I had to choose between train and car.

I had previously driven to Dubrovnik in 1973. On leaving university that summer, two Daves and I had borrowed my dad’s Austin 1100 and driven to Istanbul and back, via Venice, the (then) Yugoslav Coast, around Albania (as it was then ‘closed’ to visitors) and on to Athens, before heading north to Turkey. Some 6000 miles in 5 weeks, – and only three breakdowns.

In September/October 2014, it was therefore an easy decision for me to drive to Dubrovnik and on to Montenegro for 5 O-events there, before catching a ferry from Bar in Montenegro to Bari in Italy for a second set of 5 events. The key difference this time is that I would do all the driving myself, Sal having had a holiday in Iceland a fortnight before. In the end I covered some 4600 miles in 19 days in my trusty Octavia. On the motorways of Europe, I learned that, for me, 500 miles between overnight stops was fine, but more than 600 miles (which I did on 3 occasions) was a bit of a stretch, especially when delayed by roadworks or accidents. On one day I had 13 hours in the saddle – too much.

Following Chris Rostron’s advice, I had equipped myself with a Garmin Satnav which was a boon – though it didn’t always provide the help that I was looking for. On the first day of my return trip, the advice “In 453 miles, bear right...” was rather light on detail, especially when negotiating the ring road around Bologna. As each over-bridge on the Italian autostrada is clearly numbered, I know that on that day I drove under more than 530 bridges. Together with an untold number of viaducts, some of which are quite magnificent, I realise that without the skills of civil and structural engineers, my trip would have been impracticable.

The Dubrovnik-Montenegro week was masterminded by Zoran Milovanović and the Puglia week by Gabriele Viale, head of Park World Tour Italia. Mapping and planning for both weeks were undertaken by orienteering professionals, and supported by multiple world champion (and PWT founder) Jorgen Martensson. When the rest of us were enjoying ourselves, Jorgen was to be seen working on his laptop, making sure that his PWT arrangements for taking 260 people to the World Masters Championships in Brazil were watertight. If you’ve orienteered in Europe, or watched PWT Italia’s videos on-line, you will have heard Nic Manfredi’s song “You and me”. [Some 225 people took part in the first week, the majority being Norwegian as the events coincided with their school half term. There was a handful of Brits \(David and Miriam Rosen, John and Jenny Collyer \(SOS\) and myself\); and a few expatriate Brits \(Nigel and Barbara Foley-](http://www.amazon.co.uk>You-and-Me-Orienteering-Version/dp/B00N4KNI8E I lost count of the number of times we heard that song in the second week, most of them sung by the man himself.</p></div><div data-bbox=)

Fisher, now in Athlone), and Steve Kirk (ex-OUOC, -RUOK, and –SN, now living in Switzerland). The Italian events attracted only a few more than 100 participants, with some 27 people doing both weeks. Richard and Jane Payne (EPOC) and the Collyers were there for the Italian week. Perhaps unsurprisingly, I seemed to be the only person in either week to have taken his own car.

Those who flew from Montenegro to Italy had the benefit of a bonus event (and wine-tasting) in Matera, “possibly the best sprint-orienteering location in the world”, whereas I had to wait two days to catch a ferry - swizz!

Nevertheless, there were several highlights of my trip:

- Zadar in Croatia: delightful town by the sea, especially its ‘sea organ’
www.croatatraveller.com/Zadar/SeaOrgan.html
- The Dalmatian coast in Croatia, especially either side of Brela –just as beautiful as in 1973;
- in Montenegro, driving up the 25 hairpin bends of the Ladder of Cattaro, uphill from Kotor to the middle-distance event in the Lovcen National Park (I really should have read the guidebook before making that trip and I’m glad I didn’t have to drive back down!)
<http://www.gettyimages.co.uk/detail/photo/montenegro-bay-of-kotor-view-from-the-high-res-stock-photography/155771852>
- hiring a boat (with myself as the only passenger) on Lake Skadar (some 40km x 14km) in a Montenegrin national park;
- in Italy, a quick trip to Lecce to see its baroque buildings;
- even quicker visit to the very heel of Italy, Capo Santa Maria di Leuca;
- having a swim in the Baia Verde, south of Gallipoli;
- mile upon mile of tranquil, shady olive groves;
- sprint events in the old towns of Dubrovnik, Kotor, Herceg Novi, Monopoli, Alborobello (through the magnificent trulli), and Bari – wonderful technical orienteering, scenic and atmospheric;
- morning and afternoon middle-distance events in Chiatona Forest, pine-covered dunes in the instep of Italy, where the undergrowth is wild rosemary – decidedly aromatic;
- squeezing in, between the two events in Chiatona, a lightning lunch of fresh pasta in a restaurant in the sassi area of Matera - truly delicious, and featuring a green vegetable I’d never eaten before! Afterwards, I just had sufficient time to see why Matera is such a good sprint area; and finally
- on my drive back, stopping over in Piacenza and (simply by good fortune) stumbling across a bar serving Italian birra artigianale (real ale) from a hand-pump – a perfect end to the holiday!

BRAZIL

Andrew Gregory

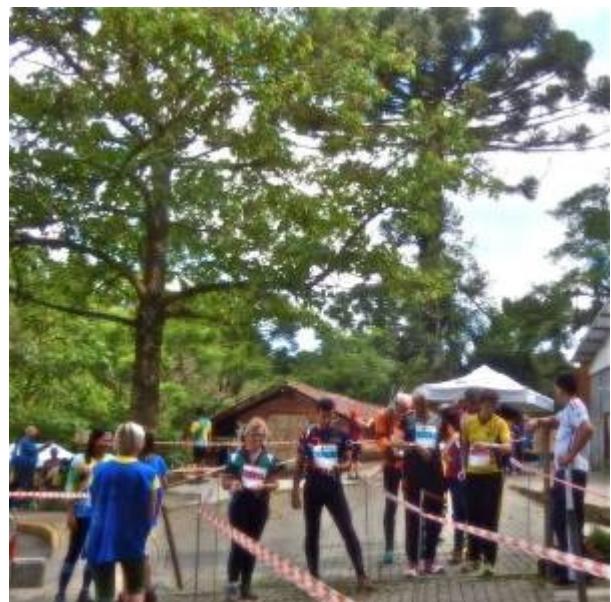
The annual World Masters' Championships always provides a good excuse to visit somewhere interesting. With the event being in Brazil this year it was too tempting to miss, so Sue Birkinshaw, Margaret and I planned to go, combined with a tour around the most well known sights of the country. Brazil is as large as Western Europe, and just as varied. The orienteering was in the south in wooded hills near the border with Uruguay. In the Amazon rainforest you would need a machete rather than an SI card!

We started in Rio with four days in a lovely guest-house in a hilly part of the city with hummingbirds in the garden and breakfast outside under a large banana tree which was regularly visited by a toucan and a family of marmosets. Then to the southern city of Porto Alegre that was hosting the Sprint Qualifying event. Some problems with the arrangements resulted in a very detailed city park for a sprint training event, but a rather easy one (in heavy rain) for the qualifying event itself. However we then moved to the town of Canela in the hills for the Sprint Final and the Long Distance events.

This was an area originally settled by Germans about a hundred years ago and they still maintained some of their traditions. The most obvious was an over-enthusiastic celebration of Christmas that started early November. Christmas trees, Santas, Elves and Gnomes decorated every street intersection and all the shops were filled with Christmas gifts. A grand parade of orienteers through the town followed by the opening ceremony was scheduled. Unfortunately the parade was cancelled due to rain, but everyone crammed into a small theatre for the opening ceremony. I was hoping for a carnival atmosphere with exotic costumes and samba dancing, but no – we just had the local folk dance group and children performing very Germanic traditional dances.

The Sprint Final was an interesting area, an ornamental park bordering a forest containing a 130m high waterfall (see p.2). We were recommended not to take short cuts through the vegetation, and this proved sound advice. However there was enough detail and variety of features within the park to keep you thinking throughout the course.

The two qualifying Long Distance events the Final were in nearby forested hills. The contours were not complex, and the technical detail came from controls being anthills or deciduous trees in the middle of pine forest. The weather improved during week, and it became very hot and sunny by final day.



Start of Sprint Final

About 1500 competitors took part altogether. I was hoping the large number of Scandinavians that usually dominate these events would not be present, but no such luck! Several large tour groups brought over a large number of Swedes and Norwegians, the majority of whom were in the older age classes. In M75 we had over 60 competitors, and

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Sue and Margaret in W75 had over 30 competitors. Only 25 Brits had made the journey, and the only ones in the prizes were Nick Barrable who won M40 sprint and tied for first on the long distance. Peter Gorvett was 2nd in the M65 sprint and Ursula Oxburgh was 3rd W80 in both sprint and long. In the Sprint Final I was pleased to come 8th. Sue was 7th and Margaret 7th in the B class. In the Long distance I was 20th, Sue 14th and Margaret 13th in the B.



Sue, Margaret & Andrew with Eddie Harwood, Margaret Dearman & the waterfall

At Canela we had quite a spacious self-catering place. The other Brits were scattered around a variety of hotels and apartments. Margaret very bravely offered to host a party for everyone one evening, cooking the Brazilian National dish Feijoada, which is a stew made with black beans and meat. She made both a meat and a vegetarian version. Everyone who came was asked to bring drinks, bread or dessert, and the evening was a great success as it was the only time everyone met up together.

After the event the hard orienteers went on to an event in Uruguay, but we toured some of the sights of the country, including the amazing waterfalls at Iguazu on the border with Argentina. These are more impressive than Niagara, and require one day on the Brazilian side and another on the Argentine side, including a very wet boat trip. We then went to Manaus and an eco-lodge in the Amazon rainforest where activities included boat trips, jungle hikes and fishing for pirhana that was then cooked for the evening meal (very tasty!) We then visited Brasilia, the capital, that has some very impressive modern architecture. Brazil is certainly a very exciting and interesting country, and well worth going to, without needing the excuse of an orienteering event!

Please send items for the
February 2015 Newsletter
to Andrew Gregory
or Carolyn Hindle

RECENT EVENTS

DVO Longstone Moor - 21 September

Brown, 7.2k (36)

8	Matthew Fellbaum	M16	53:46
9	Liam Corner	M40	56:40
11	Jim Trueman	M50	58:26
Blue, 6.2k (58)			
21	Stephen Fellbaum	M50	62:17
27	Jane McCann	W45	64:52
29	Ian Farrell	M21	66:04
30	Peter Ross	M65	67:04
31	Eddie Speak	M60	67:38
39	Chris Rostron	M65	72:57
40	Alan Ogden	M50	73:06
48	Paul Watson	M40	79:02

Green, 4.2k (63)

12	Martin Green	M60	46:59
28	Andrew Gregory	M75	50:23
32	Kath Speak	W55	52:19
33	David Mawdsley	M70	52:38
49	Jillyan Dobby	W60	59:46
57	James McCann	M14	66:50
63	Julie Brook	W65	83:31
Short Green, 3.4k (35)			
7	Alan Shaw	M65	47:20
18	Jenny Shaw	W65	55:08
31	Sue Birkinshaw	W75	68:04

SELOC - Clowbridge - 28 September

Brown, 7.9k (4)

1	Liam Corner	M40	73:48
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Short Brown, 6.6k (17)

11	River Edis-Smith	M16	88:40
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Blue, 5.0k (29)

25	Stephen Martin	M55	85:57
28	Jack Leach	M55	120:22

Short Blue, 4.0k (18)

5	Chris Rostron	M65	60:40
8	Ian Watson	M65	64:02
10	Chris Kirkham	M65	65:54

Green, 3.4k (28)

6	Kate Bryant	W60	55:42
7	David Mawdsley	M70	60:11
10	Kath Speak	W55	62:18
12	Stephen Beresford	M65	63:30
13	Geoffrey Millan	M70	64:21

Short Green, 2.4k (12)

2	Richard Blake	M65	47:51
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Orange, 3.0k (4)

3	Stephen Owen	M14	58:35
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Yellow, 2.0k (8)

3	Carol Owen	W50	35:04
4	Becky Owen	W12	37:36

DEE - Formby Dunes - 5 October

Brown, 8.5k (23)

2	Alistair Thornton	M18	67:07
4	Liam Corner	M40	72:38

Short Brown, 7.5k (53)

2	Matthew Fellbaum	M16	52:47
21	Steve Dempsey	M50	73:17
24	Trevor Hindle	M50	75:24
27	David McCann	M50	77:33
38	Carolyn Hindle	W18	85:26
48	Stephen Fellbaum	M50	100:16

Blue, 6.0k (92)

16	John Britton	M60	53:39
19	Cerys Manning	W21	56:00
27	Vicky Thornton	W50	57:30
70	David Dann	M55	74:02
71	Jane McCann	W45	74:43

Short Blue, 4.8k (67)

3	Laura Hindle	W16	40:42
18	Martin Green	M60	52:10
38	Hazel Hindle	W50	63:02
40	Stephen Bingham	M55	63:32
46	Trevor Roberts	M65	66:27

49	Grahame Crawshaw	M65	66:27
52	Chris Kirkham	M65	75:12
61	David Wathey	M45	88:43
63	Michael Owen	M60	96:48

Green, 4.2k (111)

12	Andrew Gregory	M75	48:33
37	David Mawdsley	M70	54:54
38	James McCann	M14	55:06
48	Kath Speak	W55	59:25

62	Peter Lomas	M70	63:10	38	Jan Ellis	W65	85:41
66	Julie Brook	W65	65:01	Very Short Green , 2.8k (8)			
75	Marie Roberts	W55	69:57	3	Sue Birkinshaw	W75	65:40
85	Stephen Martin	M55	73:01	Light Green , 3.1k (44)			
94	Alsion Doyle	W65	78:31	21	Ben Dempsey	M12	42:59
98	David Walker	M70	83:57	32	Carol Stynes-Martin	W45	53:50
Short Green , 3.5k (45)				Yellow , 1.8k (18)			
5	Heather Fellbaum	W50	50:36	16	Dominic Wathey	M10	34:26
13	Rae Lomas	W70	58:48	White , 1.4k (2)			
24	Irene Crawshaw	W70	69:39	1	Dominic Wathey	M10	12:37
32	Cecilia Fenerety	W50	77:09				

EPOC - Midgely Moor - 19 Oct

Brown , 7.7k (12)				14	Michael Owen	M60	71:12
7	Liam Corner	M40	66:49	17	Stephen Beresford	M65	73:59
Green , 4.9k (26)				Short Green , 3.0k (18)			
2	Ian Farrell	M21	52:03	2	Jillyan Dobby	W60	34:18
4	Chris Kirkham	M65	57:39	4	Geoffrey Millan	M70	37:55
12	Peter Ross	M65	64:46	16	Alison Doyle	W65	59:15

SELOC - Nuttall Park - 25 Oct

Light Green , 3.6k (21)				Orange , 2.4k (7)			
4	Steve Martin	M55	52:16	3	Cecilia Fenerty	W50	34:50
5	David Wathey	M45	53:10	Yellow , 1.3k (11)			
9	Chris Owen	M55	63:28	3	Dominic Wathey	M10	14:58
18	Liz Whitfield	W35	101:32	8	Becky Owen	W12	18:30
				11	Carol Owen	W50	21:40

DVO - Longshaw - 26 Oct

M40L , 9.7k (5)				M70L , 5.7k (18)			
1	Liam Corner	M40	80:14	8	David Mawdsley	M70	71:22
4	Stephen Lang	M40	102:40	W16A , 5.7k (19)			
M50L , 9.0k (33)				4	Laura Hindle	W16	48:12
12	Trevor Hindle	M50	80:02	W20L , 5.6k (4)			
13	Steve Dempsey	M50	80:06	4	Carolyn Hindle	W18	58:36
27	Stephen Fellbaum	M50	96:37	W21S , 5.7k (10)			
M50S , 5.7k (11)				1	Cerys Manning	W21	50:17
4	Alan Ogden	M50	59:54	W50L , 6.2k (15)			
M55S , 5.7k (11)				8	Hazel Hindle	W50	77:22
2	Eddie Speak	M60	59:26	W55L , 5.7k (20)			
6	Martin Green	M60	63:49	12	Marie Roberts	W55	73:32
M60L , 6.7k (28)				14	Kath Speak	W55	75:35
26	Ian Gilliver	M60	111:25	W60L , 4.5k (13)			
M65L , 6.2k (25)				6	Jillyan Dobby	W60	57:02
15	Peter Ross	M65	69:59	7	Kate Bryant	W60	57:07
20	Chris Kirkham	M65	79:05	W65L , 4.3k (22)			
22	Trevor Roberts	M65	82:29	10	Jan Ellis	W65	61:15
M65S , 4.3k (22)				11	Julie Brook	W65	62:10
14	Stephen Beresford	M65	66:10	22	Alison Doyle	W65	98:25
16	Richard Blake	M65	68:55				

EVENTS

John o'Goats Charity Event, Lyme Park	Sat 3 January, 11:30 Mass Start
Registration 10:15-11:15. No charge and free entry to park (normally £7 per car), but instead competitors are asked for generous donations to this year's charity: Mind , which promotes mental health education and supports those in need.	
New Year Social and Awards. High Lane Village Hall.	Sat 10 January, 5 p.m.-11 p.m.

North West Night League

Sat 6 Dec	PFO, Towneley Colliery & Park, Burnley
Sat 10 Jan	LOC, Summerhouse Knott, Newby Bridge
Sat 24 Jan	MDOC, Irwell Valley, Prestwich. Giant's Seat Scout Hut, Radcliffe

Night Street League

Thur 11 Dec	Ashton upon Mersey	The Old Plough, 56 Green Lane
Tues 6 Jan	Hazel Grove	tba
Thur 22 Jan	Disley	The White Horse, 18 Buxton Road
Tues 3 Feb	Poynton	The Kingfisher, London Road South
Thur 19 Feb	Wilmslow	The Old Dancer, 16 Grove Street
Thur 5 Mar	Ashton upon Mersey	Prize-giving event (<i>as above</i>)

Wednesday Runs

10 Dec	John & Jen Britton
17 Dec	Pete & Rae Lomas
24 Dec	<i>No run</i>
31 Dec	<i>No run</i>

Saturday Morning Spring Series

Sat 24 Jan	Reddish Vale
Sat 7 Feb	Heaton park
Sat 7 Mar	Bramhall Park
Sat 28 Mar	Macclesfield Forest

N.B. Final permissions have not been received for these events. Please check before you come.

Courses will be White, Yellow, Orange and Light Green. There will also be a chasing sprint for anyone who wants a good race. Part 1 is Orange. Part 2 is Lt Green. You add your time taken for Part 1 to 11.20 and this gives your start time for Part 2. This is the format that we used about 5 years ago which was very popular.

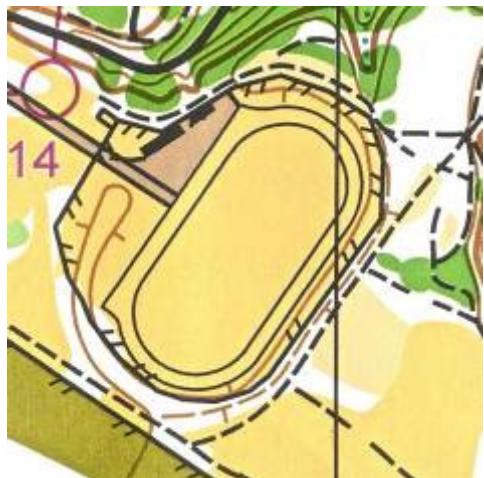
Please send offers of help with planning and organising to Clare Griffin: (clare.griffin@cmft.nhs.uk), who writes:

Novice event organisers will have the benefit of experienced helpers and advisors. As someone whose first experience of organizing and planning was gained at this type of event, I can honestly say that it's less daunting than you think, and gives a lot of satisfaction.

GRAND CHRISTMAS QUIZ

Identify the place or feature in these orienteering maps.

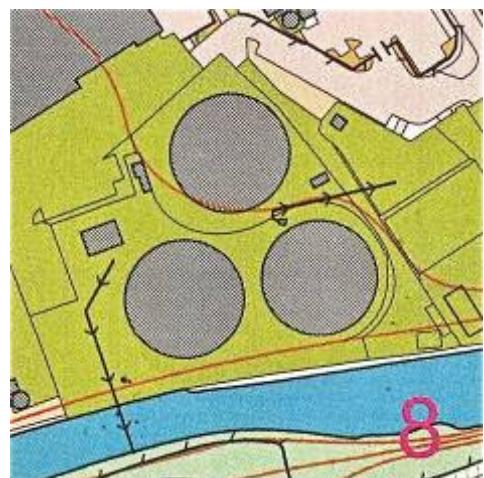
Prizes for the best, or first correct solutions, sent to the Editor (Andrew Gregory)



1. Where? (Stockport)



2. What are the black stripes?



3. What? (Stockport)



4. Where?

(Manchester)



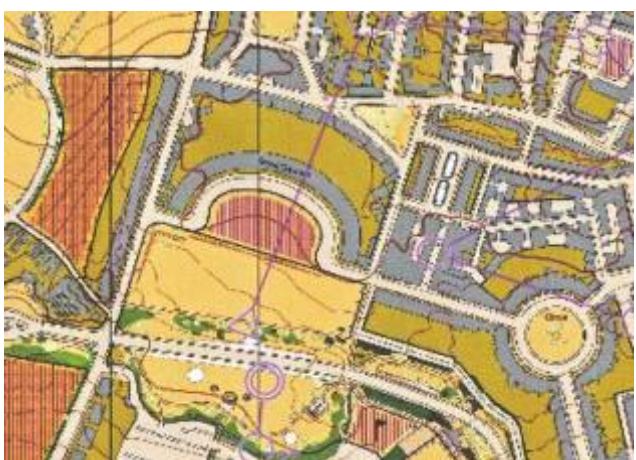
5. Where?

(Cheshire)



6. Where?

(London)



7. Where?

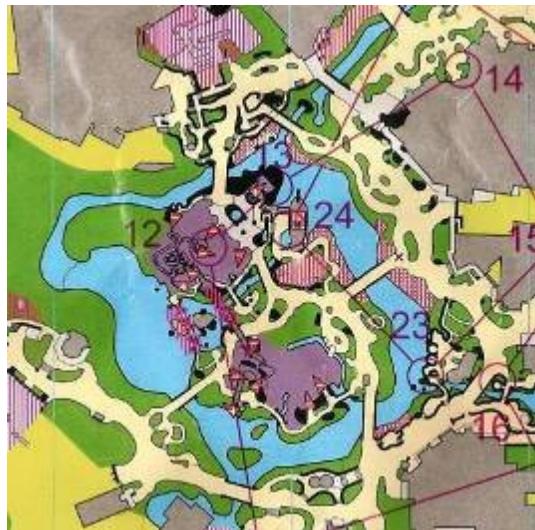
(England)



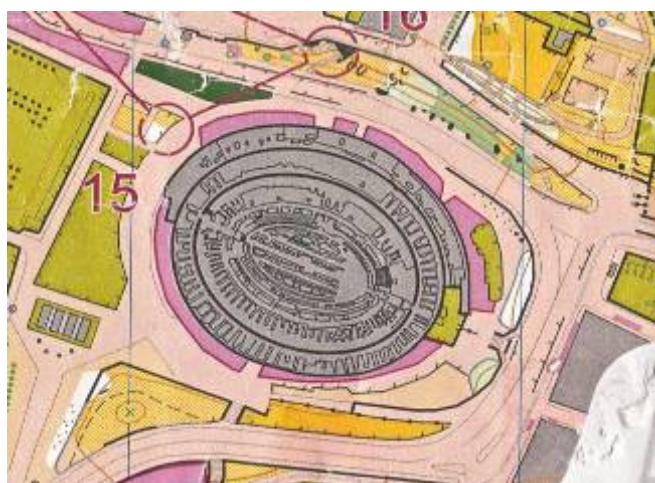
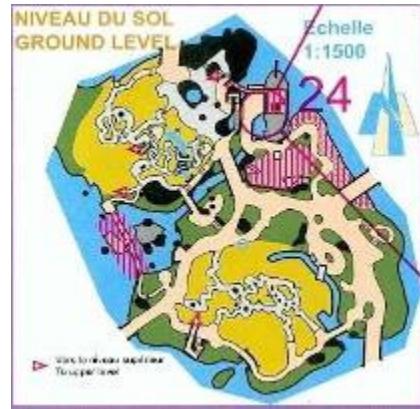
8. Where?
(Scotland)



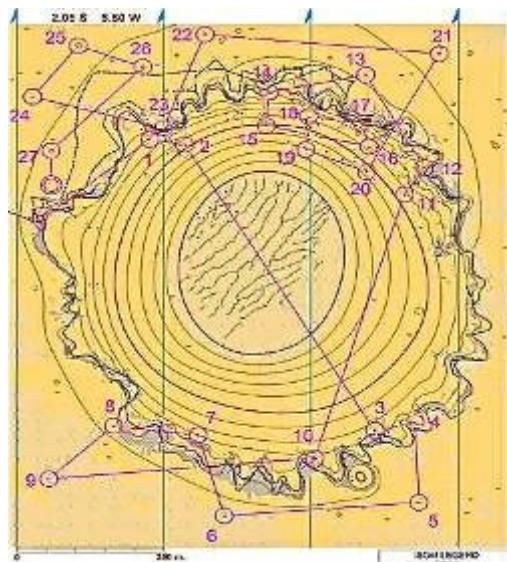
9. What?
(Italy)



10. Where?
(France)



11. Where?
(Italy)



12. Where on earth? Or ... ?