



# MDOC NEWS

**Newsletter of Manchester and District Orienteering Club**  
**September 2015**



*Eddie Speak running in Glen Affric (Photo: ActivNorth)*

SCOTLAND  
FOOTPATH RELAY  
FRANCE, SWEDEN  
TRAIL-O, Metro

## NEWS

~~This year's MDOC/DEE challenge will be held at Alderley Park on Saturday 5<sup>th</sup> September. This is a completely new area for orienteering, and was suggested by Mike Greenwood, who has surveyed and drawn the map and is planning and organising the fun event for the challenge.~~

Our Autumn Series of Saturday morning events will commence on 12<sup>th</sup> September at Bramhall Park. These events are aimed at beginners and juniors and will comprise a Yellow course, a 45-minute Score event and a 45-minute Technical Score where competitors alternate between odd and even numbered controls. Chris Rostron is co-ordinating the series of events.

Vicky Thornton has been selected to run for England in the Veterans Home International to be held in Wales on the 3<sup>rd</sup> and 4<sup>th</sup> October.

Tom Fellbaum has had a very active summer after his graduation in Civil Engineering from the University of Salford. He visited a project in Mozambique supported by a church in Bollington, travelled to Peru including visiting Machu Picchu, and has been assisting with coaching promising juniors in Sweden. He will be starting work with Arup in Manchester, so will continue to be around and to be active in the club.

Several of our juniors will be starting at university this autumn. Carolyn Hindle will be studying Geography at St Andrews, Alistair Thornton will be going to Loughborough to study Art and Tom McCann will be studying Natural Sciences at Lancaster University.

After this year's Twin Peak weekend in the Lake District, next year's Twin Peak will return to the Manchester area. This will be an urban weekend on the 9<sup>th</sup> and 10<sup>th</sup> July. The main event on both days will be in the UL Orienteering League. A Sprint event in Offerton on the Saturday will be followed by a more informal Sprint Relay. Ian Gilliver is planning the main Sprint event and John Britton, who is presently mapping the area, will plan the Sprint Relay. On Sunday the second City of Manchester urban race will be held. This will be centred on the new Brooks building of the Manchester Metropolitan University campus in Hulme. The Castlefield arena is hosting a pop festival so will not be available. Paul Watson is the planner with Chris Kirkham as organiser.

We are sorry to report the death of Derek Bentley, an active early member of the club who produced the first redrawn map of Alderley Edge. He died on 14 August and Steve Osborne attended the funeral.

Ian Gilliver ran a successful informal event in South Park Macclesfield, for the park support group.

Karen Parker has recently completed the Joss Naylor Challenge. This is a round of 30 Lakeland Peaks covering 48 miles and 17,000 feet of climb, which she completed in 13 hrs 25 mins.

Congratulations to Anne Osborne on her marriage to Jan Grüne, on 29th and 30th May in Kiel, Germany. They are now living in Elmshorn. Anne is the daughter of Steve and Jean Osborne and a previous member of the club.



## **Early History of MDOC**

This year we are celebrating the 50<sup>th</sup> anniversary of the club. A very brief account of the early history of the club is given below.

Orienteering as a sport originated in Scandinavia in the 1920s. It came to Britain in the 1950s, being publicised by John Disley and Chris Brasher. Small informal events were organised, and the Lake District Mountain Trial that started in 1952 was a long distance event using orienteering principles. In the 1960s more formal events were developed. The first such event in England was held at Whitewell in the Bowland Fells in the summer of 1963 and the South Ribble Orienteering Club was founded the following year, named after the local Mountain Rescue team.

From our area, Dave Griffiths attended the Whitewell event and Ian Peter Watson's first event was the Scottish Championships in 1964. In March 1965 Ian wrote a letter inviting people to a meeting at the Wellington Inn in Back Piccadilly, Manchester. It was decided to form an orienteering club, and Ted Dance was elected Club Chairman, Ian Watson became Honorary Secretary and Peter Singleton Honorary Treasurer.

Many of the early orienteers in our area were athletes involved in cross-country and fell running. The two main cross-country leagues were the South East Lancashire and the Manchester & District Leagues, so it is not surprising that two rival orienteering clubs were formed with the same names as the cross-country leagues.

The first event in our immediate area was on Kinder in May 1965. This started from The Ashes near Hayfield, a farm where the family of Ian Watson lived. South Ribble Mountain Rescue Team helped at the event with radio communications. This was probably the first open event in England with over 100 competitors. There were only senior men and women's courses. Jan Kjellstrom, a Swede who was in the UK publicising Silva compasses, won the event. He did a lot to promote the sport in England but was unfortunately killed in a road accident, and the annual multi-day Easter event is named after him.

Dave Griffiths and his wife Dorothy joined the club shortly after it was formed and were both very active in planning and organizing events. The early orienteering maps were usually photocopies of OS 1:25,000 maps, with the course drawn on by hand and some additions. Early maps covered a very wide area of the country, including Delamere Forest, Beddgelert Forest in North Wales and High Dam in the Lake District. The Northern Championships in 1968 was an all-MDOC affair. It was held in Dalby Forest on the North York Moors. Ian Watson, Dorothy and Dave Griffiths planned, organized and controlled the event.

Frank and Kath Rose joined the club in the early 1970s, and Harold Harung, a Norwegian student at Manchester University, also made great contributions, particularly in producing accurate coloured maps. In 1976 the World Orienteering Championships were held at Darnaway Forest in Scotland and received a considerable amount of national publicity. Many of the current older generation of members of the club joined the sport at that time, such as Pete & Rae Lomas, Dave Mawdsley, Sue Birkinshaw, Graham & Irene Crawshaw and Andrew & Margaret Gregory.

## HIGHLAND 2015 & WORLD ORIENTEERING CHAMPIONSHIPS

A great week of orienteering in the north of Scotland, with both the 6 day Highland 2015 event and the World Orienteering Championships (WOC) being held at the same time. The events were centred on Inverness, but all a significant distance away, and there were good opportunities for watching the world championship events and then running in the same forests or sprint areas the following day.

Over 50 members from the club competed, and on the one rest day about 30 of us had volunteered to help with the organisation for the world championship Middle Distance race at Darnaway. This made for quite a tiring week, but was compensated for by running in detailed technical forests and the excitement of seeing the world championship races.

The WOC Sprint Qualification was held in Forres on the Friday before most people arrived. The Sprint Relay was in Nairn on the Saturday followed by an Open Sprint race. The first 6-day event on the Sunday was at Achagour near Darnaway. This comprised an open central area surrounded by wooded marshes, and an patch of forest with very deep planting furrows that was very hard work to cross. Some courses started directly under a major electricity transmission line that had a marked effect on a compass! The WOC Sprint Final was held at Forres the evening of the same day.

Monday was the second 6-day event at Glen Strathfarr, southwest of Inverness. Here the army had constructed two floating pontoon bridges across a major river. The terrain was mainly birch woodland and semi-open moorland.

Tuesday was a rest day for the 6-day competitors, but about 30 club members had volunteered to help with the WOC Middle Distance race and an O-fest at Darnaway. Tony Wagg had co-ordinated the club help and we had all received numerous emails about the types of job we should be doing. However on the day many of us were doing quite different tasks, such as rescuing a marquee that had blown over in the wind and tying banners securely to the run-in. The O-fest comprised various activities, some of which such as the Trail-O and Mountain Bike-O were popular while others such as the Trail Run had very few takers.

Wednesday and Thursday we were back at Darnaway for the next two days of competition, with the WOC Relay race also taking place there on the Wednesday.

Friday and Saturday we were in the remote and attractive area of Glen Affric an hour's drive southwest of Inverness. Friday was the WOC Long Distance race and they, understandably, had the best areas of the forest, whereas our event was in a very tough area full of fallen trees and very dense forest. The usual high standard of planning at the Scottish 6-days also seemed to have slipped and there were a significant number of people retiring on some courses. However it was interesting to watch the WOC competitors both on the large screen and running in to the finish.

On the Saturday we were able to run in the area used by the WOC Long Distance race that, although tough, was very much better than the previous day.

The table overleaf shows the results of club members, with class, (number in class), overall position (best 4 days), and position on each of the 6 days completed.

|      |       |            |                   |            |            |            |            |            |            |
|------|-------|------------|-------------------|------------|------------|------------|------------|------------|------------|
| M10A | (33)  | <b>26</b>  | Dominic Wathey    | 27         | <b>19</b>  | -          | <b>19</b>  | <b>24</b>  | <b>20</b>  |
| M14A | (104) | <b>62</b>  | Ben Dempsey       | <b>46</b>  | <b>67</b>  | <b>71</b>  | <b>74</b>  | -          | <b>25</b>  |
| M16A | (94)  | <b>64</b>  | River Edis-Smith  | -          | <b>83</b>  | <b>48</b>  | <b>67</b>  | <b>49</b>  | <b>57</b>  |
|      |       | <b>89</b>  | James McCann      | <b>71</b>  | <b>85</b>  | <b>79</b>  | <b>74</b>  | -          | -          |
| M18L | (77)  | <b>10</b>  | Matthew Fellbaum  | <b>7</b>   | <b>36</b>  | <b>34</b>  | <b>15</b>  | <b>2</b>   | <b>8</b>   |
| M20L | (62)  | <b>10</b>  | Alistair Thornton | <b>9</b>   | <b>9</b>   | <b>5</b>   | <b>15</b>  | <b>14</b>  | <b>16</b>  |
|      |       | <b>29</b>  | Alex McCann       | <b>22</b>  | <b>27</b>  | <b>39</b>  | <b>44</b>  | <b>24</b>  | <b>30</b>  |
| M21L | (106) | <b>2</b>   | Thomas Fellbaum   | <b>6</b>   | <b>4</b>   | <b>2</b>   | <b>1</b>   | -          | -          |
| M21S | (139) | <b>14</b>  | Nick Taylor       | <b>4</b>   | <b>10</b>  | <b>31</b>  | <b>140</b> | <b>9</b>   | -          |
| M40S | (51)  | <b>42</b>  | Paul Watson       | <b>35</b>  | <b>36</b>  | <b>35</b>  | <b>37</b>  | <b>34</b>  | <b>28</b>  |
| M45S | (107) | <b>16</b>  | Liam Corner       | <b>8</b>   | -          | <b>18</b>  | <b>17</b>  | <b>10</b>  | <b>14</b>  |
| M50L | (228) | <b>64</b>  | Tim Martland      | <b>69</b>  | <b>126</b> | <b>73</b>  | <b>77</b>  | <b>46</b>  | <b>54</b>  |
|      |       | <b>69</b>  | Steve Dempsey     | <b>50</b>  | <b>53</b>  | <b>60</b>  | <b>113</b> | -          | <b>85</b>  |
|      |       | <b>145</b> | David McCann      | <b>130</b> | <b>104</b> | <b>130</b> | <b>149</b> | <b>109</b> | <b>131</b> |
|      |       | <b>165</b> | Trevor Hindle     | <b>153</b> | <b>115</b> | <b>149</b> | <b>166</b> | <b>147</b> | <b>125</b> |
| M50S | (107) | <b>73</b>  | David Wathey      | <b>59</b>  | <b>57</b>  | <b>72</b>  | <b>90</b>  | <b>62</b>  | <b>54</b>  |
| M55L | (209) | <b>171</b> | Stephen Fellbaum  | <b>134</b> | <b>143</b> | <b>162</b> | <b>169</b> | <b>148</b> | -          |
| M55S | (139) | <b>26</b>  | Andy Thornton     | <b>28</b>  | <b>10</b>  | <b>18</b>  | <b>38</b>  | -          | -          |
|      |       | <b>37</b>  | Stephen Bingham   | <b>18</b>  | <b>41</b>  | <b>92</b>  | <b>43</b>  | <b>35</b>  | <b>37</b>  |
|      |       | <b>74</b>  | David Dann        | <b>53</b>  | <b>99</b>  | <b>64</b>  | <b>61</b>  | <b>70</b>  | <b>75</b>  |
| M60L | (186) | <b>24</b>  | John Britton      | <b>16</b>  | <b>15</b>  | <b>19</b>  | <b>32</b>  | <b>133</b> | <b>41</b>  |
| M60S | (101) | <b>18</b>  | Eddie Speak       | -          | <b>15</b>  | <b>13</b>  | <b>21</b>  | <b>8</b>   | <b>24</b>  |
| M65L | (152) | <b>77</b>  | Chris Rostron     | <b>68</b>  | <b>61</b>  | <b>59</b>  | <b>81</b>  | <b>67</b>  | <b>95</b>  |
|      |       | <b>121</b> | Ian Watson        | <b>107</b> | <b>70</b>  | <b>92</b>  | <b>120</b> | <b>109</b> | -          |
|      |       | <b>126</b> | Chris Kirkham     | <b>66</b>  | <b>125</b> | <b>130</b> | <b>137</b> | <b>114</b> | <b>101</b> |
| M65S | (97)  | <b>36</b>  | Trevor Roberts    | <b>24</b>  | <b>81</b>  | <b>34</b>  | <b>65</b>  | <b>27</b>  | <b>34</b>  |
|      |       | <b>62</b>  | Grahame Crawshaw  | <b>46</b>  | <b>69</b>  | <b>50</b>  | <b>55</b>  | <b>55</b>  | -          |
|      |       | <b>79</b>  | Don Taylor        | <b>82</b>  | <b>70</b>  | <b>80</b>  | <b>83</b>  | <b>60</b>  | <b>51</b>  |
|      |       | <b>90</b>  | Douglas Edwards   | <b>64</b>  | <b>71</b>  | <b>79</b>  | -          | -          | -          |
| M70L | (83)  | <b>47</b>  | Dave Mawdsley     | <b>27</b>  | <b>47</b>  | <b>55</b>  | <b>41</b>  | <b>33</b>  | <b>35</b>  |
|      |       | <b>53</b>  | Tony Wagg         | <b>38</b>  | <b>40</b>  | <b>49</b>  | <b>66</b>  | <b>48</b>  | <b>38</b>  |
| M75L | (47)  | <b>45</b>  | Peter Lomas       | -          | -          | <b>25</b>  | <b>41</b>  | -          | -          |
| M80  | (21)  | <b>1</b>   | Andrew Gregory    | <b>1</b>   | <b>1</b>   | <b>3</b>   | <b>1</b>   | <b>2</b>   | <b>1</b>   |
| W18L | (51)  | <b>30</b>  | Laura Hindle      | <b>29</b>  | <b>26</b>  | <b>38</b>  | <b>35</b>  | <b>24</b>  | <b>23</b>  |
| W20L | (48)  | <b>34</b>  | Carolyn Hindle    | <b>33</b>  | <b>39</b>  | <b>34</b>  | <b>35</b>  | <b>19</b>  | <b>31</b>  |
| W21L | (101) | <b>33</b>  | Alice Fellbaum    | <b>41</b>  | <b>59</b>  | <b>64</b>  | <b>40</b>  | <b>14</b>  | <b>14</b>  |
| W21S | (100) | <b>41</b>  | Cerys Manning     | <b>11</b>  | -          | <b>5</b>   | <b>9</b>   | -          | -          |
| W45L | (122) | <b>94</b>  | Jane McCann       | 92         | <b>97</b>  | <b>81</b>  | <b>91</b>  | <b>74</b>  | <b>72</b>  |
| W50L | (152) | <b>51</b>  | Heather Fellbaum  | <b>40</b>  | <b>97</b>  | <b>51</b>  | <b>53</b>  | -          | <b>23</b>  |
|      |       | <b>120</b> | Hazel Hindle      | 116        | <b>95</b>  | 134        | <b>113</b> | <b>92</b>  | <b>88</b>  |
|      |       | <b>148</b> | Liz Hamer-Davies  | <b>138</b> | -          | -          | <b>131</b> | -          | -          |
| W50S | (139) | <b>8</b>   | Vicky Thornton    | 28         | <b>2</b>   | <b>60</b>  | <b>14</b>  | <b>7</b>   | <b>3</b>   |
|      |       | <b>84</b>  | Cecilia Fenerty   | 116        | <b>77</b>  | 121        | <b>59</b>  | <b>79</b>  | <b>59</b>  |
| W55S | (78)  | <b>30</b>  | Marie Roberts     | <b>26</b>  | <b>44</b>  | <b>30</b>  | <b>37</b>  | <b>23</b>  | <b>24</b>  |
|      |       | <b>31</b>  | Kath Speak        | <b>31</b>  | <b>20</b>  | <b>45</b>  | <b>36</b>  | <b>29</b>  | <b>27</b>  |
| W60L | (95)  | <b>36</b>  | Kate Bryant       | <b>25</b>  | <b>24</b>  | <b>44</b>  | <b>58</b>  | <b>25</b>  | -          |
| W65L | (76)  | <b>52</b>  | Julie Brook       | 61         | <b>46</b>  | <b>51</b>  | <b>35</b>  | <b>42</b>  | <b>41</b>  |
| W65S | (48)  | <b>5</b>   | Jan Ellis         | <b>3</b>   | <b>3</b>   | <b>3</b>   | <b>33</b>  | <b>11</b>  | <b>10</b>  |
|      |       | <b>18</b>  | Janet Taylor      | <b>12</b>  | <b>16</b>  | <b>10</b>  | <b>16</b>  | <b>17</b>  | <b>23</b>  |
| W70L | (42)  | <b>11</b>  | Irene Crawshaw    | 29         | <b>10</b>  | <b>5</b>   | <b>12</b>  | <b>17</b>  | <b>12</b>  |
|      |       | <b>18</b>  | Rae Lomas         | <b>9</b>   | <b>22</b>  | <b>6</b>   | <b>19</b>  | -          | -          |
| W75L | (17)  | <b>11</b>  | Sue Birkinshaw    | -          | <b>11</b>  | <b>6</b>   | <b>9</b>   | <b>8</b>   | <b>11</b>  |
|      |       | <b>16</b>  | Margaret Gregory  | -          | <b>17</b>  | <b>17</b>  | <b>15</b>  | -          | <b>15</b>  |

## O'DOUBS, FRANCE

*Peter Ross*

After a bumpy ride our plane eventually got under the thunderclouds. We flew up and down Lake Geneva a few times before the pilot summoned up the courage to take on the landing. He/we and the screaming child across the aisle needn't have worried. It was a perfectly good landing.

The Swiss have a reputation for reliability that I'm beginning to realise is largely the result of self promotion. For example, within the large baggage reclaim area I could simultaneously see ten posters advertising watches indicating, to the untrained eye, a national obsession with the preciousness of time and therefore a whole State dedicated to order, quality, reliability and no nasty surprises. On the other hand each watch displayed an unnecessarily large number of ye olde fashioned cogs. In other words the Swiss vision of order, quality etc is actually based on yesterday's technology splattered with precious stones.

That's the theory, here's the proof: our baggage was to be delivered to carousel 7. It was unlit, not a good omen. However, the electronic display unit began to count down: 2 minutes, 1 minute, 0 minutes and then RETARDE.

And then nothing happened for a long time. I had a nice chat with a man who had previously lost his luggage coming back from Baghdad. And then a single bag appeared and made its way around most of the carousel before someone took it. And then nothing happened, and we continued our chat and included Gatwick, Damascus, and Charles de Gaulle (twice) on the much the same theme before carousel 6 declared itself to be the preferred disgorge location for the Manchester baggage.

A plane load of people - minus one - moved to carousel 6. Mistakenly so, because it was actually a bluff designed to get us to turn our collective back on carousel 7 upon which our luggage now appeared. Or maybe it wasn't a bluff. Maybe Geneva actually works using its own ancient clockwork mechanisms and a spring had wound down, or a cog had lost a tooth or slipped its spindle, and that's why our pilot had to kill time working Lake Geneva and why the place can suddenly go retardé.

Just like the car hire arrangements, which I won't go into here because, quite frankly, this sort of thing was beginning to feel contagious.

However, once in our reassuringly familiar Ford Fiesta, and with the rain lashing down, Jillyan and I shot down the E62, also known as the E25 if you're the sort that can't remember even numbers over 60. Of course in a country with four official national languages maybe a road numbering system containing only two sets of numbers could be considered restrained. Except that the E62/E25 is also known as the A1.

At last we arrived in France, the (self proclaimed, again) land of reason. Our hotel was on a little road restricted to one way traffic from 8.00am to 9.00am; from 10.45am to 12 noon; and also 1.00pm to 2.15pm, and finally between 4.00pm and 4.45pm. You can go up it and down it at any other time and if that isn't reasonable I don't know what is. Even so it had us fooled for a while which meant we eventually we got into bed about midnight - local time.

Day One. The urban sprint. This was located in a very ordinary village in a very flat part of the country. There were dire warnings about crossing a river bed which should have been full of water and had it been, and had we tried to cross it, we would have been drowned. Which was about as exciting as it got, although I did get in a bit of a pickle at the baguette stall.

The lady who served me spoke no English and I spoke no French. In retrospect our conversation must have gone like this:

Me (in English) "A sausage baguette, please"

The lady (en Francais) "You must first pay at the accueil and obtain a coupon for your baguette before coming to me to be served"

Peter "Please don't give me any of that French mustard, thank you"

The lady "The queue is over there, please join it and pay for your coupons"

Peter "I will certainly have a slice of your cherry cake. It looks lovely."

The lady "I give up. You will never learn. You take the biscuit and here is your sausage baguette and the cherry cake too."

Peter "How nice, I will be back tomorrow"

The lady "Not so fast, give me that €10 note. I suppose you'll be wanting some change?"

Peter "Merci"

At the time I thought that I had made a friend.

Day Two. Long distance event in a place spelt Mouthe but pronounced Moot. It is considered the coldest village in France because it once recorded a temperature of -4 degrees in August. It was thirty degrees warmer when we arrived. Not a cloud in the sky. The orienteering was first class, hilly without being steep, wooded with limited visibility but not impenetrable, here and there a complex arrangement of clearings. The planner set us difficult but fair controls aided by an accurate map. The last third of the course was a blast across craggy open land; something for everyone, but not without its dangers. As the Mayor of Mouthe wrote in the programme notes "Be a good orienteer or Get Lost!".

Day Three. Just down the road from Mouthe and the weather had changed considerably. There was a spectacular thunder and lightning show during the night and the temperature was scarcely 11 degrees. It made me think that if the trend continued it would be -4 tomorrow. The competition area was a pine forest with plenty of contour detail, rough underfoot due to brashings and/or moss covered rocks, with a healthy sprinkling of boulders, depressions and indistinct clearings. It was technical alright. To compensate I decided to maximise the use of the paths on the assumption that it was better to know one's whereabouts - even if miles off a control - rather than have no idea close up. It worked, I did indeed go for miles, and still had no idea.

Or so I thought. Looking at the results later I discovered that I had posted a respectable time. On the course I'd noticed groups of competitors discussing their progress to date and assumed that they had been doing so well that they had time to spare. They couldn't have been helping each other could they?

Although to be fair and truthful I have to declare that I was guilty of receiving a little assistance. It happened at a barbed wire fence that was too high to vault and almost too low to wriggle under. I dived at the lower gap a fraction of a second before this very nice Frenchman (I had to pardon him several times afterwards) who did the same and so was left with no alternative but to sort of boot me through and speed things up a bit saving me seconds.

Just for the record, at the next fence I went for the rolling technique rather than the wriggle. For all that I tried to add some SAS panache to the manoeuvre it was an undignified mess, but not as bad as being booted.

Day Four had the same assembly and finish as Day Three but otherwise there was very little overlap on the map. When I got to the Start ( or "Depart" as the French charmingly

describe it ) the digital clock had conked out. Well it beeped OK, but the numbers whirred round haphazardly. The first backup was an analogue clock which wasn't really up to the job because its hour, minute and second hands were barely synchronised. As a last resort the Starter called out the time in French. This was scarcely ideal for me because my French only extends to ten past the hour and my depart time was a whopping 11.47. Fortunately it had been printed on my bib in a faux digital font, not dissimilar to that of the conked out digital clock, but in this case to provide an impression of precision, order, quality etc. At the appropriate moment - as I thought - I stepped up to the plate with two others. I looked at their bibs. One read 11.46 and the other 11.48. The Starter looked nonplussed, but I knew what was happening. We were too close to the Swiss border and about to go retardé.

So I was glad to get into the forest. It was a perfect day, and once on the course I found that the terrain was just as complex as the previous day but if anything more physical. Off the paths it was tough underfoot, the special feature du jour being large areas of limestone pavement covered with moss and split by deep fissures. A stepping stone technique was required, not wholly compatible with running on the needle. Similarly, the normal duty of care towards one's ankles had to be abandoned. On top of this the planner had implemented an unusual strategy of few controls, thus giving long legs and overwhelming route choice. The unfamiliarity of the challenge, finding a control was the culmination of a leg rather than a prize in itself, and the ceaseless concentration required to keep in touch with the map, wore me out - but in a good way. It was an excellent day's orienteering. Well to be precise, one hour six minutes and 40 seconds of total absorption.

And so to the results. Competitors were ranked Tour de France style, i.e. on their aggregate time over the whole competition. MDOC were represented by Dave Mawdsley, Steve Fellbaum, Jillyan and myself. As we all finished all four days we at least figured in the rankings which was an achievement not to be sniffed at. A third of the competitors did not. Dave and Steve were the erratic pair having both good days and bad, Jillyan and I were much steadier. Jillyan did best and came a very creditable 5th in her class and I squeaked a 9th. I don't think any of us let the side down.

And the journey back to Manchester? Went like clockwork.



## JK's TrailO News

*John Kewley*

I thought I'd bring people up to date with what has been a fairly busy Spring for myself and the others in the GBR TrailO Community.

[Notes on TrailO disciplines: "PreO" is classic TrailO, "TempO" is speed TrailO and TrailO Relay is the new format to replace the Team event]

There is now a TrailO minisite within the BOF pages, details of the ranking list, past events and champions, and future events are listed here. Unfortunately it is a bit tricky to navigate to so I've here is the link: [www.britishorienteering.org.uk/site/trailo](http://www.britishorienteering.org.uk/site/trailo)

The first competitive excitement of the year was the postponed 2014 British Champs in March 2015 where JK won both the TempO and PreO events to become British Champion for the 2nd time. Two weeks later there was the TrailO at JK 2015 although JK didn't get the chance to go for 3 JK wins in a row at the JK TrailO as he was the Controller for Pete Owens' PreO courses. Their roles were reversed for the TempO at Lancaster University.

After just 2 more weeks JK had to return the British Champs trophy as the 2015 event took place down the road from BOC. Unfortunately JK failed to retain it finishing 2 points off the best in 9th place. This was still good enough however to earn him a place in both the TempO and PreO team for the 2015 World TrailO Champs in Croatia in June.

BTOC 2015 is likely to be the last domestic ranking event of 2015 and the squad's focus now turned overseas starting with Irish Champs at the excellent Lisburn Festival of Orienteering. JK won this event by a clear point and cemented his position at the top of the GBR rankings.

Every year the Nordic nations compete in the Nordic Champs and this year the GBR selectors named it as a ranking event for future selections. We had a squad of 10 travel to SW Sweden and Charles Bromley Gardner was top Brit over the two day PreO event in 24th (28th+23rd) with JK 2nd Brit in 34th (42nd+21st) out of 94. For the TempO it was JK who was top Brit in 24th with Sarah-Jane next in 32nd. British highlight of the weekend however was the GBR performance in the warm-up TrailO Relay event where the GBR team of JK, Ian Ditchfield and Peter Huzan missed the podium and prizes by 7s to finish 4th out of 33 teams.

The next events are WTOC 2015 in Croatia and the European Cup "warm up" event beforehand. There will be two PreO and one Temp events which, when combined with the two Model events, two PreO, one TempO and a TrailO Relay will make it 9 Croatian TrailO events in 10 days (in fact there are some also opportunities for FootO at both events).

Other TrailO news is that JK has been approved as the Assistant Event Advisor for the 2016 European TrailO Champs in the Czech Republic and has just returned from a successful first visit to the terrain. He also attended an Event Advisor's clinic at the WTOC 2015 warm-up event in Croatia.



*John Kewley with the Irish TrailO trophy*

## 2015 FOOTPATH RELAY

*Alan Ogden*

Hot and sunny, and not too early.

Set off in good time, but 10 minutes lost to the cows a milking just past High Edge Raceway, then, blow me, more cows in Earl Sterndale: So many that a U-turn and re-route was called for. Push bikes, and overly cautious vehicles meant a “steady drive” to Cromford, followed by a turn into the wrong car park (so much for the pre-event recce) resulted in a rather fretful start to the event. Fortunately the team was registered and, as the heroes and heroines arrived, the numbers were distributed. (“Heroes and heroines” because, despite being too slow off the mark to bags the downhill section (I got that one), they still all turned up.

We adopted a psychological approach, putting all our star runners on the early legs with the intention that the opposition would be blown away and demoralised by the end of leg five. This would enable the more experienced team members to amble round the second half in the safe knowledge that the remaining teams would have given up the ghost. Unfortunately we hadn’t taken into account that the first five legs would be run contemporaneously with the last five, so poor old Tony had to get his blocks out and set off alongside Liam and the other first leg young guns. Tony refused to let that faze him, and, making sure he made his point: “I only offered to do the driving!”, he strolled off behind the peloton. Unfortunately for Tony, the configuration of the route, and the fact that the Watsons and Thorntons provided their own transport, meant that there was little need for a driver.

Liam ran an heroic first leg (with a very big and steep climb) and was first to the top, despite knowing that he then had a long run back down round the back of the hill:

First to the top, and second back to the car park. Vicki took over from him, after making abundant excuses, with Rebecca and Alistair setting off in the car.

Unfortunately, due to the queue at the traffic lights, Vicki ran down the canal faster than Alistair was able to drive down the valley and so 3 minutes was lost in the handover. Once up and running Alistair had to use his orienteering skills to quickly (and surreptitiously) relocate when the pack in front led him astray. He handed over to Rebecca and then paced her back to the finish.

Meanwhile Tony, Ian and Elizabeth had completed their three legs (the same three as the Thorntons but in the opposite direction), and had handed over to Eddie, who’d actually been released early – I think the organisers were hoping to get home for tea. Eddie then used his orienteering skills, having carried out no previous recce whatsoever, to relocate across farmers’ fields and through heavy undergrowth following a parallel error, and get back on the right track. Eventually he arrived at the top of the hill (the reverse of Liam’s downhill section) having completed the longest and most arduous leg of the event (what a star), to hand over to a “non-existent me”. I’d blagged an early start to leg 10 because I was hoping to get back to Poynton in time to see the Vulcan (but to no avail).

A quick regroup at the finish and confirmation that the results would be on Ashbourne Rugby Club’s web-site: [www.pitchero.com/clubs/ashbourne/news/footpath-relay-results-1450475.html](http://www.pitchero.com/clubs/ashbourne/news/footpath-relay-results-1450475.html), and then we were off chasing aeroplanes.

Too late for Poynton, but a quick run south meant that I caught a quick view, and ear rending experience of it circling over Donnington, before I headed for home.

But, and this is where you're all fortunate to have had a road rally navigator as this year's "on the day" organiser, what was this in the results? Alistair had, apparently, taken significantly longer on his leg than anyone else. How could this be, when he'd overtaken those lost in the woods? A protest was lodged, and the organiser's refusal to use dibbers exposed. Collation of times from various sources was required before a forensic calculation resulted in a submission to the organisers. The protest was successful and the results amended (though they were now to the nearest, estimated, minute, rather than the second). The result was that we were now in exactly the same position as before, except Alistair was not quite so embarrassed.



*Eddie Speak, Alan Ogden and Tony Wagg*

Well done to all those who represented the team, to the driver who ended up "running"; to the "cripple", who ended up beating six other competitors; to the old guard (there were three of us) who held station; to the ringer who completed the team despite not enjoying off-road running; to the youngsters who proved that its better together, and faster than a car (and can be done in the same week as a 24 hour cycle race, and marathon); and to the lunatic who runs faster than everyone else to the top, even when he knows he's got a second, and longer, leg to do straight afterwards. Finally, thanks to Andrew Gregory for whipping up a motley crew, and to the organisers, Ashbourne Rugby Club, for locating an excellent venue, for being so gracious over the results, and for paying a fortune (presumably) to order such cracking weather.

Looking forward to fielding two teams next year.

## Metro Review

Peter Ross

**The experiments.** MDOC hosted an experimental event on the evening of Monday the 24th August based at Sale Water Park. It attracted 40 competitors.

The style of the event was similar to a Night Street Event in that it was run on a street map with street furniture as controls. However, it differed from an NSE in that there were four linear courses on offer rather than a single score.

Competitors were taken by tram from the Assembly to each of the four Starts, which were located at different Metro stations down the line between Sale and Altrincham. They then ran back to the Finish at Assembly. This was the first of the experiments: to see if the Metro could be used successfully to transport competitors to the Start(s) of linear events.

The second experiment concerned the map. This was taken from the data available from OpenStreetMap with the minimum of updating. This was to see if it was of sufficient quality to stage such an event. If so, it would make huge areas of urban terrain in Manchester readily available for urban orienteering.

A third experiment was the course structure. The longest route, which was a straight line 12km, worked its way back up from Altrincham calling at each Metro station on the way. This allowed the competitors who wanted to run less onerous distances to join it at the appropriate control/station. This arrangement provided a choice of four courses (12km, 9km, 6km or 3km) and required a separate paper map for each station-to-station section.

The last experiment was a further attempt to exploit the potential opportunities of the Metro and the OpenStreetMap. If the Metro does provide suitable access to vast areas of suitably mapped terrain one problem to overcome is the need for several maps and/or map exchanges on the long courses. One way of squaring the circle is for the competitors to use a digital map complete with controls, via a suitable App on a smartphone. This facility was offered to all the competitors, and there was someone on each course who gave it a go.

**The results.** The Metro did a fine job. It runs often and regularly, there is enough room, and it is cheap enough. Concerns that competitors would get lost on their way to the Metro, or get off at the wrong stop, or lose their way to their Start were all unfounded.

The OpenStreet map, if not a thing of beauty, was more than adequate. It was necessary to check some parts of it because of their potential impact on the competitors. Unlikely looking or strategically important paths and bridges came under this heading. Occasionally the map needed an update, typically a road demoted to a track, or vice-versa, but not very often. Some open areas were not mapped as such but this did not materially affect the competitors. Experienced mappers were of the opinion that the map understated the complexity of the real world of paths and snickets, but this was not a serious practical problem.

The course structure turned the event into kind of race since the competitors knew they were sharing the same controls. By the time they got to the final section, which everyone had to do, the long distance competitors were taking on the sprinters. Those with an orienteering background found the experience novel and those with a running background found reassuringly familiar. It was fun.

Now to the Digital bit. Not quite as cheap as OpenStreetMap but it was not expensive. The software (MapTiler) required to generate the georeferenced map/course from a CONDES

export cost less than £30, and the App to read the map/course cost the competitors less than £2. They were distributed using email and DropBox for free.

The App comfortably held the longest course in a single file and was accurate enough for the competitors to run and find their controls even over the long courses. On the other hand it wasn't straightforward to use because a smartscreen is small and is difficult to read in the sunlight, and some smartphones turn themselves off too often. The App has a feature that sets the map so that the north of the map points to magnetic north but this is quite jittery. The App usually keeps the user in the centre of the map which makes looking some way ahead difficult.

But at least one competitor found it fun. Largely because it was orienteering on an orienteering map without the possibility of getting lost. What's not to like?

And of course the App changes the game. The current method of distributing the digital maps means that a competitor can review his/her course several hours before the event. The App tells the competitor where he/she is. If required it can switch to a conventional street map with names or even a satellite view.

## **Conclusions.**

1. You can rely on the Metro.
2. Maybe, as orienteers, we should contribute more to the OpenStreetMap project. Their maps are OK, and we could polish them a bit.
3. The course structure turned out well. Since it was just one course it was relatively easy to plan and it did provide a novel, enjoyable experience for competitors with different backgrounds.
4. The App can hold and display maps/courses of very large areas. It is accurate. On the other hand, the people most likely to benefit from these features are experienced orienteers who will be quicker and more comfortable with paper maps and a compass.

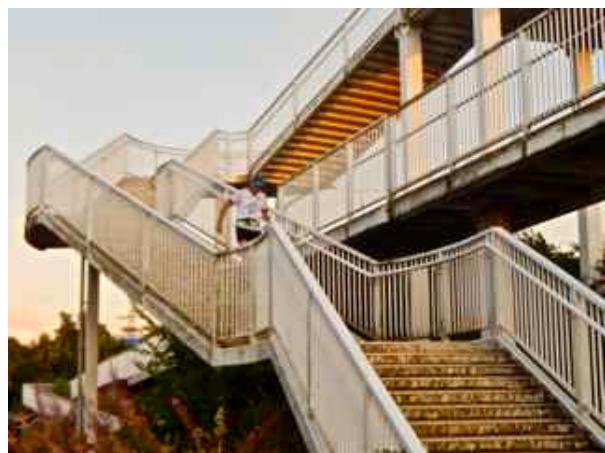
However, for some recreational, young or inexperienced groups the option of orienteering without getting lost is probably quite attractive. The App shouldn't be dismissed just yet.

## **Unintended consequences.**

There were four courses on offer on Monday: 3km, 6km, 9km and 12km as the crow flies. In practice the running distances were much longer. For example, the 12km race - which included the 9km, 6km and 3km courses - required an actual 16.8km to complete. Although the winning time for this course was an exceptional 63 minutes for everyone else the courses were clearly overplanned.

There was another problem. The competitors who ran the shorter distances were those more likely to enjoy a navigational challenge and there were too few controls to provide this.

So next time there will be more shorter, technical courses as well as a long distance belter for the exceptionals.



## MetrO – Comments

*Andrew Gregory*

First of all appreciation to Steve Lang for all the work he has done with Open Street Map to provide an accurate Street Map style coverage of so much of Greater Manchester. This will provide a very valuable resource for the club for years to come.

I enjoyed the event and thought it was an excellent idea. I liked the idea of transporting people by public transport to their start, and of having a series of different starts. The area was not particularly technical, so route choice was the main challenge. Peter does comment on this above, and I think it is more important to choose an area for its navigational interest rather than whether it is near a Metro stop.

The Hindle family had used the Smartphone App and were very happy with the way it worked. The display was very clear and the scale could easily be changed from a general view to a more detailed one. Trevor Hindle pointed out that your actual position is shown by a blue dot on the screen, and this certainly gives an advantage to the user as it removes the possibility of being lost. It certainly makes for an interesting form of event, but does not completely conform to the rules for orienteering (*e.g. Rule 10.7 Competitors are not permitted to use mobile phones to assist with navigation.*)

### **Reply from Peter Ross**

Thanks for letting me know your thoughts.

I think that they are very fair. Steve Lang has produced superb work. Competitive orienteering really should be about navigation and that requires complex terrain.

The long term future for the App, if indeed it has one, will be about engaging non competitive orienteers. Or something very very different. Let's see.

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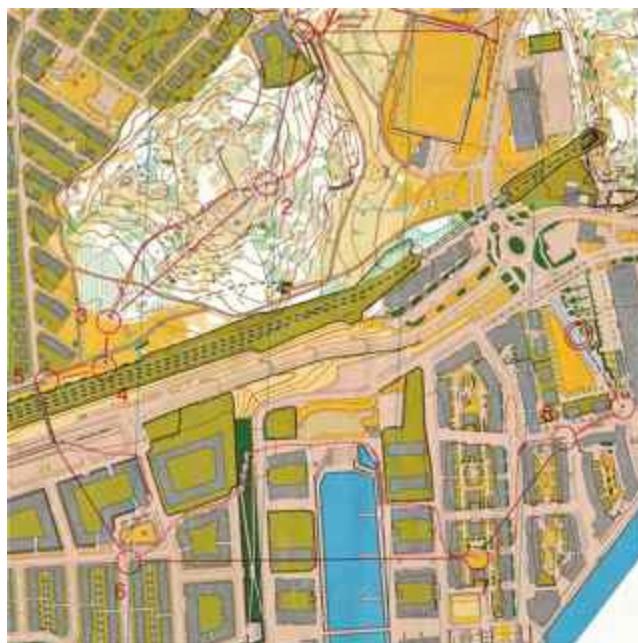
## GOTHENBURG

*Andrew Gregory*

The annual World Masters O Championships were this year in Gothenburg in Sweden. A great challenge, to run on some of the most technical orienteering terrain, and to compete against some of the most experienced orienteers. Inconveniently it was just the week before the Scottish 6-days, with the final in Sweden on the Saturday and the first Scottish event on the Sunday. It seemed almost impossible to do both and have a reasonable night's sleep in between, but then a Scandinavian O-tour company arranged a special charter flight, as a number of Scandinavian competitors also wished to do both events, so I booked on this. Sue Birkinshaw was the only other club member who came, but she decided instead to miss the first day in Scotland.

The events areas were all chosen to be accessible by public transport, although this usually involved a bus and then a tram from the hotel to the centre of Gothenburg and then another bus out. The Sprint events were on an old dockland area that had been converted into housing, although the waterfront and quays were still there. The qualifying sprint race was surprisingly easy; there was one large rocky hill in the centre of the map, but it was just a question of deciding which way to go round it. The final sprint had some controls on a wooded hill, but

still very straightforward, and I managed to keep up my concentration and finished in third place out of over 60 in my age group. It was won by the well-known Swedish orienteer Peo Bengtsson, with another Swede just 1 second behind. I was 50 seconds after them, and might just have saved 10 seconds by one route choice.



*Sprint final area*



*Andrew with Peo Bengtsson*

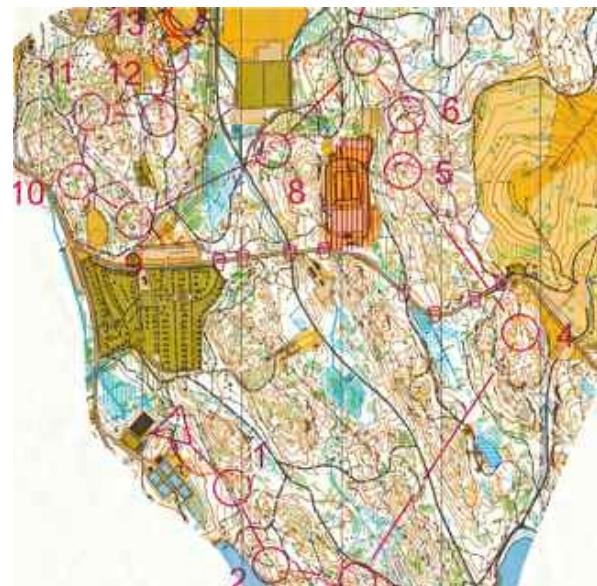
The long distance forest events were however another matter. We were warned in the program “use the compass to hit a gap between two cliffs, otherwise you are stucked”! The model event was a very attractive area, with ridges of bare rock and fairly runnable vegetation in the valleys between. The first of the two qualifying days for the long distance was however completely different, with large marshes filled with very thick vegetation that made for very slow progress. It didn’t help that we had three hours of torrential rain that covered the hour before I started and my time on the course. There was no tent for shelter or leaving kit so I was quite soaked even before starting. One leg involved crossing a group of small re-entrants and I had planned to turn uphill by a stream. With the rain every small re-entrant had a large foiled

With the rain every small re-entrant had a

stream running down it, so my plan was

and I overshot my control by a long way.

The second qualifying day was slightly better (the was better and I just managed to scrape into the A final top half of the competitors). The final area more like the model event and I had a run, but still came 22<sup>nd</sup> out of 80, and 15 minutes down on the winner. Five minutes was due to missing one control, and the lack of experience in moving quickly through these types of forest.



*Long distance final*

## MDOC EVENTS

**Autumn series:** Saturday morning events

These will include a Yellow course for beginners, a 45 minute score event (practice for the British Schools Score Championships) and a 45 minute technical odd/even score event for the more experienced. Registration is from 10:00 and starts from 10:30.

- Sat 12 Sep Bramhall Park, Bramhall
- Sat 26 Sep Wythenshawe Park, South Manchester
- Sat 17 Oct Bruntwood Park, Cheadle
- Sat 7 Nov Chorlton Water Park, Manchester
- Sat 28 Nov Brabyns Park, Marple

### **50<sup>th</sup> Anniversary Dinner**

- Sat 24 Oct Hazel Grove Golf Club

### **2016 events**

- Sat 2 Jan Lyme Park Charity event
- Sat 9 Jan New Year Social, High Lane
- Sat 9 Jul Offerton Sprint event and Sprint Relays
- Sun 10 Jul City of Manchester Urban event

### **Wednesday runs**

- Wed 9 Sep David & Jane McCann, Hazel Grove
- Wed 16 Sep Tony Wagg, West Didsbury
- Wed 23 Sep Eddie & Kath Speak, Adlington
- Wed 30 Sep Dave Mawdsley, Macclesfield

### **Night Street League events (see website for further details)**

- Tues 27 Oct Bramhall
- Thurs 12 Nov Bollington
- Tues 24 Nov Urmston
- Thurs 10 Dec Whaley Bridge
- Tues 5 Jan Romiley
- Thurs 21 Jan Lymm
- Tues 2 Feb High Lane
- Thurs 18 Feb Macclesfield
- Thurs 3 Mar Urmston

### **Committee Meetings**

- 7:30 Ladybrook Hotel, Bramhall
- Mon 14 Sep, Mon 12 Oct, Mon 9 Nov, Mon 14 Dec

**Manchester and District Orienteering Club**

**Annual General Meeting**

**Thursday 15<sup>th</sup> October 2015**

**7:00 for 7:30**

**The Ladybrook Hotel**

**Fir Road**

**Bramhall**

**SK7 2NP**

*The formal part of the meeting will be followed by a discussion.*

*Food will be served after the formal part of the meeting, at no charge.*

*Nominations for Officials and for members of the committee are welcome, and should be sent to the Club Secretary.*

**FIRST AID COURSE**

*Sue Birkinshaw*

We are having a 1-day First Aid course on Saturday September 26th in Buxton. It is free to members.

You probably know that we are required to have a qualified First-Aider at all our events, and we have about 30 events a year.

So that nobody gets called on too often, we need a big pool of qualified people, but at the moment we have fewer than 10.

Please let me know if you could come on this course - it would be a great help to the club.

## *50th Anniversary Dinner*

This is a landmark in the club's history and needs to be celebrated. We welcome you all to come along and share the evening with past and present members.

Do everything you can to come along to make the dinner reflective of the success that our club has achieved over 50 years. Just bring along your memories!

We do have to book numbers as soon as possible so an early reply is necessary.

*Hazel Grove Golf Club*

*7.00 p.m. Saturday October 24<sup>th</sup> 2015*

There will be a charge of £10 pp for a 3 course dinner.

Please reply to **Rae Lomas** at

*peteandrae@31chatsworth.co.uk'*

## HIGHLAND 2015



*Matthew Fellbaum*

*Alex McCann*



*John Britton*

*Heather Fellbaum*



*Steve Dempsey*

*Vicky Thornton*

*Dave Bryant*

*(Photos by ActivNorth and Wendy Carlyle)*