



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

March 2017



Ben Dempsey at Lyme Park

(Photo: Peter Cull)

**LYME PARK CHARITY EVENT
NEW YEAR SOCIAL & PRIZE-GIVING
NIGHT STREET LEAGUE
TWIN PEAK 2017**

NEW YEAR SOCIAL

The annual New Year Social was again held at High Lane Village Hall. Rae Lomas had co-ordinated the event, with hot food provided by some of the club's top chefs:



Cecilia Fenerty, Dave Mawdsley, Margaret Gregory & Jan Ellis

A variation of last year's Bake-off competition was held, with 12 identical small cakes on an O-theme to be produced. Again this led to a wide variety of different ideas for very attractive and delicious cakes, which were then consumed at the end of the meal.





The meal was followed by quizzes and then the annual prize-giving.



PRIZE-GIVING

The annual prize-giving for 2016 had been organised by a small committee under the lead of Pete Lomas, and the prizes were presented by Eddie Speak, as Club Chairman. The prizes were for best performance for male and female in the main broad age groups. There is also always a prize for the most improved orienteer of the year, which was awarded to Cecilia Fenerty, and the Chairman's prize for dedicated work behind the scenes, which this year was awarded to Trevor Hindle. This was particularly for his enthusiasm for promoting urban orienteering, leading to the last year's urban event at the very interesting new area of Birchwood near Warrington.



Tom Fellbaum



Andrew Gregory



Cecilia Fenerty



Dominic Wathey



Jillyan Dobby



Trevor Hindle

Prizes were also presented for the various quizzes and Rae Lomas, who had coordinated the whole evening, very thoughtfully gave everyone present a small candle-holder and a tea towel.

TWIN PEAK WEEKEND 2017

After an urban Twin Peak weekend last year, in Offerton and Manchester, it was back to the complex and tough forest and fell near Coniston in the Lake District for this year's events.

Early February is not always the best time of year for weather, but we were fortunate with a dry weekend. The main problem was the very strong cold wind on the Sunday. The timing is due to the very limited period when we are able to use Torver Back Common, due to nesting birds in the spring, and bracken in early summer lasting right through the autumn.

TORVER BACK COMMON

The detailed woodland of Torver Back Common is ideal for a middle distance event, and the open moorland has also quite a significant amount of contour and rock detail. One area of the woodland, near Coniston Water, now cannot be used for orienteering due to the owner refusing permission. We have always used this previously, and it makes an unfortunate restriction on planning. However John Kewley managed to plan good challenging courses in spite of the problems, although the longer courses unavoidably had to go out and return through the same narrow strip of woodland.

Steve Fellbaum was the organiser, and the event had the advantage of the University of Birmingham outdoor activities centre on the map. This was used both for registration and download, and as accommodation for a number of helpers. Margaret Gregory acted as liaison with the centre, and Sue Birkinshaw handled permission from the National Trust and the Lake District Planning Board. Unfortunately we were restricted in the maximum number of competitors that we were allowed at the event, and some people who would like to have had a run were not able to.



*MDOC Start team are all smiles as the last competitor passes through
Dave Wathey, Steve and Ben Dempsey (Photo: Steve Fellbaum)*

BLEATHWAITE & LITTLE ARROW MOOR

Nikolay Mikhaylyuk



Little Arrow Moor, with the Old Man of Coniston (Photos: Nikolay)

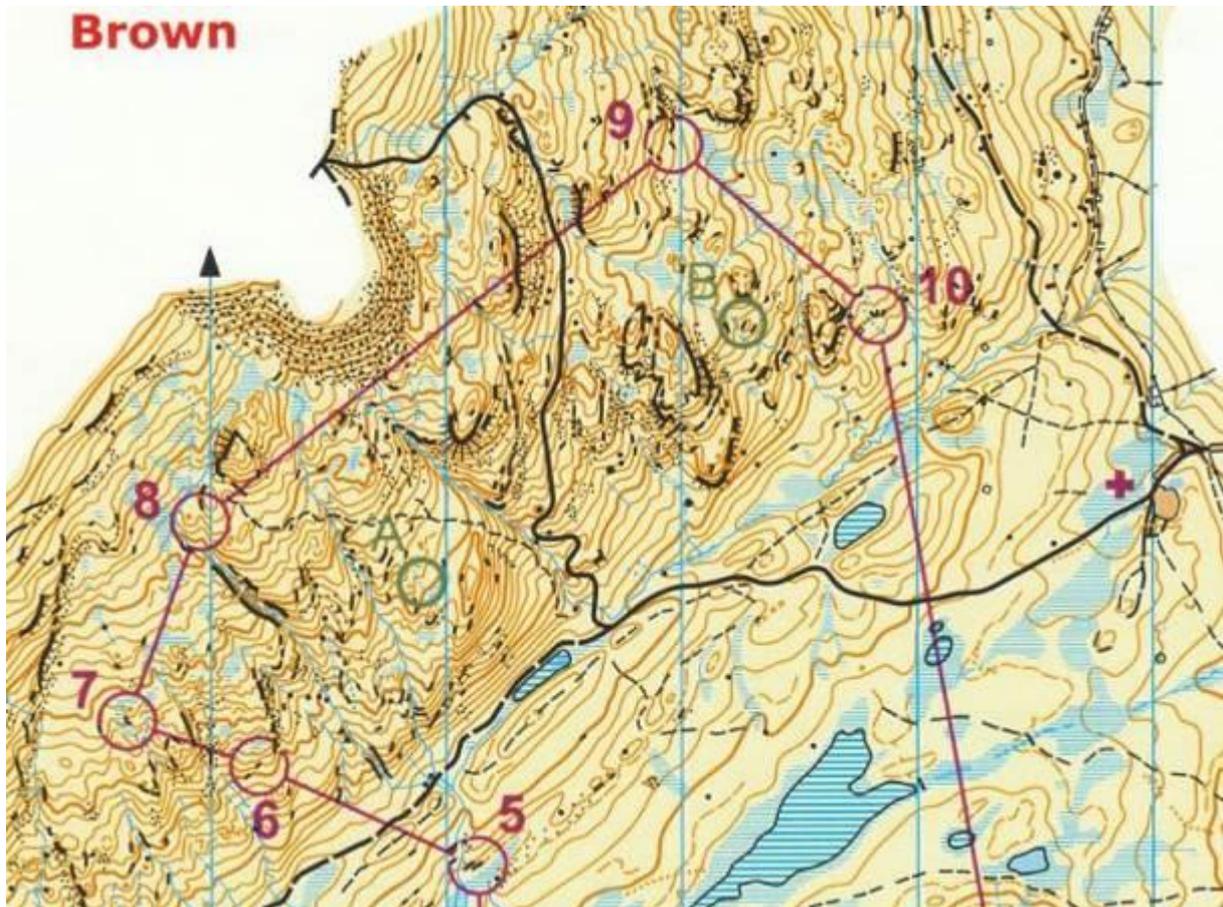
First of all, great thanks to all members who organised such a great weekend. Myself and Yulia are new members of the club and it was awesome to join and compete in such stunning a location in a major event for the first time in the UK.

We were lucky with the weather as it was dry, although rather windy, especially running over the high hills (North part of the map). I got completely lost there trying to find number 9 (129) and 10 (131) spending about half an hour there for sure.

Overall, Brown was a challenging and interesting course with really varied terrain. Interestingly, not that many people decided to take this one. I spent 1hr 51m there and learned a lot of things which I can improve going forward.



Nikolay and Yulia near the start



Section of Brown course over Little Arrow Moor

PLANNING FOR SAFETY AT BLEATHWAITE

Andrew Gregory

In the expectation of bad weather – snow, ice, torrential rain or thick cloud – shortened versions of the longer courses had been planned. Black and Brown had the two extra controls, A and B in the map above, marked in green. If necessary the course would have been shortened to 6 – A – B – 10, thus avoiding the highest slopes. Even shorter versions had also been planned for all courses from Short Blue and above.

We also had Tony Wagg in a car at the car park on the Walna Scar road, marked by the first aid symbol on the map. He had a first aid rucksack, and was in mobile contact with registration. We also had radio SI units at the start, finish, and the last control on the higher slopes – no. 10 on the map above, which was also visited by Black and Short Brown. These units sent a mobile text message that was picked up by the computer team, and we thus had a record of everyone coming safely off the higher slopes. This was invaluable when the last few competitors were still out, as we knew their start time and that they had come past the high radio control.

Fortunately the weather was not too severe and we didn't have to use the shortened courses. The very strong cold wind was unpleasant particularly for the start team. In fact the moorland was surprisingly dry, as there had been very little rain in the previous two weeks, so it was much faster running than had been expected. Winning times for several courses were thus shorter than had been predicted, but I suspect most people were glad not to be out too long in the cold wind.

NIGHT STREET LEAGUE 2016-2017

Graham Crawshaw

The sixth series of MDOC's increasingly popular NSL events came to a close with the "Cup Final" event based at Macclesfield Cricket Club on the 2nd March. The regular season saw events in The Heatons, Knutsford, Macclesfield and Sale in late 2016, followed by Romiley, New Mills, Alderley Edge and Heald Green before the end of February. Alderley Edge was a completely new map, and a significant portion of Heald Green was new. All others were updated for the 16-17 season, and the use of different event centres (pubs!) ensured that each offered a different challenge to previous visits.

All the events are score events requiring competitors to visit as many controls (which have a range of points value) in 40, 60 or 75 minutes – with severe penalties for lateness! All scores are converted into points per hour, and then recorded as gross scores and handicap (age-adjusted) scores. A competitor's best 4 scores in the series are used to produce an overall league table (gross and handicap) with prizes / trophies awarded in several categories.

The final event of the season usually offers a slight variation from the usual format. The event this year was "clueless" – and, as the name suggests, no clues were provided (except for a couple of lamp posts). Runners had to navigate to the dot in the centre of the circle – and then identify the control feature. The time limit was 60 minutes, all controls had the same value, and penalty points were ruthlessly applied. Scores were processed by a spreadsheet involving fiendish handicap calculations based on performance over the season, and designed to produce an unexpected (to most people!) winner on the night. The winner was presented with the "Hydrant Trophy" for safe keeping for the next 12 months.

We also introduced a new prize category this year. Our resident statistician devised a method of identifying the most consistent competitor based on their performance in 4 events. John Williams of MDOC was identified as our "least deviant" runner, and received the "Level Best" Trophy.



Display of trophies at the prize-giving

The events have once again been well-supported with average numbers of around 80 across the series. We have seen orienteers from MDOC, UMOG, DEE, SROC, SELOC, SYO and POTO, and the running clubs of Stockport, Macc,lesfield Wilmslow, Bramhall, Pennine Fell Runners, Goyt Valley Striders and Chorlton have all been represented. It is pleasing to see that a number of newcomers have joined the club, and are now appearing at our Saturday morning events – and further afield. Counselling is available for those hardy few who, having sampled the delights of NSL, chose to try our “proper” night orienteering at Teggs Nose in January. It’s only a short step from there to the full-blown obsession exhibited by many of the team.

As ever, the main burden of the events has fallen on the small team of committed individuals who have been involved from the early days in 2011. Special thanks are due to Ian (for keeping a vigilant eye on H and S), Eddie for map printing, Jen and Irene on registration, Richard and the marking team, John and Julie on results processing and uploading – as well as the usual suspects involved in mapping, planning and checking for all events (they know who they are!). I will mention Steve Ingleby (of DEE) and Rebecca Glen who planned at Knutsford and Romiley respectively as relative newcomers to the team.

We’ll be back (I hope!) in October



New Mills night event (Photos: Peter Cull)

MDOC EVENTS

Lyme Park Introductory events

Thu 4 May, Tue 9 May, Thu 18 May

- aimed at novices and improving orienteers - series co-ordinated by Peter Lomas

Summer evening events (joint programme with Deeside orienteering club)

Tue 25 April Teggs Nose, Macclesfield
Thu 4 May Delamere Forest North (DEE)
Wed 10 May Alyn Waters (DEE)
Thu 18 May Delamere Forest East (DEE)
Tue 23 May Lyme Park
Wed 31 May Bryn Alyn (DEE)
Tue 6 June Little Budworth - Middle distance (DEE)
Wed 14 June Eastham - Middle distance (DEE)
Thu 22 June Brereton Heath
Wed 5 July Rivacre (DEE)
Thu 13 July Alderley Edge

Wednesday runs

Wed 15 March Dave Mawdsley Macclesfield
Wed 22 March Tony Wagg Didsbury
Wed 29 March John & Jen Britton Marple
Wed 5 April Chris & Eija Rostron High Lane

Cheshire and Merseyside Schools League (run by Deeside OC)

Sat 18 Mar Arrowe Park, Wirral – Schools League Relays

MDOC Committee Meetings

Mondays 13 March, 10 April, 8 May: 7:30 Ladybrook Hotel, Bramhall

Twin Peak 2018

It is planned to hold this in the Goyt Valley on 4th and 5th November 2018. We need to start thinking about this soon, and want to assemble a team of people who might be interested in planning, organising, helping with permission and any other aspects of the event. I have offered to start getting such a group together so please contact me, or any other member of the committee, if you might be interested. This will be an excellent opportunity for anyone relatively new to planning or organising to gain experience, with a mentor if necessary.

Andrew Gregory

Welcome to the following new members:

Richard Applewhite	M45	Tim Hargreaves	M60
Georgia Baynes	W21	Anna MacKenzie	W21
Nikolay Mikhaylyuk	M35	Yulia Akhmetyanova	W21
Anna Cowham	W40	Shaun Wilde	M50
Stella Heap	W55		

Plus welcome back to Julia Harding W50

Kath Speak, Membership Secretary

LYME PARK CHARITY EVENT 2017

Our annual New Year charity event in Lyme Park was held on 7th January on a very damp and misty morning. However it still attracted 152 entrants, and raised £925 for Kinder Mountain Rescue, and £700 for Huntington's Disease Association, from the combination of donations and the raffle.

Alison Doyle was the organiser and Andrew Stimson planned the courses. In spite of the muddy conditions most competitors seemed to enjoy their runs, and the challenge of a mass start event with different numbers of controls to be omitted.



*Andrew Stimson, Alison Doyle, Martin Green, Chris Embrey and Andrew Gregory
(Photo: Peter Cull)*



Runners appear out of the mist on the moor

LYME PARK



Matt Fellbaum takes a map from Chris Embrey



Sam Drinkwater decides to be different!



Up the hill into the mist

(Photos by Peter Cull)



David McCann



John Britton