



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

FEBRUARY 2011



Lyme Park: Picture by Peter Cull

**Lyme Park
New Year Social
CompassSport Cup
Beleagured!
Loitering with intent!
Winter Events**

NEWS

A successful Charity event in Lyme Park got the New Year off to a good start, and raised well over £1000 for Mountain Rescue. This was followed by the usual New Year Social with ceilidh and prize-giving at High Lane Village Hall.

We had an excellent turn-out of members for the first round of the CompassSport competition at Watergrove, and put in a very good performance. However we were not quite strong enough to hold off LOC who won and SROC. We finished in third position, just one point ahead of WCOC and well ahead of DEE.

The event on Grahame Crawshaw's new map of Glossop that was cancelled due to snow in December will now be held on Saturday 5 March.

Heather Fellbaum is now the club's Welfare Officer.

Our best wishes to Frank Rose, who is now at home recovering from a minor stroke.

Welcome to new member Andrew Stimpson from WAOC, who is doing a postgraduate course in Environmental Science at the University of Manchester. Andrew has already become a keen participant at the Wednesday runs and ran for MDOC at Watergrove.

SYO Bowden Housteads 2 January 2011

Blue 6.0k (112)

23	Alistair Thornton	41:49
28	John Britton	42:51
40	Heather Fellbaum	45:19
53	Andy Thornton	48:20
64	Peter Ross	52:26
74	Vicky Thornton	54:26
78	Dan Riley	55:29
91	Stephen Fellbaum	61:28
101	Paul Watson	73:16

Green 4.4k (79)

17	Ian Watson	42:10
21	Michelle Riley	43:09
24	Peter Lomas	44:04
36	Jillyan Dobby	45:29
47	David Mawdsley	48:55
76	Alison Doyle	70:06

Light Green 3.7k (32)

1	Matthew Fellbaum	32:09
8	Rae Lomas	43:43

White 1.2k (7)

6	Lily Riley	25:28
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Announcing the 2011 North West Orienteering League events programme

NORTHWEST
ORIENTEERING LEAGUE

Sponsored by CompassPoint

The North West Orienteering League is based on the top quality level B events scheduled for the region for 2011, and is open to all BOF members. Scores will be generated from BOF ranking points awarded. Each competitor's score will be the sum of his/her best 4 scores, subject to at least one score coming from a Middle Distance, Sprint or Urban Event. Those juniors who are M/W16- must run the course designated for them in order to be competitive. There will be prizes for junior classes.

Jan 16 th	- SELOC - Classic - CSC - Watergrove
Jan 30 th	- DEE - Classic - Delamere
Feb 13 th	- SROC - Classic - Hutton Roof
Feb 26 th	- MDOC - Middle - Bleathwaite
Feb 27 th	- MDOC - Classic - Torver Low Common
Mar 20 th	- WCOC - Classic - Eel Tarn
May 21 st	- LOC - Middle - Bigland
May 22 nd	- LOC - Classic - Holme Fell
Jun 11 th	- MDOC - Middle - Macclesfield Forrest
Jun 12 th	- MDOC - Urban - Macclesfield Town
Oct 9 th	- BL - Classic - High Pike
Nov 12 th	- DEE - Middle - Thurstaston
Nov 13 th	- DEE - Urban - Chester City
Nov 20 th	- SELOC - Classic - Clowbridge
Nov 26 th	- BL - Urban - Penrith

The full competition rules will be available on the website, where the league spreadsheet will be published and updated as soon as practicable after each event.

www.nwoa.org.uk

CompassSport Cup Watergrove

Many thanks to all those club members who endured a very wet day and physically tough courses at Watergrove. The very good turn-out from everyone helped the club to put on a very impressive performance in the first round of the 2011 CompassSport Cup.

The five clubs involved, MDOC, DEE, SROC, LOC and WCOC are very closely matched, and the final results were very close between them. We couldn't quite match the strength of LOC and SROC, but came a very respectable third position. The final points scores were: LOC 2294, SROC 2266, **MDOC 2166**, WCOC 2165, DEE 2097

The scoring is complex, with only the position in the CompassSport Cup competition being counted, thus ignoring runners from other clubs. The winner of each class scores 100 points, but the number of points scored by other runners depends on the size of the class. The best 25 scores for each club are taken, with a limit on the number from each class. The results below look thus different from those in the individual results from the event. The scores are probably almost correct, but some late changes were being made. Scores in bold type are those counting towards our total score.

Brown 9.2k (31)			
	<u>time</u>	<u>pts</u>	
4 Tom Fellbaum	71:06	97	
7 Liam Corner	73:08	94	
13 Stephen Lang	79:46	88	
17 Andrew Stimpson	80:42	84	

Blue Men 6.0k (56)			
3 Alex McCann	42:43	98	
6 Steve Dempsey	45:27	95	
8 David McCann	49:37	93	
13 Ray Humphreys	51:54	88	
17 Andy Thornton	53:16	84	
26 Trevor Hindle	57:17	75	
31 Simon Proud	60:36	70	
33 John Kewley	62:03	68	
40 Stephen Fellbaum	66:29	61	
45 Alan Poxon	69:05	56	
49 Ian Farrell	74:55	52	
52 Tony Mason	94:11	49	

Blue Women 6.1k (22)			
5 Vicky Thornton	52:13	92	
7 Alice Fellbaum	58:25	88	
9 Liz Britton	61:01	84	
14 Jane McCann	73:51	74	
16 Sara Andersson	75:29	70	

Green Men 4.2k (35)			
1 John Britton	31:41	100	
4 Cliff Etherden	38:07	94	
<i>Eddie Speak</i>	45:27		

19 Chris Rostron	49:49	64
21 Chris Kirkham	53:29	60
22 Grahame Crawshaw	53:41	58
24 Geoffrey Milan	54:07	54
27 Steve Beresford	55:43	48
30 Ian Gilliver	60:06	42
31 Peter Lomas	60:17	40

Green Women 4.1k (38)			
25 Jillyan Dobby	53:50	52	
30 Kath Speak	56:19	42	
32 Hazel Hindle	58:53	38	

Short Green Veterans 3.5k (26)			
4 Andrew Gregory	53:53	94	
9 Julie Brook	58:57	84	
12 Alison Doyle	68:23	78	

Light Green Men 3.3k (20)			
3 Alistair Thornton	24:32	92	

Light Green Women 3.3k (12)			
4 Carolyn Hindle	34:37	88	

Orange Men 2.8k (19)			
5 Matthew Fellbaum	31:41	88	
15 Benjamin Martland	63:55	44	

Orange Women 2.8k (12)			
4 Laura Hindle	31:23	88	
10 Rosie Martland	50:32	64	
11 Cosima Dickinson	57:21	60	

Yellow 1.9k (17)			
9 Ben Dempsey	18:35		

LYME PARK 2011

In 2010 the charity event was snowed off. Fortunately this year we had better weather and the rain held off until well after everyone had finished. ☐☐ Many thanks to everyone who turned up to take part and support the Lake District Search and Mountain Rescue Association in the process. I hope you enjoyed your runs and avoided the damper parts of the park. Despite a suggestion at the start some people did try to get through the rhododendrons, all made it to the finish but some may need some new running clothes. Last year we raised £300, despite being snowed off and this year the total was £1100, making a respectable total of £1400. This total will be boosted for LDSAMRA when Gift Aid donations allow tax to be reclaimed. It is not widely known that Mountain Rescue teams pay VAT on all their equipment, whereas other emergency services do not.

Lastly, thanks to all the helpers who gave their time before and after the event and to the National Trust for allowing us to make use of Lyme Park again.

Dave McCann

Tom Fellbaum's courses originally planned for last year's John O'Goats event were used, and Dave McCann was again organizer. Nearly 150 competitors took part, with 17 on the Long course, 42 on the Medium, 72 on the Short and 12 on Yellow.

The planning style is different every year, which adds to the interest. This year a compulsory first control meant that everyone started in the same direction and tended to circuit the park the same way. However the planning was excellent and on most courses it was not at all obvious which controls to omit. Some runners did not notice the most northerly control on the map, and returned with one too few controls.

MDOC results, for those who visited the correct number of controls, were:

Long

5 Steve Lang	69:34	9 Peter Lomas	47:41
8 Peter Bream	83:27	11 Jane McCann	48:08
12 Rik Griffin	94:51	14 Rebecca Humphreys	49:31

Medium

1 Alex McCann	45:54	15 Andrew Gregory	49:50
2 Alistair Thornton	47:49	17 Ian Watson	50:36
5 Alice Fellbaum	53:10	22 Trevor Roberts	52:51
8 Andy Thornton	57:09	24 Carolyn Hindle	53:06
11 Trevor Hindle	58:08	34 Sue Birkinshaw	57:25
12 Ray Humphreys	58:34	36 Helen Price	59:07
20 Alan Ogden	62:20	38 Laura Hindle	62:02
24 Nick Price	63:29	43 Hazel Hindle	63:48
27 Clare Griffin	69:39	44 Clare Barnett	64:10
35 Tony Mason	102:05	49 Alison Doyle	67:11

Yellow

<u>Short</u>		2 James McCann	14:59
1 Heather Fellbaum	39:59	5 Ben Dempsey	25:12
2 Vicky Thornton	40:05	6 Rosemary Ogden	26:44
5 John Britton	42:44		

SOCIAL AND PRIZEGIVING

The annual New Year Social was held on the same day as the Lyme Park event at High Lane Village Hall. However the attendance was quite good and most people had the energy to join in the dancing. Julie Brook had co-ordinated the social, and several members provided food and a wide variety of quizzes. The meal was followed by the annual prizegiving, and then dancing to a traditional celidh band.

(All pictures by Dave McCann)

MDOC Orienteering awards for 2010

Peter Lomas

Most promising newcomer. **Laura Hindle** is a junior who has shown a confident approach, has consequently achieved some good results and is moving up the colour range of courses.

Most improved member. **James McCann** is a junior who showed potential when he first started orienteering and throughout 2010 achieved some very commendable results in his age class where he is one of the youngest. He was 1st in the Northern Championships, 2nd in the JK, 4th in the British Championships and 1st in the British Middle Distance Championships.



Steve Fellbaum presenting awards to Laura Hindle, James McCann and Alice Fellbaum

Team of the Year. The W40 team of **Jane McCann, Vicky Thornton** and **Heather Fellbaum** win the award this year, having taken second place in the British Relay Championships.

Junior Male Orienteer of the Year. **Tom Fellbaum** has been raising the bar each year and has been recognized at the highest level in British Orienteering with selection for both England and Great Britain teams. As he leaves the junior section having set a very high standard of juniors to follow, he is one of the best junior orienteers in the country.

Junior Female Orienteer of the Year. **Alice Fellbaum** is a role model who continues to match her level of fitness with the development of her orienteering skills. This has been recognized by selection for England in international competition. She has deservedly received this award previously and is a very worthy winner this year too.



Heather Fellbaum, Jane McCann & Vicky Thornton Andrew Gregory Trevor Roberts

Senior Male Orienteer of the Year. Andrew Gregory, despite a set-back at the beginning of the year consistently had excellent performances culminating in winning the JK Sprint and Individual, was in M75L 1st at the Lakes 5 days, 1st in the British Middle Distance Championships and 3rd in the British Championships.

Senior Female Orienteer of the Year. Vicky Thornton is, like all the other winners, a person whose training and dedication has kept her at the top of her class and resulted in her being selected again to represent England, where she finished 2nd at the Interland competition. She was also 2nd in the British Middle Distance Championships.

The **Chairman's award** for 2010 was presented by Steve Fellbaum to **Trevor Roberts**, in particular for his enthusiastic and impressive work in co-ordinating the Lakes 5 days competition.

Certificates were also given to the various junior classes on the club championship ranking list, and also to the first 10 in the open category. The list is calculated using a complex age handicap formula devised by Steve Lang, who also keeps the list up to date.

First 3 in the Junior categories were:

JM1 points

- 1 Ben Dempsey 2008
- 2 Andrew Hayes 1042

JM2

- 1 James McCann 6559
- 2 Ben Martland 3773
- 3 Ben Dempsey 2969

JM3

- 1 Matthew Fellbaum 3112
- 2 Tom McCann 2007
- 3 James McCann 999

JM4

- 1 Mathew Fellbaum 6260
- 2 Tom McCann 4408

- 3 Alistair Thornton 4267

JW1

- 1 Maddy Sparkman 1713

JW2

- 1 Cosima Dickinson 1065
- 2 Rosemary Ogden 1035

JW3

- 1 Laura Hindle 6323
- 2 Rosie Martland 2845
- 3 Rosemary Ogden 1891

JW4

- 1 Carolyn Hindle 6076
- 2 Romane Salathé 999



Alistair Thornton & Matthew Fellbaum



Rosemary Ogden

First 25 in the Open category were:

1	Andrew Gregory	6460	14	Steve Lang	6112
2	Alice Fellbaum	6437	15	Dave Mawdsley	6098
3	Alex McCann	6428	16	Alan Poxon	6071
4	Heather Fellbaum	6380	17	Jane McCann	6062
5	Cliff Etherden	6327	18	Chris Rostron	6046
6	Steve Dempsey	6317	19	Chris Kirkham	5947
7	Martin Green	6279	20	Jan Ellis	5896
8	Rae Lomas	6277	21	Rebecca Humphreys	5864
9	Peter Lomas	6273	22	Ray Humphreys	5731
10	John Britton	6212	23	Stephen Fellbaum	5723
11	Dave McCann	6204	24	Hazel Hindle	5713
12	Sue Birkinshaw	6155	25	Julie Brook	5703
13	Ian Watson	6138			



Left: Andrew Gregory, Alice Fellbaum, Alex McCann with Steve Fellbaum



Right: John Britton, Martin Green, Rae Lomas, Heather Fellbaum, Steve Fellbaum & Peter Lomas

LOITERING WITH INTENT!

Closed circuit TV cameras in Macclesfield town centre recently picked up a suspicious looking character loitering with a clipboard and apparently making sketches and plans of local buildings. Security personnel were immediately sent to investigate.

Tom Fellbaum found it difficult to explain that he was just drawing a map of Macclesfield town centre for the urban orienteering event there in June!

From the details for the EPOC Marsden Moor event:

"There won't be any signs. If you can't find it, orienteering isn't the sport for you."

Manor Park and Old Glossop **Saturday March 5th 2011**



3 courses available

Yellow (for beginners) - stays inside the park

Score - visit as many controls as you can in 45 minutes (inside and outside the park)

Technical Score (for more experienced orienteers) - same as Score, but odd and even numbered controls have to be visited alternately

Registration - Manor Park car park from 10.00am;

Start times - from 10.30 - 11.30am

Adults £2.50; Juniors £1.50.

COMPLETELY BELEAGUED !!

John Britton

Good job I was planning an extreme season of racing this year - the wonderful O world has suddenly gone bonkers with Leagues.

Let's start at the top - the UK Masters Cup (UKMC for short). A mere 19 races from which your best 8 results count - 10 conventional long races plus an interesting mix of Sprint, Urban, Middle and Night. The way the scoring system works, quality of performance is given by placing, not formula - which from my point of view has the interesting side-effect that if you are a genuine contender you really can't afford not to turn up, as by doing so you're letting other people get cheap points.

UKMC

22 Jan	Edinburgh City Race	23 Apr	JK Day 1
5 Feb	British Night Champs	24 Apr	JK Day 2
20 Feb	Midland Champs	15 May	British Champs
26 Feb	Twin Peak Middle Race	21 May	Bigland Middle Race
6 Mar	Welsh Champs	29 May	Scottish Champs
13 Mar	Southern Champs	31 July	Scottish 6-Day Day 1
27 Mar	Northern Champs	1 Aug	Scottish 6-Day Day 2
9 Apr	British Sprint Champs	10 Sep	City of London Urban Race
10 Apr	British Middle Champs	17/18 Sep	Caddihoe Chase
22 Apr	JK Sprint	22 Oct	Cambridge City Race

By itself, the UKMC would keep you pretty busy. Now let's add in the NW Regional League (NWRL for short). This is 15 races, of which your best 4 count, subject to one of them not being a conventional long race. These scores are done on standard ranking-system formula, so not turning up simply reduces your opportunity for dropping a bad score. There's only the Twin Peak and Bigland Middle Races in common with the UK Masters - so this is effectively an additional 13 races for your calendar (though there's 4 in November after the UK Masters has finished). Almost as if it was deliberate, there are no clashes between UKMC and NWRL.

16 Jan	CompassSport Cup Watergrove	22 May	LOC Holme Fell
30 Jan	DEE Delamere	11 Jun	MDOC Middle Macc Forest
13 Feb	SROC Hutton Roof	12 Jun	MDOC Urban Macclesfield
26 Feb	Twin Peak Middle	9 Oct	BL High Pike
27 Feb	Twin Peak Classic	12 Nov	DEE Middle Thurstaston
20 Mar	WCOC Eel Tarn	13 Nov	DEE Chester City Race
21 May	Bigland Middle	20 Nov	SELOC Clowbridge
		26 Nov	BL Urban Penrith

Now, let's add in a few more of my favourites: the NW Night League - two fixtures left on Saturday nights in January (15th and 22nd). And the SROC Street League (six fixtures left on Wednesday nights from 5 Jan to 2 Mar). And what about the

Nopesport Urban League ? - at time of writing, the only announcements I've seen on that front are that Edinburgh is event 1, and Erskine on April 2 is event 2. Here's a list of urban races which may be included ... the ones in *italics* are Yorkshire Urban League, which I haven't even contemplated.

15 Jan	EBOR - Scarborough	12 Jun	MDOC - Macclesfield
22 Jan	EUOC - Edinburgh	19 Jun	CLOK - (tbc)
<i>19 Mar</i>	<i>SYO - Hathersage</i>	<i>26 Jun</i>	<i>HALO - Beverley</i>
2 Apr	CLYDE - Erskine	17 Jul	ShUOC - Dore (Harvester)
9 Apr	SO - Brighton (British Sprints)	27 Aug	GO - Guildford
16 Apr	WAOC - Cambridge	3 Sep	CLOK - Catterick
17 Apr	STAG - Strathaven	<i>3 Sep</i>	<i>SYO - Sheffield</i>
22 Apr	NIOA - Belfast (JK Sprint)	4 Sep	LOG - Lincoln
<i>7 May</i>	<i>EBOR - Filey</i>	10 Sep	SLOW - London
<i>29 May</i>	<i>CLARO - Ripon North</i>	22 Oct	CUOC - Cambridge
29 May	WRE/HOC - Ludlow	<i>29 Oct</i>	<i>AIRE - Leeds Uni</i>
<i>30 May</i>	<i>EBOR - York</i>	<i>30 Oct</i>	<i>AIRE - Skipton</i>
<i>4 Jun</i>	<i>AIRE - Ilkley</i>	13 Nov	DEE - Chester
5 Jun	WRE - Shrewsbury	13 Nov	MOV - Venice
5 Jun	NOC - Nottingham	19?Nov	Barcelona
11 Jun	MOR - Lossiemouth	26 Nov	BL - Penrith
<i>12 Jun</i>	<i>EPOC - Holmfirth</i>	14 Dec	SO - Brighton

And last and very probably least ... there's our very own MDOC Club Champs dozen or so races. Of the eight currently on our web site, five are also NWRL events, and three clash with one or another of the higher-level leagues (but if anyone thinks that fixture lists come easy - think again):

MDOC

16 Jan Watergrove
 30 Jan Delamere
 13 Feb Hutton Roof
 27 Feb Twin Peak Day 2
 20 Mar SYO Barnsley *-clash w. NWRL*
 10 Apr AIRE Wetherby *-clash w. UKMC*
 22 May DVO Derby *-clash w. NWRL*
 11 Jun MDOC Macclesfield Forest

It will be interesting to see how many of the people towards the front of national-level events buy into the national league and/or the much less onerous regional league. Personally, I'll be giving the UKMC my best shot and hoping to pick up decent NWRL points in the intervening weeks. Presumably, though, the majority of club orienteers will be oblivious to all of it?

EVENT CALENDAR

After John Britton's exhaustive list of events, there is hardly a need for an event calendar. However, for the more discerning orienteer,

Sat 22 Jan	Wythenshawe Park	MDOC Saturday morning event
Sat 22 Jan	Esthwaite Intake	WAROC short race (4.5k or 3.2k)
Sun 23 Jan	Tarn Hows/Black Fell/Loughrigg Fell	WAROC long race (15,11 or 7k)
Sun 23 Jan	Marsden Moor	EPOC Regional event (level B)
Sun 30 Jan	Delamere Forest	DEE Regional event (level B)
Sun 6 Feb	Brimham Rocks	CLARO Regional event (level C) (<i>nr Harrogate</i>)
Sat 12 Feb	Werneth Low	MDOC Saturday morning event
Sat 12 Feb	Shining Cliff	DVO Regional event, Whatstandwell
Sun 13 Feb	Hutton Roof, Carnforth	SROC level B (<i>Limestone pavement</i>)
Sun 20 Feb	Black Beck, Bouth	LOC Cumbrian Galoppen (level C)
Sat 26 Feb	Bleathwaite	MDOC Middle Distance event (level B)
Sun 27 Feb	Torver Back Common	MDOC Regional event (level B)
Sat 5 Mar	Glossop, Manor Park	MDOC Score event
Sat 12 Mar	Bruntwood Park	MDOC Saturday morning event
Sat 19 Mar	Hathersage	SYO Sprint (level C)
Sun 20 Mar	Hugset, Barnsley	SYO Middle Distance event (level B)
Sun 20 Mar	Eel Tarn, Eskdale	WCOC Regional event (level B)
Sun 20 Mar	Frodsham Hill	DEE district event (level C)
Sun 27 Mar	Sherbrook & Wolsley,	WCH Regional event (level C) (<i>Cannock Chase</i>)
Sat 2 Apr	Bramhall Park	MDOC Saturday morning event
Sun 3 Apr	Timble Ings	CLARO Regional event (level B)
Sat 9 Apr	Brighton & Sussex Uni.	British Sprint Championships
Sun 10 Apr	Worth Forest, Crawley	British Middle Distance Championships

Wednesday Runs

26 Jan Britton	2 Feb Tony Wagg	
9 Feb Dave Mawdsley	2 Mar Fellbaum	23 Mar Jan Ellis
16 Feb Julie Brook	9 Mar McCann	30 Mar Roberts
23 Feb Simon Mawdsley	16 Mar Sue Birkinshaw	6 Apr Speak

Committee Meetings

Mon 14 February 7.30 Dialstone Centre	Mon 14 March 7.30 Dialstone Centre
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More Lyme Park action from Peter Cull



Dave McCann & Steve Fellbaum at the Start



John Britton



Steve Dempsey



Carolyn Hindle



Alice Fellbaum



Alex McCann



Hazel Hindle



Vicky Thornton