

CHAIRS NOTE

The start of 2024 promises to be busy one for the Club kicking off on the 6th Jan with our annual charity 'John O Goats' event at Lyme, shortly followed by the first of our Saturday morning park events and the MDOC Social on the 13th Jan. We also see the first of the National events on the 20th Jan, as our juniors compete for the Club at the Yvette Baker Trophy regional heat at Little Budworth. MDOC juniors qualified for the finals last year and it would be superb if they can build on that success in 2024. Hot on the heels of this is the Compass Sport Cup qualifier on the 18th Feb at Cannock Chase. Lets make it a big MDOC turnout across all age classes - and remember the club pays your entry fee for this event. So here's to a fabulous year of orienteering in 2024.

WELCOMING NEW MEMBERS

A very warm welcome to our new members;
 Alex Mason (M45), Stephen Millington (M50), Kathryn Ogden (W45), Rowan Hodgkinson (M12), Thomas Hazel (M12) and Benjamin Richardson (M12).
 The Stockton family, Alexia (W45), Phil (M40), Reuben (M18) and Joshua (M14).
 The Harding family, Simon (M40), Karen (W40), Alice (W9), Matilda (W7).

We look forward to seeing you at our forthcoming events, and the Social too.

MDOC CHAMPIONS LEAGUE

The 2023 MDOC Champions League concluded with the final event in Pontefract in December, confirming final placings.

Congratulations to our division winners:

- 🏆 Harriet Farrell (White, Jnr Women)
- 🏆 Tanvi Kutty (Yellow, Jnr Women)
- 🏆 Tristian Manning (Yellow, Jnr Men)
- 🏆 Sophie Gray (Orange, Jnr Women)
- 🏆 Alvari Rostron (Orange, Jnr Men)
- 🏆 Elias Rostron (LtGreen, Jnr Men)
- 🏆 Jillyan Dobby (Open – Snr Women)
- 🏆 Martin Green (Open – Snr Men)

If you feel you've missed out, don't worry, the 2024 Champions League starts up again in January, with a 'counting' event every month.

The next Champions League events are:

- ▲ Sat 20th Jan – Little Budworth (DEE)
- ▲ Sun 18th Feb – Cannock Chase (WCH) CSC qualifier

Can you be the GOAT at Lyme on Sat 6 Jan ?



Mass start at 11:30am + prizes, raffle and lots of fun. In aid of Cancer Research

MDOC SOCIAL - BOOK YOUR PLACE NOW
 Its free for all MDOC members but you need to book by midnight 7th January latest at <http://bit.ly/mdoc-social>

Saturday 13th January

The Annual MDOC Social is back for the first time since 2020 giving us the opportunity to get together, meet old friends and new, enjoy some simple food, fun entertainment and celebrate our successes of the orienteering year just gone.

O Cake entry 2020



Doors open at 5pm with welcome drinks. In addition to the meal there will be quizzes, activities, an O themed bake off competition, awards and Ceilidh dancing.

Au Revoir – Sam and Anna



Sam and Anna Drinkwater are leaving MDOC to join Eryri Orienteering Club in North Wales where they now live. They have both made a significant contribution to MDOC over recent years and I am sure

will bring a huge boost to Eryri.

INTERNATIONAL SUCCESS



Congratulations to Mark Burley who was crowned winner of the City Race Euro Tour 2023 in the Men's Elite category. Congratulations are also due to Emma Mason who came 4th in the Women's Elite category.



Mark in action in the final race of the season in Machico, Madeira in December 2023
 The 9 Events for CRET 2024 have just been announced. With 3 in the UK, and your top 5 events counting, 2024 could be a good year to give this a go.

Full details: www.cityracetour.org
 CRET 2024 Events: Glasgow, Belgium, Azores, Poland, Salford Quays, London, Hungary, Spain, Portugal.

COMING UP SOON

- ▲ Sat 6 Jan, Lyme, Disley (MDOC) John o' Goats charity score
- ▲ Sat 13 Jan, Woodbank Park, Stockport (MDOC) Park series + COACHING
- ▲ Sat 13 Jan evening, MDOC SOCIAL, High Lane Village Hall [Free for Members]
- ▲ Tue 16 Jan, Urmston, MDOC Night Street League event #5
- ▲ Sat 20 Jan, Juniors - Yvette Baker Trophy NW heat (and regional open event) Little Budworth Common
- ▲ Sat 27 Jan, Heaton Park – Night event
- ▲ Thu 1 Feb, Marple, MDOC Night Street League event #6 [100th Event]

DATES FOR YOUR DIARY

- ✦ **Compass Sport Cup Qualifier**
 Sun 18 Feb, Cannock Chase
- ✦ **JK International Orienteering Festival**
 Fri 29 Mar – Mon 1 Apr,
 Loughborough, Cannock, Matlock
- ✦ **British Orienteering Championships**
 Sat 13 Apr, Long, nr Whitby
 Sun 14 Apr, Club Relays, nr Whitby
 Sat 27 Apr, Middle, nr Otley
 Sun 28 Apr, Northern Champs,
 Grassington
- ✦ **MDOC Manchester in May**
 Fri 3 May - Mon 6 May, Manchester

For further information about these events and more see www.mdod.org.uk or the British Orienteering website

MDOC TEAM EVENTS 2024

As the Orienteering year starts so our attention turns to the national inter club competitions.

Our Club Captain Liz Hamer Davies is responsible for pulling our teams and entries together and will be e-mailing out shortly with details on how you can sign up. MDOC encourages widespread participation at these events – so there is no selection or standard you have to meet, Liz will find the right course or team allow you to take part, have fun and contribute to the team.

When representing the club at a national team event the club also covers the cost of your entry, so get your name down for some great orienteering competition. The main club competitions are:

Yvette Baker Trophy (for Junior teams) Regional heat on the **20 Jan** at Little Budworth.

Compass Sport Cup; qualifier on the **18 Feb** at Cannock Chase

Jan Kjellstrom International Orienteering Festival; **Relays** on the **1 Apr** at Stanton Moor (nr Matlock)



Captain Liz rallying the troops (Cecilia Fenerty & Jen Britton) at JK 2018 – ironically named Beaudesert, Cannock Chase

British Relay Championships – on the **14 Apr** Hutton Mulgrave nr Whitby

British Sprint Relay Championships – on the **22 Jun** at Birmingham University

If you would like to find out more about these events and signing up for the team please contact Liz on captain@mdoc.org

COACHING AT WOODBANK:

13 Jan, timings: **10:00am to 11:00am**

Alongside the first of our Spring Series of Saturday Park events we will be running a short coaching session focussed on **basic compass skills**.

The session will be suitable for juniors and developing orienteers of all ages.

MDOC NIGHT STREET LEAGUE – SERIES 12

With 4 events completed, we have reached the mid-point of our 12th season of NSL events. Overall league tables for gross points and handicap scores are now available on the MDOC website. There are some familiar names in and around the leading positions, but with 4 events still to go, there are plenty of opportunities to boost your scores (and, with your best 4 scores counting, you could still win the league – even if you have not started yet!). The second half kicks off on the 16th of January in the flatlands of Urmston, soon followed by a significant milestone in NSL history. The event on February 1st will be our 100th NSL event, and we are returning to the scene of our first – held in Marple in October 2011. The venue has changed but the planner (John Britton) remains the same. Look out for a classic NSL event – possibly with a couple of surprises.

We move on via Handforth, to our final league event of the season which is on a new area, encompassing parts of Mottram, Hattersley and Godley.

Prize giving will take place at our Cup Final event in early March. Competition on the night is for the Hydrant trophy. A fiendishly complicated handicap system ensures that anyone who has competed on a reasonably regular basis throughout the season has a chance of lifting the trophy!

NSL Tops are Back! We have a new supplier of NSL O tops - JALB who have set up a dedicated website where MDOC members can order and pay for shirts directly online. Go to:

<https://justalittlebit.co.uk/product/mdoc>

A big thanks to Doug Edwards and Rebecca Glen for getting this in place.

The new tops use silver reflective print for the owl logo and text, increasing visibility at night. Short sleeve £23.00, Long sleeve £28.00.

Size information is on the website.

If you have any issues with your order please seek to resolve this with JALB, but please also let us know so we can gauge how successful this new approach is.

Grahame Crawshaw – NSL Co-ordinator



If you are interested in attending, please e-mail training@mdoc.org.

Further coaching is planned for:

Sat 10 Feb – Chorlton Water Park

Sat 9 Mar – Mannor Park, Glossop

Please let us know if you have any specific coaching requests.

MANCHESTER IN MAY



Plans for the MDOC - Manchester in May weekend (Bank Holiday Weekend 3-6 May 2024) are currently being finalised, but we can confirm that the weekend will comprise of four events:

Fri (eve)	Night Street League-style event on the streets of Wythenshawe
Sat	Middle-distance urban in Ancoats and New Islington
Sun	Full Urban in and around the University area (Oxford Road)
Mon (BH)	Mini O-Fest at Wythenshawe Park

It is our intention to also have score courses available as part of the daytime events to encourage newcomers to come have a go. In line with our vision to broaden the appeal of urban orienteering to newcomers we will also be holding a series of evening city urban events in the weeks immediately leading to up to the May Weekend. These events will take place in brand new areas using MapRun. This is MDOC's major event of the 2024 and it is important we make this event a big success for the club and so will require as much member support as possible. So please put the dates in your diary and please do offer your help. Sue Birkinshaw or Paul Watson will be delighted to hear from you

MDOC O KIT - REFRESH

The Club is looking at changing the way it sources its main Club O Tops and other kit, moving to a direct ordering system, as successfully used by some other clubs.

This will necessitate changes to the design and therefore provides an opportunity for a refresh of our O Top design.

To enable this, we are looking for volunteers who would be interested in joining a small design team to develop the next club top.

Please contact David Wathey - chair@mdoc.org if you are keen to get involved.

MDOC NEWS BULLETIN Jan24 [no.2]

Edition editor: David Wathey
We need volunteers to edit our forthcoming news bulletins. We plan for this to on a rotating basis and the template format is simple to use. [If you think you can help](#), please contact David Wathey. chair@mdoc.org