



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

OCTOBER 2009



AGM
London
Taxal
Portugal

Tay 2009
Lake District
Dartmoor
GMOA

REVIEW OF THE YEAR 2008-2009

Presented to the 2009 AGM by Steve Fellbaum

This is an opportunity to update all club members on our performance during 2009 and also to reflect on progress against the strategic plan that John Britton presented last year. I am pleased to report that our club has proved to be financially resilient over the last year, achieved in part by proactive management of our expenditure and costs, and delivery of a wide range of well attended events.

Whilst we appear to have had a successful 2009, we need to remain cautious about the future, adapting appropriately to the current economic climate, whilst at the same time meeting the changing needs of both existing and potential new members. We must remain focused on our objectives and be flexible as an organization to enable us and our sport to thrive long-term. Next year we will continue with and undertake various activities aimed at increasing participation and bringing more people into the sport. I hope that I can count on everyone to support our events and initiatives in whatever way they can. Thank you for your sustained efforts and contribution.

MDOC in brief

We are a leading club based in the North West with a large membership. We are committed to sustainable development and growth of our club and the delivery of a wide variety of events and initiatives for the benefit of our members, orienteers from other clubs and newcomers to the sport. We focus our resources on the organisation and delivery of both large and small events, and our members are active in the administration and delivery of the sport at a regional and national level. These areas include NWOA, GMOA, NW Junior Squad, Permanent Courses, BOF, Trail-O etc. We aim to support development and improvements to individuals and support representation at a National and International Level

Reputation

MDOC's reputation originates primarily in what we do and how we do it. Every action, and every interaction, counts in building our reputation - or in destroying it. Our aspiration is to be perceived as a club that provides something that people want. We will achieve this reputation by delivering good events; being focused on competitor needs (both seasoned and new); and being efficient and well organised in everything that we do

Orienteering activities supported or attended by MDOC and its members:

Stockport Street-O, Twin Peak, Saturday morning events, Lyme park introductory events, Wednesday evening runs, Score events: Christmas Score, Country Score etc. Overseas – O-Ringen - Sweden, France, Portugal, Italy, World Masters – Australia.

Spring series, Autumn series, Charity event, Summer social, Winter social, Juniors – NW Junior Squad, Trail-O, Bike-O, Night events, Newsletter, Finances, Minibus, ClubMark, Stores, Coaching, NWOA, GMOA Lakes 5 Days, Permanent courses.

Summary

We've continued the frenetic pace of organising and supporting events. For this we're indebted to the landowners and local authorities who have been so accommodating to us. Turnouts were often excellent. Putting on so many events both big and small would be impossible without willing course planners, organisers and the large army of other volunteers. It has been very encouraging to see some new people trying their hand at these jobs.

For the next year, the challenge will be to maintain the pace of delivering frequent and varied orienteering in our area whilst at the same time keeping it fun and spreading the organisational load. Remember that MDOC is YOUR club and to succeed we need and value your contributions - never feel that you are not experienced enough or not capable of taking on something at an event. We are a big club and the more everyone does, the less onerous the tasks are for everyone!

I want to congratulate the club and its membership for its successes during the last 12 months, both in terms of provision of events and achievements as competitors. As a sport we are not immune from events in the outside world, however despite the continued global economic turbulence and other external challenges we have been facing, we have managed to maintain our financial status and are well positioned to move forward as a club. Special thanks must go to the committee for their efforts and support over the last year. Their support and active involvement should be recognised by us all.

Finally, I would like to wish you all every success in your orienteering over the coming year.

Steve

MDOC COMMITTEE 2009/10

President	Frank Rose	
Chairman	Steve Fellbaum	
Vice Chairman	John Britton	
Secretary	Margaret Gregory	Welfare Officer
Treasurer	Steve Dempsey	
Fixtures Secretary	Sue Birkinshaw	
	Julie Brook	Social & Website Manager
	Steve Lang	Club Statistician & A3 Map Printer
	Pete Lomas	Club kit & Schools
	Dave McCann	Publicity & Club Captain
	Jenny Shaw	Juniors & Coaching
	Eddie Speak	Technical Officer & Map Librarian
	David Walker	
Co-opted	Andrew Gregory	Newsletter Editor
	Kath Speak	Membership Secretary
	Tom Fellbaum	Junior Representative
	Vicky Thornton	British Orienteering Representative

Steve Dempsey, club treasurer, presented the accounts for the current year, In summary we ran 24 events (same as last year) which supported 3361 competitive runs (3036 last year). Our total net income from events was £5,600, just up from last year. Overall we made a net loss of just under £3,000, mainly because we invested heavily in map surveys, SI kit and a new printer. This loss was actually less than we had budgeted for. Overall our finances remain very strong.

Our objective as a club is to enjoy and develop the sport rather than make a profit, so we should be planning to spend a significant sum on capital investment projects. This is likely to include mapping projects, equipment replenishment and development and participation projects.

An open discussion at the meeting included the best ways of communicating with members, how best to keep our archives, and the problems of losing access to several good areas. The idea of a dedicated access officer was proposed.

NEWS

Steve Vernon, BOF Participation Manager North, addressed the last committee meeting. He stressed the Sport England objectives: Grow, Sustain, Attain. He mentioned that about two thirds of primary schools report offering some orienteering. It is hoped this will help to bring families in. There is also a need to support student and university clubs.

Steve Vernon has particular responsibility for helping clubs that have applied to become participation clubs. This means having a fixed weekly location with coaching and other activities available, which is a stepping-stone to real orienteering. This satellite club may be school-based, with opportunities for outside O-activities, indoor circuits, quiet area for map-based activities, refreshments ... also a social base. Computer facilities are useful, for RouteGadget and O games. There have already been developments of this kind at Buxton and South Ribble.

MDOC has been selected to be a participation club. A coach/coordinator is needed, and there is likely to be BOF funding for a coach. Coach training is available from BOF and Steve Vernon stressed the importance of mentoring for new coaches. We have already made contact with Parrs Wood High School in East Didsbury, where is support from several members of staff. The school grounds and Abney Hall grounds need mapping.

There will be a weekend of Trail-O at Daresbury in Cheshire on 28-29 November 2009, including the British Trail-O championships. John Kewley of MDOC will be planning the courses. The Saturday Open event will be at Daresbury Laboratory, and the British Trail-O championships on the Sunday will be in the mixed woodland of Daresbury Firs.

A very good number of club members attended this year's Scottish 6 day event, based on Perth. Others went overseas, one group to the Swedish O-Ringen, while Lucy Harris was part of the British Mountain Bike-O team in Israel and John Kewley in the Trail-O team in Hungary. Later in the summer, whilst some members were struggling through the forests of the North Yorkshire moors at the White Rose, others were relaxing by the beach in Portugal! This picture shows Dave Mawdsely plotting revenge against Ian Watson, having just been beaten by him in the M60 class there. Dave had forgone the chance of international glory in M65 by entering M60, where there is a very intense competition within the club.



Alex McCann, Rebecca Humphreys, Tom and Alice Fellbaum were selected for the Junior Inter-regional Championships in Northern Ireland. The most impressive result was by Alex McCann who came 5th out of 41 in the M14 class.

Welcome for new member Angus Campbell, M15, Junior National BOF who has joined through the Fallibroome School scheme.

Cover Photo: Dave Mawdsley, Kath Rose and Frank Rose at Tay 2009. They all have achieved the rare distinction of having competed on every day of every Scottish 6-day event since the event began in 1977. This now gives a total of 102 days of competition.

MDOC events and activities September 2008 to August 2009

			<u>No.</u>	<u>Officials</u>
Regional	Place Fell Twin Peak	May	518	Dave McCann, Sue Birkinshaw
	Angle Tarn Twin Peak	May	540	Steve Fellbaum, Jan Ellis
Urban	Stockport	June	117	Edouard Salathé, Ian Gilliver, Pete Lomas, Dave Walker
	Fallowfield Sprint	Apr	51	Grahame Crawshaw, John Britton, Andrew Gregory
Charity	Lyme Park	Jan	250	Bryant Family, Sue Birkinshaw
Informal	Score			
	Longford Park, Stretford	Oct	65	Chris Owen
	Wythenshawe Park	Oct	54	Beren Airstone
	Sale Water Park	Nov	110	Simon Proud
	W,Y,O + Chasing Sprint			
	Fletcher Moss	Jan	77	Dave McCann
	Reddish Vale	Feb	103	Martin Green
	Chorlton Water Park	Mar	115	Dave McCann
	Woodbank Park	April	105	Dave McCann
	Summer evening Intro or W to Blue			
	Lyme Park 1, Intro	April	60	Alex McCann, Pete Lomas
	“ 2, Intro	May	57	Alistair and Rebecca Thornton
	“ 3, Intro	May	87	Alice Fellbaum, Dave McCann
	“ 4	May	140	Ian Gilliver, Pete Lomas, Eddie Speak
	Teggs Nose	April	124	Edouard Salathé, Chris Kirkham, Dave Mawdsley
	Macclesfield Forest	June	160	John Bainbridge, Jan Ellis, Dave Mawdsley
	Brereton Heath	June	116	Marie Roberts, Julie Brook, Ray Humphries
	Alderley Edge	July	192	Steve Lang, Phil Colville, Andy Thornton
Countryside Runs, Score	Rainow	May	65	Thorntons
	Whalley Bridge	July	34	Parkers
Training	OCAD course	Mar	20	John Britton
	G3 Controller Course	Mar	13	Ian Watson, Sue Birkinshaw
	Scouts event	May	36	Dave McCann
	BOF Lakes	April	15	John Britton
Schools	Score Champs, Torkington	Dec	32	Pete Lomas
Night	Watergrove	Jan	35	Chris Rostron, John Britton
Social	Summer + Bike-O	July	36	Roy Hayes, Julie Brook, Dave Mawdsley
	New Year - High Lane	Jan	65	Julie Brook, Rae Lomas
Footpath Relay, Derbyshire		June	23	Andrew and Margaret Gregory

TAY 2009

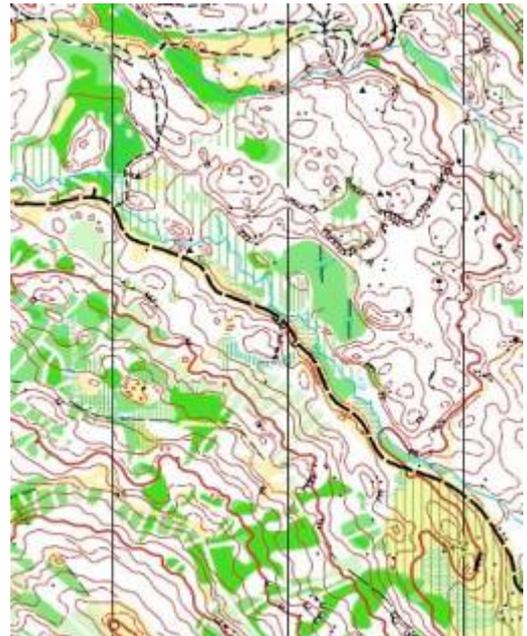
The best laid schemes o' mice an' men gang aft a-gley

An apt quotation to describe many of our individual runs in this year's Scottish 6-day!

This year's Scottish 6-day event was based on Perth, with the event centre and campsite at Perth Racecourse, just outside the town. However the orienteering areas used for the individual days were more dispersed than usual, with only one close to Perth, two on the coastal sand dunes east of Dundee and the other three some distance to the north or north-west. Club members were also quite widely dispersed around the area, with some on the event campsite, others in a more select campsite next door, some in rented chalets or cottages and one large group, mainly from the University Computer Science Department, had rented a stately home for the week. This last provided an excellent location for the usual club barbecue, supervised as usual by Dave Mawdsley, which attracted a good number of club members to see round the elegant house (please remove your shoes!) and enjoy the extensive grounds. Croquet proved a popular pastime, although complicated by the very friendly resident dog who enjoyed chasing croquet balls, as well as anything else that was thrown for it.

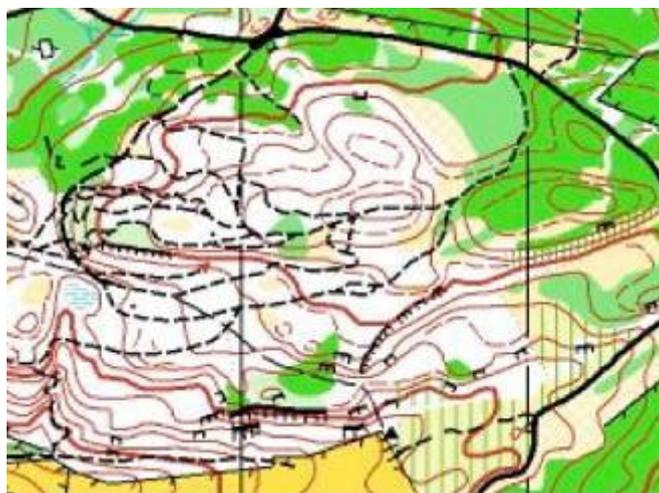
At each day's event the club banner provided a focal point for meeting friends, and the club tent was erected on the colder or wetter days. The orienteering provided a mixture of different challenges, from tough complex forests to open heather-covered moorland to very detailed open or forested sand dunes.

Day 1 Dalruzion is a physically tough forest north of Blairgowrie, with wooded hillsides of various shades of green on the map but no clear vegetation boundaries. Numerous small knolls and crags cover the hillsides, and very careful navigation was required to keep in touch with the map, particularly as the thickness of the vegetation often made it difficult to follow straight-line routes. The shorter adult courses kept to a lower section of forest close to the finish, but this was full of brashings that made progress very slow. The phrase "that's definitely a day to drop!" was heard quite frequently.

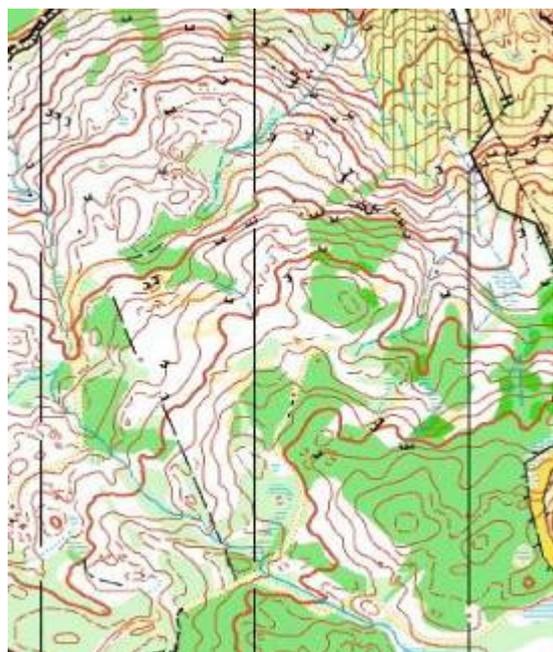


The organisers for the day included Alistair and Katie Lessells of ESOC, whom many club members remember well from their time in Manchester. A group of us, co-ordinated by Sue Birkinshaw, had responded to a request for help on that day, and found ourselves on the junior and colour-coded start. This is always the most relaxed and friendly of the starts, and we had to deal with a variety of problems, ranging from anxious children on their own to confident children trying to ignore over-anxious parents!

Day 2. Kinnoull Hill and its neighbour Deuchny are very close to Perth, and both contain a maze of paths used by local walkers. Most courses went immediately into a complex path network and, if starting too quickly, it was easy to be caught out not knowing which path you were on. The longer courses visited both hills. Kinnoull Hill to the west provided fast and runnable broadleaved woodland, although with quite steep slopes in places. This was separated by a road from the very different Deuchny Wood comprising plantations of spruce and pine.



Day 3. Tullochroisk was the furthest west of the events, reached by a drive through Aberfeldy and along the Schiehallion road, skirting the northern slopes of the mountain. This should have been the most scenic day, but unfortunately it was the worst for weather and rained steadily all day. Schiehallion itself was completely covered by low cloud and not visible at all. Most courses started in a very challenging area of coniferous forest with

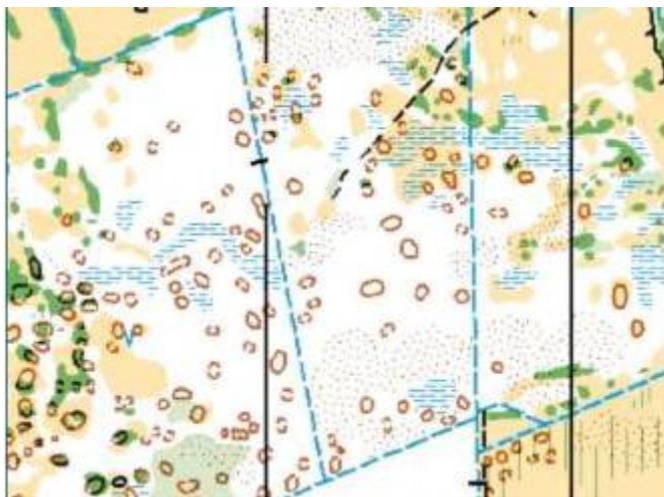


complex contours, numerous small crags and quite steep slopes. Anyone who survived this and the rain was then taken out onto detailed open moorland, really the lower slopes of Schiehallion, covered in crags, and then the last few controls in fairly runnable deciduous woodland. In all a real survival course, and not just for the competitors. The organising team had erected their two large marquees the previous evening, but in a strong gale overnight one tent took off completely and blew down the hillside, whilst the other blew down with its metal poles all twisted. The team, who had been sleeping in the tents, managed to transfer all the equipment to a barn and somehow obtain additional cabling so that download could take place in the barn.

Most competitors, and the organisers, were grateful for the rest day on the Wednesday. Many relaxed or went for short walks, but the weather had cleared, the cloud had lifted and Schiehallion and the other nearby mountains were popular destinations. For those who couldn't pass a day without orienteering, a Mountain Bike Orienteering event had been organised in the morning, and a Sprint-O in the afternoon in the grounds of Scone Palace, with the finish by the event centre at Perth Racecourse. Both of these were very popular, and on the long Mountain Bike course Liam Corner came a very impressive second, while Lucy Harris, training for her trip to the International event in Israel, was 30th and third women finisher.

The next two days gave a change in both scenery and terrain, as both involved a drive east past Dundee to areas of coastal sand dunes.

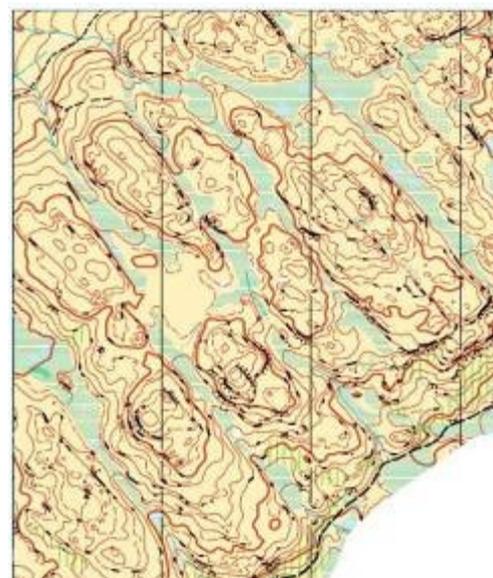
Day 4. Tentsmuir is a forest planted on sand dunes south of the river Tay and close to St Andrews. Most of the forest is very runnable, apart from some bracken and brashings. Some thicker areas of forest have very low visibility and great care in trying to keep to a bearing was required. The forest is divided into blocks with regular tracks running NNE and less regular cross-tracks. However the courses were well-designed to minimise track running. In some areas the sand dunes are aligned in ridges, but the amount of detail along each ridge is considerable and many competitors lost time searching for their particular small depression.



Day 5. Barry Buddon is a sand dune area on the north shore of the Tay, used for military training. These are very attractive mainly open sand dunes, and quite possibly it is only the fact that it was used by the military that had saved it from the fate of being turned into a golf course! The longer courses started in a lightly wooded area, completely flat apart from a large number of almost identical small knolls and occasional thickets. Several people had problems in this area, and soon realised that the only safe way was continually to keep in touch

with the map by checking off each individual knoll as you passed it. The final section of all the courses traversed a very complex area of irregular open sand dunes, and powers of navigation and concentration were tested to the limit.

Day 6. Loch Ordie north of Dunkeld gave another change of terrain. The area is almost entirely high open moorland, with two linked hills, the northern one covered with deep heather, whilst the southern hill is easier going, but comprises a complex series of rocky ridges and marshes. Courses finally descended through the bracken-covered lower slopes to the finish in the open fields of the assembly area.



The outstanding performance of the week was by Thomas Fellbaum who won M18L very convincingly, against very strong opposition. In a class of 54 competitors he won on three of the individual days and was second on two more. Other very impressive results in the A/L classes were Vicky Thornton fourth in W45L, Alice Fellbaum fifth in W16A and Alex McCann seventh in M14A.

The complete results of club members are as follows:

		<u>Pos</u>	<u>out of</u>				
M10A	James McCann	9	26	M65S	Ted Smith	29	37
	Hector Salathé	20		M70L	Andrew Gregory	10	64
	Jason Salathé	24		M75L	Dave Griffiths	14	29
M12A	Mathew Fellbaum	16	46	M80	Frank Rose	4	14
	Tom McCann	35					
M14A	Alex McCann	7	65	W12B	Rosie Martland	4	9
	Alistair Thornton	19		W14A	Romane Salathé	38	44
	John Dempsey	49		W16A	Alice Fellbaum	5	32
M18L	Thomas Fellbaum	1	54	W16B	Rebecca Thornton	2	21
M21S	Alex Bedwell	31	87	W21S	Lucy Harris	6	61
M21V	Kevin Watson	2=	11		Michelle Riley	43	
	John Bainbridge	6		W35S	Manuelle Salathé	20	26
M35L	Dan Riley	27	33	W40L	Julia Simpson	19	43
M35S	Liam Corner	3	47		Jane McCann	28	
	Paul Watson	39		W45L	Vicky Thornton	4	76
M40L	Edouard Salathé	29	90		Heather Fellbaum	14	
M45L	Dave McCann	28	125	W45S	Helen Dempsey	34	68
	Andy Thornton	32		W50L	Marie Roberts	47	84
	Mike Hayes	57		W50S	Kath Speak	12	61
	Tim Martland	84			Julie Bedwell	53	
	Paul Jarvis	101		W55L	Jillyan Dobby	15	67
	Steve Fellbaum	120		W60L	Jan Ellis	33	72
M45S	Steve Dempsey	18	82		Julie Brook	40	
	Tony Mason	79			Alison Doyle	58	
M50L	Tom Bedwell	46	134		Jenny Shaw	59	
M50S	Stephen Bingham	24	83	W65L	Irene Crawshaw	10	42
	David Dann	55			Rae Lomas	18	
M55L	John Britton	16	108	W65S	Elizabeth Smith	15	34
	Ian Gilliver	94		W70L	Sue Birkinshaw	11	25
M55S	Martin Green	7	72	W70S	Margaret Gregory	8	10
	Alan Poxon	13		W80	Kath Rose	4	5
	Eddie Speak	18					
M60L	Cliff Etherden	22	151	<u>Mountain Bike - O</u>			
	Peter Ross	53		Long	Liam Corner	2	61
	Dave Mawdsley	76			Lucy Harris	30	
	Ian Watson	78			Alex Bedwell	40	
	Tony Wagg	104			Chris Rostron	41	
	Trevor Roberts	105		<u>Sprint -O</u>			
	Chris Rostron	113		Long	Liam Corner	51	194
M60S	Chris Kirkham	31	67		Heather Fellbaum	101	
	Alan Shaw	36			Chris Rostron	163	
	Grahame Crawshaw	44		Short	Dave McCann	23	233
	Doug Edwards	50			Alice Fellbaum	65	
M65L	Pete Lomas	59	86		Matthew Fellbaum	69	
					Alex McCann	81	

AN ENTERTAINING WEEKEND IN LONDON

John Britton

Saturday's City Of London Urban Race was even better than last year's inaugural event. From another excellent venue, Paternoster Square, just behind St. Paul's, courses wiggled all around the City's banking and law districts, with a traumatic trip into the Barbican and some very tricky route-choice legs on the way back. The planner (Alan Leakey) had set out to use the multi-level nature of the Barbican to the full, and I have to say that he achieved it. The map itself is a tour de force, crystal clear when studied carefully at home, but a bit more tricky when racing flat out and already tired. My course was 60% longer than last year, so there was full value for money. RouteGadget shows just how many ways there were to execute even the most innocent-looking legs. Totally brilliant and strongly recommended as a must-do for next year.



On the Sunday, we were off to Richmond Park for a Half-Marathon Trail Challenge. Essentially this was an 18km Orange course, with a mass start. I measured straight line distance as 18km so presumably 21km (= half-marathon) was the optimal route. There were also 12km and 6km options ... the half-marathon did a 9km loop and then chased the 12km event round its loop. Maps were issued at Registration, so you could mark up your intended route in advance. Navigation was pretty straightforward but required lots of concentration counting path junctions and thumbing where you were up to on the 2 x A3 1:10000 maps. The 9km loop did a bit in the Park, ran through assorted woods and houses to reach the river bank, and then stayed near the river back to the start. The 12km loop went all over the Park itself on assorted terrain including horrendous sandy horse-paths, tarmac, footpaths and woodland. Felt like a very long way, and the couple of drinks stations were very welcome. They run a series of evening 10km races like this through the Summer - I'd guess well over half the competitors weren't orienteers, so you have to wonder if this kind of format is a potential vehicle for attracting new members.

MDOC Results - City of London Race

Womens Open (58)	7.1k	37	Michelle Riley W21	1:34:07		
M40+ (121)	7.1k	63	Tom Bedwell M50	1:10:39,	92	Paul Watson M35 1:23:30
W40+ (50)	5.4k	30	Marie Roberts W50	1:20:58		
M55+ (76)	5.4k	4	John Britton M55	52:55,	46	Ian Gilliver M55 1:12:38
		59	Trevor Roberts M60	1:20:26		

PORTUGAL 6 DAYS 2009

Heather Fellbaum

A large contingent from MDOC travelled to the west coast of Portugal for 6 days of orienteering. The events were held along the coast north of between Lisbon and Porto. (just north to the one used for the World Masters in 2008). The assembly area for the first 2 days was based at a large rehabilitation hospital with extensive grounds and landscaped areas. A well organised bus transfer was provided to ferry the competitors to and back from the start and finish.

Day 1 (Long course) was a challenge for us all especially after a tiring previous day travelling and a late arrival at our accommodation. Tom and Roger were faced with over 10k to run! It soon became clear that running along the soft sandy tracks was not the best choice in terms of energy conservation in the 30 deg temperatures. Those of us who did soon experienced fatigue and very tired legs.

Day 2 (middle distance race) and unknown to some of us the scale changed to 1:7,500. Neither Jan nor Heather realised this until it was pointed out at the end, and some only realised when control 1 was reached more quickly than expected. The planner had us criss-crossing the forest with all the controls close together. The course required high levels of concentration as the terrain was much faster than the previous day and missing a control was very easy to do!

Day 3 (sprint) took place in a small seaside town, Praia da Tocha. Times were lightning fast (just over 11 mins for Ian Watson and Heather on a 1.7 km course). It was an exciting race with no surprise dead ends or impassable walls blocking the way as often experienced in these type of events. The short race times and early starts allowed plenty of time for a most enjoyable, relaxing!!! BBQ afterwards at Peter and Jillyan's rented house. We were treated to a competitive game of water polo in the pool!

Thursday was a rest day and everyone converted from competitor to stereotypical holiday-maker and went off sightseeing and enjoying 'normal' holiday activities. Some visited Lisbon and others went to Bucaco a 'magical place' with a palace built in 1888 with attached monastery (now a luxury 5-star hotel), surrounded by ancient woodland which once saw Wellington's victory in a battle against the French.

The remaining days established a new assembly area just along the coast. The races were 2 middle and a final long distance, the latter being a world ranking event which resulted in an increase in competitors. The temperatures were getting even hotter and those with early starts certainly had the advantage and didn't envy those starting later. The food stall provided refreshing ice cold beers which was very welcome for all the adults (and teenagers!!) and something we decided would be a good idea for us to provide at our events in the UK!

The races became very competitive between some of the Brits as the MDOC M60s and W55s tussled for the top places in their classes. In the end MDOC did exceptionally well with many podium positions. All agreed, even those who didn't get on the podium that it had been a really good week with well-planned events and courses, nice assembly areas, beautiful beaches and fantastic weather.

Alice Fellbaum 1st W17

Heather Fellbaum 2nd W45

Jillyan Dobby 1st W55

Kate Bryant 2nd W55

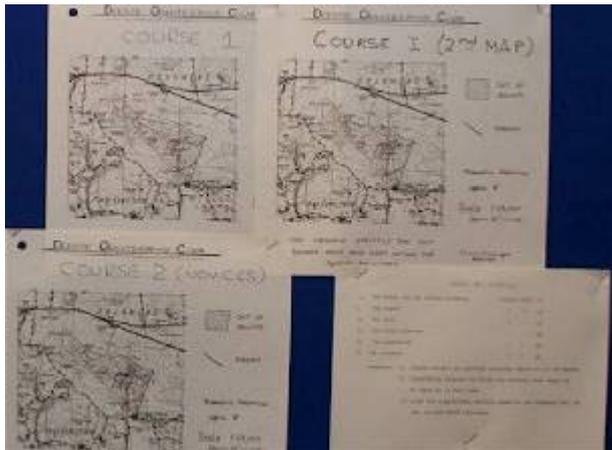
Jan Ellis 2nd W60

Ian Watson 2nd M60

Dave Mawsdley 3rd M60

DEE/MDOC CHALLENGE

Forty years ago Deeside Orienteering Club held their very first event on a black-and-white map of Primrose Hill. For the anniversary of that event they invited us back for the annual MDOC/DEE challenge. Much of the original runnable pine forest has been cut down, and replaced with dense new planting and open areas with bracken. However Bob Verity had managed to plan a challenging score event, using the best remaining areas of the forest. A twist in the event was that several controls had 2 or 3 control markers, only one of which fitted the description. Points were only scored if the correct marker was punched, and deducted if one or more of the wrong marker was punched. Unfortunately several MDOC members (who shall remain nameless!) were caught out by this, and our total score was not quite as high as it should have been. The event was followed by a pub, lunch, giving a chance to chat and look at some of DEE's historical records.



Original maps of Primrose Hill



Old-timers: Frank Rose and Andrew Tarr

The top three scorers from each club in each age group was counted. It was very nice to see two of our longest serving club members, Frank and Kath Rose, scoring in the oldest age groups, and also some of our newest members in the younger classes.

<u>M12-</u>	<u>DEE</u>		<u>MDOC</u>		<u>W12-</u>	<u>DEE</u>		<u>MDOC</u>	
1	Lachlan Chavasse	220	Mathew Bream	220	Evelyn Elmes	110	Alice Farnworth	130	
2					Nina Jones	80	Charlotte Bream	20	
3					Emily Davies	80			
<u>M14 - M18</u>					<u>W14-W18</u>				
1	Mathew Vokes	400	Roger Bryant	370	Zoe Smithard	270	Emma Farnworth	110	
2	Oliver Williams	350			Kitty Jones	50			
3	Callum Crocker	330							
<u>M20 - M45</u>					<u>W20-W45</u>				
1	Paul Chavasse	390	Kevin Watson	300	Sara Campbell	350	Rachel Farnworth	210	
2	Andy Campbell	370	Tony Mason	240	Catherine Hill	270	Naomi Grayburn	180	
3	Darren Baker	350			Sian Calow	220	Rosie Grayburn	180	
<u>M50 - M60</u>					<u>W50-W60</u>				
1	Christopher Calow	390	John Britton	330	Pat Moody	260	Kate Bryant	270	
2	Mike Smithard	330	Ian Watson	310	Pauline Abblett	250	Marie Roberts	210	
3	Graham Sutton	260	Martin Green	250	Clare Crocker	230	Julie Brook	210	
<u>M65+</u>					<u>W65+</u>				
1	Malcolm McIvor	300	Dave Mawdsley	250	Marian Padget	140	Irene Crawshaw	140	
2	John Padget	230	Andrew Gregory	240			Sue Birkinshaw	110	
3	Mike Richardson	220	Frank Rose	90			Kath Rose	100	
<u>Overall total</u>		<u>DEE</u>	6450	<u>MDOC</u>	4570				

THE 'NOT TOUR' TOUR

Alice Fellbaum

There are always a number of disappointed people when the selections come out for the BOF summer tours, and this year was no different. After a number of bad runs during the spring and summer, I was one of them. However there were a number of people who still wanted to do some training and so it was the perfect opportunity to organize something ourselves. It gave us something to look forward to and helped us not to dwell too much on the disappointment we all felt. Jonny Malley (EBOR) and Alex Roberts (HOC) undertook the roles of tour managers and did a really good job of making sure everything was well organized and ran smoothly.



After a few worries about tents, we all managed to arrive at Chapel Stile campsite in the Lake District with all our things. We were greeted by a very grumpy farmer who didn't seem to like us. I think he thought we were a group of rowdy youths who were going to disturb everyone else and be a nuisance despite the fact we had told him we were a group of runners. The campsite was heaving and the sun was out so we were all looking forward to a good week. We successfully managed to cook some sausages on a BBQ without getting food poisoning so it was all going well. Later in the evening we went for a walk. It was meant to be a little stroll down into the village, but ended up being a trek up the side of the valley. We even ended up scrambling up a rock face which none of us were really dressed for.

That night we were kept up by the sound of the rain but none of us were prepared for what we woke up to. The girl's tent didn't seem to be waterproof and we were all lying in puddles of water with soaking sleeping bags and clothes. We all felt extremely depressed and ended up walking the kilometre up to the toilet block where we sat in the washing up room trying to get dry. I was very surprised to bump into the McCanns who were going to do the Langdale horseshoe that day. An offer of their tent was greatly appreciated but we decided we would survive as we had another tent arriving that evening. The boys weren't very sympathetic to start with and still wanted to go training, but in the end we got the bus into Ambleside where we sat in a warm dry café. Also we went into the camping shop to admire the nice dry things and ended up coming out with a tent which cost us £3.60 each: a bargain. We christened it the Not Tour Tour tent or the NTTTT. Everyone at Halden would be jealous.

Phone calls to our parents resulted in lots of offers to go home but we were all determined to stay and finish the week. It never seemed to stop raining though. We did manage to go

out for a run that day as we wanted to do something. Our spirits were kept up by games of twister inside the tents which was very entertaining. We were all better once we got into some dry tents and managed to dry some things off.



Over the next few days we managed to get a fair amount of training in. We did a chasing sprint event with the prologue around a wood next to the campsite and the final in Ambleside. Any training we did do required a lot of effort though because the areas were so far away and we didn't have a car. Some days we had to run for over an hour before we even started training. Our favorite phrase of the week was 'I bet they're not doing this on Halden'. We knew they would be getting ferried around and getting everything cooked for them, whereas we had to walk

everywhere and cook everything for ourselves. Also they had coaches telling them what to do but we had the freedom to do what we liked. Jonny Malley planned us some very good exercises including a clock relay on Loughrigg, which caused an audience to form of several intrigued walkers.

The group got smaller throughout the week with one girl going off to China and someone else deciding they just weren't enjoying it in the rain. However I think we all felt very proud of ourselves at the end and felt we had accomplished something. I actually felt quite glad that I hadn't got on tour. We all grew very close as a group and in Scotland the week after we all wanted each other to do well and show everyone else we were just as good as them. I think it's made us more determined to do well next year.

Results – Burnbanks 6 Sept 2009

<u>Brown</u> (9) 8.9k	10 56:32 Andrew Gregory M70
3 90:12 Edouard Salathé M40	37 65:19 Stephen Beresford M60
<u>Short Brown</u> (37) 7.3k	42 69:54 Grahame Crawshaw M60
5 67:50 Karen Parker W45	45 73:18 Kate Bryant W55
15 76:14 John Britton M55	<u>Short Green</u> (24) 3.4k
34 105:59 Ray Humphreys M50	8 71:10 Rae Lomas W65
<u>Blue</u> (52) 6.3k	13 73:29 Irene Crawshaw W65
8 71:14 Cliff Etherden M60	<u>Very Short Green</u> (5) 2.7k
27 80:41 Tony Wagg M60	4 75:05 Manuelle Salathé W35
31 83:32 William Humphreys M16	<u>Light Green</u> (40) 3.6k
<u>Short Blue</u> (55) 5.6k	14 42:28 Dave Bryant M60
7 66:11 Alice Fellbaum W16	24 52:53 Romane Salathé W13
32 84:27 Peter Lomas M65	28 55:46 Rebecca Humphreys W14
35 86:13 Stephanie Bryant W18	<u>Orange</u> (16) 2.9k
37 87:41 Dan Parker M45	14 67:38 Hector Salathé M10
49 105:35 Pip Humphreys W50	<u>Yellow</u> (5) 2.6k
<u>Green</u> (56) 4.4k	4 35:14 Jason Salathé M8
7 53:26 Alan Poxon M55	

TAXAL & WHALEY BRIDGE SCORE EVENT

Dan and Karen Parker organized a farewell countryside score event from their house at Taxal before they moved north to live near Penrith. Similar to the event at Rainow organized by Andy Thornton, a 1:25,000 OS map was marked with points, at each of which a question had to be answered about a feature at that point.



Although the previous week had been very wet, the rain cleared just before the event, but the paths through the fields were still extremely wet and very slow going. A good number of club members turned up to take part, and join in a meal afterwards.



In the 90 minute event John Britton and Steve Lang both scored 22 points, but Steve Lang was just over-time so lost 1 point. Next were Jim Trueman 20, Dave McCann, Alan Ogden 18, Alistair & Vicky Thornton 17, Heather Fellbaum, Chris Rostron, John Williamson 15. In the 60 minute event, Edouard Salathé 13, Anne Osborne, Eddie Speak 11, Andrew Gregory, Jane McCann, Jane Walker Cull 9, Dave Bryant, Ian Gilliver, Dave Mawdsley, Kath Speak 8.

GREATER MANCHESTER ORIENTEERING ACTIVITIES

As I see it from the Chair – September 2009

Beryl Blackhall

As I gather the information together for this report I am surprised at how much has been achieved, and is still ongoing during the holiday season.

PROMOTION OF OUR POC's – More People on More POC's – series of courses

This pilot project of basic orienteering skills in Bury and Stockport, mentioned in the last newsletter, is now halfway through and we are learning as we go along. It will be interesting to review the feedback.

PROMOTION OF OUR POC's – PUBLICITY POSTERS

A project is well underway to produce posters for both the Parks and Map Sales Points. The aim is to have posters available to individual parks to display on their notice boards, advertising the POC in their park and stating where maps are available. Separate posters are to be produced for where maps are sold, stating which maps are sold at that sales point. A couple of sites have got draft posters to comment on at present, so we hope to soon be able to roll these out to sites that have the facility to display them.

OUT ON THE COURSES – NEWS and progress report

Although it is only 2 months since my last report there are a few things to report, despite August being a quiet month due to the holiday season.

Etherow Lodge Park, Hollingworth, Tameside – SK 018 964 – you can now buy maps in Hollingworth from the stationery shop, “One Call” on Market Street.

Longford Park, Stretford, Trafford – SJ 807 943 – you can now buy maps at Stretford Library.

Reddish Vale, Reddish, Stockport – SJ 905 935 – NEW COURSES with extended map NOW AVAILABLE from the Visitor Centre.

Boggart Hole Clough, Manchester – SD 867 030 – this map is undergoing a major update and courses will be reorganised to cope with the closure of a footbridge over a deep valley.

Wythenshawe Park, Manchester – SJ 815 901 – the map is having a partial update and some of the courses are being amended to bring them in line with current colour coded standards and avoid the worst of the increasing bramble cover in the woodlands.

Silver Springs, Tameside – SJ 955 993 – this course is not maintained by GMOA but Tameside are making a new set of posts and installing them in position for replanned courses. They are also financing a full update of the POC map.

DOVE STONE RESERVOIR

Ground breaking news here at this United Utilities site, which I am sure many of you know from orienteering, walking, climbing, cycling or sailing. There is a new landlord, as the RSPB are taking over the management of the site. There is already a new warden on the site and the RSPB are starting a large consultation process, about what both individual and group users want from the site. There will be official meetings with GMOA and MDOC representatives but everyone is invited to have their say. If on site you can pick up a blue leaflet from the box by the toilet block, or go to www.rspb.org.uk/dovestone and VOICE YOUR OPINION. Unless you tell them, they will not know what you would like to see on the site.

MAINTAINING OUR COURSES

A number of changes are being made in the way we organise the work, to spread the load.

Maintenance co-ordination - As most of you know each course has regular inspections by a club member, who then reports back to Grahame Crawshaw who co-ordinates it all to see that all courses are inspected and any maintenance work completed. Grahame is also our Treasurer, so toward the end of the year Pete Lomas will be taking over the maintenance co-ordination but Grahame will continue to deal with the financial side of getting in the fees from local authorities.

Maintenance delivery – GMOA have over 40 courses, over 30 of which we maintain for the local authorities. When posts and plaques are reported damaged or missing, the work used to be all carried out by Jim Nightingale, but as the number of courses paying for our service increases, so does the workload. Phil Ellis has now taken over this work on the northern courses, leaving Jim to concentrate on those courses in the south of the region. This means we now have two workshops capable of post and plaque production, as well as sharing the replacement work, which is a great asset to GMOA. In addition Jim and Phil also work at repainting post codes and clearing summer undergrowth, when post checkers cannot cope with the workload of a difficult site.

On behalf of GMOA could I express my sincere thanks to Pete and Phil for taking on these roles and to Grahame for efficiently seeing that we all got our courses checked over the past few years. As for Jim, he needs a gold medal for what he has achieved for many, many years on behalf of GMOA, and still continues to do so.

GMOA – THE FUTURE

When I was elected into the Chair in May 2008 I did say that it would be for a maximum of 3 years and at the end of that time I intend leaving committee as well, as I have other plans. We are now halfway through that time and I have asked committee to start to think about how they see GMOA developing once I am no longer doing the work that I am currently undertaking. At the moment we are at the stage of putting forward all kinds of ideas, however radical, for consideration. If any club members have ideas that they would like to put forward, or if they would be interested in helping with the running of GMOA in the future, please contact a committee member.

Results - Dales Weekend: Kilnsey and Malham 12 & 13 Sept 2009

			<u>Kilnsey</u>		<u>Malham</u>		<u>Overall</u>	
<u>Brown</u> (23)	4	David McCann	M45	78:27	(5)	87:14	(9)	165:41
	8	Liam Corner	M35	82:20	(7)	94:42	(12)	177:02
<u>Short Brown</u> (66)	5	Andy Thornton	M45	66:24	(4)	69:11	(8)	135:35
	15	Trevor Hindle	M45	77:26	(24)	75:30	(20)	152:56
	28	Stephen Fellbaum	M45	89:15	(36)	84:12	(35)	173:27
<u>Blue</u> (109)	14	Vicky Thornton	W45	56:10	(21)	59:28	(13)	115:38
	16	Heather Fellbaum	W45	54:00	(12)	63:29	(24)	117:29
	18	Cliff Etherden	M60	58:17	(24)	59:28	(13)	117:45
	49	Chris Kirkham	M60	72:42	(49)	86:51	(77)	159:33
	60	Jane McCann	W40	88:09	(76)	82:54	(73)	171:03
<u>Short Blue</u> (86)	16	David Mawdsley	M65	54:25	(18)	64:54	(35)	119:19
	21	Peter Lomas	M65	60:07	(32)	62:42	(28)	122:49
	37	Hazel Hindle	W45	67:44	(45)	79:25	(64)	147:09
	41	Tony Mason	M45	68:11	(46)	95:48	(69)	163:59
	42	Ted Smith	M65	69:41	(48)	96:50	(70)	166:31
<u>Green</u> (93)	2	Alan Poxon	M55	38:52	(6)	45:14	(3)	84:06
	9	Andrew Gregory	M70	45:59	(22)	46:43	(7)	92:42
	29	Jan Ellis	W60	51:50	(39)	55:59	(33)	107:49
	31	Grahame Crawshaw	M60	47:48			(28)	60:28
	(46)	108:16						
	46	Julie Brook	W60	59:04	(57)	69:33	(61)	128:37
48	Rebecca Thornton	W16	72:18	(65)	58:24	(40)	130:42	
<u>Short Green</u> (58)	2	Irene Crawshaw	W65	40:33	(3)	48:35	(3)	89:08
	10=	Rae Lomas	W65	44:19	(8)	62:32	(15)	106:51
	19=	Claire Barnett	W40	57:10	(28)	62:32	(15)	119:42
	19=	Sue Birkinshaw	W70	53:05	(21)	66:37	(27)	119:42
<u>Light Green</u> (41)	1	Alistair Thornton	M14	28:56	(3)	33:47	(1)	62:43
	9	Carolyn Hindle	W14	45:03	(13)	41:38	(10)	86:41
	11	Matthew Fellbaum	M12	47:02	(16)	47:30	(14)	94:32

<u>Orange</u> (35)	2	Tom McCann	M12	32:29	(2)	27:53	(7)	60:22
	13	Laura Hindle	W12	57:51	(14)	47:32	(28)	105:23
	14	Pamela Hartley	W50	119:55	(16)	61:51	(30)	181:46
<u>Yellow</u> (12)	1	James McCann	M10	22:01	(2)	25:08	(3)	47:09

CADDIHOE CHASE 19-20 September 2009

Vicky Thornton

It was Friday 18th of October and Alistair had a quick dash home from school to get changed before we were both whisked away from Macclefield in the Fellbaum Fiat southbound for Exeter YHA. Amazingly we missed the worst of the traffic and only four and a half hours later we were installed in the hostel but feeling tired after the long drive.

Day 1: It was all go in the morning with Heather up early bustling about to get going and by 8.30am we were at assembly (an achievement in itself for the Thornton's) so we occupied an hour with a bit of scrambling up rock tors before trotting off to our starts. The event this year was based on Dartmoor centred around Haytor.

The landscape in this area is well worth a visit – rolling hills littered with huge granite rocks, boulder fields and tors. Add to this a healthy smattering of gorse and head high bracken coupled with early starts (off with the helpers) to 'trail-braze' ahead of the main field and you will realise that we had our work cut out to get good results on Day 1. There was a method to our madness in that the aim was to get to the Exeter Uni later that day for the Open Day in time for Thomas to suss out the facilities before he completes his UCAS entries in October.

Needless to say despite the challenging early runs on Day 1, none of us performing to our full potential, we enjoyed being out on such a fine day. The planner had adopted an 'interesting' approach to the courses in that he explained to Thomas and I at the finish that since the area was not up to Scottish standards – technically TD5 that is – he had thought it best to make the controls tricky to find! This meant that even once you were at the feature itself and in the right place on the feature you still didn't necessarily see it unless you looked into the correct rocky crevice or behind the right bush! Ummmm – The up side to this is that we got some credit from our rivals for trampling the bracken and I was assured by Lesley Ross that our tracks had been most useful on the Blue course...ummmm! Our legs were also surprised by the percentage climb on the courses.

All that said both Thomas and Alistair had done well enough to both put themselves in 10th position on their respective courses short brown and light green after day one - which meant that provided others did the trampling and 'seeking' ahead of them on the chasing start the next day they would have a chance of getting into the top three on their courses overall....if they kept their heads! So we headed off to the University with hope in our hearts knowing that surely Day 2 couldn't be tougher!

According to Ali and I Exeter Uni can be recommended for its campus O map, student den in a green bit, exotic ducks on the many ponds and the abundant blackberries in the adjoining fields. According to Thomas and Heather the Uni can be recommended for it's great facilities especially the sports complex, it's recognition as a 'Tass' centre for elite athletes and it's attractive campus.

We returned exhausted but happy to the YHA to discover that my nice chilled bottle of wine had been confiscated by the wardenI was less happy! (We had to resort to buying our lagers....more and more of these hostels are becoming licensed). However on a positive note if you use your Tesco vouchers to book hostels out of the holiday season it costs

QUARTER of the normal advertised price.....full details available from Mrs YHA/Tesco voucher Fellbaum.

Day 2: Another fine sunny day and we were up early again to ensure a good warm up! Ali and I can't really remember how we got there but soon we were off to our starts....albeit Ali the wrong one...good job we were with the Fellbaum's with plenty of time to spare!

The location of the start and the direction the bulk of the courses headed off in – in full view of everyone in the chasing start – straight up a boulder strewn steep slope with controls conveniently tucked well in behind them was....an interesting idea and one I had not seen in play before! The leaders haired off up the hill and zig-zagged about a bit before stumbling upon controls and heading thankfully out of sight....having had chance to watch, the rest of us, gave chase.....

With nine people ahead of both Thomas and Alistair they both carved their way through the field. It was an advantage to see people ahead across the open land and while others wasted energy finding 'tricky' controls, ducking behind boulders and crags, and diving into pits and gullies, corners could be cut.

Thomas had a cracking run and after blasting out of the blocks and up the hill with only a one second lead on Thomas Butt he was able to not only to pull away but overtake every one on his entire course to win convincingly by a clear three and a half minutes!!! He also won the M20 Caddihoe Trophy for his efforts – 7km in 49mins over this rough hilly terrain - go Tom!

Alistair meanwhile...also quick out of the blocks soon found himself in 3rd position with only a couple of controls left with Harry Butt and Oliver Reynolds in hot pursuit....and then there was the "wet pit" in the bracken to find.... with no one in sight ahead he missed it and the two youngsters behind found it first as Ali had overshot by a good margin. By the time Ali swivelled round and realised his mistake he had too much to do to catch up although they all finished within the same minute! Ali finished 5th overall on the light green (2nd on day 2).

My race turned out more exciting than I had expected as I managed to close down a 5 minute lead Lesley Ross had on me to just a one and a half minutes – finishing 9th overall on the blue. It was also pleasing that they awarded Lesley the W40 trophy and then me the W35 trophy, which we hadn't realised was going to happen.

Mrs YHA Tesco voucher/long distance driver/caterer/elite athlete and university tour escort Fellbaum seemed to have other things on her mind than looking into rock crevasses for controls at precisely the right moment and I can only look on with amazement when she fails to recognise just why she doesn't get her best result every time! However I am thrilled to announce she has discovered the sport of rock climbing! (*See photo*).

PS. Alistair phoned his Dad on Day 2 to find out how things were going at Calke Abbey (DVO event held on the same day)....Andy had driven there with Rebecca, Alice and Matthew Fellbaum, Dave Mawdsley and Jan. I couldn't help to be amused by Matt's voice in the background... "Tell him I won!"Well done Matt - a clear 9 seconds on Mawdsley on the Green...and how many years have you both been orienteering?..... End.



Tom, Vicky & Ali and Heather on Haytor



Prize-winners at the Caddihoe Chase: Tom Fellbaum and Vicky Thornton



Prize-winners in Portugal: Ian Watson, Heather Fellbaum, Sue Birkinshaw, Dave Mawdsley, Jan Ellis and (front) Alice Fellbaum