



# MDOC NEWS



**Newsletter of Manchester and District Orienteering Club**

**MAY 2014**



*Andy Thornton hands over to David McCann at JK Relays*

**JK 2014**

**RIGA, LATVIA**

**SPRING EVENTS**

**DEE/MDOC CHALLENGE**

**TWIN PEAK 2014**

**FOOTPATH RELAY**

## NEWS

**JK.** An excellent run in the JK Relays for our Women's team of Heather Fellbaum, Jan Ellis and Vicky Thornton, who came second in the W165+ class, only a minute behind the winners. Others in the medals included Andrew Gregory (1<sup>st</sup> M75) and John Britton (3<sup>rd</sup> M60) in the Sprint, Sue Birkinshaw (2<sup>nd</sup> W75) in the Individual and John Kewley (1<sup>st</sup> in the Elite PreO. Cerys Manning was 1<sup>st</sup> on W21S and Heather Fellbaum 2<sup>nd</sup> on W50S.

**Nopesport**, the online orienteering community, is closing. Their website has hosted a very popular discussion group over the last few years, and they have also supported ventures such as the Nopesport Urban League. Being independent of BOF, they have provided a forum for many different points of view on orienteering issues. The Urban League will continue and, thanks to Nick Barrable, a new discussion forum will be formed on the CompassSport website.

**Macclesfield Barnaby Festival.** This is a Festival of contemporary arts, culture and fun celebrating Macclesfield's rich heritage. It has become a fixture in the town's calendar, reinventing the centuries old tradition of marking St Barnabas feast day. From 14-29 June, the town centre will be brought to life with art, music, comedy, performance, street entertainment, activities, workshops, walks and talks. On the afternoon of 22 June Alan Ogden is laying on an orienteering activity aimed at families giving their children a go at finding their way around the streets using Tom Fellbaum's map of Macclesfield. Alan stresses that this would be good for first timers and novices, but would probably be a disappointment to anyone with more experience. See: [www.barnabyfestival.org.uk](http://www.barnabyfestival.org.uk)

**Lakes5days.** All Northwest clubs are asked to help at the Lakes5days event, and MDOC are providing Central Services, which means that everyone in the club will be asked to help on one day of the event while some people like the computer team will be working every day. The week of orienteering comprises 5 main events from Sunday 3<sup>rd</sup> to Friday 8<sup>th</sup> August, together with urban street races in Ulverston on the Wednesday rest day and an evening Countryside Score event at Cartmel on the Tuesday that we are putting on, co-ordinated by Andy Thornton.

**JK 2015.** Next year's JK orienteering festival over Easter will be in the Lake District. This should be an excellent event, with some of the best orienteering areas in England. The Sprint on the Friday will be at Lancaster University and the two Individual races on Saturday and Sunday at Ulpha Park and Bigland. We are organising the Relays on the Easter Monday at Graythwaite, and Steve Fellbaum is co-ordinating.

**Interland.** Congratulations to Matthew Fellbaum and Vicky Thornton who represented England in this year's Interland Cup competition which was held at Bruay-la-Buissiere in France. The English team won overall and also won the Junior Trophy. Both Matthew and Vicky counted towards the team score with Matthew coming 6th in M17 and Vicky 2nd in W50.

**BUCS.** Both Tom and Alice Fellbaum had very good runs at the British Universities Championships at Ilkley Moor on 22 February. Tom, running for Salford, was 16<sup>th</sup> out of 82 on the Men's and Alice, running for Leeds, also 16<sup>th</sup>, out of 56 on the Women's course.

## JK 2014 SOUTH WALES

*Andrew Gregory*

This year's Easter festival of orienteering was in South Wales, with the Sprint event at the campus of Swansea University followed by the 2-day Individual and the Relays all on the southern edge of the Brecon Beacons. Nearly 50 club members made the journey down.

A beautiful sunny day on Good Friday greeted competitors arriving at Swansea for the Sprint races. The student union made an excellent event centre, although most people were sitting on the lawns outside in the sunshine. The courses used both the University Campus and the adjoining Singleton Park. In general the planning involved a lot of short legs rather than long legs with route choice, and several people, including myself, overshot easy controls on a very short leg.

I just managed to win my course in spite of landing right in a muddy stream I was trying to jump! John Britton was 3<sup>rd</sup>, and Rae Lomas and Sue Birkinshaw both 4<sup>th</sup> in their respective classes. Matthew Fellbaum came an excellent 6<sup>th</sup> in the very competitive M16 class, and Tom Fellbaum an impressive 14<sup>th</sup> in a very strong field on M21E.



The results of club members in terms of *control!* *Andy Thornton at the rather odd last*

positions are shown below, with the number of entries on each course shown in brackets.

M12 (53)	23	Ben Dempsey	56	Grahame Crashaw
M14 (68)	22	James McCann	M70 (43)	20 Dave Mawdsley
M16 (95)	6	Matthew Fellbaum	M75 (16)	1 Andrew Gregory
M18E (69)	21	Alistair Thornton	W16 (75)	22 Laura Hindle
	35	John Dempsey	W18E (45)	31 Carolyn Hindle
M20E (40)	30	Alex McCann	W21E (61)	34 Alice Fellbaum
M21E (96)	14	Thomas Fellbaum	W45 (113)	43 Jane McCann
M40 (54)	36	Paul Watson	W50 (107)	8 Vicky Thornton
M50 (152)	54	Steve Dempsey		16= Sally Gilliver
	77	John Kewley		34 Hazel Hindle
	79=	Andy Thornton	W55 (75)	64 Julie Bedwell
	90	Alan Ogden	W60 (45)	13 Jillyan Dobby
	91	David McCann	W65 (55)	26 Jan Ellis
	107	Stephen Fellbaum		45 Julie Brook
	124	Trevor Hindle		51 Alison Doyle
M55 (125)	31	Tom Bedwell	W70 (24)	4 Rae Lomas
M60 (87)	3	John Britton		9 Irene Crawshaw
	76	Ian Gilliver	W75 (6)	4 Sue Birkinshaw
M65 (91)	30	Peter Ross		6 Margaret Gregory
	32	Chris Rostron	Novice (66)	13 Gemma Manley
	47	Ian Watson		

The two Individual days were on the high open moorland of Merthyr Common and the adjacent area of Llangynidr, with parking along 3km of a rough quarry road between the two areas. These were limestone hills; fairly featureless moorland covered with heather and having quite complex contour detail including many large depressions. Fortunately the mist was not down or navigation would have been even more difficult. Saturday was fine but with a cold wind, while Sunday was much colder and overcast, and half way through the event a loud clap of thunder followed by heavy rain gave additional problems for those out on the hill at that time.

The overall positions of club members are shown, together with their position on each individual day. Of our seniors, Cerys Manning won W21S, Sue Birkinshaw was 2<sup>nd</sup> on W75 and Heather Fellbaum, coming back to running again after injury, 3<sup>rd</sup> on W50S. John Britton was 6<sup>th</sup> on M60L and Alice Fellbaum 6<sup>th</sup> on W21L, including second place on day 3. Personally, I started day 2 very accurately on the complex terrain, finding the first 4 controls quite quickly. Then I had to refold the map and must have lost track of where I was, starting out on a long leg to control 6 when I was only at control 4. No wonder the terrain didn't seem to make sense! However long you have been orienteering there are always new mistakes to be made!

Several of our juniors had really good times. Alistair Thornton had an outstanding result on day 3 coming 4<sup>th</sup> on M18E, Matthew Fellbaum came 5<sup>th</sup> on M16 both on day 3 and overall and Laura Hindle came 6<sup>th</sup> on W16A again both on day 3 and overall. The other juniors all did very well and will have learnt from the experience of a top level competition

	<u>pos</u>		<u>d2</u>	<u>d3</u>					
M12A (49)	33	Ben Dempsey	30	45	M65S (35)	8	Grahame Crawshaw	9	11
M14A (61)	31	James McCann	34	32	M70L (64)	16	Dave Mawdsley	28	16
M16A (89)	5	Matthew Fellbaum	12	5			Peter Lomas	39	-
M18E (48)	9	Alistair Thornton	26	4	M75L (29)		Andrew Gregory	-	3
		John Dempsey	46	-	W16A (75)	6	Laura Hindle	12	6
M18S (20)		Tom McCann	13	-	W18E (43)	33	Carolyn Hindle	39	25
M20E (35)	17	Alex McCann	21	16	W21L (34)	6	Alice Fellbaum	13	2
M21E (75)		Thomas Fellbaum	50	-	W21S (46)	1	Cerys Manning	1	3
M40L (50)		Liam Corner	15	9	W45L (87)	40	Jane McCann	36	48
M40S (29)	17	Paul Watson	20	21	W50L (72)	7	Vicky Thornton	13	5
M50L (44)	33	Jim Trueman	40	22		35	Hazel Hindle	32	42
		62 David McCann	72	64			Sally Gilliver	36	-
		79 Stephen Fellbaum	94	71	W50S (70)	3	Heather Fellbaum	6	3
		83 Andy Thornton	96	75	W60L (48)	10	Jillyan Dobby	13	12
		91 Trevor Hindle	89	99	W65L (59)	30	Jan Ellis	39	31
		Steve Dempsey	38	-		33	Julie Brook	47	25
M50S (60)	21	John Kewley	23	21		44	Alison Doyle	32	48
		34 Alan Ogden	41	34	W70L (33)	7	Irene Crawshaw	6	8
M55L (120)	34	Tom Bedwell	19	54		8	Rae Lomas	11	7
M60L (109)	6	John Britton	8	9	W75 (11)	2	Sue Birkinshaw	3	3
		Ian Gilliver	85	-			Margaret Gregory	6	-
M65L (106)	29	Peter Ross	48	32	Light Green		Gemma Manley	56	-
		34 Chris Rostron	47	37			Julie Bedwell	67	-
		37 Ian Watson	32	54					

A sunny day again for the relays, held at Pwll Du near Blaenavon and the Big Pit mining museum. This was again completely open hillside with grassed over spoil heaps and other distinct earthworks. Vicky and Andy Thornton, as relay co-ordinators, had selected some potentially very strong teams, and most of them fulfilled their expectations.

The most impressive performance was the Veteran Women's team of Heather Fellbaum, Jan Ellis and Vicky Thornton, who came second, only a minute behind the winners DVO. Heather ran a strong first leg coming in first, Jan ran a steady second leg holding the team on to fourth place, and Vicky ran a very powerful final leg to bring them back into second.

Most other teams did respectably, with some outstanding individual performances. Tom Fellbaum came back first on the first leg for the Senior Men class, and in the Intermediate Men class Alistair Thornton was also first back, and Matthew Fellbaum was second fastest on his last leg. Alice Fellbaum was second back on the first leg for the Women's Short class.

The second best team result was 6<sup>th</sup> in the Intermediate Men class, by Alistair Thornton, James McCann and Matthew Fellbaum, and we had three teams all with a very good 8<sup>th</sup> position.

Peter Lomas had the unluckiest relay run of the day. He inadvisably took a short cut through a deep marsh, went in up to his waist and lost his map!

The full results of our relay teams are shown below. The figure in brackets is the position out of all the runners on that leg, which is not necessarily the same as the team position on the leg.

**Women's Short** (47 teams)

8 Alice Fellbaum (2), Carolyn Hindle (9), Laura Hindle (21)

**Senior Men - M120+** (44 teams)

8 Tom Fellbaum (1), John Britton (13), Liam Corner (12)

17 Alex McCann (21), Trevor Hindle (14), Steve Dempsey (20)

39 Alan Ogden (41), Steve Fellbaum (38), John Kewley (33)

- Jim Trueman (-), Andy Thornton (22), David McCann (35)

**Veteran Women - W165+** (20 teams)

2 Heather Fellbaum (1), Jan Ellis (7), Vicky Thornton (1)

**Ultra-Veteran - M/W210+** (35 teams)

8 Chris Rostron (10), Dave Mawdsley (4), Andrew Gregory (13)

29 Jane McCann (26), Sue Birkinshaw (30), Julie Brook (22)

31 Hazel Hindle (17), Margaret Gregory (33), Alison Doyle (32)

- Ian Watson (13), Rae Lomas (26), Peter Lomas (-)

**Intermediate Men - M48+** (31 teams)

6 Alistair Thornton (1), James McCann (18), Matthew Fellbaum (2)

21 Tom McCann (25), Ben Dempsey (29), John Dempsey (25)

John Kewley did very well to win the Elite PreO event on day 3. PreO (Precision Orienteering) is a type of Trail Orienteering with a few timed controls.

## ORIENTEERING IN LATVIA

*Trevor Roberts*

With the coming of Easter, the JK was the default choice for orienteering, but a chance conversation with Jean Payne of Deeside piqued our interest in the Riga Orienteering Week. We duly booked Ryanair flights and a hotel in the old medieval city. On arrival, we were greeted by a cold north wind which seemed to herald a grim Baltic experience. However the next day the wind turned to the south and we were blessed with warm sunny weather throughout the rest of the week with temperatures as high as 22 degrees.

The week's orienteering consisted of three low-key events organised by the local club, the Riga Cup competition - two world ranking events plus a model event - and a city sprint around the cobbled streets of the old medieval centre. The local club - Magnets - run the low key events throughout the season with one at least every week. The organisation is simple with just an "all controls" map handed out at registration. Gazebo tents at the start contained waist-high desks, each with a red pen and ruler attached by elastic. Competitors picked up description sheets for their course and went to a free desk to draw in the red lines between the applicable controls. Once completed they move to the exit for a punching start. Because Ryanair only fly on Tuesdays, we missed the first event but took in all the others, travelling each day on local buses using a very cheap multi-day pass.

The main event was the two-day Riga Cup which was preceded by the usual model event. This attracted about 900 competitors and had low entry fees. Despite this, the facilities were extensive. The same assembly was used for both days and was complete with a very large video screen showing people at selected controls in the forest as well as at the finish. Numerous radio controls meant that the progress of the leaders could be followed in real time especially as start times were organised by course to instill a more competitive atmosphere. Added to this, the best elite runners were tracked using GPS and their locations were shown on a large computer monitor.

For the low-key events and the Riga Cup, the terrain was open sandy forests with dunes and moss underfoot. Apart from the dunes, it was almost flat so the maps were 1:7500 with 2.5 metre contours sometimes with form lines as well. Navigation on an accurate bearing seemed to work best since losing contact with the map was very costly. The age profile of runners was very different from the experience in the UK. The largest classes were M and W21 and only about 20 people on M65 the oldest class offered.

The final day saw a fast sprint through the old city. There were plenty of nooks and crannies to visit and one control was situated just outside our hotel. Again, the start times were grouped by class but this time Marie and Trevor ran the same course, albeit two hours apart. Trevor ran first, finishing in 17 minutes with just a couple of hesitations. So, it was back to the hotel for a shower before watching Marie. Confidence was high but to Trevor's dismay, Marie made no hesitation errors and came in a minute quicker.

All in all, this was an excellent event. Latvia now uses the Euro and prices are low. Riga old city is a gem and the new part has a large number of art deco buildings erected when the country was part of the Russian empire. The event will be repeated next year if you fancy a change from the JK.

## **JIM NIGHTINGALE RETIRES!**

*Peter Lomas*

I am sure most of you know the tremendous work that Jim Nightingale has done over the years - too many to remember- in maintaining, repairing, making and storing the clubs' orienteering equipment at St.Aidans' Church in West Didsbury. He was always available to distribute equipment to planners and organisers, to help put out heavy stiles and direction signs, to be there when the equipment was returned and then put everything back in its place in the stores.

In addition to the work he has done for MDOC, Jim has been the lynch pin regarding the maintenance of GMOA Permanent Orienteering Courses. This involved replacing missing posts, making new ones when required, clearing undergrowth around the posts and ensuring that the POC's were fit for purpose, a mammoth job!

Jim celebrated his ninetieth!! birthday last November and reluctantly decided that he felt that it was time to end his commitment to GMOA. Recently Jim has decided it is time for him to also end his role with MDOC. As a result of Jim's commitment over the years MDOC is probably one of the best equipped clubs in the country.

Many members will be aware of Jim as an orienteer in his earlier years and his role and efficiency as equipment officer. His commitment and workload has been simply incredible. Jim has never wanted any accolade but now must be the time to say a huge thanks given with great appreciation for being such an exemplary member of MDOC.

## **PEAK DISTRICT FOOTPATH RELAY**

*Andrew Gregory*

The annual Peak District Footpath Relay will be organised this year by Walton Chasers Orienteering Club. It will be held on Saturday 21<sup>st</sup> June, centred on Ilam Hall, one of the most attractive areas of the Peak District, near the River Manifold and close to Dovedale.

The race will be 20 legs (from 2km to 10km) in 4 loops that will all start and finish by Ilam Hall. Legs 1,6,11 and 16 starting at the Hall and Legs 5, 10, 15 and 20 finishing at the Hall.

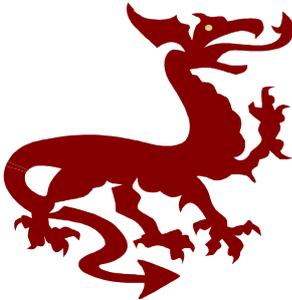
For anyone who has not taken part before, this is a very friendly informal competition between running clubs and orienteering clubs around the Peak District. Teams must meet certain number of handicap points, depending on age and gender, so runners of all ages and abilities are very welcome. Anyone who can help with transport is also valuable, as runners need to be either transported to the start or picked up from the end of their legs. It always provides a very pleasant summer day out in the Peak District.

Tony Wagg has very kindly offered to co-ordinate our team this year, as I shall be away on the day. He will be very happy to hear from anyone who is interested.

## DEE/MDOC CHALLENGE

The traditional informal annual event between us and our neighbouring club DEE has been enlivened over the last few years by an eloquently worded Challenge. In 2011 we were challenged to a tournament at Beeston Castle. We lost, but left their Castle in ruins! The following year we invited DEE to a peaceful event at Savio House in Bollington, which we just managed to win.

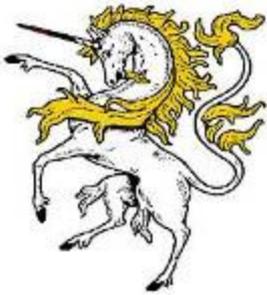
This year we have received the following invitation in Welsh!



*Mae boneddigion Glannau Dyfrdwy o dan reoliaeth eu tywysog, Pedr Ap Owen yn herio y werin o Faenceinion i brofiad o fedr, cyflymdra ac chywirdeb fordwpaeth yn nhiroedd orllewinol y Mers. Fe fydd y cynulliad hanesyddol yma yn cymeryd lle ar y ddwy ar bymthegfed o Fai yng ngartwiroedd chwarellog Mynydd Helygain.*

*The gentlemen of the banks of the Dee, under the control of their prince, Peter ap Owen, challenge the folk of Manchester to prove their speed and navigation accuracy by assembling west of the Marches. This historic assembly will take place on the seventeenth of May in the badlands mountain of Halkyn.*

We have naturally replied:



*Mae'r aelodau Manceinion a chŵb cyfeiriannu yn croesawu eich sialens a'u gwaed yn berwi. Paratowch, y bydd daeargryn yn dod wrth i Fanceinion groesi'r ffin ac adennill yr hyn sy'n bua I nhw - ond byddwch yn ofalus, bydd chwarae'n troi'n chwera wrth chwarae gyda than.*

*Members of Manchester and the orienteering club welcome your challenge with their blood boiling. Prepare, an earthquake heads your way as Manchester crosses the border and claims what is rightfully theirs - but be careful, if you play with fire you're going to get burnt.*

Halkyn Mountain is an interesting limestone hill with complex depressions. It lies between Mold and Holywell, just southwest of the A55. It can only occasionally be used for training or informal events, so this is a good opportunity to run on what for most of us will be a new area. See: [www.halkyn.org](http://www.halkyn.org)

The event is on Saturday 17<sup>th</sup> May, and further details will be circulated as soon as they are available. We would welcome a good turnout of members, to show that we can put up a good performance against our traditional rivals!

## TWIN PEAK 2014

Our major 2-day event this year, will be entirely within the City of Manchester. On Saturday 14 June we shall be hosting the inaugural North West Sprint Championships. This will be a 2-part race, with a qualification race in Platt Fields Park followed by a Final on the Fallowfield Campus of the University of Manchester. On Sunday 15 June we have the City of Manchester Race, with full length urban courses, based on the Castlefield Arena in Manchester. Both these events will be level B events, and the City of Manchester Race is included in the Nopesport Urban League.



The Sprint races are being planned by John Kewley and Ian Gilliver, and Alison Doyle is the organiser. We are using the Source Café of the Fallowfield Campus (Owens Park) as the event centre, which will provide a place to leave kit as well as providing refreshment before, after or between the two parts of the race.

There will be an interesting contrast between the typical park terrain of Platt Fields and the complexity of the campus with accommodation blocks, partially

enclosed courtyards, narrow passageways and gardens.

The urban courses for the City of Manchester Race are being planned by Steve Lang, with Margaret Gregory as organiser. Tom Fellbaum has done the surveying and cartography for the very detailed map. Part of the map was used last year for the three longest courses in the SELOC urban event based on Media City in Salford. The map has now been considerably extended into Manchester, and the event will be centred on the Castlefield Arena. This will provide an excellent setting for spectators, with registration in the neighbouring Castlefield Hotel which also is providing rooms for changing and storing kit. The intricate network of canals, bridges, overhead railways, bars, restaurants and apartment blocks will make for interesting orienteering.



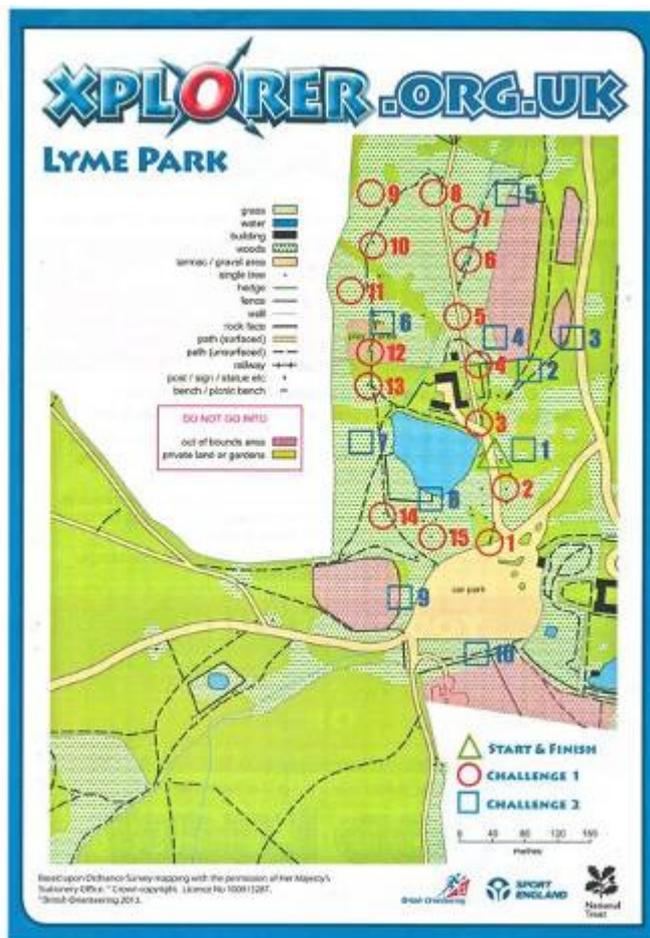
This will provided an excellent and varied weekend of orienteering. A copy of the flier for the weekend is enclosed with this Newsletter. Please help to publicise it and invite any friends to come along too. We shall obviously need plenty of help with both events, but nearly all helpers will be able to have a competitive run as well.

## XPLORER

Xplorer is an initiative from British Orienteering aimed at primary and pre-school children and their families. Using a simple map of a local park it gives children a sense of adventure as they explore the park to find a number of markers that are located around the park. At each marker children have to identify what is pictured

The activity is planned to be laid on by trained activators such as park staff or youth leaders, rather than through orienteering clubs. There are currently clubs in the East Midlands, North West, North East and Yorkshire, and in most areas it has been very successful.

The Xplorer Officer for the North West is Tom Brown, and events have been or will be held in Reddish Vale, Manor Park in Glossop, Macclesfield West Park and Riverside Park and Lyme Park. Traditional orienteering clubs are not asked to be involved, although Vicky Thornton has been helping with the Lyme Park series of events.



The Lyme Park website says: “Lyme Park is launching a fun family challenge called Xplorer from the beginning of April. On the first Saturday of the month from 10am to 12pm families can have fun together exploring the park, finding the markers and completing the challenge. Using a simple map, families can be active in the outdoors, be closer to nature and learn new skills too!”

The map from one of their events is shown. It is deliberately much simpler than a standard orienteering map and, for simplicity, grass is shown as green and wooded area by a stippled shading. There are no contours, which makes Lyme Park look much simpler than it is.

The Xplorer website:

[www.xplorer.org.uk](http://www.xplorer.org.uk)

lists all the events in any area, and also has an explanation of traditional orienteering and a direct link to the

British Orienteering website.

As well as being a very valuable initiative in itself, it is certainly hoped that keen children and their families will progress to the existing orienteering clubs. It is well worth recommending to any families you know with young children who enjoy active outdoor pursuits.

## GMOA Chairman's Annual Report 2014

*Sue Birkinshaw*

As in previous years there has been a lot of work going on, attempting to keep nearly sixty POCs in good order. There are over 30 MDOC and SELOC members involved in this work in some capacity – as committee members, reviewers, mappers, post watchers and maintenance teams – but more help would always be welcome.

Two new POCs have been created, with another four almost ready to go (details in a separate report). So although we had a new leaflet printed in 2013, it is already out-of-date.

The Review that took place in late 2012 gave rise to a lot of map and course updating, most of which has now been done. The original intention was to do reviews annually, but once every three years might be more realistic. It has become apparent that people doing reviews should have self-employed status, as should Project Managers and mappers. Grahame Crawshaw feels that GMOA's next Treasurer should preferably have some experience of employment law, corporation tax, etc, to ensure that we comply with HMRC requirements. We shall be looking for a willing volunteer to take over in the near future.

We have sent out one newsletter this year and will do another one this summer. Other publicity efforts all seem to be awaiting our full attention: the website needs a serious upgrade, setting up QRcodes/Route Gadget/GEO referencing is under consideration, attaching red/white plaques to posts near paths should be done. One new idea has been to locate cafés in parks and give them a starter pack of maps to sell, plus a poster. Can any member identify a suitable café in their local park? Finally, my thanks to all those who help GMOA. I am going to break the rules and give special thanks to John Britton who does a truly enormous amount of work for GMOA.

### POC Development – Activity 2013/14

**Duke's Drive, Monton** (close to Worsley Woods). New course installed. Mapped by Jon Sutcliffe. Wheelchair and Orange courses. Managed by John Britton.

**Chadderton Hall Park** (near Oldham). New course installed. Mapped by Vicky Thornton. Wheelchair and orange courses. Managed by John Britton.

**Debdale**. Map updated by John Britton. Course to be fully integrated into GMOA when a financial problem is sorted out.

**Springfield Park, Rochdale**. Course fully updated and ready for use when financial problems are resolved. Managed by Caroline Barcham

**Lilford Park, Wigan**. Course fully updated. It is to be fully integrated into GMOA

**Clowbridge**. Course has been sorted out by Ranger. It is to be fully integrated into GMOA

**Ashtons Field, Farnworth**. New course proposed by Forestry Commission. Finance awaited

**Bowlee, Rochdale**. TrailO course improved and available for use by wheelchairs. Managed by Phil Ellis

**Irwell City Park**. Salford's suggestion for greater use of the area is under consideration.

Map and course updates have been done in a lot of areas, by Vicky Thornton, Mark Seddon and others, including a major update at Haigh Hall

## NORTH WEST NIGHT LEAGUE

The North West Night League comprised 6 events this winter. The total number of competitors was 287, with an average attendance of 48. The series is co-ordinated by Chris Rostron. MDOC results in the top 10 were:

	<u>Pos.</u>	<u>events</u>					
M18-	1	3	Matthew Fellbaum		8	3	Steve Fellbaum
	4	3	James McCann	W18-	6	1	Carolyn Hindle
	6	1	Alistair Thornton		7	1	Laura Hindle
M19-39	1	3	Thomas Fellbaum	W19-39	5	1	Cerys Manning
M40+	2	5	John Britton	W40+	2	3	Jane McCann
	7	5	Chris Rostron		7	2	Julie Brook

## NIGHT STREET LEAGUE

The Night Street League had another successful season with eight events and in addition a final prize-giving event. The average attendance was well over 50 competitive runs.

The prizewinners for the season were:

Gross points winners: Matt Driver (SELOC); women: Kath Speak  
Men's Handicap: 1 - John Britton, 2 - Steve Lang, 3 - Paul Turner (SELOC)  
Women's Handicap: 1 - Laura Hindle, 2 - Kate Bryant, 3 - Julie Brook  
Junior: boys - James McCann; girls - Carolyn Hindle  
Non-orienteer (Handicap), Men: 1 - Warren Mason, 2 - Tim Hargreaves  
Non-orienteer (Handicap), Women: 1 - Julie Laverock, 2 - Caity Rice

### Splashing Out!

*Carolyn Hindle*

On March 9<sup>th</sup> a team of five MDOC juniors took part in the annual sponsored *Swimathon* organised by the Macclesfield Rotary Club. Swimming in turn for forty five minutes, the team (consisting of James McCann, Matthew Fellbaum, Alistair Thornton, Laura Hindle and Carolyn Hindle) completed an impressive 125 lengths between them and raised an amazing £473!

Of the funds raised £236.50 is donated to Rotary Club charities, including a campaign to eradicate polio and a charity supplying emergency Life Boxes for disasters around the world. The remaining £236.50 is going towards funding for the North West Junior Squad's orienteering tour to Norway this summer.

The team thoroughly enjoyed the event and were proud to raise funds for such valuable charitable causes, whilst also helping to fund their own orienteering tour. There is talk of making it an annual spring MDOC activity .... any offers to take part in next year's junior, or indeed adult team (March 8<sup>th</sup> 2015) ... just let Carolyn know!

## RECENT EVENTS

### DVO - Lindop - 23 February

Quite a tough area with significant climb, and brambles.

<b>Brown, 7.5k (29)</b>				5	Eddie Speak	M60	56:24
3	Liam Corner	M40	71:06	24	Trevor Roberts	M65	65:55
9	Matthew Fellbaum	M16	77:03	29	Jillyan Dobby	W60	68:40
15=	Trevor Hindle	M50	88:06	39	Marie Roberts	W55	74:33
<b>Blue, 5.4k (78)</b>				44	Chris Kirkham	M65	76:17
2	Steve Dempsey	M50	50:50	47	David Dann	M55	78:37
4	John Dempsey	M18	54:43	60	Kath Speak	W55	92:59
18	Stephen Fellbaum	M50	67:30	75	Alison Dole	W65	115:05
27	Peter Ross	M65	70:45	<b>Short Green, 3.1k (43)</b>			
36	Carolyn Hindle	W18	73:39	24	Sue Birkinshaw	W75	75:15
39	Ian Farrell	M21	75:03	25	Julie Brook	W65	75:58
65	Hazel Hindle	W50	89:51	27	Richard Gibbs	M65	76:48
<b>Green, 4.3k (82)</b>				31	Sara Farrell	W21	78:51
4	Laura Hindle	W16	55:15				

### NOC - Robin Hood Trophy - Clumber Park - 2 March

A very flat area with some detailed areas of pits and earthbanks, connected by long route choice legs. The Robin Hood Trophy is a club competition with, not surprisingly, the three local clubs of DVO, NOC and OD in the first three positions. We came ninth.

<b>Short Brown, 8.6k (59)</b>				35=	Peter Lomas	M70	62:17
11	Steve Dempsey	M50	61:32	52	David Mawdsley	M70	67:56
22	Trevor Hindle	M50	71:12	58	Marie Roberts	W55	79:27
39	Stephen Fellbaum	M50	80:16	76	Alison Doyle	W60	86:49
<b>Blue, 7.0k (95)</b>				<b>Short Green, 4.0k (56)</b>			
77	Ian Gilliver	M60	86:18	2	Andrew Gregory	M75	43:45
<b>Short Blue, 5.6k (88)</b>				10	Irene Crawshaw	W70	52:01
24	Chris Rostron	M65	53:17	13	Grahame Crawshaw	M65	53:36
28	Chris Kirkham	M65	54:56	21	Rae Lomas	W70	59:01
33	Peter Ross	M65	56:07	35	Jan Ellis	W65	65:52
71	Trevor Roberts	M65	67:43	<b>Very Short Green, 3.5k (17)</b>			
73	Hazel Hindle	W50	68:05	8	Sue Birkinshaw	W75	67:12
81	Tony Wagg	M65	76:03	15	Margaret Gregory	W75	98:40
<b>Green, 4.9k (92)</b>				<b>Orange, 3.0k (25)</b>			
15	Kate Bryant	W60	54:14	5	Ben Dempsey	M12	39:53
24	Jillyan Dobby	W60	57:24				

### EPOC - Stoodley Pike - 9 March

A sunny day, but a steep climb at the start made the shorter courses very physical.

<b>Brown, 8.1k (11)</b>				18	Peter Ross	M65	61:36
6	Liam Corner	M40	88:55	22	Eddie Speak	M60	62:56
<b>Blue, 5.7k (48)</b>				24	Chris Kirkham	M65	64:18
16	Steve Dempsey	M50	57:22	<b>Green, 4.1k (47)</b>			
18	John Britton	M60	59:27	5	Martin Green	M60	47:25
39	Ian Farrell	M21	73:51	16	Kate Bryant	W60	57:01
<b>Short Blue, 4.5k (36)</b>				23	David Mawdsley	M70	61:42
15	Chris Rostron	M65	59:29	30=	Kath Speak	W55	65:46

36	Michael Owen	M60	72:23	4	Geoffrey Millan	M70	55:51
37	Jillyan Dobby	W60	73:32	15	Stephen Beresford	M65	65:22
44	David Walker	M70	98:22	16	Julie Brook	W65	69:37
45	Alison Doyle	W65	101:56	<b>Light Green, 3.2k (17)</b>			
<b>Short Green, 3.3k (29)</b>				12=	Steve Nicholls	M55	65:58

#### **DEE - Frodsham Hill - 16 March 2014**

Some very steep slopes on the sandstone ridge of Frodsham Hill, with crags and caves.

##### **Blue, 6.4k (43)**

17	Tim Martland	M50	79:10
25	Stephen Fellbaum	M50	90:55

##### **Green, 4.3k (73)**

13	Eddie Speak	M60	58:17
17	Heather Fellbaum	W50	61:31
23	Stephen Martin	M50	64:41
28	David Dann	M50	68:06
31	Andrew Gregory	M75	68:45
45	Kath Speak	W55	75:37
56	Michael Owen	M60	82:43
69	David Walker	M70	111:55

##### **Short Green, 3.3k (28)**

12	David Wathey	M45	58:50
14	Geoffrey Millan	M70	61:55
15	Richard Gibbs	M65	68:18
16	Julie Brook	W65	69:41
23	Sue Birkinshaw	W75	80:58

##### **Light Green, 3.2k (29)**

19	Ben Martland	M16	62:36
24	Carol Stynes-Martin	W40	70:51

##### **Yellow, 2.5k (32)**

10	Dominic Wathey	M10	29:25
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#### **DVO - Shining Cliff - 30 March 2014**

A very physical and technical area. Recent windblow and thinning added to the difficulty.

##### **Brown, 7.8k (37)**

2	Liam Corner	M40	105:41
11	Jim Trueman	M50	114:43

##### **Blue, 5.6k (75)**

2	Steve Dempsey	M50	65:02
4	Cerys Manning	W21	75:43
15	David McCann	M50	88:50
19	John Britton	M60	90:52
29	Ian Farrell	M21	95:33
34	Peter Ross	M65	101:51
42	Jane McCann	W45	109:15
46	Stephen Fellbaum	M50	112:17

##### **Green, 3.6k (81)**

#### **WREKIN - Ercall - 13 April 2014**

##### **Blue, 5.9k (51)**

23	Stephen Bingham	M55	96:46
33	Eddie Speak	M60	106:54
35	Stephen Fellbaum	M50	109:55

##### **Green, 3.6k (51)**

8	Martin Green	M60	70:15
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24	Trevor Roberts	M65	72:51
28	Kath Speak	W55	74:03
30	Peter Lomas	M70	75:49
34	Tony Wagg	M65	76:49
36	Marie Roberts	W55	77:13
39	Jillyan Dobby	W60	77:56
41	Andrew Gregory	M75	78:09
56	David Mawdsley	M70	87:57
66	Jan Ellis	W65	108:23
73	Alison Doyle	W65	143:52

##### **Light Green, 2.6k (13)**

3	James McCann	M14	53:05
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15	Trevor Roberts	M65	77:16
23	Kath Speak	W55	82:38
26	Dave Mawdsley	M70	84:44
39	Julie Brook	W65	114:34
42	Richard Gibbs	M65	124:22



## JK 2014 – SOUTH WALES



*Heather Fellbaum, Jan Ellis & Vicky Thornton*



*John Britton (right)*



*Julie Brook*



*Relays: John Britton hands over to Liam Corner*



*Trevor Hindle hands over to Steve Dempsey*



*Matthew Fellbaum*