



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

December 2017



Night Street League at Withington

NEWS

The annual John o'Goats charity event will take place at Lyme Park on Saturday 6th January. John Kewley will be the planner.

The following Saturday, 13th January, will be the New Year Social, at High Lane Village Hall, co-ordinated by Rae Lomas.

We shall be holding an urban event in Macclesfield on Sunday 25th March. The map will include Riverside Park. Trevor Hindle will be the planner. This will be a National (level B) event, and will be in the UK orienteering league.

Congratulations to Peter Bray for being included in the Senior GB squad for 2018. This year there is a single senior squad of 24 athletes supported by volunteer Senior Squad Manager Ed Nicholas

We are discussing applying for our 2018 Twin Peak weekend to be included in the Euro City Race series. This would be advertised as being based on Manchester, and hopefully would attract a number of extra competitors. The format would probably be a double sprint event at Offerton, followed by an urban event in Manchester, centred on Castlefield. Eddie Speak is co-ordinating the arrangements for this weekend.

Both Matt and Tom Fellbaum ran for England in this year's Senior Home Internationals, which England won for the first time since 2010. In the individual race, Matt was 3rd in M20E and Tom 10th in M21E. In the relays, Matt ran the first leg for the winning English relay team, running with Chris Smithard and Graham Gristwood, while Tom was running with Ali Masson and Nick Barrable in a team that came 7th.

John Kewley was in the British team for the World Trail-O Championships in Lithuania. He was 20th in the Pre-O, and the only British competitor to qualify for the final in the Temp-O.

In the PFO Capricorn 3 hour score event at Cowpe Moor on 24th September, Jim Trueman was second, Sam Drinkwater 3rd and Liam Corner 4th. This is a very impressive result, as there were 65 competitors taking part including a good number of local fell runners.

Plans for the 2018 Lakes 5 Days event are going well. Derek Allison is the co-ordinator, and Trevor Roberts from MDOC is Treasurer. MDOC as a club will be doing Central Services, which will include registration, computing, etc. The areas to be used will be Silver Howe, Angle Tarn Pikes, Harrop Tarn, Askham Fell and Dale Park (Graythwaite).

The NWOA will continue to give grants at 20% of cost to both seniors and juniors. Claims must be made before the event or course takes place.

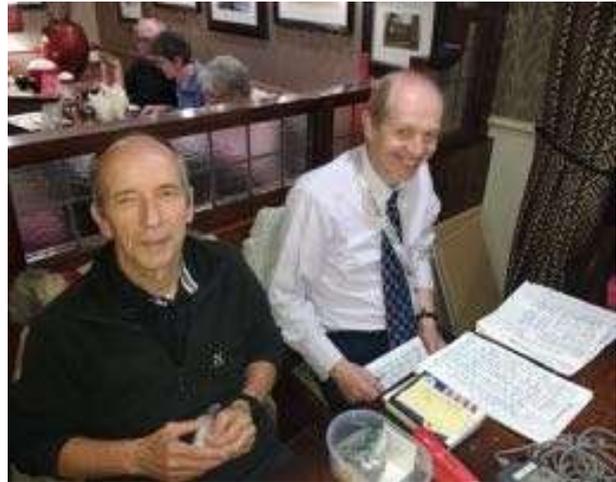
We have received £500 as our share of the profits from the 2017 British Championships. It has been suggested that this should be distributed to those who helped, possibly in the form of vouchers.

Margaret Gregory sends her thanks to those who gave old laptops or mobiles for her recent visit to the Democratic Republic of Congo. The trip was a great success, and the community the charity (Quaker Congo Partnership UK) is supporting were very grateful for all the gifts.

NIGHT STREET LEAGUE

This season's Night Street League started with a bang (almost Nov 5th!) and a special occasion to celebrate the 50th event since the league started in 2011.

The Weaver in Macclesfield hosted the evening, with Rik and Clare Griffin and Mike Greenwood as planners and checkers. An especially complex scoring system was devised (Mike Greenwood is the main suspect) with "clueless" 50 point controls (with a single check digit for confirmation), and 50 bonus points if the total score ended in 50 (e.g. 250, 350, 450). Most competitors were "clueless" about all this, but a good 66 runners or pairs enjoyed the challenge.



Left: Irene Crawshaw, Mike Greenwood and Richard Evans checking results

Right: Grahame and Mike looking pleased at having caused so much bafflement!

(Photos: Tevor Roberts)

The second event in the series was held at the Red Lion in Withington, and the map covered both Withington and Fallowfield, including Platt Fields and the limited access old railway line, the Fallowfield Loop. With a dry evening, this attracted 80 runners or pairs. Sam Drinkwater was the planner with Luke Addison as checker.



Inside the Red Lion



Sam and Luke giving briefing at the start

Grahame Crawshaw has been the inspiration behind our Night Street League, and continues to co-ordinate the series. It attracts a good number of competitors from local running clubs in addition to orienteers.

Suomi/Finland 100 Festival of Orienteering

Chris Rostron

It all started in early 2016 when my wife attended a meeting of expatriate Finns in Helsinki and got fed up hearing all the regional reps around the world standing up and saying how they would be celebrating Finland's 100 years as an independent country. We are going to have this dinner, we are having that party and so on, nothing really about Finland so she stood up and said "in Manchester we are going to organise an Orienteering event", as orienteering in Finland is a huge sport and is taught in schools.

On her return I congratulated her on her idea then asked who is going to organise it, knowing full well it would be me.

So that started a long process of first selling the idea to MDOC and finding a suitable date. Luckily, the Twin Peak event in 2017 was early and the 2018 event was late in the year so an October date in 2017 worked well with Independence Day being 6th December and it was at the end of the Finnish orienteering season so might attract a few Finns.

We booked a date on the BOF website only to find later it clashed with a SELOC event which the NW events coordinator had agreed. However SELOC and I came to an arrangement whereby they shifted their event a week which clashed with the CompassSport final, on the proviso that MDOC manned their event if they reached the final. Thankfully they didn't.

Now how to make it different for the Finns, so a format of a MetrO street event, an open moorland event and an urban was conceived. No traditional forests so the Finns could see how different forms of orienteering have developed in the UK over the years.

Permissions were the next issue. We have developed a good working relationship recently with Lyme so I approached them to have an event on a weekend day. Apart from the John o'Goats, this was the first colour coded event we have had at a weekend for many years. They were very agreeable and even provided two gazebos.

Next was Stockport and after being passed from one person to another all saying 'great idea but not me' I eventually met with the Stockport Centre Manager who, to put it mildly, was very enthusiastic. In fact he would like us to use Stockport much more in the future and I am meeting him in January to discuss.

I contacted Peter Ross about a MetrO in the South Manchester area and he was very positive to the point that he and Jillyan researched two pub venues within days.

Next was trying to get some Finnish companies to sponsor the event but alas this fell on stony ground.

Thankfully I got some experienced organisers, Jan Ellis and Chris Kirkham and experienced planners Trevor Hindle and Paul Watson to help so I could concentrate on the overall picture.

The biggest issue was how to secure gazebos on Merseyway in Stockport. It was paved, with very little apart from a couple of benches to secure them to. Eventually a solution of sandbags tied to the legs of the gazebos proved to work and thankfully there was no appreciable wind on the day.

Leading up to the event the entries were slow in coming in although the first entry was from someone in the South of England which boded well. Obviously the leaflets distributed at the Scottish 6 day event helped.

I managed to get the event into the official Finnish government website of approved Suomi/Finland100 events alongside the Jukola. I used the granting of permission from the Finnish Prime Minister's Office as a strap line to get an article into CompassSport to advertise the event in the Summer.

Unfortunately, we decided to change the venue for the MetrO to a more suitable pub just after the article was published so the change had to be emphasised in all future information about the event. I also used the Night Street League email distribution list to inform the non-orienteers who attend the street leagues, mainly running clubs.



Merseyway precinct (photo: Graeme Vout)

I acquired a professional looking Suomi/Finland 100 banner and stand from the embassy and borrowed a large gazebo from Sue so we were all ready to go or so I thought.

However Paul, the Stockport planner, started to find a lot of issues with the Stockport urban map, especially previously OOB areas which now had buildings on them he wanted to use. Also a multitude of minor tweaks that were needed, never mind the New Redrock centre which we determined would not be open, thankfully, so was made an OOB area. Many trips to Stockport, a lot of burning the midnight oil and we had a useable map.

On the day, the MetrO event venue turned out to be ideal with a huge room to accommodate us and 50 competitors competed, which for a Friday night was quite impressive.

One of the no shows was a pre-entered competitor from Portsmouth who had to work a night shift on Friday. He finished at 5am Sat morning, grabbed 3 hours sleep, drove to Lyme and arrived just after the start had closed and the equipment brought back to assembly. So he started in the car park and finished before course closing time and thoroughly enjoyed Lyme and the urban event on Sunday.

The Lyme event had over 130 people competing and despite a hiccup, whilst putting out controls I found a gate locked which affected most of the courses. The Lyme

rangers quickly unlocked it and we were able to instruct people to avoid the tree felling nearby which was the reason it was locked.

Quite a number of competitors who had never been to Lyme commented on how good the area was.

We tried to make the Stockport urban event a big occasion so we had Finnish ladies with blue and white hats to inform the general public what was happening and the Stockport Council contact came down and was very impressed with the assembly area and the huge Finnish flag on the gazebo. The Embassy of Finland in London also put a picture of the event on the front page of their website and it is still there 6 weeks later.

More than 150 competitors took part and all accounts said the courses and the area were excellent.

Throughout the weekend we had a good representation of orienteers from all over the country and one of two Finns turned up who are resident in this country. Unfortunately no one travelled from Finland to make a weekend of it despite two direct flights a day from Manchester to Helsinki. Whilst overall numbers were perhaps a little low the people who came generally enjoyed all the events

The whole experience of organising a multi-day event was interesting and challenging at times, especially as I was also organising a prestigious Gala Dinner in November to celebrate Finland's 100 years. Last March Eija and I went on a 4 week once in a lifetime holiday to New Zealand which also needed organising. It is now back to just coordinating the Autumn series and the North West Night League. Will I ever learn to say no!!



Stockport urban event

Chris Kirkham, Chris Rostron, Tarja Russell, Eija Rostron and Paul Watson

SPRINT AND MIDDLE CHAMPIONSHIPS

The 2017 British Sprint Championships were held at Milton Keynes on 30th September. Campbell Park provided an excellent venue. The heats in the morning were in the adjacent Springfield housing estate, which was not too difficult technically, but still needed careful concentration if no time was to be lost. The finals in the afternoon were in Campbell Park itself, which had a good mixture of vegetation, both formal gardens and patches of deciduous woodland. All the final courses started into a very complex area of ornamental hedging, and many competitors lost time by starting off too quickly.



Heather and Tom Fellbaum sprinting to the finish



*Campbell Park – just after the start
(Photos: Wendy Carlyle, Steve Rush & Stu Levene)*

In the M21A final, Tom Fellbaum had a very good run to finish 5th, In W50A Heather Fellbaum came 2nd. Others who made the A final were Chris Rostron 11th in M70, Dave Mawdsley 4th in M75, Andrew Gregory 1st in M80, Vicky Thornton 5th in W55, Rae Lomas 3rd in W75 and Sue Birkinshaw 3rd in W80.

The British Middle Distance Championships were held the next day at Wendover Woods in the Chiltern Hills. A damp and misty morning greeted competitors, and overnight rain had led to quite muddy conditions. The most complex area of the map contained a large number of small knoll, ditches and vegetation features, and required great concentration.



Sam Drinkwater



John Britton

Tom Fellbaum again had an excellent run to finish 4th in M21. Vicky Thornton was 3rd in W55 and Sue Birkinshaw was 2nd in W80. John Britton was 6th in M65, Chris Rostron 9th in M70, Pete Lomas 7th and Dave Mawdsely 9th in M75.



Vicky Thornton



Chris Rostron

(Photos: Wendy Carlyle)

SCHOOLS ORIENTEERING

Fallibroome High School and Cheadle Hulme School have been very active in both local and national schools events.

In the 2017-2018 Cheshire & Merseyside Schools Orienteering League, after two events Fallibroome 1 are second in the school team table, with Cheadle Hulme and Fallibroome 2 third equal.

Fallibroome took 22 pupils to the British Schools Score Championships in the Rother Valley Country Park near Sheffield, and Cheadle Hulme took 12 pupils. Both schools also went to the British Schools Individual Championships at New Beechenhurst in the Forest of Dean. Fallibroome took 32 pupils and Cheadle Hulme 10. In the schools table, depending on the best 9 results, Fallibroome were 7th, their counters being: Bethan Jordan, Nathaniel Horton, Rory Allen, Milly Collins, Ellie Pilkington, Aadi Whitlock, Megan Francis, Oliver Smyth and Jessica De Sousa. Cheadle Hulme only had 8 counters, who were: Lucy Macdonald, Grace Daye, Thomas Lees, Rowan Borrow, Emile Stone-Bourgeois, Ben Middleton, John Allen and Alyssa Koayate.

OMM MOUNTAIN MARATHON

The 2017 OMM mountain marathon was held in the Lake District on the last weekend in October, starting in Langdale. Weather conditions were very difficult on the first day, with thick cloud on the hill giving very low visibility, and also a very strong wind to contend with.

The long courses, particularly Elite and A were particularly affected, the conditions significantly slowing all competitors. On the Elite course only 10 of the 42 teams completed the first day, and on the A course only 8 of the 76 teams.

From the club, Jonny Malley, with his partner, were 5th in the Elite, but Tom Fellbaum and Peter Bray were one of the many very experienced teams who gave up, having spent 45 minutes looking for a small sheepfold on a cloud-covered mountainside. On the B course about one third of the teams finished, but Yulia Akhmetyanova and Nikolay Mikhaylyuk were among those who retired.

The Score courses were less affected, as they just visited fewer controls than would be expected. On the Long Score Tim Martland, running with brother Simon, were 51st out of 184 teams. On the Medium Score Alison Fryer, running with Derek Fryer, were 128th out of 232. Alistair Thornton with his partner were 8th on the Short Score, with Ray and Will Humphreys 13th and Cerys & Jill Manning 33rd out of 166.

John Britton was part of the team who helped put out controls in the days beforehand, and collect them in afterwards. He would like it to be known that he had to endure equally unpleasant weather conditions when putting out controls!

GRADES OF EVENTS

BOF have decided that events will now be graded as Local, Regional, National and Major, replacing respectively the previous levels D, C, B & A. It is felt that this will be more meaningful. (Not everyone is so sure.)

YELLOW STAKES

The committee has recently spent some time debating the question of yellow stakes.

We already have an excellent set of robust green metal stakes, which are clearly numbered and with a plate on top for attaching an SI box. These are used for our local events, particularly the Saturday morning and summer evening events. However they are quite heavy, and not many can conveniently be carried at the same time.

For our more major events such as Twin Peak in the Lake District or Peak District, it is quite an undertaking to carry a good number of the green stakes a long distance over rough moorland or through the forest. We have usually made life easier for the planner and control collectors by using simple bamboo canes carrying the kite, and the SI box attached to a numbered white base on the adjacent ground. This is the standard method used by most of the Lakeland clubs.

This year John Britton and Ian Gilliver planned the British Championships at High Dam. For this major event high standards had to be maintained, and it was not suitable to have the SI box on the ground. They therefore borrowed some yellow fibreglass stakes with SI boxes and numbers attached from AIRE and CLARO. These were generally admired, and were much easier to carry over the hillside (*see photo*).



*Alison Doyle at the final control in the British Championships at High Dam
(Photo: Wendy Carlyle)*

Ian Gilliver has suggested that we should obtain a set of these units for our own use. Possibly these might be used at all our events, and replace the green stakes. However it has been pointed out that the attached numbers still make them awkward to carry. Peter Ross has suggested that, according to the rules, we do not need an attached vertical number, but could just have a numbered label stuck to the top of the SI unit. The rules only state the minimum size of lettering for the number.

Some committee members were not too happy with this idea, and liked being able to see the number of the control clearly when approaching it. Also there was worry about the light on the SI unit being obscured.

If you have any strong views on this issue please let them known to a member of the committee.

CLUB POP-UP TENT

The club pop-up tent is very quick and easy to erect. Folding it up neatly is however another matter!

Julie Brook is the acknowledged expert at dealing with this, and here she demonstrates how it is done, with possible assistance from Jen Britton, Steve Fellbaum and Sue Birkinshaw.



MDOC 2017 AGM

The 2017 Annual General Meeting was held on 19th 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 food, and then a general discussion.

The main changes to the committee were Marie Roberts taking over from David McCann as Vice-Chairman and Alan Ogden taking over from Steve Dempsey as Treasurer. The full committee is now:

Officers:	President	Frank Rose
	Chairman	Eddie Speak
	Vice Chairman	Marie Roberts
	Secretary	Tony Wagg
	Treasurer	Alan Ogden
	Fixtures Secretary	Sue Birkinshaw

Committee members elected:

- Julie Brook
- Ian Gilliver
- Clare Griffin
- Trevor Hindle
- Peter Lomas
- Peter Ross
- David Wathey

Co-opted Committee members:	Andrew Gregory	Newsletter Editor
	David McCann	NWOA Representative
	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, and congratulated all those who had achieved significant results in the major competitions.

Steve Dempsey had sent both a summary and a detailed breakdown of the annual accounts for 2016-2017. He reported that the club had made a net profit of just under £1,000 during the year, and still invested over £3,000 in new maps and computing. Overall the club's finances remained strong. The accounts had been audited. He was arranging the handover of the post to Alan Ogden, but there would be some delays while the bank dealt with all the necessary forms for the transfer.

The formal business of the meeting was followed by a general discussion, in which a number of points were raised. David Walker suggested that we should have more events on Sundays, following up the series of Saturday morning events,

Welcome to new members:

Family BOF members: Jo Hearne W35 Callum Hearne M8 and Elliot Nutt M12

Senior BOF member: Alexander Slavik M21

Senior BOF member: Tom Marler M21

Senior BOF member: (previously member of SLOW) Katie McInnes W21

NORTH WEST ORIENTEERING ASSOCIATION

COLOUR BADGES



The NW are re launching their Colour Badge Scheme, which recognises the progression of orienteers through colour coded events from **WHITE** to **LIGHT GREEN**

This is a scheme of awarding Colour Badges at Orienteering Events for newcomers of all ages.

Beginners in Orienteering are welcome to any events - you will always find people willing to help, and advise you on which coloured course to enter.

The ideal for Juniors is to begin by entering a **WHITE** course where the controls are on paths, then progress through to a **YELLOW**, **ORANGE** and eventually a **LIGHT GREEN** course. Adult newcomers may like to start on a **YELLOW** or **ORANGE** course.

To qualify for your Colour Badge you must achieve colour standard in the same colour course at three different events. This qualifying standard does not apply to those Juniors entering the **WHITE** course, the requirement for this course is that they just complete three different white courses to receive their Badge.

Your finishing time must be either the winner's time + 50 % or in the top half of the course (including non-finishers) whichever produces the most number of qualifiers. The Colour Standards for the event will normally be published with the results, but in the unlikely event they are not you can work out the standard yourself and submit it with your claim to your Club.

MDOC events and activities September 2016 to August 2017

Numbers given exclude pairs and groups. Italicised names are Series Co-ordinators

Level A	British Champs Planning	May		John Britton, Ian Gilliver
	British TrailO Champs	May		John Kewley
Level B	TP Torver Back Common	Feb	251	Steve Fellbaum, John Kewley, (Patrick Smyth)
	TP Bleathwaite	Feb	425	Alison Doyle, Andrew Gregory, (Steve Burge)
	Urban, Birchwood	Nov	115	Trevor Roberts, Trevor Hindle
Level C	Urban, Birchwood	July	123	Trevor Roberts, Trevor Hindle
	<i>Summer evening</i>			<i>Tony Wagg</i>
	Teggs Nose	April	80	Rae Lomas, Alan Ogden, Dave McCann
	Lyme Park	May	83	Pete Lomas, Vicky Thornton, Dave Mawdsley
	Brereton Heath	June	152	Julie Brook, Jillyan Dobby, Dave McCann
	Alderley Edge	July	108	Tony Wagg, Steve Martin, Paul Watson
	Level D	<i>NW Night League</i>		
	Teggs Nose	Mar	42	Chris Rostron, Steve Fellbaum
	<i>Score</i>			<i>Chris Rostron</i>
	Wythenshawe Park	Oct	66	Alan Ogden, David Wathey, Dave McCann
	Longford Park, Stretford	Oct	75	Chris Rostron, River Edis-Smith, Paul Watson
	Boggart Hole Clough	Nov	59	Chris Rostron, Dave McCann, Ian Gilliver
	Bramhall Park	Dec	70	Rae Lomas, David Dann, Dave McCann
	<i>Night Street League</i>			<i>Grahame Crawshaw</i>
	Heatons	Oct	57	Richard Evans, Chris Rostron
	Knutsford	Nov	64	Peter Ross, (DEE)
	Macclesfield	Nov	83	Mike Greenwood, Clare Griffin
	Sale	Dec	72	Jillyan Dobby, Peter Ross
	Offerton	Jan	68	John Britton, Rebecca Glenn
	New Mills	Jan	59	Julie Brook, Trevor Hindle
	Alderley Edge	Feb	73	Ian Gilliver, Kate Bryant
	Heald Green	Feb	71	Grahame Crawshaw Trevor Roberts
	Macclesfield	Mar	66	Mike Greenwood, Ian Gilliver
	<i>Park + Urban</i>			<i>Alison Doyle</i>
	Riverside + Tytherington	Jan	73	Jan Ellis, Vicky Thornton, Dave Mawdsley
	Sale WP + Sale	Feb	60	Peter Ross, River Edis-Smith, Doug Edwards
	Woodbank + Stockport	Mar	40	Clare and Rik Griffin
	Werneth Low + Hyde	Mar	61	Sam Drinkwater, Paul Clifford, Eddie Speak
	<i>Summer evening Intro</i>			
	Lyme Park 1, Intro	May	41	Pete Lomas, Dave McCann
	“ 2, Intro	May	35	Pete Lomas, Dominic Wathey
	“ 3, Intro	May	80	Pete Lomas, Dave McCann
	<i>Countryside Score Events</i>			<i>Dave McCann/Trevor Hindle</i>
	Styal	May	62	Dave McCann
	Higher Poynton	June	84	Steve Fellbaum
	Hayfield	June	52	John Britton
	Alderley Edge	July	52	Simon Proud
	Chapel-en-le-Frith	July	52	Carolyn Hindle
Charity	Lyme Park	Jan	158	Andrew Stimson, Alison Doyle
Activities	Lyme - Summer Sports	Aug	30	Sue Birkinshaw, Julie Brook, Alison Doyle
Social	New Year, High Lane	Jan	41	Rae Lomas
Schools	East Cheshire Schools event	June	279	Peter Hayes, Julie Brook
Introductory	Running Club	Sept	24	Ian Gilliver
	Bowdon D of E	June	82	Sue Birkinshaw, Bryants, Dave McCann
	South Park, Macc,	June	42	Ian Gilliver

Controllers MDOC controllers working with other clubs: Dave McCann (DVO), Ian Watson (DEE, twice)

NWOA Dave McCann on committee, Chris Rostron organizes the NW Night League

MDOC EVENTS 2017-2018

John o'Goats Charity event

Sat 6 Jan Lyme Park

MDOC New Year Social

Sat 13 Jan High Lane Village Hall from 5:00 p.m.

MDOC NW Night league

Sat 3 Mar Brereton Heath

CompassSport Cup Heat

Sun 11 Mar Clowbridge (SELOC event)

MDOC Urban event

Sun 25 Mar Macclesfield

Spring events (Saturday mornings – Co-ordinator: Alison Doyle)

White, Yellow, Orange & Light Green courses, with a Long Light Green including an adjacent Urban area.

Sat 20 Jan Burnage/Mersey Vale

Sat 10 Feb Reddish Vale/Tiviot Dale

Sat 10 Mar Brabyns Park/Marple

Sat 24 Mar Manor Park/Old Glossop

Wednesday runs (Co-ordinator: Marie Roberts)

Wed 13 Dec Pete & Rae Lomas Hazel Grove

Wed 20 Dec Trevor & Marie Roberts Bramhall

Wed 3 Jan Dave & Jane McCann Hazel Grove

Wed 10 Jan Sue Birkinshaw Hale

Wed 17 Jan Chris Rostron High Lane

MDOC Night Street League (Co-ordinator Grahame Crawshaw)

Tue 12 Dec Marple

Thu 4 Jan Wilmslow

Tue 16 Jan Urmston/Sale

Thu 1 Feb Chapel-en-le Frith

Tue 13 Feb Poynton

Thu 1 Mar Bramhall/Davenport

MDOC Committee Meetings

Mondays 11 Dec, 8 Jan, 12 Feb 7:30 Ladybrook Hotel, Bramhall

SUOMI / FINLAND 100

