



MDOC NEWS

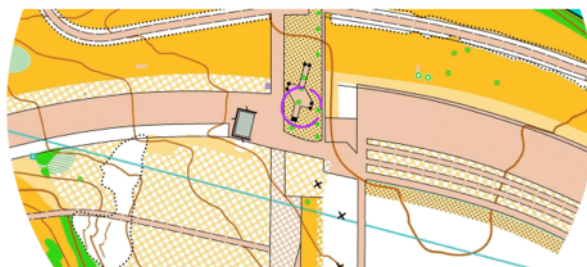


Newsletter of Manchester and District Orienteering Club

December 2020



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MDOC is the Second Best Club in the World!

TORUS Cup Special
Including...
What is Tempo?
Interview with Britain's #1
Plus...
MDOC & GMOA Chairman's Reports
Virtual O in Wythenshawe Park
Staffordshire Way Relay 1984

TORUS Cup

The 2nd TORUS Cup (the world's premier online TempO competition) took place in October, with a total of 8 rounds held on Tuesdays and Thursdays throughout the month. TempO is a discipline of TrailO, a branch of Orienteering specialising in extremely accurate map reading. TempO specifically adds a strong element of time pressure to the mix – for a more detailed explanation see page 5.

There were over 550 total entries from 300 clubs across more than 30 countries. Ten MDOC members took part and once again they excelled, with some fantastic individual results each week in both A (Advanced) and B (Beginner) classes. The team competition had a very high standard with MDOC consistently at the sharp end of the results tables, undoubtedly the top British club and eventually finishing the competition ranked in second place in the whole world! This achievement cannot be overstated and from a performance/competition viewpoint it must be one of the highlights of the club's recent history.

Our top individual performer was Ben Kyd, who finished in 6th place overall and achieved 2 individual stage wins. To put those wins into context, take a look at some of the names finishing just behind him on stage 4:

2. Severin Howald, many recent years on Swiss FootO team.

3. Marit Wiksell, reigning World TempO Champion with many World and European champs medals.

4= Petteri Hakala, 2018 World TempO Champion.

4= Alessio Tenani, many recent years in Italian FootO team and TrailO team, top 10 World TempO champs, Italian TempO champion.

Here is a summary of MDOC results for the whole cup, look out for the team's superb consistency, finishing in the top 3 on 6 out of the 8 stages. Once again congratulations to all who took part!

Stage 1 – Czech Republic

Individual A

10. River Edis-Smith
28. Ben Kyd
71. John Kewley
100. Alain Kyd
185. Siobhan Henn
228. Stephen Bingham

Individual B

5. David Gray

Club

1. Slovak National Team
2. MDOC
3. AKInO Kraków

Country

1. FIN
2. POL
3. GBR (River Edis-Smith, Matthew Pickering UBOC, Ben Kyd, Robert Finch SOC, John Kewley)

Special mention: Alain Kyd had by far the most improved performance, even finishing ahead of GBR team regulars.

Stage 2 – Finland

Individual A

4. Ben Kyd
19. John Kewley
93. David Wathey
106. Alain Kyd
133. Siobhan Henn
164. Cecilia Fenerty
180. River Edis-Smith
193. Dom Wathey

Individual B

16. David Gray

Club

1. Polisportiva Masi ITA
2. Turun Metsänkävijät FIN
3. MDOC

Country

1. FIN
2. ITA
7. GBR (Ben Kyd, John Kewley, Tom Dobra BOK, Owain Jones BOK, Robert Finch SOC)

Special mention: David Wathey was only 10s behind counting for the GBR team, also taking the family bragging rights.

Stage 3 – Slovakia

Individual A

6. Ben Kyd
8. Dom Wathey
46. John Kewley
66. River Edis-Smith
175. Alain Kyd
181. Siobhan Henn
194. David Wathey
228. Steve Bingham

Individual B

1. David Gray

Club

1. MDOC
2. Turun Metsänkävijät FIN
3. Polisportiva Masi ITA

Country

1. FIN
2. CZE
5. GBR (Ben Kyd, Dom Wathey, Robert Finch SOC, John Kewley, River Edis-Smith)

Special mention: David Gray WINS B course!

Stage 5 – Hungary

Individual A

38. John Kewley
42. Ben Kyd
63. River Edis-Smith
120. Alain Kyd
188. Siobhan Henn
205. David Wathey
214. Dom Wathey
220. Stephen Bingham

Individual B

9. David Gray

Club

1. Polisportiva Masi ITA
2. Slovak National Team
4. MDOC

Country

11. GBR (John Kewley, Ben Kyd, River Edis-Smith, Owain Jones BOK, Tom Dobra BOK)

Special mention: Excellent team consistency, including the top 3 GBR counters all from MDOC.

Stage 4 – Spain

Individual A

1. Ben Kyd
23. River Edis-Smith
111. John Kewley
123. Alain Kyd
145. Dom Wathey
193. Cecilia Fenerty
224. Siobhan Henn
247. David Wathey
250. Steve Bingham

Individual B

15. David Gray

Club

1. Polisportiva Masi ITA
2. MDOC
3. AKInO Krakow POL

Country

1. FIN
2. ITA
3. GBR (Ben Kyd, Tom Dobra BOK, River Edis-Smith, Andrew Stemp AIRE, Robert Finch SOC)

Special mention: Ben Kyd WINS the A course!

Stage 6 – Poland

Individual A

1. Ben Kyd
52. Dom Wathey
71. John Kewley
110. River Edis-Smith
204. Alain Kyd
231. Siobhan Henn
249. David Wathey
256. Stephen Bingham

Club

1. Polisportiva Masi ITA
2. Slovak National Team
3. MDOC

Country

1. FIN
2. ITA
5. GBR – (Ben Kyd, Robert Finch SOC, Andrew Stemp AIRE, Dom Wathey, Tom Dobra BOK)

Special mention: Another great WIN for Ben Kyd on the A course.

Stage 7 – Sweden

Individual A

4. John Kewley
34. Ben Kyd
106. Dom Wathey
110. River Edis-Smith
148. Alain Kyd
175. Siobhan Henn
250. David Wathey
266. Steve Bingham

Individual B

14. David Gray

Club

1. Polisportiva Masi ITA
2. MDOC
3. Turun Metsänkävijät FIN

Country

1. FIN
2. SWE
6. GBR – (John Kewley, Pete Owens DEE, Ben Kyd, Ian Ditchfield MV, Owain Jones BOK)

Special mention: John Kewley placed 4th overall on the A course.

Stage 8 – Lithuania

Individual A

67. John Kewley
69. River Edis-Smith
81. Dom Wathey
119. Alain Kyd
143. Ben Kyd
202. David Wathey
217. Steve Bingham
232. Siobhan Henn

Club

1. Turun Metsänkävijät FIN
2. Slovak National Team
5. MDOC

Country

1. FIN
2. CZE
3. GBR (Robert Finch SOC, Andrew Stemp AIRE, Pete Owens DEE, John Kewley, River Edis-Smith)

Special mention: Steve Bingham achieved his highest placing of the whole competition, on arguably the hardest stage.

Overall Cup Results

Individual A

6. Ben Kyd
34. John Kewley
67. River Edis-Smith
102. Dom Wathey
157. Alain Kyd
202. Siobhan Henn
212. David Wathey
261. Steve Bingham
329. Cecilia Fenerty

Individual B

6. David Gray

Club

1. Polisportiva Masi ITA
2. MDOC
3. Turun Metsänkävijät FIN

Country

1. FIN
2. ITA
6. GBR

The next TORUS Cup is a special Advent calendar series, beginning on December 1st - check it out!

What is [online] TempO?

John Kewley

Trail Orienteering developed as an inclusive orienteering event for all physical abilities, where you follow a wheelchair-quality track without leaving it and decide which (if any) of the kites in the terrain match the centre of the circles on your course.

It is a bit like controlling a course without actually visiting the control. Although not against the clock, there is time limit. This discipline is now called PreO (for Precision Orienteering) with TempO being the other individual event in Trail Orienteering.

TempO is the "Sprint" event and is all about speed. The competitor follows a route to a series of "stations" where they sit in a chair from which they are shown 6 kites. They are then given a pack of maps (usually 4 or 5) of the adjacent area, each of which has a control description and a control circle in the middle.

The object is to answer which of Alpha->Foxtrot (for the 6 kites from left to right) is correct or answer Zero if they believe no kite is correct. After answering each map they turn to the next map until they've answered all at that station and the cumulative time is recorded. They then lose 30s for each answer that they got wrong. The winner is the competitor with the lowest total time.

Due to Covid restrictions around the world, many organisers have organised online/virtual competitions in TrailO and the most successful (and prestigious of these) have been the TORUS Cup. TORUS stands for "TempO Online Races Ultimate Series" and the 8 courses in each edition are planned by experienced international competitors and course setters.

Some of the course setters also put on a few training stations as models so that competitors get a bit of a feel for the map and the problems they'll face. The 2nd TORUS event also introduced a parallel B competition for those who are new to TempO.

TORUS uses the excellent online TempO software from the Czech Libor Forst, which has been a useful training resource for a number of years. With this software you are presented a photo of the terrain including the kites and each map is presented in turn along with buttons for A->F (the kites left to right) and Z (for none are correct).

Other than the lack of any sense of depth it is very similar to the feeling of "live" TempO. There are also many training events to try on the website: <http://temposim.yq.cz/tempo.cgi> so give it a go!



John at a recent 'live' TrailO event in Italy

An Interview with Ben Kyd (Britain's #1 in Virtual TempO)

Congratulations on your 2 stage wins and overall 6th place! Did you feel any pressure for this competition after your stage win at the last TORUS Cup?

After finishing 7th in the first TORUS cup, I was aware that my first few results had brought my score down slightly whilst I was still learning about TrailO and TempO, so I definitely felt the pressure coming into the second one, as I knew that I should be improving on that score and potentially placing higher. I was feeling fairly apprehensive through the first couple of rounds, but with the first of my stage wins coming from the same planner that organised the course for my stage win at the last cup, I think that gave me the boost of confidence I needed to push on for the second win and the 6th place overall.

You must have a lot of natural talent in this discipline, but does it also take a lot of practice and do you think this complements your foot orienteering skills?

Practice has been a key part in developing my TempO skills, as it is with anything you want to improve in. Many of the skills I have learnt though are easily transferable to FootO, as with TrailO you really need to look at the fine detail of maps and areas, forcing you to have a strong understanding of all your map symbols and control descriptions, and relating them quickly to your immediate surroundings, exactly like in FootO.

It seems like your speed when answering is phenomenal, even compared to multiple world champions, is that your biggest strength in virtual TempO?

As I was first getting into TrailO orienteering, speed was definitely my strongest factor, as even though I was getting a few of the problems wrong in events, the penalty for this was balanced out by the time I took to complete it all, and so I often found myself mid table with an average score. As I took part in more events though, I made sure I maintained my speed whilst trying to increase my accuracy, slowly climbing up positions in the results, so although speed has definitely remained my biggest strength, the increased accuracy has helped!

Have you taken part in many traditional (non-virtual) TrailO competitions? How do you think the online simulation compares?

Personally I haven't, online competitions have been my first experience of TrailO, although hopefully that will change once traditional events can continue again. From what I understand from some of the more experienced TrailO competitors, however, the photos for online TrailO can lose the depth in the terrain, sometimes making it harder to figure out exactly where the controls are meant to be.

MDOC seem to have been building a really strong TrailO squad, did it help to see your teammates also performing at such a high level?

Having the strong MDOC TrailO squad has certainly been a big motivating factor for me, and I've learnt a lot about how to do well from many of them, especially John Kewley, who's been a great inspiration for me. Having weekly zoom meetings with him and other strong competitors from across the UK has contributed greatly to my success, being able to look in fine detail at my mistakes and pick up ways to locate the correct controls correctly and with ease, and it's him to which I owe a lot of thanks and gratitude to.

Annual John O'Goats Charity Event 2nd January 2021

Need to scratch your competitive itch? Got a shiny Xmas compass that needs brandishing? Worried that you may never again be lost in a bog?

Fear not, help is at hand. Preparations are continuing for the annual John O'Goats charity event on 2nd January 2021.

The National Trust has given the provisional go-ahead, Boris has committed to release us from lockdown, and dynamic duo Simon Freytag (organiser) and Jim Trueman (planner) are pushing ahead with a Covid-safe format to get MDOC back out running.

Exciting features of the 2021 event include:

- An MDOC only event to keep numbers down to acceptable limits for the National Trust
- Three courses: a traditional short/medium JOG course suitable for all runners; a combined JOG and score event aimed at the longer distance athletes; and a novice course (yellow or similar)
- Starts between 11.00 and 11.30 in pre-allocated start blocks
- Parking at Disley rail station with a 1km walk to the start to ease pressure on Lyme and avoid pre-booking of parking spaces
- Pre-entry using MDOC's excellent registration system, and other exciting Covid enforced safety measures

As ever, there is no charge for entry, but we are inviting donations to the Alzheimer's Society through JustGiving at <https://www.justgiving.com/fundraising/jog2021> . Alzheimer's is impacting both of our families – thank you for any support you can provide.

So - add it your diaries, stay fit and go easy on the Xmas pudding. And then keep an eye on the MDOC website and your email in-tray for further details on the event and how to enter. See you all there (from a safe distance).

Enquiries to: lyme2021@mdoc.org.uk

Virtual Orienteering at Wythenshawe Park: A Family Day Out

Matthew Snarr

On Saturday 7th November 2020 my wife (Helen) and I persuaded our two daughters Abigail (8) and Georgina (6) to head out to Wythenshawe Park to complete the orange route on the Navvies summer series map.

I had spent the night before excitedly trying to find and download the MapRun route to my Garmin but without success, alas, so we printed the maps off and headed out to find the marked control points virtually.



All smiles, for now...

It was a gorgeous day and I simply hadn't realised how large and expansive the grounds of Wythenshawe Park are. We strolled to the control points with decreasing speed as tired legs set in but found ourselves moving through woods, fields, around ponds and parks.

Abigail and Georgina are still learning the basics of orienteering and were a little less enthusiastic at the end of the course than at the start but all in all we had a lovely day out, topped off by a coffee from the excellent Courtyard Café in the park.



Our route, yes it did take 1 hour 25 mins!

As we were munching on our cakes we met a lovely couple from MDOC who were visiting with their niece but unfortunately we forgot to ask their names so we just wanted to say it was lovely to see and speak to someone in person from MDOC in 3D.

Summary of MDOC events and activities September 2019 to August 2020

Because of Covid-19 restrictions, all orienteering activity was cancelled between mid-March and July. Virtual events started up again in August.

The second column of figures, printed small, is the number in the same month in 2017/18, at different venues. Numbers given exclude pairs, groups etc so numbers at the event were often higher. The first name given is usually the organiser, but for NSL the two names are the planner and checker. Italicised names are Series Co-ordinators.

National	British Schools Score Champs	Oct	267		Marie Roberts, Dave McCann (Henry Morgan POTOC)	
Regional	Twin Peak: Goyt Valley	Nov	270		Paul Jarvis, Jim Trueman (Karen Parker BL)	
	Twin Peak: Stockport Urban	Nov	195		Chris Rostron, Ian Gilliver (Pete Owens DEE)	
Local	<i>Park + Score</i>				<i>Chris Rostron</i>	
	Sale Water Park	Sep	127	70	Julie Brook, David Wathey	
	Bramhall Park	Oct	98	70	Katie McInnes, Sam Drinkwater	
	Boggart Hole Clough	Nov	65	83	Chris Rostron, Sam Drinkwater	
	Brabyns Park	Dec	50	78	Tony Wagg, Alan Barker	
	<i>Night Street League</i>				<i>Grahame Crawshaw</i>	
	Hazel Grove	Nov	77	109	Sam Drinkwater, Julie Laverock	
	Offerton MapRun	Nov	72	81	Rebecca Glen, John Britton	
	Macclesfield centre and east	Nov	80	92	Mike Greenwood, Clare griffin	
	Sale West	Dec	57	73	Peter Ross, Jillyan Dobby	
	Handforth	Jan	75	88	Kath Speak, Eddie Speak	
	Withington/Didsbury MapRun	Jan	83	51	Doug Edwards, Ian Watson	
	Haughton Green	Feb	56	77	Trevor and Hazel Hindle	
	South Reddish	Feb	70	58	Chris Rostron, Julie Brook	
	Tytherington	Mar	68	82	Ian Gilliver, Grahame Crawshaw	
	<i>Park + Urban</i>				<i>Alison Doyle</i>	
	Riverside Park & Tytherington	Jan	82	116	Jan Ellis, Alex Bedwell	
	Reddish Vale & streets	Feb	88	80	Alison Doyle, John Williams	
	Bruntwood Park & streets	Feb	78		Dave and Kate Bryant, Paul Watson	
	Wythenshawe Park + DofE	Mar	169	146	Graham Heap, David Wathey	
	<i>NW Night League</i>					
	Philips Park, Prestwich	Feb	31	41	Chris Rostron	
	Charity	Lyme John o' Goats	Jan	149	152	Sue Birkinshaw, Sam Drinkwater
	Activities					
	New Year Social	Offerton Community Centre	Jan	69	48	Cecilia Fenerty
	Coaching	Sale Water Park	Sep	8		John Kewley
		Hurstwood	Oct	23		"
Daresbury		Nov	20		"	
At Reddish event		Feb	10		"	
At Bruntwood event		Feb	12		"	
Training	Using OCAD, 3 sessions	Apr	11		Peter Ross, Martin Green	
Filming project	Bramhall and Woodbank	Aug	10		Ian Gilliver, John Britton, Sam Drinkwater	
Summer series (MapRun)	Edgeley	Aug	45		Marie Roberts, Peter Ross	
	Glossop	Aug	26		Grahame Crawshaw, Peter Ross	
	Wythenshawe	Aug	64		River Edis-Smith, Peter Ross	
	(Dovestone in September)		32)			
Controllers	MDOC controllers have worked with other clubs: Eddie Speak for DEE and LOC John Kewley International Adviser, Controller and Juries for PreO and TempO					
NWOA	Dave McCann chairman. Chris Rostron coordinates the NW Night League					
GMOA	John Britton, Dave McCann, Sue Birkinshaw and 15 postwatchers					

MDOC AGM 15/10/2020

Chairman's Report

As you all know, planned events and how we go about previously routine activities were all turned upside down by the onset of the Covid pandemic in March this year, so this report which starts in October 2019 will largely be a game of two halves.

Membership

Over the course of the last year, the club has gained 12 new members and lost 19, partly due to fluctuating numbers of junior BOF members at Fallibroome Academy.

MDOC MEMBERSHIP FIGURES 2020			
Club Members	Male	Female	TOTAL
Adult	97	52	149
Junior	31	22	53 ⁽¹⁾
TOTAL	128	74	202 ⁽²⁾
Friends			8
Notes 1. This year, just over half (27) of the club's individual junior members are secondary pupils at the Fallibroome Academy, Macclesfield (13 fewer than last year). 2. BOF membership unit breakdown: 30 family units (78 members), 94 Individual Seniors and 30 Individual Juniors (Total: 154 units, 23 fewer than last year)			

To provide an opportunity for members to get to know each other and celebrate their achievements, a committee comprising Julie Brook, Cecilia Fenerty, Liz Hamer-Davies and Rae Lomas organised a very enjoyable New Year Social evening in January which attracted a good number of members, new and old, many with their families. As well as an orienteering-themed cake competition and games for all, the prizegiving included new awards to recognise some of the outstanding volunteers in the club as well as age class prizes.

In 2019, the number of qualified first aiders in the club reached a critical level, as certificates needed renewing or previous stalwarts left. Seven members took a course in November, which now brings the number to nine. A further course in March this year had to be cancelled.

Sam Drinkwater has continued to produce entertaining and informative newsletters for the club but he has handed over responsibility for our social media presence on Twitter and Facebook to Matthew Snarr and Nick Taylor, respectively. Together with our web editor, Julie Brook, Peter Ross and myself, they form the club's new marketing team.

Last year, I mentioned improving the club's volunteer reward scheme to recognise the efforts of key event officials such as organisers, planners and controllers who cannot benefit from the half-price run scheme for helpers on the day. After some discussion within the committee, a proposal is to be put forward later in this meeting for planners and organisers to be entitled to two free runs at MDOC events of the same level (or lower).

Club development

Having identified some of the club's training needs, some excellent computer-based mapping workshops took place at Peter Ross's home. This was to be followed by a more advanced training session from Rod Postlethwaite, which is currently on hold. Jim Trueman attended a planning workshop run by POTOC.

The club has a shortage of active trained coaches but four club members have put their names forward to train as Level 2 orienteering coaches in the past year: Cecilia Fenerty, Pete Hayes, Nick Taylor and David Wathey. They are currently on a waiting list for a suitable course. In the meantime, as a Level 1 trained teacher, Pete Hayes has been guiding parents and older students in Macclesfield to help support school training activities.

John Kewley ran a number of coaching sessions alongside local events prior to March and, during lockdown, has used his international trail-O experience to mentor club members taking part in virtual TempO competitions with considerable success. He is currently looking at the possibility of online club coaching sessions in the coming months.

An opportunity arose this year to attract more members through the permanent orienteering courses maintained by GMOA, the body which the club runs jointly with SELOC. A film crew, who are well known for their coaching videos presented by members of the GB squad, contacted GMOA via Ian Gilliver with a plan to make a series of films that could help to build orienteering confidence using POCs. An application for a SportEngland grant to pay for the services of the professional producer was made via MDOC, which the club has duly received. The films were shot in the course of summer 2020 and launched earlier this week on the club's new *YouTube* channel. Since then, the marketing teams of MDOC and GMOA have been busy promoting the films locally and on social media, and club members have been asked to send details to their own outdoor leisure contacts.

Schools and junior development

The committee has been delighted to welcome two active junior members this year, Dominic Wathey and Catriona Beynon.

Following last year's AGM, Pete Hayes presented a detailed plan for his junior development project in Macclesfield primary schools. In the course of 2019-20 Pete has delivered a programme of fun orienteering sessions in several junior schools and has also been approached by schools outside the area.

At Fallibroome Academy, Pete has facilitated regular coaching sessions and, since September this year, the school has organised weekly after-school orienteering coaching for pupils in three groups, run by Ben Kyd and other older pupils. Such is its popularity that this week, 67 children attended the Year 7 session.

With the current restrictions in place, the school hopes to run small events in its grounds and possibly an internal league. Thanks to a grant from a local trust, it has purchased a training kit comprising 20 SI dibbers, a splits printer, controls and stakes. Eddie Speak is in the process of updating the map of the school grounds.

In order to help the club gauge junior needs, Pete Hayes sent a questionnaire to families and reported their suggestions to the committee in August. Given the ongoing restrictions, it is difficult to act on many of the proposals, but they have been noted for action as the opportunities arise.

Events and fixtures

The club held three major events this year: a national schools event and the club's Twin Peak weekend double regional event.

The British Schools Score Championship was held at Heaton Park on behalf of the British Schools Orienteering Association in October 2019. Over 230 pupils from 49 schools took part with support from over 50 volunteer marshals and helpers on the day, some from neighbouring clubs.

For the Twin Peak weekend, we were delighted to have permission to return to Errwood after a long absence to sample the challenges of its forest and moorland. This was followed by an urban event in Stockport including Eddie Speak's new map extension into Edgeley.

Regrettably, the decision had to be made to postpone the Northern Championship at High Dam in May, as well as the urban event planned for Knutsford and the North-West sprint championships in Macclesfield this Autumn.

Between September 2019 and lockdown in March 2020, the club also held eight Saturday morning local events, an entire Night Street League, the traditional New Year charity event at Lyme Park and put on an event for the North West Night League at Phillips Park in Prestwich.

Following the decree of 23 March that the country was to stay at home, British Orienteering suspended all club activities until July 2020, when restrictions were partially lifted. During this time, a club Strava group was initiated by David Wathey to help members share their individual training runs. This group now has nearly 40 members.

Traditionally a social training run, Wednesday night gatherings have become a weekly zoom meeting.

Seeking a way to practise orienteering alone on local streets as part of the prescribed daily exercise, Peter Ross and Ian Watson set up a number of MapRunF courses on their own 'Navvies' website. As restrictions lifted, more club members enjoyed these, and eventually, through Navvies, the club was able to hold a Summer MapRun Series on four varied areas. Following BOF guidelines on how clubs could safely return to orienteering, Ian Watson offered to design an entry system for the club, which is now in place, together with contactless payment on the day. A trial event was held at Wythenshawe Park using River Edis-Smith's MapRun courses before the first two local events of the Autumn series.

In each case, gaining permission from the park or local authority has been difficult. Chris Rostron is to be congratulated on his thorough preparation of the new event procedure following BOF guidelines, which has thus far enabled him to persuade the powers that be that the events pose minimal risk to public health and follow Government advice.

A list detailing all the club's events in the past year has been compiled by the club's Fixtures Secretary, Sue Birkinshaw, and can be found on page 10. Very many thanks to all the planners, organisers, series organisers and helpers on the day who made them happen. Futures fixtures are planned in line with the plan set out in the club's current fixtures policy (available online) but they are limited by whether landowners or local authorities will permit them and this is currently proving to be more challenging than it was pre-Covid.

Club successes

With all national championship events cancelled in 2020, there was little opportunity for the club's star performers to shine. However, in the 2019 British Schools Score Championships, Fallibroome Academy were placed in the top three in all four secondary school categories, and in the British Schools Championships in Slough, Berkshire, the school came fourth.

The club also had a good turnout for the CompassSport Cup first round in the Lake District as lockdown loomed in March, with a respectable result.

Since lockdown, several club members have had notable success in the online Trail-O discipline called TempO. In July, Ben Kyd came 7th overall in the international Torus Cup held (virtually) in Finland, and this week, the MDOC club team comprising Steve Bingham, River Edis-Smith, David Gray, Siobhan Henn, John Kewley, Alain Kyd, Ben Kyd, David Wathey and Dominic Wathey won Round 3 of the second Torus Cup competition in Slovakia. As individuals, David Gray won the B competition and Ben Kyd was third in the A class.

Catriona Beynon (W14) has joined Ben Kyd (M18) and Dominic Wathey (M16) on the North West Junior Squad.

Maps

The club invested in map updates and extensions to its maps of Errwood and Stockport in preparation for events held this year. A new map has been surveyed and drawn of Knutsford in preparation for the planned urban weekend, when it can take place.

Peter Ross and Jillyan Dobby have also mapped the complex urban area at Sale West.

Since last year, Ian Gilliver has been maintaining an inventory of all the club's mapped areas in order to identify and prioritise mapping updates. Sadly, Ian has decided to step down from the committee, but Trevor Hindle has agreed to continue his work as mapping coordinator.

Equipment

To facilitate contactless payment, the club purchased an iZettle card reader with a SIM-enabled tablet.

Committee changes

Several members of the club's committee have decided to step down this year: Sam Drinkwater, Ian Gilliver, Pete Lomas, Alan Ogden and Peter Ross.

As Treasurer, Alan has helped to put the club's accounts back into order and managed them efficiently and accurately. On behalf of the club, I would like to thank him and all our departing committee members for their valuable contributions to the running of the club.

However, one of these people needs to be singled out for his outstanding record of 43 years' service to the club - Pete Lomas.

Honouring Pete Lomas' service to the club

Shortly before this year's AGM, Peter Lomas announced he would be retiring from the MDOC committee after 43 years' continuous service. From Schools Officer to permanent course champion, and from major event organiser to storeperson, he has held a pivotal role in the running of the club since 1977.

Pete came into orienteering in 1976 as a PE teacher and family man with a successful running background. Under the guidance of club president, Frank Rose, he developed schools orienteering, taking countless children to O events and establishing a successful Greater Manchester Schools league.

In 1986, Pete took a sabbatical year to set up permanent orienteering courses (POCs) in all ten boroughs of Greater Manchester. Each borough paid for two permanent courses to be set up in its parks. Now run by volunteers from MDOC and SELOC as GMOA, and with more than double the original number of POCs in its care, Pete's work has created a tremendous orienteering resource for the Manchester area.

Amongst his other contributions to the club were setting up and running a regular Friday evening circuit training session at Dialstone School. Many members used these indoor sessions to build up their fitness to the rhythm of Pete's upbeat music selection.

For many years Pete was also the organiser of any events at MDOC's prime mapped area in the Lake District, High Dam. He negotiated with all the landowners, establishing strong relationships, which have helped us obtain access for many subsequent events on this technical area.

In more recent years, Pete took over responsibility for the club stores – kites, stakes, tents, tables, tapes, banners etc - held in the crypt of Didsbury United Reformed Church, neatly preparing them for planners before and after events. Though he has formally left the committee, Pete wishes to continue taking care of the stores.

There is hardly an MDOC event where Pete and his wife Rae, have not been helpers in some way. In recognition of Pete's lifetime of loyal commitment to MDOC the club presented Pete with a commemorative trophy - the Lomas Cup - and has granted both he and Rae honorary life membership of the club.



Staffordshire Way Relay 1984

Grahame Crawshawe

Recently, while "rationalising" some of the massive piles of maps, results, photos etc, collected over the years, I came across some final details for a Staffordshire Way relay run/race, which MDOC took part in, held on the 23rd June 1984. We won it - in a total time of 10:49:36.



The team was Pete L, Irene C, Clare Rose (Elsegood), Gill Wynne, Killian Lomas, Dave Holmes, Jane Anthony, Steve Anthony, Bramp Turner, Frank Rose, Mark Elsegood, Andrew Addis, Alistair Lessells (now ESOC), Sean Priestley, Grahame C, Pete Heffernan and David Heffernan (and not many of those are still orienteering!)

In the event final details, Roger Smith (POTOC?) notes (and I quote!)

"Teams entered are DEE, DVO, HOC, MDOC, POTOC and WRE. By chance, John Britton, of ICL AC (i.e. in pre MDOC days) is attempting to run the whole Way on the same day. While he is a self-confessed loony, he is no mean performer, and he did the Bob Graham round last year. He has set himself a schedule of 18 - 20 hours, and is starting at 0300 hours, so some teams may well catch him up. He would be very glad of company if you can manage it without upsetting your team's chances."



You'll be pleased to hear that John enjoyed a very sociable day, and finished in around 18 hours. I don't think that any of the MDOC team saw him en route.



How many of the people in the photos can you recognise (and apologies for the low-res issues!) Answers next time...



The 2020 TrailO Season

John Kewley

I had high hopes for the 2020 TrailO season. My best results in 2019 were on Finnish terrain and that was where the 2020 European Championships were going to take place. The World Champs were planned for Hong Kong and that was always going to be something special as the only time I've ever been to Asia was to cross the Bosphorus from Istanbul to the Asian part of Turkey to watch some migratory birds. I had planned an exploratory visit to Hong Kong for the Asian Champs the year before, but that fell foul to the unrest and so the event was cancelled. There were also the European Cup events (ECTO) planned for spring and autumn, all of which this year were going to be World Ranking Events and I was starting the year ranked 30th.

Of course the Hong Kong cancellation was just a portent of the storm that was Covid, which as we know resulted in the cancellation of most British and international orienteering for the year. 2020 was also the first year when we would have a British TrailO League (BritOL), which would feature some smaller events as well as the larger ones; the intent being to encourage more people to put on TrailO events.

Of course what wasn't planned was the explosion of online orienteering training events and competitions. Not all of these were TrailO, but the idea of e-TrailO has been identified by the IOF and they are now encouraging the use of their Eventor system to advertise these online events too. Of the online activities this summer the biggest were probably the following:



John at a World-Ranking Event in Italy

- The 100 route choice problems of "Route to O-Season" on Jan Kocbach's WorldofO site along the same lines as his excellent "Route to Christmas" that he has been running since 2007 - fingers crossed he'll have enough material for the 2020 version. Not TrailO at all, but excellent fun and good training.
- Lockdown Orienteering by Chris Smithard et al, incorporating some TempO.
- TORUS Cup, online TempO, reported at length in the earlier article.

Alongside these were dozens of events of various (and sometimes dubious) quality and during Lockdown I managed to compete in Mozambique, Columbia, Ecuador, Brazil, USA, Hong Kong as well as most Western European countries. Amongst these was TrailO problems using virtual orienteering (Virtual-O and Catching features), Lego, Playmobile and people's garden. I particularly enjoyed the ones from Russia which showed great variety and included PhotoO in St Petersburg, some PreO problems in their forests which were as good as any online ones I've seen and some very tricky problems involving special maps of climbing crags; their PreO simulator is also excellent.

The first events of the new British TrailO League in Dorset (February!) ended up being the last of 2020; the intention is that these events will carry over and be part of the 2021 series. Thorncombe Wood was the venue and is best known as the birthplace of Thomas Hardy. Two events took place, both on the same day with both TempO and PreO. MDOC had two competitors with River and JK. The TempO had 6 stations of 5 problems and JK had both the fastest total answering time as well as the fewest mistakes/penalties (4) winning by a clear margin with River in 6th. Both MDOC competitors had 2 mistakes on the PreO course and were divided only by their time control times with River having 14s for 4th equal (and a share of the League points for 4th and 5th) whereas JK had 18s for 6th. This left JK equal first in the League with River in 7th.

Thorncombe Wood Tempo

1. John Kewley MDOC 344s
2. Christine Roberts 532s
3. Ian Ditchfield 535s
6. River Edis-Smith 572s

Thorncombe Wood PreO

1. Nick Barrable 20 / 18s
2. Ian Ditchfield 19 / 13s
3. Iain Philips 19 / 37s
- 4= River Edis-Smith 18 / 14s
6. John Kewley 18 / 18s

British TrailO Leagues standings after 2 events

- 1= John Kewley 100, 89 = 189
- 1= Ian Ditchfield 93, 96 = 189
3. Nick Barrable 87, 100 = 187
7. River Edis-Smith 89, 90.5 = 179.5

So with the home season ending almost before it began, how about the international one? Even though the World Champs were cancelled, the European Champs pushed back into 2021 and the European Cup cancelled, other events still took place with World Ranking Events taking place in Japan, Finland (2 lots) and Italy. Of these only the Italian event was possible to attend without a lengthy isolation period on entering the country and 4 Brits managed the trip in October. As you'll know it was touch and go whether we'd be able to go, and indeed it all looked good until the night before. Italy had changed the rules such that GB was now one of the countries where you had to provide evidence of a negative Covid test produced in the 72 hours before travelling... but this was only a few hours before I flew. Checking more details it looked like there'd probably the chance of having the test at the airport.

Anyway I showed up, had a 20 minute queue for a test and then 15 mins later got the results - negative, phew! So off in to Venice town for 3 hours strolling around on my old 1999 O map (from when I did the 1999 Men Elite at the Venice StreetO coming 24th out of 68). Note that one other rule that had just changed in Italy was that everyone had to wear a mask all the time, even outside - so my stroll round Venice was strange as everyone was wearing masks. I then returned to Venice Marco Polo to travel with Charles Bromley Gardner to Asiago after he had completed his tests.

The next day was a busy one. We'd missed the training the previous afternoon, but did it in the morning before our first event, a World Ranking Event Tempo. I went reasonably steady getting a clean sheet at 5 of the 8 stations (5 problems per station), but 6 misses on the other 3 put me down in 14th place and top GBR. Like all the other events we had to wear masks all the time so glasses steaming up at time controls was a big issue. After lunch Charles and I went to an area adjacent to the following day's PreO and had a walk round half of the controls before heading to the afternoon's One-Man Relay. This is a novel format that the Italians have done a few times; the idea is that you have a few Tempo stations and a short PreO course and combine the scores by giving 60s additional penalty for each PreO control wrong - this is how the scoring works for Relays in international competitions except 3 of you do each of the PreO and Tempo. This competition had 3 stations of 5 problems and I got confused with a technical issue with the maps and so totally messed up that station, but cleared the other 2. With 1 mistake on the PreO that put me in 14th place, again 1st GBR.

The following day was the 2nd World Ranking Event of the trip and this time it was PreO. Unfortunately my brain was still in "sprint" mode from the previous day and combined with trying to rush as the rain was chucking it down and my glasses were steaming up, I rushed the first 2 controls only to realise solving control 4 that I had got both 1 and 2 wrong. Adding those 2 errors to one more on the course meant I ended up in 13th place, one point behind first GBR - that early double error costing me 5th place and a fair few ranking points. I ended up 9th overall for the weekend.

The International TrailO Season for 2021 kicks off (Covid permitting) in April with World Ranking Events in Slovenia and Lithuania before the [postponed 2020] European Championships in Finland in May. GBR Selection for that event will no doubt not be made till sometime in the New Year although there are so many unknowns about what potential selection events there may be before then.

North-South Puzzle

John has also kindly provided a puzzle for this edition of MDOC News. Instructions:

A compass manufacturer has a box for storing compass needles in.

The square box comprises a number of rectangular bays into which the needles are stored.

Each needle has a N pole at one end and an S pole at the other; they can't be split in half.

At the end of each row is the number of "N"s and "S"s in that row

At the bottom of each column are the number of "N"s and "S"s in that column

Arrange the needles in the box respecting their poles.

Note:

An "N" cannot be adjacent orthogonally to another "N" (diagonal is OK)

An "S" cannot be adjacent orthogonally to another "S" (diagonal is OK)

Hints:

There are not enough needles to fill the box so some bays will be empty.

Bays cannot be half filled so if there is an "N" in one, there will also be an "S"

						3	2
						2	2
						2	3
						2	1
						2	2
						1	2
1	3	1	2	2	3	N	
1	3	2	1	3	2		S

GMOA Chairman's report for 2019/20 (dated April 2020)

Sue Birkinshaw

2 weeks before the end of our financial year (March 31st) everything in the world of orienteering changed, as we all know. So this is a report for eleven and a half months, not a full year. The repercussions of Covid19 shutdown will be reported in April 2021. We will hold our 2020 AGM when restrictions on meetings are lifted. Committee members have all agreed to remain in place for the year 20/21, except Kath Etherden who has been almost continually involved with GMOA since its inception in 1986. My heartfelt thanks to her for all her work, especially as our Secretary.

The report from John Britton tells the story of 2019/20 in excellent detail and, as always, shows his level of commitment to GMOA. He, with help from Dave McCann, has created a new "shop" for people to buy our maps and packages, and a new postwatcher page for reporting site visits. And that doesn't include his constant updating of our brilliant public website – and maintenance and map updates and...and...

Dave now has the GMOA printer at his house and deals with all requests for maps, both pdf and printed. He is relieved that the majority of orders are now for pdf downloads. Dave is our Treasurer so deals with all the map sales, and he is also the recipient of all Enquiries mail and postwatcher reports. He produces excellent charts and graphs on postwatcher site visits, maintenance required, overall sales figures and a whole lot more.

My sincere thanks to John and Dave for all their hard and meticulous work.

Despite all the above detail on what is involved in running GMOA, it is actually the on-the-ground effort of our postwatchers that keeps the whole thing going. We have a target that every post in every park is in the correct place, accessible and in good condition. The only way we can get anywhere near that target is to have every park and post visited regularly, and we reckon that at least 3 visits a year are required. We have a small band of postwatchers who make these visits, and we really appreciate their efforts. For those who find it hard to meet the target, it would be great if they could "share" the park with someone. This year we have been pleased to get some new postwatchers. New volunteers are always welcome.

One exciting piece of news that really belongs in next year is a project headed by Sarah Brown to make a set of videos showing how young people and families can use the Permanent O Courses in parks all over the country. The filming is going to use GMOA courses and it should take place this summer. Follow-up events will be hosted mostly by MDOC.

We have had a few requests for new POCs, mostly for tiny local parks. We offer advice but don't feel able to include them in our portfolio. One exception is the interest being shown by the Moston Brook Project, an area jointly managed by Manchester and Oldham.

We have discussed the production of a new GMOA leaflet for distribution to any suitable outlet. There have been 4 previous versions of the leaflet and each has had the same content – a list of parks with access instructions and detail of courses available using the colour-coded system. We think that it would be more useful if the leaflet showed the facilities available at each park, such as a café, toilets, a playground, on-site parking. Just a post code will now suffice to find any park. It is a lot of work to create this leaflet and help would be appreciated.

So, with a final thanks to the committee, and all who help run GMOA, let's hope next year finally proves that Permanent Courses have a valuable role to play in the world of orienteering.

Navvies has a heading called Summer Series.

There were 4 Virtual events put on by MDOC in the summer: Stockport streets, Dove Stone, Glossop and Wythenshawe Park.

You can still run these but there is no longer a paper map option nor results available.

COMING SOON – MDOC’s Winter Series

Watch the MDOC website for news of some new Virtual events using Night Street League maps.

They will be accessed completely free from navvies.org.uk, including downloadable pdf maps.

And even more exciting – the M60 O-Ringen

Navvies are working on a set of courses, which go right around Manchester in 12 stages.

If you would like to get a preview of the venture, you can offer to help and you’ll get a pre-publication course to try. Contact navvies@btinternet.com

Wider afield

Lots more Virtual courses are available, hosted by surrounding clubs.

Find them on the club websites of POTO, DEE, SELOC, SROC, PFO and EPOC.



MDOC WINTER MapRun SERIES



Following the success of the Summer Series, a new range of free MapRun courses is being prepared on street maps.



**Bramhall – linear
Bollington – score
Hadfield – scatter
Sale East – score
A N other TBA**

Details shortly at www.mdod.org.uk and navvies.org.uk

Club Kit

The current MDOC club kit is supplied by Bryzos (ex Siven) <https://www.bryzosport.com/> and we have previously been able to cater for the following items of clothing:

- Short sleeved O top (£25.60)
- Long sleeved O top (£31.90)
- Singlet/Vest (£19.20)
- Jacket (£32.00)

Note: prices above are indicative based on the last order we placed (2016) and it is unclear what impact Brexit will have on exchange rates.



Jacket



Singlet/Vest



Short sleeved top



Short sleeved top (reverse)

Bryzos Size Chart

Men /unisex/ sizes

	SIZE	S	M	L	XL	XXL	XXXL
A	Height	168-172	173-177	177-180	180-182	183-185	186-188
B	Chest	88-94	94-100	100-106	106-112	112-118	118-124
C	Waist	76-82	82-88	88-94	94-100	100-108	108-112
D	Hip	90-96	96-102	102-108	108-114	114-118	118-122
E	Inside leg	77-78	78-79	79-81	81-82	82-83	83-84
F	Arm incl. shoulder	76-77	77-78	79-80	81-82	83-84	85-86

Women sizes

	SIZE	XS	s	M	L	XL	XXL
A	Height	158-160	160-164	164-168	168-170	170-172	172-176
B	Chest	82-86	86-90	90-96	96-102	102-108	108-112
C	Waist	64-68	68-72	72-76	76-82	82-88	88-94
D	Hip	84-89	89-94	94-100	100-106	106-112	112-118
E	Inside leg	69-70	71-72	73-74	75-76	76-77	78-79
F	Arm incl. shoulder	71-72	72-73	72-73	73-74	73-74	74-75

Current Stock

We have the current 0 tops in stock:

	Men's			Women's	
Size	Sleeve	Quantity	Size	Sleeve	Quantity
M	Short	1	XS	Short	1
L	Short	1	M	Short	1
M	Long	2	L	Short	3
L	Long	3	M	Long	1
XL	Long	2	L	Long	1
XXXL	Long	1			

Jacket – one Women's Small.

Trimtex Stock

We have the following stock of short sleeved 0 tops (see home page of web site for image):

Size	Quantity
M	2
L	1

We have the following stock of navy orienteering trousers (NOT lycra):

Size	Quantity
S	2
M	3

Please contact kit@mdoc.org.uk with all enquiries.

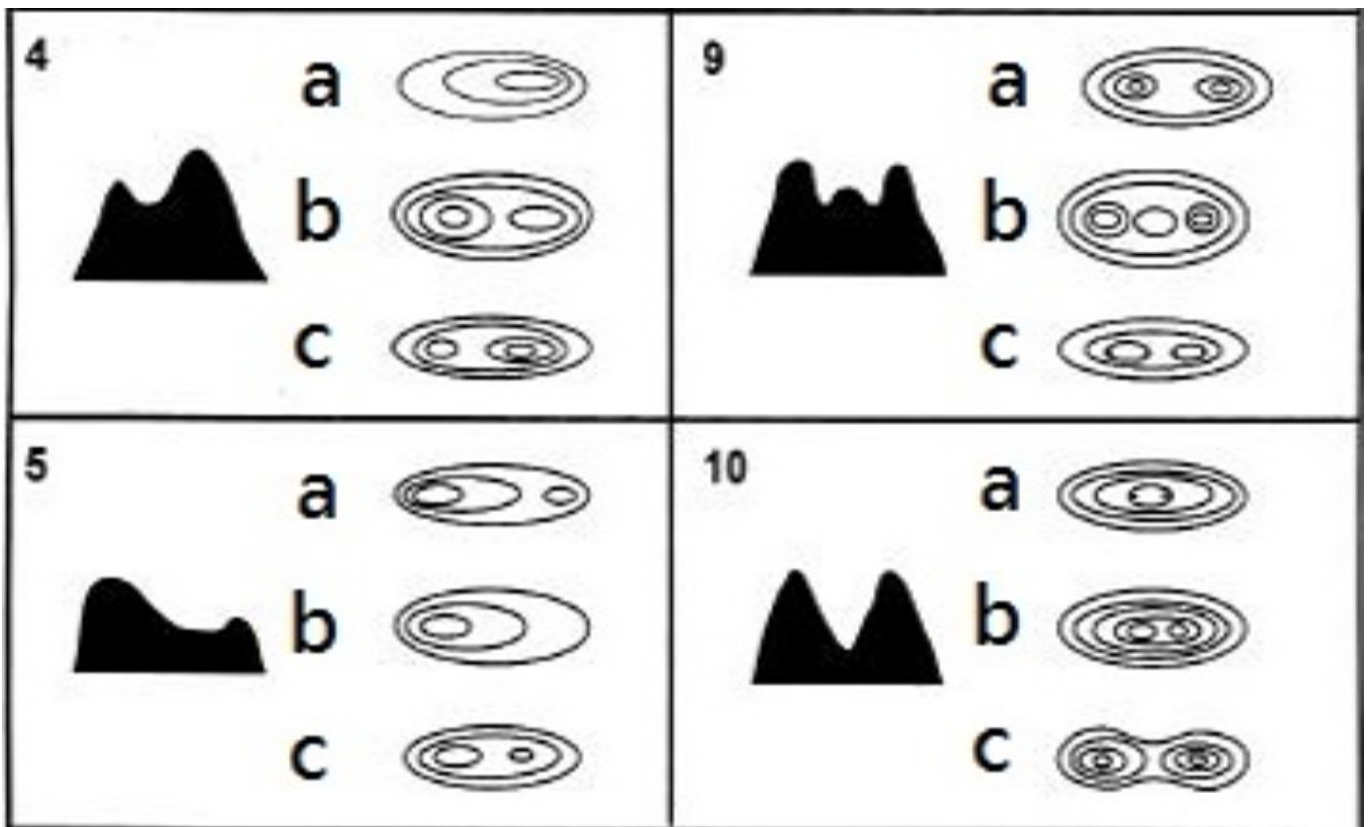
Interactive online coaching - a fun way to improve your skills

Marie Roberts

Coach John Kewley is running a series of training sessions via Zoom to teach, refresh and extend important map reading and navigation skills.

The first, concentrating on **CONTOUR READING**, took place in late October. Aimed initially at improving Orange-standard orienteers, it was also suitable for anyone wishing to refresh their map reading skills.

Using slides, examples and challenges, the 1 ½ hour-long session took attendees from the basic principles of contour representation to fine shape recognition on the map and the ground.



Contour reading – match the shape to the contours

Attendees found the session gave them plenty of useful tips on how a good understanding of contours could be applied to orienteering in terrain. If there is sufficient interest, John may repeat this session for others.

John's next session, on a date to be arranged in December, will concentrate on **ROUTE CHOICE**.

More details soon, but in the meantime, John suggests we look at the 'Route to Christmas' conundrums at <http://news.worldofoc.com/rtc/>

Provisional Fixtures

Saturday 2nd Jan 2021 - John O'Goats Charity Event – MDOC Members Only

Night Street League

(To be confirmed - Covid permitting. Please check the website for up to date information.)

Tuesday 12th Jan 2021 – Heaton (MapRun event)

Thursday 21st Jan 2021 – Macclesfield

Thursday 28th Jan 2021 – Altrincham

Tuesday 2nd Feb 2021 – Marple (MapRun event)

Thursday 11th Feb 2021 – Poynton

Tuesday 16th Feb 2021 – Wilmslow (MapRun event)

Thursday 25th Feb 2021 – Congleton (MapRun event)

Tuesday 2nd Mar 2021 – Cheadle Hulme

Tuesday 9th Mar 2021 – Chapel/Whaley Bridge (Cup Final)

Manchester Navvies

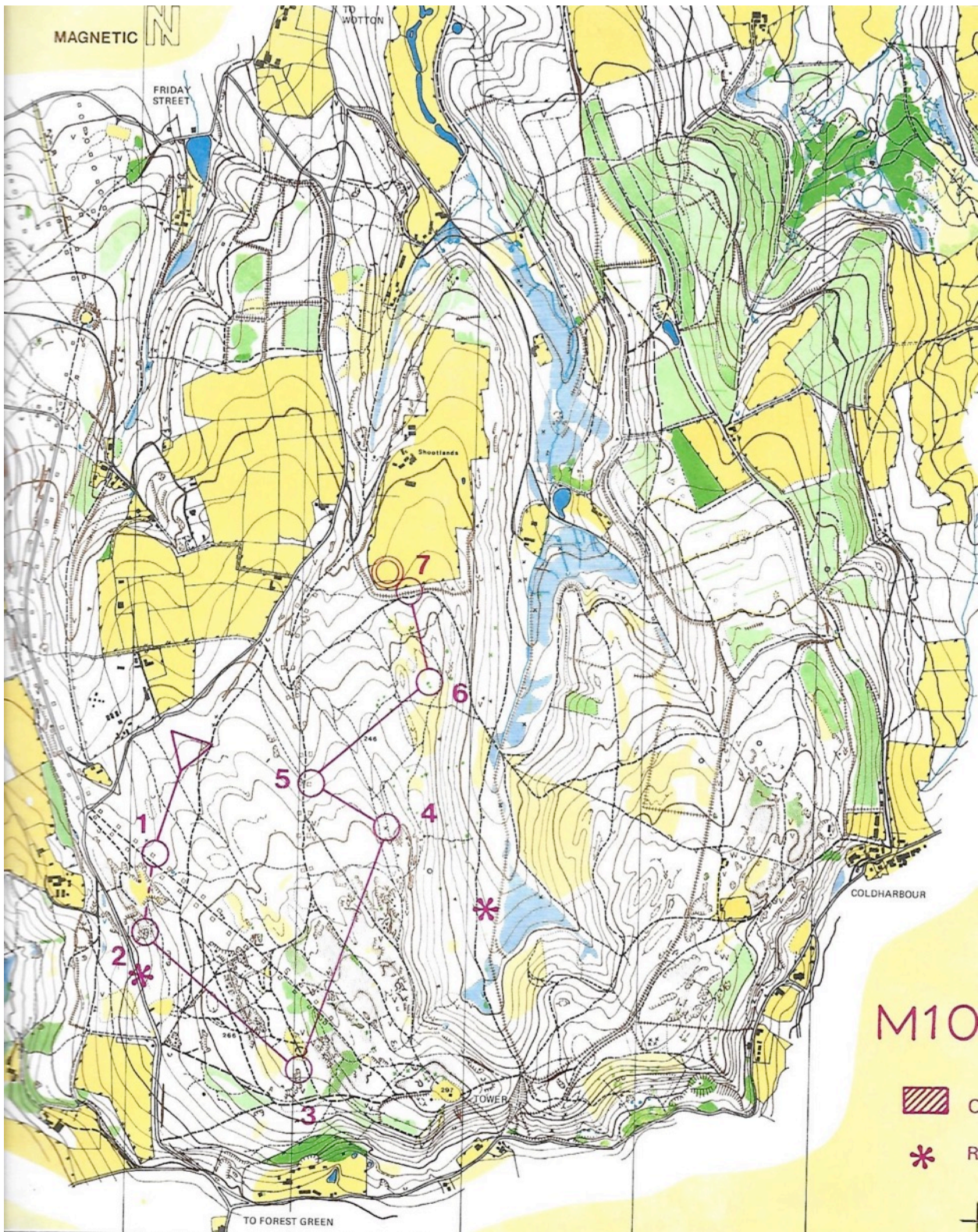
Do also check out the Manchester Navvies website: www.navvies.org.uk

They have a variety of virtual Orienteering challenges; some linear, some score, some street, some park but all suitable to try alone or in a family group at any time. Locations include:

Altrincham
Bollington
Bolton
Bramhall
Cheadle Hulme
Chorlton
Chorlton Water Park
Didsbury
Dovestone
Edgeley
Glossop
Hazel Grove
Heaton Moor
Macclesfield
Marple
Northern Moor
Poynton
Palatine Road
Sale
Urmston
Whalley Range
Wilmslow
Wythenshawe

M10 at the JK77

As a follow up to Ian Gilliver's article in the previous edition of MDOC News, Sue Birkinshaw has sent in the M10 map from the 1977 JK. This was the course that her son Steve was faced with at age 8, on a 1:15,000 map! It would be fair to say that expectations of juniors have changed a bit since then! Steve finished the course in 114 minutes, possibly with help!



Please send your suggestions, news, photos and other articles to the editor at editor@mdoc.org.uk for inclusion in future editions.