



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

June 2019



Peter Hayes in action at Tegg's Nose (Photo: Peter Cull)

**British Champs
Tegg's Nose
Spring in Sheffield
Night Street League Finale
Yvette Baker Success**

British Orienteering Championships 2019

Sam Drinkwater

Mixed Sprint Relays – Saturday 4th May

This relatively new format was held at Bradford University, almost entirely within the campus. Despite this there was a considerable amount of ascent which caused extra fatigue for any runners who set off too fast and inevitably faded at the end. The planner had devised an interesting start, thanks to a cramped courtyard with two ways out and no running time for the competitors to spot the correct way. As a result the first leg of the Open race provided an entertaining mix of runners splitting, and then backtracking before everyone eventually trailed through an alleyway and out of sight.

MDOC entered two teams for the Open Class and two teams for the Ultra Vets. On Open, the 'MDOC Dream Team' of Heather Fellbaum, myself, Liam Corner & Vicky Thornton finished 14th and ahead of AIRE by 1 second, thanks to an excellent sprint finish from Vicky. Meanwhile 'MDOC 2' comprised of Cecilia Fenerty, Dominic Wathey, David Wathey and Marie Roberts, finished 18th. The Ultra Vets finished in similar positions with Trevor Roberts, Irene Crawshaw & Grahame Crawshaw coming 16th, ahead of Chris Rostron, Alison Doyle & Dave Mawdsley who came 18th. There was also an individual sprint which several members took part in, so next time we can hopefully get a few more complete teams for the relay.

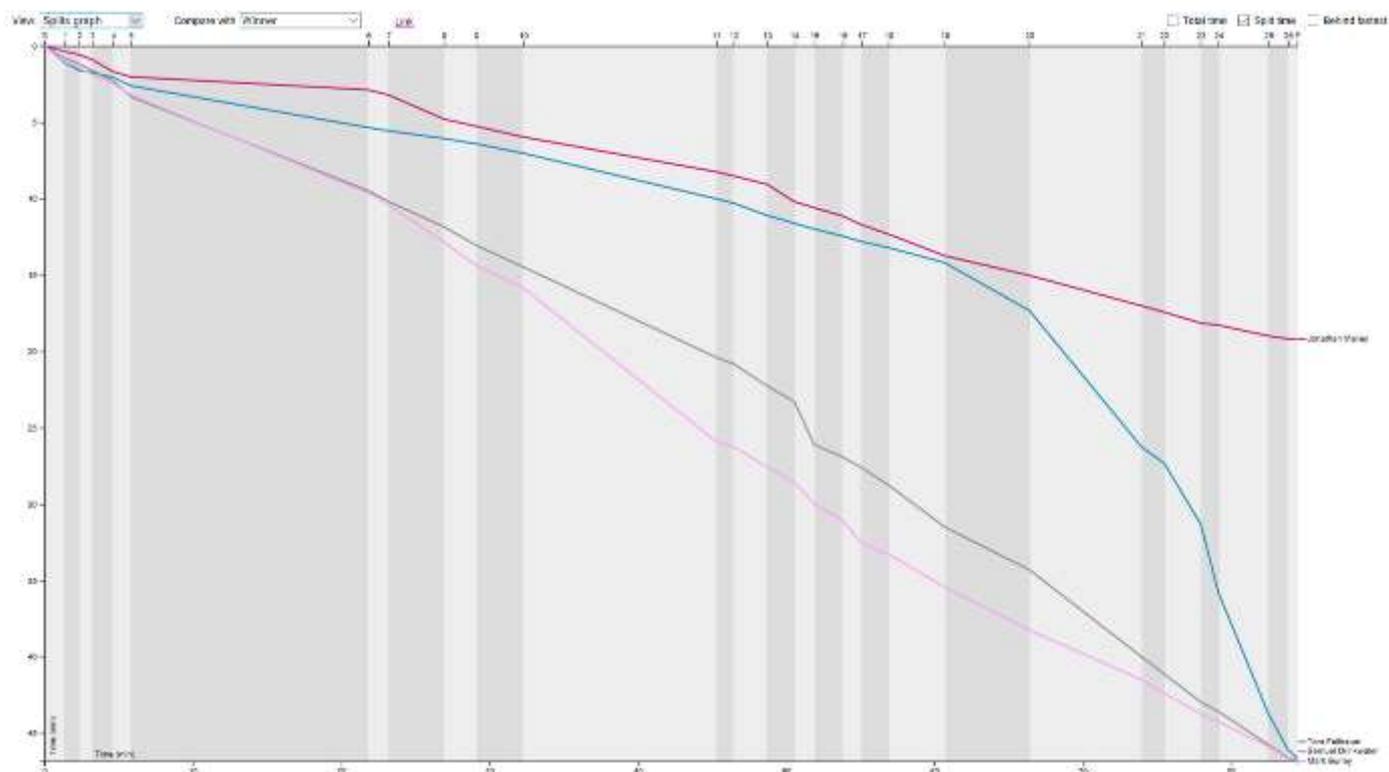


3/4 of the MDOC Dream Team at Bradford University

Long Distance – Sunday 5th May

Arncliffe was the venue for the British Long Distance Championships, the premier event on the domestic orienteering calendar. By combining the area with the moorland above Kilnsey, the courses had been planned to give runners a vast open region to cross. Although multiple stone walls crossed the terrain, and some limestone pavements helped to make the navigation more interesting, there were often long stretches of blank hillside and hence little to distract from the physical challenge. Compared to some more forested or rocky areas, it was on the whole quite easy to navigate and it seems that most of the big gains or losses were due to endurance.

Four members entered the M21E class and our top finisher was Jonny Malley in 26th place. Behind him a very different race was unfolding with some very different pacing strategies. This included Mark Burley and myself who started half an hour apart but ran very even splits (including the same poor route choice on the long leg) until a 4 minute error set Mark back at the half way stage. However, despite my own strategy of eating and drinking lots at both water stations, I slowed considerably over the last few controls, allowing Mark to claw back time on each leg until he was only 3 seconds behind at the finish. Meanwhile Tom Fellbaum had started strongly and kept pace with some of the top competitors, before fading in the final third as fatigue grew. He ended up walking several of the last legs, losing time to both myself and Mark, but somehow pulled a fast finish out of the bag, to hold us off by 8 seconds. Despite not seeing each other once during the race and running for more than 131 minutes we finished just 11 seconds apart; surely a sign of ultimate consistency for the following days relay.



The M21E splits graph showed the effects of fatigue and the importance of just 11 seconds on a 10 mile event

There were many other great performances, including a fantastic run which saw Cerys Manning win W21L by just 15 seconds! The top three were very evenly matched and traded the lead for the first half of the race, but Cerys took over at control 9 and was pulling away until a mistake at 14 dropped her to second. She fought back though and overturned more than a minute deficit in the final 4 controls, for a wonderful victory.

Meanwhile Vicky Thornton finished joint 4th on W55L and Heather Fellbaum was 7th, plus good results for Liam Corner who came 13th on M45L and Jane McCann who came 21st on W50L. On the shorter courses David Gray was a close 2nd on M40S, while Paul Turnock took 4th by just one second. Meanwhile Stephen Beresford was 4th on M70S and Geoffrey Millan came 4th on M75S. Finally a big well done to Tristan Manning (M10) who completed the White and hopefully will be competing at British Champs events for many years to come.

Forest Relay – Monday 6th May

The evenly matched trio of M21E runners from the previous day made up the MDOC Men's Premier team for the elite race. Mark got the team off to a safe and steady start with a time of 52 minutes, managing not to concede much time to our nearest rivals despite losing the lead pack early on. Tom took over and had a good run, overtaking several teams and finishing in 40 minutes taking us up to 13th place. On the last leg I avoided any major errors and clocked 49 minutes to bring the team home in 9th position. A top 10 was a pleasant surprise and beating some big names such as EUOC, SYO and SN (who all mispunched) was an unexpected bonus. All thanks to excellent words of wisdom from Mark: "Just don't mispunch!"



Vicky Thornton on the long distance race

Arguably MDOC's best result of the whole weekend came in the W50 relay. Starting in a combined group with other categories, Heather Fellbaum ran a fantastic first leg of 29 minutes to put the team in 2nd place, just 3 seconds behind the leaders. Next up, Cecilia Fenerty had possibly her best run of the weekend and avoided the pitfalls of the forest, keeping the team in the leading group with a 43 minute leg. Vicky battled hard with her rivals and produced a second sprint finish of the weekend to take the bronze medal by 2 seconds. A fantastic podium place at the British Championships was a fitting farewell to Heather and Vicky in their last race for MDOC, but the future looks bright for Cecilia and there are surely many more podiums to come.

Our Men's Short team had an excellent start thanks to a sub 30 minute run from Liam Corner; however communication problems at the handover meant Dominic Wathey lost a couple of minutes before he set off from the arena. After that he managed the tricky forest gaffles well to come home in 49 minutes and hand over to David. David held on well for a time of 45 minutes and 12th place overall. Without Dom's slow handover the father and son pairing would have been very evenly matched and it is suspected that insider sabotage from David may have been employed, to ensure his bragging rights in the Wathey household. Although neither of them won a medal...

Last but not least, we had one team in the Ad-Hoc race. This was a team bringing together both ends of the MDOC age and experience range, with Anna Mackenzie teaming up with Chris Rostron and Dave Mawdsley for an average age just shy of 60. Anna got lots of wise advice from her teammates before the start and put it into practice straight away, achieving a 10th place out of 29 on the medium leg. Dave then took over and was 22nd on the short leg, before handing over to Chris who kept cool under the final leg pressure, with a 21st place leg to anchor the team safely home. Overall 20th place was a very solid result and it was a great chance for the clubs more experienced orienteers to pass on their knowledge to the new generation.



Julie Brook runs to the finish at Arncliffe

Birchwood Urban

Here is a selection of photos from our recent Birchwood Urban event, expertly planned by Jillyan Dobby and impeccably organised by Marie Roberts. The photos are all courtesy of Peter Cull and these plus many more are available for purchase at his website: <https://www.petercull.com/f322106007>



Liam Corner races along the paths



Paul Turnock on his way to 15th place



Aerial shots of the action



Islands of grass between the houses



Racing in the alleys



Eager competitors at the start



Where urban orienteering meets nature



Quick thinking was essential

Tegg's Nose

Our first summer evening event took place on 16th April, with courses planned by Clare Griffin. The area provided a tough physical challenge and a perfect final preparation race before the JK for the 113 who ran. The photos are all courtesy of Peter Cull and are available for purchase at his website: <https://www.petercull.com/f934239709>.



Runners spread across the hillside on the final leg



Alan Barker sprints to the finish



Alain Kyd before the start



A very helpful helper



There were fantastic views on the course



Picturesque (and sometimes unexpected!) control locations made for exciting racing



The narrow paths and rough undergrowth were tricky for everyone

There were 8 different orienteering clubs represented by the 113 competitors, as well as 3 running clubs and 2 schools. First place on the Blue course was Jake O'Donnell (DVO M14), on the Green was Paul Shannon (DEE M60), on the Short Green was Martin Green (MDOC M65), on the Light Green was James Coppock (IND M16), on Orange was Alec Nixon (MDOC M14), on Yellow was Megan Baynon (MDOC W12) and on the White was Rueben Lawrance (IND M8).

If you've not already tried it, the WinSplits website provides excellent analysis for most events and shows each leg's position (highlighting mistakes) as well as cumulative time and position. Using a rather harsh 10% time increase as the margin for a mistake, the data suggests Dave McCann was the only person in the whole race to avoid a single error – you'd think he'd been here before...

If you enjoyed this event, take a moment to think about the volunteers that brought it to you. They put in a lot of work (the editor may be slightly biased this time) and could always do with extra help organising, planning and executing the race on the day.

Spring in Sheffield

Sam Drinkwater

On March 10th SYO hosted the Northern Championships, at Wharncliffe Woods. Many MDOC members made the trip over for this and for the urban event on the previous day, despite the very tough weather conditions.

Ponderosa was the setting for Saturday's race; a narrow park surrounded by lots of different style urban areas including tower blocks, steep terraced roads, university buildings and narrow alleyways. It was these alleys that caused most confusion and at times a magnifying glass would have been useful to spot the connecting passages.



John Britton on the finish leg (Photo: Steve Rush)

In addition to this precise detail, there were long legs with scope for many strategies. It was particularly difficult to find the right balance between longer but simpler routes with fewer sharp turns and steps, compared to marginally shorter routes where you constantly seemed to be just one lapse in concentration away from disaster.

The stand out performance of the day for MDOC came from Irene Crawshaw, who not only won the Women's Hyper Vet course, but was more than 10 minutes ahead of her nearest rival, no mean feat on a 2.7km course!



Irene Crawshaw is congratulated at the finish

Wharncliffe is a notoriously difficult area and this makes the MDOC performances at Sunday's race even more impressive. We had no less than three class victories, thanks to Cerys Manning on W21L, Marie Roberts on W60S and Martin Green on M65S –

fantastic results for all three! In addition we had David Walker second on M75S, Eddie Speak third on M65S and Vicky Thornton third on W55L. Vicky was second of the Northern athletes on her course and our top finisher on one of the premier (Elite or Long) courses, with Heather Fellbaum just behind as the third Northern athlete. Some great results, but really everyone who made it out and attempted one of these courses deserves big congratulations. As the planner remarked: "True northern grit was required!"



Martin Green on his way to M65S victory (Photo: Steve Rush)

Personally speaking, I had a long and interesting day out. I started off slightly frustrated as I missed the boulder hiding control 1 by a few metres and lost about 40 seconds. I then had a couple of good splits, before another couple of minutes were lost searching for the right boulder at control 4, after a bad route wading through some snow covered bracken. The soft layer of crushed vegetation gave way under every step and revealed either slippery logs or gaping chasms to trap unwary ankles. But I soon



Kath Speak in Wharncliffe Woods (Photo: Steve Rush)

realised that these problems were the least of my worries, as I began the long leg from 7 to 8. At around a mile of straight line distance and tending significantly uphill, it was going to be a long slog. As anyone who's seen me wheeze around a parkrun will know, the actual running part of orienteering is not one of my strengths, and this was reflected in an 18 minute split, compared to the fastest split of the day for that leg, which was less than 10 minutes.

After this the course headed out onto the open moor and provided a nice change with some sunlight briefly breaking through the clouds, followed immediately by another hailstorm to strip the skin from my exposed face. Then it was back into the forest with another long slow leg (and some more boulder problems) during which I conceded another 8 minutes to the fastest of the day. However despite the mounting fatigue and frustration at running circles around the controls, something strange began to happen. I realised that I was genuinely enjoying myself. Maybe it was the absurdity of having tried so hard for 90 minutes and still having 12 controls left to find, but the finish line began to take on a mythical aura in my head. The chance of actually finishing an M21 Elite course at a championship event was something I'd never managed before and each control brought me closer to this goal.

I'd like to say that my renewed motivation gave my legs a burst of energy and sharpened my senses, but at this point I started to get hungry. Normally I wouldn't run for more than 90 minutes without some food/drink and I really began to suffer. Uphill it was all I could do to keep walking, but I kept a steady pace on the flat and finally reached the finish in 20th place out of 31 (including 6 mp or dnf!) Undoubtedly better fitness could have cut a lot of time from my race, but there's still a long way to go with navigation too. This is amplified at places like Wharncliffe and makes you realise how good the very best orienteers are – on percentage of time I would be much closer to beating Mo Farah in a 10,000m race than I was to winning at Wharncliffe!



Marie Roberts (Steve Rush)

Looking through the splits and I had one control at a much higher standard than the others, a medium length leg where I was 12th rather than my average of 20th or worse. This seemed strange as I didn't remember it being particularly quick, until I realised that I had accidentally stumbled upon that control earlier in the race while looking for a different one and hence found it so easily the second time round. That probably sums up my experience at the Northern Champs better than anything else and I can't wait to do it all again!

Night Street League

The final event of the regular league season took place in Gee Cross on February 28th. It was a wet and foggy night which challenged everyone, especially with the exhausting hills near to the start/finish - those who knew the area wisely avoided this section. The planning from Hazel and Trevor Hindle was tough, with more than enough options to keep people on their toes for the whole night. Although the weather slowly improved, it was certainly a relief when everyone made it back to the pub safely; to enjoy a well deserved meal and a pint!

Of the 58 finishers, Matt Driver (SELOC) was first male and a clear winner, ahead of Mark Burley (MDOC) and John Embrey (DEE). Anna Mackenzie was first female by a large margin, with Fiona Millington second and Julie Laverock third for an MDOC sweep of the podium. First pair was Steve Fairclough and Andrew Mainwaring (Stockport), while the handicap scores gave the win to John Embrey, ahead of Peter Gorvett (SYO) and Matt Driver.

With the final event done and after a few extra late runs, the overall league tables were finally revealed. In the Men's gross scores MDOC's Tom Fellbaum became the league champion, with a massive 746.2 points. The victory never looked in doubt as Tom dominated thanks to four unmatchable scores before Christmas. Second place went to Warren Mason with 660.8 points. Despite a rapid improvement over the last few street league seasons, he is still recorded as having no orienteering club – someone better sign him up before Deeside do! Third place went to SELOC's Matt Driver with 657.6 points; despite him only competing in 4 events, leaving no room for error.

For the Women's gross scores MDOC took all three podium spots and it was Fiona Millington who became league champion with 518.7 points, after her best season to date. Second place went to Rebecca Glen on 483.5 points and she also took the gross points trophy (as Fiona was given the more prestigious handicap trophy). Third place went to Anna Mackenzie with 451.6 points, who sealed the podium position thanks to her win in Gee Cross in the final event of the season.

In the end, the top of the handicap league table remained unchanged after Christmas and John Embrey (644.6 points) was once again crowned champion and rewarded for his excellent consistency. He was closely followed by Warren Mason (632.5 points), with Tom Fellbaum (619.0 points) in third. These three were a long way clear of the competition, however Peter Gorvett (555.7 points) took the third place prize as Tom had already been presented with the gross scores trophy.



Fiona Millington with the Owl Trophy

Although the handicap scoring system should normalise points for all ages and genders, the league also awards prizes for the top three women in the handicap scores. This year it was the unstoppable Fiona Millington who did the double to become the handicap league champion as well. There was a very close battle for second place, which saw Jillyan Dobby (MDOC) edge out Rebecca Glen by just 1.1 points. Meanwhile fourth placed Jane McCann (MDOC) actually took the third place prize, as Rebecca had already taken the gross scores trophy. Well done to all of the 194 people who competed over the regular season, but especially to the 9 people who made it to every event.

There were several other prizes for good performance over the season, such as the top runners not from an orienteering club. Two pairs claimed these titles: Lisa Bloor & Cath Tombs (Pennine) who finished just 12 points behind handicap champion Fiona; and the ever present Steve Fairclough & Andrew Mainwaring (Stockport). Although how many years the latter partnership can consecutively win the “Non-Orienteers” prize before they count as real orienteers is still unclear!

The night street league team endeavour to also offer some prizes which are achievable for anyone regardless of speed and experience. As such there is a “Level Best Trophy” awarded to the most consistent competitor across the season, regardless of total score; and a “Most Improved Trophy” for the person who has increased their scores by the largest amount from last season. This year it was Sale Harriers Mike Ashby who was the most consistent, and MDOC's own Marie Roberts who was the most improved.



Prize winners from the 2018/2019 Night Street League Season

The prizes were awarded at the cup final event in Urmston on March 12th. This event is always a one-off competition with a fun twist and an equal chance for everyone to win the Hydrant Trophy, awarded to the competitor who beats their own average score by the largest amount. However this year's event was particularly special as it was the first "virtual" orienteering event to be hosted by MDOC.

The premise is actually very simple, everyone runs a score course as normal, but instead of writing down clues from lamp posts and hydrants, your smartphone uses its gps and a fantastic (free!) app to bleep when you reach the checkpoint. Then thanks to the pub wifi there is an instant upload of results to an online leaderboard which updates as each competitor arrives back. It can even provide a trace of each runner's route, instantly available to view on a big screen.

In previous years the cup final events have had a lower attendance than the normal league events; however this time there were 82 excited competitors all keen to be part of our first foray into virtual orienteering. As it is so simple to use, the app (and the course) proved to be very popular and there was almost unanimous support for the idea. Some competitors even suggested that next season we should use virtual controls for every event, so I am sure this won't be the last you see of the MapRun app. Thank you to Peter Ross and Jillyan Dobby who have pioneered this idea and have put a huge amount of work into ensuring it ran smoothly.

The top gross score of the night for the women was Anna Mackenzie, ahead of Ruth Beresford (IND) and Hazel Hindle (MDOC). While for the men Tom Fellbaum won with 5 more controls than Matt Driver, with Mark Burley just behind. Top pair was Anna & Duncan Harris (DEE) and the age-adjusted scores pushed Warren Mason into second and Trevor Hindle (MDOC) into third, but no-one could match Tom Fellbaum on the night. After some advanced statistics were performed on the scores, the cup final results were announced and the Hydrant trophy was presented to Jean Payne (DEE), with Jacky Embrey (DEE) in second place and Anna Mackenzie in third.

There was also success for MDOC at the SROC night street league. SROC host 11 events with a similar format to ours, on Wednesday nights through the winter. Some of our keenest members manage to compete in almost all of the events from both series, plus the extra events organised by DEE, so if you're looking for even more orienteering on a weeknight then you know where to look. At the SROC prize giving event our own John Britton was awarded the Maurice Dean Cup for best over 65 across their season. Although John didn't seem to approve of its informal name "Old Codgers Trophy", he is the first to win this brand new award and will be looking to defend it next season.



John with the Old Codgers Trophy

From all the NSL team, we hope you enjoyed this season and we look forward to seeing you again for some exciting new challenges in 2019/2020.

Fallibroome navigate their way to continued success

Alain Kyd

Fallibroome have once again dominated the Cheshire and Merseyside Orienteering League winning the league title for a 10th year running and this weekend swept the board in the end of season relays held at Queens Park in Crewe.

Whilst securing the league Fallibroome secured 23 individual medals across the 14 age/sex categories with 8 Gold, 8 Silver and 7 Bronze. Gold medallists were G7 Catriona Beynon, B9 Oliver Thomason, G9 Lauren Smith, B10 Joe Herbert, G10 Millie Collins, B11 Ben Kyd, G12 Ailsa Hay, and B13 Harry Brown.

In the Relays Fallibroome built on their dominance securing all 4 Gold Medals and winning the 20/20 Shield for the 5th Year in succession. The relays are an exciting format requiring team members to negotiate 3 different courses. One mistake or missed 'punch' means no medal for your team. Speed and accuracy matter. This makes the clean sweep of Golds even more impressive. It was also great to see the parents and staff giving the students a run for their money in the relays as we celebrated another outstanding league season in 2018/19.

Yr7-8 Relay

GOLD - Aidan Rooza, Catriona Beynon, Ben Siriwardena

SILVER - Emily Sparks-Welsh/Laura Livingstone, Emma Kyd, Evie Eddie/Lucy Davies

Yr9-11 Relay

GOLD - Oliver Thomason, Bethan Jordan, Ben Kyd

Mixed Open Relay

GOLD - George Humphreys, Lauren Smith, Nathan Herbert

(3rd - Parents/Staff - Non-competitive - Davina Jordan, Laura Harrington, Barrie Thomason)

BRONZE - Harry Buxton, Katherine Rushworth, Kyle Allen

Open Relay (20/20 Shield)

(1st - Parents - Non-competitive - Duncan Chandler, Alain Kyd, Rhys Beynon)

GOLD - Rory Allen, Freddie Clitheroe, Harry Brown



Team members with League and Relay Shields



Freddie, Harry, Rory - Open Relay Winners

NB - Non-competitive just means we couldn't medal as too old! To think we were not 'in it to win it' would be foolish and inaccurate.

MDOC Juniors Qualify for YBT Finals

David Wathey

Congratulations to the MDOC Juniors in qualifying for the finals of the Yvette Baker Trophy which will be held in Sandringham (Norfolk) on Saturday 7th July. The qualifier event for the North West was held at Aitken Woods, near Pendle on the 11th May and featured a new 'Shield' category for smaller teams for the first time this year. However, thanks to a strong contingent of MDOC juniors from Fallibroome and Alain Kyd's organisation, MDOC were able to put out a 17 strong team for the Trophy going up against teams from WCOC and SROC. Teams from PFO and SELOC were competing in the shield, with no teams present from LOC, BL or DEE.

The weather was ideal first thing and the courses were planned in the small but deceptively challenging Aitken Woods and the tussocky grounds around the Whitehough Outdoor Centre. The YBT competition has 8 classes, covering boys and girls at Yellow, Orange, Light Green and Green standard. Points are awarded by position for each class and then the top 9 individual scores are added up to give the total team score. MDOC had competitors in all classes except for Girls Green and Boys Yellow.

With WCOC delayed on the M6 the MDOC team had all their runners back first along with SROC, setting the target to beat. SROC runners registered some notable performances but lacking the numbers in the Yellow and Orange classes they were unable to match MDOC. The strong WCOC team finally made it, and good performances in the Green and Light Green classes boosted their score. However, for MDOC great performances from Oliver Thompson (light green), Catriona Benyon (orange), Ben Siriwardena (orange) and Emily Sparks-Welsh (yellow) to secure a first place 100 point scores in their categories meant that the MDOC team were also scoring well. And as the storm clouds gathered over Pendle Hill, the final reckoning showed both MDOC and WCOC tied on 890 points. Being a regional qualifier, the rules state that in the event of a tie in a qualifier event, both teams qualify for a place in the finals – avoiding the need for the locally favoured ducking stool decision making process to be put into action to determine the 'winners'.



Joe Herbert

So for the first time in some years, MDOC will be sending a team to the finals of a national junior event. Well done to all of the team running at Aitken Woods [Emily Sparks-Welsh, Laura Livingstone, Emma Kyd, Lucy Davies, Evie Eddie, Catriona Benyon, Alisa Hay, William Chandler, Aidan Rooza, Nathan Herbert, Ben Siriwardena, Harry Buxton, Matt Sparks-Welsh, Oliver Thompson, Joe Herbert, Ben Kyd, and Dominic Wathey].

Looking ahead to Sandringham on the 7th July, YBT rules allow for us to enter juniors that are club members that were not able to attend to the qualifier, and there is no limit on team numbers. So if there are juniors that feel confident of running Yellow standard or above (either as an individual or in pairs for the Yellow course), it would be great to have you come along and run for the team. Alain Kyd is arranging a club bus, leaving early on Sunday morning (7th July) from Fallibroome to travel down to Sandringham and back on the same day (for those not lucky enough to have relatives living in the locality) as Junior runs start from 12:30. Parents are also welcome, subject to spaces on the bus. The entry fees for competing juniors will be covered by the club. To help cover the costs of transport, a voluntary contribution of £10 per junior and £15 per adult is suggested.

The closing date for submitting team sheets is the **16th June**. If there are any juniors that are interested in competing for the club in the final please e-mail kyd@fallibroome.org.uk and david@wathey.net with the following details: Name; Age class; BOF No.; SI Card No. (if not hiring); and preferred course colour category.

Well done to the MDOC juniors, WCOC and PFO (who qualified for the Shield final) – GOOD LUCK at the YBT Finals – just watch out for the corgis!

Full details of YBT qualifier results can be seen at www.pfo.org.uk/events/aitken-wood-2019-05-11



Matt Sparks-Welsh



Catriona Benyon

JK selected for the 2019 World Trail Orienteering Championships

British Orienteering has just announced the team for the 2019 World Trail Orienteering Championships (WTOC) in Portugal and MDOC's John Kewley (JK) has been selected for both PreO and TempO disciplines (this is the 11 year in succession that JK has been selected for WTOC). He'll be looking for a good performance in the PreO to ensure selection for the TrailO Relay which is the discipline that GB (with JK on anchor leg) won Bronze in last year's European Trail Orienteering Championships in Slovakia.



JK in action in TempO at the WTOC 2018 (Photo: Sergejs Sokolovs)

Membership

A somewhat belated welcome to our new members for 2019;

Samuel Andreo M20; Beynon Family Rhys M45, Jennifer W45, Catriona W12, Megan W12 & Kirsty W10; Siobhan Henn W35; Penny Heap W55; Fiona Crowther W45; Anna Mackenzie W21; Russell Price M35; Helen Hawarth W21; Thomas Hawarth M35; Blake M9 & Ariane Edwards W12; Paul Filby M45; Helen Gray W50; Leanne Mason, David M35 & Annabelle Harris W7; Sue Heap W80; Lisa Bloor W50; Nathaniel Booker M21; Eleanor Shute W21; Jonas Hellstrom M45; Simon Freytag M40.

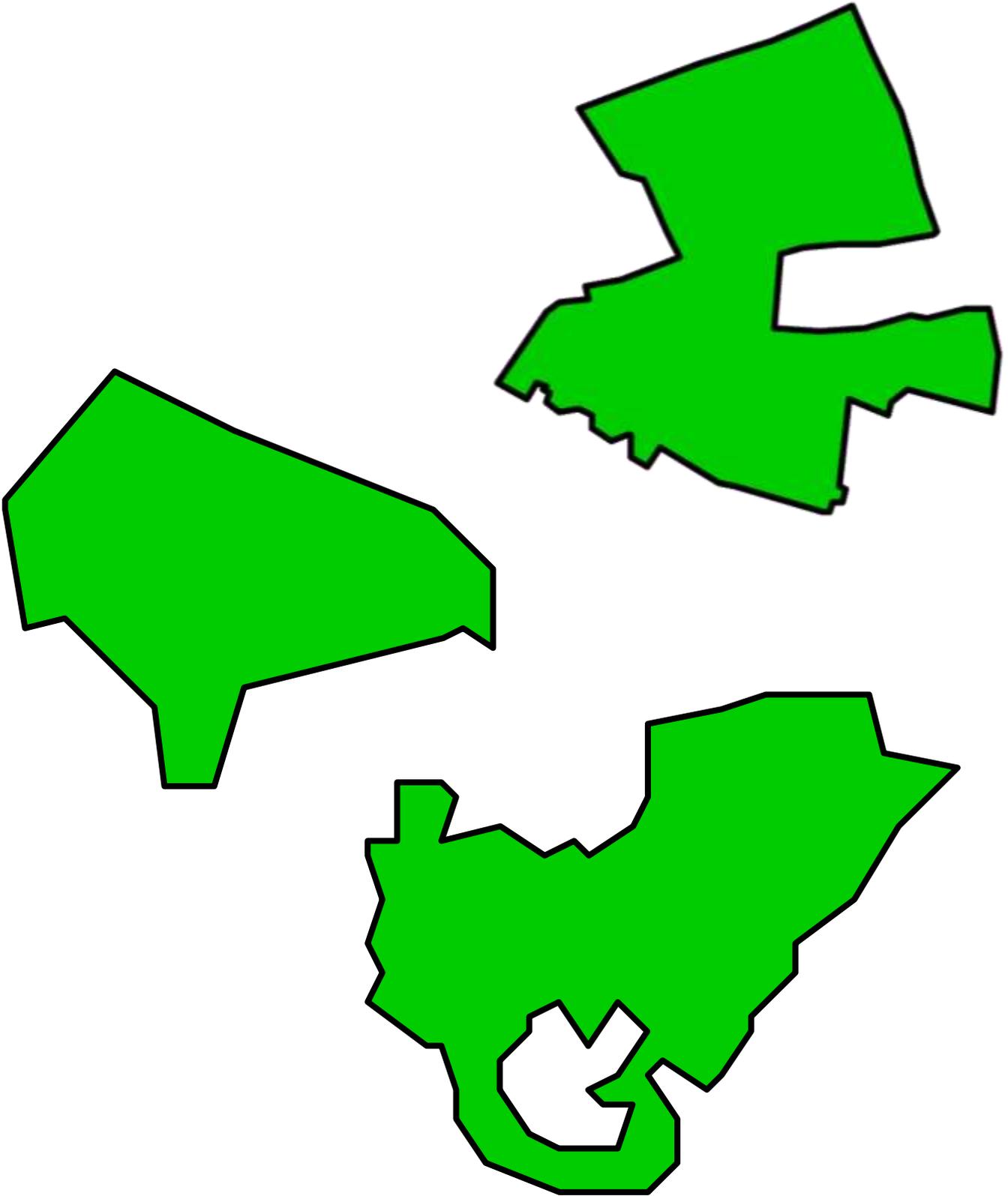
Also welcome back to: Alex Bedwell M21; Anna Cowham W40; Steve Williams M50 & Ros Sutton W60 and Ruth Beresford W21; and to the 17 new members from Fallibroome School (now 40 in total).

Finally, sorry to say goodbye to Steve Fellbaum, Heather Fellbaum and Vicky Thornton who are all moving away from the area. Thank you all for your contribution to the club over the years, I'm sure we will see you at events in the future and on opposing sides in the relays!

Kath Speak
Membership Secretary

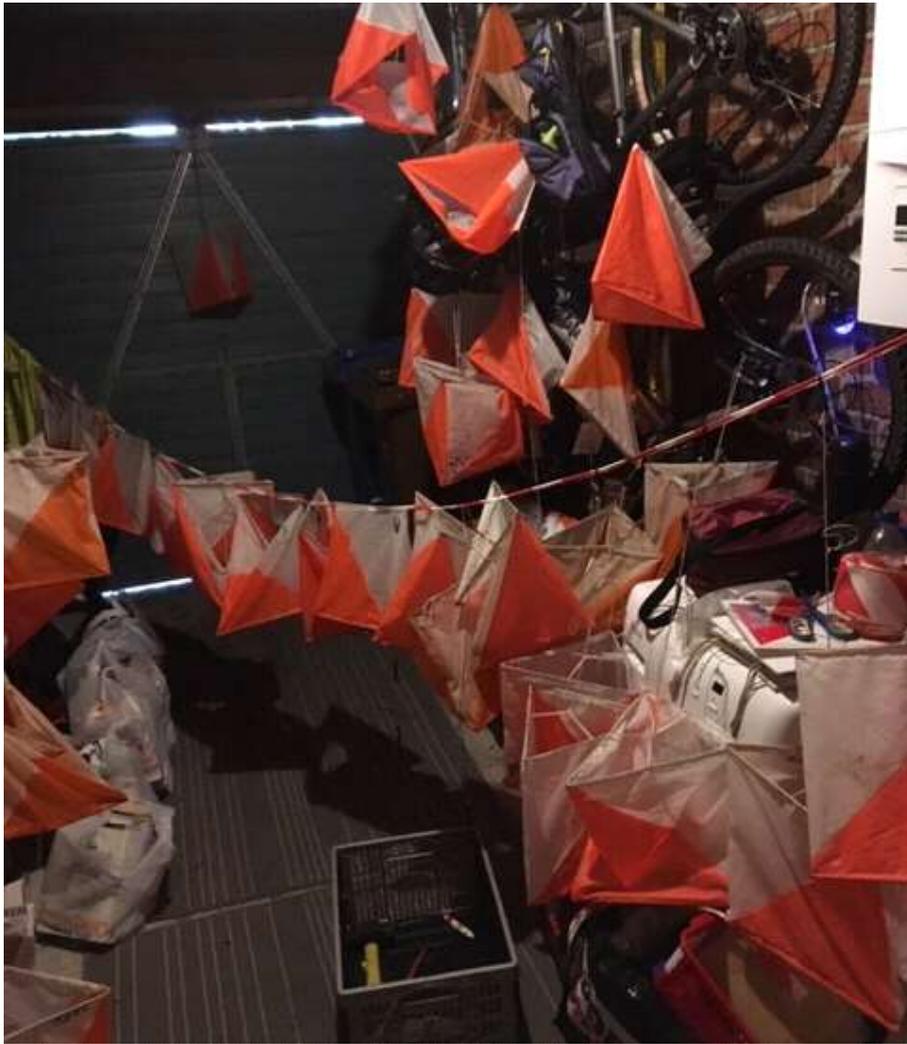
Mystery Maps

Can you work out which orienteering areas these shaded maps represent, just from their outlines? Two are local parks and one is a neighboring club's area. Bonus points if you don't have to look through your old maps...



Disclaimer: Picture editing has been done hurriedly (and badly!) during the editor's lunch break. Real map outlines may vary by year and ocad updates.

Caption Competition



Last editions winner...



'Controversy surrounds the winner of the 2018 junior club championships' – Anon

Fixtures

MDOC Events:

Wed 12th June – Lower Peover – Countryside Score
Thur 20th June – Brereton Heath – Summer Evening Event
Wed 26th June – TBC – Countryside Score
Thur 4th July – Alderley Edge – Summer Evening Event
Wed 10th July – TBC – Countryside Score

Other Local Events:

Wed 5th June – Marl Pits, Rawtenstall (PFO) – Evening Series
Wed 12th June – Padiham (PFO) – Evening Series
Wed 12th June – Castle Park, Frodsham (DEE) – Evening Event
Sun 16th June – Horwich Town Centre (SELOC) – Festival of Racing, Chasing Sprint
Wed 19th June – Alkincoats Park, Nelson (PFO) – Evening Series
Tue 25th June – Arrowe Park, Birkenhead (DEE) – Evening Event
Wed 26th June – Tockholes, Blackburn (PFO) – Evening Series
Sat 29th June – Chadderton Hall Park, Oldham (SELOC) – Saturday Series
Sat 6th July – Queens Park, Heywood (SELOC) – Saturday Series
Tue 9th July – Acton Park, Wrexham (DEE) – Evening Event
Sat 13th July – Tandle Hill, Royton (SELOC) – Saturday Series
Thur 18th July – Allerton Towers, Liverpool (DEE) – Evening Event

Wednesday Runs:

19th June – Birkinshaw – Hale
3rd July – Brook – New Mills
17th July – Wagg – Didsbury
24th July – Britton – Marple
7th Aug – Roberts – Bramhall
14th Aug – Wathey/Fenerty – Timperley
21st Aug – Rostron – High Lane
28th Aug – Mawdsley – Macclesfield
4th Sept – Lomas – Hazel Grove

More Photos



A multitude of happy Heaps enjoying the sun at the JK



Trevor Hindle races off in Redditch (Photo: Steve Rush)



Liz Hamer-Davies in Kingston (Steve Rush)

Please send your suggestions, news, photos and other articles to the editor at samdrinkwater.sd@googlemail.com for inclusion in future editions.