

MDOC NEWS

Newsletter of Manchester & District Orienteering Club

May 2022



British Championship success!
Fantastic JK weekend!
Podiums and BOF awards!
Plus quizzes, fixtures and more!



Editorial

Welcome back to MDOC News. The orienteering season has been rapidly progressing since our last edition, including the two biggest events of the year. The JK lived up to expectations and I have written a brief summary of the results on pages 6 to 10. We also have a fantastic article from a JK first timer (page 11), as well as a great selection of photos to go with the results, courtesy of Wendy Carlyle - follow the QR codes to see more of her work.

At the British Championships in Hampshire, MDOC had one of the best results in the clubs modern history as Peter Taylor-Bray took the Men's Elite silver medal. Even after almost 2 hours of racing, the margins were incredibly tight, with Pete beating Alexander Chepelin (INT) by 1 second! It was only another 10 seconds back to 4th place and less than 30 seconds again to 5th place. Three other MDOC athletes competed over the brutal 16.6km M21E course: Tom Fellbaum 8th, River Edis-Smith 37th & Jonny Malley who was on for a good time but unfortunately mispunched. Jonny, Tom and Pete then formed the Men's Premier team for the relay and they achieved a superb 5th place.

The tenth Night Street League season drew to a close in Chapel-en-le-Frith on Tuesday 8th March. This was the special 'cup final' event offering a different challenge and the opportunity for anyone to claim the Hydrant Trophy. It also serves as the prize giving event where the champions of the regular season are crowned. Here is a list of the winners:

- The womens overall champion is Ruth Beresford with 512 points. Fiona Blagg finished 2nd, Fiona Millington 3rd, Emma Mason 4th & Rachel Munday 5th.
- The mens overall champion is Nathanael Booker with 670 points. Mark Burley finished 2nd, John Embrey 3rd, Chris Embrey 4th & Clay Conlon 5th.
- The best handicap score was once again John Embrey, followed by Peter Gorvett, Nathanael Booker, Mark Burley & John Britton. Also winning prizes for best womens handicap score were Ruth Beresford, Cecilia Fenerty & Jacky Embrey.
- The junior champion is Dominic Wathey who took back the prize from Stockport Harriers.
- The 'Level Best' award for most statistically consistent results went to Siobhan Henn.
- Doug Edwards was crowned 'Most Improved' over the season.
- The best 'non-members of an orienteering club' are the pair of Jo Miles and Julian Brown.
- Rachel Munday won the Hydrant Trophy with the best relative performance in Chapel.

In other news, the MDOC club championships has been rebranded as the MDOC Champions League and the 2022 edition is well underway. The league features one event per month and after 4 events the clear leader in the open class is David Wathey. However Mark Burley, Chris Rostron, Martin Green & Alison Doyle are all closing in and Jillyan Dobby, Kate Bryant and Julia Simpson also look set to climb the leaderboard over the next few months.

Also in this edition we have a great selection of photos from the Tegg's Nose summer evening event, courtesy of Peter Cull. Be sure to check out the next couple of events in that series, at Brereton Heath and Alderley Edge, as well as the return of the countryside score events. Also make sure the Lakes 5 is in your diary for August, there's lots to look forward to!

Sam Drinkwater

Night Street League Prize Winners



TrailO News

John Kewley ("JK"), has been selected for the 2022 European Trail Orienteering Championships (ETOC) in Finland in May in both PreO and TempO disciplines. These championships have been postponed 3 times due to Covid (they were originally planned for 2020). Selection for the World Trail Orienteering Championships (WTOC) in July will take place after ETOC.

https://www.britishorienteering.org.uk/index.php?pg=news_archive&item=5905

JK won Silver in the 2022 British Trail Orienteering Championships with River Edis-Smith in 7th; the winner was Anne Straube of OD (the 2008 World Trail Orienteering Champion and current member of the German National Team). They both did well on the previous day's opening event of the 2022 British Trail Orienteering League (BriTOL) with results of 4th and 5th respectively.

Slovenia hosted the first 2022 European Cup in TrailO (ECTO) on 9th and 10th April. As at the Nordic Championships in November, JK was top GBR in both events with results of 6th and 18th. All of day 1 took place during a storm of hail, sleet and snow and therefore 3 very long range controls were voided due to total lack of visibility for some competitors. Both events were also World Ranking Events (WREs); the next World Ranking events are in Lithuania in early May with the next ECTO being at FinTrailO just before ETOC.

The JK festival hosted the latest two BriTOL events, here even more club members got in on the action and there were medals galore - turn to page 6 for more details.



*River, Ben & Sam with their collection of medals from the JK TrailO competitions
(Photo: Alison Doyle)*

A truly brilliant Spring of races all over the place!

John Britton

With a quiet patch looming, I thought it would be interesting to reflect on what a brilliant Spring we have been treated to this year. Events and weather have conspired to be very good to those of us prepared to travel for our orienteering fixes. We'll start after just about surviving the British Nights/Ilkley Moor weekend of epic weather.

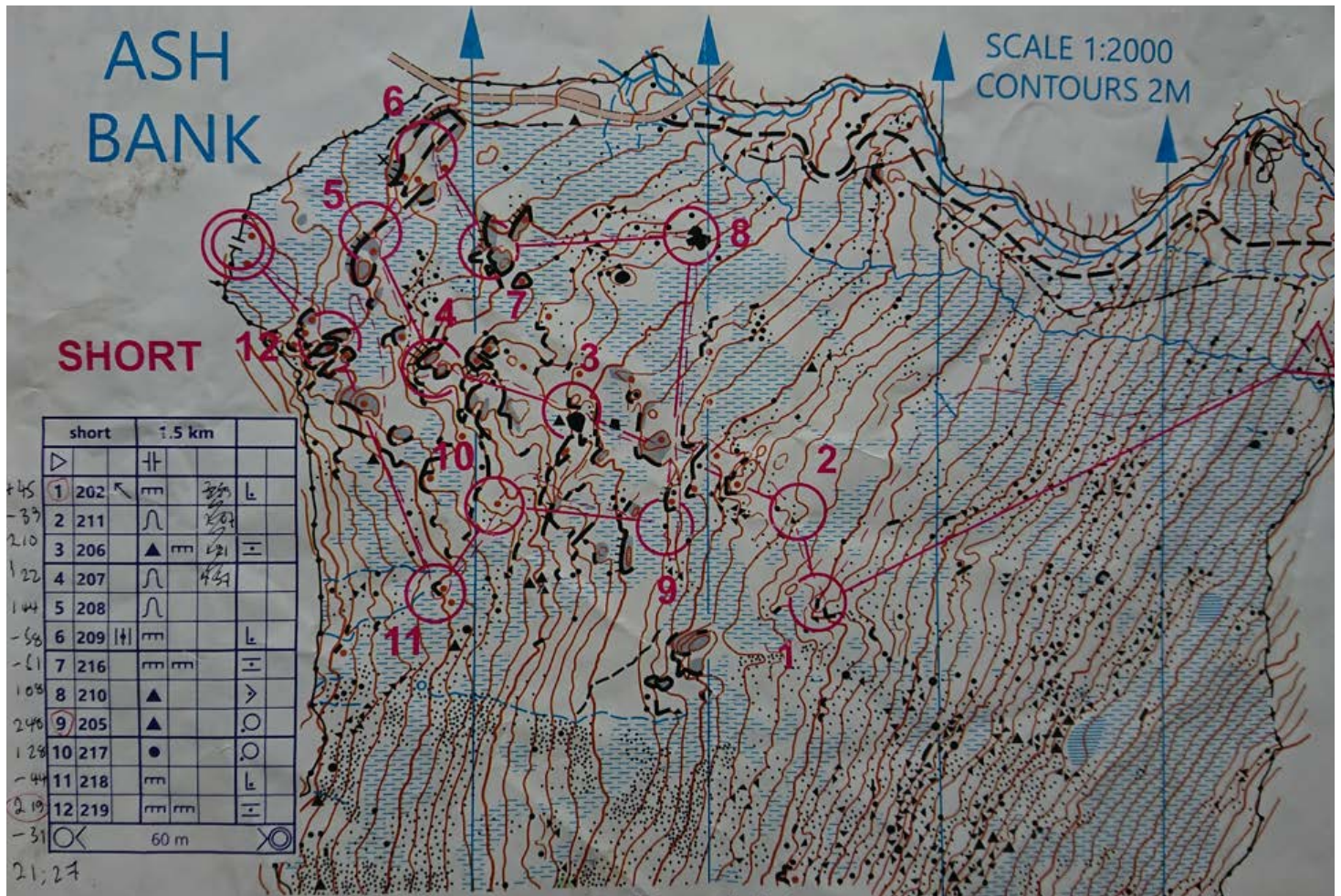
A mere fortnight later ... the British Middles. A Saturday trudge round a not very runnable flat wood full of ditches, followed by a really fast and furious yet reasonably interesting blast round a very runnable Rushmere forest. Weather cool but very good for running, and the head-to-head racing was an unexpected adrenalin rush.

And another fortnight later ... a superb weekend in the Duddon Valley, again blessed with very acceptable weather. The Saturday featured a Middle race on a substantial lump on the West of the valley, advertised as really rough and tough but nowhere as bad as that, especially the lovely white wood in the second half. And then if you had the energy, you could walk a mile up the valley for a Martin Bagness "Sprint" race. See attached map - one of the funnest things I've done in ages. The first leg was a long diagonal down a slope covered in boulders, followed by picking your way around a series of huge rock slabs at various angles surrounded by lovely sheep eaten grass. IMHO the only way to achieve #1 was to ignore all the rock and try to read everything else, and the fast way thereafter was to ignore everything except the rock. Simply brilliant. And on Sunday, a standardly wonderful open-fell romp around the rough grass slopes of Caw.

Next week ... the British Champs in Golden Valley with golden weather (for everyone except Eddie who was stuck in the shady wind-tunnel of the download tent!). Again, fast and furious, featuring quite a bit of track running and lovely forest, but made very physical by an abundance of climbs up and down the scarp slope, and some very soggy bits scattered with recent unmapped windblow. Near the end, my last shreds of energy were spent on hauling myself out of a waist deep and smelly "seasonal marsh".

And the week after ... a brilliant weekend, yet again with nice weather, North of Newcastle for the Northern Champs. Friday evening featured an urban sprint round housing estates at Cramlington - superb legs 1 and 3 proved something of a challenge! Saturday was a "middle" thrash round really fast grass and rocky bits at Shaftoe Crag. Sunday was a Northern Champs event moved from the original plan to a backup forest at Dukes House. Physical, complicated and unfortunate (but understandable) that lots of recent windblow hadn't been mapped. My main memory is looking down a long track that should have been a blast towards the finish, but which resembled the Grand National with orienteers all the way along going over under and round a couple of dozen big fallen trees.

And the week after ... a change of scene for a UK Urban League event around Prince Charles' town-planning exemplar town of Poundbury (near Dorchester). Great fun on a nice afternoon, and interesting enough to have a wander round afterwards to get photos.



Short Sprint at the Duddon Valley Weekend

And the week after ... a superb JK ! Sprints very much as expected (but planned better this time) at Swansea University; Middle at Clydach Terrace being very challenging on subtly lumpy open moor, some bits being much more runnable than other bits; Classic very much as expected on Pwll Ddu, where leaving the tracks required fitness and luck. Good planning, good weather, good maps - what is not to like ? Tourist highlights - we were a bit surprised at one National Trust venue (Tredegar House) where they said only one of three floors was open because they'd lost most of their volunteers to Covid reluctance, and another (Dyffryn Gardens) where several parts of the show gardens were closed due to two years of missing maintenance, presumably for a similar reason. And we had brilliant underground tour in Big Pit coal mine, with a highly amusing guide and more than enough of a glimpse of the realities of working down there.

And the week after that ... another superb Lake District weekend of lovely weather, featuring a highly technical Middle event in Blakeholme Wood, and another excellent open-fell romp around the rough grass on Loughrigg.

With such great events coming so thick and fast, maybe we didn't appreciate each one of them as much as we would have done in a quieter year, and maybe an occasional week or two off for a lie-down might have helped!

However, there's plenty of excitement to look forward to, coming up - MDOC Urban Weekend, Countryside Score, British Sprints, Lakes 5, World Masters - should keep us busy for a while.

JK 2022 - South Wales

Sam Drinkwater

It was great for MDOC members to be back at the JK after two years of cancellations - in fact for me it had been an inexcusable 14 year gap since my last attendance. Luckily we had a fantastic weekend with good weather, competitive courses and exciting races, as well as long overdue meetings with old friends. There were too many highlights to list, so here is a brief summary of standout performances across the festival.

Friday Sprint - Liam Corner upsets the favourites to take bronze!

Liam took a superb 3rd place and the bronze medal on M50, by just 3 seconds ahead of top domestic and international competition. Sprint races always have very fine margins and inevitably you sometimes end up on the wrong side of them - unfortunately for John Britton he finished 4th on M70 just 2 seconds off the podium. However he did finish the day on the podium after all, by winning BOF's inaugural 'Continued Contribution to Orienteering Award' (see pages 16/17) against orienteering royalty from across the country. Did this make up for 4th on the sprint - I think anyone who knows John already knows the answer to that!

Saturday Middle - The return of Jillyan Dobby!

A storming run from Jillyan secured 3rd place and the bronze medal on W70L. Despite faster running rivals chasing her down she proved to be the best navigator, remaining consistent as all those around her made mistakes. It was also a good day for Sue Birkinshaw who took a bronze medal on W85, and for Pete Taylor-Bray, Chris Rostron & Peter Ross who all achieved championship standard times. A final mention goes to Penny Heap for possibly the best run of her career to date, finishing 10th on W60S.

Sunday Long - Pete climbs onto the podium!

After 7th in the sprint and 5th in the middle, Peter Taylor-Bray went even better in the long, taking 3rd on the day and doing just enough to overtake Hector Haines and seal 3rd place on M21E for the overall festival. It was another good day for Sue Birkinshaw who also took 3rd place on the day and 3rd overall on W85. Also improving as the weekend went on was Irene Crawshaw who took a 6th place and an overall result of 5th on W75.

TrailO - MDOC are unstoppable!

As well as the FootO, two TrailO competitions were held during the weekend and both were dominated by MDOC. Singleton Park hosted the Sprint PreO consisting of 18 problems, with ranking based on number of correct answers, then fastest times used to separate tie-breaks. Out of 50 competitors MDOC finished with an incredible 4 in the top 6: Ben Kyd and River Edis-Smith in 2nd and 3rd with 17 correct, John Kewley and myself in 5th and 6th with 16 correct. Ben also took the junior gold medal with ease.

Brynmawr Tip (nicer than it sounds) hosted the full length PreO on Saturday, this had 22 regular problems and two timed stations to separate any ties. River, John and I got all the regular problems correct, with Ben making just one mistake and finishing in 9th place for elite but 1st place junior. On the timed controls John made one mistake and finished 5th, leaving me and River as the only competitors achieving perfect scores. So it was all down to the clock and River was the clear winner, by a comfortable margin of 9 seconds, to take the gold medal. The medals were awarded after Mondays relay, so it was a perfect birthday present for our champion. After multiple trips to the podium we declared it a thoroughly successful TrailO campaign for MDOC, taking home a total of 3 golds, 2 silvers and a bronze!

Friday 15th April - Sprint - Swansea University Singleton Park

M21E

7th - Pete Taylor-Bray
31st - Jonny Malley
67th - River Edis-Smith

M20E

16th - Ben Kyd

MOpen

3rd - Sam Drinkwater

M50

3rd - Liam Corner

M55

51st - Dave McCann
82nd - Iain Smith

M60

76th - Graham Heap

M65

56th - Steve Nicholls

M70

4th - John Britton
28th - Grahame Crawshaw

M75

6th - Chris Rostron
17th - Trevor Roberts



Pete Taylor-Bray at the finish

W21E

30th - Michele Dawson
51st - Alison Fryer

W55

35th - Liz Hamer-Davies
45th - Jane McCann

W60

46th - Marie Roberts
54th - Penny Heap
55th - Stella Heap

M65

24th - Kate Bryant

W70

26th - Alison Doyle

W75

12th - Julie Brook
13th - Irene Crawshaw

W85

4th - Sue Birkinshaw
5th - Sue Heap



Marie Roberts not only competed but also volunteered, helping the organising club on the day



Stella Heap approaches the finish



River Edis-Smith on the run in

All photo credits: Wendy Carlyle



Saturday 16th April - Middle Distance - Clydach Terrace

M21E
5th - Pete Taylor-Bray
36th - Jonny Malley
88th - River Edis-Smith

M20E
21st - Ben Kyd

M55L
77th - Dave McCann

M60L
41st - Stephen Bingham
89th - Graham Heap

M70L
19th - John Britton

M75L
5th - Chris Rostron
10th - Peter Ross
24th - Chris Kirkham
42nd - Trevor Roberts

M21L
3rd - Sam Drinkwater

M50S
1st - Liam Corner

M55S
27th - Iain Smith

M65S
17th - Steve Nicholls

M70S
8th - Grahame Crawshaw

Light Green
5th - John Kewley



Michele Dawson on W21E



Ben Kyd on M20E

All photo credits: Wendy Carlyle

W21E
18th - Michele Dawson

W55L
36th - Jane McCann
53rd - Liz Hamer-Davies

W60L
49th - Marie Roberts

M65L
27th - Kate Bryant

W70L
3rd - Jillyan Dobby
28th - Alison Doyle

W75
7th - Irene Crawshaw
13th - Julie Brook

W85
3rd - Sue Birkinshaw

W21L
18th - Alison Fryer

W60S
10th - Penny Heap
15th - Stella Heap



Marie & Trevor Roberts on the run in - who was fastest?



Sunday 17th April - Long Distance - Pwll Du



M21E
3rd - Pete Taylor-Bray
35th - Jonny Malley

M20E
19th - Ben Kyd

M55L
65th - Dave McCann

M60L
36th - Stephen Bingham
78th - Graham Heap

M70L
6th - John Britton

M75L
7th - Chris Rostron
15th - Peter Ross
31st - Chris Kirkham

*Pete takes overall bronze on M21E after 3rd place in the long race
(Photo: BOF Facebook)*

W55L
40th - Jane McCann
56th - Liz Hamer-Davies

W85
3rd - Sue Birkinshaw

M65L
17th - Kate Bryant

W21L
18th - Alison Fryer

W70L
8th - Jillyan Dobby
26th - Alison Doyle

W60S
21st - Penny Heap
22nd - Stella Heap

W75
6th - Irene Crawshaw

Light Green
8th - John Kewley

M21L
5th - Sam Drinkwater

M21S
4th - River Edis-Smith

M50S
1st - Liam Corner

M55S
30th - Iain Smith

M70S
9th - Grahame Crawshaw



Sue Birkinshaw collects her bronze medal



Grahame Crawshaw overtakes the elites on the run in! (Photo: Wendy Carlyle)

Monday 18th April - Relay - Caerwent

10 club members stayed for the relay, held on the military training area of Caerwent near Caldicot. The area was an interesting mix of open land, dotted with buildings (defended by large earth walls) and 'military grade' brambles. A few wooded slopes to the north of the map added variety, but it was a relatively easy area and as a result the races were fast - or at least as fast as tired legs could manage after three previous days of orienteering.

MDOC's A team entered the JK Trophy, with one change to the team from the British Champs as Ollie Williams was substituted in for Tom Fellbaum. They achieved a fantastic 6th place, just behind Edinburgh University and just ahead of Oxford University.



Liam Corner finishes leg 2

For the Men's Short relay, birthday boy River Edis-Smith joined up with me and Liam Corner to form a consistent trio. We held a good pace but just missed out on a top 10.

There were also two MDOC Mixed Ad-Hoc Teams, each featuring a guest star. Firstly Keira Hinshelwood joined Michele Dawson and Alison Fryer to form another well matched team, they finished 9th out of almost 50 teams.



Keira Hinshelwood hands over to Alison Fryer



Alison Doyle for the Mixed Ad-Hoc

The second Mixed Ad-Hoc team borrowed Jack Smith from DEE. He ran a very fast first leg to hand over in 4th place, then Alison Doyle and Liz Hamer-Davies brought the team home safely to wrap up a fantastic festival.



All photo credits: Wendy Carlyle

Confessions of a JK virgin, aged 64 and three-quarters

Steve Nicholls

My Twitter handle is @badorienteer. There's a very good reason for this - I'm not very good at orienteering. But I've been doing it for about 10 years now and as we emerged from lockdown, blinking into the light, I decided it was about time I sampled the JK festival for the first time. And so it was that I headed to South Wales to inflict my personal brand of experienced mediocrity on the nation's orienteering elite.

Actually, in all honesty, this wouldn't be my first multi-day orienteering event. 40 years ago, as a post-grad student in Cardiff, I had gone to a 5 day event, at a place called Jicin, in what was then Czechoslovakia. I was officially a member of the Welsh Universities team, which was quite a feat as I had never actually done any orienteering before. Pretending to be on the team was the only way to get a visa to join my then girlfriend (who was on the team by merit) behind the Iron Curtain. At this event I showed willing and had a go at a few courses, being soundly thrashed by 11 year old East Germans and other standard bearers for the benefits of muscular communism.

I gave up orienteering almost immediately on my return to the decadent West. However 30 years later something (a vindictive god?) inspired me to go along to a 'come and try it' course at Hazel Grove recreation centre and an introductory event at Lyme Park. And I've continued to be really bad at it ever since. But back to Easter 2022. The journey to South Wales on the Thursday was predictably a nightmare – the Ms 6 and 5 turning into a vaguely mobile car park. All was forgotten though when five hours later I arrived in Abergavenny, which was thoroughly charming, and the weather looked set fair for the weekend.

Day One: Singleton Park, Swansea sprint event – I was greeted by a sea of colourful humanity sunning itself on the grass island near to the Assembly. The sartorial inelegance for which orienteers are rightly renowned was much to the fore. This suited me down to the ground – I fitted right in. The course itself, around the pleasant university campus, spilling into a nearby park, was straightforward enough. So much so that even I managed to complete it in 25 minutes or so. Ironically I felt slightly cheated – to have come all this way for less than half an hour! I needn't have worried. I was to make up for it in style the next day.

Day Two: Clydach Terrace. Let's be clear. I prefer urban orienteering. I know it's not thought of as 'proper' orienteering. But the navigation is easier and you can go for a cappuccino afterwards. Also if you get fitter, this is generally reflected in your results – unlike traditional orienteering when you just get lost quicker. I was thinking this to myself whilst still looking for the first control after quarter of an hour. The Welsh tussocks made those at Lyme Park look like a bowling green. At one point my leg disappeared down a massive hole up to my knee. It was only my own sub-glacial pace that prevented a spell in Accident & Emergency. Give up! Start again! Relocate – but everywhere looks the same! Eventually I trudged to a path junction, took a bearing and found the control almost immediately. Why didn't I go there in the first place? Aaargh! The rest of the course was better. Slow, but better. I managed to get back before Air Sea Rescue was scrambled anyway.

I hadn't planned to stay for Days 3 and 4. This was a good move as frankly I was knackered. So I headed home. The roads were clear, the sun still shone and I had my JK 2022 O top safely stowed in the boot.

Only one question remains – where is the JK 2023? Because it was absolutely brilliant!

Tegg's Nose photos by Peter Cull - Thursday 21st April

<https://www.flickr.com/photos/petercull/albums/72177720298295892>





MDOC Interviews: Paul Filby

How did you get into orienteering?

I had a couple of false starts — a "Wayfaring Course" of 15 controls at Holt Country Park in Norfolk in 1986 (for which I've inexplicably kept the certificate of completion), was followed by some extra-curricular orienteering lessons at sixth-form in 1990, in some Essex woodland very close to where the Olympic Mountain Biking events were held two decades later. And then nothing until the MDOC Hayfield "Countryside Score" a few years ago!

Rather than join the orienteering club at Nottingham Uni, I was led astray by the Mountaineering club, and what turned out to be the start of a prolonged and ongoing passion for the Scottish Highlands. So, there was map and compass work aplenty, but more in the vein of navigating myself and others through numerous Munro-bagging trips, often in winter, without coming unstuck.



*Alstonefield Peak Raid (White Peak),
November 2019*

My latent interest in orienteering — or perhaps more broadly and accurately, map sports — was rekindled when I moved to Buxton from the south of England a little over ten years ago. Before joining MDOC, I started running with Pennine Fell Runners, and was introduced to the "Peak Raid 3" series of score events, which I still regularly enjoy. In fact these have formed the majority of my orienteering experience so far, followed closely by a good number of MDOC's Night Street League evenings, and a small but growing number of local orienteering events.

Do you prefer urban, forest or open moorland?

Definitely open moorland. Saddleworth over Salford every time. Pretty much anywhere in the Dark Peak (I now live in Hayfield) seems to have plenty to offer, and with a few notable exceptions (I'm looking at you Tunstead Quarry, on the outskirts of Buxton...), the landscape is glorious.

Outside of orienteering what are your interests or hobbies?

I'm a keen pianist, and — when the mood takes me — landscape photographer.

What has been the most memorable event you have competed in and why?

The November 2016 Peak Raid event based at Old Glossop (a three-hour score) saw me come plumb last in a field of over 100. Some dubious (to put it mildly) route planning and timing estimations had me returning to the Scout Hut with a slight limp over 40 minutes late back from the delights of a blizzard-bound Bleaklow. I still remember the number of the control (#7) at which everything started to go wrong, but was cheered up slightly on learning that many of the competitors — including some of those leading the field — had struggled with the very same control. The magic of GPS means that I'm still able to replay that best part of half-an-hour when I was wandering round in circles in the worsening snow, utterly convinced that the flag had been improperly placed (which, of course, it hadn't), but I guess everyone's been there at some point. GPS track extract attached for your amusement...



What are your orienteering goals for the future?

I'd like to start participating in orienteering events more regularly, so that I can build up experience and begin to see some real progress. At least some basic ability to run and read a map/plan a route at the same time would definitely count as progress!

What is your favourite piece of orienteering kit?

Right now it's probably my orienteering thumb compass (one of those brightly coloured Silva things with the red/blue/yellow segments, that at a casual glance looks as though it fell out of a Christmas cracker...). Having only ever previously used a long-baseplate compass with rotating bezel, the ability to take reasonably accurate bearings that much more quickly is appreciated.

In future, given I'm rapidly approaching the age when reading glasses will be required, I fully expect my favourite piece of orienteering kit to be a pair of those snazzy half-cutaway glasses.

What is your favourite thing about orienteering?

I'm very much a beginner, so for now, it's nice to be at the start of something where there's still so much to learn. Things like being able to quickly grasp the very large scale of many orienteering maps, so that I'm less likely to run off them without noticing... and learning how to decipher the squiggles that make up the non-textual descriptions for control points.

John Britton wins BOF's inaugural 'Continued Contribution to Orienteering' Award

Nomination and report by Peter Hayes

New for 2021, this BOF award recognises and celebrates the volunteer efforts of those in our sport who contribute greatly, often behind the scenes, over an extended period of time.

Read on to see just how much John has done (and still does) for MDOC & GMOA over the last 20+ years!

Map Library and Permanent Orienteering Courses

John is responsible for printing, map library, and (external) development of the new website and manages payments of maps. John developed the Postwatchers portal. Carries out maintenance of 56 sites over a wide area of ten Manchester County Boroughs and Cheshire. In 2011, John had sent out by post 14000 maps in the past four years and in 2011 produced a new map of Amberswood. Previously John has done regular map surveys and updates for several years before that.

He maintains a huge amount of data about every Permanent Orienteering Course, provides regular updates and individual post photographs, acts on Postwatchers reports, and cleans, maintains, and replaces damaged posts, largely on his own.

John paints all posts, including the 'O' symbol. Pioneered the use of QR-coded plaques on all posts at every Permanent Orienteering Course. This is well over 1,000. These publicise the Permanent Orienteering Courses to park users, who on scanning the QR code with their phone are taken to a webpage to get a map.

The 56 areas are constantly changing, to maintain the quality of the Orienteering experience for map buyers it is essential to keep them up to date. No map is static for more than a year, most are updated more frequently by John. He liaises with South East Lancs. Orienteering Club and Manchester and District Orienteering Club for major map resurveys.

In the Greater Manchester Orienteering Association's Annual Report 2020-21, highlighted that John had done 119 Permanent Orienteering Course site visits for maintenance alone.

Club committee

Club Chair for three years. Since 2010, John has been Vice-Chair of the Greater Manchester Orienteering Association. Committee member. Mentor and coach to International Orienteers.

Coaching

John started helping Manchester and District Orienteering Junior Club. He helped with the North-West Junior squad starting in 2002. Level 2 in 2003 and Level 3 in 2007.

Coached at the British Orienteering training event organised in the Lakes in April 2008.

2009 organised club coaching day at Bouth woods about 20 attended.

Ran club coaching days at Halkyn mountains 2012, Lakes, and weekends in Scotland. Helped at Lagganlia from 2011 to 2014. In 2009, ran a course - 'Intro to OCAD'. John was the Organiser of the Sprint event at M/C Univ.

Planned NWNL event at Watergrove. 2010 - Ultrasprint planned in Macclesfield. Produced the map, and planned three courses together with designing and building the Maze.

Planner

For first Stockport Urban 2008. Offerton Sprint 2016, both days. Twin Peaks (Angle Tarn and Place Fell) 2004. Co-planner British Champs at High Dam 2017, OMM 2019 Largs. Planned multiple Night Street League Events and Countryside Score Events. 2017, John had spent a year planning an excellent set of courses in the highly technical area of High Dam for the British Champs. Elite runners said: "it was the best course they had run all year". May 2017 level A planning British Champs Offerton.

Controller

Grade B 2011, Grade A 2015. Several Capricorns, JK Sprint Lancaster Uni 2015, British Sprint Champs Loughborough Uni 2019, Lakes 5 days, Angle Tarn 2018 & Grizedale 2014. Tockholes PFO 2010. 2012 Introduced and coordinated the NW Urban League 6 events based in the region. In 2013, John was involved in organising school events at Bramhall Park.

Organising

Of the Twin Peaks 2015. Also planned reserve area for 2014 Lakes 5 Days. Recently Northwich Urban, Pendle Fell, Big Moor. 2016 responsible for Sprints at Leeds Uni.

Mapping

John learned OCAD in Portland in 1995, and wrote a new map of Hoyt Arboretum, later used for the World Masters Games.

For MDOC Night Street League John is involved at every level. The mapping standards and planning are regulated by John to ensure competition is fair and understood by all.

Social Media/Information & Communication Technology

2015 ran the club's Facebook Page. Formed a media sub-committee to share ideas and work concerned with Facebook and Twitter. 2015 Trialled the MOBO app organised the first local MOBO event in Burrs Park Bury in 2016. Wrote a detailed guide on how to use MOBO.

In 2020 John was closely involved with the production and promotion of the 4 Getting Started Sport England videos. They have been used by other clubs and praised by local schools. He also wrote a detailed guide on how to use them.



Congratulations John on winning this award!

Caption Competition



Photo: Wendy Carlyle

Send in your best captions to editor@mdoc.org.uk

Our Roving Reporter Reports

Pete Hayes

How well do you know what club members get up to? Here is a quick quiz to test your knowledge. There is a fantastic prize generously provided by Sam Drinkwater for the first correct answer emailed to him, thanks Sam (Ed: I did not agree to this...)

- 1) Who recently ran the whole length of the Isle of Man in a Marathon, although was it a step too far for his Achilles heel?
- 2) Who recently went on a famous Tea Round in the Lakes, although she may have caught more than a cold?
- 3) Who got first place in the Mow Cop Killer mile and which seventy year old was he pulling along who has some history with the race? Both parts of the question must be right!
- 4) Who recently completed the Paddy Buckley round in 22 hours and 56 minutes? Which club member supported him on Leg 1 and who supported him on Leg 5?

All parts of all answers must be correct to win this fantastic prize, but where else could you win an all expenses paid trip to Llanfairfechan - drat I have given the prize away. Ok Sam get up off the floor I could have offered The Maldives not Llanfairfechan, although I admit they are similar. (Ed: Actual prize may vary - I could maybe stretch to a bottle of beer...)

Fixtures

Saturday 4th June - SELOC Local - Chadderton Hall, Oldham

Tuesday 7th June - SROC Chasing Sprint - Cottam, Preston

Wednesday 8th June - PFO Score - Marl Pits, Rawtenstall

Thursday 9th June - DEE Sprint - Acton Park, Wrexham

Saturday 11th June - British Sprint Relay Champs - Leeds

Sunday 12th June - British Individual Sprint Champs - Leeds

Wednesday 15th June - PFO Score - Billinge Hill, Blackburn

Saturday 18th June - SELOC Local - Queens Park, Heywood

Tuesday 21st June - MDOC Summer Evening Event - Brereton Heath

Wednesday 22nd June - PFO Score - Towneley Park, Burnley

Wednesday 29th June - PFO Score - Brun Valley, Burnley

Tuesday 5th July - SROC Chasing Sprint - Williamson Park, Lancaster

Saturday 9th July - SELOC Local - Tandle Hill, Oldham

Tuesday 12th July - MDOC Summer Evening Event - Alderley Edge

7th - 12th August - NWOA Lakes 5 Days

Stop Press

On Saturday 14th May our Junior team headed to Tockholes in PFO land to take part in the NW heat of the Yvette Baker Trophy. It is a challenging but runnable area. OK, we didn't win, but we were beaten by WCOC and LOC who had Juniors who were part of their regional squad and people for both clubs who are this summer going to represent Great Britain in the Junior European Cup.

So what can we take from this? Well we have a great crop of young Juniors just starting out on their Orienteering journey, not all who could make it on the day. We did also have some significant injuries. The future is bright for these young Juniors and we as a club need to do all we can to support them, not only with training but by putting on competitions in our area. Watch this space.

Pete Hayes



Photo: Richard Cronin NGOC