



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

January 2020



Alan Barker in action at Errwood (Photo: Peter Cull)

**Twin Peak
Chair's Award & Club Championship
Swiss OMM
Italian 5+5
Night Street League
Fallibroome Success**

Twin Peak 2019

Jim Trueman & Ian Gilliver

Paul Jarvis described Errwood as “Scotland in the Peak” so it was fitting that Day One arrived with freezing temperatures that broke into an icy wind with flurries of snow. It was the perfect day for a parkrun - but this was Errwood.

Having spent days trudging through the woods I had learned to love Errwood and turn a blind eye to the roughness of the terrain. I was soon reminded as the returning gladiators started to trickle in. The hardest of orienteers returned with beaming smiles, tales of a tough day in the wood and finishing times more or less as expected. The less hardy shared tales of an extreme walk to the start, bottomless swamps, leg-sapping tussocks and other assorted man-traps.

Plenty of runners were out for over two hours; two hardy souls had three hours of fun- that's MDOC providing true value for money! Courses and the area were generally agreed to be tough but character-building and enjoyed by most orienteers either on the day or in retrospect a couple of weeks afterwards.



Muddy fun in the forest (Photo: Peter Cull)

There were a number of planning difficulties to consider:

- The only suitable area for white and yellow courses was of little interest to the more experienced meaning a separate start. Either the junior start or the finish was going to be a long way from the main start and assembly- I opted for the start and am sure a few parents will have been grumbling quietly.
- The Northern section of the main competition area has sufficient interest for the shorter technical courses; the Southern area is more extensive- but steeper and rougher. The two areas are separated by a stretch of dull running from a single crossing point and a particularly nasty marsh to enter the forest. The most difficult decision was whether to keep the Green course to the North of the road and have them run round in circles, or to stretch the length of the course slightly and take them South. I opted for the adventurous approach- the higher than expected number of DNFs and retirements on green may suggest a more cautious approach in the future.
- The Southern section of the map was being comprehensively updated by Richard Parkin at the same time as I was planning- leading to a number of rethinks and challenges as the mapped runnability of the forest changed.
- I had never planned a proper event before and quite quickly realised that I didn't know what I was doing. On this score an early start to the planning work, lots of early mentoring from John Britton and a patient approach from controllers Karen and Dan Parker saw us through. Thanks to all three- they were great.

In addition to John, Dan and Karen a number of “MDOC Hero” badges are in the post:

Paul Jarvis – Unflappable Organiser. Paul fought and won the Car Parking battle with Forestry England; battled against the odds to find the last available portable toilets in Derbyshire and took imperious command of the logistics when International Rescue MDOC style were called out. What a Professional!

“My view of the sunrise over a frosty forest, sat on my own at registration - was my own personal reward” PJ

Sam Drinkwater and Anna Mackenzie – Angels of Mercy. Rushed to the far end of the forest to assess and provide medical cover to the day’s main casualty- a heavily sprained ankle. The ankle was bad, the cold was worse - everyone was very grateful to Buxton Mountain Rescue who arrived shortly afterwards. A reminder to take Risk Assessments seriously.



Head high grass was only a minor hazard (Photo: Peter Cull)

Martin Green – Route Choice of the Day. Headed off the wrong way around the Short Blue loop south of the road, realised his mistake and cut up through the nice white forest avoiding the Bog of Despair. Accidental but Inspired.

Mike Greenwood – Commitment to the Cause. With the road impassable due to early morning ice, Mike abandoned his vehicle, ran over the pass, woke all of the Southern controls, reported to assembly and ran back. Probably wears his underpants over his trousers at home.

Andrew Smith, Trevor and Hazel Hindle – Duped but Willing. With planned control collectors responding to a medical emergency, and a noticeable dearth of runners keen to venture back out, all three went the extra mile to make the tidy-up process manageable. Trevor and Hazel dived back into the Southern woods despite previously spending over an hour marshalling on a chilly road. Andrew “volunteered” for double control collection duties and was the last car to be seen leaving assembly.

John Williams – Knight in Shining Armour. Not only did John spend a day putting out controls, he also leapt to the rescue of a damsel in distress, pulling Margaret out of a hungry mud hole before reaching his first control.



Margaret Gregory before and after... (Photos: Peter Cull & Sue Birkinshaw)

In contrast to Saturday's event at Errwood, Sunday's urban event in Stockport/Edgeley was blessed with autumn sunshine.

Eddie Speak had done an excellent job of updating the existing Graham Gristwood map of Stockport and adding the residential area of Edgeley to the west of the A6 and the Main Line railway. The extension more than doubled the size of the original map.

Edgeley is typified by a rectangular grid of Victorian Terraces with back alleys, many (but not all) of which are gated and therefore out of bounds (and mapped as such). To the north of Edgeley lies Hollywood Park, to the south lies Alexandra Park and a line of three reservoirs, and to the NW lies an area of relatively modern housing which has a detailed path network.

All courses started in Edgeley and visited Hollywood Park ("That first control wasn't urban orienteering!") and all courses ended in Stockport, with later controls in the pedestrianised area featuring some gradients, a viaduct and various flights of steps.

Guided by Trevor Hindle, I had aimed to produce full-length courses akin to a classic forest event, but winning times on the longer courses were still shorter than I'd intended; though Tom Fellbaum, who won the 9.8km (crow-fly, 13.0km actual) Course 1 in 49:50, was kind enough to say he thought it was long enough.

Because of its rectangular grid, there was a risk that the Edgeley part of the courses could have been quite dull, so there I concentrated on offering route choice, setting legs diagonally across the grid, and elsewhere I tried to make sure competitors had to think hard and use detailed navigation to find controls efficiently, while still offering route choice where I could. As a consequence, there were rather too many controls on all courses (e.g. 37 on Course 1, and 36 on Course 2) but happily that wasn't raised in the feedback that I received.

The finish was located in the sun on the pedestrianised plaza at the south-west end of the Merseyway Shopping Centre. The atmosphere was great with many competitors staying to chat and making use of the well-priced refreshments available from nearby shops.

The organisation led by Chris Rostron went without a hitch, and I was grateful to Steve Bingham, David Wathey and John Britton for helping me put out controls (starting at 07:00) and to a host of control collectors who made things a lot easier at the end of a long day. Thanks also to Pete Owens, our controller, who through his attention to detail improved the standard of the map and the courses.



One of many happy customers from the Twin peak weekend (Photo: Peter Cull)

The photos in this article are supplied courtesy of Peter Cull and are available to purchase, along with some excellent shots from John O' Goats and other events, at <https://www.petercull.com/orienteering>

Special Awards

Normally every year, the chair nominates one person for the Peter Conway Memorial Trophy, known as the Chair's Award. This year, in line with British Orienteering's declaration of 2019 as the Year of the Volunteer, Marie picked out four additional people to receive an 'Unsung Hero' award for their outstanding contribution to the club.

Alain Kyd literally went the extra mile this year to help the children in his care at Fallibroome School to enjoy the sport. Following the success of MDOC's juniors in the regional heat of the Yvette Baker Trophy, in great part due to those competing from Fallibroome, he organised the entries and transportation to take a coach load of young orienteers to the national final in Suffolk. Without his support and time, the children would not have had the opportunity to compete in the final. Thanks are also due to the children who represented the club at the final.

Chris Kirkham was singled out for his contribution to keeping the competitive element of our sporting club healthy through the Club Championships. As well as being a willing volunteer at many club events, Chris compiles the list of events in the Club Championships, records event results and calculates the resulting score for every competing club member through the year.

Julie Brook is involved in nearly every aspect of the club's smooth running. She is almost always behind the computer at club events, sometimes working until the early hours to ensure the results are available promptly; for many years, she has been our Social Secretary, helping to arrange social events; she is also the person who does most of the updates on the club website, posting details about events and club news. And for the last four years, she has helped to organise a Junior inter-schools championship in Macclesfield – this year managing to provide timing and results for nearly 400 Primary school children.

John Britton was presented with an Unsung Hero award in recognition of the extraordinary amount of work he is putting into maintaining about 50 permanent orienteering courses in and around Greater Manchester. John not only maintains the control posts almost single-handedly, but also manages map distribution and online sales from www.gmoa.org.uk

The Peter Conway Memorial Trophy

Awarded by the chairman, this trophy was created over 20 years ago to commemorate a dedicated former club member who had died in a tragic accident. Each year, it recognises the contribution of one person to the life of the club. This year, rather than looking at the recent past, the chairman chose to redress an oversight of many years standing by awarding the trophy to Dave Mawdsley.

In his 40-plus years as a member of MDOC, Dave has played a key role in introducing innovations in computer results and planning which have been beneficial to the country as a whole: In 1978, he brought the mapping and planning software OCAD to Britain after seeing it in use abroad, and together with Dave Griffiths and Thomas Somers-Cocks, he devised the first computer-based results processing system used in the UK, which they operated from an old caravan.

Among his many other innovations, Dave organised the purchase of a club minibus to improve the environmental impact of travel to events. Ironically, it was also he who purchased the current Peter Conway Memorial Trophy, but until now he had never received it. That record is now straight – thank you, Dave.



Dave Mawdsley receiving the Peter Conway Trophy

Club Championship 2019

Our 2019 Club championship drew to a close at the WCH event in December in Sherbrooke and our new champion in the open class is Jillyan Dobby. After finishing in second place last year, she made a late charge through the field to hold off another improver, Martin Green, who moved up to 2nd from 6th place last year. Kate Bryant rounded off a podium of M/W65's, so perhaps this is the optimum age to benefit from the handicap system. Well done to all of the top 10 and to everyone who competed in one or more of the events.

- 1) Jillyan Dobby (W65), 6323
- 2) Martin Green (M65), 6301
- 3) Kate Bryant (W65), 6259
- 4) Chris Rostron (M70), 6257
- 5) Dave McCann (M55), 6209
- 6) Ian Watson (M70), 6194
- 7) Cecilia Fenerty (W55), 6178
- 8) Eddie Speak (M65), 6177
- 9) Jane McCann (W50), 6163
- 10) Kath Speak (W60), 6071



MDOC Club Championship ladies podium (L to R: Kate Bryant, Jillyan Dobby, Cecilia Fenerty)



MDOC Club Championship mens podium (L to R: Chris Rostron, Martin Green, Dave McCann)

There are also Junior categories for colour coded courses and the winners are as follows:

White: Harriet Farrell
Yellow: Emma Kyd & Adam Leyland
Orange: Emily Sparks-Welsh & Ben Siriwardena
Light Green: Catriona Beynon & Dominic Wathey

Congratulations to our stars of the future!



Some of the Junior prize winners from the MDOC club championship

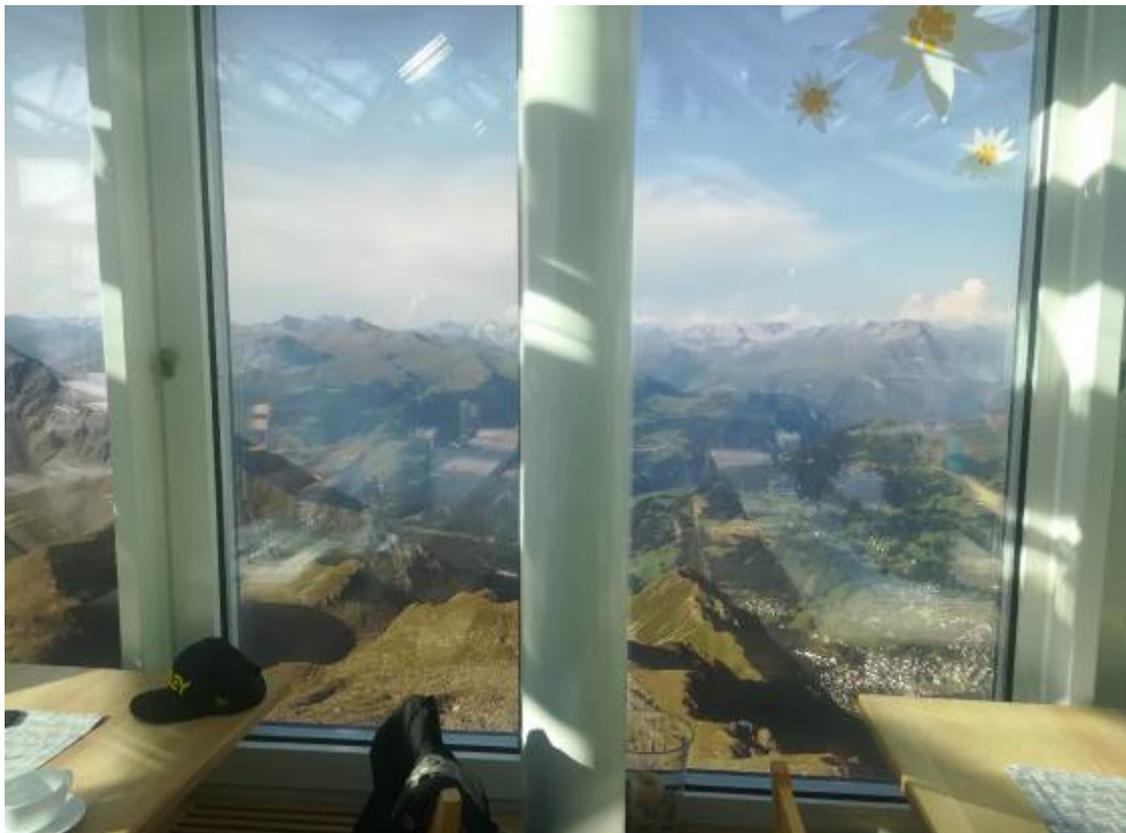
Alpine OMM - Switzerland

John Williams



Held in Lenzerheide, Switzerland, the alpine OMM this year stretched to the limit our abilities to get to the right place, at the right time and return home again. We realised in time, just, that bookings for pre flight parking/hotel (a day too late) and homeward bound bus (booked to Geneva, flight from Milan) didn't match, and once there the only relevant language either of us had was school Latin, from nearly 50 years ago.

Somehow we arrived, and at Registration were given a ringing welcome (which went on for some time after, big cow bells inside are loud.) The start was at the top of Rothorn, courtesy of cable car.

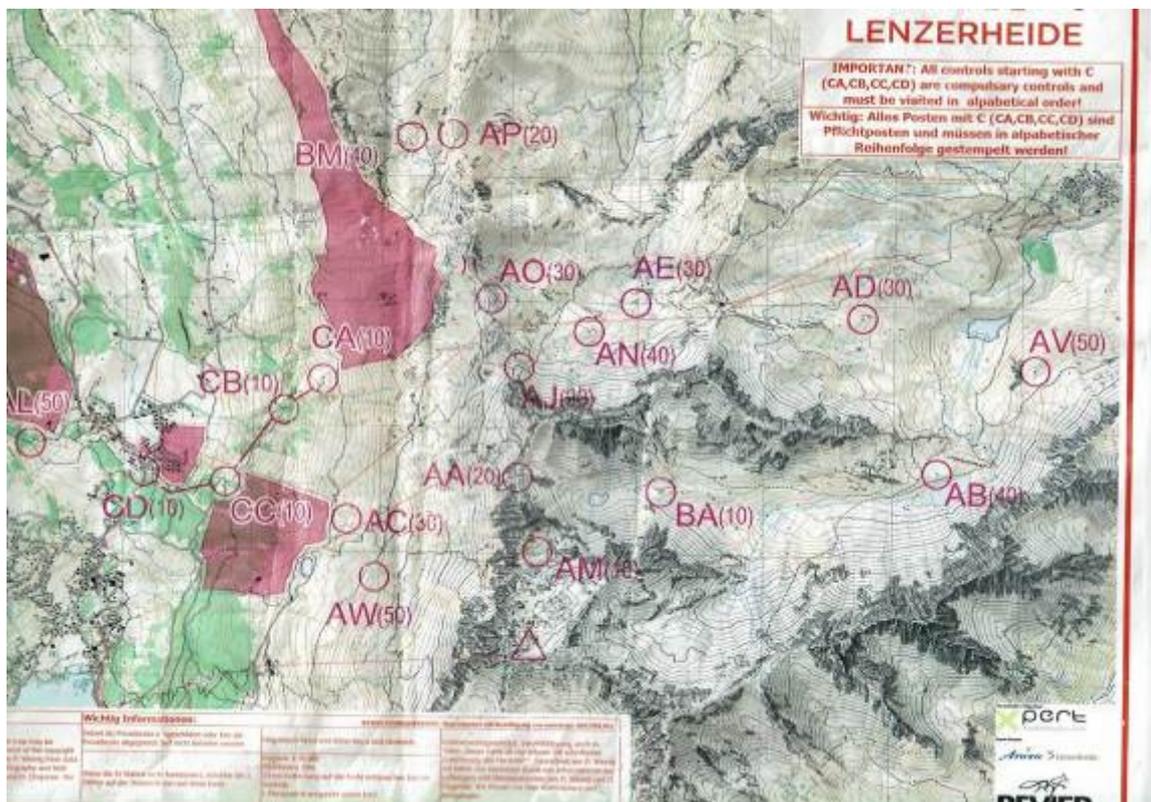


This allowed a very civilised pre start coffee & croissant and a very slightly uphill start (maybe 5m up, then 800m down) from a rather barren area, think Dr. Who alien planet set.

Not before enjoying views across the valley to the overnight camp, whose location had been revealed by a local website that Janet found, confirmed by the legend on the sample maps.



A cunning strategy was quickly adopted, with a loop to the east towards Arosa, returning to the ridge, descent to Churwalden, with compulsory controls before climbing to the overnight camp: AM, AA, BA, AB, AV, AD, AE, AN, AJ, AW, AC, CA, CB, CC, CD, AL, Camp





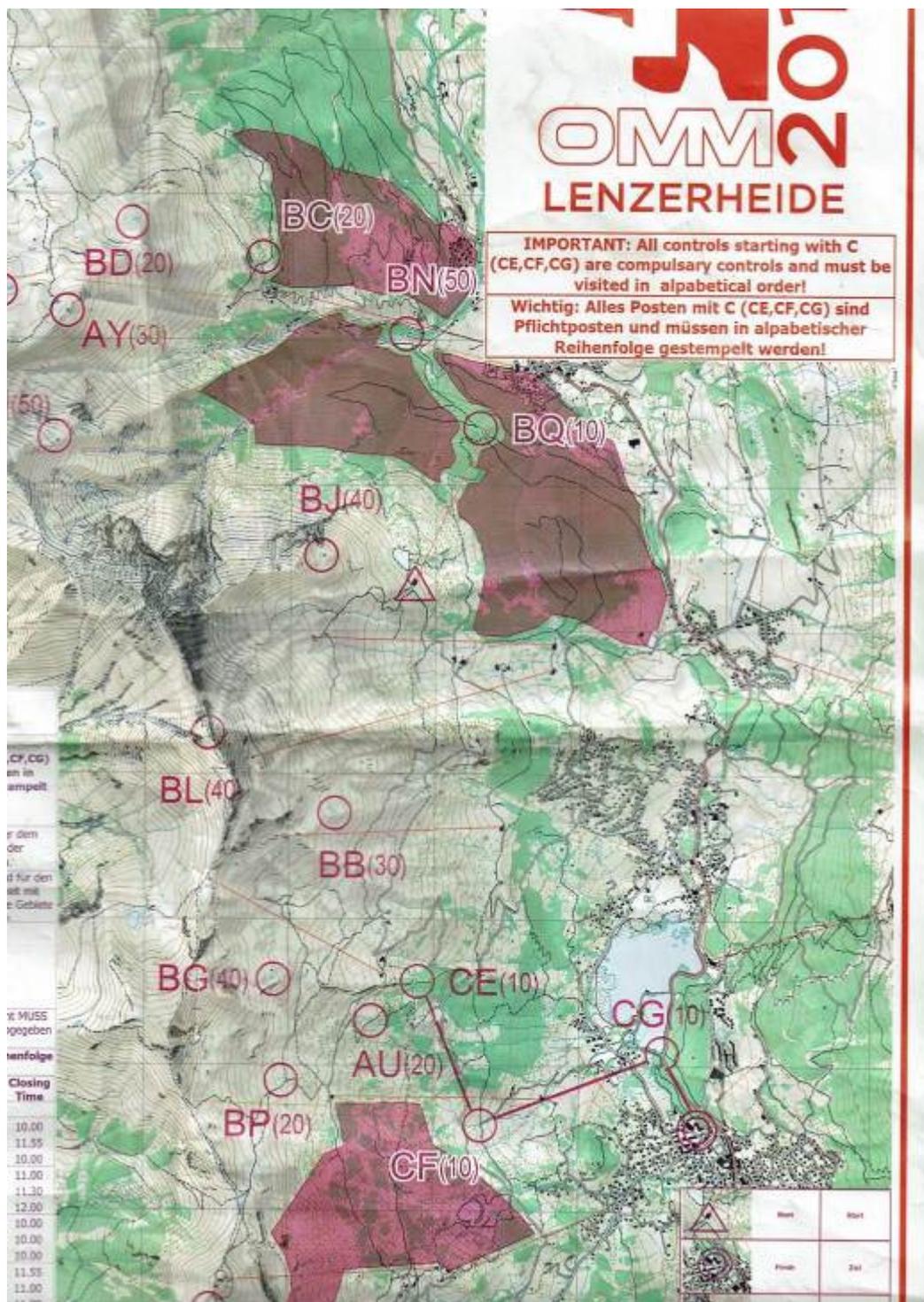
The first part was accomplished with few problems, an avalanche shelter, many fine views, avoidance of mountain bikers, and, generally good navigating (with 2 of us we managed to avoid any errors.)

Regaining the ridge at AJ, we started the descent along a good track. Occasional showers had by now replaced the bright sun. No need for waterproofs... until it turned into what seemed our personal thunder & hail storm, directly overhead. The other side of the valley was in bright sun, confirmed by the OMM staff setting up camp. Looking back afterwards we could see that where we had been had turned white.



Through the village and to payback for the downhill start, we had a 700m climb to the overnight camp. The non escalating penalties meant that picking up a control on the way up compensated for being overtime (we were running the long score, should have said earlier) after some 7 hours out. Schnapps at 8pm seemed (another) civilised way to end the day.

The start of the hunting season meant an early start to day 2, dark, pre 6am, having been roused by a group of alpenhornists.



A route wasn't so obvious. A loop to the north would almost certainly have put us way over time. Going south, homeward, didn't offer much choice, or points. An out and back on the start of the northern loop looked the best option. Apart from it meaning a 600m descent... then straight back up, with the next control taking us another 100m up. (BQ, BN, BJ, BB, BP, AU, CR, CF, CG) It worked for us though, the descent/ascent followed by 4k or so contouring over mainly rough ground for the next few controls, leading to the final descent, a welcome water trough, having all but run out of water on an increasingly warm day, and a run(ish) through woods to the finish, 16th of 37, 4th in the vets, and a few well earned beers. Thoroughly enjoyed!

Italian 5+5 in Sardinia

Ian Gilliver

My companion for most of the Eurostar trip to Paris was a lovely old boy called Charles. He had taken some 20 minutes to find his seat next to mine, having started in an entirely inappropriate part of the train. Charles was heading to Paris to represent the MCC – at chess. His uncle had played cricket for Somerset and as soon as Charles was born his father contacted the MCC's Membership Office and put his boy's name down. Charles had a while to wait before eventually becoming a member aged 23. Charles and I discussed a variety of topics, including his career as a history teacher in Oxford and the speed at which the wind turbines were rotating. When we reached Paris, he said: "It's unlikely I'll ever make this trip again, but if I do, we must have a drink!"

I stayed near Gare de Bercy and having walked through nearby parks I found a useful watering hole called "B&B", <http://www.barandbeer.com/>. It was a proper real ale/craft beer establishment and I enjoyed a nice pint of Adnams – yes, from Suffolk.

The train from Gare de Lyon to Marseille was badged Ouigo, which is the Ryanair equivalent of a TGV: the ticket was cheap, it started an hour late, cost 5 Euro for an extra bag, and had no food or drink on board. However, it kept to time, so I easily caught a connection to Toulon and was able to have a meal overlooking Toulon harbour before boarding the overnight ferry to Sardinia. [I can see why Jonny Wilkinson chose Toulon – it's a lovely city.]

The 'Mega Smerelda' docked into Porto Torres at 11:15, and I was able to walk to the only car hire office in town. I have the impression that Autonoleggio Mureddu is a family undertaking and further that the Fiat Panda that I rented from them was perhaps their late uncle's runabout. Having done 83000km and not offering air conditioning, it was the least likely hire car I've ever had, but it was a good runner and kept going for the 1000 or so miles of my trip.

This year's Italy 5+5 was based at Horse Country Resort on Sardinia's west coast to the south of Oristano. My accommodation block was shaped like a horseshoe. On the afternoon of my arrival the organisers put on an additional fun event around the hotel grounds. The map was at a scale of 1:2500, there were 15 controls in 1.6km, my control 12 was a statue of a horse, control 13 was on a bridge over the pool, and I was the slowest on the men's course. Quite fun though.

The first proper event was held on Monday afternoon, so I had time in the morning to drive to Tharros, the site of an ancient city, and from there to see some beaches where the sea was wild in the prevailing stormy weather conditions. By the time of the afternoon's event it had stopped raining, but the start team needed to use rocks to prevent the maps from blowing away. Marina Arborea is a stretch of pine woods on the coastal strip and within walking distance of the hotel. The finish was at the hotel's private beach, which I would return to on other occasions to see the sun go down. The forested dunes were gently contoured, the forest was quite runnable between the various thickets and it was a pleasant start to the 'competitive' week.

On the morning of Day 2, I drove 2 hours each way to a coastal village called Buggerru, where happily the village sign is in a large font which provides any English speakers with a decent photo opportunity and which made the long trip worthwhile. The afternoon's event was just the other side of Oristano. The setting was gorgeous, and Assembly was at a bar on the beach. The M60/M65 course offered 12 controls over 2.8km and was rather disappointing, as it had 9 controls with little change of direction in a flat wooded area set behind 3 blocks of housing set on parallel streets. The W65 course was longer and more interesting. After my run I enjoyed two bottles of Ichnusa limone Radler which was very refreshing.

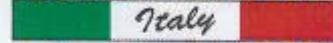
CARTOGRAFIA B & D
 Società specializzata
 nella produzione di
 carte di orientamento
 info@cartografiae.it
 www.cartografiae.it

Map Scale 1:4000
Contour 2.5 m
Realizzazione 2013

SANTU LUSSURGIU (Oristano)

Produzione: Comune di Santu Lussurgiu
 Rilievi e disegno: Francesco Buselli
 CARTOGRAFIA B&D BOLOGNA

Sardinia



October 2019



M60 M65

5+5 days 2019
week 41 stage 5

1	40°08'39.67" N 08°39'02.99" E
2	40°08'21.04" N 08°34'27.09" E

FISO
 Impianto
C-S
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 Organizzatore: Tiziano Zanovelli



M60	M65	1,8 km	90 m
▷		↗	
1	32	■	┌
2	47	↘	└
3	38	⊗	
4	36	△	⊖
5	35	⊗	
6	40	△	
7	42	↗	
8	50		└
9	49	▨	<
10	41	⊗	
11	37	↗	
12	48	■	┌
13	100	↗	T

○ 30 m ○

1	2	3
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Urban orienteering in the hill town of Santu Lussurgiu

There were 2 events on Day 3 (Wednesday), both on the other side of the island. The morning's event was set in Biderosa, a forested area with plenty of rock and contour features. Some people who had also competed in the previous week had warned me that the undergrowth was very scratchy, but I still managed to forget to wear my gaiters. However, if you go at my speed through this terrain it isn't as painful as if you run! I fell twice on this course, which was uncomfortable, but when I was on the ground I was closer to the plants (were they juniper?) and so got the benefit of their delightful scent.

The late afternoon event was in the historical centre of Galtelli. When I arrived the town seemed unremarkable, but the older part had plenty of character with steep cobbled narrow roads. My course had only 8 controls in 1.8km but offered plenty of route choice (some of which I only realised when I looked at the map later) and it required detailed navigation.

Thursday was a day off from competition and, having had enough of driving any distance, I took my car to the nearest station and went by train to the capital city. The train was very cheap (only Euro 5.50 for an hour's journey), and the station in Cagliari is well located for the port and the shops, and only a short walk from the Castillo district which has an elevated position over the city and contains some beautiful buildings. While waiting for my return train, I discovered that it cost Euro 1 to 'spend a penny', but at least each customer receives a hand-written receipt as a souvenir. That evening I found a bistro and had my first 'birra artigianale' of the trip. It was delightful, which was reassuring as it had cost Euro 12 for 75cl. Generally, in Sardinia, per litre, I found wine to be cheaper than beer.

The last event was held on Friday morning about an hour's drive from the hotel. The organisers had saved the best venue till last. The old part of Santa Lussurgiu was built in a horseshoe-shaped volcanic crater, 500m above sea level. There is a tight network of cobbled alleys and snickets. My course had 13 controls over 1.8km with 90m of climb and was brilliantly planned offering route choices and requiring plenty of navigation and it is apparent that many people lost time that day. Afterwards one Norwegian said to me: 'You beat me by a large margin today', to which I replied, 'Don't worry, it won't happen again'.

It's not a cheap holiday but, as I've written before, the Italian 5+5 offers a combination of comfortable accommodation with just the right amount of orienteering (both in forests and in hill towns) so that those attending can enjoy their sport while still having enough energy to have a relaxing time, and being in early October the weather is usually very agreeable with temperatures in the mid-20s: "Follow the sun!"

I was the only English person and Rhona Fraser was the only Scot, but I recognised several Scandinavians and Swiss people from previous trips, and many are happy to chat. The multi-national team led by Park World Tour boss Jorgen Martensson and his Italian colleague Gabriele Viale is a well-oiled machine, and they are all very approachable. Over the years, I wouldn't say I'd become a friend of Jorgen, but he knows me well enough to be cheeky, and I like that.

Next year the event is in prosecco country to the north of Venice. It would be a shame if I missed it.

One un-sung hero needs help

At the MDOC New Year Social, Marie Roberts (MDOC Chairman) gave awards to 4 people who give a lot of help to the club as volunteers – her un-sung heroes. One of those people was John Britton, largely because of the enormous amount of work he does for GMOA. It was well deserved.

Over the last few years John has, almost single-handedly, maintained the Permanent Courses all over Greater Manchester. He replaces posts, renovates old and wobbly ones, cleans up scruffy ones, clears vegetation from drowning ones and paints their codes as necessary.

He reckons it takes a bit more than a full day every week to keep the POCs in good order – all this as a volunteer. Last week, as John drove home from a POC on the far side of Manchester, he said that the maintenance work was up-to-date. He got home to find 2 reports of missing posts! It just never stops and to be so dependent on a single individual is not a healthy state of affairs.

There's at least two ways that help could be useful – painting and taking on groups of parks.

Painting posts takes approx. 2 hours per park, and needs to be done when the weather and posts are dry. This is not high on John's priority list, but does make our courses look loved and professional. The only skills required are two colours of paint and small paint brushes. It would be wonderful if parties could be arranged to paint every park once a year.

We have POCs in 10 Boroughs and a few "Peripheral". At the moment, Stephen Richards looks after Wigan, Phil Ellis looks after some of Oldham, and John does all the rest. It would be greatly appreciated if a few people could take "ownership" of some groups of convenient parks.

John or I can give you a more precise description of what is needed if you mail Enquiries@gmoa.org.uk.

Sue, GMOA Chairman



John with one of the POC posts that need regular maintenance

Night Street League 2019/2020

As we enter the New Year, we are already half way through MDOC's 9th night street league series. These urban night events follow a score format, with controls of varying point values, all of which are items of street furniture such as lampposts and telegraph poles – so no O' kites needed! The maps are simplified line maps, only showing roads and other important features, which makes for a unique challenge that is easily accessible for navigators of all abilities. If you're still not convinced, they always start and finish at a pub where post-race food and a pint are highly recommended!

The season got underway on Halloween night at 'The Three Bears' in Hazel Grove. It seems that the high-vis clad competitors blended in well with the spooky revelers out on the streets and didn't attract too much attention to themselves when compared to the ghouls and other walking dead. A few of the competitors also got into the spirit of the night and the prize for best costumes undoubtedly went to Marcus & Jacob Daniels, despite a fetching pink effort from Mr Gilliver. Thankfully everyone made it back with no werewolf attacks, although route choice did cause a small domestic dispute for one pair and another runner did lose her partner out on the streets. He turned up eventually though and we hope everyone had fun!

There was a tie for first lady with Ruth Beresford and Siobhan Henn (both MDOC) finishing with 840 points per hour, despite running for different times and on different routes. Clare Griffin (MDOC) was third and not far behind with 785 pph. Leon Foster (AIRE) was the clear mens winner with 1142.3 pph, ahead of Mark Burley (MDOC) and Richard Hunt (Dark Peak) who scored 1064 and 1016 pph respectively. First pair was Fiona Blagg & Nathanael Booker who finished 4th overall. Night street league events also use a handicap system to adjust the results based on age and gender, providing a level playing field for everyone. The top three handicap scores went to Peter Gorvett (SYO), Trevor Hindle (MDOC) and Julian Brown & Jo Miles (Macc Harriers).

The second event of the season was in Heaviley, a newly used area to the west of the Offerton estate. Based at 'The Fingerpost', this event utilised the MapRun app to record competitor's routes virtually, using their smartphone's gps trace. This system was trialed at last seasons cup final and has proved to be very popular, as well as reducing the number of 'wrong answers' dramatically! The area was very fast and some extremely long runs were recorded. Thanks to Rebecca Glen and John Britton for organising and also for coordinating the virtual scores and providing conventional clue sheets as a backup and for those without smartphones.

First place male was Warren Mason (IND) who scored a massive 1784 points per hour, followed by Chris Embrey and Trevor Hindle (both MDOC) with 1590 and 1550 pph respectively. First place female was Siobhan Henn with 1240 pph, second was Cecilia Fenerty (MDOC) with 1185 pph and third was Ruth Beresford with 1154 pph. The first pair was Steve Fairclough and Andrew Mainwaring (Stockport Tri) with 1420 pph. When the handicap formula had been applied, Warren Mason was still almost as far ahead of the rest, but John Embrey (DEE) and Peter Gorvett moved into second and third place.

A return to Macclesfield after a year out was in store for event 3, this time using the Town Centre/Eastern area which was new to most competitors. Clare Griffin and Mike Greenwood produced a challenging course, with lots of controls a short distance from the pub requiring a

very careful route and top execution. Further out there were some big points (including 90's) but an optimum loop was hard to find and this led to a remarkable well bunched standings.

Despite the close scores, the evergreen John Embrey took the overall win, ahead of Warren Mason and Iain Embrey (SROC). Top lady was Cecilia Fenerty (MDOC) ahead of Jane McCann (MDOC) and Jacky Embrey (DEE). The top pair was David & Dominic Wathey who ran a fast 40 minutes. John Embrey was also first on handicap scores, ahead of the pairing of Julian Brown & Jo Miles in second, and Tim Hargreaves (MDOC) in third.

A wet and gusty night welcomed 57 competitors to 'The Samuel Brooks' in Sale West, for the final NSL event of 2019. The wet weather meant an assortment of hats, caps, visors and sport goggles were on display, with each wearer either extolling their virtues or lamenting their lack of available head space. Thankfully the worst of the rain had passed by the time most began their runs, but wet glasses and failing bikes undoubtedly added to the already significant challenges on offer. The most interesting area was the Racecourse estate to the west, where countless dead ends trapped unwary runners and scuppered many plans. Out to the east was easier running and navigation, but longer distances meant it was easy to get caught out by the clock. The balance of both sides gave another superb event and we would expect no less from star planning duo Jillyan & Peter.

The first placed woman was a street league first timer, Michele Dawson (MDOC) with 943.5 points per hour on a 40 minute strategy. Second was Siobhan Henn (820 pph) who continued her close battle with Ruth Beresford (800 pph) who finished third. It'll be great to see how their close competition shapes up in the New Year! First man was Sam Drinkwater (MDOC) with 1290 pph, ahead of Warren Mason on 1254 pph and John Embrey with 1134.4 pph. First pair were once again Steve Fairclough and Andrew Mainwaring who finished 12th overall with 920 pph. For the handicap scores, Warren Mason took the win, ahead of John Embrey in second and Sam Drinkwater in third.

The overall league tables have now been published, showing the league at its half way stage. Chris Embrey and Clare Griffin lead the way with some great consistency so far, well done to everyone who made it to all four races, how many will make it to all 8 (or 9)?

Name	Club	Points
Chris Embrey	MDOC	582
Trevor Hindle	MDOC	568
Steve F. & Andrew M.	Stockport	531
Edward Corden	Stockport	510
Peter Gorvett	SYO	496
Tim Hargreaves	MDOC	494
Warren Mason	IND	492
Paul Turner	SELOC	488
Dave McCann	MDOC	483
Peter Bream	MDOC	469

Name	Club	Points
Clare Griffin	MDOC	409
Siobhan Henn	MDOC	362
Hazel Hindle	MDOC	355
Ruth Beresford	MDOC	350
Elizabeth Embrey	MDOC	336
Cecilia Fenerty	MDOC	331
Lisa B. & Cath T.	Pennine	307
Kath Speak	MDOC	285
Lynn H. & Catherine M.	Wilmslow	278
Kate Bryant	MDOC	273

The handicap top 10 is a rearranged version of the mens top 10, with Peter Gorvett jumping to first place and the addition of Chris Rostron and John Embrey in 9th and 10th respectively. But you can expect many more twists and turns over the next two months!

Fallibroome Success at British Schools

2019 ended on a high for the Fallibroome Academy Orienteering Team with one of the largest medal hauls the school has achieved across at both the BSSC and BSOC.

The MDOC hosted BSSC saw the whole team of 29 bring home a medal. There was also success for Fallibroome's feeder school Upton Priory - with both Kirsty and Megan Beynon medalling in their age group.

Fallibroome's trip down to London for the BSOC also took in a Kent League event hosted by DFOK at a very challenging Brasted Chart - a larger version of Alderley Edge - on the Saturday ahead of the main event in Black Park, Slough on Sunday 17th Nov. Bethan Jordan secured her 2nd British Schools Individual silver and the team secured 6 team medals - 3 Gold and 3 Silver. Upton and MDOC's Kirsty Beynon once again brought home an individual medal too.

British Schools Score Championships	Individuals:
Heaton Park - 12th Oct	Yr8 Boys - Ben Siriwardena - Silver
	Yr8 Girls - Catriona Beynon - Bronze
	Yr10/11 Girls - Milly Collins - Bronze
	Yr12/13 Girls - Bethan Jordan - 4th
	Teams: all teams medalled - so all 29 received a British Championship medal.
	Lower Secondary Boys (Yr7-9) - Bronze
	Lower Secondary Girls (Yr7-9) - Silver
	Upper Secondary Boys (Y10-13) - Silver
	Upper Secondary Girls (Y10-13) - Silver



Bethan and Ben in action at Black Park (Photo: Alain Kyd)

British Schools Orienteering Championships	British Schools Gold medals went to:
Black Park, Slough 17th Nov	Yr8 Girls - Catriona Beynon, Emily Sparks-Welch, Amy Johnson(Yr7) and Laura Livingstone
	Yr12 Boys - Ben Kyd, Oliver Smyth, Alex Pegg
	Yr13 Girls - Bethan Jordan, Amanda Vel (both Yr12) and Katherine Rushworth.
	It's been a few years since we have won a team gold and then 3 come along at once!
	British Schools Silver Medals went to:
	Bethan Jordan - Individual Silver Yr13 - although she is Yr12
	Yr8 Boys - Ben Siriwardena, Aidan Rooza, Keshav Ganesh, Hugo Douglas (Yr7) and Adam Leyland
	Yr9 Girls - Emma Kyd, Lucy Davies, Evie Eddie
	Yr10 Boys - Oliver Thomason, Will Chandler (Yr9), Nathan Herbert, Ed Leyland, Caleb Riley (Yr9) and George Humphreys.
	Lauren Smith (Yr10) and Harry Buxton (Yr13) also performed well but lacked team mates so unfortunately didn't get a medal.
	The School finished 4th 'large Secondary' and 10 Students achieved top 10 results in their age category.
	Fallibroome Academy 48 Top 9 finishers to count.
	2 Bethan Jordan G13 4 Amanda Vel G13 5 Catriona Beynon G8 5 Katherine Rushworth G13 5 Benjamin Kyd B12 6 Emily Sparks-Welch G8 6 Benjamin Siriwardena B8 6 Oliver Smyth B12 9 Oliver Thomason B10 9 Emma Kyd G9



Amy, Catriona & Emily collecting Year 8 Gold medals (Photo: Alain Kyd)

Club Kit

The current MDOC club kit is supplied by Bryzos (ex Siven) <https://www.bryzosport.com/> and we have previously been able to cater for the following items of clothing:

- Short sleeved O top (£25.60)
- Long sleeved O top (£31.90)
- Singlet/Vest (£19.20)
- Jacket (£32.00)

Note: prices above are indicative based on the last order we placed (2016) and it is unclear what impact Brexit will have on exchange rates.



Bryzos Size Chart

Men /unisex/ sizes

	SIZE	S	M	L	XL	XXL	XXXL
A	Height	168-172	173-177	177-180	180-182	183-185	186-188
B	Chest	88-94	94-100	100-106	106-112	112-118	118-124
C	Waist	76-82	82-88	88-94	94-100	100-108	108-112
D	Hip	90-96	96-102	102-108	108-114	114-118	118-122
E	Inside leg	77-78	78-79	79-81	81-82	82-83	83-84
F	Arm incl. shoulder	76-77	77-78	79-80	81-82	83-84	85-86

Women sizes

	SIZE	XS	S	M	L	XL	XXL
A	Height	158-160	160-164	164-168	168-170	170-172	172-176
B	Chest	82-86	86-90	90-96	96-102	102-108	108-112
C	Waist	64-68	68-72	72-76	76-82	82-88	88-94
D	Hip	84-89	89-94	94-100	100-106	106-112	112-118
E	Inside leg	69-70	71-72	73-74	75-76	76-77	78-79
F	Arm incl. shoulder	71-72	72-73	72-73	73-74	73-74	74-75

Current Stock

We have the current 0 tops in stock:

Mens			Womens		
Size	Sleeves	Quantity	Size	Sleeves	Quantity
M	Short	1	XS	Short	1
L	Short	1	M	Short	1
M	Long	2	L	Short	3
L	Long	3	M	Long	1
XL	Long	2	L	Long	1
XXXL	Long	1			

Jacket – one Womens Small.

Trimtex Stock:

We have the following stock of short sleeved 0 tops (see home page of web site for image)

Size	Quantity
M	2
L	1

We have the following stock of navy orienteering trousers (NOT lycra):

Size	Quantity
S	2
M	3

Please contact kit@mdoc.org.uk with all enquiries.

Caption Competition



Last editions winner...



‘Grande! Una copia della bellissima newsletter MDOC’ – *Peter Ross*

Fixtures

Spring Series:

1st February – Reddish Vale

22nd February – Bruntwood Park

14th March – Wythenshawe Park

Offering White, Yellow, Orange and Light green courses, suitable for everybody.

Plus a longer Park + Urban course of light green standard, for ages 16+

Night Street League:

11th February – Haughton Green, Fletchers Arms

27th February – Heatons/South Reddish, The Hinds Head

10th March – Tytherington, The Brocklehurst Arms

Wednesday Runs:

5th February – Mawdsley – Macclesfield

12th February – Brook – New Mills

19th February – Birkinshaw – Hale

26th February – Evans – Romiley

4th March – Lomas – Hazel Grove

11th March – TBA

18th March – Wathey/Fenerty – Timperley

25th March – Rostron – High Lane

North West Night League:

8th February – Delamere East (DEE)

15th February – Philips Park (MDOC)

Club Championship Events:

2nd February – Bickerton Hill (DEE)

15th March – Breasty Haw [CSC Heat] (LOC)

30th April – Tegg's Nose



Chris says: "MDOC needs YOU..."

To run in the CompassSport Cup!"

(Photo: Peter Cull)

More Photos



A competitor crossing the wild landscape of the Goyt valley (Photo: Peter Cull)



Andrew Gregory in Errwood (Photo: Peter Cull)

Please send your suggestions, news, photos and other articles to the editor at editor@mdoc.org.uk for inclusion in future editions.

Editorial

I'd like to add my personal thanks to everyone who took part in and helped with our John O' Goats charity event this year. We raised almost £900 for the fantastic charity ClientEarth which will help them to continue fighting against climate change, by defeating governments and polluting industries in court.

One of their most recent successes came in August when they used the law to protect native forests and stop the construction of a new coal power plant in Poland. Since then they have launched action against the Australian government; alleging that their inaction in reducing greenhouse gas emissions constitutes a violation of human rights to culture, to family and to life. This is even more poignant in the wake of the horrific bushfires, whose magnitude and severity have undoubtedly been contributed to by man-made climate change.

For more information on their charity work, see <https://www.clientearth.org/>
Sam