



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

May 2016



*Matt Fellbaum comes in to win M20 Elite in the British Championships,
(watched by Liam Corner)*

**JK 2016 – YORKSHIRE
NT LYME PARK CHALLENGE EVENT
NORTHERN CHAMPIONSHIPS
SPRING & SUMMER EVENTS
BRITISH CHAMPIONSHIPS**

NEWS

The Twin Peak weekend, our major event of the year, is coming up soon on the second weekend in July. On Saturday 9th July we have a 2-part Sprint race on the complex housing estate in Offerton, Stockport. On Sunday 10th July we have a full length Urban event in the southern part of the centre of Manchester. This will be based on the award-winning new Brooks Building of the Manchester Metropolitan University in Hulme. Courses will start in Hulme Park and will cover the area between there and the city centre. The Castlefield Arena, which was our event centre for the last City of Manchester event is being used for a series of concerts, but we shall be able to use other parts of the detailed Castlefield area.

John Britton was the inspiration behind the idea of using Offerton, and he has been meticulously mapping the estate and will be planning one of the sets of Sprint courses. Ian Gilliver is planning the other set of courses, and Pete Lomas is organising and obtaining permissions. In Manchester, Paul Watson is planning the courses, with Chris Kirkham as organiser and Margaret Gregory has been obtaining permissions. Sue Birkinshaw is co-ordinating the whole weekend.

As several of our most regular helpers will be away, we shall need a lot of help. Do come, run, and help as well if you can. Also persuade any friends to come and take part, as these events are an ideal chance to attract newcomers.

Tom Fellbaum was interviewed recently on Radio Manchester and gave an excellent account of the sport of orienteering. This followed a newspaper report that children now lack basic navigation and map reading skills. The producer of the Breakfast Show at BBC Radio Manchester contacted the club and asked for someone to come into the studio to talk about orienteering, what it is and how it uses map reading.

John Kewley (JK) has been selected for the British team for the 2016 World Trail Orienteering Championships which will be held in SW Sweden in August alongside WOC 2016. He will compete in the PreO and TempO disciplines. This means JK will have competed in all eight WTOCs since GBR started sending a separate Open team. He was unavailable for selection for the European Championships in Czech Republic in May as he will be the Assistant IOF Senior Event Adviser for that event.

Four of our juniors will be joining the NW Junior Squad Tour to Norway for training this summer. These are Matt Fellbaum, Laura Hindle, James McCann and Ben Dempsey.

At the last committee meeting, John Britton highlighted the risk to planners and controllers working alone in remote areas, such as Bleathwaite and Angle Tarn. He circulated a notice from the Scottish Mountaineering Council, discussing the merits of two types of device that can alert rescue services via a satellite link (mobile phones are often useless). It was agreed that the Club should buy two Personal Locator Beacons, which could be loaned to anyone venturing alone in a remote area.

Mapping of Birchwood, Warrington is in progress for a planned urban event there in the autumn.

There are plans for a Hayfield commemoration event, to celebrate the very first event put on by MDOC. It will however not be a recreation of the courses of the original event (see description in the last newsletter), but based on an area near Little Hayfield.

JK 2016 – The Tour of Yorkshire!

The events in this year's Easter festival of orienteering were distributed around Yorkshire, from the old industrial heartlands of Leeds and Huddersfield for the Sprint and the Relays to the North York Moors and the Yorkshire Dales for the Individual days.

JK Sprints – Leeds University

The traffic-free campus of Leeds University made an excellent sprint area, but concentration was needed throughout the course, with a complex pattern of buildings and an underpass that needed careful thought. A fine although cool day helped to give a good atmosphere to the event. We had some good results, with Matt Fellbaum 6th on M18E, Dave Mawdsley 3rd on M75, Andrew Gregory 1st on M80, Cerys Manning 2nd on Women's Open, Jillyan Dobby 8th on W65 and Rae Lomas 3rd on W75 with Margaret Gregory 6th. Ben Dempsey picked up a W14 map by mistake, but didn't quite win W14!



Matt Fellbaum, Steve Dempsey & Ben Dempsey in the Sprint at Leeds University

Wass Forest in the North York Moors provided a difficult challenge. The courses were mainly in a very intricate forested area of the steep escarpment of the North York Moors. This was full of complex contours, boulders, knolls and ditches, with a number of legs going diagonally up or down the slope, where it is always hard to keep on a bearing. The assembly area was in an exposed open field on the plateau, with a steep descent to the starts, and an even steeper climb back up from the finish.



Wass Forest assembly area (photo: Charlie Bleau)

Kilnsey in the Yorkshire Dales, for the second individual day, was a complete contrast, being open limestone moor, with some limestone pavement and a complex pattern of stone walls. It was very fast running, and the M21 elite course was planned at 20k. The day was cold with a strong wind and heavy showers. The worst of these was a very strong hailstorm that started very suddenly and lasted about half an hour. This coincided with the period when the majority of elite runners were well into their course. With the sudden onset of the storm many runners were caught out, and there were many stories of people struggling against the wind to put on cagoules, and trying to shelter by a wall or rock to escape the worst of the wind. A number of very experienced runners retired, while others managed to struggle on through the very difficult conditions, but there were reports of near hypothermia. Fortunately there were no serious casualties, although it obviously affected the results.

We probably need to consider whether to tighten the rules as to what clothing needs to be carried at such an event. The Fell Running Association have recently introduced very strict rules as to the quality of protective clothing that needs to be carried at fell races. Even so at the recent Edale Skyline race two competitors were taken to hospital with hypothermia, and others had very close experiences. A very good article in the recent 'Fellrunner' magazine gives personal accounts of this event.

The overall results for the two individual races were obviously affected by the storm at Kilnsey. However Matt Fellbaum came an excellent 2nd in M18E, having managed to struggle through the hailstorm at Kilnsey. River Edis-Smith was 6th on M18L and Ali Thornton came a very good 11th in M20E. Peter Moseley was 1st on M35S, Liam Corner 1st on M45S, Dave Mawdsley 7th on M75L, Andrew Gregory 1st on M80, Cerys Manning 1st on W21L and Jillyan Dobby 6th on W65L.



Assembly area at Kilnsey (after the hailstorm!)

JK Relays – Storthes Hall

The wooded grounds of an old country house near Huddersfield, Storthes Hall, were the venue for the relays. This was a fairly compact area, but quite hilly and muddy, particularly on the second and third legs after several hundred runners had already gone through.

Tom Fellbaum had co-ordinated our relay teams, and put together some promising combinations of runners. The outstanding performance was the Men's Short team of Sigurd Flagan, Tom Horton and Liam Corner, who managed outstanding runs to come in second place. The JK Trophy team of Ali Thornton, Tom and Matt Fellbaum came a very respectable 15th. In the Senior Men class (total of ages 120+), Tim Martland, David McCann and Steve Dempsey achieved 20th place. In the Veteran Men (165+) Charlie Bleau, Martin Green and John Kewley came back in 37th place, closely followed by Alan Ogden, Chris Rostron and David Wathey in 42nd. In the Ultra-Vets (210+) Ian Watson, Dave Mawdsley and Andrew Gregory were 9th. In Intermediate Men (48-) our team of Ben Dempsey, Dominic Wathey and James McCann were 23rd. This was Dominic's first experience of a major relay event, and he coped very well with the pressure.

In the Women's Short class Alice Fellbaum, Cecilia Fenerty and Alison Fryer came 12th, after Alice had returned in first place on the first leg. In the Veteran Women class Heather Fellbaum, Jan Ellis and Vicky Thornton were 7th, while our second team of Julie Brook, Alison Doyle and Jane McCann were 16th. In the Mixed Ad Hoc, Peter and Frances Moseley had entered a team with James Todhunter from SROC and came 17th.



JK Sprint M/W70 prize-giving with Dave Mawdsley and Rae Lomas (Photo: Robert Lines)

NATIONAL TRUST LYME PARK CHALLENGE

The National Trust at Lyme Park had contacted us with the idea of organising a challenge event that would combine orienteering with a number of optional challenges to be completed at selected control points. They have had similar events around the country.

Ian Watson volunteered to plan a suitable score course, and the National Trust devised the challenges, which were all manned by their volunteer helpers. There was a mass start from near the car park, and runners dispersed in various directions to visit as many controls as possible within an hour. Each control counted 10 points, and at five marked controls completion of a physical or mental challenge would give an additional 10 points.



Waiting at the Start (photo: Peter Cull)



Looking at the map



Off in different directions (photo: Peter Cull)



One group go up the hill

In addition there were White and Yellow courses for young juniors or novices. A good number of club members helped with putting on the event, and with the enthusiasm of the National Trust and their volunteers it all seemed to go very well. Nearly 40 people took part in the challenge event, and quite a number of family groups took part on the Yellow or White course, including a number who had not come across orienteering before. This provided a good opportunity to publicise our forthcoming introductory events in Lyme Park and the other summer evening courses.



Peter Gorvett tries his hand at archery



Jumping over a stick (photo: Peter Cull)



Solving an anagram at the lantern



Quoits (photo: Peter Cull)

The challenges including a simple archery range, jumping from side to side over a horizontal stick, throwing quoits to land over a deer's antlers, and solving an anagram that was hung up inside the Lantern.

The anagram was: ASTRONAUT LINT

with the hint that it was two words, and was relevant to the event.

In the heat of the event many competitors found this quite difficult, although hopefully everyone reading this at home will solve it!

Overall the event was very successful and made an interesting variation on the normal orienteering course. Our thanks to the National Trust for the idea, and for their enthusiasm in promoting it, and also to all their volunteer helpers on the day who clearly enjoyed a different type of activity from their usual duties.

SCHOOLS LEAGUE

The 2015-16 Cheshire and Merseyside Schools League concluded with a final event at Sefton Park.

Fallibroome Academy entered seven teams, who were very well placed in the school rankings. Out of the 25 teams who entered they were placed 1st, 2nd, 6th, 9th, 12th, 16th and 24th. Cheadle Hulme School entered two teams, who were placed 5th and 15th.

Congratulations to everyone who took part in these events, and in particular to the teachers involved in generating such enthusiasm in the schools.

NIGHT STREET LEAGUE

The final and prize-giving event in the Night Street League was held at Urmston on 3rd March. This event was planned and organised by Peter Ross with Jillyan Dobby as checker.

In the Gross results Leon Foster (AIRE) was the overall winner, followed by John Embrey (DEE). River Edis-Smith was the first MDOC runner, coming in third place. Other well-placed MDOC runners were Paul Clifford 7th, James & Dave McCann 8th, Steve Martin 9th, Laura & Trevor Hindle 10th, Rebecca Glen 13th and Jane McCann 17th.

In the Handicap results, John Embrey was first, and was presented with the Men's handicap trophy, while Rebecca Glen was presented with the Women's handicap trophy.

Thanks to everyone who has helped with this series of events, and particularly to Grahame Crawshaw the co-ordinator.

NORTHERN CHAMPIONSHIP WEEKEND

The Northern Championships rotate around the three different regions in the North, and this year was the turn of the North East, with CLOK organising the events. They happened to be in North Yorkshire, with an urban event in Whitby and the main championship event at Mulgrave Woods just north of Whitby.

It was a very cold day for the urban event, with a strong northerly wind and some light snow showers. The urban areas provided some shelter, but the open areas exposed to the wind were very cold. James McCann found that his M16 course was entirely on a north facing slope down to the beach (avoiding road crossings), but entirely open to the elements.

The weather improved for Mulgrave Woods, but it turned out to be one of the most unpleasant areas to orienteer in. The walk to the start was bad enough, with very steep muddy slopes, but a lot of the ground on the course was covered with very thick vegetation, and the wet weather the previous week had created very deep marshes.

No-one from the club had good runs. Andrew Gregory was the only Northern Champion, in M80, but only because the other 3 competitors made even worse mistakes!

SPRING EVENTS

Saturday morning events

The last event in this series was held at Reddish Vale, with the map extended to include Tiviot Dale and parts of the Brinnington housing estate. Alan Ogden was the planner and on the long course incorporated long legs giving route choice across the urban area, with only one control actually on the estate. Alison Doyle was the organiser and Clare Griffin co-ordinated the whole series.

The event attracted over 80 participants, including school groups from Fallibroome and Cheadle Hulme, and the whole series is very valuable in providing courses for juniors and beginners.



Helpers at Reddish Vale:

Trevor Roberts, Alan Ogden, Sue Birkinshaw, Kate Bryant, Marie Roberts, Alison Doyle

MetrO

Peter Ross organised and planned another MetrO event based on the Gardener's Arms pub near Wythenshawe Park. Three courses were planned with starts at Chorlton (15k), Barlow Moor (10.3k) or Northern Moor (5.3k) stations.

The event attracted 30 runners, of whom 6 did the very long course. The winning time by James Walsh was just under 62 minutes, a very impressive time.

A few competitors took advantage of the option to have the map and the course available as an app on their smartphone. This idea gives rise to interesting discussions as to whether it is easier than reading a paper map, and how much advantage it is to have advance knowledge of the course.

Summer evening events

The first 'summer' evening event was on a cold and showery evening at Tegg's Nose, but it still attracted over 70 competitors, including a good group from Fallibroome Academy. Jan Ellis was the organiser, with Dave McCann as planner and Ian Gilliver as controller.

There is always speculation at Teggs Nose as to how many times the Blue course will go up and down the hill. David McCann maintained that it only had one ascent, but the first control was almost at the lowest point and he still managed to have 280m climb!

Future summer evening events will include the three introductory events in Lyme Park on 3, 10 and 19 May, followed by a full colour-coded event there on 26 May. These will be followed by events at Macclesfield Forest on 14 June, Brereton Heath on 30 June and Alderley Edge on 12 July. DEE O.C. are also running summer evening events in the same series, including two at Delamere and one at Little Budworth.

Answer to New Year Quiz from Karen & Dan Parker in the last issue

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

H	H			
H	A	L	O	
G	R	A	M	P
P	F	O		
S	Y	O		
K	E	R	N	O
E	L	O		
S	L	O	W	
W	Y	E		
E	B	O	R	
A	I	R	E	
3	R	O	C	
T	I	N	T	O
S	O	S		
W	A	O	C	
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L	O	C		
M	D	O	C	
O	D			
B	O	K		
C	L	O	K	

BRITISH CHAMPIONSHIPS

West Midlands hosted the British Championship weekend, using their excellent area of Brown Clee Hill for both the Individual and the Relay competitions. This large estate is ideal for a major competition, with extensive sloping fields for car parking, and a good open area for an arena adjacent to the forest.

The lower slopes of the hill comprise mostly runnable woodland, although some parts had areas of fallen trees, and the higher slopes are open moorland. Some of this moorland is partly wooded and provides one of the most difficult technical orienteering areas in England, with complex contours, vague vegetation boundaries, vague marshes (everywhere was marshy after recent rain) and a mass of ditches and pits. Some pits were shown on the map as dry, others as wet, but all were wet on the day! Underfoot the area is mainly tussocks, so very difficult to move quickly over. All the technical courses crossed this area, and for the shorter technical courses this comprised the major part of the course. It was not helpful to follow other runners as a lot of people were standing still looking puzzled or running in random directions!

The most impressive result was Matt Fellbaum winning the M18 elite course by nearly 2 minutes, beating all his rivals in this very hotly contested class. Others in the prize-giving included Andrew Gregory winning M80 and Sue Birkinshaw 3rd on W75. Several other club members had very good runs, including Ali Thornton 6th on M20E, Tom Fellbaum 16th on M21E, Chris Embrey 6th on M21S, Liam Corner 18th on M45L, Stephen Bingham 2nd on M55S, Eddie Speak 3rd on M60S, Graham Crawshaw 10th on M65S closely followed by Stephen Beresford in 12th, and Dave Mawdsley 8th on M75L. On the M50L, which is hotly contested in the club, Tim Martland took honours with 22nd place, with Steve Dempsey 28th, followed by David McCann, Trevor Hindle and David Wathey.



Matt Fellbaum (& Fiona Bunn)



Sue Birkinshaw (& Arthur Boyt)

On the women's courses Laura Hindle was 12th on W18E, Cerys Manning 1st on W21L with Alison Fryer 9th, Heather Fellbaum 5th on W50L with Jane McCann 12th and Jillyan Dobby 4th on W65L.

Disasters on the day included Vicky Thornton picking up an M65 map in error (she says she has never done that before). If she had realised soon enough she might at least have won M65, but unfortunately it took her a long time to work out what had happened. Peter Ross was having a good run on M65 but omitted to punch the control at a compulsory crossing point.

British Relay Championships

These were also held on Brown Clee Hill the day following the Individual events. Tom Fellbaum had again put together good teams from the rather small number of club members who had expressed a wish to take part.

The outstanding result was in the W50 class, where Heather Fellbaum, Jane McCann and Vicky Thornton all had excellent runs to end in third position. Heather came in first on the first leg and Jane and Vicky managed to keep a good position through the second and third legs.

In the Men's Premier class Matt Fellbaum, Liam Corner and Tom Fellbaum ran well to achieve 8th place. In M50 Steve Dempsey, David McCann and Tim Martland came 13th.

In the Mixed Ad Hoc class Ben Dempsey, James McCann and Alison Fryer came in 8th position. The other team entered consisted of David Mawdsley, Alison Doyle and Julie Brook, who had a non-competitive run in the M/W70 class.

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

Lee Scott

I received an email from Peter Gorvett (of SYO, informing me that Lee Scott died on the 9th of April. Many of you will know Lee or recognise his name. He was a member of SYO who lived in Poynton, and a regular participant in MDOC's events - notably the Night Street League. He was the Organiser and Planner of the event in Poynton in February 2015.

The following news item is taken from the SYO website:

“It is with great sadness that we heard about the sudden passing of Lee Scott.

Lee passed away last Saturday 9th April after a sudden illness caused by a brain tumour. Lee was in his first year as M50 and leaves a wife, Viv, and three teenage children.

Lee had orienteered since secondary school at Myers Grove, where he was encouraged to orienteer by Mike Giles, his Maths teacher. He became a regular attender at events organised by South Yorkshire Schools Orienteering Association.

He had been a member of SYO for many years and his untimely death will come as a shock to many. Our heartfelt condolences are extended to his wife and children.”

His funeral took place on 26th April at Manchester Crematorium, and was attended from MDOC by Grahame and Irene Crawshaw and John and Jen Britton. Any donations in Lee’s memory should be sent to the Neurological team at Salford Royal Hospital.

Grahame Crawshaw

Active Kids Vouchers

If you shop at Sainburys please collect your Active Kids vouchers for MDOC - this year they seem to be printing them out with your till receipt. Over the past 4 years we have obtained numerous sets of free kites. The final date you can get them when you shop is Tuesday 3 May.

Please hand them in at Registration (to Rae Lomas) at the Lyme Park Introductory Events on 3, 10 and 19 May.

Alternatively please post them to me - 8 Windsor Avenue, Wilmslow SK9 5HE.

Thank you,

Richard Gibbs

New members

Welcome to new junior members of British Orienteering James + William Coppock. M15's, and Michael Wharton Senior British Orienteering member M40

Kath Speak, Membership Secretary

TWIN PEAK WEEKEND 2016

This year Twin Peak is UK O League, UK Urban League and NW Sprint Champs - all major events which require maximum MDOC effort to achieve the highest possible standards.

The date is the weekend of July 9th and 10th.

You can read all about the events in Stockport and Manchester on the club website. Entries are already open with SIEntries.

It might seem a bit far in advance to be asking for your help with the event, but for urban events there is a lot of marshalling to be done as well as all the usual jobs. We need to know as soon as possible that we can cover all the requirements.

PLEASE will you mail me with your availability - NOW.

1. Are you away for the weekend so unable to help? (This will save me having to ask you again!)
2. Are you available to help on either or both of the days?
3. Do you want to have a run on either or both of the days? (You get a 50% helper discount. I will send you the code you need for the entry system)

Sue Birkinshaw, event co-ordinator

PEAK DISTRICT FOOTPATH RELAY

The annual Footpath Relay will be held this summer on Saturday 18th June, centred on Alton Village (near Alton Towers). This is a very informal annual competition between teams from orienteering and running clubs centred in and round the Peak District.

The event will be run this year by Ashbourne Running Club, and will involve teams of 10 runners. There is a handicap system, so that teams need to have a certain number of handicap points, which are based on age and gender.

Ashbourne Running Club have stated:

“The format is likely to be similar to last year’s successful event whereby there are loops from a central gathering point. This proved very popular as it allowed easier organisation of transport and better for supporters/spectators. It is likely to be completed within the morning/early afternoon. We will maintain the principle that it is a largely off-road running event with an element of map reading/orienteering required on paths that are hopefully new to explore for many and with a prize of a sense of teamwork and of course bragging rights for 12 months!

Our plan is that Alton (as in Alton Towers) village will be the base and we hope to have access to the car park at the castle and refreshments at one of the village pubs!”

Alan Ogden will be co-ordinating our team for the relay. Please contact him if you are interested in having a run and/or in helping with transportation.

MDOC EVENTS

Twin Peak 2016

Sat 9 Jul Offerton 2-part Sprint event

Sun 10 Jul City of Manchester Urban event

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

Tues 10 May Thur 19 May

Wednesday runs

Wed 11 May Steve & Heather Fellbaum, Macclesfield

Wed 18 May Sue Birkinshaw, Hale

Wed 25 May Trevor & Marie Roberts, Bramhall

Wed 1 June Julie Brook, New Mills

Summer evening events

Tues 17 May Delamere, Pale Heights (off B5152 at Delamere Station) *(DEE)*

Thur 26 May Lyme Park

Thur 9 June Little Budworth Country Park (signed from A54/A49 junction) *(DEE)*

Tues 14 June Macclesfield Forest (park at Forestry Office)

Thur 30 June Brereton Heath, near Holmes Chapel

Tues 12 July Alderley Edge

Countryside Score events

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, near 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

Footpath Relay

Sat 18 June Peak District Footpath Relay, Alton

Committee Meetings

7:30 Ladybrook Hotel, Bramhall Mon 9 May, 13 June, 11 July

Please send items for the next Newsletter to Andrew Gregory

RELAY PRIZE-GIVING



Sigurd Flagan, Tom Horton and Liam Corner at JK Relays



Jane McCann, Vicky Thornton and Heather Fellbaum at the British Relays