

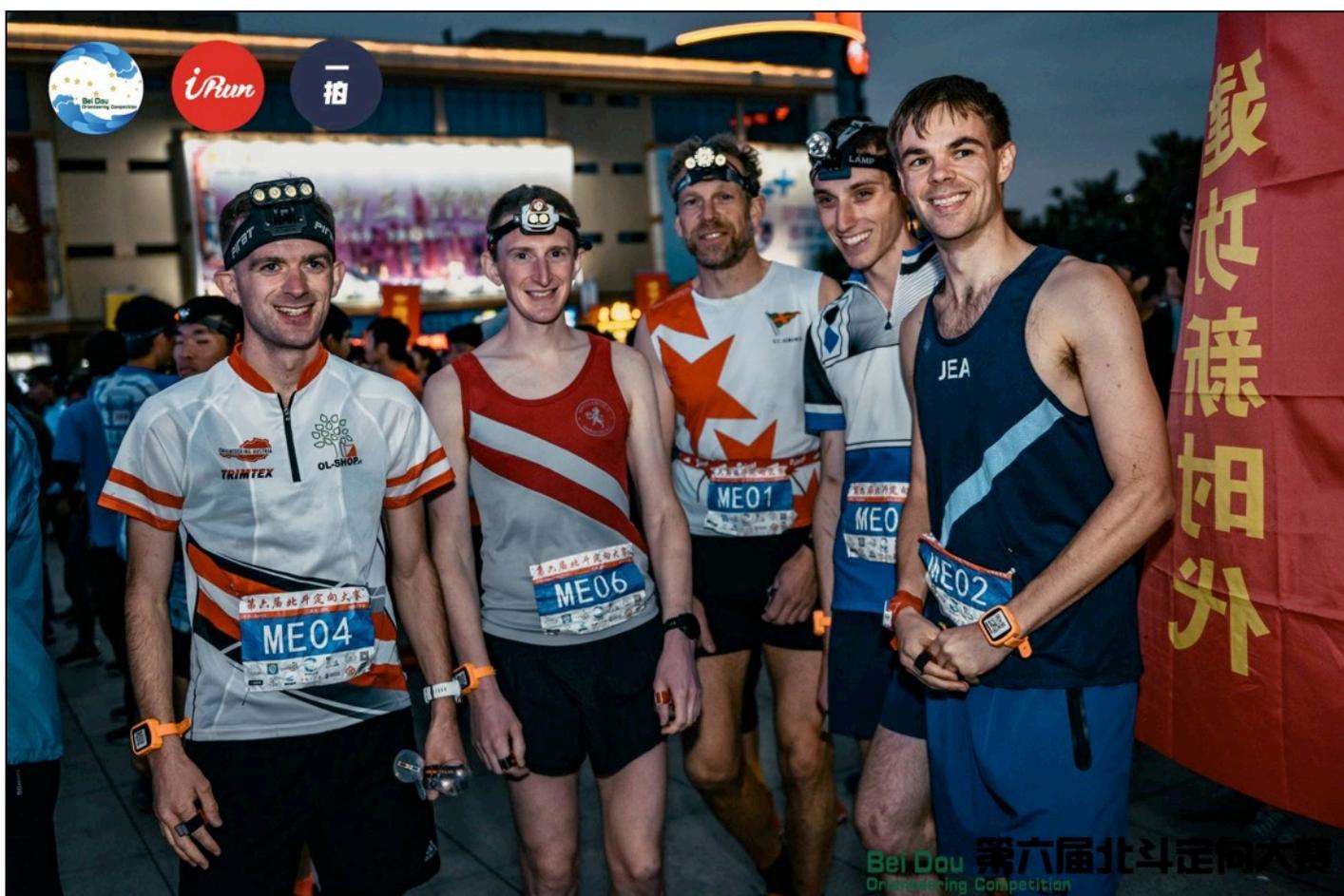


MDOC NEWS



Newsletter of Manchester and District Orienteering Club

July 2020



Mark Burley and competitors before the night sprint score at BeiDou Orienteering Week, China

Back to Orienteering?
Also:
TORUS Cup
BeiDou Orienteering Week
Fallibroome Success
Coding the Club Championship

When and how will we get back to O?

Many of you have been working hard at keeping up your fitness during lockdown, improving your skills by competing in virtual events online or planning solo events on smartphone apps. All this in preparation for an eventual return to orienteering; but what will that return to O' look like?

The sport's governing body, British Orienteering, has been consulting widely with clubs and similar sporting bodies to come up with a staged return to events. When lockdown was declared in March and most people were restricted to one outing per day for exercise, BOF put a stop to all orienteering activity, however it very soon started planning how we might start again.

The stages it has envisaged are three-fold:

Phase 1

From late May, individuals have been encouraged to orienteer independently, in their own time and at their own risk, using permanent orienteering courses (POCs) and misleadingly named 'virtual' courses (VOCs). The latter use maps marked with controls and mobile GPS tracking systems such as MapRun to record times and routes run on a real course outdoors but require no event personnel. Mapping and planning activities for future events can also take place as well as one-to-one coaching.

While they are exercising alone, with other members of their household or in a small group staying apart, orienteers are expected to consider other members of the public they encounter as well as landowners, and should certainly not go out if they have any symptoms of Covid-19. Activities appropriate for MDOC's mapped areas could include POCs and MapRun, where the areas visited are open to the public and physical distancing can be safely observed.

As things stand at the time of writing, we are still in Phase 1, though as travel restrictions have been lifted, clubs have been encouraged to promote their POCs and VOCs more widely. If you haven't already done so, do try the POCs in public parks around our region (see www.gmoa.org.uk for details of the 50+ parks around Greater Manchester offering a range of orienteering courses) or download the MapRunF app and try one of the courses on the Manchester Navvies site <https://navvies.ddns.net/> devised by a group of club members.

Phase 2

Phase 2 envisages that local club events and training sessions will be able to recommence when Government guidelines allow slightly larger groups to be in one place at once. These events will be covered by BOF insurance as long as an appropriate risk assessment has taken place. Orienteers will need to observe a safe code of conduct, respecting physical distancing and anti-Covid-19 hygiene rules.

Once we are out competing, our outdoor sport is one of the safest there is in terms of social contact; the main risks are before and after our run. One of the ways that BOF is urging us to minimise risk at events is to adopt online registration and contactless card payment for entries at local events. The club is currently looking at a variety of options.

At the time of writing, we do not have a date for Stage 2 to begin and few clubs are advertising events until September at the earliest, assuming they can go ahead then.

Phase 3

Phase 3 applies to Regional and larger events, and there is no indication as yet when these will be able to resume. They depend on large gatherings being possible as well as several other contingencies. Indeed, due to the current uncertainty and the timescale required to organise large events, all championship events have been postponed until next year. The Northern Champs event we were due to hold in the South Lakes in May 2020 has been deferred to May 2021.

Moving forward

As Government public health advice relaxes and the numbers of people carrying Covid-19 reduces, BOF expects to be able to move cautiously to a situation where clubs may hold local events. However, in order to safeguard everyone – participants, volunteers involved in putting on events and members of the public potentially coming into contact with them – these events will need to respect social distancing and take extra precautions.

The attitude to risk varies as widely between clubs and individual members as it does in the wider community and among landowners. BOF and others have prepared sample risk assessments, which give an idea of the measures we need to consider with respect of start and finish layouts, registration, event equipment and facilities such as toilets or food outlets. Even pre-C19, local events could take several weeks or months to plan and organise; in this uncertain and fast-changing situation, it is still more challenging.

How could you help?

You cannot fail to be aware that the majority of volunteers in our club are over 60, and are therefore likely to be more cautious in their approach to events now than younger members, given the relative risk and likelihood of underlying conditions.

If you are a younger member (under 60) and want our much-loved sport to continue post Covid-19, making its benefits available to the next generation, please consider volunteering to help plan and organise events. You could also help to run our club, for example by joining the committee and/or one of its working groups.

If and when the situation allows, we hope to run a series of Saturday morning events this Autumn as well as some new Night Street League challenges. Putting these events on will bring a host of new challenges. Please help to make them happen and keep our sport safe.

Marie Roberts
Chair, MDOC

Late June update from BOF

The last month has been frustrating in terms of announcements for all of us on the relaxation of restrictions for community and recreational sport across the UK. It feels like the wave of relaxation measures announced are now driven by politics rather than the science. It should be remembered that DCMS (England only) does not have a loud voice in government and many who are making the decisions have little knowledge and understanding of orienteering (and other sports) whereas they might understand tennis and golf a little better.

At long last there has been some movement in Northern Ireland and the Isle of Man and Orienteering will shortly resume. Sadly, there has been little progress from the other devolved governments which is frustrating when those of us based in England can go for a pint down the local this weekend or to a theme park and those of us based in Wales and Scotland can go shopping and yet cannot go Orienteering where the risk is much less – clearly, the R factor is directly linked to the economic value here.

We were hoping that the PM would make an announcement last week about the resumption of community/recreational sport in England unfortunately for reasons unknown to us and the wider sporting community, this was held back. We have since written directly to DCMS, Sport England and the Sport & Recreation Alliance requesting special dispensation on the government's guidance and legislation on gatherings. We are also working with the Outdoor Industries Association to see if they can help us raise our profile. I will keep you updated on any developments on these approaches.

I would emphasise that we as an organisation are acting responsibly in following government(s) legislation and guidance and as such all competitions are still suspended in England, Wales and Scotland. I understand and feel your frustration. I have no insight at the moment in respect of when and if further relaxation measures will be put in place.

Once the government(s) do announce restrictions we anticipate the resumption will look similar to that prepared and issued to Northern Ireland and the Isle of Man – this is subject to any special conditions issued by the government(s).

Peter Hart, CEO, British Orienteering

Lockdown Virtual Orienteering

Several MDOC competitors have been keeping their orienteering skills sharp over the last few months, by taking part in virtual TrailO events.

On May 1st at the Montellano Town virtual Temp-O, Ben Kyd won the bronze medal out of 698 international competitors. This sensational result was made even more impressive considering his competition included the national teams of many countries and several TrailO World Champions! Ben clearly has a fantastic turn of speed for virtual TrailO, taking only 11 minutes and 7 seconds to correctly answer 40/47 stations. This speed meant that even with a couple more mistakes than his nearest rivals, his overall score was comfortably enough to seal a place on the podium ahead of Marit Wiksell - World Champion and 2019 IOF Trail Orienteering Athlete of the Year!

In the same competition, TrailO stalwart John Kewley achieved 15th place, again ahead of World and National Champions. It seems John took a (relatively!) slow and steady approach taking 16 minutes 42 seconds, but getting a phenomenal 44/47 correct answers. Infact the only competitors who got more correct answers than him, took more than twice as long to do so. With these results, Ben and John were easily the top two British competitors and it's fair to say that as a club we are making a name for ourselves on the international TrailO scene!

TORUS Cup

During lockdown, the main focus of the worldwide Trail Orienteering community has been the "TempO Online Races Ultimate Series" or TORUS Cup (Ed: excellent backronym!). This new competition consisted of 8 events, each available for a full day on a Tuesday and Thursday and spread over 4 weeks in May and June. It provided a great opportunity for athletes to continue training and competing, as well as testing their skills against an international field of over 500 competitors.

Once again we had some sensational results, but special congratulations must again go to Ben Kyd. It has been great to see how Ben has taken to this discipline, starting with a top 100 performance, then moving into the top 50, then moving into the top 10 for each of the last 4 events, including a WIN in event 7 and 2nd place in event 8. He finished the series stronger than anyone in the world and this achievement can't be overstated, particularly given the calibre of the competition. For these amazing results, he has justly been awarded with the first ever 'MDOC News - Orienteer of the Month' award. Well done Ben.

Here is a full list of MDOC results in the TORUS Cup:

Event 1 – 19th May – Suikkila

24th – John Kewley – 472

62nd – Ben Kyd – 585

185th – Alain Kyd – 875

225th – Siobhan Henn – 980

Event 2 – 21st May – Around Europe

10th – John Kewley – 333

15th – River Edis-Smith – 349

23rd – Ben Kyd – 368

175th – Alain Kyd – 654

221st – Siobhan Henn - 722

Event 3 – 26th May – Mantsala

50th – Ben Kyd – 297
 59th – River Edis-Smith – 313
 68th – John Kewley – 325
 175th – Dominic Wathey – 456
 204th – Steve Bingham – 503
 245th – David Wathey – 572
 285th – Cecilia Fenerty – 634
 288th – Siobhan Henn – 639
 305th – Alain Kyd – 662

Event 5 – 2nd June – Santaka

10th – Ben Kyd – 398
 30th – John Kewley – 453
 91st – River Edis-Smith – 558
 98th – Dominic Wathey – 564
 176th – Cecilia Fenerty – 681
 213th – Siobhan Henn – 724
 220th – David Wathey – 730
 262nd – Alain Kyd – 776
 360th – Steve Bingham – 950

Event 7 – 16th June – Madrid

1st – Ben Kyd – 236
 50th – River Edis-Smith – 387
 61st – John Kewley – 405
 100th – Dominic Wathey – 478
 138th – Siobhan Henn – 541
 148th – David Wathey – 553
 158th – Alain Kyd – 563
 245th – Cecilia Fenerty – 726
 300th – Steve Bingham – 840

Event 4 – 28th May – Tettye

37th – Ben Kyd – 561
 48th – John Kewley – 591
 142nd – River Edis-Smith – 790
 163rd – Dominic Wathey – 818
 185th – Siobhan Henn – 861
 241st – Alain Kyd – 968
 251st – David Wathey – 991
 277th – Steve Bingham – 1028
 385th – Cecilia Fenerty – 1271

Event 6 – 4th June – University of Bristol

6th – Ben Kyd – 273
 93rd – Dominic Wathey – 489
 118th – River Edis-Smith – 535
 199th – David Wathey – 658
 235th – Alain Kyd – 704
 290th – Cecilia Fenerty – 801
 299th – Siobhan Henn – 811
 317th – Steve Bingham – 838

Event 8 – 18th June – Joensuu

2nd – Ben Kyd – 203
 104th – Siobhan Henn – 379
 147th – John Kewley – 430
 158th – David Wathey – 443
 168th – River Edis-Smith – 454
 215th – Alain Kyd – 526
 223rd – Cecilia Fenerty – 536
 237th – David Gray – 547
 261st – Dominic Wathey – 600
 304th – Steve Bingham – 671
 402nd – Grahame Crawshaw – 1188

Overall results

7th – Ben Kyd – 485.51
 58th – John Kewley – 458.45
 78th – River Edis-Smith – 451.15
 146th – Dominic Wathey – 425.09
 215th – David Wathey – 399.46
 223rd – Siobhan Henn – 394.49
 237th – Alain Kyd – 389.85
 265th – Cecilia Fenerty – 378.53
 313th – Steve Bingham – 360.61
 475th – David Gray – 86.95
 492nd – Grahame Crawshaw – 63.06

MDOC were the top British team in the competition and finished 5th overall, out of 268. This is a brilliant result for the club and massive congratulations go to all 11 members who took part.

BeiDou Orienteering Week, China

Nick Pullen (NOR) & Mark Burley (MDOC)

Historically, it's been difficult for foreigners to orienteer in China. In fact, unless you're selected to run for your country, it's more or less impossible. So when Jack Kosky (SO) mentioned the first-time opportunity to Mark, he was intrigued. The BeiDou ('Big Dipper' in Chinese) orienteering week is a bit like the Scottish 6-days in the UK, but in the past has always been open to Chinese nationals only.

This year, Austrian international Erik Simkovics had worked with the organisers to make the event accessible to Westerners for the first time. It was an all-inclusive package; therefore we would be accommodated, fed, transported and able to race at every event without having to worry about anything or needing to know any Chinese - there would be translators available. Guangdong province in Southern China was home to this sixth running of the competition.

The first step was for Mark to get in touch with Nick Pullen (NOR) [who has a Chinese wife] and let him know about it. In the end Jack couldn't make it, but Nick could, and so Mark didn't need to worry about travelling halfway across the world without anyone he knew. We were committed - it was visa time. Thankfully Manchester is one of the four UK cities where you can pick up a Chinese visa (category 'M' - 'Competition', no less) and so despite the byzantine application system, the process was relatively straightforward. In the end, there were just 12 of us who took the plunge - along with the 360 Chinese pre-entrants. It was a diverse dozen in the tour group: Erik, his parents, some other Austrian clubmates, three French, an Australian elite (Paul), Mark & Nick.

There were nine events over the eight competition days - two long distance, two middle distance, four sprints, and one night-sprint-score. The first half was based in Longchuan, around three hours North-East of Guangzhou; then the second four days were based in Zhaoqing; an hour to the West of Guangzhou.

Longchuan doesn't have much to write home about - those for whom it was the first time in China were amazed by the giant supermarket, or super-cheap shopping mall - but nothing of note appeared to happen in the City. We were stared at quite often - by adults and children alike, so we concluded they don't have many Western visitors... and frankly we understood why. Zhaoqing was a much nicer city, probably receiving more tourists on day-trips from Guangzhou due to its lake - which has mountainous islands in it and therefore amazing scenery. The weather in Southern China at this time of year is mild in general but because we had to leave so early every day (0630 alarms!) it was normally rather chilly when we arrived at the events. In the afternoons it was more pleasant, even above 20°C occasionally.

Despite everything being taken care of for us, we had been told we would need to be adaptable. And indeed flexibility was the name of the game, as many things seemed to change or be arranged (or rearranged!) on the day itself. In stark contrast to your normal UK or European multi-day event, the Chinese participants were mostly university students or young children. There were approximately 350 competitors in total, and because we were all there at the same time due to the mass transportation, including the students who were involved in setting up the day's event, it created a really nice and relaxed atmosphere.

They used a kind of SI system but without having to insert the dibber into the hole - just tap it on top of the unit. It was exactly what you would expect if you gave an engineer an SI box and said, "reverse-engineer this"! We were also given a GPS tracker for the week – half the size of a matchbox and not particularly ergonomic – with the idea we could all watch our traces back afterwards à la RouteGadget. When this worked it was very nice of course, but it seemed rather hit-and-miss so didn't get quite live up to its potential.

After every race we were taken to lunch in a large restaurant, barn or (once) outside some kind of government communist facility, and received generally very similar food each day. We also had pretty much identical things every dinner as well. A soup, rice, a fish dish, a variety of vegetable dishes, sometimes tofu dishes, and the occasional surprise. This was amazing at the beginning of the week, but became a bit samey rather quickly (Mark would have killed for a pizza by the end of the first week), but it was amazing how they found some of these food venues in seemingly remote areas for the 70 or so adults/children who seemed to make up our part of the touring party (always in the same hotels, same coaches, eating at the same restaurants etc). The groups of school kids were all exceedingly well behaved considering their ages and the adult/child ratios!

Another different aspect from the UK was how well they did media; i.e. photos and videos. Each day post-event they uploaded hundreds of photos and made a video of highlights including drone panoramas and footage from cameramen following runners through the terrain. This was really a great aspect to show-off what we got up to! As a video must be worth a million words, here's a direct link to the overall highlights video:

<https://youtu.be/QKuEG2OUF24>

and we've included each day's individual videos in the sections below.



Day 1 – post-event jog around the course

Day1 - Sprint in a village/small town

<https://youtu.be/0sSQpiOdoNY>

第六届北斗定向大赛
Sprint
2020-01-12

河源·佗城北

比例尺 1:4000 等高距: 2米

北斗定向大赛

主办单位:
肇庆市文化与旅游发展委员会
肇庆市文广旅体局

承办单位:
云南巨浪体育文化传播有限公司
重庆定向巨浪体育文化发展有限公司
广州市臻臣体育发展有限公司

技术支持单位:
肇庆学院体育与健康学院
肇庆市定向运动协会
香山定向俱乐部

协办单位:
肇庆市委宣传部、市公安局、
市卫健局、星湖管理局、
鼎湖区人民政府、
高要区人民政府

精英男子组		2.9 km	
----- 40 m ----->			
1	51	△	⊙
2	65	Π	⊥
3	46	■	7
4	57	■	T
5	62	↓ △	⊙
6	55	■	T
7	59	△	⊙
8	63	△	⊙
9	58	■	T
10	39	■	⊥
11	61	■	T
12	45	■	F
13	50	△	⊙
14	43	■	T
15	60	↗	T
16	37	△	⊙
17	31	△	⊙
18	32	×	⊙
19	33	■	T
20	34	■	T
21	35	■	⊥
22	100	⊠	

Course Planning: Li Bo MapMakers: Beidouxiangshan orienteering

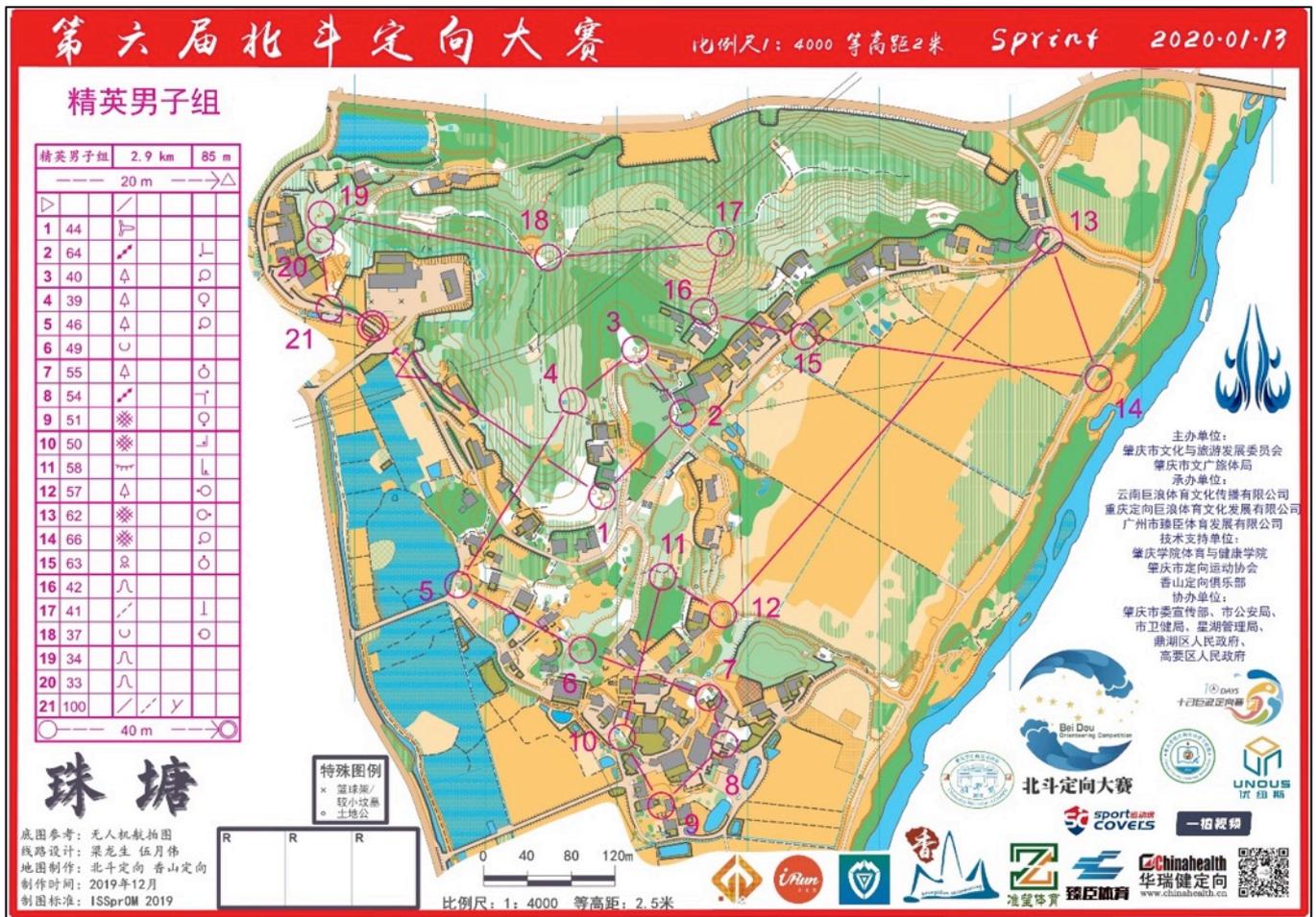
Nick (NP): First half was good and quite technical. Hardest part was adjusting to running in a Chinese village which is rather different to those in the UK what with the chickens to avoid, mopeds to avoid, low hanging wires or random piles of rubble. I made at least three decent errors where I didn't know what I was doing and finished down in 38/64 (but I still beat Mark by 26s so a major goal of the event was achieved on the first morning!). After lunch we and the schoolkids were shown round the town on a little historic site tour. Saw a dog meat shop.

Mark (MB): Was very excited for this but no real expectations since so much new stuff; weird dibber, all competitors GPS tracked, jetlag, etc. However, set off really fast and the easy #1 helped confidence. But then #2...the cultivated land looked really private so decided not to cut a corner and went around the 'roads' (which were mainly made of dirt, some were gravel, most were only vaguely complete) and ran straight past the control and ended at a lake, confused about which lake it was, took wrong path, tried to relocate on a patch of grass but did it incorrectly since the grass was actually a lake but with so much vegetation on it that it looked like grass, then ran around for a bit, basically went for ages without a clue, such a terrible start! Eventually found control more by luck than judgement.

Then some lovely intricate legs where everything looked private but was mapped as fine, through like Chinese gateway things with stuff painted on them, very Asian-village-from-film-y. Some more small mistakes but nothing like #2. Jogged around the course afterwards with Nick, Paul and Erik and got schooled in all the other things I did wrong. Nearly ran off the map to #12 after missing a tiny alley and took a bad route from not preplanning #15, but really good from there. Finished a disappointing 39th-ish.

Day2 - Initially advertised as a middle, this was a sprint with some little hamlet-y areas, paddy fields and forest

<https://youtu.be/3iExRUOPTeI>



NP: Felt rather unlucky at #1 at the time as I could see the control but in trying to get there I had to climb up a steep crag using/through thick vegetation. Going back afterwards this was mapped correctly but I'd not seen it in my eagerness to get to the control. From then on I was rather mixed but it was certainly interesting. It seems the Chinese aren't so good in forest conditions so despite what I felt was a worse performance I came 20th. Lost to Mark so 1-1. Lunch outside the event centre.

MB: 6th, much better. Very rural sprint. Cutting across forest and rice fields and more land that looked private but wasn't. Caught two guys at #5 and so was feeling good. Little miss on #8 not seeing black line and had to retrace. Need to pre-plan more. Same on #10, didn't take optimum line, but took easy choice.

#11 lots of time lost trying to be too fast and got confused, ended up at #12. Should have stopped for 5s and thought a bit. After this though, really good. Happy. Ran round most of course afterwards again, good fun.

第六届北斗定向大赛 比例尺 1:10000 等高距: 5米 Long 2020-1-14

河源·霍山景区

北斗定向大赛

精英男子组 6.2 km

站号	距离	方向	地形	符号
1	56	→	山	山
2	40	↘	山	山
3	57	↑	山	山
4	58	↖	山	山
5	59	↘	山	山
6	65	↘	山	山
7	54	●	山	山
8	64	↖	山	山
9	63	↘	山	山
10	44	↘	山	山
11	45	↖	山	山
12	48	↘	山	山
13	47	↘	山	山
14	38	↘	山	山
15	60	↘	山	山
16	49	●	山	山
17	51	↘	山	山
18	52	↘	山	山
19	62	↘	山	山
20	53	↘	山	山
21	100	↘	山	山

主办单位:
肇庆市文化与旅游发展委员会
肇庆市文广旅体局

承办单位:
云南巨浪体育文化传播有限公司
重庆定向巨浪体育文化发展有限公司
广州市臻臣体育发展有限公司

技术支持单位:
肇庆学院体育与健康学院
肇庆市定向运动协会
香山定向俱乐部

协办单位:
肇庆市委宣传部、市公安局、
市卫健局、星湖管理局、
鼎湖区人民政府、
高要区人民政府

10 DAYS 十日巨浪定向赛

UNOUS 优纽斯

一拍视频

SPORT 运动服 COVERS

臻臣体育 准星体育

Chinahealth 华瑞健定向 www.chinahealth.cn

Course Planning: Yang Ming Hong MapMakers: Beidouxiangshan orienteering

NP: This was probably my second most looked-forward-to day as I'd Googled some photos of the mountain and was hoping we'd see it. It turned out better than that as we had a great sight of it walking from the coach stop to the start and from some high points on the course. I was already a little tired due to my lack of fitness and then the course was brutal, or at least the vegetation was.

Unless you were right on top of the ridges or an actual path it was mostly fighting through undergrowth up or down very steep banks. Maybe jungle was more appropriate at times so pretty unpleasant to be honest. Took me 92 mins for a 6.2k course, yet ended up 16th. Beat Mark by two mins; 2-1. Skipping lunch due to time constraints, we went to walk around the mountain afterwards. Definitely worthwhile with great views over the region. It also had a glass walkway - not for the faint-hearted - but we braved it.

MB: Lovely day, a little warm for running though, and awesome to be in a spectacular national park. Great views of the mountains all around, and some massive rocky mounds in the background. Was expecting rough forest and was not disappointed!

All the days so far have had a long #1 and this trend continued. Wanted to take as much of a track route as possible for as long as possible. Did this fine, but then when I'd planned to leave the track there was just a wall of vertical jungle. I tried, but decided it was a bad route and decided to find a better way.

Wish I'd have stuck with it...went further round the hillside on a vague trod and found somewhere else which looked possible, but it turned out to be even worse and had to turn around. Contoured a bit more but was getting critical now, so had to find somewhere probably equally as bad as the first place. Eventually got up and relocated on #9. At the time I thought this was great! Only 150m from #1.

Unfortunately there was a massive, steep, jungle-filled re-entrant in the way. I could now see the control, but not get to it. Tried to contour and lose height but it was crazily slow and dangerous. After a few false starts, eventually worked my way down and up the other side, but it was probably 10 mins since I'd first set eyes on the control! Crazy.

So not a great start. Next three controls all good. Then on #5, contoured around rather than over the hill, which is fine on the map, but again resulted in exactly the same situation where I could see the control but not get to it, and lost another few minutes watching people 20m above me have no trouble at all whilst I was stuck in jungle. Annoying.

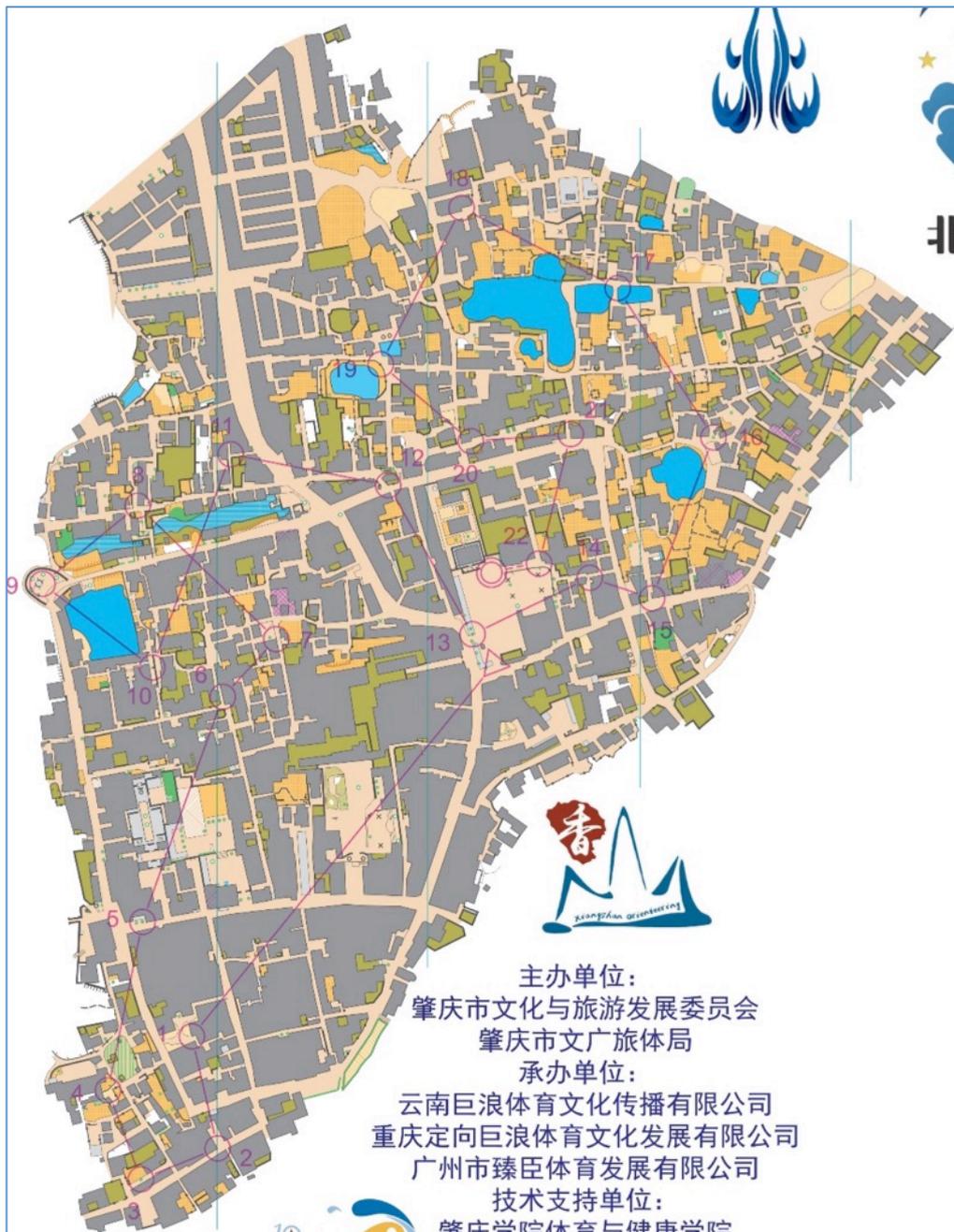
Then good #6, and #7 learnt from experience and went over the top; no issues. #8 first mistake that I class as being 'my fault' (haha), mistook path junction for path bend (photographer; grr) and looked in the wrong re-entrant for a few mins. Then fine to #9, but to #10 had to slide down an uncrossable crag and lost a few more mins. Then overtook by China team #1 who ran up a hill I'd just decided was impossibly steep and green - so followed his lead.

Followed him to #11 too but he made a mistake dammit, but he relocated fast. Then next few controls to #18 all went well and was feeling good (and glad it was nearly over). But #19 time for one last mistake, misread contours (hard to see on scattered trees...) and thought I had to be much lower, rather than on the ridgeline. So turned a very easy control into another 5 minute loss...sigh.

So - a terrible run. 18th - but only 42 finished and there were 20ish retirements, so at least others struggled too... Couldn't have done much about the map ones near the start but all the later ones were annoying; I know I can do better.

On the plus side, great time afterwards on vertiginous walkways in the mountains including one made of glass. Hated every minute at the time! But massive adrenaline rush.

Day 4 – Sprint. We returned to the town of Day 1 but with a new part added to the map
<https://youtu.be/XIHs5vBfK0E>



NP: I was really feeling tired this day, had no speed and made lots of little mistakes. As we'd discussed after day one about them I went for some interesting route choices across cultivated land i.e. the locals' vegetable plots. I didn't rate the performance highly but on the day I was 24th, so I guess familiarity with the terrain really helped. Mark beat me; 2-2.

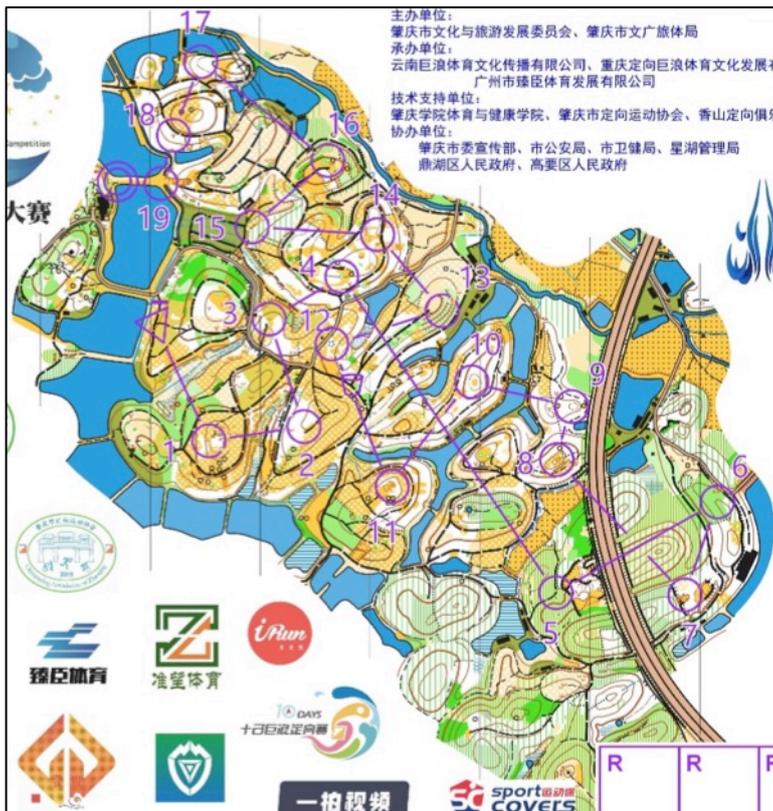
MB: 7th! Best run of the competition so far. Really enjoyed it. Overlap with day one area where I'd done terribly, but now used to the terrain and was keen to improve. Nice long leg to start, and took the easy route choice. Then clean and happy all the way to #10, even the bit that felt very much like running through someone's house.

First miss on #11, one alley too early and dead-ended. Frustrating since pretty perfect until then. But then good through the spectator and to #16. Then second mistake, over-simplified and ended up in cultivated land. Could actually have crossed this and climbed a couple of walls, but wasn't confident enough in position and instead retraced my steps. Should have planned route out of control better - still a complex area so needed more thought than the vague plan I had. Safe route to #18, which was slower, but happy with choice. Then fine to the end.

Really pleased to have done this well vs. the Chinese on terrain they're really good at! Only two mins down on them and Erik, and these are world-class guys. So was very happy with performance today. Think maybe 4th with no mistakes, so running pretty well too.

Day 5 - Middle. Event centre seemed to be an ornamental Camellia breeding station by a lake. The area was mostly fish/duck farm ponds or fairly runnable hilly areas

<https://youtu.be/TOQFbflKaKg>



NP: This was my second favourite day as when I turned over the map I was astounded. There was so much route choice and leg five particularly must have been one of the best I've ever had to work out - unfortunately whereas I thought my plan was good my execution was awful including running down a wrong path twice and the second time causing me to get stuck in chest-high ferns whilst thinking I was in the right place! Doh! Took 52 minutes, 14th on the day but well behind Mark; 2-3.

MB: 8th - somehow - despite losing four mins, three of these running off the map! Totally undeserved result. The Chinese are really good at urban (i.e. they run fast) but pretty poor at forest.

Tentative choices for first few controls but no mistakes, gradually building confidence. Then #4, going through trees with rope tying them to the group took longer than the running had been previously which skewed my distance judgement a bit, and so stopped too early. Wouldn't have been an issue, but got confused by the contours, as it seemed like I was on a hilltop but needed not to be. Faffed a bit and punched another control before relocating, lost maybe a minute. Annoying since if I'd have taken the path it had an easy attack point.

Then #5 was the long leg - happy with route I planned (straight-ish but going round uncrossables), implemented first half fine but then crossed ponds at the wrong crossing - not terrible in itself, but then made a series of parallel errors in sequence which fit the map beautifully... Gradually started to realise something was wrong when there were excess buildings which weren't on the map...eventually realised this was because I wasn't on the map either! Ran North to get back to it, then worked out where I was (not what I'd actually done until ages afterwards, though) and from there the control was fine. Arrghh so annoying. Three mins lost at least - felt like more, but spilt comparison with Paul (who won) suggests not.

Chinese caught me at this point so I didn't make any route choice decisions, just stayed with him for as long as I could. Except, tried to cut a 'cultivated land' corner, which was fine to start and then got more and more boggy, so much so that I gave up and went back around. Little mistake on #9 caused by pressure again (just ignore the Chinese, Mark!) but then fine all the way to #14 where I joined the Erik train (unpopular; only me on it) and managed to keep up (mainly because he made a few small misses and I capitalised) for the last five controls.

As per usual then; one massive mistake prevents a much more enjoyable memory! But c'est la vie; my overall position in the events will improve with the 8th...could've been 5th though if I had stayed on the map!!

Day 6a - Sprint on Yanzhou Island. We had to get a ferry across the Xi River to even get to the island; pretty cool. On it were a few villages; with dense, little buildings partly abandoned; or fields and banana plantations. This made for an exceptional sprint race <https://youtu.be/cHcdPjAwvew>

第六届北斗定向大赛

比例尺：1：4000
等高距：2米

Sprint
短距离

2020.1.17

主办单位：
肇庆市文化与旅游发展委员会、肇庆市文广旅体局

承办单位：
云南巨浪体育文化传播有限公司、重庆定向巨浪体育文化发展有限公司
广州市臻臣体育发展有限公司

技术支持单位：
肇庆学院体育与健康学院、肇庆市定向运动协会
香山定向俱乐部

协办单位：
肇庆市委宣传部、市公安局、
市卫健局、星湖管理局、鼎湖区人民政府
高要区人民政府

砚洲岛

精英男子组

2020年北斗定向大赛

精英男子组	2.7 km	20 m				
--- 30 m --->						
▷ S1	/ / / Y					
1 31	△			○		
2 32	↘ △			○		
3 33	△			○		
4 34	■			⊥		
5 35	■			⊥		
6 36	■			○		
7 37	↓ △			○		
8 38	△			○		
9 39	△			○		
10 40	←			○		
11 41	▨			⊥		
12 42	▨			✓		
13 43	⊥ △ △			⊥		
14 44	△					
15 45	⊥ △			○		
16 46	/			<		
17 47	▨			⊥		
18 48	△			○		
19 49	△			○		
20 50	▨			⊥		
21 51	△			○		
22 52	✓ △			○		
23 53	⊥			○		
24 100	⊥			⊥		

Course Planning: Black, Liang long sheng
路线设计：梁秉雄、梁龙生
MapMakers: Baidou, xiangshan orienteering
地图制作：北斗定向 香山定向

NP: I could summarise this by saying I made over 1:30 of mistakes just in the bananas but finished 8th for my best result of the week. Not often you have such an amount of errors on a sprint and rank so well. I felt really in tune with the map even though I occasionally went one building too far or the like. The fact I was so sore and not able to run fast I'm sure helped, but with all the twists and turns and requirement for concentration no-one could run very fast. Before the bananas I was only 30s behind Erik the real elite. Things went a bit pear-shaped in the bananas as I had forgotten to take my compass out my pocket, which took some time, then scrambled through some dark green, then didn't get my bearing right and ended up way-off. Still I managed not to completely lose hope and because the bananas were actually rather runnable in any direction I resolved that section in the end before another loop in the village. My time was 23:32, two minutes off the podium, which I don't think has ever happened before so a nice result for me. I concluded the Chinese around my place in the overall standings were also not so good on super-technical sprint areas. My favourite day and just the sort of terrain I was hoping to run on in China. 45s ahead of Mark; 3-3.

MB: Best sprint area I've run on, ever - incredible. Semi-abandoned village on an island, coupled with areas of banana plantation. Two-handed map reading at its best. Deliberately really slow and careful, so not many mistakes. One alley too early for #5 (despite the care!) and one error in the bananas, caught by someone or caught them and the pressure put me off my bearing. Otherwise didn't do a lot wrong - 9th. Such good fun! Basically worth coming to China for that one area.

第六届北斗定向大赛 比例尺1:5000 等高距:2米 夜间积分赛 2020-01-17

主办单位:
肇庆市文化与旅游发展委员会
肇庆市文广旅体局

承办单位:
云南巨浪体育文化传播有限公司
重庆定向巨浪体育文化发展有限公司
广州市臻臣体育发展有限公司

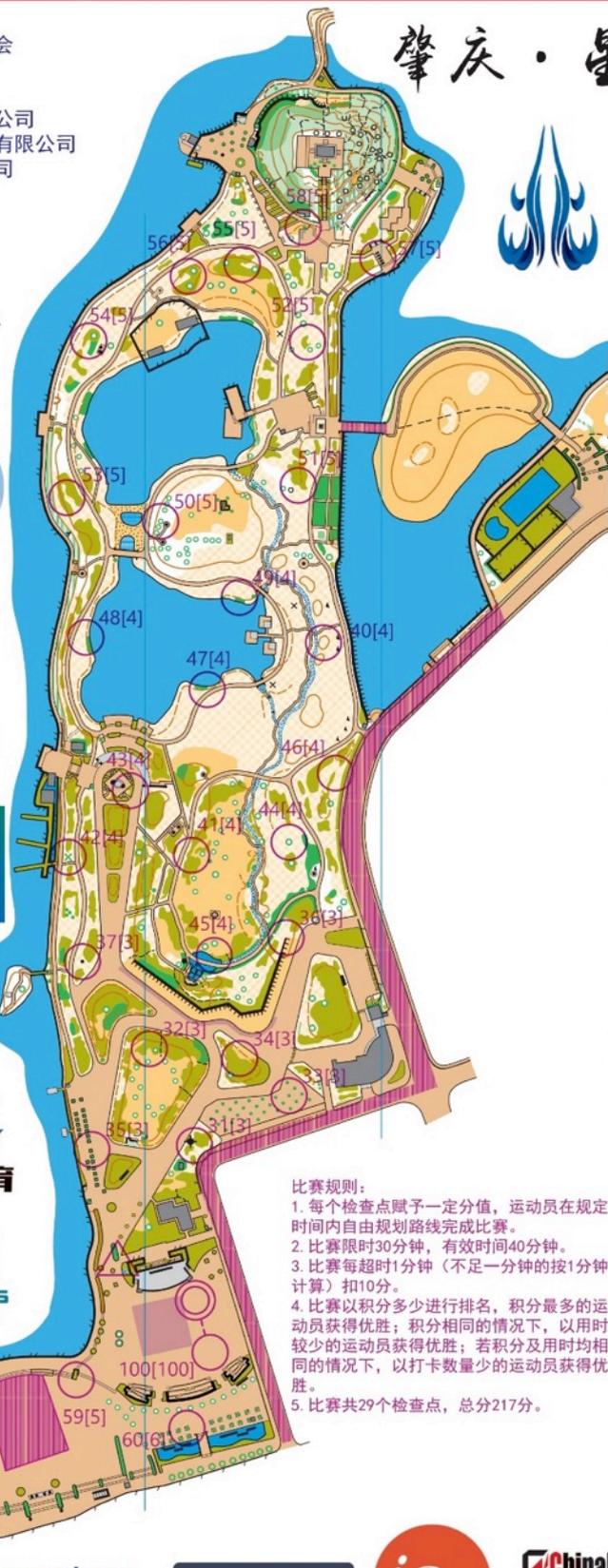
技术支持单位:
肇庆学院体育与健康学院
肇庆市定向运动协会
香山定向俱乐部

协办单位:
肇庆市委宣传部、市公安局、
市卫健局、星湖管理局、
鼎湖区人民政府、
高要区人民政府

肇庆·星湖



北斗定向大赛



第六届北斗定向大赛			
▷ S1	▨		
31[3]	⊗	⊗	≡
32[3]	⊗		∧
33[3]		△	○
34[3]	⊗		∇
35[3]		⊗	└
36[3]	≡		∟
37[3]	▲		○
40[4]	↑	○	
41[4]	⊗		←
42[4]	⊗		○
43[4]	⊗		└
44[4]	△		○
45[4]	⊗		└
46[4]	⊗		○
47[4]	⊗		Q
48[4]	⊗		○
49[4]	⊗		○
50[5]		△	○
51[5]	⊗		∧
52[5]	⊗		←
53[5]	⊗	⊗	≡
54[5]	⊗		∧
55[5]	⊗		←
56[5]	⊗		▷
57[5]		■	←
58[5]	⊗		○
59[5]	⊗		└
60[6]		△	∧
100[100]	▨		

比赛规则:

1. 每个检查点赋予一定分值，运动员在规定时间内自由规划路线完成比赛。
2. 比赛限时30分钟，有效时间40分钟。
3. 比赛每超时1分钟（不足一分钟的按1分钟计算）扣10分。
4. 比赛以积分多少进行排名，积分最多的运动员获得优胜；积分相同的情况下，以用时较少的运动员获得优胜；若积分及用时均相同的情况下，以打卡数量少的运动员获得优胜。
5. 比赛共29个检查点，总分217分。

Course Planning: Jiang JianCong MapMakers: Beidou.xiangshan orienteering



NP: This was a late addition to the program so I was without headtorch and we didn't even find a little one in a shop. The arena was a performance area preparing for New Year with a huge stage and TV screen that they showed some of the O videos on - surely the largest image of myself I'll ever see! The format was a score event in the park on the lake near to our hotel. I'd walked around in the afternoon to check it out a little and it's actually quite nice. We were told we had 30 minutes for the score with the last control 100 points out of a max of 217 - apparently all info would be on the map! Start was advertised as 6pm when it was still light enough but we didn't actually go till 6:20 and there the night closes very quickly so by half past it was dark. The park had quite a few streetlights etc so I wasn't too worried. A Chinese guy had strapped a strip light to his head to use - very funny. The mass start was pretty incredible - presumably a smaller version of what happens at Jukola. The race was super-fast despite my soreness, as my tactics were to go past the bunched fighting (no touch-free punching) at the start and get these controls on the way back depending on time. I was overtaken by faster guys inevitably and rarely looking at my map but given we'd got over half the controls in about seven/eight minutes clearly time was not going to matter. So I just tried to get all of them and get back to the finish ASAP. Some lack of awareness of where all the controls were meant I crossed back and forth unnecessarily in a few places. Unfortunately when I got my results I'd found I'd missed one out. (But Mark missed two so I beat him again; 4-3). Erik won in around 14 minutes so it was a shame that the time was clearly inappropriate - 15 mins would have made it really interesting. As it was this was like a mass start sprint event to just get all the controls, apart from it was dark and with no real point of planning an order of getting controls leading to my missing one. Still it was good fun and very different.

MB: Fun but laughably bad performance. After a very brisk 3k walk back from a cultural site I arrived back late and so was a bit stressed...but the start was pushed back to allow time for it to get just a bit dark (it had been brought forward due to a clash with some ballet or something). So waiting around in cold start pen for a while and hadn't done a warm up as we had no idea when start would be and so had to be ready...

Anyway; 30 min score. Expected that it wouldn't be possible to clear, but it was, trivially (winner about 14 mins). Started with the pack but made the ridiculous mistake of going to the same first control as 200 other people; thought I'd punched but no idea really and so decided to come back later - but leaders were long gone now. Far better to always ignore controls near the start in events like this!

The main problem was not remembering which controls I'd been too - 29 controls in a very small area. Elected to do the top loop the opposite way around to lose the pack. Missed a control so decided to come back to it later. All pretty straightforward and was running well. Punched quite a few (four?) controls twice as I couldn't remember if I got them on the way out, so got them on the way back too. So obviously in no danger of winning anyway... But then bad compass meant I found a control that wasn't the one I'd aimed for and I didn't realise, and the next bearing turned out to lead directly to another control - confused because not where I expected, but happy to be at a control so continued.

Got into a bit of a sprint finish with a Chinese guy at the end which I maintained for three controls; awesome. But then it turned out I'd missed not one but two controls; one I'd just run straight past. The disadvantage of not staying with the pack! So 32nd, since everyone slower with more points beat me, it was so easy to clear. If I'd actually gone to all the controls (and I ran far enough to do so) I'd have been 4th :(

Day 7 - Long race

<https://youtu.be/v4KrE56myJo>

第六届北斗定向大赛
比例尺: 1:15000 LONG
等高距: 5米 长距离
2020.1.18

主办单位:
肇庆市文化与旅游发展委员会、肇庆市文广旅体局

承办单位:
云南巨浪体育文化传播有限公司、重庆定向巨浪体育文化发展有限公司
广州市臻臣体育发展有限公司

技术支持单位:
肇庆学院体育与健康学院、肇庆市定向运动协会
香山定向俱乐部

协办单位:
肇庆市委宣传部、市公安局
市卫健局、星湖管理局
鼎湖区人民政府
高要区人民政府

龙塘

精英男子组

龙塘——长距离		精英男子组	
		9.6 km	380 m
----- 70 m ----->			
▷	⊗		
1 31	⌘		⊗
2 32	●		⊗
3 33	⌘		⊗
4 34	∧		⊗
5 35	∩		⊗
6 36	∩		⊗
7 37	∩		⊗
8 38	∩		⊗
9 39	∩		⊗
10 40	⌘		∩
11 41	∩		∩
12 42	∩		∩
13 43	⌘		
14 44	∩		⊗
15 45	∩		⊗
16 46	∩		⊗
17 47	∩		⊗
18 48	∩		⊗
19 49	∩		⊗
20 50	∩		⊗
21 51	∩		⊗
22 52	∩		∩
23 53	∩		⊗
24 54	∩		⊗
25 55	←		⊗
26 56	∩		∩
27 57	⌘		
28 58	∩		⊗
29 59	∩		∩
30 62	∩		⊗
31 100	∩		

○----- 90 m -----⊗

北斗定向大赛

UNOUS 优纽斯

Chinahealth 华瑞健定向

Sport Covers 准望体育

一拍视频

Course Planning: Black, Liang Long sheng
 路线设计: 梁带峰、梁龙生
 Map Makers: Seidou, xiangshan orienteering
 地图设计: 北斗定向 香山定向

NP: And boy was it long! After the race the night before, an advertised 9.8k with 380m climb, and a prize-money time of 90 minutes, I knew I'd be in for a survival mission. My goal was to increase my overall ranking by out-toughing the Chinese competitors and not retiring. 2h45m minutes later mission accomplished in 29th place (out of 47 scorers plus 25 MPs, [retired or past cut-off time]). The forest was in places similar to the UK with large hillsides covered in bracken looking for controls in pits, etc. For me every control just seemed to take so long. I was either making a mistake, or having to walk, or indeed both. Very few I did cleanly, and one large error took me off into dense undergrowth down a slope, where I thought no one has

ever been here, only to then see a couple of Chinese lads fighting through the veg uphill! Was very happy that one was over and confirmed my dislike of 1:15,000 maps. Mark had got a fever so didn't go to this event, so fair to say 5-3?

MB: As Nick says, I literally couldn't get out of bed. At the time – mid-January – we knew nothing about the coronavirus epidemic that was just kicking off just a few hours drive from where we were. I found out a few weeks afterwards that Nick had previously actually been to Wuhan a few days before coming to the event. Thanks Nick. I refute your 5-3 scoreline – biological warfare is definitely cheating.

Day 8 - Middle

NP: Knackered from previous week's exertions and my wife pressurising me to go sightseeing with her family on our final day in China I decided I didn't really need to defend my current 14th place in the overall standings and suffer round another course. Mark was still ill so he also didn't go. Our Aussie claiming-not-to-be-elite friend won again by almost 4 mins in 45 minutes so I'm sure I'd have been over an hour.

MB: Really disappointed to spend yet another day in bed!

At the final event prize giving and photos everyone received presents and O-shirts as gifts for being the first group of foreign orienteers at BeiDou. This last gesture really emphasised to us how warmly we were received by our Chinese hosts. After races, language barriers were overcome with the language of the map and using fingers to point out respective route choices. The Chinese all took care to ensure we were well looked after and any difficulties would be quickly solved. We would highly encourage any other Western orienteers interested in going to China to consider orienteering there at the same time. This was Nick's third time in China and he knows others in the group enjoyed seeing part of "real" China, and how it is lived by locals, rather than what might be seen reported on TV or visiting overrun tourist sites.

Overall we had a great time at this event. It featured an amazing mix of terrain, very high quality maps and atmosphere, coupled with wonderful Chinese hospitality. I believe Erik is going to make this an annual tour so please look at his website if interested for future years: <https://beidou.ol-sport.at/>



The "foreigners"

New Treasurer Required

The club's Treasurer, Alan Ogden, is approaching the end of his three-year tenure of the office and wishes to step down. We are therefore inviting applications for this important voluntary role on the club's committee and executive from 1st September 2020.

If you are interested in undertaking this role for the club, please email: chair@mdoc.org.uk with supporting information by 19th July 2020.

Alan has provided a description of the responsibilities of the role here with further details on the website, but if you have further questions, please email: treasurer@mdoc.org.uk

Once the new Treasurer has the accounts set up and running, Alan estimates that the role should take up two to three hours a month. He has offered to provide support for the first year.

MDOC TREASURER'S RESPONSIBILITIES

Objectives:

1. To ensure that the club has sufficient funds at all times;
2. To ensure that all authorised expenditure is paid promptly and recorded accurately;
3. To ensure that all income is recorded accurately;
4. To provide the committee with a monthly report showing the current state of affairs (balance sheet) and a summary of the income and expenditure for the period to date.
5. To prepare a final year-end set of accounts ready for independent review and presentation to the AGM
6. To prepare a forecast cash flow for the forthcoming year, for presentation to the AGM.
7. To provide the Independent Examiner with the accounts and accounting records promptly following the year end so that he/she has sufficient time to complete the review before the AGM.
8. To attend, where possible, the monthly Committee meetings and provide background information to the monthly report;
9. To attend the AGM to present the accounts for the year, and the forecast for the forthcoming year; and to provide background details and explanations.
10. To generally administer the bank accounts and ensure that adequate security exists over the same.

For further details please visit:

https://www.mdoc.org.uk/mdoc_treasurer_role.pdf

Alan has offered to provide support for the first year.

O-What a Year!

Fallibroome Orienteering continues to go from strength to strength with another win in the Cheshire and Merseyside Schools League.

The league finished on the sand dunes at Raven Moels, Formby and Fallibroome secured their 11th consecutive league win on a very windy late February morning. The dunes present their own tough navigational challenges and the team stepped up.

The team won all 5 fixtures this year despite some pressure from Cheadle Hulme, Birkenhead and Upton Chester through the season. As well as the overall league win for the school, individuals won 21 medals (8 Gold, 9 Silver and 4 Bronze) across their age groups from the 42 available.

Individual Gold medals went to Amy Johnson Yr7, Ben Siriwardena Yr8, Catriona Beynon Yr8, Oliver Thomason Yr10, Joe Herbert Yr11, Millie Collins Yr11, Ben Kyd Yr12 and Bethan Jordan Yr12.

Silver – Dietrich Gutschow Yr7, Aidan Rooza Yr8, Emily Sparks-Welch Yr8, Evie Eddie Yr9, Nathan Herbert Yr10, Alex Pegg Yr12, Amanda Vel Yr12, Harry Buxton Yr13 and Katherine Rushworth Yr13.

Bronze – Wilfred Ince Yr7, Will Hindley Yr8, Emma Kyd Yr9, and Matt Sparks-Welch Yr11.

This year we say farewell to 3 stalwarts of the team as they leave Fallibroome for University. Katherine, Ailsa and Harry have represented the school now for most of their 7 years at Fallibroome and have picked up quite a few medals along the way. We wish them well and hope they continue to orienteer in the future.

MDOC Kahoot Challenge!

A Kahoot challenge has been set, aimed at junior members of MDOC.

The first quiz will be based on control descriptions, and has 15 questions (it should only take about 5 minutes to complete).

At the end, it should give you the questions you got wrong again to correct your mistakes, so please don't retry, as we are limited with numbers.

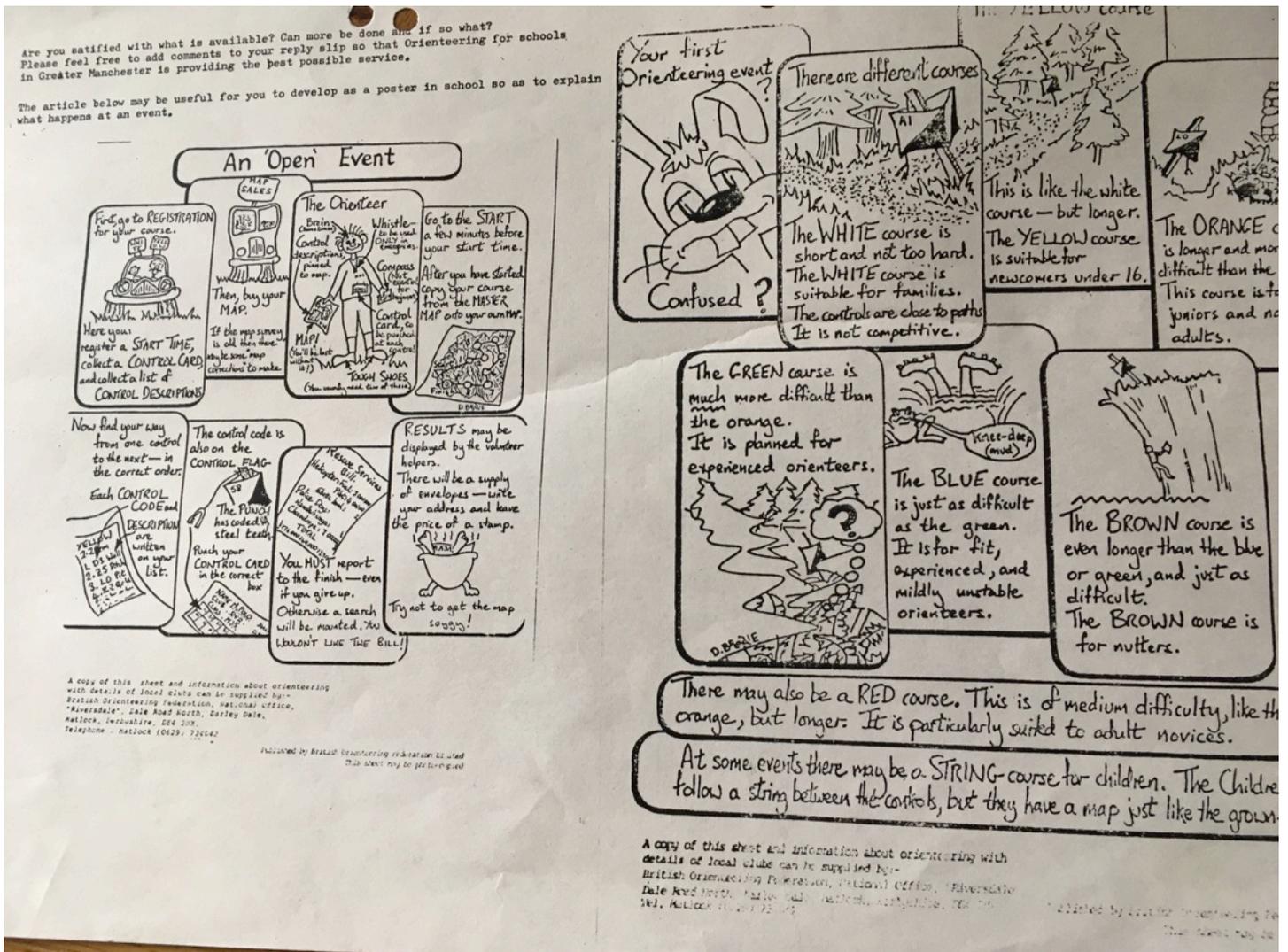
To try it out search Kahoot! and it will be the first website that comes up. You can create an account by typing in an email and password, or you can download the Kahoot! app. Once you have done this, click the play button (if online), or for the app click 'enter pin'.

The Pin for the junior quiz is **05614063**

The pin for the senior quiz is **07382391**

You will have until August to complete the Kahoot!
All members are welcome to join in.

From The Archives



From Pete & Rae Lomas

CompassSport Magazine Offer

With the demise of Ultrasport, the 41 year old CompassSport Magazine (envy of the world!) is now Subscription Only. This means it might be tricky for non-subscribers to get hold of an issue to see how super it is. Especially as there are no proper events at the moment. However, there is a solution...

CompassSport are offering to mail out a free back issue to non-subscribers, so you can see what the mag is all about. The mag itself is its own best advert and I'm sure you'll enjoy it. If you are interested please email Nick@CompassSport.co.uk with a mailing address and they will supply a back issue from a few years ago. A subscription price for a BOF Member is £35 a year for 6 issues, posted to your door.



The Club Championship

Chris Kirkham

In January the club was kind enough to recognise my efforts in maintaining the club championship tables over the past few years, and I am grateful for the appreciation. However the real “unsung hero” in this area is Stephen Lang. He generated these tables for at least a dozen years before handing the task over to me when he emigrated to New Zealand in 2016.

In giving me the job, he also passed on the means to carry it out, namely a large program written in C# (pronounced “C sharp”) to professional standards. This program reads in and analyses results files from the web, normalises members' names to allow for the same runner competing in different events under different names, does the calculations to derive points, and tabulates the whole thing in a neat table. It is a testament to the design that the only change I had to make to Stephen's code in the 4 years of using it was to make it work using my filestore rather than his.

So during the lockdown I have rewritten Stephen's program in Python. Why? Primarily as a way to learn Python, which is a new language to me, though it has been around for 29 years. I have never learned C#, and didn't particularly want to! It is sufficiently similar to Java (which I taught for several years) that I felt confident enough to read the code, and maybe even make small changes if I had to, but I have always been nervous that someone would request some major modification which would catch me out.

Finally, I worry about how easy it will be to pass Stephen's code to other users, such as other clubs (I did receive one enquiry – but this not followed up once details had been exchanged), or even my eventual successor in this task. Being originally developed by Microsoft, C# is probably less widespread and less popular than Python which is part of the freeware tradition.

Of course in rewriting the program I followed the main structure of the original, and generate an almost identical web page as the end product. It helps enormously having a collection of “correct” web pages to compare against. Two things I want to mention about these web pages. I had forgotten, or perhaps never knew, that if you hover over an event abbreviation at the head of the column in the table you get (as a “tool tip”) the full name of that event, and the average adjusted rate (in minutes per kilometre) in the Open division.

The other thing is about what you get when you hover over an individual point score. In the Open division, this gives the adjusted pace, the actual pace and the adjustment factor. It is clear that no one has really looked too hard at these in the past (myself included) because this equation is sometimes slightly wrong! As an extreme example, taken from 2019, “6.7 m/km = Pace 9 m/km * Adjustment 0.8”. Given that both adjusted and actual paces are rounded to 1 decimal place, and the adjustment to 2, this is clearly wrong. The good news is that the error is in the reported adjustment – both actual and adjusted paces are correct, and therefore the points derived from the latter are correct. (Phew!)

When events start again, I will generate web pages from both programs – and keep them both operating. However now, when I ask for someone to take over from me, ignorance of C# will be no excuse!

Pictorial Description Puzzle Answers

Thank you to Karen Parker of Border Liners for creating and sharing the Pictorial description puzzle in the April edition of MDOC news, did anyone get all 20 correct?

1. OXFORD = knoll middle (O) + X + stream/road crossing (FORD)
2. MANSFIELD = MAN + S + open area (FIELD)
3. MARGATE = marshy west part (MAR) + x-point (GATE)
4. JARROW = junction W tip (J) + ARROW
5. HEBDEN BRIDGE = hedge W part (HE) + "bend" ruined (BDEN) + BRIDGE
6. NEWCASTLE = NE + W + large ruin (CASTLE)
7. POOLE = pond (POOL) + E
8. MIDDLESBROUGH = middle twice (MIDDLES) + boulder W edge (B) + trough E part (ROUGH)
9. WOODSTOCK = copse (WOOD) + rootSTOCK
10. KINGSTON UPON THAMES = upper man (KING) + S + 100 (TON) + on top (UPON) + 346000m river (THAMES)
11. FOLKESTONE = NW end of 50450m tunnel
12. MAIDSTONE = [marsh first] aid (M + AID) + boundary STONE
13. WELLS-NEXT-THE-SEA = well twice (WELLS) next to body of water (400km x 500km) (North Sea)
14. GREENOCK = thicket (GREEN) + rocky middle (OCK)
15. LIVERPOOL = hill finish (L) + 4 (IV) + E + ride W tip (R) + POOL
16. MINEHEAD = cave (MINE) + man upper part (HEAD)
17. MARLOW = monument start (M) + quarry middle (AR) + LOW
18. COLNE = COL + NE
19. WALLSEND = WALL + S END
20. SANDWICH = SAND + W + 99 (IC) + trench E end (H)

Caption Competition



Last editions winner...



“That helper on registration is even longer in the tooth than most MDOC members”
– Anon

One More Photo



How many of you recognised Ian Gilliver from his younger days?

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