



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

March 2019



The start of John O' Goats 2019 (Photo: Peter Cull)

**John O' Goats
Club Social Evening
Saturday Series
Stockholm Indoor Cup
Night Street League**

Chat from the Chair

I begin my chat for this newsletter with an excerpt from an orienteering song* by former world champion, Einar Ligema, now sadly no longer with us.

[refrain] *Are you fit? Are you fit? Are you really, really fit? Are you fit like never before? Do you run, do you run, do you run every week a hundred miles or more?*

Do you run around the houses every evening? Will you reach before JK your fitness ceiling?

With the spring and summer seasons approaching, some of us could be asking ourselves the same questions. What does it take to make us perform better at orienteering events – and what does it take for everyone to help to put on the best events possible?

One answer is surely training, whether it's fitness training, technique training, training in making map corrections using the latest OCAD software, in optimising event safety or honing planning skills.

The club's committee has been considering how to meet the needs of its members in all these regards, a task made more challenging by the lack of a qualified club coach. But first we need to know what members actually want. If we have your email address, you should receive a survey in the next month or so to ascertain the level of interest in the various types of training that might be made available, if necessary by hiring in expertise from outside the club, or informally by sharing some of the expertise within the club.

We hope that you will give some thought to what you would like – or what you could offer (any volunteers to train as club coaches out there?) – and answer as fully as possible. If you would like to be involved in the Performance Working Group or send a more detailed outline of what you think should be available, please contact me or Trevor Hindle.

Thank you.

Marie Roberts

chair@mdoc.org.uk

* Einar set orienteering words to several folk songs from his home country, Estonia, including 'The ballad of the broken-hearted planner' and 'the washing machine's lament'!



WaterAid Thanks

The charity WaterAid have written to thank us for the donation of £695.26 raised at this year's John O'Goats event in January. Instead of an event fee, runners could choose to donate to one of two charities, the other being the Quaker Congo Partnership, who received £474.26. Charley Day of WaterAid said: "The gift you have given has helped bring clean, safe water to some of the poorest people around the world."

2018 Club Championships Results

The MDOC Club Championships is contested as a year long league, featuring a range of events hosted by ourselves and neighbouring clubs. A competitor's overall score in the league is the sum of his/her best 6 event scores and points are adjusted by age category and course length, so that the Open Division gives everyone a fair chance. There are also junior categories for MDOC members not competing on TD5 courses.

Congratulations to Vicky Thornton who became 2018 MDOC Club Champion and well done to everyone who took part. Here are the top 10 positions in the open class, the full results and the schedule of events for the 2019 Club Championships are available on the MDOC website.

Vicky Thornton (W55), 6374
Jillyan Dobby (W65), 6361
Heather Fellbaum (W55), 6356
John Britton (M65), 6286
Chris Rostron (M70), 6238
Martin Green (M60), 6232
Liam Corner (M45), 6183
Peter Ross (M70), 6179
Jane McCann (W50), 6174
Dave McCann (M55), 6169



MDOC Club Champion 2018 – Vicky Thornton

John O' Goats

January 5th was the first Saturday of the new year and that could only mean one thing, MDOC's annual charity event at Lyme. This event is a little different from our regular



events, as it has a mass start for all competitors and different length courses depending on age class. In addition to this, the bulk of the event takes on a score format, with the option of skipping one or more controls, again depending on age class. The result is a fun, chaotic and unpredictable race which usually attracts a good number of runners, particularly with the promise of the age class handicap levelling the playing field.

Runners in formation on leg 2 (Peter Cull)

This year was no exception and 156 competitors took part. Entry donations plus an excellent raffle raised a fantastic £1170 for the two charities; WaterAid & Quaker Congo Partnership. The majority of these competitors were running the short course or the (newly added) very short course. As well as showing the changing demographic of our sport, planner Marie Roberts remarked that this was a promising development opportunity for many of the younger competitors who chose the more technical event instead of the yellow course.

On the Long course Duncan Harris (DEE) made his 3 extra missed controls count and came home in first place ahead of Tom Fellbaum (MDOC) and David Newton (DVO).



River Edis-Smith in action (Peter Cull)



Alain Kyd after the hill start (Peter Cull)

Jonathan Emberton (EPOC) won the Medium course, just ahead of Mark Seddon (SELOC), both of whom were allowed to miss 3 controls, and 3rd place went to John Embrey (DEE) who missed 4.

Short course honours were shared between opposite ends of the age spectrum, with M14 Jake O'Donnell (DVO) in first and M70 Mike Smithard (DEE) in second. Third place went to Vicky Thornton (MDOC) and it was good to see our own M14 Dominic Wathey just a few minutes behind the multiple British Champion of that age category.

The surprise popularity of the very short course meant we sadly ran out of maps, but of those who did compete, M11 Oscar Smith took the win by 4 seconds over W9 Emily Smith; a strong rivalry for the future I'm sure! Rod Shaw (EPOC) came third and the over 80 had to find one more control than the young competitors. The youth vs experience debate rumbles on...

As well as Marie and the many volunteers who helped throughout the day, thanks must go to the organiser Margaret Gregory, who did a stellar job as always. The excellent photos from this event are courtesy of Peter Cull, and these plus many more are available on his website www.petercull.com for purchase.



A job well done for Trevor Roberts, Julie Brook and Cecilia Fenerty (Photos: Peter Cull)

UKOL 2018 Results

There was gold for Vicky Thornton in the W55 class of the 2018 UK Orienteering League. A fantastic score of 506 points over 11 events gave her a comfortable victory over all rivals – congratulations! Well done also to John Britton who finished second in M65 and 31st over all age classes, our highest individual position.

MDOC achieved a strong 13th place in the team competition and were within 200 points of the top 10, a target for 2019 perhaps... Congratulations to our counters: Paul Watson (M40), David Wathey (M50), Vicky Thornton (W55), Chris Rostron (M70), Peter Ross (M70), David Mawdsley (M75), Jonathan Malley (M21), David Gray (M35), Cecilia Fenerty (W50), Tom Fellbaum (M21), Heather Fellbaum (W55), Jillyan Dobby (W65), Ben Dempsey (M16), Liam Corner (M45), John Britton (M65).

The UK Orienteering League consists of 16-20 events from February to November spread across the country. They offer a range of competition formats and terrain types and competitors score points based on their position in their respective age classes.

For 2019 there are 23 events in the league, with a competitors best 12 to count. Full details are online at <http://www.ukorienteeringleague.org.uk/page/Home>. Geographically it may not be easy to compete in a full 12 events, but every little helps and the more points the better for the team competition, which takes the top 15 individuals scores.

Club Social Evening

Cecilia Fenerty

The first issue which arose with the Social Evening this year was that, having organised very successful events for many years, Pete and Rae were going on a trip to Australia, and would not be there this time. The responsibility of organising the Event without them weighed heavy on my shoulders. Rae, of course, did not leave me high and dry – she was very tolerant of my interrogation regarding how she had organised things previously, providing me with a list of previous food supplies and equipment she had used. It had also been usual for Pete and Rae to deliver some awards and votes of thanks at the social, and I was very keen that this should still be the case. So with a bit of persuasion they provided me with a script that I could deliver on their behalf – we decided that relying on a link up by Skype was a bit too risky!

The second issue, was that the date for the Social clashed with a night orienteering event in the Lakes (LOC had moved the date) and this was potentially going to preclude some of the MDOC members coming. Furthermore the usual High Lane venue was fully booked so it was not easy to move the date. Ian Gilliver came to our assistance by providing the contact for booking the Offerton Community Centre. Bookings are not usually taken at this venue for evenings or weekends, but Ian had previously used it to deliver his Health and Safety training, and on mentioning his name the doors literally opened for us, and we then had a new venue and a better date for the evening.

Emails promoting the evening went out to all club members and flyers were placed in the newsletter and at the registration desk of forthcoming events. Before long the attendance list began to steadily grow. Margaret Gregory and Dave Mawdsley with Jan Ellis volunteered very early on to help with the catering, Julie Brook supplied lots of vital equipment and Sue Birkinshaw provided proper plates and cutlery. As usual, we had a 'Bake-off Competition' to provide cake for afters and it was decided that members could bring any kind of bake but should give it an orienteering title.

But what to do for the entertainment? In previous years we had showed a film or had a Ceilidh, but neither of these were options this time. Having explored the various features of Routegadget when we first started orienteering, David and I had had a running joke (excuse the pun!) about using it for a 'race meeting', along the line of horse racing. And so the Multiday Armchair Orienteering Event was born.



Prize winners in the 'Multiday' event

Events on Routegadget were selected from around the country, four competitors were chosen for each race and their routes anonymised. Each of the four competitors were allocated a colour, and race cards were produced describing the terrain of the race and the skills and flaws of each colour. David and Dom and I had some fun choosing the background music we were going to have for each race, with musical references such as the theme to 'Chariots of Fire' and 'Top Gear'.

Having considered the terrain and studied the 'form' or merits of the four colours, everyone chose which one they thought best for the day's event and then we 'ran the race'. At first, there were a few bemused faces around the hall, as people didn't really understand how this whole hare-brained idea was going to work. However, David and Dom did a brilliant job of commentating - like the orienteering version of Peter O'Sullivan and Brough Scott - so soon the club members were getting into the spirit of the event and cheering along their colours!

In the intervals between each 'orienteering day' we presented the awards for the Bake-off competition, 'Wise words from top overseas orienteers' (Pete and Rae), the chairpersons award presented by Marie Roberts, and the Club Championships Awards. As people left the evening they were each invited to take a 'Twin Peaks' bar (similar to a Toblerone only MDOC themed!) courtesy of Rae and Pete.



An Eddie Speak imposter collects the chairpersons award

Overall, the evening was a success with 50 people attending and there was very positive feedback regarding the venue, food cost and entertainment. In particular there was great appreciation for the wonderful hot dishes and the lovely cakes. Thankfully there were lots of positive remarks about the 5 day Armchair Orienteering Event but it was clear that people would have liked a few more quizzes, so there will be more prompting for people to bring these next time.

So, special thanks for helping making the Social a success go to Rae and Pete Lomas, Julie Brook, Sue Birkinshaw, Ian Gilliver, Marie Roberts, Margaret Gregory, Dave Mawdsley, Jan Ellis, David Wathey, Dom Wathey, and of course all of you who brought your wonderful bakes with inventive titles.

Saturday Series

This years spring series of Saturday morning events consists of three events. The first two, in Bruntwood and Woodbank parks, have been successful both in terms of participant numbers and enjoyment. The final event in the series is in Wythenshawe Park on March 16th and we are all hoping for a big turn out from new faces – so tell your friends and bring them along!



Stella and Penny Heap sporting their new O' tops in Bruntwood Park

While primarily aimed at introducing newcomers to the sport on standard easy colour coded courses, this series also included a score and technical score course, to add some interest for regulars. The technical score uses an odds/evens system where controls only count if visited in alternating order i.e. odd, even, odd, etc. While this a devious planners dream, it also puts a great twist on some well known parks and genuinely keeps you thinking the whole way around. So far it has proved challenging enough that no-one (even Liam!) has visited all controls in 45 minutes, bring on Wythenshawe...



Happy orienteers at the finish in Bruntwood Park

New Committee Structure

The MDOC committee have decided to try a new structure based on smaller working groups, each with specific aims regarding the organisation and running of our club and events. The hope is that individual groups can focus on their specialities and thus streamline the process of managing MDOC. The overall committee will still meet regularly to decide important matters, but members of the 'sub committees' can choose whether to attend, or to just meet their own group for specific planning. The six sub committees are shown in the diagram below, with a brief description of the sort of tasks they are responsible for.



If you are interested in helping out in any of these groups, or you have any ideas or comments please get in touch, as we're always looking for ways to help the club grow. Even if you aren't sure exactly what you can offer or where you fit best, just have a chat with anyone from the committee and they'll be happy to explain how it all works.

TrailO News

MDOC's John Kewley (JK) finished 2018 in 36th and top Brit in the inaugural IOF World Ranking List and 39th and 2nd Brit in the European Cup for Trail Orienteering (ECTO).

This marked one of John's most successful seasons with a Bronze medal in the European Championships TrailO Relay and 2 medals at the JK last Easter. His 18th place in the European Championships TempO Final was the best ever by a Brit, as was his World Championships TempO Qualifier position of 4th.

John's 2019 season kicks off with the Lipica TrailO (WRE and ECTO) in Slovenia in March and the JK which will be the first ECTO to be held in GBR. Selection for the 2019 World Trail Orienteering Championships will take place after these 2 events. He has also been appointed IOF Event Adviser for the Bukowa Cup in Poland in October 2019.

'Its orienteering Jim, but not as we know it!'

Cecilia, David & Dominic

Having pondered the maps of previous Stockholm Indoor Cup events in Compass Sport over the past couple of years, we were all excited to be heading to Stockholm to take on the challenge of indoor orienteering, Swedish style. Friday was our tourist day and was spent looking round Gamla Stan (the old town), sampling fika (Swedish coffee and cake), looking round the Viking Museum and having Swedish meat-balls and reindeer for tea. The snowfall was heavy in the evening, and snowball fighting was mandatory on the walk back to the hotel.

Our runs were scheduled for the afternoon on Saturday which allowed us to do part of the city run in the morning. The organisers had thoughtfully laid on a mere 17.5k amble around some of the key sights of the city. We whittled it down a bit to 9k crossing the river to the pretty, snow covered, parkland island of Langholmen. We were particularly grateful for the refreshment station at one control where the organisers had left a box in the snow containing water, hot juice and dried fruit for the runners to enjoy – a lovely touch.

Dom [course - H14] The surprising thing about running round Stockholm with a map, was that people we passed commented on us doing Orienteering, rather than the usual response we get in Britain with people asking us if we were doing a treasure hunt!

The day one indoor event was held in a school building surrounding a central courtyard. The foot-print of each floor was quite small but there were 9 levels to navigate. Nine different stair cases linked these levels but only selected stairwells were open on each floor and sometimes they opened out onto corridors which were one way only. Indoor orienteering may sound a bit strange at first, and some may assume that it is very simple compared to conventional terrain orienteering. However I found that the event was very good training, forcing me into quick decision making about route choice. On the navigational side, legs which may have looked easy, were often not. For example running from one control to another located on the same floor may require running up or down stairs, along corridors, and then using a different flight of stairs back to the original level and destination. So many of the legs were complicated like this, and I could sometimes think I had worked out a good route, only to realise that this would take me to a dead-end. This meant that when there was indeed a simple route I had to double check to make sure there wasn't a trap along the way!



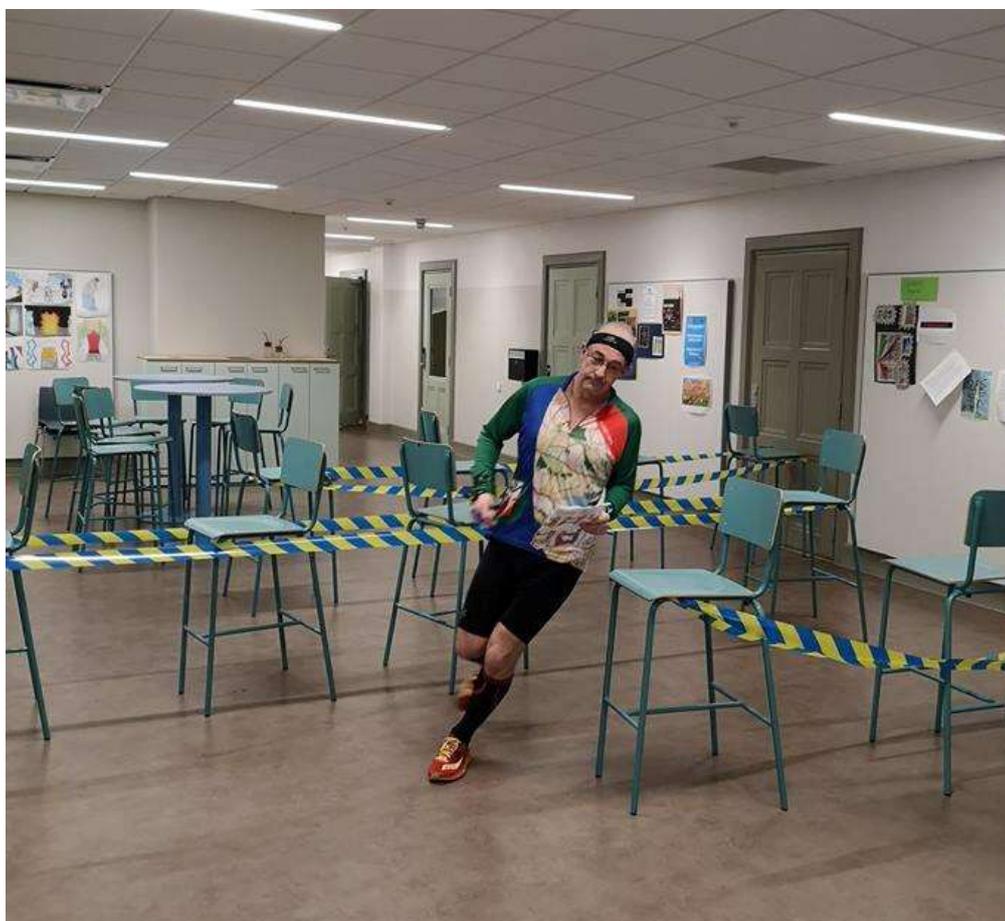
Confused runners gather at the staircases

David [course - Gubbar]: This being my first indoor event, and first orienteering event outside the UK, I admit to being nervous as I headed to the start through the throng of orienteers. Would I be able to get my head round the multi-dimensional map? So into the start lane and you get your first taste of the indoor orienteering planner's box of tricks. No silent start here, as the room is filled with high tempo techno trance music, just as you are trying to keep calm and focussed.

And then I'm off, and quickly identify my route to control number one, kindly located on the same floor. Second control is down a level and the route straightforward. 'Hey, this is not so bad', I think, and then bang! The planner hits us with the "Thor hammer".

Control 2 to 3 is fiendish. I try to put into practice the technique of finding your entry point for the next control and then working backwards, but each route seems to end up in a dead end. So I hare up stairwell J to Level 3 only to realise that there is no way out onto the rest the floor, so back down to level 1 to relocate. After some minutes I am off again, this time heading to stairwell B to try and get to Level 3. I head up the stairs only to find that they have blocked this off. Ahhh, that's how these stairwell symbols work, as half a dozen other frustrated orienteers arrive with much tutting and exasperation.

Oh my! Its back to J and then the Krona drops, you've got to head up to Level 6 on J then around the corner and down one level on stairwell G. From here I miss the fastest route down to level 3 by stairwell C, as I pursue my obsession with exiting there on stairwell B. I have spotted that this route works and smugly smile at the runners arriving on the wrong side of the tape at level 3 where I had been some 15 minutes earlier. Out on level 3 I get to stairwell K and drop down to the ground floor once more to find my control with a large measure of relief.



David in action (All pictures courtesy of Stockholm Indoor Cup)

My next two controls are then remarkably straight forward – ‘But hold on! There must be a trap!’ I think, and spend time reaffirming that I have not missed something obvious, before tentatively heading up stairwell K to Level 2 to locate number 4. Control 5 is just round the corner and I head into a small blacked out lecture theatre to be greeted with looping video and pumping techno. Not a place to stand around planning my next route I think, but as I run down the corridors the incantations of ‘taking the hobbits to Isengard, the hobbits, the hobbits, the hobbits...’ are stuck in my head like an ear worm.

Haring along the corridors dodging the lithe Scandies, and a few discombobulated Brits, you half expect to hear a teacher barking “you boy, stop running...and tuck your shirt in!” At last I am at control 20, in the sick bay with a mannequin slumped off the inspection couch (the planners nod to Nordic noir), then another up and down on to the finish run in. I am somewhat relieved to have finished my first indoor orienteering adventure!

Cecilia [course - Tanter]: The first couple of controls on my course were pretty straight forward, with easy access and on the same floor as the start. By the time I had done another couple of controls I realised things were not always going to be that simple! I had started to execute planned routes only to realise a few seconds later that it would not in fact give me access to the control I needed; I had also briefly lost track of which floor I was on because I had been looking at my map whilst running up a spiral staircase and missed the fact I had passed a couple of closed doors on levels which could not be accessed from that flight. The only solution was to talk to myself!

Soon I was careering along corridors and flying up and down staircases muttering ‘Staircase A, up two floors....Level 4....Level 5...OK, across to staircase H...down 3 floors....Level 4....Level 3...Level 2.....’ Some of the staircases were very wide and wrapped round an elevator shaft - these were my favourites and I bound up and down them 2 steps at a time.

On one of these wide open staircases I stopped on one floor to double check where I was, standing by the opening to a corridor which was cordoned off. I was aware of someone standing the other side of the barrier, but I didn’t look up from my map while I continued to mutter to myself about where I was and where I wanted to be. ‘Come on! Concentrate!’ said a familiar voice, and I looked up to see Trevor Roberts looking bemused and grinning at me. ‘I’m tryyyyinng!’ I replied laughing, as I set off again down another couple of flights.

None of the controls were hidden but they were not identified with O-kites, and sometimes locating them in an unlit room was a bit of a challenge. There were also plenty of distractions beyond the other orienteers; a control location was set up like a holiday beach with Hawaiian music; another located by a tent lit from within by an ever-changing spectrum of coloured lights; darkened lecture theatres showing looping videos accompanied by deafening music... These either made me laugh along the way, or run faster to get away. Either way, it took a lot of focus not to lose concentration.

At the end of our courses, we met up with Marie and Trevor Roberts, compared notes on our performances and exchanged notes on our favourite staircases. Whilst David, Dominic and I had had a restful day before the event, Marie and Trevor had been travelling during the severe snow fall. Their flight had been seriously delayed, with the

result they arrived at their hotel in the early hours of that morning, and I can't imagine how I would have coped doing these courses in their sleep deprived state!

Day two was in a different location and the building was quite different too: the foot print of the floors was much bigger but there were only two main levels, plus a small basement cul-de-sac. From the start there was a short run outside in the snow to the neighbouring building and the rest of the course. There were again multiple staircases which were only accessible from certain directions and a few of the corridors were one way only. Routes frequently involved running through class rooms and a chicane of tables and desks, as well as other orienteers. Some of the corridors were split into a left-hand and right-hand runs with lengths of tape which were not to be crossed. These corridors were not particularly wide and with occasional door jams sticking out and people running either way on each side there was plenty of jostling and a fair few collisions when running round corners.

It was clear by my performance over the weekend that my brain worked better on the vertical day 1, rather than the horizontal day 2. At one point I came out of staircase E and stood at a doorway knowing I didn't want to go straight ahead down the one way, but also realising that the only other alternative right hand turn was no use to me



Dom & Cecilia enjoy the Swedish weather

either. As I turned back to return down the staircase, one of the marshals stopped me saying that having got that far I had to continue and go down the one way – dismay! I was running round in circles!

Eventually I found my preferred stair cases and corridors and stuck to them even though with hindsight there were better ways to go. After a very sticky and frustrating beginning I found a rhythm and was able to enjoy the legs of the second half of my course. It was however a relief to punch the second to last control and then run outside back to the neighbouring building and the finish. The marshalls on that outside leg frantically swept the matting in front of me as I ran, as though they were 'sooping' a curling stone heading for the hog-line!

As Spock would say, "its orienteering Jim, but not as we know it" - but brilliant fun all the same.

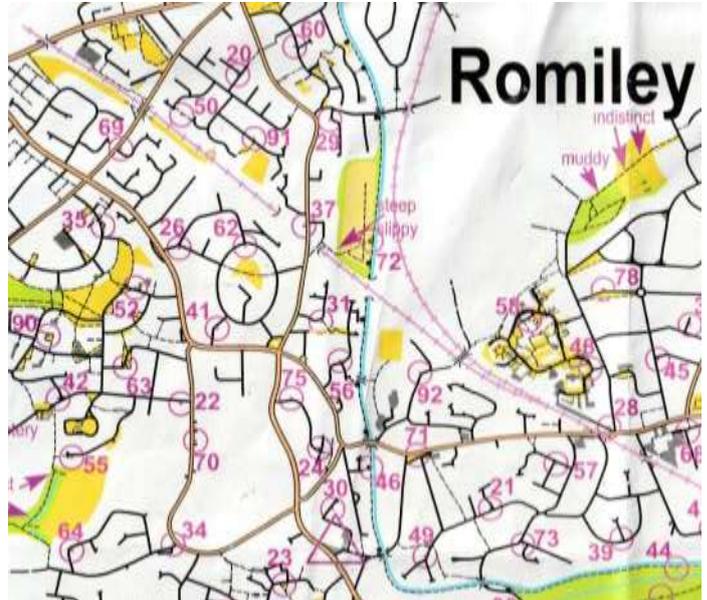
Back at work and the lifts are out of action again...I'm trudging up and down to the 4th floor -104 steps...I just keep telling myself I've already started my training for the SIC 2020.

To view maps and courses from the event, visit www.stockholmindoorcup.se/kartor/kartor-sic-2019-etapp-1/

Night Street League

Romiley was the location for the 4th Night Street League event of the season, and a Christmas special was delivered by planner Rebecca Glen and checker John Britton. Their course provided more controls and bigger points than ever before, but consequently used harsher penalties to make sure everyone came back in time.

The exciting mix of areas on different levels had something for everyone, and the large points meant most arrived back claiming their 'biggest scores ever', however when the points were normalised by the average mark, a few runners rose above the rest. Tom Fellbaum (MDOC) used a 60 minute strategy to good effect and was a comfortable winner in the gross points, ahead of Matt Driver (SELOC) and Warren Mason (IND). First Lady was Fiona Millington, with a clear lead over Jane McCann and Clare Griffin (all MDOC). First pair was Simon Rushton & Darren Peatfield (Marple) and in the handicap results Tom Fellbaum lead home Warren Mason and John Embrey (DEE).



An extract from the Romiley map

The first event back after the Christmas break was held at the Moorfield in Sale. It used the eastern side of Sale and stretched out all the way to the edge of Wythenshawe Park, including more tram line crossings and judging by the number of wrong answers, some puzzling clues – apologies from the planner! It was good to see so much variety in

everyones strategies and the routegadget trace showed a pleasantly colourful mess of different routes. My thanks to first time checker Julie Laverock who did a great job.

Despite the abundance of different routes, Matt Driver stood out as a clear winner in the gross points after running 10.5 miles in 75 mins and avoiding a couple of the 80 point 'traps'. A close battle for second saw Warren Mason come out just ahead of Mark Burley (MDOC). The first lady was Carolyn Hindle (FVO) ahead of Fiona Millington and Jane McCann who both added to their impressive overall scores for the season. The first pair was Anna & Duncan Harris (DEE) who secured a very impressive 4th place overall and 3rd in the handicap results, behind winner Warren Mason and overall handicap leader John Embrey.



The crowded Sale East map

Sadly event 6 of the league was hit by inclement weather and the threat of snow and ice deterred several regulars from travelling to the Micker Brook in Cheadle. Despite this, 64 people braved the elements and explored the fascinating area full of train lines, new estates, mystery alleys and equine field guardians. Planner Ian Gilliver made the competitors work hard for their points, and the mental challenge was only matched by the challenge of staying upright on the icy surfaces.

Warren Mason, Mark Burley and the pair of Anna & Duncan Harris all moved up one place in the gross results from the last event, to make up the top three. The ever improving Jane McCann was first lady, just ahead of Clare Griffin and Sally Gilliver (MDOC). Meanwhile in the handicap table, Paul Turner (SELOC) joined Warren Mason and Anna & Duncan Harris in the top three.

Event 7 was held in High Lane on 12th February at the Dog and Partridge. This time a map exchange was not only offered but recommended to all, as the first map only contained 30% of the total points. The general consensus seems to be that a relatively easy start was used by Chris Rostron and Julie Brook, so that the second half would catch people off guard. Devious and excellent planning if true, as lots struggled to make the most of the second map, and even more struggled to pick out an efficient route to return to the pub – it was a tough challenge and of course lots of fun!

John Embrey was back to winning form with a storming run and he finished well clear despite 54 penalty points. Second place went to Nathanael Booker (IND), with Sam Drinkwater (MDOC) in third. First lady was Fiona Millington who was once again well clear and extends her lead in the overall league table to a possibly unassailable margin. Completing the podium were Fiona Blagg (IND) and Anna Mackenzie (MDOC). The first pair was James & Edward Corden (Stockport), while in the handicap scores Paul Turner just edged out John Britton (MDOC) for second place, behind John Embrey.



Part 2 of the High Lane map

The final event of the regular league takes place in Gee Cross on February 28th (look out for an update in the next edition) and by the time you read this all the scores will be added up and checked and we will have our 2018/19 Night Street League Champions.

So with the regular season finished for another year, all that remains is the most fun event of all – the Cup Final! This event stands alone with a handicap system based on a competitors average over the season, so that everyone has an equal chance of winning, whether they normally finish first or last. The main prize is the Hydrant Trophy, which is awarded to the competitor who beats their own average score by the largest amount, however there are also prizes for consistency through the season and for best improvement. All in all the race isn't taken too seriously and is an ideal chance to catch up with fellow runners and debrief after all the hard work of the previous five months.

The Orienteering Foundation

The Orienteering Foundation relies on our many generous donors to build a fund that the Trustees of the charity can use to help develop UK orienteering, particularly where our support encourages innovation or alleviates hardship. As a charity, donations often benefit from Gift Aid, greatly increasing the money raised from each donation made by a tax-payer.

I would like again to thank the many members of MDOC who donated monies they would have received for volunteering at the Lakes 5-days 2018: a total of £576, which shows how quickly donations from a number of people can generate a significant amount that can be used to support deserving athletes or projects.

Recently, for example, we have supported the Junior Regional Squads, English schools participation in the World Schools Champs 2019 in Estonia, and we coordinated and managed two highly successful fund-raising projects to support the athletes selected for the World Orienteering Championships. All the projects we have funded, many with reports, can be found at www.orienteeringfoundation.org.uk/projects-funded. We also held two successful coaching days in the Lake District in 2018.

You can find more detail about the Orienteering Foundation on our website www.orienteeringfoundation.org.uk. You can also follow us at <https://www.facebook.com/orienteeringfoundation/> and <https://twitter.com/oingfoundation>.

We welcome new donors and donations to support our work (see www.orienteeringfoundation.org.uk/support-us). We also seek further grant applications (see www.orienteeringfoundation.org.uk/apply-for-funding).

The Trustees (see www.orienteeringfoundation.org.uk/about) meet five or six times a year (currently twice a year face-to-face, the rest by conference call). Our 6 Trustees are from different Associations and we do not currently have a Trustee in NWOA.

Where an Association does not have a Trustee, we are interested in recruiting an Ambassador - a new role for someone interested in helping to raise awareness of the Foundation at Association and/or club meetings and acting as a conduit for feedback.

Why not make a donation (one-off, regular, or in a will*), submit a grant application, or consider becoming a Trustee or an Ambassador?

Neil Cameron

chair@orienteeringfoundation.org.uk



*See www.orienteeringfoundation.org.uk/one-percent

MDOCs Australian Connection

Rae & Pete Lomas

Tony Perrott came to teach for a year at Hazel Grove High School in 2007. He & his wife Liz joined MDOC, firstly coming to the Christmas social then joining the Wednesday night run as well as competing at any event they could get to. Tony was given the top that he is still wearing as a memento. Several club members then met them again at the World Masters in Australia in 2009 with some of us visiting them in their home in Albury.

Travelling around the world in 2012 without flying, apart from getting out of Australia to Vietnam, & mostly using bikes they arrived in Manchester to meet up yet again with MDOC members. On our recent trip to Australia we travelled to Albury & spent a wonderful weekend with them, mostly reminiscing. They extended an invite to any MDOC members to visit them so that they can reciprocate the warm welcome they received from MDOC members.



Tony after a Saturday morning parkrun in Albury

Caption competition...



Last editions winner..



'I don't care if you ARE winning your class, you're not crossing this bridge until you guess which hand the coin is hidden in' - Steve Bingham

Fixtures

MDOC Events:

Tue 12th March – Urmston (The Roebuck) – Night Street League Cup Final

Sat 16th March – Wythenshawe Park – Spring Series

Tue 16th April – Teggs Nose – Evening Event

Sun 28th April – Birchwood – Urban Middle Distance

Thur 9th May – Lyme – Intro Event

Tue 14th May – Macclesfield Forest – Evening Event

Tue 21st May – Lyme – Intro Event

Other Events:

Sun 17th March – Bampton Common – Compass Sport Cup Heat (BL)

Sat 23rd March – Haverthwaite Heights – Middle Distance (LOC)

Sun 24th March – Hampsfell – Red Rose Classic (SROC)

Sun 31st March – Peel Park (Accrington) – Regional Event (PFO)

Sun 14th April – Dob Park Woods (Otley) – Regional Event (CLARO)

Sat 11th May – Aitken Woods (Nelson) – YBT Heat & Regional Event (PFO)

Sat 18th May – Caw – National Event (LOC)

Sun 19th May – Stickle Pike – National Event (LOC)

Wednesday Runs:

13th March – Wagg – Didsbury

20th March – Rostron – High Lane

27th March – Roberts – Bramhall

3rd April – Gregory – Didsbury

10th April – Brook – New Mills

17th April – Speak – Adlington (Cheshire)

24th April – Lomas – Hazel Grove

1st May – Birkinshaw – Hale

8th May – Britton – Marple

15th May – McCann – Hazel Grove

22nd May – Mawdsley - Macclesfield

More Photos



Heaps of Heaps in Philips Park!



The Philips Park start (Vicky Thornton)



Laura Hindle in Knightslow Wood (Peter Cull)



Trevor Hindle leads the field over Cage Hill (Photo: Peter Cull)

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