



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

JUNE 2009



JK

Sprint Championships

Middle Distance Championships

Fallowfield Sprint

Summer events

Madrid

NEWS

A brilliant result for our M18 Relay team in the JK! Running in the Men's Short class against over 50 very strong teams, they achieved fourth place, just missing the prizes by less than 30 seconds. Thomas Fellbaum ran first leg, followed by Roger Bryant and Elliot Malkin. The cover photo (*taken by Margaret Gregory*) shows Thomas leading the field in the mass start.

We also achieved excellent individual results in the JK, with several club members in the prizes for the individual 2-day competition (*photos on the last page*). Everyone was pleased to see Club President Frank Rose in the prizes again, and special congratulations to Elliot Malkin winning M18L and to Rebecca Humphreys coming 3rd in W14A.

Following his excellent results in the Trail-O competition at the JK, John Kewley has been selected for the GBR Team at the World Trail-O Championships in Hungary, this August. He will be competing in the Open class.

Congratulations to Tom Fellbaum for being selected for British Orienteering's Talent Programme Summer Training Camp in Halden, Norway, and to Alex McCann for the camp at Lagganlia.

John Britton organized a successful club coaching day at Bouth Woods the day before the Graythwaite event. About 20 club members attended.

A new A3 printer has been purchased by the club. Steve Lang is responsible for looking after it and has already printed a number of good quality maps.

Steve Lang is currently leading the 2009 series of the Vasque Ultra Running Championship after the fourth race, the Highland Fling. The series consists of 12 races grouped into three distance classes - short, medium and long. There are 4 races in each distance class and the competitor's score is based on their best four races. However other competitors may overtake Steve as they complete the requisite number of races. Steve is also training for an attempt on the Bob Graham round this summer.

The town event at Buxton provisionally scheduled for October 31st has now been postponed. There will be a town event in Chester on Sunday 11th October, organized by DEE.

We have been asked by BOF whether we feel the Junior Inter Regional Championships should be in June or September. The Committee felt that the competition should not be in early June when it would clash with exams, but that the end of June would be satisfactory and provide a good objective for the squad through their summer training. There is competition from other special junior events in September.

BOF have set up a 'Participation Project' and also a 'Club Talent Squad Project'. Sport England have provided funding for these projects, and clubs are invited to apply to become involved. If selected to be part of the 'Participation Project' each club will work closely with one of the Participation Managers to help set up a community based orienteering club. The Participation Manager will also be able to bring in key partners from the clubs local Community Sports Network and School Sports Partnership to assist in the clubs development and ultimately increase participation in the area. Steve Fellbaum is in regular contact with Steve Vernon (participation manager) and Hamish Willis (NW Regional Development Officer), and a small group comprising Steve Fellbaum, Dave McCann and Steve Dempsey are discussing how we could best become involved.

This year's series of Introductory Events at Lyme Park have attracted an average of nearly 60 entries, some running in pairs or family groups so the actual number of participants was higher. These have included competitors from Buxton O.C., Goyt Valley Striders and Macclesfield Harriers, as well as MDOC and other local orienteering clubs. Pete Lomas has co-ordinated the series, with his usual quiet efficiency. Planning of the first three events was by junior members of the club, and a regular group of club helpers assisted with putting out and collecting controls, registration, computing and helping on start and finish.

FORTHCOMING EVENTS

Twin Peak 2009

Our major event of the year, the Twin Peak, will again be held in the Lake District. This comprises two Regional Events, on Place Fell and on Angle Tarn Pikes, beside Ullswater.

On Saturday 30th May, Place Fell will be used for all courses except White and Yellow, which will use the Silver Point low-level area beside Ullswater. On Sunday 31st May Angle Tarn Pikes will be used for all courses. Parking and Assembly will be at Side Farm, Patterdale, with all facilities available, including the Side Farm tea-room and campsite.

Place Fell and Angle Tarn Pikes offer fast running on high open fell with large areas of intricate rocky terrain. There is a long walk to the main start/finish area each day. Block start times and a punching start will allow you to take your time getting to the starts, enjoying the superb views over the northern Lake District.

We are offering courses for all BOF Age Classes, but you are welcome to enter the colour course of your choice. In particular, Juniors should select the colour course that they are competent to run. There will be a String Course each day. Dave McCann is planning the Saturday courses on Place Fell, and Steve Fellbaum the Sunday courses on Angle Tarn Pikes.

Sue Birkinshaw is the overall organiser. Jan Ellis, the Day Organiser, is looking for lots of volunteers to help run the event. Please let her know if you are available to help and on which day - preferably both days.

Greater Manchester Schools Score Championships 2009

These will be held on Saturday June 6th at Bruntwood Park, Cheadle. The format of the competition will be a Score event with a time limit according to age group. Pre-entry is required. Closing date: Thursday May 8th 2009. For more information, please contact Peter Lomas at: schools2009@mdoc.org.uk

Stockport Town Race 2009

This year's Stockport Town Centre Race and Charity Score Event will be held on Sunday 21st June, with starts from 10.30 – 12.00. As well as the Nopesport Urban League O-race there will be a score event to raise money for St Ann's Hospice. This is an ideal opportunity to bring along non-O family and friends to an event and raise money for a good cause.

It may lack many of the features that make O an attractive sport. No muddy car park, no long queue for chemical toilets, no 3k climb to the start and back from the finish, no uncrossable marshes, no waist-high nettles and brambles, no swampy footpaths, little chance of getting lost and no queue in the rain for refreshments. However there are many car parks (or travel by bus or train) and good toilets, start and finish are next to assembly, the controls are accessible by footpath, the course visits many of the historic sites in Stockport and there are prizes. There are also plenty of cafes, pubs, restaurants, shops, museums, cinemas etc – why not have a family day out? Or persuade three family/friends to form a team and compete for The Robinson Trophy and shields.

Entry fee for the Score event is only £2.00, of which £1.00 is for St Ann's. It is hoped competitors will raise money through sponsorship. Forms can be downloaded from the club's website or contact me. Competitors on the O courses are also welcome to use their run to obtain sponsorship. Organiser is Pete Lomas, and courses are being planned by Edouard Salathé. Full details at www.mdoc.org.uk and www.sah.org.uk

David Walker

Welcome to new Members:

John & Laura Seymour (M21, W21), who used to be members of Harlequins.

John & Sarah Williamson (M50, W50) with Bethany & Hannah (W9, W11) have attended a few Saturday morning events and know some current MDOC members.

JK 2009

This year's JK, the annual 4-day event held every Easter, took part in Northumberland. In contrast to last year's snow in Kent, the weather was mainly fine and sunny, which helped to create an excellent atmosphere for an orienteering festival.

The now traditional Sprint event on the Friday was held in the centre of the City of Newcastle, using local parks and quiet streets around the University, but the map was complicated by a high-level major road intersection that had to be crossed by underpasses. One detailed park area was scattered with controls and different courses visited these in different order, so competitors were dashing madly in all directions.

The final run-in on a grass area in front of civic buildings gave a good arena for spectators.



Section of Sprint map



Matthew Fellbaum and John Britton on the run-in

Club members in the top 20 on their course in the Sprint race were:

M10	James McCann	8	M35	Dan Riley	16	W40	Jane McCann	16
M14	Alex McCann	12	M55	John Britton	7	W45	Heather Fellbaum	8
M18	Thomas Fellbaum	10	M60	Ian Watson	18	W60	Julie Brook	14
	Elliot Malkin	15	M65	Dave Mawdsley	13	W65	Irene Crawshaw	14
	Roger Bryant	16	M70	Andrew Gregory	1	W70	Sue Birkinshaw	7
M35	Liam Corner	5	W16	Alice Fellbaum	14		Margaret Gregory	8

The two individual days were held further north in the tough forests of Kyoel and Detchant. In Kyoel on the Saturday we were assured that the courses avoided the worst parts of the forest, but it was still physically very hard going. The compensation was a parking field with wonderful views over the coast and Holy Island. The Sunday event was in the southern part of the same forest, with longer courses visiting the open heather-covered hill of Greensheen and the complex area of rock pillars and boulders at Cockenhaugh. The courses all finished over open moorland with gorse in full flower. Top 30 places from the club were:

M10A	James McCann	9	M45S	John Kewley	23	W40L	Sally Gilliver	6
M12A	Matthew Fellbaum	24	M60L	Cliff Etherden	18		Jane McCann	15
M14A	Alex McCann	15	M60S	Grahame Crawshaw	10	W45L	Vicky Thornton	11
	Alistair Thornton	21		Stephen Beresford	17	W50S	Julie Bedwell	23
M14B	John Dempsey	6	M65L	Dave Mawdsley	21	W55L	Jillyan Dobby	19
M18E	Thomas Fellbaum	5	M70L	Andrew Gregory	2	W55S	Kate Bryant	1
M18L	Elliot Malkin	1	M75L	Dave Griffiths	9	W65L	Irene Crawshaw	2
M18S	Sean Malkin	6	M80	Frank Rose	3	W70L	Sue Birkinshaw	10
M35S	Liam Corner	1	W14A	Rebecca Humphreys	3	W70S	Margaret Gregory	2
	Paul Watson	13	W16A	Alice Fellbaum	20			
M45L	Andy Thornton	22	W18L	Stephanie Bryant	8			
	Dave McCann	27	W21S	Michelle Riley	17			

On days 2 and 3 of the JK Trail-O courses were held, where clusters of controls are observed from a decision point and the competitor has to decide which, if any, of the controls is the correct one. Some controls are timed. On day 1 in Newcastle a quick decision variation of Trail-O, called Temp-O, was introduced, where all control decisions are timed.

John Kewley from MDOC is an enthusiast for Trail-O, and has recently become the North West representative for Trail-O. He won the Elite Trail-O on days 2 and 3, and was second in the Temp-O on Day 1. As a result of this performance, he has been selected for the GBR Team at the World Trail-O Championships in Hungary this summer.

JK RELAYS

The JK Relays were held at Dipton Woods near Hexham. Things usually go wrong at relays, both for organisers and for team managers. This was no exception. The organisers lost their car-parking field shortly before the event, and had to hastily arrange for parking at Hexham racecourse and transporting competitors by bus along narrow roads from there. Unfortunately with relays almost everyone arrives early, as most cars have someone running a first leg or wanting to watch the mass starts. A very long queue quickly built up for the buses, and it soon became clear that there was no way most competitors would arrive in time for their starts. The organisers therefore sensibly delayed all start times by one hour.

Dipton Forest was relatively runnable compared with Kyloe, but the courses were quite physical. Many started off over a cleared area full of brashings, and there was a lot of climb on all the courses. The assembly area was a large field high up in the centre of the wood. Courses dropped down into valleys, then climbed back up for a rather boring long run across the field to a spectator control before dropping down the other side and then climbing back up to the final uphill run-in.

On the club side, Dave McCann had entered a very powerful M165+ team of himself, John Britton and Dave Mawdsley. Unfortunately John Britton had been recovering from a hamstring problem and, while running the JK sprint race, the problem recurred. He therefore was not able to run in either the individual days or the relay, and Dave McCann had to swap the M165+ team for an Ad Hoc team.

We had no teams in the prizes, but our team of three M18s had a brilliant performance in the Men's Short class, finishing in a very impressive fourth position, only 23 seconds behind a ShUOC team who were third. This is a very competitive class, as many clubs enter this rather than the JK Trophy, which requires four good runners. Tom Fellbaum led the field out of the mass start, and returned in second position, just 3 seconds down on the leader. Roger Bryant also had a very good run in second leg, and Elliot Malkin an excellent final leg. The first four teams were within a minute and a half of each other, so it was a very close race throughout.

Our other teams all performed respectably, and in particular the W120+ team of Vicky Thornton, Jane McCann and Heather Fellbaum finished in a very good seventh position, less than five minutes behind the leaders, with Vicky starting off with an excellent second place on the first leg. Our junior teams all did well. In M/W40- the "MDOC Allstars" of Alistair Thornton, Tom McCann and Matthew Fellbaum came 15th, and in M48- "MDOC Boys?", consisting of Alice Fellbaum, Alex McCann and Stephanie Bryant came a very good 16th in a class of mostly all male teams. Other results were:

M120+	Andy Thornton, Tom Bedwell, Steve Fellbaum	27
M165+	Cliff Etherden, Ian Watson, Chris Rostron	35
	Andrew Gregory, Grahame Crawshaw, Trevor Roberts	44
W165+	Kate Bryant, Irene Crawshaw, Marie Roberts	13
	Julie Brook, Sue Birkinshaw, Alison Doyle	20
Ad Hoc	Sean Malkin, Dave Mawdsley, David McCann	9

WORLD SCHOOLS ORIENTEERING CHAMPIONSHIPS, MADRID, 2009

Alice Fellbaum

Following selection for the World schools orienteering championships, Tom and I joined the rest of the England team in Newcastle after the JK relays, where we got on a coach to London. The following morning involved yet more travelling, as we caught a plane to Madrid, Spain where we would be competing for the next week. In total 20 different countries were there from all over the world: from England, to China, to New Zealand.

Straight away we found out that Spanish terrain is extremely different to English terrain. The forest was open but steep, and part of the challenge was just working out what was up and what was down. There to be some very interesting route choice decisions. On Wednesday there was a model event, where we had the to look at a map and get into the terrain. After about hour it started raining, and continued for most of the

The first important race was the classic race, which to be even steeper than the model event. The planner managed to give all the courses a lovely run in: climbing re-entrant on hands and knees as it was so steep.

England had some very good results including: Florence - 1st in D2 select, Zoe Harding - 3rd D2 select, Max

- 1st in H2 school, Jonathon Crickmore - 2nd in H1 select and Thomas Louth - 3rd in H2 select. As well as many other creditable performances, these helped placed most England teams in the top 3 after the classic race. But it was still all to play for in the middle race.



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As well as competing, there were a number of cultural tours and a cultural fair. We went on a tour around the town of Alcalá de Henares and also went into Madrid and went around Real Madrid's stadium. Whilst we were in Madrid we looked at some of the main buildings and monuments as well. In the cultural fair every country had their own stall, and gave out things from their country. Each country also had to do a performance as well. Ulverston Victoria did a Morris dancing routine for the English part.

The middle distance race was on the Saturday. There were plenty more outstanding performances and also lots more rain. England managed to finish on the podium in the majority of the team competitions. Tom's team finished in bronze in H1 select and my team also came 3rd in D1 select. There was excellent team spirit with everyone cheering each other on. The last race was the friendship relay. Each team had 3 people from different countries, which made it very difficult communicating, especially with the Chinese who spoke very little, if any English. You had to split up the controls between you and meet at control A, B and C. Some people were waiting for quite a while for their teammates. It was really good fun though, even the finish which involved running through a 15 metre wide, fast flowing river!

We both really enjoyed the whole week, and made lots of friends from all over the world. It was a very good experience and we both learnt a lot from it. The next world schools will be held in Italy in 2011, unfortunately we will both be too old to compete then. Maybe the weather will be nicer there though.

SEARCHING FOR SMALL SHEEP SIGNS!

An informal evening run was recently organised by Andy and Vicky Thornton, centred on the Robin Hood inn at Rainow. Members of MDOC and of Macclesfield Harriers had been invited, and were given a map showing the network of footpaths, tracks and minor roads in the area, with about 35 points marked. It was a mass start score event of either 60 or 90 minutes. At each point a question had to be answered about a feature at that point. The most common feature was a metal sign showing a picture of a sheep and a number, presumably marking particular footpaths in the area.



Runners waiting for the start



Typical Sheep sign

(photos by Margaret Gregory)

A good number of runners took part, about equal numbers from MDOC and Macclesfield Harriers, so they hopefully learned something about orienteering, and those of us who thought we could run were put in our place! The pub had laid on a special chilli afterwards, so it was an excellent social occasion and a chance to meet new people.

Best MDOC scores were:

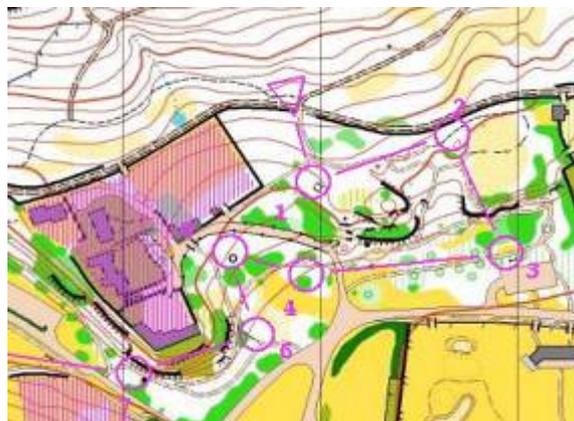
In the 60 minute competition, Alex McCann obtained 16 points, Alistair Thornton, Alice Fellbaum, Kate Bryant and Eddie Speak all had 15 points, and Phil Colville and Dave Mawdsley both had 14 points.

In the 90 minute competition, Warren Mason had 28 points, Tom Fellbaum 26, Karen Parker 25, Roger Bryant 24, Dan Parker 23, Ray Humphreys, Chris Rostron and Dave McCann all 22.

BRITISH SPRINT CHAMPIONSHIPS

An innovation starting this year is a National Championship in both Sprint and Middle Distance races. Sprint races aim for a winning time of 12-15 minutes, and involve very fast decision-making, often in a quiet urban setting, a park or university campus. Middle Distance races aim for about 30-35 minutes winning time, and ideally should require concentration throughout each leg, so no long route-choice legs running along paths.

This year's Sprint Championships for all age classes except the elite were held on 4th April at University of Stirling in Scotland. This has a very scenic campus, with buildings in parkland around a lake and also woodland on the side of a steep hill. The courses started with a series of very short legs, for example the one illustrated had the first 7 legs in the prologue. This required very quick thinking, as every second counted.



the scenic lake, Most for 1km.

The competition consisted of two short races; a prologue, and a final in which competitors started at one minute intervals, but in reverse order of their finishing times in the prologue. Not surprisingly winning times were often very close. For example Alice Fellbaum, running in W16, faced very keen competition and in the prologue the first 11 of the 12 competitors in her class finished within 51 seconds of each other. MDOC results were:

M18 Thomas Fellbaum	6/11	just over 3 minutes behind the winner
M55 John Britton	5/13	less than 2 minutes down
M70 Andrew Gregory	2/3	5 seconds behind the winner (Arthur Boyt)
W16 Alice Fellbaum	8/12	about 1.5 minutes down
W70 Margaret Gregory	2/2	

The Elite Sprint Championships were held on 9th May at the University of Nottingham. This again has an attractive campus with buildings set in extensive parkland. There were again two races, a series of parallel heats followed by a graded series of finals, with just the top 20 from the heats going into the A final. Non-elite competitors were also able to take part on the same courses after the end of the elite competition.

From the club, Thomas and Alice Fellbaum both had very respectable runs in the elite competition, where they were up against most of top M/W21s in the country. Neither made the hotly contested A final, but both were in the B final, with Thomas coming 34th out of 58, and 5th M18 overall. Alice was 15th out of 46 in her B final, and 4th W16 overall.

BRITISH MIDDLE DISTANCE CHAMPIONSHIPS

The following day the British Middle Distance Championships were held in Charnwood Forest in Leicestershire. This time both elite and other age groups participated in common championships. The area was called Cademan and Thringstone, but was in fact an area previously known as Grace Dieu, after a manor of that name, and had been used for a CompassSport cup final several years previously.

The terrain comprised some very complex rock features, with many large crags and striking rock pillars. The courses all finished in an area of very dense rhododendron thickets with only very narrow paths through them. There was a network of paths around the rock features, but the whole course required continual checking of the map to ensure that you knew which rock feature or short section of path you were on. It was an ideal area for a Middle Distance event, as constant concentration on navigation was

required. All the legs were relatively short. On the course illustrated there were 20 controls in only 3.6km.



Part of course 5, run by Alice, Heather, Andrew and Dave

Alice Fellbaum had an excellent run against very strong competition in her W16 age group, and achieved a well-deserved silver medal. This was a great result on such a complex technical area. Andrew Gregory was also second, in M70. Other club members also had very good results, although not quite reaching the prizes. The Fellbaum family had a field day, with Matthew, Thomas and Heather all finishing fifth in, respectively, M12, M18 and W45. Dave Mawdsley had an excellent run in M65, finishing in sixth position, and Jillyan Dobby was seventh in W55. Other results were John Britton 12th in M55, Peter Ross 13th in M60, Jan Ellis 13th in W60, Marie Roberts 14th in W50 and Trevor Roberts 30th and Chris Kirkham 34th in M60.



Alice Fellbaum (centre) receiving her silver medal and certificate

FALLOWFIELD SPRINT-O

Our own annual Sprint-O was again held in Fallowfield, in conjunction with the University of Manchester O-club. The event comprised races in two quite different areas: a prologue race in the open park of Platt Fields, and a final race in the neighbouring complex of buildings of the student residences and sports grounds in the Fallowfield Campus.

John Britton organised the event, and Grahame Crawshaw had planned an excellent set of courses to suit the two areas. Both areas are much frequented by the public or students, so a dedicated team of helpers kept an eye on groups of controls, and then hastily moved them from Platt Fields across the road to the campus just in time for the second event.



Grahame Crawshaw - Planner



Scenic Start in Platt Fields



Dave McCann in the Gardens



Fast running was the order of the day in the Fallowfield Campus

The event attracted a number of competitors from some way off, but surprisingly not so many of our more local members. Anyone who has run in our Saturday morning or summer evening events would find this type of format a very interesting and enjoyable challenge.

Thanks to Peter Cull for the photos. More on his website: www.petercull.com

Greater Manchester Schools Orienteering Championships 2009

These were held on 28th March at Three Sisters, Wigan. ☑Winners are listed below.

See SELOC website for the full results: www.seloc.org.uk

Year 6 Boys

1. George Preece Mottram St. Andrews
2. Joel Thetford St. Vincents
3. Jason Salathe Forest Park School, Sale

Year 7 Girls

1. Carolyn Hindle Poynton High
2. Hannah Thompson SELOC

Year 8 Girls

1. Ellan Wilkinson Fallibroome
2. Romane Salathe Withington Girls
3. Kathrine Monaghan Fallibroome

Year 10 Girls

1. Catriona Paton Fallibroome

Year 9 Boys

1. Tom Williams Fallibroome
2. William Preece Fallibroome

Year 10 Boys

1. Angus Campbell Fallibroome
2. Oliver Hardy Fallibroome
3. James Davies Fallibroome

Year 11 Boys

1. Tom Horton Fallibroome
2. Stephen Wearne Fallibroome

6th Form Girls

1. Rebeca Devine Fallibroome
2. Ceri Williams Fallibroome
3. Sarah Phythian Fallibroome

6th Form Boys

1. James Shillcock Ashton College

RAWNSLEY

Walton Chaser's district event at Rawnsley Hills on 26 April was near enough to attract club members. Results were:

Brown	Dan Parker	8	Light Green	Pete Lomas	11
	Karen Parker	10		Irene Crawshaw	19
	John Britton	14		Lorraine Jackson	42
	Dave McCann	15		Mike Hunter	55
Blue	Alex McCann	29	Orange	Rae Lomas	5
	Paul Smith	38		Carolyn Hindle	6
	Stephen Bingham	43	Yellow	Laura Hindle	15
	Trevor Hindle	47			
Green	Trevor Roberts	28			
	Marie Roberts	38			
	Hazel Hindle	62			
	Grahame Crawshaw	67			

MUNCASTER

West Cumberland's Regional Event at Muncaster Fell on 17 May attracted a few dedicated club members. Club results on the new format colour coded courses were:

Brown	Dave McCann	2	Green	Alex McCann	1
	Andy Thornton	7		Alan Poxon	3
Blue	Alice Fellbaum	4		Jan Ellis	40
	Vicky Thornton	28	Short Green	Sue Birkinshaw	1
	Jane McCann	36	Light Green	Alistair Thornton	12
	Heather Fellbaum	37	Orange	Tom McCann	12
			Yellow	James McCann	3

TRIPLE O SEVERN WEEKEND

The early May bank holiday weekend saw many club members travelling to the Forest of Dean for three days of events organized by NGOC and BOK, including a Regional Event on the Saturday and a National Event on the Sunday. The weekend also incorporated two races in the Future Champions Cup. In the middle race on the Saturday Thomas Fellbaum came 15th and Roger Bryant 26th, while in the long race the next day Thomas was 17th and Roger 25th.

The weekend saw a welcome return to fitness of several club members who have been affected by illness or injury. In particular Liam Corner produced an excellent result in the National event, coming 4th on M35L. Kate Bryant, having been running short courses for some time, felt well enough to try the long and came a very impressive 3rd in W55L. Also Rae and Pete Lomas, both recovering from operations, were back to running again, with Rae in particular showing an excellent result of 3rd in W65L.

Many club members were camping, and Dave Mawdsley managed to find an old barbecue, which became the social centre for club members.



Roger Bryant, Dave Mawdsley, Jan Ellis, Vicky Thornton and Sue Birkinshaw pose around the barbecue for a photo by Kate Bryant

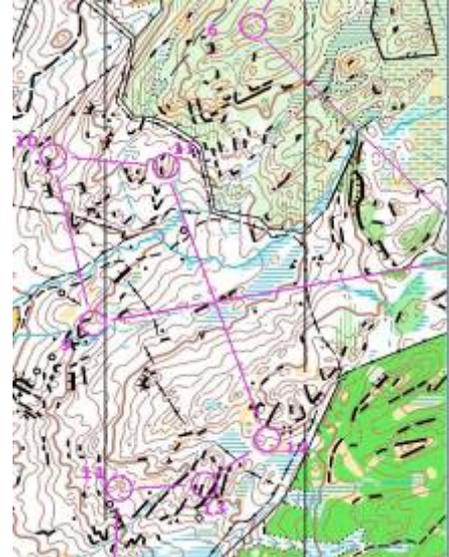
Results of club members on the National event:

M10A	James McCann	5	M60S	Grahame Crawshaw	16
M12A	Matthew Fellbaum	11	M65L	Dave Mawdsley	16
	Tom McCann	13		Peter Lomas	21
M14A	Alex McCann	9	W16A	Alice Fellbaum	12
	Alistair Thornton	26	W40L	Jane McCann	7
M35L	Liam Corner	4	W45L	Vicky Thornton	1
M45L	Dave McCann	17		Heather Fellbaum	12
	Steve Fellbaum	48	W50L	Marie Roberts	29
M50S	Stephen Bingham	3	W55L	Kate Bryant	3
M55L	John Britton	13		Jillyan Roberts	8
	Ian Gilliver	51	W60L	Jane Ellis	21
M60L	Peter Ross	28	W65L	Rae Lomas	3
	Chris Kirkham	40		Irene Crawshaw	6
	Trevor Roberts	48	W70L	Sue Birkinshaw	6

GRAYTHWAITE

One of the most technical areas in the Lake District, Graythwaite, was the venue for an LOC Regional Event on 19 April. This was originally intended to be a National Event, but the planner, Carol McNeil, wanted to give most competitors a choice of map scale, either 1:10000 or 1:15000 for the longer courses, and either 1:7500 or 1:10000 for the shorter older courses. However Competitions Committee felt that all competitors should have the same map in a National Event, and it was therefore officially re-classified as a Regional Event.

LOC carried out a survey of competitors' views on the issue after the event, and the online survey is still open on their website for anyone who hasn't yet given an opinion. Personally I found the 1:7500 scale was very clear to read, and was glad I had chosen it. However in general the ease of reading a map of a complex area depends on the quality of the printing. Professional offset printing is considerably clearer than laser printing. In general I feel that for fairness all competitors in any class should have a map of the same scale, but that the decision should be made by the planner and controller, as they can assess the clarity of the printing at different scales.



The section of map shows part of the W21L course:

A good number of club members entered the event, including a group who had taken part in a coaching day at Bouth Woods the previous day, organized by John Britton. Several of them had then camped on a small area of woodland owned by Andy and Vicky Thornton that was next to the car-parking field. Results of club members who completed their courses are shown below (not mentioning Alistair Thornton and Matthew Fellbaum who raced each other round the String Course several times!).

M10A	James McCann	6	M50S	Stephen Bingham	3	W40L	Jane McCann	4
M12A	Tom McCann	11	M55L	John Britton	8	W40S	Julia Simpson	1
	Matthew Fellbaum	14		Ian Gilliver	39	W45L	Heather Fellbaum	18
M14A	Alex McCann	3	M55S	Alan Poxon	3		Pip Humphreys	26
	Alistair Thornton	17		Martin Green	4	W50L	Marie Roberts	25
M 18E	Roger Bryant	7	M60L	Peter Ross	24		Kath Speak	27
M40L	Edouard Salathé	6		Cliff Etherden	29		Alison Doyle	33
	Paul Simpson	17		Trevor Roberts	31	W50S	Julie Bedwell	11
M45L	Dan Parker	4	M60S	Geoffrey Millan	4	W55L	Jillyan Dobby	16
	Andy Thornton	7		Chris Kirkham	10	W60L	Jan Ellis	8
	Dave McCann	16		Stephen Beresford	12		Julie Brook	10
	Paul Jarvis	19	M70L	Andrew Gregory	2	W70L	Sue Birkinshaw	5
	Ray Humphreys	28	W12B	Rosemary Ogden	1	Yellow	Kristian Birtwistle	1
	Steve Fellbaum	38	W14A	Rebecca Humphreys	11		Rosie Martland	4
	Alan Ogden	40	W18L	Stephanie Bryant	5		Ben Martland	5
M45S	Tony Mason	13	W21L	Karen Parker	4	Lt Grn	Romane Salathé	30
M50L	Tom Bedwell	26		Vicky Thornton	11		Manuelle Salathé	32

GMOA AGM 2009 - CHAIR REPORT

This has been a busy year and I feel we have achieved a lot, thanks to hard work by committee members and a wide range of members from both clubs. I am afraid that I have driven the Committee a bit hard with increased meetings, including monthly at the beginning of 2009, but I hope they feel that the effort has been worthwhile. Thank you all for the work undertaken in many different roles. Especial thanks to Kath Etherden who has taken our Committee Minutes for many years and will not be standing for re-election. We hope this is not for long as she has indicated that she will return when she retires.

POC Courses are the focus of all our work, aiming to produce good quality orienteering on quality maps. As you will see from the following three operational reports this has involved a lot of volunteers putting in many hours to achieve our aim. Volunteers are the bedrock of this Organisation and I would like to express especial thanks to the following individuals: Eddie Speak for keeping our Map Library in order; Jim Nightingale for sterling work out on the sites and his post production line; Martin Green for considerable mapping work; Phil Ellis for assisting Jim with sites work in the Northern areas and Trevor Roberts for updating the website (when I find time to send him material). Then there is the large loyal band of members who check the posts on those sites where we operate a Maintenance Contract. Sincere thanks to each and every one of you.

In the committee room it has been a time to clarify our working procedures, aiming to make it easier for people who follow us onto committee, with the following coming under scrutiny:

- Updating the GMOA Constitution to reflect what we do and to bring it into line with principles recommended by Sport England. I hope that you will all support this later in the meeting.
- The Copyrights of our maps and the club logos printed on them developed haphazardly during the course of GMOA development. This has now been rationalised, spearheaded by Sue Birkinshaw, a co-opted member of committee, with simple guidelines for the future, including the use of any of the maps by our constituent clubs.
- As all mappers should know there is a new agreement between British Orienteering and Ordnance Survey, which will have far reaching consequences on the production and use of our maps, including on websites. Royalties will have to be calculated and paid through BO. The registration of the maps we use has been less than logical in the past, especially before GMOA was registered as a member club of BO, so now the registration of maps for GMOA, MDOC and SELOC is being rationalised to fit in with map copyrights. Sue is again leading this, working with the two clubs. Mike Hamilton at National Office is very appreciative of this work.
- The production of quotations for new projects has now also got an outline framework, which allows for some discretion depending on the nature of the project. With detailed written quotations it will be easier in future for people to take over a project half-way through.
- There are still a number of GMOA POC courses which are self-maintained, about 11 including the Cheshire sites, so a policy needed to be developed here. They will be inspected every year and if not up to a minimum standard will be removed from our website until improved.
- Expenses for volunteers and committee. The Treasurer proposed an increased mileage allowance and committee can claim for printing if required, due to my use of e-mail for sending documents prior to meetings and leaving members to print their own copies.

A number of development items have been discussed and some already implemented. Details below:

- Last March John Britton ran a full day's OCAD course, geared to site volunteers who would like to help update their maps. A very intense, productive, day held at the superb IT suite at Turton High School and mainly funded by a NWOA grant.

- Discussions about the promotion of the use of GMOA POC's has led to the introduction of a pilot scheme of two sets of 4 instructional sessions, which it is hoped will take place later this year. One based in Bury and the other in Stockport, they will be organised by a qualified Coach, paid by GMOA.
- A number of discussions about aspects of publicity have been discussed, such as website, leaflets, posters, showcasing GMOA at other events such as Walking Festivals, Heritage Days, Multi Activity Days but few decisions made. What we need are volunteers who are interested in this work, as some of us are working at maximum capacity at the moment.
- Map distribution methods have been looked at, including purchase via the website. Some clubs use this method and others offer free files for download but the new BO/OS agreement may halt this development.

I hope the above gives all members an outline of what we have achieved this year and the direction in which we are developing. We are making progress but there is still much to do.

Beryl Blackhall May 2009

ARE YOU AN ORIENTEERING HISTORY BUFF?

The following

HISTORICAL ORIENTEERING BOOKS AND DOCUMENTS

have been donated and are free to anyone who could make use of them

BOOKS

This is Orienteering, by Jim Rand & Tony Walker – 1976 hardback

Orienteering, by Brian Porteous – 1978 hardback

Orienteering, by John Disley - 1978 softback

Tackle Orienteering, by John Disley – 1982 softback

World Class Orienteering, Edited by William Holloway with articles by 14 world class orienteers of the time – 1980 softback

Orienteering for the Young, by Peter Palmer – 1976 softback

Orienteering for Fitness and Pleasure, by Norman Harris – 1978 softback

Mapmaking for Orienteers, by Robin Harvey – 1985 3rd edition softback

Mapmaking for Orienteers, by Robin Harvey – probably 1975 1st edition softback

BOOKLETS

Course Planning, translation of Swedish booklet with amendments by Sue Harvey – 1970's

Drawing Specifications for International Orienteering Maps – IOF 1975

Rules of Orienteering – BOF 1979

Drawing specifications for international orienteering maps – IOF 1982

Orienteering, Know the Game series – 1965

Relay Orienteering Competitions – IOF 1978

1974 BOF Handbook containing Constitution, Rules, Controllers, Orienteering Techniques and Planning.

Manual for Instructors – BOF 1972

If anyone is into BOF Rules of the past there are 1969, 1974 and 1984.

*If there is anything there that you would like please contact Beryl Blackhall to arrange hand over.
01942 254835 or beryl@bbee.ndo.co.uk*

Elliot wins first prize for the snazziest shorts



..... while Rebecca is about to go off shopping



In the JK individual, Elliot Malkin was 1st in M18L and Rebecca Humphreys 3rd in W14A.



The Day 2 assembly area gave an excellent view of the final controls on the open moorland. Other club members in the prizes included Frank Rose, Irene Crawshaw (above), Kate Bryant, Liam Corner, Margaret & Andrew Gregory (below).



Photos by Pip Humphreys and Margaret Gregory