



MDOC NEWS



Newsletter of Manchester and District Orienteering Club



JULY 2008

STOCKPORT TOWN RACE

WORLD SCHOOLS CHAMPIONSHIPS

SUMMER EVENTS

GMOA

FOOTPATH RELAY

Some thoughts for your ponderation over the holidays ...

Stockport Town Centre event. Well, does it count as a success?

As an orienteering event, we appear to have done well. People liked the map, the intricate middle loop, the general speed of thought required. There's a divide in opinion over the mass start idea, and some thought the high-viz marshals were a tad too visible, but there was a real buzz amongst the visiting orienteers about what good fun it had all been. And no-one got damaged by the traffic!

On the development side, it would be easy to feel disappointed. All our efforts targeting running clubs, organisations and locals resulted in three very small fields. Despite careful presentation of interesting information on display boards, very few passers-by seemed to bother having a look. I lean to the view that next year we will have to attempt to play the Charity card to get some non-orienteers along. Or we could just give up on potential development objectives and simply run a good event for ourselves. And there's an interesting question of where to go next for a good street map?

Impending turbulence?

Not only do we look to be in for a period of economic and political turbulence to go with what always feels like increasingly interesting weather, but our well-ordered competitive calendar is about to be re-arranged. One is unimpressed with numerous aspects of this proposition (eg. the details as far as they are known, the tardiness, the lack of mandate) but no doubt it will happen. The tricky questions are things like ... so what effects will it have? - What sorts of events will prosper, and what sorts of people will be doing them? I suspect that the only events that will survive with significant entry levels will be the various Championships and those ex-Regional Events that manage to maintain some sort of "brand". In our case, we have Twin Peak, and ... erm ... that's it. I guess we are looking at a future of more events, of more types than before, but with people spread more thinly, and travelling less often. Which will certainly redefine our notions of success, and over time, possibly redefine the meaning of orienteering itself.

PS. We will soon have a vacancy for Club Secretary. This could be an excellent way for a new Committee member to get into the thick of it. One volunteer would be enough!

Anyway, there's a few things to think about.

A very Happy Holidays to one and all.

Thanks to everyone who sent articles and photos for this issue. particularly David McCann for his excellent set of photos of the Stockport event

Andrew Gregory

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News

Frank Rose has stepped down as Chair of the Greater Manchester Orienteering Association (GMOA), having been actively involved since it was formed. He was presented with a specially designed memento in recognition of his services. Beryl Blackhall from SELOC has taken over as Chair, with John Britton as Vice-Chairman. Beryl will contribute a regular page to our Newsletter to keep us informed on developments.

The first of the autumn series of Saturday morning score events is at Riverside Park, Macclesfield on September 13th. It will include a special competition for “kid + parent”, with prizes for the winners. Kid and parent will go out independently and their point scores will be added together. We hope that schoolchildren who have tried orienteering will bring along a parent to have a go. There will be a separate class for those whose parents who are already regular orienteers. Later events will be Longford Park Stretford, Wythenshawe Park and Sale Water Park.

Our condolences to Jim Nightingale on the recent death of his wife Eileen. Several club members attended the funeral.

Next year’s Twin Peak event will not now be in North Wales due to problems with permission for events in the Snowdonia National Park.

Nick and Sophie Wood have now moved to Sydney, Australia. Nick has written: *“We wish to express our thanks for the friendship that all the members of MDOC have shown us over the four years that we have lived in Manchester. You are a wonderful and active club and I wish you all the best for the future.”*

The club’s next regional event will be at Crowden on Sunday 9th November. The North West junior squad will make this event part of a training weekend.

The club AGM will be held at 7.30 p.m. on Thursday 2nd October
at the Nursery Inn, Heaton Norris Stockport.

Accounts, Reports and Election of Officers.
Please inform the Chairman, John Britton,
if you want any item put on the formal agenda.

Ed Nicholas, the BOF Director with responsibility for North West Clubs,
has provisionally agreed to attend as guest speaker.

Footpath Relay

The annual Footpath Relay was held in June in the attractive southern Peak District around Dovedale and Tissington. An enthusiastic MDOC team put in a very respectable performance, against generally younger teams from other clubs. Some paths were very obscure and overgrown, and proved hard to find in spite of previous reconnaissance. Everyone seemed to enjoy the day, and our thanks to Stuart Swalwell of Ashbourne for organising the event.



Some of the runners before and just after the Start, with Sophie Barnett (2nd from left) and Chris Kirkham (6th from left in left picture) representing MDOC.

Teams have to have at least 20 handicap points, where female runners count for 2 points, over 40 and under 18 for 1 point, and over 50 and under 14 for 2 points. We had no trouble meeting this handicap, having 31 points in total. Compared with the other teams we certainly had a shortage of runners in the 20-40 age range. However our over 40s made up for this, with Malcolm Fowler and Phil Colville running the toughest legs, which went down into Dovedale and out again. They, together with John Kewley, volunteered to run two legs each, to make up the team.



Phil Colville takes over from Malcolm Fowler at Brassington, and then hands over to Jan Ellis at the end of his second long leg.

The twenty legs were made up by a circuit of ten legs varying in length, which was run simultaneously in both directions. The final result depended on the total time over both circuits. Dave Mawdsley, running the last leg for the

clockwise circuit was involved in a sprint finish, resulting in a dead heat. Otherwise runners were well spread out towards the end of the event.



David Mawdsley produces an impressive turn of speed in a sprint finish, while Nicola Robertson finishes more calmly in the other direction.

The MDOC team comprised Sophie Barnett, Neil Cooper, Steve Rawlings, Mike Butcher, Phil Colville, Malcolm Fowler, Jan Ellis, David Mawdsley, Chris Kirkham, Marie Roberts, John Kewley, Tony Wagg, Trevor Hindle, Sean Malkin, Andrew Tongue, Andrea Cameron and Nicola Robertson, the last three being also members of Manchester University Orienteering Club. The logistics of the event are quite complex, with runners needing transporting either to the start or from the end of their legs. Tony Wagg, Chris Kirkham, Marie Roberts and Andrew & Margaret Gregory provided this back-up for the team.

Full results have not yet been distributed. We were not in the first three teams to finish, but we had some very good times on individual legs. This is very much an event where taking part is more important than winning!

Brown Cleve

The National event at Brown Cleve on June 8th attracted a large entry from all over the country. MDOC members achieved an excellent set of results, in spite of the tough competition. Particularly impressive were Thomas and Alice Fellbaum winning M16A and W16A, and well justifying their recent inclusion in the Start squad.

M12A	Alistair Thornton	1	M70A	Andrew Gregory	1
M16A	Thomas Fellbaum	1	W16A	Alice Fellbaum	1
M21L	Stephen Lang	2	W40L	Karen Parker	1
M45L	Andy Thornton	8	W45L	Vicky Thornton	1
M45L	Dave McCann	10	W45L	Heather Fellbaum	6
M55L	John Britton	6	W55L	Jillyan Dobby	3
M60L	Cliff Etherden	8	W70L	Sue Birkinshaw	1

World Schools 2008

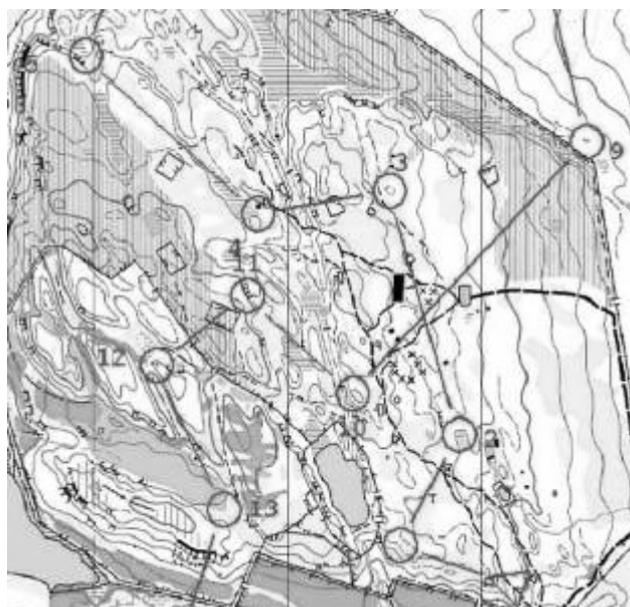
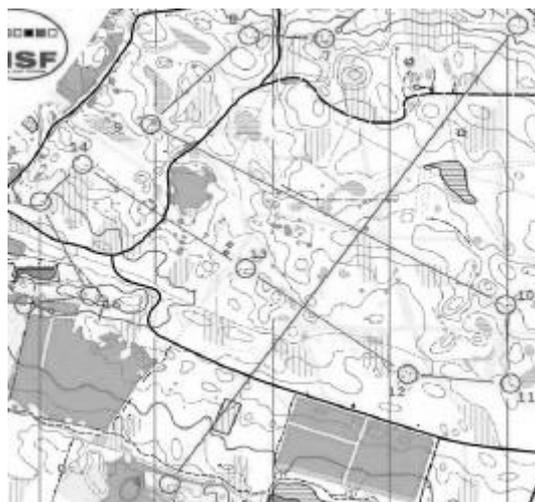
Tom Fellbaum

Following success in the selection race last year, I was selected for the World Schools Orienteering Championships to be held in Edinburgh, Scotland.

The experience began in the car park of the British Champs Culbin, where I met Norman Hall from DEE, an England squad coach. Three and a half hours later we arrived at the Youth Hostel in Edinburgh. After a night's rest we took part in a cultural tour around Edinburgh. Then we moved to the next Youth Hostel in New Lanark.

The next day a 'model event' was held in a small area called Beecraigs. After running around the forest with fellow English member Tom Butt and many foreigners who were clearly lost, we travelled back to Edinburgh in time for the opening ceremony, which took place in the new Scottish Parliament building. After the 'airport style' security checks to get in (just to confirm that we weren't terrorists!), we watched the flag parade and a performance by traditional Scottish Highland dancers. This was a great opportunity to see just how many Countries were involved - it felt like Eurovision when all the names were announced!

The next day was our first competitive race - the Classic Race, which took place in Devilla Forest. The terrain was mainly flat with variable runnability due to a variety of heather, short grassland and brashings. I had a good run (45.43 for 6.5km) and finished 15th out of 48. The winner Albin Ridefeldt from Sweden did it in 37.37.



After yet another Youth Hostel move to Stirling we travelled to Barr Wood for the Middle Race. The terrain was a mixture of natural woodland, plantation and fast open moorland. My race tactic was to run hard from the start and I achieved a time of 24.22 for 4km which placed me 17th. I was only 8 seconds behind fellow English member Matthew Halliday. A minute faster would have moved me up 8 places! The winner was England's very own Kristian Jones doing it in 19.57, beating Albin by 35seconds.

That evening we attended the Tourism Fair. Each team had their own stall with traditional foods and items from their country. Being incredibly inventive as we are, our stall displayed an assortment of cakes such as Kendal mint cake, lemon drizzle cake and carrot cake. I enjoyed walking up and down eating all the different types of free chocolate. In addition to the stalls, each Team had an opportunity to perform on the stage. We sang an excellent, emotive song written by the talented Maxwell O'Hara, a first year M14 from Ulverston, which focused on many of the world's problems. After a very successful performance and fantastic day we returned back to Stirling.



The next day we returned to Edinburgh for the Friendship relay in Holyrood Park. The event was a 3-man score with numerous controls including controls A, B and C. At each of these special controls all the team members had to punch at the same time. I was allocated to run with a Portuguese girl and a boy from Poland. After searching for while and trying to communicate with non English-speaking

Portuguese and Polish people, I found them and we attempted to discuss our team's tactics for the race. This was difficult since I had little idea of their orienteering ability. The race went well except at Control A. Thirty minutes after I had arrived, my team-mates finally turned up! We continued the race leaving Tom Butt at the same control. He was waiting for his female Chinese team-mate who unfortunately had very little understanding about orienteering !!

After a successful prize-giving where England had many podium positions, we said goodbye to all the friends we had made and returned for one last night in the Youth Hostel.

The whole competition was a great experience which I thoroughly enjoyed, and I hope to get re-selected for World Schools 2009 which will be held in Spain.



Greater Manchester Orienteering Activities

Beryl Blackhall

All MDOC members are automatically members of GMOA, together with all members of SELOC. GMOA is registered with British Orienteering as a closed club.

At the GMOA AGM on Monday 19th of May MDOC were represented by six members, with apologies from another. The new committee was elected to run GMOA for the coming year and now looks like this:

Chair – Beryl Blackhall

Vice Chair – John Britton

Secretary – Kath Etherden

Treasurer – Grahame Crawshaw

Two elected members – Caroline Barcham and Peter Lomas

The Chairmen of MDOC & SELOC are automatically eligible to sit on the committee. At present these are John Britton for MDOC and Paul Turner for SELOC. In addition Sue Birkinshaw was co-opted onto the committee, so we can benefit from her wide experience.

After the AGM Peter Lomas made a presentation, of an inscribed model POC post, to the retiring chairman, Frank Rose. Frank has been involved with GMOA since its inception in 1986, being its Treasurer for a number of years. He has also been Chairman, or Acting Chairman, for many years and has guided the organisation through many changes over the 22 years. His knowledge of GMOA history is probably second to none, although Peter Lomas has been involved throughout the same period of time.

GMOA's current role is to develop and maintain a range of Permanent Orienteering Courses throughout the ten boroughs that make up the Greater Manchester area. This creates facilities for anyone to try orienteering at any time. Club members should make far more use of these sites for training runs, as running with a map in your hand is what orienteering is all about. We have in this area one of the best selection of well-maintained POC's in the country, which are the envy of other areas.

Enclosed with this Newsletter will be a copy of the current GMOA leaflet. Since the 2006 print run there have been a number of updates to the course table inside, with many of the details to be found on our website, www.gmoa.org.uk. Some of them are listed below:

Clayton Vale, Crompton Moor, Princes Park and Urmston Meadows have now all been completed with a range of suggested courses and maps are available from GMOA.

Brereton Heath now has colour standard courses.

Manchester has new courses at **Debdale Park**, on the south bank of Lower Gorton Reservoir, and **Philips Park**, between the National Cycling Centre and the River Medlock.

Queens Park, Bolton, now has a brand new course, which you may have noticed at the SELOC event there on 31 May.

Three courses on the list are currently closed, for various reasons. They are **Werneth Low, Springfield Park, and Queens Park, Heywood**.

LOOKING AHEAD – All the Bury courses are being renovated; more new courses are being installed in Bolton; Rochdale courses are to be renovated and developed.

As I see it from the Chair – July 2008

Beryl Blackhall

At the first committee meeting since the AGM John Britton was appointed Vice Chairman, to fill the vacant position. John, and Jen, already make a considerable contribution to the everyday work of GMOA and I welcome his agreement to take over this position.

Since the last GMOA news (above) it has been a very busy time, but I can only report on very little here so will confine these notes to new courses and maps.

NEW COURSES – the following are now installed:

Queens Park, Bolton – SD707094 – access to car park from A673 via an unnamed street opposite Park Street. Pedestrian access also available from the town. Courses: Star – Wheels - Yellow – Orange (2). An interesting, landscaped, town park on a slope, which gives good training opportunities. I know one member of DEE, who works in the town and trains there, either at lunch time or after work. Maps available via our website, www.gmoa.org.uk

Leverhulme Park, Bolton – SD739085 – access signed from A58 on east side of town. Courses: White – Yellow – Orange (2) – Red. The River Croal runs through the site, to give a variety of inclines with both wooded and open terrain, producing a good training venue. Maps may be available by you read this. Contact enquiries@gmoa.org.uk or 0160-426-0301.

Moss Bank Park, Bolton – SD693109 – access signed from A58 ring road on NW side of town. Courses: Star, plus yellow and Orange at the short end of their ranges. A compact landscaped park with some slopes but without an extensive path network. Maps in the production line and should be available around early August.

MAPS are the foundation of Orienteering and without maps GMOA could not build POC's. Producing the final maps is a long, time consuming, job. Some maps are of new sites, some are full updates of current sites (sometimes with area extensions), while others are partial updates of the areas just used by the POC courses.

Surveyors, both professional and amateur, have been very active in 2008. Mike Ormerod was contracted to produce the maps for the 3 new Bolton courses, plus another new site at **Hoyles Park, Bury**, and 3 full map updates for Bury MBC at **Burrs Country Park, Chesham Woods with Clarence Park and Nuttall Park**. John Armstrong is working on full map updates of **Queens Park, Heywood** and **Bowlee Community Park** for Rochdale MBC. Martin Green has produced a full update of **Chorlton Water Park** and Dave Walker has done the same for **Woodbank Park**. For the partial updates two people may be involved, with one doing the ground survey and another the OCAD work. Being OCAD illiterate I can cope with simple survey work but rely on Edward Mellor, Martin Green, Grahame Crawshaw, John Britton or Eddie Speak to put my scribbles into OCAD. In this way **Philips Park, Prestwich, Blackleach Country Park, Brereton Heath** and **Longford Park** have been completed so far, with others in the pipeline.

In addition to the above at least 4 course post checkers are working on updating the maps of their park, while others have been done by MDOC when they have held small events on sites where there is a GMOA course. With about 50 active maps at present updating them is a bit like painting the Forth Bridge – never ending.

Eddie Speak is our map librarian and he has the unenviable job of trying to keep the latest map file for each park, seeing it is standardised to the GMOA format and for the GMOA printer, then passing it to John Britton for printing. John and Jen are going to be very busy as I know that orders for new and updated maps in the pipeline total 1600 copies at the moment!

A big, THANK YOU to all those involved at any stage for your efforts for GMOA.

Scottish Championships

Tullochroisk, Kinloch Rannoch

Sue Birkinshaw	2 nd	W70L	Peter Lomas	12 th	M65L
Irene Crawshaw	4 th	W60L	Cliff Etherden	13 th	M60L
Dave Mawdsley	6 th	M65L	Tony Wagg	15 th	M60L
Handicap Relay	7 th	Dave Mawdsley, Pete Lomas, Cliff Etherden			

Portugal

RAE LOMAS MISSES PODIUM PLACE BY 3 SECONDS!

The annual World Masters Championships is always an excellent and very competitive event, with many of the top international veteran competitors participating. This year's event in Portugal was on the 'Silver Coast' north of Lisbon, with the orienteering on wooded sand dunes just inland from beautiful sandy Atlantic beaches. Fourteen club members made the journey, twelve of us sharing two villas on the sheltered bay of Saõ Martinho, with ex-members Nick and Viv Maxwell, now living in Devon.

With over 3500 competitors, there were several heats in each qualifying race, which determined which final class you ran in. For example the largest class of M60 had 5 heats and 5 graded finals. The first aim is to make the highest final group, but with so many competitors one error could lose you a lot of places.

An innovation this year was a Sprint race on a 1:4000 scale map. The qualifying event was entirely urban in a hilly medieval town with lots of narrow passages, while the final started on sand dunes followed by the narrow streets of a town. Winning times were only 12-15 minutes, so quick thinking and complete concentration were essential. Rae Lomas had a brilliant run in the A final and was so close to a medal, being only 3 seconds behind the third placed runner. However this is still a superb result with so many of the top Scandinavian and East European runners present. Others to make the A final in the Sprint were Dave Mawdsley, 54th, and Andrew Gregory, 11th. Sue Birkinshaw had the misfortune to mispunch in the qualifying race, but won her B final by a very clear margin.



Andrew Gregory chases a Finnish rival in the Sprint event



Urban section of the Final sprint map

The long distance races were on very complex wooded sand dunes, with good visibility, but very difficult to relocate if you became lost. The times for the two qualifying days are added together to determine which final you run in. Rae Lomas, Sue Birkinshaw and Irene Crawshaw all made the A final, with Sue 15th in her final. Other A finalists were Andrew Gregory, 10th, and Tom Bedwell 68th, and Dave Mawdsley had two good qualifying day runs to make the B final out of the four finals in M65.

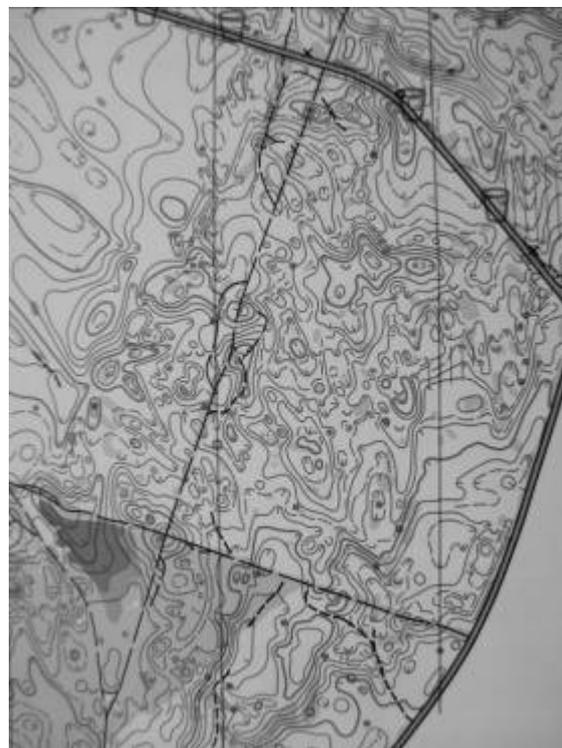


Tony Wagg compares routes with Trevor Roberts on the M60 course



Julie Bedwell looks pleased after finishing the sprint event

The whole event was very well organised, with large numbers of helpers. A very friendly atmosphere prevailed, with plenty of tables and chairs near the refreshment stalls, and sometimes musicians or a singer for entertainment, so competitors stayed around the assembly area and chatted. The sprint final was followed by a typical Sardinhada, with grilled sardines or meat, salad and wine. There were long queues for the sardines, but plenty of opportunity to talk to fellow competitors and compare courses.



A typical section of the final day map

The Lyme Park Series

Peter Lomas

In 2001, the idea of staging weekly orienteering events for a month aimed at beginners was floated. It was decided that the area should be the same for each event and that the area should be the most appropriate for newcomers and give them an exciting first time experience of orienteering. Lyme Park seemed to fit the bill.

With the area decided and permission received, an extensive publicity campaign was set into motion to publicise this venture, which was to be held in May 2002. The club was willing to spend £500+ on quality advertising material. Vicky Thornton designed a most impressive poster which was produced at A3 size and distributed widely. The target areas included Stockport, New Mills, Macclesfield, and Wilmslow.

The first Lyme Park series was made up of three introductory events on successive Thursday evenings in May, a Saturday morning colour coded event at the beginning of June followed by the final introductory event on a Thursday in June. Courses on offer were White, Yellow, Orange, and a runners' course. It was decided to charge just £1 for all introductory events, which still applies.

The decision to use S.I., which Dave Mawdsley championed, turned out to be instrumental in making the series a success. The use of S.I. also established the use of the Engine Room for registration and computers, which has continued ever since thanks to the support by the Lyme Park authorities.

To stage the events it was calculated that we would require a team of about 16 helpers. Club members responded positively to the requests for help.

As regards publicity some 300 A3 full colour posters were distributed to leisure centres, youth groups, sports clubs, sports shops etc. 5000 two-colour leaflets were left with the posters and also given to members to pass on to interested friends. Newspaper articles were published in Community News and a free local paper with a big distribution in South Manchester and Cheshire.

In addition to the use of S.I. it was decided to use pre-marked maps. This was principally to try to present the sport in a favourable light. OCAD 8 was used for the planning. Attendance was well below what we expected given the publicity. However with low numbers, more time was available to help newcomers. Those who came did seem to enjoy it and many returned for subsequent weeks. It was apparent that attracting newcomers by general publicity did not bring in participants but word of mouth did.

What was learnt from the first series? It was felt that familiarity with the set-up made newcomers feel more comfortable and that familiarity with the terrain was unimportant. Secondly organisation was easier at the same venue each week and that Lyme Park was probably only the local area capable of sustaining this approach. A minor issue was the difficulty of collecting in controls as we had to vacate the park before the closure time of 8.30 p.m.

Although numbers were relatively low - an average of 60 people per week - it was decided that the series should be repeated.

So what has happened since the first series? The basic format has continued apart from a few changes and some new initiatives. There are now three introductory events followed by a full colour coded event. The events are held on alternate Tuesdays and Thursdays usually during April/May. Attendance numbers have gradually increased over the years - 2005 average 75/week, 2006 - 80/week, 2007 - 86/week, 2008 - 88/week.

Initiatives introduced into the Lyme Park series have been map printing on demand. This has now become common practice at all events. The use of *Condes* in course planning and the use of different sections of the Lyme Park map used each week has offered challenges to the planners. In 2007, in response to criteria required to achieve Clubmark, the club involved juniors in planning courses which proved to be very successful.

Over the years the series has brought into the club several dedicated family groups, individuals and a number of school groups. It has also offered a taste of orienteering to large numbers of cubs, scouts, brownies and guides.

For the future we should ensure that those attending are contacted, as far as is possible by collecting email addresses etc. and ensuring that they are made aware of forthcoming events.

Thanks are given to all those club members who have committed themselves over the last 6 years to helping at the events and enabled a large number of people to experience and enjoy the sport of orienteering in the beautiful setting of Lyme Park on sunny early summer evenings.

The series would not have been possible without the enthusiastic support of the National Trust at Lyme Park to whom our sincere thanks are also given.

"The man who never was lost never went very far."

GHB Ward. Founder in 1900 of the Sheffield Clarion Ramblers

Local Summer Events

Summer evening events this year included Teggs Nose, with steep climbs, thick vegetation in the valley, and ice-cream at the finish; Brereton Heath with its maze of small paths; Dovestone with heavy showers and officious car-park attendants; and Alderley Edge with tough courses but lovely weather and views. Respective organisers were Steve Fellbaum, Julie Brook, Alison Doyle and Dave Bryant, with courses planned by Thomas Fellbaum, John Kewley, Steve Lang and Tony Wagg.



Ice cream at Teggs Nose, clear views at Alderley Edge & scenic run-in at Teggs Nose

The summer social was held at Wyches Farm at the kind invitation of Roy and Rosemary Hayes. A fiendish bingo-type event was planned by Chris Rostron. No-one could understand the rules, but everyone had a good run around the woodland on the footpaths created by Roy. DEE members were also invited, and the event incorporated the MDOC/DEE challenge – won, after some highly complex calculations, by MDOC. The weather was kind for the traditional barbecue, and salads and desserts were provided. In addition everyone could admire the donkeys, the statues and the exotic trees, including two recently planted Wollemi pines from Australia.



Chris Rostron, Margaret Gregory and Martin Green attempt to sort out the results



Barbecue at Wyches Farm

Puglia Five Days *Ian Gilliver*

The Italian 5 days might be a candidate for the smallest open international event of the summer, with fewer than 100 participants on most days, and only 46 people finishing all five days. Located in Italy's Gargano, the event comprised three days in Foresta Umbra, and two days in medieval hill towns.

Two of the five days were run in parallel with *Trofeo Delle Regioni d'Italia*, which featured a relay on Day 2 and an individual competition on Day 3, the latter attracting some 260 additional participants from across Italy, but few stayed on for the street events. On the competition days, the organisation was well staffed, and appeared relaxed if not casual, but the terrain, mapping and course planning were all of a high standard. Courses were notably shorter than comparable events elsewhere, perhaps consistent with the feeling of a 'holiday' event. In the forest, temperatures were in the high 20s, but both street events were run in temperatures in the mid 30s.

With few exceptions the event did not attract top competitors. Several participants had problems in the low visibility and heavily contoured parts of the forest, and those who managed clean runs at slow speed achieved better positions than they might usually expect – which was nice for me!



For me, the street events were the highlight of the competition. Most of the mapped areas were not designed with cars in mind, and alleys of varying width, walls providing abrupt drops or dead ends, and flights of steps of varying length and steepness characterised the areas. Straight routes were neither visible nor feasible. 'Approximate navigation' was penalised at every turn, and hence total concentration was essential – as I was reminded on Day 5, when I missed out a control! Relative success could be achieved by taking longer routes to simplify navigation. Most adult passers-by ignored the participants as they ran through the popular parts of the towns, but local kids cheered and jeered as streams of competitors visited controls in the more residential areas.

It was a most enjoyable event, and not only because I achieved 2nd place in M55 on days 1 and 4 – which says a lot about the size of the event, and the quality of the opposition.

Junior Inter-regional Championships

Alice Fellbaum

On the 28th June, juniors from all over the United Kingdom flocked to the North East for a weekend of racing. 12 regions in total travelled to the event and were there to compete. The North West Squad was aiming to come in the top 3 and to beat the reigning champions of last 3 years, Yorkshire and Humberside, off the top spot. It was always going to be tough as they still had a very good team despite losing some of their best 18's, however we also had a strong team so knew we were in with a chance.

The Saturday was an individual event held in Feldom, Richmond - an army training area. It was open moorland which made it very exciting for the spectators. The atmosphere was brilliant with everyone cheering their team mates on, some even went as far to spray their hair and paint their faces with their team colours. The area was very fast and definitely a runner's course but still had a few technical areas which caught people out. I lost concentration at the end of my course, due in part to the cheering crowds, and cost me 4th place. Elliot Malkin had a very good run to come 9th in the competitive M18 class. Courses were won in fast times with the M18 boys course won in 53.29 for 9.4km. The run of the day had to be Charlotte Watson from the North West, who as a first year 16 won the W18 course by 2 minutes.

Everyone was very nervous at the prize giving to hear which squad was winning so far. The North West came out the winners by a mere 3 points, with Scotland in second and Yorkshire taking 3rd place. This raised everyone's spirits and made us even more eager to do well in the relays the next day. After eating tea (same sized portions provided to primary school pupils), still hungry we had a team talk from Jon Carberry- the NW Junior Squad Head Coach who prepped us for the next day. Then we got a nice surprise as Quentin Harding walked through the door with pizza and chips. That put a smile on our faces and we received a number of envious looks from the other squads.

The relays took place the following day and the competition was still very wide open. Scotland only needed to beat us by two positions to win overall. The relay teams consisted of a 14, a 16 and an 18. The NW boy's team were winning after two legs but finished second overall. Thomas Fellbaum and Eliot Malkin also did very well coming 4th. Katrin Harding and I ran in together on the 1st leg of the girls relay in 6th and 7th position, but after outstanding runs by Charlotte Watson and Zoe Harding their team went into 1st position, and my team finished 9th. Scotland won the boys relay and came 3rd and 4th in the girls so it was going to be very close. However we had done enough and came out the winners overall, winning 4 out of 5 trophies.

Overall it was a brilliant weekend and I was very proud to be part of the winning team.

Colour Badge Awards

David McCann

This year the club decided to recognise the achievements of juniors taking part in the spring and summer colour-coded events by awarding coloured badges to any junior gaining 3 or more “colour standards”. The colour standard is worked out as either the winners time plus 50% or the time equivalent to the runner half way down the results – whichever gives the greater number of runners getting the colour standard.

The scheme has been run using colourful progress cards and stickers to show which events have been completed, and a star for getting a colour standard time. Results have shown that the scheme has been popular with juniors and there have been some impressive results. Some statistics demonstrate this, giving overall totals and also the totals for Fallibroome and for MDOC.

	Total	Fallibroome	MDOC
At least 1 colour standard	57	33	24
3 or more colour standards	28	18	10
3 or more colour standards for 2 colours	6	4	2

Looking at the results it is clear that many runners have progressed to harder courses through the year. Many more are well on their way to gaining a second badge.

Fallibroome

Yellow Anna Harrington 5, Isaac Liptrott 7, Alex Mackintosh 7, Jack Phelan 3, Thomas Ramsey 5, Bethany Sloan 3

Orange Jonathan Bailey 5, Angus Campbell 4, Michael Ecclestone 5, Olly Harvey 5, Alex Mackintosh 5, Catriona Paton 6, Tom Williams 3

Light Green Angus Campbell 3, Chris Chasty 4, James Davies 4, Rebecca Devine 3, Olly Harvey 6, Tom Horton 5, Adam Simpson 6, Tom Williams 3

Green William Preece 3

MDOC

White Laura Hindle 4, James McCann 10

Yellow Carolyn Hindle 6, George Preece 3, Hector Salathé 4, Jason Salathé 3

Orange Matthew Fellbaum 4, Carolyn Hindle 5, Tom McCann 9, George Preece 4

Green Alice Fellbaum 3, Sean Malkin 3, Alex McCann 5

Anyone who has not claimed their badge so far should contact Marie Roberts or David McCann.

Stockport Town Race

Urban orienteering events have recently become popular, and whilst watching one in Austria, Peter Lomas suggested that the centre of Stockport would be ideal, with its hills, narrow streets and flights of steps. John Britton, who had participated in several such events, agreed. As well as providing a challenging orienteering event, it was felt to be an ideal opportunity to publicise the sport, as the event would be taking place among shoppers in the precinct and other members of the public. Stockport Council were approached and proved to be very keen on the idea.

An active group of club members worked on the event, including Peter Lomas, Sue Birkinshaw, David McCann, John Britton (planner) and David Walker (controller). A detailed map, drawn to the international specifications for urban orienteering, was commissioned from Graham Gristwood, and an intensive publicity drive was undertaken to encourage non-orienteers to enter.

Publicity for the Stockport Event

David McCann

The publicity drive for Stockport to entice runners to take part started much earlier this year with emails and telephone contacts to almost all the running clubs in the Manchester area. This was intended to get our date on their calendars. This was followed up with copies of the flyers being sent to them and later copies of the posters we had made specially. Several clubs did circulate the date around their clubs but individuals still chose to do something else.

Another angle on publicising the event was to distribute flyers at local running events, including the Boars Head Fell Race, Kinder Trog, Dunham Massey 5 k and several times at the new Bramhall Park Time Trial that takes place every Saturday. Well over 500 flyers were distributed in total.

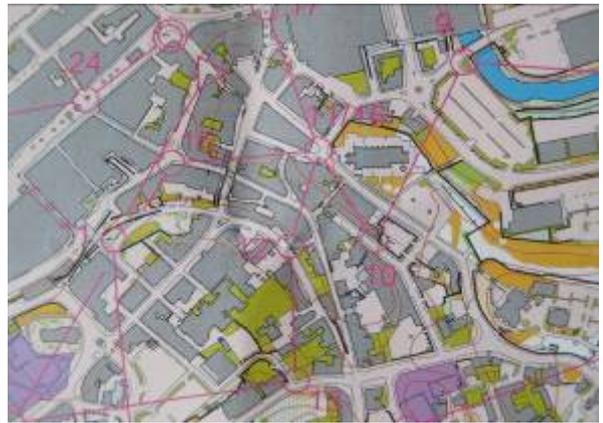
The *Fetcheveryone* website allows users to see "Fetchies" in the local area. Within 20 miles of here (meaning Hazel Grove) there were about 350 runners; all were sent a mail promoting the event.



Overall the feedback from runners has 2 common themes, firstly that our event clashed with other running events (Freckleton half marathon and Horwich 5 k races being the main ones) and secondly what appears to be a fear of getting lost. The latter is something we need to work on by finding a way to reassure newcomers that getting lost is normal and only temporary!



12.30 Mass Start



Central section of map



Action from Stockport



Photos: Dave McCann