



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

December 2016



Graham Crawshaw at Chinley Churn (Photo: Peter Cull)

**MDOC AGM
BIRCHWOOD
CHINLEY CHURN
YORK INDOOR CUP
CLUB CHAMPIONSHIP**

NEWS

Congratulations to Tom Fellbaum and Peter Bray for winning the A class in the recent OMM mountain marathon in the Galloway Hills. In addition Ali Thornton, with Philip Vokes, was second in the B class. Ali, who is now at Loughborough University, has also qualified for the European Duathlon Champs in Spain next year, competing for GB for his age group. This involves running and cycling,

We are very sorry to hear of the death of Nick Price. He was a very active outdoor person, involved in many sports, particularly canoeing, but was often a regular participant at our local events. Our condolences to Helen and the family.

The New Year will start with the annual John O'Goats Charity event at Lyme Park on Saturday 3rd January. The mass start will be at 11:30 a.m. Andrew Stimpson is planning the courses and Alison Doyle is organising. All proceeds will be shared between the Huntington's Disease Association and the Kinder Mountain Rescue Team.

The following Saturday will be the club's annual New Year Social and Prize-giving in the High Lane Village Hall. This is always a very good social evening, with food provided. If you are intending to come please let Rae Lomas know before 7th January.

The Autumn series of Saturday morning events have been well supported, with both Fallibroome Academy and Cheadle Hulme School among the regular attenders. Events to date have been at Wythenshawe Park, Longford Park and Boggart Hole Clough, with the final event at Bramhall Park. The 'Spring' series of Saturday morning events will commence on 14th January at Riverside Park, Macclesfield. These events will include a longer course incorporating both the park and a nearby urban area. Chris Rostron has been co-ordinating both these series.

The Night Street League events have also been well attended, with the recent one at Macclesfield attracting nearly 90 entrants, including a number from Macclesfield Harriers and other running clubs. Other events so far have been at Heaton Mersey, Knutsford and Sale. The first one for the New Year will be at Offerton, on the area used for this summer's Twin Peak urban event. Graham Crawshaw is the co-ordinator for these events.

Twin Peak 2017 will be based at Coniston in the Lake District early in February. This is very early in the year, but this is due to the constraints on using Torver Back Common, avoiding the spring bird nesting season and the summer bracken. We have a Middle Distance event at Torver Back Common on Saturday 11th February, followed by a Long Distance event at Bleathwaite. Planning is well under way, and most of the details of organisation have already been sorted out. We shall require a good number of helpers, most of whom should be able to run as well. Accommodation is available for helpers at the University of Birmingham Priestley Centre on the shores of Coniston Water.

The first round of the CompassSport Cup will be on Sunday 12th March, and we hope to have a strong team this coming year. The committee have not yet decided which heat we shall enter. The Northwest heat is at Simpson Ground, an excellent detailed Lake District area. However the West Midlands heat is at a country park near Stoke. This may be slightly nearer, but may have much stronger opposition from Midland and Yorkshire clubs. If you have any strong feelings either way, please contact a member of the committee.

MDOC 2016 AGM

The 2016 Annual General Meeting was held on 13th October at the Ladybrook Hotel Bramhall, with about 30 club members in attendance, including our President Frank Rose. The formal part of the meeting was followed by a curry, and then a general discussion.

Officers elected were:	President	Frank Rose
	Chairman	Eddie Speak
	Vice Chairman	David McCann
	Secretary	Tony Wagg
	Treasurer	Steve Dempsey
	Fixtures Secretary	Sue Birkinshaw

Committee members elected:

- Ian Gilliver
- Clare Griffin
- Trevor Hindle
- Peter Lomas
- Alan Ogden
- Peter Ross
- David Wathey

Co-opted Committee members:	Julie Brook	Website & Social Secretary
	Andrew Gregory	Newsletter Editor
	Kath Speak	Membership Secretary

Honorary Auditor Andrew Addis

Eddie Speak gave a review of the year and thanked all those who had contributed to the large number of successful events that we had put on during the year, and congratulated all those who had achieved significant results in the major competitions.

Steve Dempsey reviewed our financial position. We had made a loss of about £3,000 over the year, mainly due to mapping expenses, investment in hardware and software, a large purchase of club kit and greater than usual expenditure on social events due to the 50th Anniversary celebration. However the club is still in a very strong financial position.

It was agreed to raise the club senior membership fee to £10 for adults, to be added to the £10 BOF fee. There would continue to be no club fee for juniors, but they would pay the £3.30 BOF fee.

A proposal was put forward by the committee to amend the constitution so as to commit the club to the adoption and implementation of British Orienteering policies for safeguarding children and at-risk adults. This proposal was passed unanimously. Full details, including the wording of the amendment, are given later in this newsletter.

One of the main topics in the general discussion was on the nature of the annual club championships. David Wathey presented a number of different models on how it might be organised in future. There was no general agreement on any of these ideas and it was deferred to the club committee to discuss further.

BIRCHWOOD

We have an excellent detailed new urban area at Birchwood near Warrington. Paul Watson knew about the area and suggested it to Trevor Hindle, who has been keen to develop new urban areas in the Greater Manchester region. The map was surveyed by Chris Smithard and Olly Williams of Deeside.

Our event there on Saturday 5th November was organised by Trevor Roberts and courses were planned by Trevor Hindle. The usual urban courses were planned as well as a sprint course that could be done on its own or after doing the long course.

The day was fine but with a cold wind. Many competitors made very positive comments on the area, and thought it was well worth mapping. The section of the map below is the main Birchwood area, showing part of the Ultra-Vet Women's course, but the longer courses had a double-sided map that extended to the east to include Risley. The assembly area was in a leisure centre to the west, near the Birchwood Shopping Centre, and the area between there and the start is also very detailed and could possibly be included in an extension of the map.



Running in the Corridors – the York Indoor Cup

Paul Watson

Orienteering continues to evolve in many different ways. I enjoy them all, so when the opportunity came to run an indoor race, I was keen to try it out.

The Stockholm Indoor Cup proved to be the inspiration for the competition, held at Millthorpe School in York and organised by Eborienteers. The Stockholm competition has been running for a number of years and their races have taken place in a variety of schools with multiple levels, creating a complex environment for indoor racing.

On arrival at Millthorpe I found myself in a small school hall with a stage upon which there was a control marking the finish. Adding your name to the list in the hall allocated your start time and with times for the first hour already allocated I had the opportunity to take in the atmosphere which was building nicely. On looking around for familiar faces I spotted Cecilia Fenerty and Dominic Wathey who had arrived earlier and were eagerly awaiting their start times. As the first starters got underway we discussed the novelty of the event and watched a video projected on one of the walls. We assumed this to be a headcam view of a competitor in the school looking very confused, but then found it was a YouTube video of one of the previous Stockholm races.

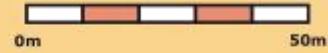
As time ticked by the first runners were still to arrive at the finish. It was becoming clear that the races were going to prove to be a challenge. As we waited, competitors finally emerged stage right to punch their final control. With conversations overheard of competitors taking at least four minutes to find their first control and the live results showing a significant number of mispunches it was becoming clear this was not going to be a straightforward race!

Cecilia and Dominic headed off to the start (a whole 10 metre walk from assembly to the start) and at 12 noon it was my turn. The start kite was pointed out by the officials at the bottom of a set of stairs. As soon as I had punched the start I went up the stairs and the confusion then began – see the map opposite.

I stared at the map for a considerable amount of time focusing on floor 0, struggling to see how I can get to control 1 given both ways to access it seemed to be out of bounds. I then run blindly ahead and stop, thinking this isn't matching the ground. I can see the control is by Staircase K but I still can't see how I can get to control 1. Then it clicks – I realise that the stairs I ran up from the start kite was staircase J and I am already on Floor 1. Up the small set of stairs by staircase J keeps me on Level 1 and then down Staircase K takes me to Control 1. In the heat of competition I had not seen the letter J immediately adjacent to the Start Triangle on the map which had also thrown me. My split time for Start to Control 1 was 3 minutes 20 seconds. In the end the fastest split for that leg was 52 seconds, the slowest 12 mins 34 seconds with many experienced orienteers taking well over the four minutes I had heard about earlier.



Scale 1:750



Floor 3

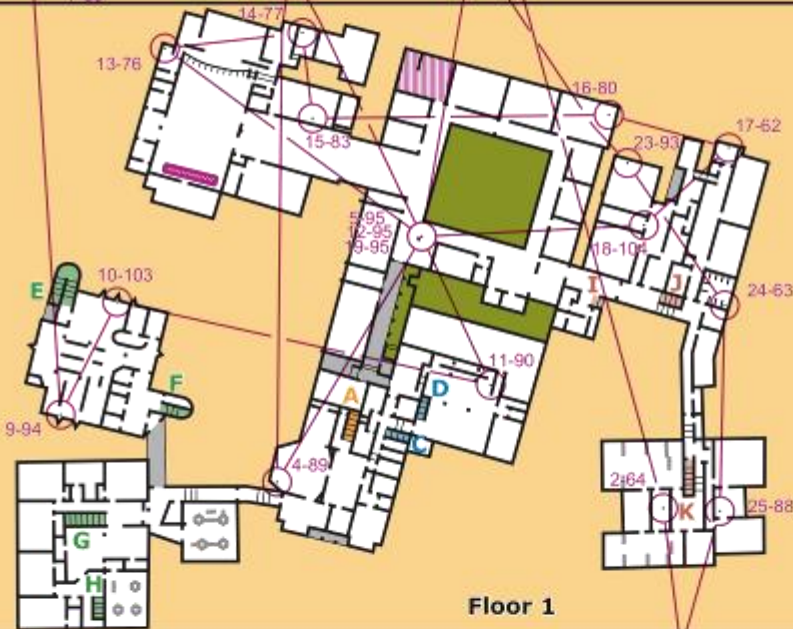


York Indoor Cup
October 29th 2016

Men A



Floor 2

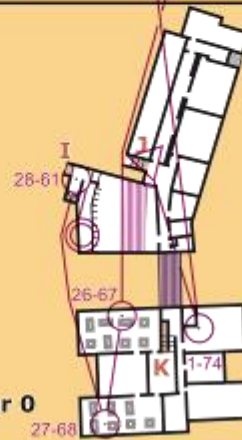


Floor 1

Legend:

- External walls
- Underpass
- Courtyard (out of bounds)
- Internal walls, doorway
- Pillar, bookshelf
- Stairway (with i.d. letter)
- Desk, table
- Special object
- Stage edge (passable)

- Out of bounds
- Folded seating - keep clear
- Uncrossable boundary (locked door)



Floor 0

Millthorpe School

BMLPrint
Survey by Steve Whitbread & cartography
by Sheffield CityView 2016. Permission of
this map does not imply right of access for
re-viewing or any other purpose.
GOC Reg. 84826-18-20172
© Clements 2016



After that my tactic was to spot which staircase was nearest to the next control and then work out where the staircase was relative to my position. To make things even more complex, the layout of the school meant a number of the staircases did not link every floor so there were plenty of challenges to trap the unwary. Needless to say there were many confused navigators out there. Once into the flow I weaved my way through corridors and dining halls, jumping onto a stage, running round workshops and into store cupboards and eventually to the final control in the assembly hall where I recorded a time of 23.06.

Over 160 competitors took part and the race was really good fun requiring a good deal of concentration. After the race I am sure many of those who took part were thinking about whether there were any indoor spaces in their areas which could host such an event. Rumour has it that Ebor may have access to another school for next year and, if so, I will be very keen to return.

OMM – ORIGINAL MOUNTAIN MARATHON

Tom Fellbaum and Peter Bray won the A class in this year's OMM mountain marathon. In addition Ali Thornton, with Philip Vokes, was 2nd in the B class and Cerys Manning and Jill Manning were the first ladies in the Short Score class.

The event was held at Glentool in the Galloway hills, in relatively fine weather for this notoriously wet and windy region.

John Britton was part of the Hill Team, hanging controls before the event.



Tom Fellbaum & Peter Bray



Ali Thornton (on left)

TWIN PEAK 2017

Our annual 2-day Twin Peak weekend takes many forms, varying from urban to rural, from summer to winter and from the Peak District to the Lake District.

After last year's summertime urban events in Offerton and Manchester, we move to Coniston in the Lake District in February. The choice of this time of year is due to problems with permission, avoiding nesting birds in the spring and head high bracken in the summer.

On Saturday 11th February we have a Middle Distance event on Torver Back Common, on the west shores of Coniston Water. This is a very attractive area, with a mixture of woodland and open grassy hillside. The woodland contains a wealth of detailed rocky features and ruined walls, and the open areas are also quite detailed. The area is ideal for a Middle Distance event.



Woodland at Torver Back Common

Parking will be at Hoathwaite on the shores of Lake Coniston, and we have the use of the Priestley Centre run by Birmingham University for the event centre. John Kewley is planning the courses and Steve Fellbaum is the organiser, with Patrick Smythe of NATO as controller. Sue Birkinshaw has been co-ordinating the whole weekend.

On the Sunday we have a Long Distance event on the neighbouring area of Bleathwaite. This is west of the road from Torver to Coniston, and includes the woodland of Bleathwaite Coppice, again with plenty of rocky outcrops, and the open grassland of Bleathwaite Pastures. Since our previous event there in 2011 the map has been extended further to the north and west by Martin Bagness, to include Banishead Moor and Little Arrow Moor. Longer courses will cross the Walna Scar Road onto the complex lower slopes of Coniston Old Man. This is now an excellent area with plenty of variety of terrain, and will provide challenging courses.



Bleathwaite Pastures



Little Arrow Moor

The event centre will be at John Ruskin School in Coniston, with parking at the school or close by. Andrew Gregory is planning the courses with Alison Doyle as organiser and Steve Burge from LOC as controller.

Accommodation will be available at the Priestly centre for helpers for the Friday and/or Saturday nights. This is self-catering hostel-type accommodation in rooms with bunk beds, and there is a well-equipped kitchen. Please contact Margaret Gregory if you are interested.

We shall require a good number of helpers, and most should be able to run as well. Please contact the two organisers if you are able to help.

MDOC CLUB CHAMPIONSHIP

The annual club championship is almost decided for 2016, with only one event still remaining from the twelve events selected at the start of the year. That is the DVO event at Eyam Moor on Sunday 11th December.

Chris Kirkham runs the championships, in which points are based on the scores in the six best events out of the twelve selected. The calculation is done automatically from the published results of the events, using a complex handicap formula devised by Steve Lang that makes allowances for age and gender.

In the Junior results Dominic Wathey is leading on both Men's Yellow and Orange courses, with Jack Riley second on Men's Yellow and Lily Riley leading on Women's Yellow. Ben Dempsey is winning on Junior Men's Light Green.

In the Open class Jillyan Dobby is leading with 6356 points, followed by Matthew Fellbaum with 6281 and Liam Corner with 6179. They are followed by Tom Fellbaum, Chris Rostron, Jane McCann, Dave McCann, Ian Watson, Samuel Drinkwater and James McCann.

There was a general discussion about the nature of the club championship at the AGM. Some members felt it would be better to have just one designated event, while others thought that more local events should be included. David Wathey had been asked by the committee to consider the question, and he presented a set of different possible ways of running the club championships. Some very useful points were raised in the discussion, but there was no general agreement on any one system, and it was referred back to the committee.

After some discussion it has been decided that for 2017 we will continue with the present system of selected events, but include the MDOC summer evening events, so that more local events are included.

Chris Kirkham has selected the following events for the next few months:

Sun	29	January	DEE	Thurstaton Country Park (Middle distance)
Sun	12	February	MDOC	Bleathwaite and Little Arrow Moor (Twin Peak Day 2)
Sun	12	March	CompassSport Cup 1 st round	<i>(location yet to be decided)</i>
Sun	9	April	DVO	Crich Chase
Tue	25	April	MDOC	Teggs Nose <i>(summer evening event)</i>
Sat	6	May	LOC	High Dam – British Long Championships

O-SAFE – Safeguarding children and at risk adults

The British Orienteering Federation has recently updated its policies on the protection of young people and vulnerable adults (O-Safe).

They had suggested that all clubs should adopt these policies and should include a reference to this in their constitution.

At the AGM the committee put forward the following resolution to amend our constitution, which was passed unanimously:

“The club is committed to the adoption and practical implementation of the British Orienteering safeguarding policy and procedures. All members, representatives and agents of the club are required to recognise and uphold the principles and responsibilities identified within the British Orienteering code of ethics and conduct when representing the club in any capacity.”

The code of ethics and conduct can be found on the BOF website: *About O > Helpful Info > Safeguarding and Safety > bottom of page O-Safe Policy, revised Oct 2015.*

Our Club Welfare Officer is Heather Fellbaum and is the person to contact within the Club.

The BOF lead Safeguarding Officer is Mike Hamilton, who is also CEO.

MEMBERSHIP

JUST A REMINDER that your membership expires on the 31st December 2016.

If you pay by Direct Debit your membership for 2017 will be renewed automatically.

However, if you pay by other means, you may **not** receive a reminder from British Orienteering.

The membership fee for 2017 has increased to: Senior £20 (£10 BOF + £10 MDOC) and Junior £3.30 (£3.30 BOF + £0 MDOC).

Friends remain the same at £5.

The new membership directory is produced in early 2017, so if you wish your details to be included, renew your membership NOW!

Also welcome to new members:

Peter Bray	M21
Alberto Ranedo	M21
Matthew Snarr	M35
Stephen Millington	M40
Jim Edwards	M45

Kath Speak, Membership Secretary

MDOC EVENTS

Spring series of Saturday morning events

Sat	14 Jan	Riverside Park , Macclesfield
Sat	28 Jan	Sale Water Park , Sale
Sat	25 Feb	Woodbank Park , Stockport
Sat	11 Mar	Werneth Low , Hyde

The 2017 Spring series will have White, Yellow, Orange and Light Green courses within the park, plus a Long Light Green course using the surrounding urban area for those wanting a longer run (over 16s only)

Night Street League

Thu	5 Jan	The Harvester, Turnstone Road, Offerton
Tue	17 Jan	Gatley and Heald Green
Thu	2 Feb	The Drum and Monkey, Moss Rose, Alderley Edge
Tue	14 Feb	New Mills
Thu	2 Mar	Macclesfield Cricket Club, Macclesfield Final event in the series

John o'Goats Charity event 2017

Sat	7 Jan	Lyme Park	11:30 Mass start
-----	-------	------------------	------------------

Club Social & Prizegiving 2017

Sat	14 Jan	High Lane village hall
-----	--------	-------------------------------

MDOC Night event

Sat	21 Jan	Teggs Nose Country Park , Macclesfield
-----	--------	---

Twin Peak 2017 Coniston, Lake District

Sat	11 Feb	Torver Back Common – Middle distance event
Sun	12 Feb	Bleathwaite & Little Arrow Moor - Long distance event

CompassSport Cup 1st round

Sun	12 Mar	<i>Location to be decided</i>
-----	--------	-------------------------------

Wednesday runs

Wed	14 Dec	Tony Wagg	Didsbury
Wed	21 Dec	Sue Birkinshaw	Hale
Wed	28 Dec	<i>no run</i>	
Wed	4 Jan	John & Jen Britton	Marple
Wed	11 Jan	Trevor & Marie Roberts	Bramhall
Wed	18 Jan	Steve Fellbaum	Macclesfield

Cheshire and Merseyside Schools League (run by Deeside OC)

Sat	4 Feb	Eastham, Wirral
Sat	4 Mar	Marbury Country Park, Northwich
Sat	18 Mar	Arrowe Park, Wirral – Schools League Relays

MDOC Committee Meetings

Mon 12 Dec, 9 Jan, 13 Feb: 7:30	Ladybrook Hotel, Bramhall
---------------------------------	---------------------------

CHINLEY CHURN

(Photos by Peter Cull)



Julie Brook



Ray Humphreys



Chris Rostron



John Britton



Marie Roberts



Liam Corner