



MDOC NEWS

APRIL 2024

CHAIR'S NOTE

We have a busy month ahead of us as the Club kicks off a brand-new SPUNCH MCR series and prepares for the Manchester in May weekend of events between 3rd and 6th May. Alongside this we see two British Championship weekends in April, along with the Northern Champs and a half-day coaching at Brereton Heath – let's hope for less mud than at the JK.

I would like to say big thank you for the great response from club members to the various calls for volunteers to help out at the Manchester in May weekend along with organisers and planners for our other events coming up in the summer. We still need to fill a few roles so please let us know if you can help.

On the theme of volunteering, I was delighted to see that British Orienteering



announced our very own Dave McCann as the winner of BOF's Volunteer of the Year Award for 2023. Many congratulations,

Dave, on this richly deserved recognition of your outstanding contribution to the sport.

David Wathey, Chair

WELCOME TO MDOC

A very warm welcome to new club member Dominic Brookes (M35).

We look forward to seeing you at events.

THREE NEW MDOC CONTROLLERS

Three club members have recently been approved as controllers by BOF, including two at the highest level: Clare Griffin (Level C), John Kewley (Level A) and Eddie Speak (Level A). Congratulations!

TRAVEL EXPENSES

At the April committee meeting, the rate for driving expenses incurred on club business was set at 30p/mile.

NWJS 'NEWBIE DAY' DATE CHANGE

The North West Junior Squad annual 'newbie day' will now be held on Sun 12th May (not the 11th as communicated in the March News Bulletin). To find out more about the selection process, please e-mail: training@mdoc.org.uk



Tom Fellbaum (M21E) on the run-in at JK Day 2

JK SUCCESSES

A total of 55 club members competed in this year's Jan Kjellstrom Festival in the West Midlands. Notable successes included Ben Kyd (1st in the Trail O Elite class), Cerys Manning (3rd in D2 W35L) Mark Burley (3rd in D3 M35L) and Sue Birkinshaw (3rd in D3 W85L). Short course



successes included Dominic Wathey (2nd in D2 M20S), Harriet Farrell (2nd in D2 W10B) and Janet Taylor (2nd in D3 W70S).

Harriet Farrell runs in with sister Violet
Photos: W Carlyle / Flickr

Four MDOC teams ran in the relays on Day 4. In the premier JK Trophy race, Matthew Fellbaum, Tom Fellbaum and Ben Kyd came 17th and in the Senior Women class (W120+), the team of Michele Dawson, Liz Hamer-Davies and Yvonne Hung came 8th.

NEXT MDOC TEAM EVENT

British Sprint Relay Championships
22 Jun at Birmingham University

To take part, email the Club Captain, Liz Hamer-Davies at: captain@mdoc.org.uk

COMING UP SOON

- ▲ Tue 16 Apr SPunch MCR 1, Beswick
- ▲ Tue 23 Apr SPunch MCR 2, Brunswick
- ▲ Sat 27 Apr British Middle Distance Championships, nr Otley, N Yorks
- ▲ Sun 28 Apr Northern Championships, nr Grassington, N. Yorks
- ▲ Tue 30 Apr SPunch MCR 3, Beswick

- ▲ Fri 3 May Manchester in May Day 1 Metr-O (MapRun), Wythenshawe
- ▲ Sat 4 May Manchester in May Day 2 Middle Distance Urban, Ancoats 🏆
- ▲ Sun 5 May Manchester in May Day 3 UK Urban League, University area 🏆
- ▲ Mon 6 May Manchester in May Day 4 Family O Fest, Wythenshawe Park

- ▲ Tue 14 May SPunch MCR 4, Beswick
- ▲ Thu 23 May Summer Evening event 1 🏆 Teggs Nose Country Park, Macclesfield

🏆 2024 MDOC Champions League event.

For further information about these events and more visit: www.mdoc.org.uk or British Orienteering.

LOOKING FURTHER AHEAD

Croeso 2024 Welsh 6 Days, 21-27 July, nr Brecon www.croeso.uk

SPUNCH MCR

In April we see a new SPunch format – SPUNCH MCR – take place over successive Tuesday evenings starting on the 16th April, using MapRun and newly mapped areas. Located close to Piccadilly Station and offering score and line course options, we hope this series will appeal to the large young professional community. A big thanks to Andy Thornton as the driving force behind this new exciting series.



Sample from the SPunch MCR map

Andy recently stepped down from the MDOC Committee to concentrate on organising and promoting SPunch events, both within and outside the club.

PARKRUN TAKEOVER

To help promote Manchester in May, MDOC held a Parkrun Takeover at Wythenshawe Park on the 6th April. Our presence generated a lot of interest and will hopefully boost attendance and newcomers at the mini O Fest planned for the park on Bank Holiday Monday (Day 4 of MiM).



Many thanks to Dan Martin for helping to co-ordinate this first takeover and giving us a model to

engage with other Parkruns in the future.

Pictured (top) Jim Edwards & Janet Taylor (below) Cecilia Fenerty & Sue Birkinshaw Photos: Yvonne Hung



MDOC NEWS BULLETIN Apr 24 [no.5]

Edition editor: Marie Roberts

More volunteers are needed to take turns editing these monthly news bulletins.

Guidance is given on content and the template format is simple to use. **If you think you can help**, please contact David Wathey: chair@mdoc.org.uk

TRAIL O NEWS

MDOC continue to put in strong performances in TrailO.



JK win for Ben

At the JK, Ben Kyd won the Elite class, with Wangki Yuen 5th, John Kewley (aka 'the other JK') 9th and Dave Wathey 11th, all just one point behind.

Photo: Ben Kyd + gold medal

At the recent AAG elections of the IOF (International Orienteering Federation), John Kewley has been elected as an IOF advisor for TrailO.

'JK' is currently the UK's highest ranking competitor in World TrailO (14th) and, following the Trzin TrailO in Slovenia, he was 19th in the European Cup (ECTO) standings after 2 of 12 events. The European Champs will take place in Finland in early May.

FREE PARK MAPS FROM GMOA

As a member of MDOC, you are automatically also a member of GMOA, the body jointly run by MDOC and SELOC to look after the permanent orienteering courses (POCs) set up in parks in and around Manchester.

GMOA is offering MDOC/SELOC members free maps of any of the 56 POCs listed at www.gmoa.org.uk To access this offer, visit the website, go to Get a Map/Shop, and enter the members-only coupon code (available via membership@mdoc.org.uk) All you need to pay is a £1 admin fee.

COACHING ACTIVITIES

Half Day Coaching: 20 April, Brereton

Heath. 12:30 for 13:00 - 15:30 session.

The session will be geared towards developing orienteers, with particular focus on attack points and fine navigation. More details will be coming out by club emailshot, so if you are keen to attend this half-day session, please get in touch. Hopefully the weather will be kind and we can sit out with an ice cream or milkshake from the 'Little Cow Shed' afterwards.

Future Coaching

We are working on the coaching programme for the rest of the year now, so if you have any specific requests please let us know and we can try to accommodate them in the programme. Email: training@mdoc.org.uk

MDOC NIGHT STREET LEAGUE SERIES 12

The 12th season of popular Night Street League events came to a close with the 'Cup Final' in High Lane. There was an anxious wait before the number-crunching revealed the winner on the night was Kath Speak, who took home the coveted Hydrant Trophy. It would be fair to say that Kath was just as surprised as we were!



John Embrey (L) with NSL owl and Grahame Photo: P Cull

Prizes based on performances over the season were also presented, with pride of place going to winners of the male and female handicap competition - John Embrey of SROC (pictured) yet again and Cecilia Fenerty of MDOC. The Level Best trophy for most consistent performance over the season was won by David Wathey (MDOC) for the second year running, and the Most Improved trophy went to Chris Donnelly of Sale Harriers.

A full list of all prize winners is available on the MDOC website - along with some photos (thanks to cameraman Peter Cull). Well done to all!

Thanks to all teams for this year's events. NSL Season 13 will be back later in the year. See you there ...

Grahame Crawshaw (series coordinator)

were well planned and fair, but it didn't do to lose touch with the map.

The last day was urban, however the competition area had no roads, because the village was ancient, ever unchanged. The houses on top of each other and higgledy-piggledy as they had been for centuries, making for a chaos of narrow alleyways, wriggly passages, slopes, and cul-de-sacs. No stretch of ginnel was straight for more than 20 paces. Perhaps this was a defence strategy - in years gone by it must have made attacking the place a challenge, especially without an ISSproMM 2019 1:3,000 map. And to be honest, it was pretty tricky navigating with one. What a great five days of orienteering, and reasonably priced. If you factor in the travel and accommodation, a hire car and the orienteering (£7 per person per day) it compares very favourably with the Scottish, Welsh or Lake District multi days. The weather rather more so. And one final point, the Start and Finish were never more than 100 yards from the car park. Quality!
Peter Ross

MDOC GOES TO CYPRUS

"The thing to bear in mind before one is bitten by a poisonous blunt-nosed viper is that they have the tendency to lie inconspicuously doggo. However, the thing to remember after one has been bitten is that the best place to find the antidote is not a pharmacy but a zoo." This sort of info makes the final details of an orienteering event gripping reading. Welcome to the Cyprus Five Days.



It is a very welcoming island; beautiful, too. The wildflowers are to die for - or if you pick them, five years in prison. You won't see cyclamens like those at Aphrodite's bath

however many times you visit RHS Bridgewater.

The first four days were middle distance on classic terrain amongst the hills, away from the coast. There was woodland, fast open, sunshine, crags, contour detail, prickly bushes, vistas, stony paths and boulders, but no streams. The courses