



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

February 2015



John and Elizabeth Britton at Lyme Park

(Photo: Peter Cull)

KATH ROSE 1929 - 2015

**JOHN O'GOATS CHARITY EVENT
NEW YEAR SOCIAL & PRIZEGIVING
NIGHT STREET EVENTS
SPRING SERIES
JUNIOR SECTION**

KATH ROSE 30th April 1929 - 11th January 2015



(Photo Peter Cull)

Kath Rose sadly died after a sudden heart attack in Stepping Hill hospital. She had orienteered, alongside her husband Frank, for almost half her life starting in W43, which was an age class then and finishing in W80. Kath and Frank have 5 daughters who in the early 1970's were taken to an event by a family friend, Chris Owen, and because they all enjoyed it so much, they persuaded mum and dad to take them along to other events. Although some of the daughters continued to orienteer it was mum and dad who became hooked on the sport. Kath and Frank competed almost every Sunday and at multi-day events where they always took their caravan. In the relatively early days of orienteering they were intrepid in caravanning to compete in Europe, particularly Spain and Portugal, where they became part of a small, regular group of competitors aboard.

Kath was very successful in her age group and although this group were highly competitive with each other they were also a very strong and lasting friendship group. Winning the 1974 Jan Kellstrom trophy in W43 in the Forest of Dean and becoming the 1999 British Champion at Graythwaite in W70 were great highlights in

Kath's orienteering and were achievements of which both Frank and Kath were immensely proud.

They were steeped in orienteering with Kath supporting Frank in his roles in MDOC, NWOA, GMOA and BOF. MDOC was flourishing in the late 1970's and Kath became probably the first membership secretary of a U.K. club. This was a role that she did diligently for many years and she became an extremely reliable source of information about members and the club. Running enquiries at MDOC events seemed a perfect role for Kath who enjoyed talking to people and she became the 'guru' who set the standard for followers in this role.

As a nurse who trained in Broad Green, Ormskirk, where she grew up, she stepped into the role of first aider at MDOC events. She worked as an ENT nurse at Stockport Infirmary, only taking time off when her daughters were young.

A very busy life enriched by orienteering until her last run as a W80 at the Scottish 6 Days! As stiles on courses became harder for Kath to negotiate, joining walking groups meant that she remained active.

Our club members have many fond memories of Kath: her regular participation in her 70's at Friday night circuit training astounded everyone by her ability and obvious enjoyment; her instigation, along with Dorothy Griffiths and Rhoda Wilson, of the annual winter social, which is still held, and providing sausage, mash and beans and hot pots; her chocolate cake offered to visitors to the caravan amidst competitions and inclement weather; her unusual but delicious cauliflower, date and banana salad brought latterly to club socials.

Just to share a reflection of Kath's last days gives an insight into an active life full of friendships. On Thursday 8th January she joined a three-hour urban walk around central Manchester. On Friday 9th January she walked into the local village to do some shopping. On Saturday 10th January she came to the club social where sadly she became ill and was taken to hospital. She died on Sunday after expecting to be discharged on Monday. An end to a full life leaving many, many memories for those left behind.

Sincere condolences to Frank, Anne, Jill, Jane, Clare and Christine, their spouses and all the grandchildren.

Rae Lomas

A requiem mass for Kath Rose was held on 30th January at Our Lady & St Christopher R.C. Church Romiley, followed by a short service at Stockport Crematorium and a lunch at Romiley Cricket Club. Kath's family were there, including Frank Rose, their children and grandchildren, and also many past and present members of MDOC.

NEW YEAR NEWS

New Website: Our new website is going through a trial phase and will soon be up and running. It has been designed by Paul Frost who has produced websites for several other orienteering clubs and events. A subcommittee comprising Julie Brook, David McCann and Trevor Roberts has been discussing our requirements, but Julie has been the main contact with Paul Frost, and is presently moving all the detailed information over to the new website.

New Minibus: The present minibus has effectively reached the end of its useful life. Indeed it has been suggested that the roof-rack on top might be worth more than the vehicle itself! The minibus has been used extensively by the Northwest Junior Squad as well as by the club, and the committee has agreed in principle to purchase another one. Steve Dempsey, the Treasurer, pointed out that this was a very appropriate use of our capital reserves. Hopefully a suitable second-hand vehicle will soon be found.

Matthew Fellbaum has had an excellent year and won the North West Junior Squad award for the Most Improved Junior Orienteer in 2014. He has also been selected for the World Schools Championships in Antalya, Turkey in April.

Vicky Thornton has been selected to represent England in the Interland Cup on 7-8 February. Laura Hindle has also been selected as a reserve. The event will be held in England this year on the North Downs in Surrey.

Virtual-O. Peter Ross has developed a Virtual Street-O event, using the map of Ashton upon Mersey. Using the Google Earth street view of the area, the challenge is to navigate as quickly as possible around the course shown on the map, and to answer the questions set. John Britton has publicised this on Nopesport and on the MDOC Facebook page, so it is available to anyone in the country. Clearly there is now no need to go out on a cold and wet winter night for a Street-O event, as it can be completed in the comfort of your own home!

Routegadget on GMOA maps. John Britton has been developing Routegadget for GMOA permanent course maps. This is now available on three maps: Lyme Park, Philips Park (Prestwich) and Bruntwood Park. These maps are geo-referenced, so the OCAD file contains the GPS information. This has involved a lot of detailed work from Eddie Speak, but is essential so that anyone can upload their route from a device such as a GPS watch. Contact John Britton for more information.

Twin Peak 2015: This year we are back to the Lake District hills for the Twin Peak weekend. The events will be on the hills above Patterdale at the head of Ullswater. Place Fell on Saturday 30th May and Angle Tarn Pikes on Sunday 31st May. John Britton is Organiser for the weekend, with Steve Dempsey and David McCann as planners, although basically using the courses that were planned by John Britton when these were reserve areas for last year's Lakes 5-days.

50th Anniversary: This year will be the 50th Anniversary of the founding of MDOC. The committee are discussing the best ways of celebrating this.

JOHN O'GOATS CHARITY EVENT

Our New Year opened with the Annual John O'Goats Charity Event in Lyme Park. The format for this event was developed by John Britton, taking the idea of the annual Billygoat run in the USA. This is traditionally one long course where one control may

be omitted. Modifying it with four courses and differing numbers of controls to be omitted for different age groups allows it to cater for a wide variety of competitors. Planners each year also tend to vary the pattern of control layout, which adds to the interest.

Elizabeth Britton was the planner this year, and for the longer courses had placed the controls in groups of four, with a few isolated ones. This led to a long pause before anyone started running, and even so several competitors missed at least one of their controls. However everyone seemed to enjoy the challenge, and the event raised over £1500 for Elizabeth's chosen charity, Mind. The event was a family affair, with John Britton as organiser, Jen Britton co-ordinating help and Elizabeth's partner, Neill Barton, helping to put out controls.

Club members who completed their course correctly included:

Long-1	2 Thomas Fellbaum
Long-3	1 Steve Lang, 6 Richard Griffin
Long-4	1 Liam Corner, 2 Alex McCann
Medium-1	1 Matthew Fellbaum, 3 Steve Dempsey, 9 Alice Fellbaum, 10 David Wathey, 11 Stephen Fellbaum, 12 Anne Osborne, 15 Alison Fryer
Medium-2	5 Stephen Martin, 9 Nathaneal Horton, 10 River Eddis-Smith, 12 James McCann
Medium-3	4 Clare Griffin
Short-1	3 Jane McCann, 5 Carolyn Hindle, 6 Chris Rostron
Short-2	2 Laura Hindle, 3 Heather Fellbaum, 8 Hazel Hindle, 10 Celia Fenerty
Short-4	3 Kate Bryant, 7 Charlie Jordan (<i>Fallibroome</i>)
Very Short-1	2 Jan Ellis, 7 David Walker, 8 Alison Doyle
Very Short-3	1 Sue Birkinshaw, 2 Bethan Jordan (<i>Fallibroome</i>)

MDOC Night Street League (NSL) 2015

Trevor Hindle

In the dying days of Spring 2014 the NSL sages met to plan their next campaign, NSL 2015. The series principles of eight events, alternating Tuesdays and Thursdays, four before Christmas and four in the New Year remained the same **BUT** what about something different, something off-piste, something to push the boundaries of the envelope! A new map of a new area, small in size but, as runners would come to realise, having an abundance of contours. This was the start of a chain of events which culminated in NSL 6 on what has just been described as the coldest night of the winter.

Using a new app developed by Steve Lang the geo-referenced base map image was grabbed and an OCAD map produced using the familiar NSL symbol set. From this point onwards it is a simple (hmm) matter of trudging around the area checking the map for accuracy, you never know when a new housing estate might spring up, and looking for the usual suspects. NSLers live and breath acronyms - TP, SS, H, GB, FP, OMG what does all that mean? See below for a translation!

The new area chosen was Disley, a small village separated from the metropolis of Stockport by Lyme Park. The venue, The White Horse pub. The 'cunning' plan: two maps, two question sheets AND a remote map exchange.

After many hours of trudging and checking (thanks Julie), potential controls were identified (95 to be precise) and the planning could start. What else could be different? Same points per control (no highlighting required) and **HUGE** penalties for being late so runners are forced to keep one eye on the watch. Variety is after all the spice of life (William Cowper - The Task part II, The Timepiece 1785). No GBs but more Hs than you can shake a stick at (not all were used) and even overhead SSs although these were considered a bit too far off-piste. So two parts, 34 controls on each and control numbers out of numerical sequence on the question sheet, scrapped the last bit thinking it might just tip runners over the edge into despair.

Now all that was needed was decent weather, so what did it do? It snowed, and enough for it to be a major concern and some extra words hastily added to the risk assessment. Thankfully the conditions improved and, although there was still snow and ice lingering on some pavements, come Wednesday the event was given the green light.

An afternoon off work, hurrah, to hang controls on LPs and to check if the canal towpath was open (the work was supposed to be finished by the 14th but as ever...) and the waiting was almost over. Now all that was needed were some punters and, thanks to you all, you came. It was a bit of a 'if you build it he will come' moment as the first runners came a little after 1800 and set off. Two and three quarters of an hour later and everyone was safely back, or were they? What no Julia Roberts? A quick check through the entries and no Julia entered, was this a figment of our imagination or just wishful thinking on the planners part? It wasn't until sometime later that the penny dropped, not Julia but Marie!



To the pub for sustenance, post-run comments, analysis and to thaw our feet out.

Conclusion: Small is Beautiful (Schumacher 1973) and challenging and steep!

Commonly used NSL acronyms

- TP - telegraph pole
- H - fire hydrant
- SS - electricity sub-station
- GB - Gordon Bennett
- LP - lamp post
- FP - footpath



JUNIOR SECTION – Edited by Carolyn Hindle

Interviews by Carolyn Hindle

Alistair Thornton – Junior Male Orienteer of the Year Award

1. How did you feel when you were presented with the Junior Male Orienteer of the Year Award?

When I was presented with the award I was surprised but I also thought it summed up all the effort that I put into training last year, I am very pleased that the club has recognised this.

2. What do you feel were your major triumphs this year?

For the whole of 2014 I was highly focused on training, probably more so than ever before. I focused not just on orienteering, but instead on other sports such as fell running and cycling. I began to see a real improvement just before the JK and British and I was



(Photo: Peter Cull)

happy with my results in these events considering a lack of navigational practice. Overall I was most proud of my result in the JK Long where I finished 4th and was 1st Brit.

3. Did you have any setbacks last year? If yes, how did you get over them?

During the summer I took part in many fell races where again I could see a real difference in my fitness. After the fell season ended, I decided to take part in a 24 hour running event called Thunder Run. I ran in a team of 8 people at the event and completed five laps of the 10km course in around 3 hours and 30 minutes. In the end our team finish up 14th in a field of 227. Looking back I think this was a mistake as for weeks after I had to spend time recovering and not training which I saw as a big setback. I did eventually fully recover and am now back in training.

4. What are your main aims for 2015?

This year I plan to be just as focused on training as last year, which I hope will allow me to achieve the goals I've set for this year. I hope to finish in the top 15 overall at the JK, top 10 at the British Long and top 15 at British middle. Other goals include doing an official marathon and coming in the top 15 at Mountain Mayhem 24hr.

Ben Dempsey – A new member of the North West Junior Squad

1. How did you feel before your first squad?

Before my first squad I felt a real sense of pride knowing that I had been selected as a member of the squad, whilst also feeling extremely excited about the opportunities on offer.

2. When and where was your first squad?

My first squad was in October 2014 at Whinlatter. It was a tough forest but I enjoyed discovering the activities that occurred at squad and making new friends.



3. What did you do at your first squad?

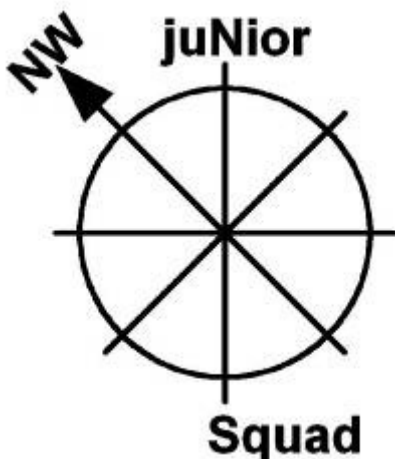
Whilst at Whinlatter I went around six different mini courses as training exercises, focusing on pacing, bearings and contour reading, it was great fun and I felt it allowed me to focus in on areas of my orienteering that I wanted to improve on. We then stayed in Torpenhow village hall, (up in WCOC land!), and had a lovely meal, it was a great weekend.

4. What have been your favorite things about squad since you started?

The evenings, they are full of fun, banter, excitement and interesting training talks. It is a chance to socialize and have fun and I really enjoy it.

5. What do you feel you have learned from squad so far?

I am learning how to look at the map whilst running, how to increase my running speed and how to improve my bearings whilst fitting pacing into my courses.



6. What are your main aims for this year?

- Top 40 in O-ringen
- Top 10 in the British
- Top 5 in the White rose and JK
- Top 15 in the Scottish 6 day.

Laura Hindle – Junior Female Orienteer of the Year Award

1. How did you feel when you were presented with the Junior Female Orienteer of the Year Award?

I felt proud and surprised, despite having some good results this year it still came as a shock but I am extremely grateful for the recognition from the club.

2. What do you feel were your major triumphs this year?

I think I had three major triumphs: firstly when I came 4th at Pike O'Bliso in the Lakes 5 Days and then of course ending up 7th overall! It was great feeling to know that some of my training had paid off! Secondly, my second major triumph was when we



(Photo: Peter Cull)

went as a family to compete in Barcelona as a part of the Euro City Race series, having already run in the Edinburgh and London events. Whilst in Barcelona there were two races: the first a sprint and the second a long urban. The course visited the old town in Barcelona; this was my favourite as there were lots of tiny little alleys here and there so you had to keep in touch with the map! I ended up coming 2nd in this but finally won the Euro Youth City Race Tour, with Carolyn in second place close behind (she made me say that!). Finally I have been delighted to be selected as W18 reserve in the 2015 Interland event.

3. Did you have any setbacks last year? If yes, how did you get over them?

As I am in my GCSE years I feel as though at some points throughout the year revision has gotten the better of me and so I have had to sacrifice training, which in some places I feel has made my performances a little worse. However, I feel that I now have an equal balance of training and revision but I think it will get much harder to keep this balance later on this year as I have all my exams in May - June!

4. What are your main aims for 2015?

Given it is my GCSE year and that I am a bottom year 18 my main goals are to focus in on precision in races so that I can have cleaner runs at all races and do myself justice at events such as the Northern and Southern champs where I didn't do so well this year.

Matthew Fellbaum – The Special Award

1. How did you feel when you were presented with the Special Award?

I was really happy and surprised when I won the award. It feels great to be recognized by the club in this way.

2. What do you feel were your major triumphs this year?

The biggest for me has to be my GB selection for EYOC in the summer. It's been something I've targeted for a long time and I hope I can continue to race at this level. Also winning the British Middle Champs was amazing as it was my first win at a major competition.



(Photo: Peter Cull)

3. Did you have any setbacks last year? If yes, how did you get over them?

My biggest setback was my performance at EYOC. I had a couple of really poor races where the situation just got to me and I couldn't function properly under the pressure. Afterwards I realized that it was only one event and the experience will help me for when I'm next in the same situation.

4. What are your main aims for 2015?

I don't really have any big aims for this year. As I'm now a first year 18 I don't have any hopes for brilliant results. I just want to have good runs at the JK and British, keep improving and above all, keep enjoying it!

World Schools Fundraising

I am trying to raise money for World Schools. Please could you help me out by giving me any old/second hand clothes that are no longer used that we can trade for money at a local shop. They need to be bagged if possible and they can't be rags. Please could you give them to me or my Dad at a Wednesday run or street league, or O-events.

We may also be selling soup at some of the local events such as Teggs Nose and Macclesfield Forest.

Thank you in advance.

Matthew Fellbaum

NORTH WEST NIGHT LEAGUE

Chris Rostron

The MDOC Night event this year held at Irwell Valley North was a great success and proved to be a fitting decider for finding the Overall winner of North West Night League 2014/15

The area was excellent for a night event and the facilities provided by the Giant's Seat Scouts were well appreciated.

The courses proved challenging at all levels and some interesting winners were discovered. Sue Birkinshaw W75 won the Orange course due to mistakes by two youngsters mispunching.

The Green course was won by Steve Dempsey with Dave McCann 3rd

The Blue course was dominated by the chase for the title which went in favour of Heather Gardner (SROC) and so providing the leagues' first lady champion.

(Editor's note): In the overall league table, James McCann is 2nd on M18-, Christopher Embrey 2nd on M19-39, John Britton 4th on M40+, Alison Fryer 2nd on W19-39, and Jane McCann 2nd on W40+.

NIGHT STREET LEAGUE

The Night Street League is still attracting a good number of entrants. After six events Steve Lang is leading the rankings on gross scores, with John Britton fourth, but on the Handicap scores John Britton is second, ahead of Steve Lang on third. On the gross scores Paul Clifford is 10th and David McCann 11th. However on the handicap scores Kath and Eddie Speak in 8th position are ahead of them both.

The two remaining events are at Wilmslow on Thursday 19th February and there will also be a final prize-giving event at Ashton on Mersey on Thursday 5th March.

SATURDAY MORNING EVENTS

The Spring Series of Saturday morning events commenced with a well-attended event at Reddish Vale. Fallibroome, Sandbach and Cheadle Hulme Schools all brought pupils, and a good number of club members also came. Courses range from White, through Yellow and Orange to Light Green, which is usually the hardest level of course possible in the parks we use. Experienced orienteers have the possibility of competing in a 2-part competition, running Orange first and then a chasing start on Light Green depending on their time on Orange.

Fine weather helped to attract the numbers to Reddish Vale, but heavy overnight rain had left many of the paths very muddy and made the steep slopes very slippery.

Clare Griffin is co-ordinating this series of events. Reddish Vale was organized by Alison Doyle and the courses were planned by Andrew Gregory. The next event is at Heaton Park on Saturday 7th February, where Tony Wagg is organizer and Steve Lang is planner.

JK RELAYS

Steve Fellbaum (*JK Relay Organiser*)

At this year's JK, MDOC have responsibility for organising and delivering the Relay at Graythwaite on Monday 6th April. In order to deliver a successful event, I will require the help of all MDOC JK participants. My assumption is that all who are going to the Lakes this Easter are in principle willing to help.

Please let me know by 14th February:

(1) if you WILL/WILL NOT be available on Monday 6th April

(2) if you have a strong preference for a particular role

When I receive your responses I will allocate people to roles and provide more information and detail regarding the requirements of each role.

Whilst this involvement with a major competition is an honour for our club, it does unfortunately come with a significant downside for individual helpers, in that due to the nature of the Relay format, it will be difficult/impossible to give the majority a competitive run.

I am discussing this issue with the controller and am hopeful that we will be able to support runs for all members, (i.e. in mini mass starts) on the basis that these will be classed as non-competitive. I am also hopeful that I can accommodate a number of teams (to be determined) who will be able to be classed as competitive running according to the published timetable.

I realise this is quite a commitment and is not an ideal situation, since we all want to run competitively at Championship events, however I hope you will understand that this type of involvement is infrequent and every event of this nature requires people to give their time to support and provide events for others.

CompassSport Cup, 1st round

Our first round of this inter-club competition will take place at Sherwood Pines on Sunday 15 March. This is a Nottingham OC area, and in the Cup competition we shall be competing against DEE, DVO, LEI, NOC, NOR, SYO, WAOC and WCH. There will also be seven smaller clubs competing for the CompassSport Trophy. SYO were second in the Final in last year's competition and, according to the rules, if they win or are second in the first round then the first three clubs qualify for the Final. If not, then the first and second placed clubs qualify. This certainly gives us a good chance to qualify, but we shall need as good turnout of members as possible.

We hope as many club members as possible can turn out and support the club. We need to have strength in depth on all the courses. Even if you are some way down the results, your result will lower the score of anyone below you, and help to reduce the scores of rival clubs.

The event is run by NOC and details are on their website: www.noc-uk.org/NOC.aspx
Entries should be made through the club captain, Vicky Thornton.

UK ORIENTEERING LEAGUE

In the Club competition of the 2014 UK O League, MDOC were 4th, behind BOK, SYO and OD. The best 10 scores from 18 events are counted. Those contributing towards the result, with individual positions and total point scores, were:

Laura Hindle	W16	8	420	Sue Birkinshaw	W75	2	486
Carolyn Hindle	W18	9	401	Matthew Fellbaum	M16	2	483
Jane McCann	W45	32	185	Alistair Thornton	M18	6	386
Liz Hamer-Davies	W45	41	150	Liam Corner	M40	14	212
Vicky Thornton	W50	9	382	Steve Dempsey	M50	8	366
Hazel Hindle	W50	12	333	John Britton	M60	2	491
Jillyan Dobby	W60	9	414	Andrew Gregory	M75	1	490
Rae Lomas	W70	3	380				

UK URBAN LEAGUE The best 8 out of 18 races. Those in the top 50 were:

Laura Hindle	JW 16-	2	James McCann	MJ 16-	22
Carolyn Hindle	W Open	18	River Edis-Smith		48
Hazel Hindle	WV 40+	6	Trevor Hindle	MV 40+	12
Jane McCann		46	Liam Corner		18
Heather Fellbaum		50	Paul Watson		21
Marie Roberts	WSV 55+	34	John Britton	MSV 55+	18
Jillyan Dobby		39	Grahame Crawshaw	MUV 65+	9
Irene Crawshaw	WUV 65+	6	Peter Ross		27
Sue Birkinshaw		12	Chris Rostron		29
Julie Brook		17	Peter Lomas		32
Rae Lomas		19	Chris Kirkham		37
Alison Doyle		33	Trevor Roberts		49

NEW YEAR SOCIAL & CLUB AWARDS

The club's New Year Social was held at High Lane Village Hall on Saturday 10th January. This was a great occasion, although obviously saddened by Kath Rose being taken unwell at the beginning. The event was co-ordinated by Julie Brook, and included food, quizzes, the annual prize-giving and a ceilidh with dancing to an excellent local band: 'High Jinks'.

Club awards for performance in 2014 were presented to:

Most promising newcomer of the year:	Dominic Wathey
Most improved orienteer of the year:	Trevor Hindle
Junior Female orienteer of the year:	Laura Hindle
Junior Male orienteer of the year:	Alistair Thornton
Senior Female orienteer of the year:	Vicky Thornton
Senior Male orienteer of the year:	John Britton
Special Award:	Matthew Fellbaum
Chairman's Award:	Steve Lang

Team of the Year: Peter Palmer's Junior Relay Team:
Matthew Fellbaum, Carolyn Hindle, James McCann, Ben Dempsey, Laura Hindle, River Edis-Smith, Alistair Thornton

CREWE URBAN EVENT

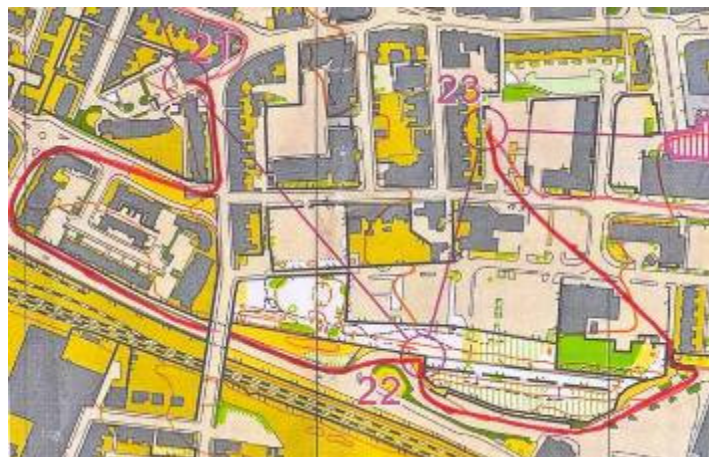
Most of us have been through Crewe on a train, but few of us have stopped off there. The urban event put on by DEE gave a chance to see it for the first time. Not the most attractive town it must be said. Most of the housing was built for railway workers, but there were several areas of narrow streets and even narrower passageways that made for excellent urban orienteering. Controls tended to be placed in groups, with longer legs inbetween, and concentration on the map was important at all times.

Ian Gilliver was Controller, and had to deal with a difficult problem on course 4 (Men Ultra-Veteran & Women Super-Veteran). Control 22 had the description:

21	186	↑	■			└┘
22	199		↗			┌┐
23	198	↓	⬆			○

'Fence, inside corner' is clearly on south side of the fence. So a possible route from 21 would be as shown (one could also go round to the east).

Unfortunately a number of competitors went to the north side of the fence, but then found they could reach through and punch the control, which is against the rules. Some competitors confessed to doing this, but clearly others had not. Ian Gilliver looked carefully at the split times to see if it was clear who had gained an advantage by this, but decided it was not possible to be sure. He therefore sensibly decided to void the two legs, so no-one would gain any advantage. Those who had executed the leg correctly might be slightly annoyed, but at least could feel morally superior, while the others could breath a sigh of relief.



However this is a potential problem in urban events, and such a possibility does need to be avoided by planners and controllers.

Welcome to new members

Christopher Embrey (M21) and Elizabeth Pain (W21), Natasha Atkinson (W21), Alison Fryer (W21), Karen Peach (W45), Olaf Frank (M45), David Morris (M50), John Williams (M60).

Also to returning members: Simon Fletcher (M45), Chris Owen (M60) and family, Tim and Jenny Mallon (M55 & W55)

MDOC events and activities September 2013 to August 2014

Level B	TP City of Manchester	June	289	Andrew and Margaret Gregory, Steve Lang, Chris Kirkham
	TP Sprint Fallowfield/Platt Fields	June	209	John Kewley, Ian Gilliver, Alison Doyle
	TP Macc Forest	Oct	362	Steve Dempsey, Trevor Roberts
	TP Stockport Vernon Park/Urban	Oct	177	Jillyan Dobby, Pete Lomas
	CSCup Irwell Valley	Feb	368	Dave and Kate Bryant, Paul Jarvis
	Lakes5 central services	Aug		Eddie Speak, Julie Brook, Sue Birkinshaw, 40 helpers
Charity	Lyme Park	Jan	158	Steve Lang, Sue Birkinshaw
Informal	Score			
				Chris Rostron (Co-ordinator)
	Reddish Vale	Sept	51	Chris Rostron, Steve Lang
	Wythenshawe Park	Sept	57	Ian Farrell, Chris Kirkham
	Burnage Rugby Club	Oct	42	Paul Clifford, Tony Wagg
	Brabyns Park	Nov	58	Alan Ogden, Alison Doyle
	Bruntwood Park	Dec	49	Steve Nicholls, Chris Rostron
	Night Street League			
				Grahame Crawshaw (Co-ordinator)
	Romiley	Nov	52	John Britton, Richard Evans
	Knutsford	Nov	72	Ian Gilliver, Dave and Kate Bryant
	Burnage	Nov	53	Chris Rostron, Ian Watson
	Glossop	Dec	54	Grahame Crawshaw, Julie Brook
	Timperley	Jan	64	Pete Ross, Jillyan Dobby
	Cheadle	Feb	55	Steve Lang, Paul Clifford
	Macclesfield W	Feb	76	Mike Greenwood, Clare Griffin
	Hazel Grove/Woodsmoor	Feb	73	Steve Fellbaum, Dave Mawdsley
	Timperley	Mar	62	Trevor Roberts, Rebecca Glen
	Sprint Chase +W/Y/O/LG			
				Alison Doyle (Co-ordinator)
	Riverside Park, Macc	Jan	96	Dave Mawdsley, Jan Ellis
	Sale Water Park	Feb	89	Andrew Gregory, Tony Wagg
	Bramhall Park	Mar	97	Steve Fellbaum, Alison Doyle
	Woodbank and Vernon	Mar	59	Ian Gilliver, Clare Griffin
	Summer evening Intro			
	Lyme Park	1, Intro	May	36 Pete Lomas
	“	2, Intro	May	50 Pete Lomas
	“	3, Intro	May	41 Pete Lomas
Summer evening (level C) W to Blue				
			Tony Wagg (Co-ordinator)	
Macc Forest	Apr	93	Steve Fellbaum, Jan Ellis, Dave Mawdsley	
Lyme Park	May	88	Ian Gilliver, Pete Lomas, Dave McCann	
Teggs Nose	June	98	Dave McCann, Rae Lomas, Eddie Speak	
Brereton Heath	June	131	Chris Rostron, Julie Brook, Andy Thornton	
Alderley Edge	July	163	Pete Ross, Jillyan Dobby, Tony Wagg, Steve Fellbaum	
Countryside Score Events				
			Andy Thornton (Co-ordinator)	
New Mills	June	60	Jim Trueman	
Macclesfield	June	43	Ian Gilliver	
Mobberley	July	59	Darren Baker (DEE), John Britton	
Marple	July	60	Dave Grindrod	
Cartmel (Lakes5)	Aug	59	Andy Thornton	
Night	Dovestone	Jan	49	Chris Rostron
Social	New Year, High Lane	Jan	50	Julie Brook, Rae Lomas
Schools	Fallibroome Team event	June	152	Peter Hayes, Julie Brook
Activities	Alderley GCSE Moderation	Mar	15	Peter Hayes
	(Introductory) Wilmslow WI	June	13	Kate Bryant
	Brownie Leaders	Mar	40	Marie Roberts
	Macc Navigation Challenge	June	80	Alan Ogden

RECENT EVENTS

AIRE - Ilkley Moor - 30 November 2014

Short Brown, 6.5k (33)

10 Steve Dempsey	M50	68:16
24 David McCann	M50	77:37
25 Alice Fellbaum	W21	78:37
30 Eddie Speak	M60	96:45

Blue, 5.3k (58)

52 Ian Gilliver	M60	107:23
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Short Blue, 4.8k (40)

24 Chris Kirkham	M65	72:17
28 Jane McCann	W45	73:28

Green, 3.6k (59)

17 James McCann	M14	53:58
21 Stephen Beresford	M65	55:35
30 David Mawdsley	M70	59:44
36 Kath Speak	W55	61:38
57 David Walker	M70	89:08

Short Green, 2.9k (39)

7 Geoffrey Millan	M70	50:29
15 Jan Ellis	W65	58:44
30 Julie Brook	W65	77:30

Very Short Green, 2.2k (8)

2 Sue Birkinshaw	W75	67:58
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WCH - Chillington - 30 November 2014

Blue, 5.9k (55)

22 Ian Farrell	M21	61:16
38 Peter Ross	M65	71:19

Green, 4.1k (56)

17 Jillyan Dobby	W60	57:41
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25 Trevor Roberts	M65	59:35
45 Marie Roberts	W55	76:46
50 Sara Farrell	W21	92:35

Short Green, 3.5k (38)

29 Alison Doyle	W65	88:53
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PFO - Towneley Park & Colliery - NW Night League - 6 December 2014

Blue, 6.1k (15)

7 John Britton	M60	65:38
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10 Stephen Fellbaum	M50	77:12
14 Chris Rostron	M65	86:01

PFO - Towneley Park & Colliery - 7 December 2014

Brown, 7.8k (9)

1 Liam Corner	M40	51:45
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Blue, 6.4k (18)

7 Ian Farrell	M21	54:43
15 Paul Watson	M40	67:27

Short Blue, 5.2k (11)

5 Peter Ross	M65	54:09
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Green, 5.0k (14)

4 Chris Kirkham	M65	53:41
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6 Jonathan Dickinson	M50	58:28
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Short Green, 3.6k (13)

2 Jillyan Dobby	W60	40:58
3 Geoffrey Millan	M70	41:51
8 Stephen Beresford	M65	48:16
9 David Walker	M70	52:11

Light Green, 3.3k (5)

5 Cosima Dickinson	W16	40:53
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DVO - Stanton Moor - 7 December 2014

Brown, 7.3k (40)

20 Jim Trueman	M50	79:31
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Blue, 5.0k (69)

32 Stephen Fellbaum	M50	66:39
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Green, 3.3k (73)

7 Martin Green	M60	40:00
28 Heather Fellbaum	W50	48:35
62 Kath Speak	W55	71:23

69 Alison Doyle	W65	86:20
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Light Green, 2.9k (11)

3 Chris Owen	M55	63:02
5 Stephen Owen	M14	64:40

Yellow, 2.4k (20)

13 Becky Owen	W12	47:28
14 Carol Owen	W50	48:02

EPOC – Royds Hall – 21 December 2014**Blue, 6.2k (54)**

17 Steve Dempsey	M50	56:39
48 David Dann	M55	90:39

Green, 5.0k (45)

12 Martin Green	M60	62:12
18 Peter Ross	M65	67:33
27 Trevor Roberts	M65	80:57
32 Marie Roberts	W55	85:14

36 Chris Kirkham	M65	97:41
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Short Green, 3.9k (20)

1 Jillyan Dobby	W60	43:58
6 Stephen Beresford	M65	49:11
18 Alison Doyle	W65	74:04

Light Green, 3.6k (14)

2 Chris Owen	M55	48:20
9 Stephen Owen	M14	68:40

LOC – Summerhouse Knott – NW Night League – 10 January 2015**Blue, 3.7k (22)**

7 Christopher Embrey	M21	57:34
13 John Britton	M60	98:17
18 Chris Rostron	M65	119:30

Green, 2.8k (14)

1 Alison Fryer	W21	68:06
3 Eddie Speak	M60	74:36

DVO – Crich Chase – 18 January 2015**Blue, 5.2k (84)**

1 Matthew Fellbaum	M18	58:32
9 Steve Dempsey	M50	66:54
10 John Britton	M60	67:18
48 Stephen Fellbaum	M55	87:56
69 Eddie Speak	M60	106:24
74 David Wathey	M50	118:12

Green, 3.5k (83)

11 Martin Green	M60	49:05
38 Kate Bryant	W60	61:05
80 Alson Doyle	W65	135:35

Short Green, 2.5k (43)

10 Kath Speak	W55	52:22
21 Julie Brook	W65	60:23
34 Sue Birkinshaw	W75	75:41

Light Green, 2.7k (21)

6 Chris Owen	M55	57:22
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Orange, 2.6k (23)

11 Becky Owen	W14	91:15
12 Carol Owen	W50	92:17

Yellow, 1.8k (17)

7 Dominic Wathey	M10	25:09
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DEE – Crewe Urban event – 25 January 2015**Junior Men, 16-, 3.0k (5)**

1 River Edis-Smith	M16	23:39
4 Ben Dempsey	M14	33:54

Veteran Men 40+, 6.0k (36)

2 Liam Corner	M45	40:27
3 Stephen Lang	M40	40:49
7 Trevor Hindle	M50	43:21
8 Steve Dempsey	M50	43:28
27 Paul Watson	M40	59:14

Senior Veteran Men 55+, 5.8k (46)

8 John Britton	M60	45:01
25 John Williams	M60	52:25
29 Steve Fellbaum	M55	55:28
39 Steve Nicholls	M55	72:12

Ultra Veteran Men 65+, 4.6k (46)

13 Peter Ross	M65	41:36
14 Chris Rostron	M65	41:53
15 Chris Kirkham	M65	42:03
21 Trevor Roberts	M65	45:43
22 Peter Lomas	M75	47:21

23 Grahame Crawshaw	M65	47:22
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26 David Mawdsley	M70	48:33
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31 Andrew Gregory	M80	50:49
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Women Open, 6.0k (9)

2 Laura Hindle	W18	46:35
7 Alison Fryer	W21	63:11
8 Carolyn Hindle	W20	65:00

Veteran Women 40+, 5.8k (21)

16 Hazel Hindle	W50	63:15
20 Liz Hamer-Davies	W50	77:02

Super Veteran Women 55+, 4.6k (20)

9 Jillyan Dobby	W60	45:58
15 Marie Roberts	W55	50:47
16 Kate Bryant	W60	51:03

Ultra Veteran Women 65+, 3.4k (13)

5 Rae Lomas	W70	49:41
6 Irene Crawshaw	W70	50:56
9 Sue Birkinshaw	W75	66:59
13 Margaret Gregory	W75	84:01

MDOC EVENTS

Night Street League

Thur 19 Feb Wilmslow The Old Dancer, 16 Grove Street
Thur 5 Mar Sale (Prize-giving event) Samuel Brooks, 323 Manor Avenue

Wednesday Runs

Feb 11	Speak	Adlington	Mar 11	Brook	New Mills
Feb 18	Roberts	Bramhall	Mar 18	D. Mawdsley	Macclesfield
Feb 25	Wagg	Didsbury	Mar 25	Rostron	High Lane
Mar 4	Britton	Marple	Apr 1	Evans	Romiley

Saturday Morning Spring Series

Sat 7 Feb Heaton Park
Sat 7 Mar Bramhall Park
Sat 28 Mar Macclesfield Forest

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.

Summer Evening Events

Thu 30 Apr Tegg's Nose *(Full list of Summer Evening Events with next issue)*

Twin Peak 2015

Sat 30 May Place Fell
Sun 31 May Angle Tarn Pikes

GRAND CHRISTMAS QUIZ - SOLUTIONS

1. Woodbank Park athletic track.
2. Where the arches of a railway viaduct touch the ground (Reddish Vale).
3. Old gasholders at Portwood, Stockport.
4. The original Coronation Street set on the old Granada Studios site.
5. "Darcy's pond" at Lyme Hall, Lyme Park.
6. St Paul's Cathedral.
7. The Georgian Crescent at Bath.
8. Edinburgh Castle.
9. Ski jumps (Pragelato, Italy – used in the 2006 Winter Olympics).
10. Adventure Land (Pirates of the Caribbean), Disneyland Paris.
11. The Coliseum, Rome.
12. Victoria impact crater on Mars, located at 2.05S, 5.50W.

(A Google search on these co-ordinates, at the top of the map, will reveal the solution. O-map is from the website 'Orienteering World'.)

Prize to Dan Parker for a complete set of correct solutions

Prize-giving & dancing at the New Year Social



Dominic Wathey



Trevor Hindle



Vicky Thornton



Dancing at the ceilidh



Peter Palmer Relay Team with David McCann & Steve Dempsey

(Photos: Peter Cull)

John O'Goats Charity event - Lyme Park



Before the main start



Novice Start

(Photos: Peter Cull)

Hazel Grove Night Event



Jane and Alex McCann



Before the Start



Waiting to cross the road



Where are we?

(Photos: Peter Cull)