



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

July 2018



Peter Bream running through the meadows at Brereton Heath

Summer events
Tamar Triple
Northumberland Weekend
Trail-O

NEWS

Lakes 5 Days

For many club members the Lakes 5 days from 29th July to 3rd August will be the next major event. All North West clubs are expected to help in this regional event, and our job is providing Central Services, which includes registration, computing, results display, enquiries and prize-giving on the final day. Tony Wagg will be coordinating our help. If you have not already done so, please contact Tony to tell him which days you are available, and any preferences you may have for jobs.

WMOC Denmark

A group of club members are going to the annual World Masters Orienteering Championships, which is this year being held in Denmark. This runs from 6th to 13th July, and includes a 2-part Sprint race near Copenhagen, and Long and Middle distance races on the wooded sand dunes of North Zealand. Anyone over 35 years in age may take part, and the competition is always very strong, with a lot of entries from Scandinavia and Eastern Europe.

JK

The JK was held in the West Midlands this year, so a relatively close drive for club members. The Sprint event was held at MOS Stafford. Heather Fellbaum was 2nd on W55 and Matt Fellbaum, running for Edinburgh University, 2nd on M20, Other good results included Peter Bray 11th on M21E, John Britton 9th on M65 and Dave Mawdsley 6th on M75.

The individual and relay competitions were held on Cannock Chase. Over the combined individual days, Vicky Thornton was 3rd on W55, Matt Fellbaum was 2nd on M20E, James McCann was 3rd on M18L, and on W65L Kate Bryant was 9th, followed by Jillyan Dobby in 10th.

In the relays Peter Bray, running for our Men's Open team (with the inspiring name of "Destiny is all"), opened with a storming run to come in 1st on the first leg, followed by Tom Fellbaum and Jonny Malley to end in 9th position. On W120+, Heather Fellbaum, Jane McCann and Vicky Thornton came in 7th place.

British Championships

A keen group of club members travelled north to Deeside in Scotland for this year's British Championships. The individual races were run in the grounds of the Balmoral Estate, while the relays were held in the nearby forest of Torphantric.

On M21E Peter Bray was 10th, Tom Fellbaum 22nd and Jonny Malley 26th. Matt Fellbaum (EUOC) won M20E, David Gray was 8th on M35L, and John Britton 8th on M65L. On W55L Vicky Thornton was 4th, closely followed by Heather Fellbaum in 6th.

In the relays Peter Bray again came in first on the first leg for our elite team. He was followed by Jonny Malley and Tom Fellbaum, and the team finished in an excellent 8th position.

General Data Protection Regulations (GDPR)

The law around data protection has changed and we have updated our club Privacy Policy. Holding your personal details is an essential part of being a member of MDOC. We use your details to provide club news, information about orienteering events, club social events and to administer club events.

The details we hold about you are:

Name, Address, Email (where provided), Phone number (where provided), DOB.

The club contacts you via email, phone, website and post. The annual Membership Directory contains the above information (except where you have requested that your email address be withheld) with DOB replaced by age class. You can review our full Privacy Policy by visiting the “club info” section of the website.

Should you have any concerns regarding the policy, or if you wish to change how we use your information, please contact the membership secretary, Kath Speak.

My First North West Squad Weekend

Dominic Wathey

I have now been orienteering for about five years, and a month ago I received the email inviting me to join the North West Junior Squad. I was selected for showing all my skills at something they call a ‘newbie day’ where young orienteers can come along to show what they can do, and only a few of these will actually get the invite. I had already attended one of these a year ago but did not have knowledge of some more advanced techniques such as pacing and contouring.

My first weekend of training took place over the 16th and 17th of June (the latter being my birthday). The Saturday was in Lyme Park and the Sunday was in Grin Low woods near Buxton. John Kewley planned both days with help from Vicky Thornton. On Saturday we used the valley near Knightslow Wood to focus on one of my weaker skills of contouring. One of the activities was to follow the contour line round to get to each of the controls.

We stayed at the village hall in Kettleshulme that night, and in the evening, we played some card games and relaxed.

The contours in Grin Low are very complex with lots of parallel features and bell pits and the network of paths is very intricate, so on Sunday we focused on deciding whether to go straight or take paths. We also did a mini Trail-O exercise and the last activity of the day was a very competitive, but fun, relay. At the end we reviewed what we had learnt over the weekend and I shared out cake to celebrate my birthday. Much to my embarrassment, the whole squad sang ‘Happy Birthday’ to me in the car park before we left.

Overall, I really enjoyed the weekend and I got to know the squad a bit more as well as the coaches. The weekend was really enjoyable and I am looking forward to attending the next one in September after the summer holidays, but in the meantime, I hope to put into practice what I have learned at the Lakes 5 days event.

Tamar Triple

Peter Ross

It's a long way from Manchester to Exeter but we set off at 9.00am for a 3.00pm start at the University. Made it with 1 minute to spare. True, it was Bank Holiday Saturday but the M5 at Bristol was ram-packed. Our TomTom is one of the intelligent kind. It gets told where the traffic is, but it's not so clever that it could deal with the M5 that Saturday, any more than Custer dealt with the situation at Little Big Horn in 1876.

Later we discovered that a child had been found on the hard shoulder; kicked out of his/her car to do some "time out" for bad behaviour. People, including adults, were in a distressed state. We came off the motorway to do a tour of Bristol and on returning we wondered if Mrs TomTom had instructed us to do the right thing. A clue was that the queue to the loo at the first service station began two miles before the turnoff. As I say, people were desperate.

Exeter University campus has the kind of wonderful sports facilities that makes you think that £9,000 a year isn't such a bad deal; huge indoor tennis courts, all weather footy, hockey and rugby pitches, cricket nets - you name it. Why don't we just send likely looking athletes to Exeter and clean up at the next Olympics?

It was a perfect English summer's day and the Orienteering was very good indeed. The campus had beautiful, irregularly-shaped buildings, fascinatingly arranged in an irregular fashion. The area was undulating, the few roads were quiet and litter free, the grass was manicured, the pavements and paths were even, the trees were specimens and the map and planning were excellent. It was a complex sprint which made it impossible to plan ahead. To be honest, this didn't affect me too much but at the Finish I did see useful orienteers ruefully shaking their heads over the issue of planning ahead. I think I must be more of a live-in-the-moment sort of orienteer.

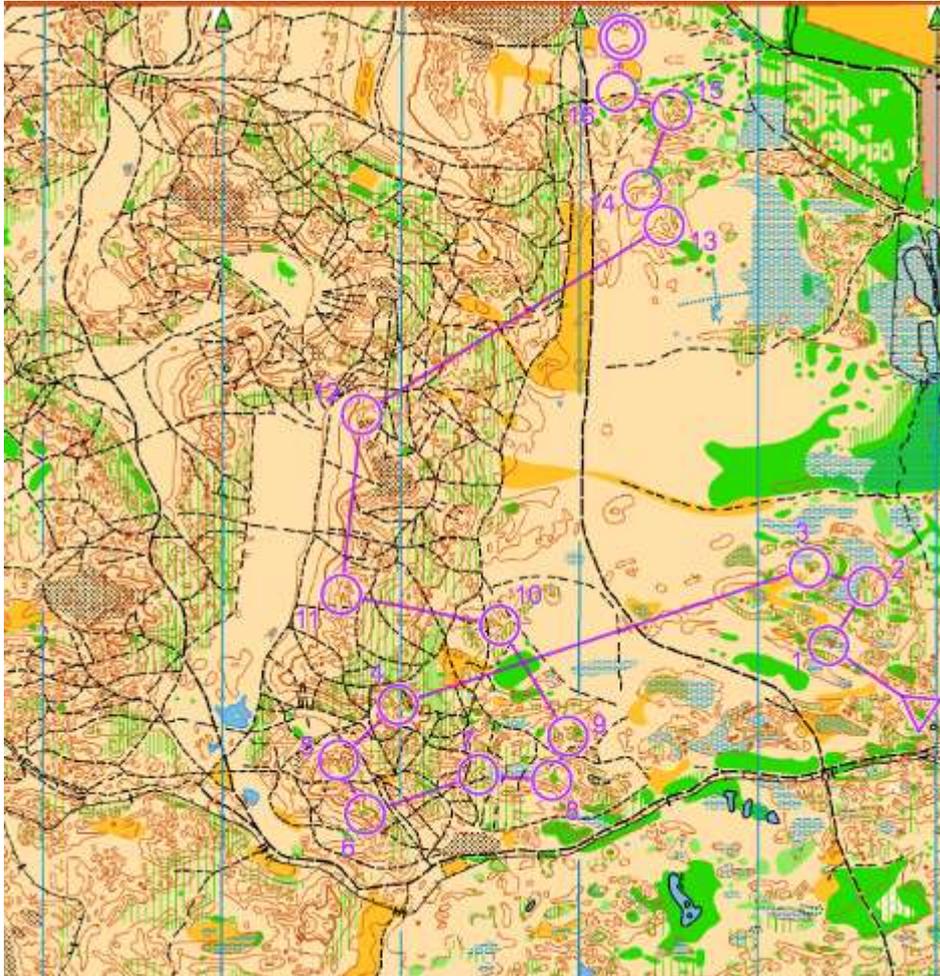
Exeter is miles from Barnstaple, of course, but hey, you don't need the M5 to get from Exeter to Barnstaple. You take the A377 which goes the whole way. Barnstaple is right next to Braunton Burrows which is v. classy orienteering terrain. The letters JK may be mentioned at this point. But to explain: the Burrows are not actually burrows. That would be a whole new ball game as it were. This is Devon and these Burrows are the largest sand dune system in England.

The area was used by the US Army in the Second World War as training for the Omaha Beach landing. The atmosphere at the Start was somewhat tense too. The arrangement was one of the 'once they're gone they're gone' variety. Competitor after competitor disappeared into scratty, bushy vegetation which to me, when it was my turn, never quite revealed itself as either a green blob on the map or a section of green hatching until it really, really had to. Within this initial area was a random collection of depressions in which to sit and sulk or maybe find a control. These gave way to the sand dunes which varied hugely in size but shared a strange property: the nearer one got to a control the harder they were to read. In short it was great Orienteering and although a relief to finish it was a shame to stop.

That night there was a magnificent thunder and lightning show that went on for hours. The bombardment preceding the battle of El Alamein springs to mind. The next day turned out to be a scorcher, probably as hot as the North African desert. I found myself talking to the lady selling posh coffee and ice cream during her tea break. Her problem

was that the high temperatures were creating such a load on the generator that it couldn't power both the Espresso machine and the freezer. I didn't have an answer at the time, but thinking about it now they probably ran out of ice cream in no time, which would have provided its own solution, if only an Americano. So we spoke about Orienteering as this was the first event she had attended. Most of what I said was comprehensible but somehow visions of the Olympics 100 metres and "10 seconds to go, step over the line" got mixed up.

Maybe iced coffee?



Braunton Burrows – Short Green

After the long event the day before, the third day was middle distance in a different, but similarly excellent area of the sand dunes. I did well recognising most of the features but suffered from a bout of sandy knoll blindness - my image of a knoll is more rocky and muddy - which turned out to be a crucial weakness when looking for my controls 3 and 8. However you could not fault the terrain, the planning, the proximity of the Start and Finish to the combined Assembly and Car Park area which was set in a huge, flat, freshly mown field. What a treat. And for those with kids - TWO string courses!

Jillyan and I got in the car to return home via the M5. Mrs TomTom said "you will arrive at your destination at 5.22pm" which implied not a moment's delay. I'm ashamed to say that this announcement led to ironic cheers and unconditional jeering, but we were wrong. She was bang on.

Northumberland Weekend 9th and 10th June 2018

Northumberland is a long way to travel for most MDOC members, but the attraction of the British Mixed Sprint relays and a UKOL urban event made the journey worthwhile for a few, especially those with local family connections.

The Mixed Sprint Relays were hosted by NATO at Pegswood, near Morpeth, with courses through an intricate residential area and adjoining country park with open and wooded areas. Carolyn and Laura Hindle, both at university in Scotland, were competing in separate teams representing Forth Valley Orienteers in the Open Mixed Relay securing first and second place respectively.

MDOC was represented by two teams in the Adhoc relay with Trevor, Hazel and Carolyn Hindle securing second place and David, Cecilia and Dominic (MDOC Limpets) coming in third. However the Hindles graciously declared themselves non-competitive as Carolyn had already run most of the course in the Open and this allowed the Watheys to pick up the silver medal. (Thank you Hindles!)

The UKOL urban event of the weekend was held in the county town of Northumberland, Morpeth and coincided with the annual Morpeth Fair. The weather was fine and visitors to the fair were out in force adding an additional challenge to competitors running through the market area, and those who chose routes over the stepping stones to cross the river Wansbeck.

Liz Hamer-Davies took on the challenge of competing against the elites on UKOL Course 1 and came a respectable 7th out of 11 finishers. UKOL Course 2 competitors included David Wathey (7th), Trevor Hindle (8th), Carolyn Hindle (11th) and Laura Hindle (14th) with a total of 22 runners. Cecilia Fenerty came 14th out of 21 runners on UKOL Course 3, Hazel Hindle 25th out of 38 on UKOL Course 4 and Dominic Wathey 5th out of 6 on course 6.



David, Dominic & Cecilia

European Bronze for JK at ETOC and other TrailO news

John Kewley

MDOC's John Kewley (JK) has been selected for the World Trail Orienteering Championships in Latvia (co-located with WOC). He will compete in both individual disciplines of PreO (Classic TrailO) and TempO (speed TrailO). Selection for the TrailO Relay will depend on performances earlier in that week.

JK TrailO

MDOC had good representation at the JK Trail Orienteering. Performances were particularly strong in the TempO with 4 MDOC in the top 20 of a field of 80. John Kewley picked up a Silver and a Bronze in the two events.

TempO

1. Matthew Leitch EUOC
3. John Kewley MDOC
- 10= Tom Fellbaum MDOC
16. River Edis-Smith MDOC
20. Cecilia Fenerty MDOC
43. Dominic Wathey MDOC
48. David Wathey MDOC

1. Pete Huzan SLOW
2. John Kewley MDOC
12. Tom Fellbaum MDOC
38. River Edis-Smith MDOC

PreO Standard

1. Don McKerrow SLOW
- 5= David Wathey MDOC
- 5= Cecilia Fenerty MDOC
- 16= Dominic Wathey MDOC

PreO Elite

European Trail Orienteering Championships (ETOC)

Like in FootO, the European Champs are held every 2 years. MDOC's JK, having missed ETOC 2016 as he was the Assistant Senior Event Advisor, was back in the GB team of 6 Open and 2 Paralympic competitors. The competition venues were all within an hour of Bratislava in Slovakia where JK had performed well the year before, in particular in the PreO (classic TrailO) where he was 6th.

PreO day 1 and day 2 were in very different, difficult terrain and JK missed a few points each day and also mis-punched on day 1 losing 2 points. This left him in his 2nd worst ever ETOC/WTOC position and 4th Brit (out of 6), 2 positions behind his arch-rival Ian Ditchfield. This meant a hard decision for the GB Team Manager to select who would be in the first team for next day's TrailO Relay.

In the end JK was selected for the Relay ahead of Ian and was placed (as he was in the World Champs the year before) on anchor leg. The format meant that each team had 3 hours to do the 12 PreO problems, one at a time (courses were gaffled so there was a different problem at each station). After each of the first 2 had handed over they then did their TempO stations. The anchor leg on the other hand had to return to quarantine (where he had already spent most of the day – in WTOC last year JK was there for about 7 hours) and wait for an intermediate calculation of the results. Once these results were calculated, the last leg competitors were told their reverse start order. GBR 1 were announced to be in the Silver medal position much to the surprise of many of the other final leg runners waiting in Quarantine. JK then had a long wait until it was his turn to do the final TempO stations not knowing how much of a gap there

was ahead or behind him. Unfortunately Silver eluded him on this occasion (unlike in 2010) but he did well enough to anchor the team to a European Champs Bronze medal.

JK was involved at all the podium ceremonies at ETOC as he was the Master of Ceremonies for the ones he wasn't getting a prize in too. This involved ensuring the correct anthem was located, the correct flags were in the correct order, the participants knew what was going on and learning how to pronounce the names of all the prize winners; this was particularly tricky in the relays as it was 6 teams of 3 competitors each. This all had to be done according to the IOF Protocol for flower and medal ceremonies.



John Kewley (left) at the prize-giving

British Trail Orienteering Championships

BTOC 2018 was held at Crathes in Deeside the day after BOC (same day as BRC). After planning the 2017 event (as he had done in 2009 and 2012), MDOC's JK ended up in 4th place one point behind the winner Charles Bromley Gardner (BAOC).

Future Events

The 2017 European Cup in TrailO (ECTO) had JK as top brit in 37th place and this year's events comprise events in Finland (an Easter clash with the JK), Latvia, Italy, Denmark and the Czech Republic (the latter two are also British Ranking events).

2018 also sees World Ranking Events for TrailO with several events including the major championships and several other events (including the CZE event mentioned).

It is also hoped there'll be a British ranking event in the Bristol area on the weekend of the British Middle Champs (provisionally 2nd September).

Links to these and other events can be found on the BOF TrailO fixtures page:

www.britishorienteering.org.uk/site/trailo/fixtures

GMOA Chairman's annual report for 2017/18

Sue Birkinshaw

We have had a fairly quiet year. The records indicate that all the parks are in pretty good condition and have all their posts in place, but as many of the parks have not been visited for many months we are not confident that the situation is as good as it would appear. We need to encourage our excellent band of postwatchers to visit and report on the state of their POCs. It is only when a park report is received by John that we know that maintenance work is needed. John and Dave, with help from several other people, can then arrange to make reality fit theory. As I said this time last year, constant vigilance is necessary.

The website is really the only way that people get to know about POCs. Unfortunately it also needs constant technical updating and this involves us in quite high costs. We are considering ways in which these costs can be reduced. A particular concern is that the preferred method of payment for maps – credit card – is not totally reliable.

Regarding payment for maps, we have introduced a differential pricing scheme whereby larger POC maps cost more than those for smaller POCs, and the maps for parks for which the local authority (or another organisation) pay a maintenance fee cost less than those where no payment is received. Higher prices do not appear to have influenced sales.

It is interesting to note that the long-standing situation where parks have bought a large number of maps and sold them to the public has noticeably changed. Fewer parks have Visitor Centres, so the great majority of map sales are now to individuals (making the excellence of the website even more important). We have to work with this new situation.

We have a couple of new initiatives under way. The first is a Disability project in which we are working to provide help to those with almost any form of disability so that they can experience some of the pleasure and challenge of orienteering. The second is even more innovative and will offer Virtual Orienteering in selected parks. Peter Ross will be telling us more about this.

We have closed two POCs which were unused and unsatisfactory. A new POC has opened in Hazel Grove. We have two more potential POCs under consideration. We have also decided to put bold red/white QR codes on every post, both for publicity and to make locating posts both easier and more satisfactory for the novice orienteer. We will need volunteer help to achieve this aim.

Once again, thanks are due both to the enthusiastic committee and to the postwatchers. I look forward to a busy year.

Summer events

Our usual full program of summer evening events went very well this year, helped of course by the very fine weather over the last month.

The three introductory events at Lyme Park were co-ordinated by Peter Lomas, and were relatively well attended.

Our summer evening program, run with Deeside, of full colour coded events started with Teggs's Nose, unfortunately before the fine weather started, and continued with Lyme Park and Brereton Heath. The final MDOC event in this series will be at Alderley Edge on Tuesday July 17th. The series is co-ordinated by Tony Wagg.

The Countryside Score events have continued to prove popular, with events at High Lane, Dunham Massey, Higher Poynton and Whaley Bridge. These events attract a significant number of entrants from neighbouring running clubs, and form a good way of keeping contact with these clubs and keeping them aware of our activities. The series is co-ordinated by David McCann.

Future of the MDOC Newsletter

Andrew Gregory

I shall be retiring as Editor of the Newsletter after the next issue in September. I have been editor for the last 10 years, and found it an enjoyable job, with the necessity to keep informed about everything that is happening in the club and on the general orienteering scene. However this year I have had visual problems (double vision) so have been unable to go to many events, and also found it difficult to work at a computer for more than a short time.

There is therefore a vacancy for a new editor, and I shall be pleased to assist anyone who may be taking over. This is however a chance to discuss the need for a printed Newsletter, when so much communication now is done on-line. There would seem to be three possibilities:

1. Continue with a printed Newsletter every 2 or 3 months, which is also available on-line on the MDOC website, as at present.
2. Only have the Newsletter distributed on-line.
3. Combine the Newsletter with the website or Facebook page, which may be more in line with modern trends. A new section of the webpage could include event reports, photographs, results and any more general articles. This would have the advantage that reports could be available shortly after the event, instead of possibly having to wait 2 or 3 months as at present. I think an "Editor" would still be useful, to persuade people to write event reports, submit photos and other articles.

Possibly this could be topic for discussion at the club AGM in October.

*Please send any items for the next Newsletter to Andrew Gregory.
News, event reports, photos and anything else of interest are always welcome.*

FORTHCOMING MDOC EVENTS

Summer evening series

Tue 17 July Alderley Edge

Autumn Saturday morning series (co-ordinator: Chris Rostron)

The format will be courses White to Light Green with a Long Light Green with urban as an option for over 16 and adults (as per the Spring Series this year)

The following are the planned dates and locations subject to permissions:

Sat	15	Sept	Sale Water Park, Trafford
Sat	29	Sept	Riverside & Tytherington, Macclesfield
Sat	20	Oct	Werneth, Tameside
Sat	24	Nov	Chorlton Water Park, Manchester
Sat	8	Dec	Bramhall Park, Stockport

Twin Peak 2018 (part of City Race Euro Tour)

Sat	3	Nov	Offerton – 2-part Sprint race
Sun	4	Nov	Manchester urban race

Other events

Sun 29 Jul – Fri 3 Aug Lakes 5 days

Wednesday runs (Co-ordinator: Marie Roberts)

Wed	18	Jul	Dave & Jane McCann	Hazel Grove
Wed	25	Jul	Dave Mawdsley	Macclesfield
Wed	8	Aug	Chris Rostron	High Lane
Wed	15	Aug	Pete & Rae Lomas	Hazel Grove
Wed	22	Aug	Trevor & Marie Roberts	Bramhall

MDOC Committee Meetings

Mondays 23 July 7:30 Ladybrook Hotel, Bramhall

MDOC 2018 AGM

The 2018 MDOC AGM will be held on
Thursday 18th October at the
Ladybrook Hotel, Fir Road, Bramhall, SK7 2NP

7:00 for 7:30

Refreshments will be provided

After the formal business of the meeting there will be an open session, so do bring any questions or suggestions as to what you think the club should be doing.

Summer events



Ian Gilliver gives the briefing at Dunham Massey (Photo: Dave Bryant)



Finish at Lyme Park (Photo: Andrew Stimson)



Eddie Speak at Brereton Heath



Brereton: Picturesque control site



Group outside the visitors centre