



# MDOC NEWS



Newsletter of Manchester and District Orienteering Club

OCTOBER 2012



*Alex McCann and Alistair Thornton at the Peter Palmer Relays*

*(Photos: Rob Lines)*

**Croeso 2012  
Savio House  
Cairngorm Tour  
Peter Palmer Relays  
Mourne Mountain Marathon  
Event Reports  
AGM Details**

## NEWS

In the Peter Palmer Relays our juniors came a very respectable 8th out of 27 competitive teams. In the event at Sutton Park near Birmingham they were up against some very strong teams from other clubs. Alex McCann led off on the first night leg, followed by Alistair Thornton still running in the dark. Dawn started to break as Matt Fellbaum took over, and the team was completed by Carolyn Hindle, Laura Hindle and John Dempsey.

In the MDOC/DEE Challenge in the newly mapped grounds of Savio House, Bollington, we narrowly won by the small margin of 14 points: MDOC 3774 against DEE 3760. A good turnout of about 40 from each club seemed to enjoy a fun event involving successfully carrying objects back from controls. This was followed by a cold buffet co-ordinated by Julie Brook and some competitors still had the energy for a short sprint event round the house and gardens.

Our next major event is Errwood North in the Goyt Valley on Saturday 27<sup>th</sup> October. This is a level B event with a full range of colour-coded courses from White to Brown. It is the first day of the White Peak Weekend, with a DVO event at Carsington Pastures and Harborough Rocks near Ashbourne on the Sunday. Vicky Thornton is actively remapping Errwood and also planning the event. Steve Fellbaum is organiser. Requests for help will shortly be circulating, and nearly all helpers should also be able to have a run.

The night street league, co-ordinated by Grahame Crawshaw, will be held on Tuesdays or Thursdays during the autumn and winter at a variety of locations in South Manchester and Cheshire. Full details are given in this issue.

Chris Rostron is co-ordinating the autumn Saturday morning series which includes, in addition to a yellow course, both a score and a technical score event, where bonus points are awarded for visiting two consecutive controls with the same third digit. The first two events have already taken place, at Reddish Vale and Wythenshawe Park. Other venues are Silver Springs near Ashton under Lyne, Boggart Hole Clough, Werneth Low near Hyde and Longford Park in Stretford.

Our annual New Year Charity event in Lyme Park will be held on Saturday 5<sup>th</sup> January. The charity being supported this year is the Quaker Congo Partnership, with which Margaret Gregory is actively involved. This supports a community in the Eastern Congo, including support for orphans and for a community hospital. Margaret Gregory will be organising the event and Andrew Gregory planning. This will follow the usual John O'Goats format of a Mass Start and courses where some controls can be omitted depending on your age group.

The following Saturday of 12<sup>th</sup> January will be the New Year Social in the Village Hall at High Lane. This will include the annual prize-giving, food and a ceilidh.

Tom Fellbaum has started mapping part of Manchester City Centre for a major urban event in 2014. In 2013 part of this map will be used by SELOC for an urban event based on Salford Quays.

## CROESO 2012

The Welsh 6 days this year was based on Aberystwyth, with many competitors camping there or staying in halls of residence at the University. Four of the days were on areas of open hillside, often with many rock features. Day 3 was a Middle Distance event in the woodland of Hafod and the final day was an urban event on the Llanbadarn Campus of Aberystwyth University.

Fortunately fine weather for most of the week made this a very enjoyable event. The open areas would have been very exposed in wet and windy conditions.

There was a very good attendance of club members, with some not doing all the six days, and the McCanns only coming for the last day at Aberystwyth.

The only club member in the prizes was Andrew Stimson, who had entered M21V due to injury, and he was first of the four competitors on this class. Otherwise there were some very good results, with John Britton 4<sup>th</sup> on M60L, Dave Mawdsley 4<sup>th</sup> on M70L and Sue Birkinshaw 4<sup>th</sup> on W75L. Laura and Carolyn Hindle were both 6<sup>th</sup> on respectively W14A and W16A, and Matthew Fellbaum 7<sup>th</sup> on M14A. Pete Lomas was 7<sup>th</sup> on M70L, Heather Fellbaum 8<sup>th</sup> on W45L and Rae Lomas 9<sup>th</sup> on W70L.



*Tony Wagg at the Start*



*General view of assembly*



*John Britton at the Start*



*ABBA loos - "...Waterloo..." ?*

*(Photos: Trevor Roberts)*

The results show for each class the number of participants in the class, the position on each of the 6 days of competition, and the overall position, which is based on the best 4 of the 6 days:

		<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>Overall</u>
M12A (33)	James McCann	-	-	-	-	-	18	32
M14A (45)	Matthew Fellbaum	6	18	18	7	6	-	7
M16A (37)	Tom McCann	-	-	-	-	-	28	37
M18L (26)	Alex McCann	-	-	-	-	-	8	26
M21L (28)	Roger Bryant	32	14	17	23	14	17	16
M21V (4)	Andrew Stimson	2	1	1	1	1	1	1
M40L (48)	Liam Corner	28	19	16	15	12	7	16
M45L (82)	Trevor Hindle	52	32	61	20	28	25	33
	David McCann	-	-	-	-	-	31	76
M50L (91)	Tom Bedwell	70	26	56	23	22	28	25
	Stephen Bingham	34	52	-	54	31	-	47
	Stephen Fellbaum	48	47	71	48	50	52	52
M55S (36)	Martin Green	-	-	18	10	13	-	28
M60L (88)	John Britton	4	1	5	29	2	6	4
	Cliff Etherden	-	-	12	14	7	26	14
	Ian Gilliver	47	59	63	72	-	53	59
M60S (36)	Dave Bryant	-	7	21	10	6	-	13
	Grahame Crawshaw	-	-	-	-	17	8	32
M65L (95)	Peter Ross	3	19	46	5	21	17	13
	Chris Rostron	19	73	33	20	26	18	24
	Trevor Roberts	25	66	54	59	63	-	65
	Tony Wagg	59	82	-	74	-	-	82
	Chris Kirkham	37	-	-	-	-	-	91
M70L (47)	David Mawdsley	5	14	10	12	5	3	4
	Peter Lomas	-	15	7	4	-	6	7
M75L (36)	David Griffiths	5	15	-	22		6	13
W14A (35)	Laura Hindle	2	6	13	12	3	-	6
W16A (26)	Carolyn Hindle	6	4	3	7	10	14	6
W20L (12)	Stephanie Bryant	-	-	-	-	8	9	11
W45L (71)	Heather Fellbaum	9	3	25	16	17	8	8
	Hazel Hindle	43	52	45	40	45	45	46
	Jane McCann	-	-	-	-	-	22	66
	Liz Hamer-Davis	-	-	-	-	-	48	69
W50L (49)	Sally Gilliver	18	-	15	26	-	7	23
	Marie Roberts	25	31	17	27	28	21	27
W55L (62)	Kate Bryant	10	15	-	40	20	25	17
W60L (66)	Jillyan Dobby	9	36	17	20	13	28	18
	Jan Ellis	21	35	45	16	35	26	31
	Alison Doyle	45	55	54	57	47	42	54
W65L (34)	Irene Crawshaw	-	-	-	-	15	10	28
W70L (23)	Rae Lomas	-	6	6	8	-	2	9
W75L (11)	Sue Birkinshaw	3	6	5	8	4	4	4

## CAIRNGORM TOUR July 21st-July 28<sup>th</sup> 2012

*Alistair Thornton*

Before the Summer I was lucky enough to be selected for this tour. I stayed at Badaguish Outdoor Centre, Aviemore. The tour was for the M/W 16-18 yr group from all over the UK and there were 27 of us in total, 7 from the North West. The programme for the week had an overall theme of 'Planning for 2013' and included a series of workshops and a variety of practical sessions, on site and in the forest. I travelled up with others from the NW to Aviemore station where we were met and taken to the centre for some fun 'ice breaker' games and a talk on the week's programme ahead, which was pretty full.

### **Our Programme:**

Sat 21	Arrival	
Sun 22	15.5 km long run	Badaguish Outdoor Centre
Mon 23	Classroom workshops Interval session Classroom session on Training Plans etc.	Badaguish Outdoor Centre
Tues 24	4.5 km simplification 2.5 km control pick 3.8 km long & short legs Classroom session on mental strength.	BALAVIL
Wed 25	5.0 km Race 3.1 km Map Memory 2.5 Control Pick 3.5 Attack Points SWIM + BBQ	ROSEISLE & FINDHORN
Thurs 26	5.2 km Trains exercise 3.0 km Run/jog recovery Heart rate monitoring. THRESHOLD – 9min run and more intervals. Classroom session strength and conditioning and exercises	INSHRIACH
Fri 27	4.5 km RACE 3.0 km Run/jog recovery	Moor of Alvie & Speybank
Sat 28	Travel home	

My favourite day was Wednesday because the race was on some superb fast technically challenging terrain and I also enjoyed the exercises. The control pick was especially difficult causing me to get lost so I then had to learn how to improve and speed up my relocation skills. I particularly enjoyed Roseisle and Findhorn and I am hoping to run there again at the next Scottish 6 Days.

On the final day we had a relay race where we all tried to put together everything we had learnt. However it turned out to be lots of fun as well as it got a bit mixed up as control 7 was in the wrong place!

I felt I learnt such a lot and wish to thank people for the support I received which enabled me to go on this trip and the hard work of all the coaches. 'Training to Train' is an area I now wish to improve upon for myself.

# MOURNE MOUNTAIN MARATHON

*David McCann*

Alex and David McCann won the C class in 2011 and returned to the Mourne Mountains in Northern Ireland in September to defend the title. They were entered as a family team, the last time this will be possible as next year Alex will be over 18 and entry must then be in the open category. They felt a little guilty that they could not move up to the B class, again due to Alex's age (or lack of).

The Mournes are quite a compact area and the start/finish seems to move around to use different areas each year. This year the start was at the excellent Tollymore outdoor centre, in the middle of a forest that has a "proper" O map. We flew from Manchester and took a hire car to stay at a good bed and breakfast near Hillsborough (Dunhill cottage can be recommended for value, cleanliness and a good breakfast). An easy drive the next day, despite several slow sections behind the inevitable tractor took us to the car park and a short minibus transfer to the event centre.

Our start time was 10.24 but we were allowed to start a little early, an advantage as we had spotted that on the start lists we had several quick pairs starting within minutes of us. We didn't really want to be playing nip and tuck with other pairs on day 1. Alex took charge of the map and I saw it about twice over the whole weekend, mainly because I was lagging behind with him doing all the navigation. After a control in the forest we emerged into the open and had a series of easy to find controls on open hillsides in good visibility, often with a line of people heading towards them. There was one good route choice leg that even after the event we are not convinced we took the best route. We had a fast split but would we have been faster taking the other option.

The Mournes have suffered some serious fires in recent years and knowing where these are would have been a big advantage. Very recently burnt areas are quick, not so recently burnt areas have tussocky grass growing back and are not so quick.

Towards the end of day 1 we hit the Mourne wall, a substantial structure that many chose to run along the top of. We opted for the tracks to the side. It was a bit of a surprise to arrive as the 12th pair at the overnight camp considering we had started late. We had done day 1 in 3 h 19min and had a 14 minute lead on the team who nearly beat us last year.

The next surprise came when we tried to put the tent up. Despite being kit checked for a tent we had managed to leave the main tent



pole at home. Anyone who has a Laser Photon will know that the main pole is a vital part of the tent, without it you really just have a bivvy bag for 2. Anyway, putting worries about being disqualified for sheer incompetence to one side, we admitted what we had done to the organisers - who promptly offered us a range of bamboo canes to stuff in the various holes where the pole should go. It survived the night, despite the rain and despite reducing in height by another 6 inches.

Day 2 started wet and overcast. In Ireland, a mass start is not a mass start, more of a punch this SI box as you go through the gate then get on with it. Map marking in the rain just does not work so we relied on Alex's memory of where the controls were and just got going. We ran well (where we could run) but did make a few small errors, finding ourselves a bit too high for #3 and taking a tough route late on in the day where a track option would have been quicker. There was a "cluster" in the course where you have a choice of which order you take the controls in. We, and the second and third placed teams took one route. The fifth placed team Clive and Liam Coffey, took a better option and clawed back 20 minutes on our time. Clive is in the Mountain Rescue team there so does have local knowledge! As we approached the end we nailed a late control and the team chasing us down missed it, losing a vital few minutes. The next control was a small stream bend between paths, more like on an O course - this proved costly for many teams but Alex got it spot on.

We arrived at the finish knowing we had beaten the team chasing us down. The team placed third overnight, a young team of Lucy Butt and Mark Stephens (who had gone sightseeing on day 1 which cost them the overall lead) had finished 5



minutes up on the day but down overall.

It was only at download and when comparing splits that we realised the Coffeys had pipped us on their route choice by a mere 12 seconds, after over 7 hours running! A well deserved win that requires a rematch next year on the B course.

The race is well supported and deserves more entries. Really friendly event and well attended prize giving. Let us know if you want to join us next year.

## MDOC/DEE CHALLENGE – SAVIO HOUSE

*Andrew Gregory*

When Sue Brkinshaw confronted me at the beginning of this year with her familiar question: “And what are you planning to do this year?”, I thought quickly and volunteered to plan the MDOC/DEE challenge hoping, mistakenly, that would let me off having to do anything else! A few weeks later Dan Riley mentioned that he and Michelle had mapped the grounds of Savio House and were installing a permanent course, and that this would be ideal for a small event.

After a visit we realised that the venue would be ideal for a social event like the MDOC/DEE challenge, with all the facilities of the barn and a mixture of gardens, open fields and small strips of woodland. The area was not particularly technical so, to introduce more of a challenge, I remembered a fun summer event run by Mike Greenwood many years ago on Gawsworth Common. Here competitors had to transport objects such as single grains of rice or balloons from controls surrounded by thorn bushes. A variation on this seemed a possible way of keeping people amused while crossing open fields and avoiding sheep and cattle.



There were very few thorny bushes, and I couldn't trust runners not to take a whole handful of rice, so it was an interesting problem to think up a suitable variety of objects to be carried. Cups of water, ice cubes and sticks of spaghetti all presented different types of problem. I wanted something sticky and, after going round a supermarket, chose glacé cherries. Eggs were easier than I thought as no one tripped over, and most of them finished up being cooked by Julie for the lunch. For the loop only done by the Brown course I decided a brick was the best way to slow runners down. I raided the skip outside the house next to us that was having building work done, but regretted my decision when I realised I would have put them all out myself! Luckily I had just the right number and they all came back.

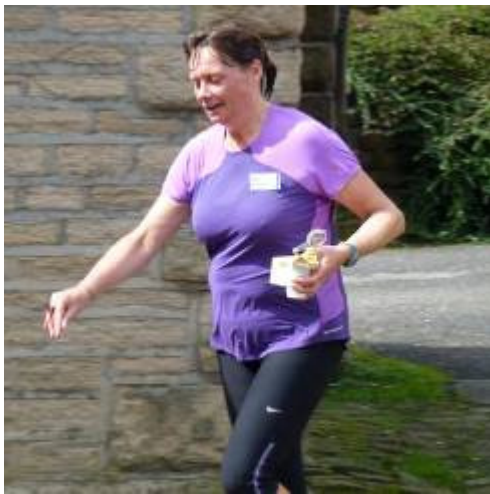


The junior (M/W12-) course had some of the same objects (not the brick!), but also a cupcake, a chocolate and a meringue nest (very fragile). It should have included balloons but I couldn't find them at the last moment! Ideas I rejected included snails, thistle heads, fishing maggots and open umbrellas.





The morning was frantic, but fortunately Andrew Stimson had offered to help put out controls. Jillyan Dobby and Ian Farrell helped carry water and fill the cups, and Alex McCann and Stephen Fellbaum helped put out the Junior and Sprint controls. I was worried the cattle would eat the glacé cherries and that the sheep would knock over the cups of water and lick the ice cubes. Ideally the ice cubes would have been unwrapped, but there wasn't enough time to do this.



*Jane McCann*



*Table football*

*(Photos: Jane Mockford, Margaret Gregory & Simon Mawdsley)*

Margaret Gregory coped with registration, helped by Jen Britton and Jane Mockford from DEE. Margaret, Jen and Rae Lomas then acted as recording angels checking the objects, while Sue Birkinshaw and Pete Lomas handled the map exchange. There were minor problems such as a temporary shortage of one map, and someone bringing back the complete box of ice cubes! Luckily everyone seemed to enjoy the event and take it light-heartedly.

Eddie Speak had created a specially adapted SI programme to process the results, but the times and object scores had to be transferred manually to an Excel spreadsheet to calculate the final individual and team scores. One MDOC member had inadvertently been entered as DEE, and I announced the sad news that DEE had won by a short margin, which was greeted by loud cheers from DEE. However the next day the error came to light, and this was just enough to swing the scores the other way!

We wait with interest to see what DEE will come up with next year.

*From the Risk Assessment for Savio House:*

*Hazard: Dropping brick on foot*

*Possible Outcome: Bruising of foot*

*Mitigation: Ice provided at nearby control point*

## RESULTS

### Purple Thistle - Arisaig

Long courses, simplified organisation and a very relaxed low key event on an excellent area near Mallaig on the west coast of Scotland.

	<b>Sat 18 Aug</b>		<b>Sun 19 Aug</b>	
<b>Big Thistle</b>	9.4k (46)		9.3k (41)	
Jim Trueman	16	95:38	11	103:34
Trevor Hindle	26	106:32	21	117:00
<b>Medium Thistle</b>	7.1k (87)		6.0k (85)	
Andrew Gregory	46	99:24	39	88:49
Hazel Hindle	60	112:24	65	110:34

### The White Rose (*Fifty Shades of Green?*)

A variety of events on the North York Moors near the village of Sawdon, in Wykeham Forest and neighbouring areas. The results of the two main events are:

<b>Sat 25 Aug</b>			<b>Sun 26 Aug</b>		
<b>M10A</b> 1.7k (4)			2.0k (4)		
2	Ben Dempsey	14:55	2	Ben Dempsey	22:12
<b>M14A</b> 3.2k (12)			3.7k (13)		
9	Ben Martland	63:45	10	Ben Martland	69:18
<b>M45L</b> 7.0k (23)			6.6k (22)		
3	Steve Dempsey	65:53	11	Tim Martland	69:39
5	Jim Trueman	69:04	13	Steve Dempsey	70:33
9	Tim Martland	78:43	15	Jim Trueman	71:10
<b>M65L</b> 5.4k (15)			4.4k (16)		
8	Peter Ross	83:04	10	Peter Ross	69:34
9	Chris Kirkham	84:48	15	Chris Kirkham	100:23
<b>W16A</b> 4.3k (10)			4.3k (10)		
10	Rosie Martland	112:00	10	Rosie Martland	82:19
<b>W60L</b> 4.3k (11)			4.3k (12)		
4	Jillyan Dobby	64:53	3	Jillyan Dobby	62:14

### DVO Longshaw 9 Sept

The last day of the Indian summer made an attractive day out in the Peak District on the National Trust woodlands and open moorland of the Longshaw Estate.

<b>Brown</b> 8.1k (37)			22	Alan Poxon	M55	52:47	
6	Liam Corner	M40	62:05	30	Peter Lomas	M70	56:14
24	David McCann	M45	73:09	36	Andrew Gregory	M75	58:36
<b>Blue</b> 6.3k (72)			75	Alison Doyle	W60	93:42	
6	Timothy Martland	M45	54:30	<b>Short Green</b> 3.9 (49)			
31	Chris Rostron	M65	68:48	13	Geoffrey Millan	M65	53:20
37	Ian Farrell	M21	69:54	21	Rosie Martland	W16	58:59
39	Jane McCann	W45	70:40	26	David Walker	M70	65:12
57	Paul Watson	M35	77:47	<b>Light Green</b> 3.2k (25)			
61	Ian Gilliver	M60	81:12	9	Ben Martland	M14	47:52
<b>Green</b> 4.5k (89)			10	Rae Lomas	W70	49:11	
11	Martin Green	M55	47:45	12	James McCann	M12	53:52

## DEE Ainsdale 16 Sept

An excellent win by Alistair Thornton on the Blue course, on this very technical area of sand dunes.

### Short Brown 7.3k (53)

7	Steve Dempsey	M45	61:58
23	Tim Martland	M45	72:52
26	Stephen Bingham	M50	78:31
27	Alice Fellbaum	W20	81:14
33	Stephen Fellbaum	M50	87:09
34	Trevor Hindle	M45	88:17
43	Alan Ogden	M50	96:34
47	Ray Humphreys	M50	117:33

### Blue 6.1k (68)

1	Alistair Thornton	M16	45:44
7	Matthew Fellbaum	M14	57:41
12	Cliff Etherden	M60	60:25
15	Vicky Thornton	W50	63:48
28	Heather Fellbaum	W45	69:14
32	John Dempsey	M16	71:04
37	Ian Farrell	M21	75:16
41	Jane McCann	W45	80:05
50	Ian Gilliver	M60	84:47

### Short Blue 5.1k (53)

5	Martin Green	M55	56:20
11	Rebecca Humphreys	W18	65:06
13	Chris Rostron	M65	65:50
17	Chris Kirkham	M65	66:29
18	Hazel Hindle	W45	67:15

### Green 4.4k (71)

4	Carolyn Hindle	W16	52:31
9	Alan Poxon	M55	56:46
15	Kate Bryant	W55	59:14
26	Peter Lomas	M70	66:19
29	Trevor Roberts	M65	67:19
33	Richard Blake	M60	68:13
34	Grahame Crawshaw	M60	69:16
36	Marie Roberts	W50	69:59
43	David Mawdsley	M70	75:37
46	Rosie Martland	W16	78:01
58	Alison Doyle	W60	94:31

### Short Green 3.4k (32)

9	Irene Crawshaw	W65	71:48
16	Rae Lomas	W70	79:40

### Very Short Green 3.1k (12)

4	Sue Birkinshaw	W75	75:55
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### Light Green 3.2k (35)

2	Laura Hindle	W14	38:38
17	Ben Martland	M14	57:08
23	James McCann	M12	64:23
32	Sara Farrell	W21	142:34

### Yellow 2.1k (9)

4	Jennifer Britton	W60	28:08
6	Ben Dempsey	M10	35:28

## London City Race 22 Sept

### M Open 7.9k (130)

63	Paul Watson	M35	72:32
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### M40+ 7.7k (107)

18	Steve Dempsey	M45	55:37
29	Trevor Hindle	M45	58:58

### W40+ 5.6k (90)

11	Heather Fellbaum	W45	47:13
52	Hazel Hindle	W45	59:06

### M50+ 6.0k (169)

96	Stephen Fellbaum	M50	53:51
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### W50+ 4.8k (87)

10	Vicky Thornton	W50	48:01
26	Marie Roberts	W50	53:31

### M60+ 4.9k (135)

1	John Britton	M60	36:33
30	Chris Rostron	M65	47:45
58	Trevor Roberts	M65	52:38

61	Ian Gilliver	M60	53:05
71	Grahame Crawshaw	M60	55:02

### W60+ 3.3k (67)

31	Jan Ellis	W60	47:59
34	Rae Lomas	W70	49:57

### M/W16- 3.1k (60)

9	Alistair Thornton	M16	21:45
12	Matthew Fellbaum	M14	22:25
22	Laura Hindle	W14	24:47
29	Carolyn Hindle	W16	26:20

### M/W12- 1.0k (52)

11	Ben Dempsey	M10	9:59
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## Southern Championships – Epping Forest 23 Sept

<b>M10A</b> 2.6k (9)		7 Peter Lomas	81:49
6 Ben Dempsey	38:44	<b>W14A</b> 4.0k (16)	
<b>M16A</b> 8.1k (23)		3 Laura Hindle	42:33
6 Alistair Thornton	63:31	<b>W16A</b> 6.0k (10)	
12 Matthew Fellbaum	72:08	9 Carolyn Hindle	88:49
<b>M45L</b> 10.0k (32)		<b>W45L</b> 7.1k (27)	
7 Steve Dempsey	83:56	10 Heather Fellbaum	81:29
18 Trevor Hindle	111:41	24 Hazel Hindle	118:20
<b>M50L</b> 10.0k (54)		<b>W45S</b> 5.2k (13)	
33 Stephen Fellbaum	122:22	7 Liz Hamer-Davies	142:55
<b>M60L</b> 9.0k (37)		<b>W50L</b> 7.1k (19)	
8 John Britton	83:10	4 Vicky Thornton	72:23
<b>M60S</b> 6.0k (14)		11 Marie Roberts	95:27
11 Grahame Crawshaw	105:39	<b>W60L</b> 6.0k (19)	
<b>M65L</b> 6.1k (32)		12 Jan Ellis	101:18
9 Chris Rostron	77:42	<b>W65L</b> 5.2k (16)	
<b>M70L</b> 6.0k (13)		5 Irene Crawshaw	75:19

### Carlisle Urban event 29 Sept

<b>M40+</b> 5.8k (57)		<b>W16-</b> 3.4k (12)	
19 Trevor Hindle	M45 43:55	2 Laura Hindle	W14 27:26
<b>M55+</b> 4.8k (55)		5 Carolyn Hindle	W16 31:26
4 John Britton	M60 38:45	<b>W40+</b> 4.8k (39)	
42 Ian Gilliver	M60 57:10	28 Hazel Hindle	W45 54:19
43 Grahame Crawshaw	M60 57:12	<b>W65+</b> 3.0k (21)	
<b>M65+</b> 3.7k (27)		7 Rae Lomas	W70 37:43
3 Chris Rostron	M65 33:23	9 Irene Crawshaw	W65 38:18
17 Peter Lomas	M70 42:07	18 Sue Birkinshaw	W75 53:49

### PHYSIOLOGICAL TESTING

Tom Fellbaum was one of the athletes from the Talent Development Squad who recently had a week of physiological testing at the Department of Exercise and Sport at Manchester Metropolitan University. This involved measurements of body composition, tests of lung function, blood pressure, VO2 Max and Running Speed lactate.

This testing was combined with a 'Strength and Conditioning Camp' held at Bakewell, led by British Orienteering's physiotherapist Kim Baxter. This camp focussed on developing and maintaining the correct posture for orienteering; developing physical literacy through balance, co-ordination and agility; and strengthening the larger power muscles required for orienteering.



### **Coming to a Street near you – at Night!**

Following its successful introduction last year, the MDOC Night Street League returns for a second series of events starting in November. There will 8 events in the series – 6 on new maps and 2 on updated maps - with the best 4 to count towards your position in the league table.

The format is much the same as last year, but we have taken your comments into account when drawing up plans for the new series.

- 4 events on Tuesday evening and 4 on Thursday
- all are close to the MDOC “heartland” in and around Stockport and South Manchester
- 40 and 60 minute options always available, plus a 75 minute option where the area will support it
- under 16s **MUST** be accompanied by an adult; 16 and 17 year olds can compete without an adult, but only if written consent has been obtained from parent/guardian
- maps and clue sheets are printed on waterproof paper
- SI timing (for start and finish only) – don’t forget your dibber!
- lights desirable, high-visibility clothing **COMPULSORY**
- an opportunity to socialize, discuss route choices, talk to the planner etc over a drink and/or meal afterwards
- trophies for class winners (I hope!)

**Registration 6.00 - 7.00pm; Starts 6.30 - 7.30pm (ish!) Fee £2.00/1.00.**

Preliminary details are given below: other venues will be published on the MDOC website when confirmed.

<b>Date</b>	<b>Map</b>	<b>Venue</b>	<b>Organisers</b>	<b>Postcode</b>	<b>Grid ref</b>
Thu 1 <sup>st</sup> Nov	Offerton (new)	Golden Hind, Offerton	Grahame Crawshaw John Britton	SK2 5RH	SJ 919890
Tue 13 <sup>th</sup> Nov	Hale (updated)	The Bull’s Head, Hale Barns	Peter Ross Sue Birkinshaw	WA15 0HG	SJ 791859
Tue 27 <sup>th</sup> Nov	Handforth (new)	<i>To be confirmed</i>	Kate Bryant Steve Lang	SK9	
Thu 13 <sup>th</sup> Dec	Bramhall (updated)	<i>To be confirmed</i>	Trevor Roberts Pete Lomas	SK7	
Thu 10 <sup>th</sup> Jan	Bollington (new)	<i>To be confirmed</i>	Clare Griffin Ian Gilliver	SK10	
Tue 22 <sup>nd</sup> Jan	New Mills (new)	<i>To be confirmed</i>	Trevor Hindle Julie Brook	SK22	
Tue 5 <sup>th</sup> Feb	The Heatons (new)	<i>To be confirmed</i>	Chris Rostron Ian Watson	SK4	
Thu 21 <sup>st</sup> Feb	Macclesfield (new)	<i>To be confirmed</i>	Steve Fellbaum Dave Mawdsley	SK11	

Urban O and Night events are not necessarily high on the list of orienteering priorities for many people. However, there is a growing number of enthusiasts for this aspect of the sport within the club. Around 100 people came along to the events last year and really enjoyed the experience – so why not give it a try?

The first event at Offerton features an area that we think is probably worthy of hosting a major British Championship Sprint event – now there’s a challenge!

**Grahame Crawshaw (Series Co-ordinator)**

## **MDOC AUTUMN SERIES**

*Saturday mornings in local parks*

- Sat 6 Oct Silver Springs, Ashton-under-Lyme  
Sat 20 Oct Boggart Hole Clough, North-East Manchester  
Sat 24 Nov Werneth Low Country Park, Hyde  
Sat 8 Dec Longford Park, Stretford

Each event will comprise a Yellow course, a 45 min Score event and a 45 Min Technical Score event, with bonuses for visiting controls in a pre-defined order.

Register from 10:00 to 11:00, Starts 10:30 to 11:30. Co-ordinator: Chris Rostron

## **OTHER MDOC EVENTS**

- Sat 27 Oct Goyt Valley, Buxton – Full range of courses from White to Brown  
Sat 5 Jan John O’Goats - Lyme Park Charity event - 11:00 a.m. mass start  
Sat 12 Jan New Year Social – High Lane Village Hall - from 5:00 p.m.  
Sat 19 Jan Macclesfield Forest – North West Night League

## **Wednesday Runs**

- |        |                        |        |                           |
|--------|------------------------|--------|---------------------------|
| 3 Oct  | Sue Birkinshaw         | 31 Oct | Andy & Vicky Thornton     |
| 10 Oct | Julie Brook            | 7 Nov  | Andrew & Margaret Gregory |
| 17 Oct | Steve Nicholls         | 14 Nov | Richard Evans (Romiley)   |
| 24 Oct | Trevor & Marie Roberts | 21 Nov | Dave Mawdsley             |

## **Committee Meetings**

7:30 Poynton Sports Club Mon 8 Oct, Mon 12 Nov, Mon 10 Dec

### **MDOC Annual General Meeting**

**Thursday 11<sup>th</sup> October 2012**

**7.00 for 7.30 p.m.**

**The Ladybrook Hotel  
Fir Road, Bramhall, SK7 2NP**

**Talk by Eleanor Baker,  
Stockport School Sports Organiser**

**Discussions on marketing and  
community links**

**New style O-kit**

**Hotpot meal provided**

## CALENDAR

Sat 6 Oct	Tockholes	PFO Middle Distance event	<a href="http://pfo.org.uk">pfo.org.uk</a>
Sun 7 Oct	Hameldon Hills	PFO level B event	<a href="http://pfo.org.uk">pfo.org.uk</a>
13 – 14 Oct	Sneaton Forest	October Odyssey	<a href="http://clock.org.uk">clock.org.uk</a>
Sat 20 Oct	Oxford	Oxford City Race	<a href="http://ouoc.org.uk">ouoc.org.uk</a>
Sun 21 Oct	Simpson Ground	SROC level C event & Yvette Baker trophy competition	<a href="http://sroc.org">sroc.org</a>

### White Peak Weekend

<b>Sat 27 Oct</b>	<b>Goyt Valley</b>	<b>MDOC level B event</b>	<b><a href="http://mdoc.org.uk">mdoc.org.uk</a></b>
<b>Sun 28 Oct</b>	<b>Carsington</b>	<b>DVO event</b>	<b><a href="http://derwentvalleyorienteers.org.uk">derwentvalleyorienteers.org.uk</a></b>
Sat 3 Nov	Litle Budworth	Schools league	<a href="http://deeside-orienteeing-club.org.uk">deeside-orienteeing-club.org.uk</a>
Sat 3 Nov	Chorley	SROC Urban event	<a href="http://sroc.org">sroc.org</a>
Sun 4 Nov	Haslingden Grane	SELOC level B event	<a href="http://seloc.org.uk">seloc.org.uk</a>
Sun 11 Nov	Ogden, Halifax	EPOC level B event	<a href="http://eastpennineoc.org.uk">eastpennineoc.org.uk</a>
Sun 18 Nov	Middleton Woods	Middle Distance event	<a href="http://aire.org.uk">aire.org.uk</a>
Sun 18 Nov	Delamere Forest	British Schools O Championships (Closed event for school pupils only)	<a href="http://bsoa.org">bsoa.org</a>
Sat 24 Nov	Traitors Gill, Caton	SROC Night event (NWNL)	<a href="http://sroc.org">sroc.org</a>
Sat 24 Nov	Sheffield	Sheffield City Race	<a href="http://shuoc.co.uk">shuoc.co.uk</a>
Sun 25 Nov	Greta Gorge, Keswick	WCOC Cumbrian Galoppen	<a href="http://wcoc.co.uk">wcoc.co.uk</a>
Sun 25 Nov	Witton Pk, Blackburn	PFO level C event	<a href="http://pfo.org.uk">pfo.org.uk</a>
Sat 1 Dec	Calderstones Park, Liverpool		<a href="http://deeside-orienteeing-club.org.uk">deeside-orienteeing-club.org.uk</a>
Sun 2 Dec	Bethecar Moor	LOC level C event	<a href="http://lakeland-orienteeing.org.uk">lakeland-orienteeing.org.uk</a>
Sat 8 Dec	Wycoller	PFO Night event (NWNL)	<a href="http://pfo.org.uk">pfo.org.uk</a>
Sun 9 Dec	Wycoller	PFO level C event	<a href="http://pfo.org.uk">pfo.org.uk</a>
Tue 1 Jan	Lancaster University	SROC New Year Cracker	<a href="http://sroc.org">sroc.org</a>
<b>Sat 5 Jan</b>	<b>Lyme Park</b>	<b>MDOC Charity Score event</b>	<b><a href="http://mdoc.org.uk">mdoc.org.uk</a></b>
Sat 26 Jan	Eastham Country Park	Schools League	<a href="http://deeside-orienteeing-club.org.uk">deeside-orienteeing-club.org.uk</a>
Sun 3 Feb	Sherwood Forest	Midland Championships	<a href="http://noc-uk.org">noc-uk.org</a>
Sun 17 Feb	Claife Heights	CompassSport Cup	<a href="http://lakeland-orienteeing.org.uk">lakeland-orienteeing.org.uk</a>
Sun 24 Mar	Bickerton	DEE level C event	<a href="http://deeside-orienteeing-club.org.uk">deeside-orienteeing-club.org.uk</a>
Fri 29 Mar -Mon 1 Apr	Reading area	JK multi-day events	<a href="http://thejk.org.uk/jk2013">thejk.org.uk/jk2013</a>



*Matthew Fellbaum and Carolyn Hindle at the Peter Palmer Relays  
(Photos: Robert Lines)*



*Chris Rostron and Steve Dempsey at the City of London race  
(Photos: Ian Buxton)*