



# MDOC NEWS



Newsletter of Manchester and District Orienteering Club

March 2016



*Jane McCann's winning entry in the MDOC Bake-off competition*

**LYME PARK CHARITY EVENT  
NEW YEAR SOCIAL & PRIZE-GIVING  
CLUB CHAMPIONSHIPS  
FIRST MDOC EVENT IN 1965  
MOBO at BURRS**

## **WELCOME**

Welcome to all new members who have joined the club this year. A particular welcome to the active orienteers from the Fallibroome Academy who are joining as club members. We have been very impressed by the way the sport has developed at the school under the enthusiastic leadership of Peter Hayes. There have been good results in both the Cheshire and Merseyside Schools League, and also in the National Schools Championships. We are very pleased that you will be representing the club in the inter-club competition, the CompassSport Cup, that is taking place at Bickerton Hill this month. We hope that many of you will become more involved with the club. We would also welcome the involvement of parents. Many of the existing club members entered the sport after their children started at school, and found it an activity that the whole family could join in doing.

In this issue – when you get past the cakes! – there are reports on the latest local events, and articles about both the past and the future of orienteering. The map of the very first event put on by MDOC has now been found, and gives an idea of how tough courses were in the very early days of the sport. In contrast the latest developments using mobile phone apps are described. John Britton has been instrumental in creating the first local MOBO event, which is happening in Burrs Park in Bury on Saturday 19<sup>th</sup> March. Contact John Britton for details on how to use the app. Peter Ross also is running another MetrO event on April 19<sup>th</sup> at which, in addition to the excitement of riding on a tram, there is the option of having the course available on a mobile.

## **NEWS**

The CompassSport Cup first round will be relatively close this year, being organized by Deeside on the attractive area of Bickerton Hill. We are competing against both Deeside and Lakeland O.C. in the Cup competition, although there will also be runners from SELOC, PFO and Wrekin in the Trophy competition for smaller clubs. Tom Fellbaum is co-ordinating our team, and is hoping for a good turnout and a good result.

Congratulations to Matthew Fellbaum for being selected for the English team for the Interland Cup competition against two Belgium teams (Flemish and French), the Netherlands and NE France. This was held in Belgium on 21st February. England came fourth, but Matthew had a very respectable run as the leading English runner in M20.

We are co-operating with Lyme Park on a Challenge orienteering event, where competitors have to do various tasks at each control. This will take place on Saturday 12<sup>th</sup> March, and Ian Watson is planning the courses. Come along and take part!

We are hoping to arrange an urban event in the Birchwood area of Warrington in November. Trevor Hindle is the inspiration behind this plan.

The popular summer evening Countryside Score events will take place again this year. David McCann and Trevor Hindle are co-ordinating the series.

## NEW YEAR SOCIAL & PRIZE-GIVING

The New Year Social was held on Saturday 9<sup>th</sup> January at High Lane village hall. This year it was decided to have a change of format and, instead of the ceilidh, a film was shown of Steve Birkinshaw's record-breaking completion of all the Wainwright tops. These are the 214 hills in the Lake District described in the guidebooks of Alfred Wainwright. Steve broke the previous record set in 1987 by Joss Naylor, completing all the hills in 6 days and 13 hours. He also raised more than £12,000 for Multiple Sclerosis charities. Steve is an ex-member of MDOC who now lives in Threlkeld. He is the son of Sue Birkinshaw, and his sister Hilary has MS.

Rae Lomas had organized a very successful O-themed bake-off competition. A very attractive selection of cakes was produced and, after a suitable time to admire them, they were cut into slices for serving. Rae Lomas co-ordinated the evening, with help from Sue Birkinshaw and Julie Brook. Jan Ellis, Cecilia Fenerty, Margaret Gregory and Dave Mawdsley each provided and served dishes of hot food.

The evening finished with teams tackling a cryptic O-themed quiz set by Dan and Karen Parker. The quiz is given on a later page, and answers will be given in the next issue of the Newsletter.

The club prize-giving was held at the social, conducted by Peter Lomas and David McCann. The following received awards:

Most Improved	David Wathey
Junior Female	Laura Hindle
Junior Male	Matthew Fellbaum
Senior Female	Heather Fellbaum/Vicky Thornton (Joint Winners)
Senior Male	Andrew Gregory
Team Award	Steve Dempsey, Alistair Thornton, Alex McCann 2 <sup>rd</sup> , Men's Short, British Relay Championships
Special Award (1)	The Hindle Family (Trevor, Carolyn, Laura) 3 <sup>rd</sup> , Open Ad Hoc, British Relay Championships
Special Award (2)	John Kewley 1st place 2014 British Trail-O Championships (Temp-O & Pre-O) Selection for GB Team for World Trail-O Champs, Croatia
Chairman's Award	Andrew Gregory

Small gifts were also presented to a number of people who contribute to the running of the club, including all those hosting the Wednesday evening runs.



*David Wathey*



*Matthew Fellbaum*



*Vicky Thornton & Heather Fellbaum*



*Andrew Gregory*



*Steve Dempsey*



*John Kewley*

*Photos from the prize-giving, with David McCann*

# Cakes!

Rae Lomas

For such a big event we wanted Nadia to come to our do,  
But she was ever so busy, so we tried Paul and Mary too,  
They declined sad to say but then, a member offered to be Paul,  
Sadly his eyes were brown not icy blue so he wouldn't do at all.  
There were a few would be Marys, sweet and really quite old,  
But none of our older lady members felt they could be so bold.  
But why did we consider celebrities when we had Monika Dent  
And we had 5 year old Elsa Screen, they were really heaven sent.  
Once asked they seriously took, to their important task,  
The cakes were seriously considered, oh was this too big an ask!  
They deliberated long and hard, but then the decision was made.  
They were unbiased, impartial and certainly not paid.

Nine very different cakes suddenly appeared on the table,  
Didn't know that so many of us were so keen and able  
Amazing the baking, the variety and the decorating that was there,  
A cake spectacle to behold and providing the dessert fayre.  
After due scrutiny and after the hot food was done,  
We tucked into those delicious cakes, enough for everyone

Let's start with the cake that was worthily considered the best.  
The detail and imagination must have put skills to the test.  
Sheep on the hillside, sheep in the glen, rivers running down from the tops,  
Boulder fields, log piles and of course a small fir tree copse.  
A minute MDOC banner, start and finish, they were all sublime,  
A course leading up to no.1 with 100 metres of climb!  
It really was a work of art, one could look again and again,  
When asked about putting it together, 'It was a bit fiddly,' said Jane

A wonderful, Scandinavian, gingerbread, forest scene,  
Trees, reindeers and houses with an orienteering course in between.  
All decorated beautifully with icing and smarties, what a wonderful site!  
It was a shame to take one of anything, just to have a bite.  
Oh so very artistic and beautiful too, it really was a sight to behold,  
Eija didn't stay to hear the Oohs and Aahs so really hope Chris told.  
How everyone appreciated what went in to such an array,  
Eija your baking and cooking, you've really missed your way.

Forty little orienteering kites, oh what a lovely sight!  
Lolly cakes on sticks and the sponge was ever so light.  
They looked like they were fluttering lightly in the air,  
Who dipped them all in the icing? Well Cecilia and Dominic were the pair.

Vicky made a cake for Heather, we had to have a kite,  
The cake inside was yummy, it was large, orange and white.  
It was great that this cake made it to the village hall,  
A request was made for the 'O' cakes and they answered the call.

Rae's O-suit cake remained uncut, no one severed a limb.  
'Be careful where you cut it, is it a her or a him?'  
A limb did soon get severed, a person who didn't mind mess,  
Exclaiming as he took a bite, 'Well that was really 'armless.'

Peter Ross said, 'I'll bring a cake,' oh what kind would he make?  
Who would have thought you could eat a NSL map on top of a cake.  
The sign said 'Guinness and Chocolate' it got cut into pretty damn quick  
And all of those who wanted a slice cut it pretty thick.

Chocolate logs stood upright and made a slice of tree,  
This trunk home to robin and ladybirds, a lovely sight to see!  
The bark made of flakes, on top a real kite  
Kate and Dave chose the spot, what a great control site.

Elsa's chocolate muffins, silver balls so carefully put on top,  
They were truly delicious, you can't buy the like in a shop.  
In a tin they glistened, in all there were eight,  
The taste of those chocolate muffins certainly was first rate.

A French cake for Epiphany was 'the cake of kings',  
Made by Dave Mawdsley, who'd have thought of such a thing!  
'Galette des rois' was its official title in the recipe book  
It was a pretty good effort but we all know Dave can cook!

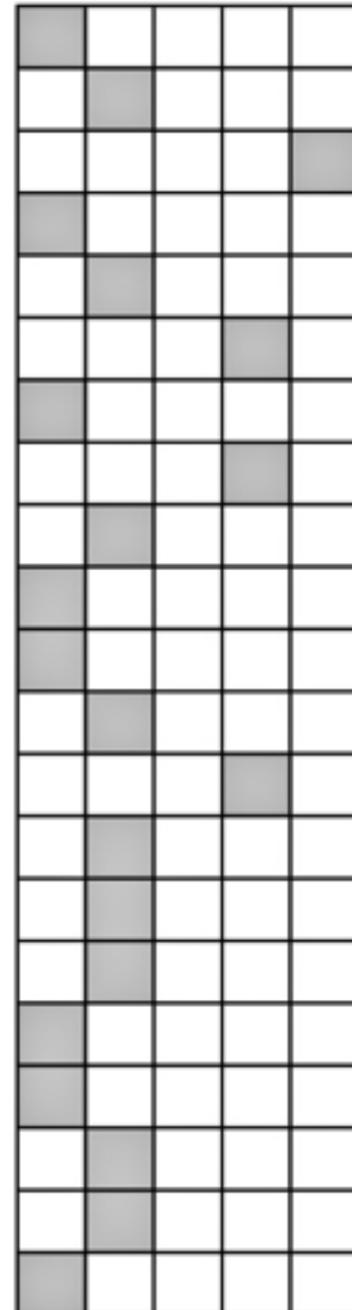
Sue's cake had quite shaky writing but then she's getting older  
And she readily admitted her letters could have been bolder.  
Sue's cakes are always delicious and this was no exception,  
If you practice icing lettering next year you'll achieve perfection!

## Quiz by Karen & Dan Parker

# Identify the orienteering clubs

Enter the club abbreviations in the grid starting at the left. Note that not all have 5 letters. Reading downwards, the shaded letters spell out a message.

1. Doubly hard
2. Headlight
3. Sheep visits the doctor
4. Are Sabrina and Hermione members?
5. Some young orienteers start this way
6. Baker notes ingredients
7. Is J Lynne (M65) a member?
8. Back to front depressions
9. Ask the reason
10. Overdress
11. Come from aviaries, oddly...
12. ...bird, bird, bird - all extinct
13. SN attached to Scottish club
14. Help!
15. Disturbed a cow
16. Northern gambling centre
17. Northern homophone
18. Pointless wine region
19. Sounds strange
20. South African sportsman
21. Their timing system has lost a key part



*The answers will be given in the next issue of the Newsletter.*

*Note that the answers may be from 2 to 5 letters long, and that the clues are cryptic.*

## NEW YEAR CHARITY EVENT

The annual John o'Goats charity event at Lyme Park on Saturday 2<sup>nd</sup> January was very successful, in spite of the damp weather and slippery grassy slopes. Tom Fellbaum planned the courses and the rest of the Fellbaum family formed a very efficient organizing team.

Tom writes: "Thanks everyone for a highly enjoyable event yesterday, the rain did not put us off and we had about 180 attendees. Incredibly, we raised over £1700 with Gift Aid, which will be donated to our chosen charity Vision Mozambique who care for orphaned children, support widows and develop churches. My contact at the charity was thrilled and astonished at the generosity of our club and those who donated.

Thanks to the amazing MDOC volunteers and to those who contributed prizes for the raffle. Hope you enjoyed the challenge."



*Tom & Steve Fellbaum at the Start*



*Main start*

Different age groups did either the Long, Medium or Short course, missing either 1, 2, 3 or 4 controls. With a mass start, results on each course depend on the actual finishing position, regardless of the number of controls missed.



*Junior start*



*Control on the moor*

On the Long course Matthew Fellbaum was 2<sup>nd</sup>, and Steve Lang 5<sup>th</sup>. On the Medium course, Trevor Hindle was 9<sup>th</sup>, Heather Fellbaum 11<sup>th</sup>, Laura Hindle 15<sup>th</sup> and David McCann 16<sup>th</sup>. On the Short course Andrew Gregory was 4<sup>th</sup>, Kate Bryant 5<sup>th</sup> and Dave Mawdsley 12<sup>th</sup>.

The Novice course attracted a good number of juniors and also family groups, who all seemed to enjoy themselves.

Next year's Lyme Park New Year charity event will be on Saturday 7<sup>th</sup> January 2017, and will be planned by John Kewley.



*Steve, Alice, Heather & Tom Fellbaum*



*Some of the raffle prizes*

## **Thank you from Quaker Congo Partnership**

*Margaret Gregory*

The 2013 Lyme Park Charity event also supported a project in Africa, the Quaker Congo Partnership. They benefited by just over £1000, and this was the beginning of our collecting money to support the project to bring clean drinking water to the hospital and village of Abeka on the shore of Lake Tanganyika. This was followed by much planning and fundraising but at the end of July 2015 work started.

We have received regular reports of the progress being made as the pipes had to cover a rough descent of about 7km and included two cisterns for controlling water pressure and providing storage. The latest report shows the first water coming through the pipe below the cistern and the pipes being laid to link the cistern to the hospital and the village. There is still work to be done, standpipes for the village, wash basins, showers and toilets for the hospital, and some more money to be raised, but we have a great sense of joy and relief that a project which we have been working on for at least the last three years is well on its way to completion. Thank you all for your help.

## **REPORT ON LOCAL EVENTS**

Our annual night orienteering event, our contribution on the Northwest Night League, was this year selected also to be the 2016 Northern Night Championships. This was on Saturday 13<sup>th</sup> February at Philips Park, Bury. Chris Rostron organized the event, with Sue Birkinshaw as Assistant, and John Kewley planned the courses. The enhanced status attracted a relatively good number of competitors for a night event, with 84 runners. Congratulations to our new Northern Night Champions: Ben Dempsey (M14), Matthew Fellbaum (M20), Heather Fellbaum (W50) and Jillyan Dobby (W65).

### **Spring series of Saturday morning events**

The new format for the Spring series of Saturday morning events is proving very popular. In the first three events there has been an average of 75 entrants, with about 25 doing the longer Urban + Park course that includes some of the surrounding streets. Woodbank and Vernon Park was planned by David Wathey with Peter Lomas as organizer. Manor Park and Old Glossop was planned by Graham Crawshaw and organized by Julie Brook. Riverside Park, Macclesfield was planned by Paul Watson and organized by David Mawdsley. The final event in this series will be at Reddish Vale and Tiviot Dale to be planned by Alan Ogden with Alison Doyle as organizer. Clare Griffin is co-ordinating the series.

### **Night Street League**

The Night Street league continues to be popular, still attracting a good number of entrants from local running clubs as well as orienteers from MDOC and neighbouring clubs. The average attendance has been approximately 60.

The series has involved eight fixtures and a final prize-giving event. The areas used have included Bramhall (Trevor Roberts/Rebecca Glen), Bollington (Ian Gilliver/Steve Fellbaum), Urmston (Peter Ross/Jillyan Dobby), Whaley Bridge (Trevor Hindle/Laura & Hazel Hindle), Woodley (Richard Evans/John Britton), Lymm (Tim Martland/John Kewley), High Lane (Chris Rostron/Julie Brook) and Macclesfield (Clare Griffin/Mike Greenwood). Graham Crawshaw is co-ordinating this series.

### **Cheshire and Merseyside Schools League**

This active Schools League is attended by our local schools, such as Fallibroome Academy, Sandbach and Cheadle Hulme. Events this season have been in Arrowse Park, Hightown Dunes, Reasheath, Speke Hall and Delamere East, with Sefton Park still to come. The league is organized by members of Deeside.

School teams consist of 6 counters, and the main competition is between school teams. Fallibroome have entered 7 teams, and Sandbach and Cheadle Hulme each have 2. The current positions give Fallibroome 1 leading, with Sandbach 1 second, Fallibroome 2 are equal third and Cheadle Hulme 1 are sixth.

## CLUB CHAMPIONSHIPS

The Club Championships for 2015 were determined by the performance of members at a selected number of events, normally the major events put on by MDOC and major events in nearby areas. Last year 12 events had been selected, and the 6 best performances determined the total score. Steve Lang has been running the championships, and has devised a complex formula for allotting points intended to compensate for age class for all those running the courses of technical difficulty level 5.

The final results for 2015 were very close, as shown by the figures for the total score:

1	Andrew Gregory	M80	6330
2	Matthew Fellbaum	M18	6324
3=	Steve Dempsey	M50	6234
3=	Heather Fellbaum	W50	6234
5	Liam Corner	M45	6231
6	Kate Bryant	W60	6224
7	Chris Rostron	M65	6180
8	Laura Hindle	W18	6168
9	Jane McCann	W45	6074
10	Ian Watson	M65	6066
11	Dave Mawdsley	M70	6056
12	Trevor Hindle	M50	6055
13	Chris Kirkham	M65	6005
14	Tony Wagg	M70	5960
15	Hazel Hindle	W50	5938
16	Sue Birkinshaw	W75	5922
17	James McCann	M16	5776
18	Steve Beresford	M65	5751
19	Alistair Thornton	M20	5202
20	Jillyan Dobby	W60	5110

The full results for all members who ran in at least one event are given on the MDOC website.

For 2016 Chris Kirkham has taken over the administration of the club championships, and is continuing with the same system of calculation.

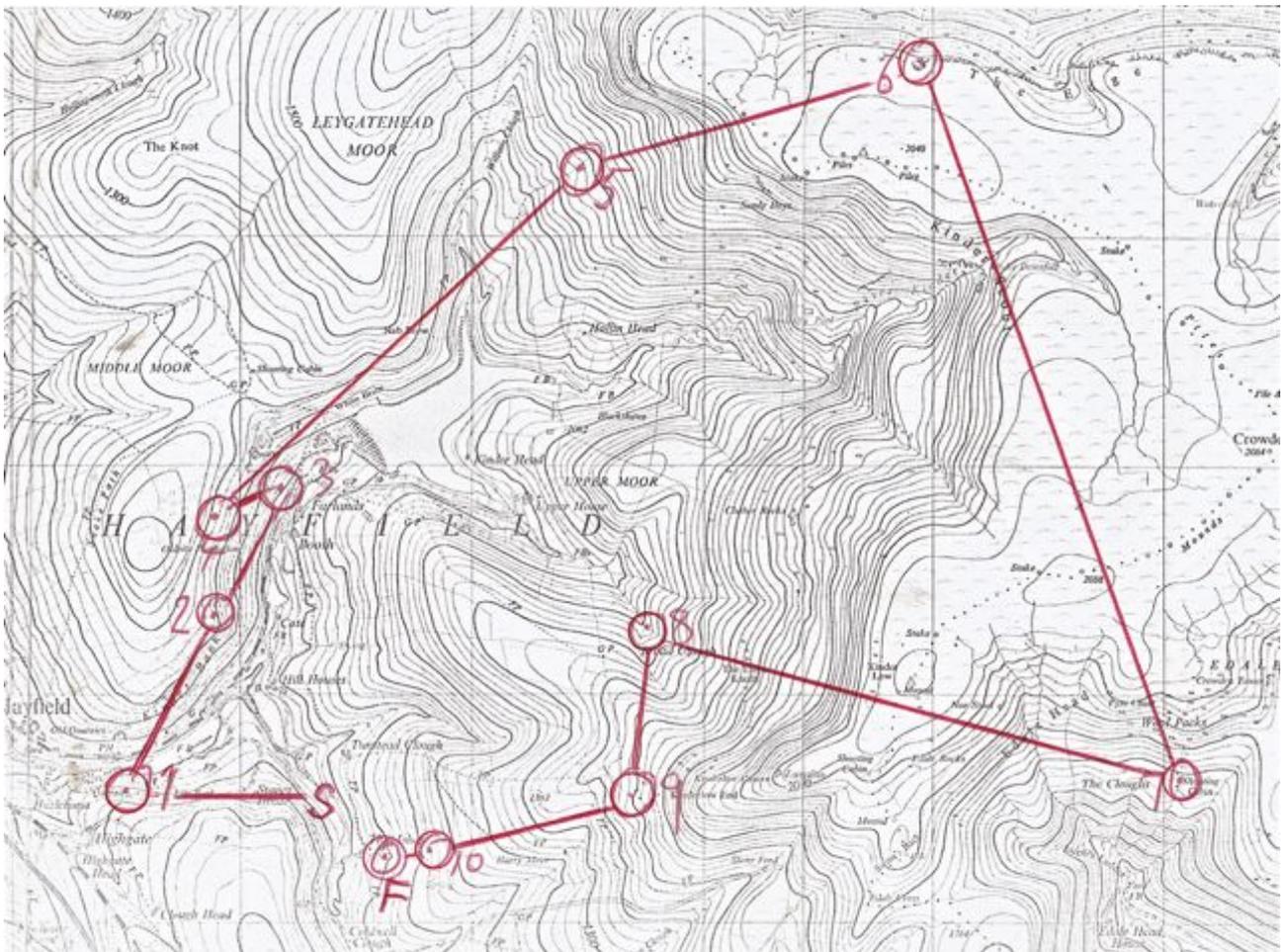
The first two of the selected events, Flasby Fell on 24 January and Sherwood Forest on 28 February, have already taken place. The next two are the CompassSport cup heat at Bickerton Hill on 13 March and LOC event at Holme Fell on 3 April.

The remaining events will be selected at a later date, and the results are updated regularly on the MDOC website.

## FIRST MDOC EVENT 1965

Searching in our archives we have found the details of the first event organised by MDOC at Hayfield on 13<sup>th</sup> June 1965. The event was organised and planned by founding member Ian Watson, based on the farm where his family lived at The Ashes near Hayfield.

The map was a black and white OS 2 ½ inch to the mile. Competitors were given a blank map and then, after starting, had to copy down the course from a master map. There were courses for Senior Men, 9 miles; Intermediate (17-18), 6 miles; Junior (under 17), 3 miles and Women, 4 miles. The Senior Men's course is shown on the map, and it is clearly more like a fell race. Leg 6 – 7 for example goes right over the top of the Kinder plateau and a long way down the south side before giving a horrendous route choice from 7 to 8!



The Senior course was won in 2 hours 17 minutes by Jan Kjellström, who was helping to develop the sport in Britain. He wrote a letter of thanks to the club afterwards. Among the 45 starters on that course were several well-known names, including John Disley, Ted Dance and Mike Cudahy. Mike Cudahy was one of the founder members of the club, who went on to become a very well known ultra-distance runner and was the first person to complete the Pennine Way in under 3 days. He took over 4 hours on the course!

There has been a suggestion of repeating the event, and anyone inspired enough to do so should contact Sue Birkinshaw.

# MOBO comes to town – Sat March 19<sup>th</sup> at Burrs

*John Britton*

You may recall an article in a recent CompassSport written by David Rosen, who has installed three MOBO courses – two in Lancaster and one in London. Now GMOA have installed MOBO courses at Burrs Country Park.

**What is a MOBO course ?** A MOBO course is a score course where all controls have a unique QR code on display. You “dib” by scanning this QR code with your mobile phone, having previously installed the (FREE) MOBO app, and downloaded the map.

**Why Burrs ?** Burrs Country Park is a fascinating place, with all manner of industrial archaeology intermingled with sculptures, canals and a river. It is probably one of GMOA’s best used permanent orienteering courses, as the Activity Centre staff use the POCs for primary and secondary school groups. Secondary schools go round the Country Park POCs (up to Orange), whereas the Primary school groups do star and loop exercises on the Activity Centre POCs (one each side of the central road). Given we expect that mixing Mobile Phones and Orienteering may be most exciting for younger folks, this seemed like as good a place to select as any.

**What’s happening on the 19<sup>th</sup> March ?** The Grand Opening of the MOBO courses, no less. A co-incidence of Bury Council wanting something exciting, plus SELOC scheduling a Saturday morning event, plus the courses being readied just in time. You’ll be able to run all 3 courses, if you want to – there are 70 brand new plaques available for your scanning pleasure. [www.seloc.org.uk](http://www.seloc.org.uk) for details.

**More about MOBO, please ?** MOBO is a free app, written by Tarmo Klaar in Estonia, and it runs on Apple, Android, Windows, Nokia phones. It really isn’t hard, but I’ve written a little getting-started guide for people who want one. You can use the map (and compass) on your phone rather than carry a paper map; when you approach a control you press the camera icon and it goes into QR scanner mode. Each “dib” is remembered and uploaded when there is a signal; your results appear on the MOBO web site. <http://mobo.osport.ee/>. It is meant for permanent courses, so it is always available. It seems that other countries’ POCs operate as Score only, so there is no facility for recording your Orange run, other than as a subset of the whole thing. Tarmo, however, will set up specific events if you ask him, so the SELOC event will appear with everyone’s results collated and presented more or less like you’d expect.

**There’s nothing much on that weekend, so come along and check out the MOBO experience, the tourist bits and possibly Bury’s World-Famous Market.**



## **MetrO**

*Peter Ross*

Jillyan and I will be organising the second MetrO on Tuesday the 19th April. It will be based at the Gardeners Arms which is right next door to the Wythenshawe Park MetrO station. The landlady is very keen to see us, and we will have our own room.

The runners will set off on the new Metrolink line going north towards Chorlton before alighting at the appropriate station and running back to the Gardeners Arms.

There will be three stages. The long race will do all three, the medium race the last two, and the short race will only have to run the last stage. The middle stage will be a straightforward but pleasant run through Chorlton Water Park.

After the first MetrO many of runners said that they wanted the course to be more of a navigational challenge so the first and last legs will be quite complicated.

Also, after the first Metro, the races were further than people anticipated. This time we will be declaring the distances as optimum routes rather than straight line. We can't do so in detail at the moment because we've yet to finalise the controls, but the longest course will be about 15km.

The Map-on-an-App option for mobile phones will also be supported.

## **Countryside Score events**

The popular series of Countryside Score events will again take place this year, thanks to the organizational work of David McCann and Trevor Hindle.

These are mass start events, based on a country pub that provides food afterwards. Competitors are given a section of a 1:25,000 OS map, with a number of points marked, at each of which a question has to be answered. You can choose either 60 minutes or 90 minutes in which to visit as many of the points as possible, and return with the correct answers.

Wed June 8      Peover Heath                      organiser David McCann

The Dog, Wellbank Lane, Over Peover, Knutsford, Cheshire, WA16 8UP

Wed June 22      Rowarth                                      organiser Jim Trueman

The Little Mill Inn, Rowarth, via Marple Bridge, Derbyshire, SK22 1EB

Wed July 6        Hawk Green                                organiser Carolyn Hindle

The Crown, Hawk Green, 1 Hawk Green Road, Marple, Stockport, SK6 7HU

Wed July 20      Furness Vale                                organiser Trevor Hindle

Soldier Dick, 150-152 Buxton Rd, Furness Vale, High Peak SK23 7PH

## MDOC EVENTS

### 2016 events

- Sat 12 Mar National Trust Lyme Park O event (with challenges at each point)  
Sun 13 Mar CompassSport Cup 1<sup>st</sup> round, Bickerton Hill, Cheshire (*DEE*)  
Sat 19 Mar MOBO event, Burrs Country Park, Bury (*SELOC event*)

### MetrO

- Tues 19 Apr The Gardeners Arms, next to Wythenshawe Park Metrolink station

### Lyme Park Introductory events (ideal for juniors and for beginners)

- Tues 3 May                      Tues 10 May                      Thur 19 May

### Twin Peak 2016

- Sat 9 Jul Offerton 2-part Sprint event  
Sun 10 Jul City of Manchester Urban event

### Wednesday runs

- Wed 9 Mar David & Jane McCann, Hazel Grove  
Wed 16 Mar Julie & Alan Brook, New Mills  
Wed 23 Mar Pete & Rae Lomas, Hazel Grove

### Summer evening events

- Thur 28 Apr Tegg's Nose Country Park, Macclesfield  
Wed 4 May Delamere North (*DEE*)  
Tues 17 May Delamere East (*DEE*)  
Thur 26 May Lyme Park  
Thur 9 June Little Budworth Country Park (*DEE*)  
Tues 14 June Macclesfield Forest  
Thur 30 June Brereton Heath, near Holmes Chapel  
Tues 12 July Alderley Edge

### Committee Meetings

- 7:30 Ladybrook Hotel, Bramhall              Mon 14 Mar, 11 Apr

### Welcome to the following new British Orienteering members;

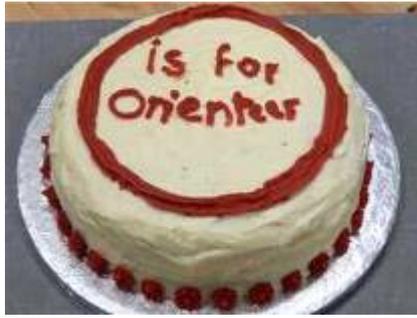
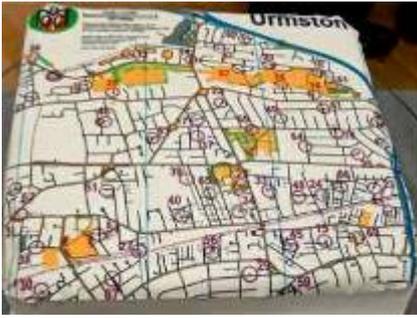
Kate Franklin W50; Peter Jackson M65; Julie Laverock W45;  
Peter Moseley M40 + Frances Moseley W21; Marian Thompson W70;  
Ros Sutton W60 + Steve Williams M45; Samuel Drinkwater M21;  
Charlie Bleau M55 + Chun Bleau W50; Sigurd Flagan M21; Sarah Miles W35.

Also to the 43 juniors from The Fallibroome Academy.

Welcome back; Nick Price M55 + Helen Price W55

Kath Speak, Membership Secretary

## *MDOC SOCIAL*



*Further entries in the Bake-off competition*



*A gingerbread forest!*

*Monica Dent helping to judge the cakes*



*Four chefs*

*Members enjoying the food*