



MDOC NEWS



Newsletter of Manchester and District Orienteering Club

September 2016



Dave Mawdsley after winning M75+ at Larzac

O'FRANCE - LARZAC

CROESO - SOUTH WALES

WMOC - ESTONIA

WORLD TRAIL-O CHAMPIONSHIPS

OTHER SUMMER EVENTS

NEWS

The autumn season is nearly upon us, and we can look forward to good variety of events and activities.

The Saturday morning series of events starts on 1st October at Wythenshawe Park, with Alan Ogden organising, David Wathey planning and David McCann controlling. This is an ideal area for a good run to work off the excesses of summer and get back into the habit of regular exercise! These events includes a Yellow course for beginners and a 45 minute Score event that for juniors will be good training for the British Schools Score championships. There is also a 45 minute Technical Score event to provide a challenge for more experienced competitors. The other events in the series are at Longford Park in Stretford on 15th October, the delights of Boggart Hole Clough on 26th November, and Bramhall Park on 10th December. Chris Rostron is the series co-ordinator. It is hoped to provide coaching sessions at these events, which will be open to anyone interested.

We have a completely new area for urban orienteering at Birchwood near Warrington. This full length Urban event will be on Saturday 5th November. Trevor Hindle is planning and Trevor Roberts is the organiser. Trevor Hindle has been the inspiration behind the idea of increasing our number of areas mapped for urban events, and to have these events more regularly.

The Night Street League starts on Thursday 27th October at the Heatons (Heaton Mersey and Heaton Moor). This will be centred on the Griffin Hotel on Didsbury Road, Heaton Mersey. The following events up to Christmas are at the Legh Arms in Knutsford on Tuesday 8th November, Macclesfield Cricket Club on Thursday 24th November, and the Moorfield, Sale on Tuesday 6th December. Graham Crawshaw is the co-ordinator and the inspiration behind this series.

The club AGM will be held on Thursday 13th October, at the Ladybrook Hotel in Bramhall. There will be a discussion on the BOF proposals concerning membership fees and event levy before the BOF EGM on 29th October. As well as the formal business of the meeting, we encourage members to come along to ask questions and express their views on what the club is or should be doing.

We are running two important courses this autumn, one on Safety and another on First Aid. It is becoming a requirement that we have qualified officials at all our events. From next year all organisers, planners and controllers must have attended an approved Safety Workshop. Ian Gilliver will be giving another such course on Monday 17th October. This will be a 3 hour evening session, probably in Stockport. If you have not yet attended one of these courses, then please contact Ian Gilliver. We want to encourage more members to become involved in organising, planning and controlling, and this course is an important prerequisite.

We also encourage members to attend courses to become qualified in First Aid. It is again becoming a requirement to have a qualified first-aider at all our events. The most suitable course is one designed for outdoor activities, and we will pay the fees for any member wishing to attend such a course provided they agree to provide first aid cover at some of our events. Please contact Sue Birkinshaw if you are interested, or if your current certificate has elapsed and you need to renew it.

O'FRANCE 2016 - LARZAC

Peter Ross

There was a short queue for security at Manchester Airport and the X-ray machine operator saw this as an opportunity to raise inspection standards. He rejected hand luggage left, right and centre. Jillyan was soon one of a large, diverse group of British holiday-makers standing in the naughty corner. En masse they didn't look terribly threatening but you never can tell.

Ryanair dumped us on the Tarmac at Beziers. It was a very very hot windy day. I thought at first that a pilot had left a jet on. As I say it was very hot. Once in the hire car we put the aircon on max with recirculating mode too. Eventually it got bearable. The temperature outside was 37 degrees. There were no clouds.

The Prologue event was held next day, Sunday, in the small but beautiful village of Nant. You'd be hard pushed to call the stage an urban. In fact half the course of maybe a couple of kilometres circled the tiny village rather than being within it. It was hot. In fact I suspect that there was a higher proportion of people with sun block in Nant than anywhere else in France. Runners dragged themselves from patches of shade to the Start line. One lad ran straight from the Start and fell into a small dyke, six others went to his aid. There was a small fountain at the finish which filled up with kids splashing each other to keep cool. Crikey was it hot.

The tannoy gave us the weather forecast for the next day. It was going to be hotter! The courses were going to be longer and much harder. Within minutes the traders sold out of camel-backs even at €70 a throw, even the pink ones. There was a debate at the highest level as to whether hats were to be compulsory. You could tell from the tone of his voice, the man on the tannoy disagreed with the decision. Hats were to be discretionary - but highly recommended.

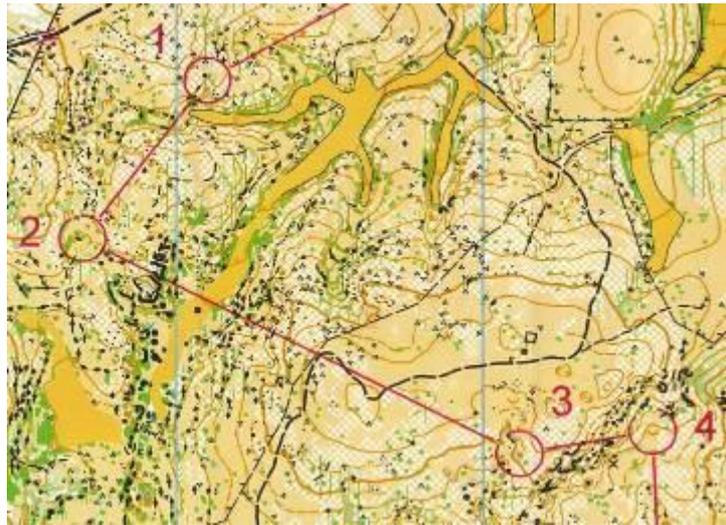
We drove back to our gite via a river that ran out of a gorge into a huge, wide pool with a sandy beach. The place was packed. The river was full of people trying to cool down. Young men and women were throwing themselves off rocks to get into the water. Some jumped off a bridge 30 metres high which seemed to be taking "joie de vivre" a bit too far. It was baking and it was wild. What was tomorrow going to bring?



That night Portugal beat France 1-0 in the Euro final, an unlikely outcome but not as surprising as that which took place in Larzac around breakfast time the following morning. Huge thunderstorms appeared and forked lightning too, a deluge of rain, followed by several more deluges of rain. Sou'westers had been issued to the car park men. The start was put back half an hour to allow competitors either to find their own cagoules or to buy one. The traders sold out, even of the pink ones. Were cagoules to be made compulsory? The tannoy man was in a sulk and said nothing. All in all a glorious opportunity for the members of a Manchester club to embrace the conditions and put in some storming runs on the first day of the proper competition. Just like a home fixture in fact.

Well these French thunderstorms are short in duration and the terrain is a long way away from the Pennines. The largely flat area was composed of indistinct bushes and shrubs which hid rocks, bits of wall, small reentrants and any other useful navigational features.

Occasionally a collection of shrubs appeared close enough to form a recognisable vegetation boundary but maybe they weren't or maybe the mapper hadn't quite noticed. There were some contours but these were often covered with dense bushes and trees. Where a tree had gone missing the mapper had declared the space a clearing and the planner latched onto these as control sites. How the latter dragged the kite into some of these clearings I'll never know. In one instance a kite seemed to have been abandoned next to a tree surrounded by lots of other bigger trees and the tree then declared a control site and that was another problem solved.



So, in a word, the order of the day was relocation, relocation and relocation. Or to put it another way: Manchester kept its powder dry.

Tuesday dawned. In the UK Theresa May became the only candidate for Prime Minister, in Larzac it rained good, old-fashioned wetting rain. The temperature stuck at a refreshing 16 degrees. The car park and assembly were in the same increasingly muddy place as the day before. The competition area was close to Day One with similar complexity for much the same reasons: the vegetation was indistinct on the ground, and on the map. At one point I had just (correctly) punched control number 80. It had been behind a bush, advertised as a boulder, but that isn't the point. I was concentrating hard on finding a way to get down a small cliff covered in dense trees. It wasn't going well. Suddenly I came across a man in a clearing who spoke to me in a sad, desperate voice. He said "quatre-vingt?". I said "I dunno" and ran out of the clearing in what was, I hoped, a downward direction. It took me some time to process his question. The French, you see, don't have a word for eighty so they have to use mental arithmetic. Eighty to them is four twenties. Ninety is harder still. I was half way down the cliff when the penny dropped. And that is the point. It's hard for everyone when the terrain is so complicated it takes ages to figure out a perfectly reasonable question.

Elsewhere things were going much better for Manchester. Although Jillyan forgot to take her plastic control description holder to the start she did put a set of control descriptions in her pocket. As time went by the paper turned into papier mâché and although this caused control validation problems later on in her run she won her stage. Dave Mawdsley won his stage too. In fact so overwhelming was Dave's victory that when he went to collect his prize they gave him a Bib Jeune to signify his place as leader of his age group. Maillot Juene? Chris Froome eat your heart out.

Wednesday. Day three. Same car park and area. It's sprint day but I'm coming to the conclusion that it's not the distance between the controls that's the deciding factor: it's the controls. Doug Edwards has the proof in his GPS tracking device. Some of his search patterns look like cat's cradles mis-shapes. Actually, what is the term for a search pattern that has no pattern at all, but nevertheless retains a glimmer of purpose like a vaguely guided missile? Maybe it's chaos theory, there were indeed a few butterflies. Anyone who ran with an authoritative air soon led a gang. I led one briefly when I ran out of the dark green to relocate on a concrete pond. We were the Concrete Pond Gang. It didn't last long. Elsewhere Dave Mawdsley held on to the Bib Jeune despite leaving his O shoes

behind at his Gite (the traders still had some pairs of trainers). Elsewhere again Theresa May became Prime Minister.

Thursday. Rest day. Went for a ridiculously long mountain walk with Jillyan on a hot sunny day on the strength of 500mls water and half a bar of fruit and nut beefed up by lashings of X-rays. Jeremy Corbyn survived a ridiculously long National Executive Committee where his right to defend his leadership of the Labour Party is confirmed by two Xs.



Friday. Day four. A new area. The French have saved the best till last. In addition to the vague vegetation stuff there was a new challenge to confront. The competition area was scattered with huge boulders and rock formations. These were pillars of dolomitic limestone (or karst), probably the result of millions of years of continental drift and weathering, and thanks to a parallel process of evolution the gaps between the boulders were populated with plants specially adapted to hold their ground against the feistiest creatures of the last twenty million years. The planner exploited the situation to the full and so the orienteering was pitched at the Darwinian level of survival.

But Manchester provided some great news, Jillyan won her day's stage and was the interviewee of choice by Nick Campbell of DEE - aka (British)Tannoy Man. Fame in France. Dave Mawdsley did enough to keep the Bib Jeune. Elsewhere Chris Froome keeps his Maillot Jeune too, but only as a result of calling upon his fellow competitors in the peloton to share a comfort break. Unwritten Tour de France rule apparently. It's difficult to see how such a rule could be incorporated into an orienteering event. Maybe something for a chasing start ?

My orienteering had not been so good. I finished rather late exactly as a Minute's Silence was being held for those massacred in Nice the night before. All alone at the download I was ignorant of the arrangement which had been incorporated into the day's podium ceremony. I was also oblivious to the several hundred silent orienteers in the adjoining assembly area. I was, I suppose, dimly aware that it was very quiet, but my focus was on my printout, which to my dismay, showed that I had missed control 13. At that moment I was close to shouting out something very Anglo-Saxon, but I didn't. I don't know why I didn't, but I do know our guardian angels have to work very hard sometimes.

Saturday. Day five and the final day. It was a cloudless sky. The car park crew had been issued with 6 litres water and straw hats. Those competitors within an hour of the lead in their class were made part of the chasing start, and this included Dave and Jillyan. Elsewhere, in Turkey, a section of the army plus others were trying to stage a secular coup under the direction of a cleric based in the USA. After a bit less of a hoo-ha at the non-chasing Start Ian Farrell was persuaded to join the chasing start. He was doing better than he thought, and he went on to make a faultless run and earn third place in his class for the day and fourth overall for the week. Great stuff.

For my part the last day became a run of two halves. I took sixty four minutes to find the first control and another sixty four to find the remaining dozen. Close to the penultimate control I met a man who ran towards me. "146!!" he said. This was something new. Over the week a Larzac convention of intonation had established itself. We had all come to understand that someone asking "146?" was using shorthand for "Can you tell me where to find control 146?" On the other hand someone pointing and saying "146!?" was actually saying "Control 146 can be found where I am pointing! Is this of use?"

No-one previously had merely blurted out the number of the control. So what did "146!!" mean? I checked my control descriptions, "Yes" I said. Then the man insisted on telling me where the control wasn't. It wasn't by a nearby ruined wall, and it wasn't at the far end of the clearing we were in. He was angry with me because I wouldn't accompany him either to the wall or the clearing edge to confirm the non-whereabouts of the control. "Impossible!" he cried in French. I rather think he was referring to me, but it didn't stop him conducting his tour. "And it's is not behind this hedge!" he beckoned as he began to clamber through it. Although "146!!" was proving to be a rubbish convention I followed him. I knew we were actually looking for a small reentrant but the not-behind-the-hedge option he was offering was the best of a poor bunch. The hedge was on an earthbank. As I balanced on the top I looked down through the branches of a tree to my right. I saw a titchy reentrant with control 146 sitting nice and quiet the way controls do when they are waiting to be discovered. I performed a "146!?" Mr Non-Whereabouts got the message and I may have redeemed myself in his eyes, but I'm not sure. For some, seeing is not wholly believing. I noticed later that the download crew were getting an earful.



Meanwhile at the chasing start Dave had clung on to the Jeune Bib by just one minute. His run wasn't faultless but good enough and he came home first to win his class, a superb effort under tremendous pressure. Manchester was on the map big time.

We had all enjoyed an excellent week of engrossing orienteering. Excellent terrain, maps, planning and organisation and it was all coming to an end. There was some shade from the sun under a farm cart in the assembly area, and with all the runners back and not much else to do, a number of us found room to sit under it despite the large springs and an exceptionally large differential. Eating our sausage baguettes and gazing out over the beautiful French countryside we were a contented group. It had been a privilege - gratefully received - to retreat from the world in order to enjoy the very best our sport can offer. Especially so in a week when the tumultuous international news had been impossible to ignore.

PS the X-ray machine at Beziers Airport found Dave out. Large can of confit du canard, don't you know?

PPS My spell checker wanted to convert "joie de vivre" into "Jodie de viper".

CROESO 2016

These 5-days of orienteering were held in July in South Wales, based on Margam Country Park midway between Swansea and Bridgend.

The first two events were a long race and a middle distance race on the open sand dunes of Kenfig Burrows. This was followed by a long race in Margam Forest, a planted

forest with some steep slopes. The rest day was followed by a long race on the limestone moorland of Mynydd Llangynidr, which had been used for the JK in 2014. The final day was another middle distance race on the beech woodland of Graig Fawr and finishing in Margam Country Park. The first day was particularly wet, and the weather was mixed for the rest of the week.



Eddie and Kath Speak finishing on Day 2

31 club members attended, but some only for 2 or 3 days. Of those who completed 4 or 5 days, the overall positions were:

M12A	Dominic Wathey	12/17	M65S	Ian Watson	1/27
M35S	Andrew Stimson	1/12		Doug Edwards	15/27
M45L	Liam Corner	10/52	M75L	David Mawdsley	6/30
M50L	David Wathey	34/72	W50L	Cecilia Fenerty	30/41
M55S	Stephen Fellbaum	12/36	W60L	Kate Bryant	10/40
M60S	Martin Green	8/36	W65L	Jillyan Dobby	7/44
	David Dann	12/36		Alison Doyle	39/44
M65L	Peter Ross	31/89	W75L	Sue Birkinshaw	3/11

WMOC 2016 – ESTONIA

Andrew Gregory

After Gothenburg last year, the annual World Masters competition stayed on the Baltic, moving to Estonia. There were over 3000 competitors, all over 35, with the largest age groups being 60, 65 and 70. The majority of them were from Scandinavia, particularly from Finland, which is very close and has strong linguistic and cultural links with Estonia. There were also quite strong contingents from Russia, Switzerland and a good number from Great Britain.

The competition was very strong, with for example, over 80 competitors in my M80 age group. There is no selection and anyone can take part, so there was a wide range of abilities among competitors. The two days of Sprint competition (qualifying and final) were followed by the two qualifying days and the final of the Long Distance competition. The aim in the qualifying events is to make the top half of the results and thus be in the A final. (The largest classes had 4 or 5 finals, so to make the A final you need to be in the top quarter or fifth of the results).

The main races were interspersed with rest days on which model events were available, as well as opportunities for sightseeing and organised tours into the countryside. The MDOC contingent consisted of myself and Margaret, Sue Birkinshaw and Tony Wagg in one hotel. David Mawdsley and Doug Edwards had booked one apartment, and John & Jen Britton and Chris & Eija Rostron, were all in another apartment.



Kadriog Park

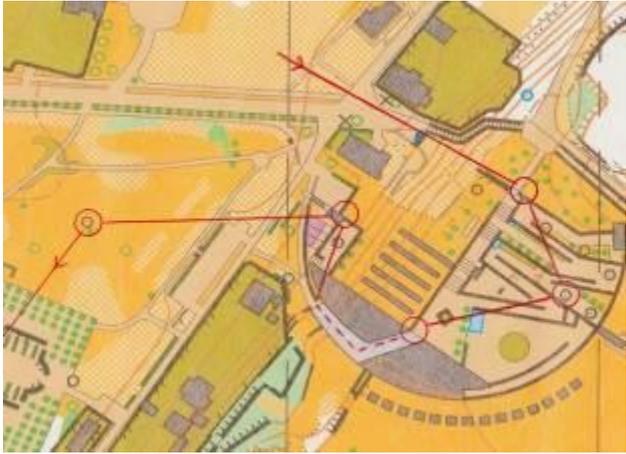
(Photo: J. Britton)



Andrew in Sprint qualifying race

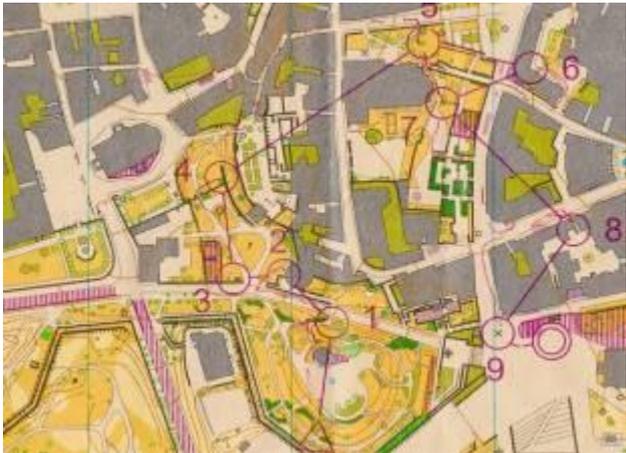
(Photo: Nick Barrable)

The qualifying day of the Sprint competition was held in a large park including a very attractive palace with formal gardens. The short courses were relatively easy, but the longer courses traversed the sloping open terraces of the leading Modern Art Gallery in Estonia, and then followed a taped route that went right through an inside corridor of the gallery. Attendants opened doors for competitors, and it provided much amusement for the gallery visitors. All courses finished with 100m along a running track, so a real sprint finish!



Map including art gallery, and view of a competitor on the open terraces

The final of the Sprint was in the Old Town of Tallinn, the capital. This is a very attractive medieval walled town, full of cobbled streets, narrow alleys and large squares filled with bars, restaurants and tourists. It is also relatively free of traffic, which makes running very much easier. The main problems were the cobbles, and large groups of tourists on guided tours!



Sprint Final map

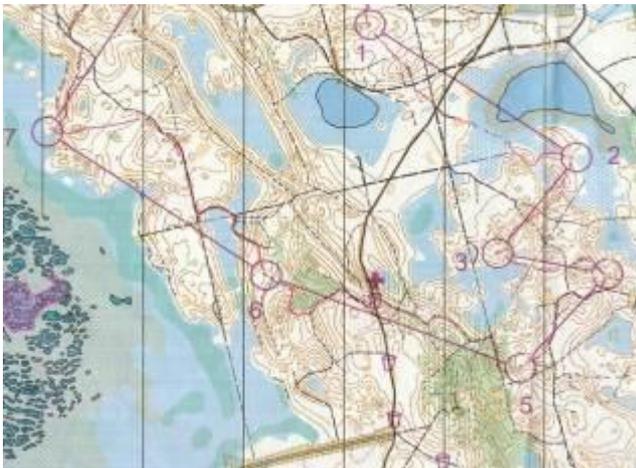
Margaret Gregory in the Old Town

The long distance model event the following day gave a good chance to see the nature of Estonian forest. Scandinavia, not surprisingly, has many different types of forest. Finland has a lot of flat open rock, shown by a grey screen on the map. Norway is very rocky, and crags are often only shown if they are over 5m high. It also has many open marshes that provide good running. In Sweden however the marshes are best avoided as they can be very thick in vegetation. Most of the country in Estonia seems to be one vast marsh overlain with glacial deposits. On the whole the forests are fairly open without too much undergrowth, and the marshes are usually quite firm enough to run over.

The model event was in a very attractive forest, mapped at 2.5m, but the contour features were very clear to see and showed the irregular shapes of the glacial deposits. We followed a long linear esker (a deposit left by a river under a glacier), and numerous other moraines left by the retreating ice. (The leisurely pace of a model event allows one to appreciate the geomorphology of the area, as well as stopping every so often to pick bilberries!)

The two long distance qualifying events had the same excellent assembly area, with a café, and numerous marquees, tables and chairs. The forests were not as runnable as on the model event and the map had quite marked hills rising from extensive areas of flat marsh. We noted that previous maps of the area had been mapped with 2.5m contours, but our maps were to be at 5m contour intervals. However the mapper had just converted alternate contours to form-lines, so it was effectively at 2.5m. The total time for the two qualifying events determined which final you ran in.

The final area had even more climb on the courses. It was an army training area and had a large number of tracks, some probably made by tanks, but others by humans. One odd feature was that some of these tracks went for a long way in a completely straight line, going right across marshes and rivers. We realised that these were winter skiing tracks, when one can ski right across the frozen marshes and rivers. Following these in the summer was could be hazardous if you came to a deep marsh or a river!



Final area map



Sue Birkinshaw & Doug Edwards finishing

We all had very respectable performances, considering the number and quality of the international competition, but were ourselves more interested in experiencing new terrain, sightseeing and sampling the excellent beer and restaurants of Estonia!



(Photos: Jen Britton)

WORLD TRAIL-O CHAMPIONSHIPS

The World TrailO Championship were held near Strömstad in Sweden, in conjunction with the World Orienteering Championships. John Kewley had been selected for the British team and had a good result, coming 30th overall in the 2-day Open Pre-O competition. He was the second of the three entrants in the British team, behind Nick Barrable.

In the Relay competition the British team of John Kewley, Tom Dobra and Nick Barrable were 8th.



John Kewley in action at the World Trail-O championships

LIVERPOOL WEEKEND

DEE and SELOC had advertised a grand weekend of orienteering in Merseyside, with an event on the sand dunes of Ainsdale on the Saturday and an urban event in the centre of Liverpool on the Sunday. Ainsdale was limited to an entry of 500, by request of the National Trust, and several club members were unable to get a run as they had left their entry too late (try reading the MDOC newsletter – it was publicised there!).

As it turned out it rained hard all day at Ainsdale. The forested area was sheltered, but the open sand dunes were very exposed to the elements. It is hard enough making sense of the contours there on a fine day, but with rain obscuring ones vision it was particularly difficult.

At Liverpool the assembly area and the finish of the courses was at the Pier Head, by the Royal Liver Building. The shorter courses went around the docks, but were not particularly technical. The longer courses did reached the more interesting areas around the two cathedrals.

Peter Cull took a good series of photos of the weekend, and those including MDOC members are on the back page.

Liverpool Weekend Results

Ainsdale

Black, 11.0k

3	Tom Fellbaum	76:33
6	Matthew Fellbaum	84:42
13	Samuel Drinkwater	110:31

Short Brown, 8.7k

29	Liam Corner	98:17
34	David McCann	102:13
36	David Wathey	105:00

Blue, 7.2k

13	James McCann	76:40
25	Stephen Fellbaum	84:58
38	Andrew Stimson	93:18
50	Alex Ledbury	103:35

Short Blue, 5.8k

7	John Britton	63:54
18=	Martin Green	69:47
30	Sally Gilliver	78:26
31	Jane McCann	78:32
33	Peter Ross	79:47

41	Chris Rostron	83:24
55	Ian Gilliver	96:27
60	Chris Kirkham	116:58

Green, 5.0k

4	Ben Dempsey	53:35
54	Elizabeth Hamer-Davies	88:29
62=	Sarah Ledbury	92:48
81	Graham Crawshaw	114:56

Short Green, 4.1k

4	Jillyan Dobby	61:41
15	Geoffrey Millan	77:07
22	Julie Brook	84:26
26	Alison Doyle	92:23
29	Irene Crawshaw	97:06

Very Short Green, 3.4k

7	Sue Birkinshaw	107:54
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Orange, 2.9k

11	Dominic Wathey	65:47
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Liverpool

Junior Men, 3.0k

1	Matthew Fellbaum	15:02
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Men Open, 8.7k

1	Tom Fellbaum	46:56
21	Samuel Drinkwater	60:14
25	Andrew Stimson	65:52
35	River Edis-Smith	78:20

Veteran Men, 7.5k

1	Stephen Lang	49:57
2	Liam Corner	50:00
22	David McCann	59:52
37	James McCann	67:04

Senior Veteran Men, 5.4k

36	John Williams	44:32
38	Stephen Fellbaum	46:11
45	Steve Nicholls	56:36

Ultra Veteran Men, 4.4k

6	John Britton	32:44
20	Chris Rostron	37:26
23	Peter Ross	38:44

29	Trevor Roberts	41:35
37	Ian Gilliver	44:33
39	Graham Crawshaw	44:40
51	David Walker	55:56
54	Richard Gibbs	62:36

Women Open, 7.5k

9	Rebecca Glen	
15	Elithabeth Hamer-Davies	47:09
17	Jane McCann	48:48

Ultra Veteran Women, 3.6k

3	Jillyan Dobby	34:15
11	Marie Roberts	44:11
12	Irene Crawshaw	44:16
15	Julie Brook	46:44
22	Alison Doyle	58:22
24	Rae Lomas	61:24
27	Sue Birkinshaw	67:22
28	Jennifer Gibbs	75:28

Proposal to amend the MDOC Constitution

This proposal will be put forward at the MDOC Annual General Meeting and, as required by the constitution, due notice is being given to all members.

BOF has revised the wording of its O-safe policy, and is asking all clubs to incorporate the new wording in their constitutions.

British Orienteering Federation; O-Safe – A guide to safeguarding children and at risk adults in orienteering.

Appendix B requires all affiliated clubs to include, under the heading 'Safeguarding children and at-risk adults', paragraphs 1-3, in the articles of association and/or constitutions.

The committee recognises the importance of this issue, however it was felt inappropriate to include the full text of paragraphs 1-3 in the constitution, recommending that a more succinct text, capturing the spirit and principles of these paragraphs, should be adopted instead.

Suggested text for incorporation into the MDOC Constitution:

Safeguarding children and at-risk adults

The club is committed to the adoption and practical implementation of the British Orienteering safeguarding policy and procedures. All members, representatives and agents of the club are required to recognise and uphold the principles and responsibilities identified within the British Orienteering code of ethics and conduct when representing the club in any capacity.

Paragraphs 1-3 of Appendix B of the BOF, O-Safe policy.

Safeguarding Children & At-risk Adults

1. The *[name of The Affiliated Body]*, agrees to adopt the British Orienteering Safeguarding Policy & Procedures.
2. All individuals involved in orienteering through *[name of The Affiliated Body]* at every level, including participants, Officials, Instructors/Coaches, Administrators, Club Officials or spectators (where it is feasible to manage) agree to abide by the British Orienteering Code of Ethics and Conduct ("Code") and all such individuals participating or being involved in orienteering through *[name of The Affiliated Body]* in one of the aforementioned roles or in a role which comes within the intended ambit of this paragraph and the British Orienteering Safeguarding Policy & Procedures generally are deemed to have assented to and as such recognise and adhere to the principles and responsibilities embodied in the Code.
3. Each and every constituent member of *[name of The Affiliated Body]* including without limitation all clubs and disciplines, shall be responsible for the implementation of the British Orienteering Safeguarding Policy and Procedures in relation to their members.

SAINSBURY'S ACTIVE KIDS VOUCHERS

Thank you!

Thank you very much for all your Sainsbury's Active Kids vouchers handed in at Lyme Park and posted - we've been able to acquire flags, compasses and stopwatch.

Richard Gibbs

SAFETY WORKSHOP

Ian Gilliver will be putting on a Safety Workshop on Monday October 17th at a venue in Stockport.

From January 1st 2017 there is an insurance requirement that ALL planners, organisers and controllers should have attended a Workshop.

You might think that not going to a Workshop is a good way of avoiding taking on a job at an event!! But don't be deceived - we shall find a way round it.

PLEASE come on October 17th if you haven't already been to a Workshop, and there is the slightest chance that you might offer to take on one of the roles at ANY of our events. This includes all our Level D events, Saturday mornings, Night Street League and Countryside Score.

Please mail Ian Gilliver and Sue Birkinshaw to say that you can come, or that you would like to come but cannot manage that date.

s.birkinshaw@zen.co.uk and ian.gilliver01@gmail.com

FIRST AID COURSE

We have to have a qualified First Aider at ALL our events. After November we have only 6 members with valid qualifications and need many more.

Stuart McNeill will put on a one-day course for us in Matlock on a Saturday during the Autumn - date to be arranged to suit those wanting to attend.

Please let Sue Birkinshaw know if you are interested, with available dates.

MDOC 2016 AGM

The 2016 MDOC AGM will be held on
Thursday 13th October at the
Ladybrook Hotel, Fir Road, Bramhall, SK7 2NP

7:00 for 7:30

A hot-pot meal will be provided

After the formal business of the meeting there will be an open session, so do bring any questions or suggestions as to what you think the club should be doing.

MDOC EVENTS

Autumn series of Saturday morning events

Sat 1 Oct **Wythenshawe Park**, South Manchester
Sat 15 Oct **Longford Park**, Stretford/Chorlton border
Sat 26 Nov **Boggart Hole Clough**, North Manchester
Sat 10 Dec **Bramhall Park**, Bramhall

Urban event

Sat 5 Nov **Birchwood**, Warrington

Night Street League

Thur 27 Oct **The Heaton** - The Griffin Hotel, Heaton Mersey
Tues 8 Nov **Knutsford** - The Legh Arms, Knutsford
Thurs 24 Nov **Macclesfield** - Macclesfield Cricket Club
Tues 6 Dec **Sale** - The Moorfield,

Charity event 2017

Sat 7 Jan **Lyme Park**

Club Social & Prizegiving 2017

Sat 14 Jan **High Lane village hall**

Twin Peak 2017 Coniston, Lake District

Sat 11 Feb **Torver Back Common** – Middle distance event
Sun 12 Feb **Bleathwaite & Little Arrow Moor** - Long distance event

Wednesday runs

Wed 21 Sept Fellbaums, Macclesfield
Wed 28 Sept Tony Wagg, Didsbury
Wed 5 Oct Roberts, Bramhall

Cheshire and Merseyside Schools League (run by Deeside OC)

Sat 24 Sept Calderstones Park, Liverpool
Sat 12 Nov Erddig Country Park, near Wrexham
Sat 3 Dec Rivacre Country Park, Ellesmere Port
Sat 4 Feb Eastham, Wirral
Sat 4 Mar Marbury Country Park, Northwich
Sat 18 Mar Arrowe Park, Wirral – Schools League Relays

MDOC Committee Meetings

7:30 Mon 10 Oct, 14 Nov, 12 Dec Ladybrook Hotel, Bramhall

AINSDALE AND LIVERPOOL



Jillyan Dobby



Stephen Lang



Rebecca Glen



David McCann



Ian Watson (Ainsdale Controller) with Graham Nilsen (Planner)

Photos by Peter Cull