

# MDOC NEWS

Newsletter of Manchester & District Orienteering Club

July 2021



Featuring:

Northern Championships,  
MDOC at WOC, Tegg's Nose,  
Swiss KIMM '91 & Competitions



# Editorial

Welcome back to MDOC News. We start this edition with a round of congratulations:

Firstly the club would like to congratulate Margaret & Andrew Gregory, who celebrated their Diamond Wedding Anniversary on 15th July. Margaret & Andrew have been stalwarts of the club for more than four decades and have done it all: from international competition success, to a wide variety of committee roles, to welcoming countless newcomers into the sport at hundreds of events. They have had a positive impact on so many of our orienteering lives and all of us at MDOC would like to wish them well on this happy occasion.

We would also like to wish Club Captain and elite superstar Tom Fellbaum the best of luck for his wedding to Emily on 24th July. The whole club pass on their congratulations to the happy couple at the start of their journey together.

Finally, the club would like to congratulate honorary life members Rae & Pete Lomas, who will celebrate their Diamond Wedding Anniversary on 12th August. Rae & Pete need no introduction, orienteering in Manchester simply could not have reached its current levels of success and prosperity without their tireless contributions. They have been the heart of the club for so many years and we hope that they have a fantastic day.

In running news, former MDOC member Alistair Thornton won this years Windermere Marathon in a time of 2:38:22 ahead of a field of over 500 runners. This is a very good time on one of the hardest (but most scenic) marathon courses in the UK.

In event news, the Lakes weekend was a big success and lots of competitors passed on their gratitude to the club for organising the first big event post-pandemic. Thanks again to all of the helpers who made it such a special weekend. Check out the report on page 4. In terms of competitive performances, we had lots to celebrate, with 23 top 10 results:

## **British Middle Championships:**

M21 - Peter Bray - 2nd  
W35 - Cerys Manning - 3rd  
M70 - John Britton - 3rd  
M80 - Dave Mawdsley - 4th  
W80 - Sue Birkinshaw - 4th  
W70 - Jillyan Dobby - 7th

The next big event is the Scottish 6 Day, or 3 Day as it might be! We have a little preview on page 13.

After that it's the British Champs Sprint weekend in Skelmersdale, including the mixed relay. Hopefully we can get plenty of teams competing, so if you're interested contact Tom Fellbaum. As well as competing we will be helping the other North West clubs by volunteering on the day, so it promises to be a fun weekend all round.

## **Northern Championships:**

W80 - Sue Birkinshaw - 3rd  
W35L - Cerys Manning - 4th  
M70L - John Britton - 6th  
W70L - Jillyan Dobby - 6th  
M21E - Peter Bray - 8th  
  
W60S - Kath Speak - 1st  
W70S - Jan Ellis - 1st  
W40S - Rowena Hamilton - 1st  
W60S - Marie Roberts - 2nd  
M65S - Martin Green - 2nd  
M65S - Eddie Speak - 3rd  
M45S - Paul Watson - 3rd  
W21S - Alison Fryer - 4th  
M35S - Nathanael Booker - 4th  
W55S - Julia Simpson - 6th  
W21L - Ruth Beresford - 7th  
M50S - Iain Smith - 9th

*Sam Drinkwater*

# Chairman's Chat

Over the last couple of months as restrictions have lifted it has been heart-warming to see so many orienteers at our summer evening events. A dedicated number of you have also travelled out of area to run at events hosted by other clubs. Each club has adapted the BOF guidelines for Covid-safe orienteering in its own way, including our own major event, the Northern Champs, in early June. As a result of these new registration and assembly processes, being out in the terrain can continue as it always was, only the legs and navigation skills have sometimes become a little rusty! We hope to include more opportunities for training as the year progresses and the club will shortly announce a list of events (some retrospective) for a 2021 Club League.

On the international front, it has been fantastic to see our elite club member Peter Bray representing the UK in the World Orienteering Middle Distance Championships in the Czech Republic earlier this month. (Ed: More info on Pete's achievement on page 6)

Being able to compete only happens because of the combined efforts of many volunteers, and many club members have been stepping forward to help, both at our own events and for the British Sprints which our region is hosting in August. Helping is all part of belonging and a great way to get to know each other and other club members, so if you haven't stepped forward before, why not give it a try? You don't need to be an expert!

As lockdown started to ease, the club also ran a series of four MapRun courses for you to enjoy. Thank you to the planners of these events for their time and effort. Though the summer series is over, there are still many courses using the MapRun app available via [navvies.org.uk](http://navvies.org.uk) – including the M60 O-Ringen.

Lastly, the club AGM this October brings my three-year term as club chair to a close. As things stand, we have no vice-chair to step into the role. Please consider whether the role is something you might like to take on.

*Marie Roberts*



*Download in the sun at the Northern Championships*

# The Northern Championships 2020 – 2021

The double championship weekend based at Finsthwaite in the South Lakes on 5-6th June brought 46 club members to compete on some of the best orienteering terrain in England. After the initial postponement from May 2020 and uncertainty in 2021, participants enjoyed expertly planned courses to test them to the limit as well as beautiful sunshine to relax in after their runs.

Stretching over a much larger area than the Middles (at Summerhouse Knott), High Dam was going to test endurance as well as fine navigational skills. Most club members who had entered also volunteered to help on the day, assisted by others from local clubs, so it was a long day for all. Organiser, Trevor Roberts continues:



*The run-in at the end of the Northern Champs*

## The organiser's view

Organisation of the Northern Champs 2020 commenced in the autumn of 2018. It was to take place alongside the British Middle Distance Champs to be run by LOC. An agreement was quickly made for MDOC and LOC to work together on the organisation, to share some facilities and some of the work. Ex MDOC members, Dan and Karen Parker (now Border Liners) took on the role of planners for our event on High Dam.

Things progressed well and entries for both events were jointly opened on the first of January 2020. Then Covid-19 reared its head and gradually developed into a serious situation. By March 2020, when lockdown happened, we had taken 250 entries out of an expected 850. It was decided to refund all these entries in full and for the clubs to also cover the entry processing and cancellation fees as well as the unrecoverable costs.

The months rolled by. BOF agreed to a re-run of the event on the same weekend in 2021. The lockdown rules constantly changed and the option to cancel the whole thing was considered several times. Nevertheless, a plan was constructed with several alterations which would change its normal character. Gone were all of the frills such as commentary, traders and prizegiving. Social distancing was paramount, as was the need to encourage the competitors to avoid socialising. A smaller entry was expected, so the event was planned accordingly.

Then the Government roadmap was issued which finally indicated a path forward - but unfortunately not on the planned date. This introduced a potential problem because of the undergrowth which takes off rapidly on High Dam in May.

June 5th and 6th was considered to be the latest possible date to run the event after which it would have to be cancelled. A quick round of negotiations with the landowners was initially positive until one announced that a production company wished to set up a wilderness reality show on his land and was offering “good money”. Further discussions ensued until the company indicated that they would not be filming on June 6. We breathed a sigh of relief and continued the preparations. On 19 April entries opened to the public and we were astounded by the huge demand, with over 600 entries on the first day. This was the first major event to be held since lockdown and clearly people were hungry to get out on the terrain. This was threatening to outstrip our capacity to run the events under the Covid rules. So in early May, entries were closed at 1200 competitors.

As final preparations were taking place, the UK selectors decided to use the two events to identify the people to take up positions on the senior and junior squads. They requested changes to start times for seeded people which could not then be accommodated since people had chosen their own start times at the time of entry and it was not feasible to alter times for others who by then had already made their travel plans.

On the weekend everything came together. All the competitors seemed to be extremely pleased with their experience in the Lake District although many admitted to be rather rusty in both navigation skills as well as fitness. The “on the day” teams were terrific, especially in consideration of the unexpectedly warm weather which sapped the energy of those working under the full force of a hot sun in June. Finally, as a bonus, the high entry level enabled both clubs to recover all their losses from 2020 and to turn in a profit overall.

### **Thanks to the planners**

Planners Dan & Karen Parker had thought their courses were ready in early 2020, but Covid restrictions and other limitations, including protected butterflies meant courses had to be redesigned several times as the event approached. In the end, the 27 championship courses comprised 128 control sites. In recognition of all their hard work, the club has presented Dan and Karen with a framed map of the competition area.



*Dan Parker is presented with a framed map of High Dam at Borderliners' event at Angle Tarn Pike, which he and Karen recently organised (Karen was up at the start)*

# World Championships Final for Peter Bray

On July 6th Peter Bray of MDOC represented Great Britain at the World Orienteering Championships Middle Distance in Czechia. Pete finished 13th in his morning qualification race and successfully made it through to the final in the afternoon. The navigation was extremely challenging and the conditions hot and humid. The final courses were also longer than expected, with the gold medal winner Matthias Kyburz (SUI) being the only runner to complete the course in under 40 minutes. Pete finished 34th with a time of 51:21, a fantastic result at his debut senior World Championships.

Congratulations to Pete, it is great to have a World Championships orienteer in the club. I can't find any record of an MDOC member having run at senior WOC in the past, but if anyone knows or has any historical records then please let me know. MDOC has been represented at Junior World Orienteering Championships in the past thanks to Nick Taylor, Matthew Fellbaum and possibly more? Answers on a postcard!



*Photo: Tomáš Bubela*



*Pete in the final (Photo: Fred Härtelt)*

# Tegg's Nose

Thanks to all competitors and helpers for coming. We hope you had an enjoyable romp.

We had a lot of positive feedback on the courses and the revised map, which was great to hear. 'Brutal' was the word most often used for the Blue course, which would have been in the most severe ascent/km category, if it had been a fell race.

Apologies to those whose courses visited control 53 (the stream junction) - the bog was less than ankle deep when I recced before the recent rain. You'll be glad to know that the Planner was made to collect that one!

*Clare and Rik Griffin (Planner and Organiser)*



*Fence corner (Photo: Nick Taylor)*



*A competitor tackles the steep slopes (Photo: Peter Cull)*

## Yellow

- 1st - Edith Grundy
- 2nd - Josh Hubert
- 3rd - Esme Hubert
- 4th - Cameron Gray
- 5th - Sophie Gray
- 6th - George Eddie
- 7th - Graeme Eddie

## Orange

- 1st - Marcus Daniels
- 2nd - Teddy Hall
- 3rd - Dietrich Gutshow
- 4th - Ellie & Lynn Hall
- 5th - Eleanor & Neil Mason
- 6th - Emma Kyd
- 7th - Julie Shaw
- 8th - Catherine Machine
- 9th - Stephen Ince
- 10th - Sallie Smith
- 11th - Conrad Bielecki
- 12th - Mateo Cano & Alex Mulvanny & Lucy Craske
- 13th - Mirko Benes
- 14th - Wilfred Ince
- 15th - Jacob Daniels
- 16th - Emily Smith
- 17th - Rachel Sanig
- 18th - Douglas Holligan



*Simon Freytag glides over the valley (Photo: Peter Cull)*

**Light Green**

- 1st - Keshav Ganesh
- 2nd - Jonathan Davey
- 3rd - Graham Heap
- 4th - Poppy Heap
- 5th - Siobhan White & Catherine Mather
- 6th - Martin Ince
- 7th - Hannah Greenlee
- 8th - Ken Hastings
- 9th - Neil Pettie

**Very Short Green**

- 1st - Martin Green
- 2nd - Sue Birkinshaw
- 3rd - Mike Greenwood

**Short Green**

- 1st - Michele Dawson
- 2nd - Rowena Hamilton
- 3rd - Marie Roberts
- 4th - Alain Kyd
- 5th - Jillyan Dobby
- 6th - Alan Mullock
- 7th - Dora Deaville
- 8th - John Pigott
- 9th - Jan Ellis
- 10th - Neil Laidlaw
- 11th - Richard Gibbs
- 12th - Jo McKendrick

**Green**

- 1st - Jim Edwards
- 2nd - Andrew Smith
- 3rd - Anton Petho
- 4th - Andy Thornton
- 5th - Jim Cooke
- 6th - Fiona Millington
- 7th - Pete Owens
- 8th - John Brammer
- 9th - Stephen Richards
- 10th - Chris O'Donnell
- 11th - Mike Wharton
- 12th - Peter Ross
- 13th - Cecilia Fenerty
- 14th - Caroline Brammer
- 15th - David Dann
- 16th - Rebecca McCreadie
- 17th - Norman Hall
- 18th - Fin Pettie
- 19th - Yvonne Hung
- 20th - Geoff Briggs
- 21st - Elaine Sutton
- 22nd - Barry Chambers
- 23rd - Dieter Gutschow
- 24th - Stephen Round
- 25th - Nic O'Donnell





*Nick, Yvonne and Eddie at download (Photo: Nick Taylor)*



*Macclesfield Forest behind the ridge (Photo: Nick Taylor)*



*The Gray family tackle the Yellow (Photo: Peter Cull)*

## Blue

- 1st - Jake O'Donnell
- 2nd - Oliver Williams
- 3rd - Mark Burley
- 4th - Richard Hunt
- 5th - Martin Pigott
- 6th - David Newton
- 7th - Sue Richmond
- 8th - Adam McCreadie
- 9th - Aine McCann
- 10th - John Embrey
- 11th - Dominic Wathey
- 12th - Simon Freytag
- 13th - Edward Halliwell
- 14th - Jack Benham
- 15th - Steve Dempsey
- 16th - Nathanael Booker
- 17th - Amanda Crawshaw
- 18th - Andy Sykes
- 19th - Karen Heppenstall
- 20th - Iain Bell
- 21st - Ben Kyd
- 22nd - Ian Hopkins
- 23rd - Pauly-D Jones
- 24th - Eleanor Johnstone
- 25th - Simon Coppock
- 26th - David Wathey
- 27th - Paul Shannon
- 28th - John Williams
- 29th - Neil Gunn
- 30th - Peter Lancaster
- 31st - Paul Hunt
- 32nd - Andy Peet
- 33rd - Kerry Clarke
- 34th - Reg Simpson
- 35th - Matthew Snarr
- 36th - Nicola Hart
- 37th - Paul Hawkins
- 38th - Mark Stanbridge

### Editors Note:

All courses shared the same finish leg and the battle for the prestigious fastest finish split was a tie between Dominic Wathey and Mark Burley, both recording 15 seconds.

# Why I Volunteer?

*Nick Taylor*

National Volunteers Week at the beginning of June was a good chance to say thank you to everyone who volunteers to help others enjoy orienteering. It was also a good opportunity to think about why we volunteer. I asked the MDOC members if they'd be happy to share some of their experiences of volunteering, what they love about it, and what it's given them. I received lots of really interesting responses, which I'd like to share with you here. Thank you again to everyone who responded and indeed to everyone who volunteers.

## **Rae Lomas:**

'Volunteers have given me the opportunity to orienteer all over the world because the sport could not happen without them. It gives me the satisfaction of knowing that I help the sport to continue and I enable competitors to take part in the sport. I know that I get good feelings after helping at an event so that has got to be good.'

## **Cecilia Fenerty:**

'Volunteering is so important - without volunteers there would be no events and none of us could compete, so it's important that we all give back in whatever way we can. Volunteering brings club members together in a team, and there is a great feeling of camaraderie and a job well done at the end of each event; it provides opportunities for supportive learning (both in how to run events, but also how to be a better orienteer) and builds wonderful friendships.'

## **Alison Fryer:**

'I particularly like volunteering to help run starts at orienteering events. It's an important part of an event, making sure people are on time and creating a calm atmosphere for competitors. It's a great opportunity to see lots of people and I take pride when things run smoothly! It's exciting to see competitors diving off into the terrain and I've had the joy of being in some beautiful woodlands in the past year.'



*Happy volunteers in May 2012 (Photo: Nick Taylor)*

**Chris Rostron:**

'Regarding Orienteering, I volunteer to put something back into the sport. If there are no volunteers, there is no sport. As an individual sport it helps create a 'community' and you get to know club members better and more quickly. It has helped develop further my organising skills but also gives unnecessary pressure which I don't like at my time of Life.

Outside Orienteering, I volunteered to go on the Committee of the then largest Anglo Finnish organisation in the 80s. I volunteered to help run a Travel company in the 90s that generated over 10 years circa £2million to the organisation. I happily did this unpaid work which involved travelling down to London several times a year for meeting and negotiating with Finnair. I always lost a least a week of my annual leave at work to this activity. Not sure if the family appreciated it! Unexpectedly in 2001 I was honoured for this work by the President of Finland and am a "Knight, First Class of the order of the Lion of Finland".

Subsequently in 2003, I was asked to become the Honorary Consul of Finland in Manchester when the existing Consul died, another unpaid role. This would never have happened if I didn't volunteer to go on the Committee back in the 80s. This has helped me in my networking skills and diplomatic skills. Meeting very senior people: Ambassadors, Lord Mayor's, Chief Executives, gave me confidence to be their equal.'

**Margaret Gregory:**

'I think the first time I was roped into helping was by Ortho Elwood, then biology teacher at Parrs Wood. At that time he was taking some P woodies to events and Andrew and I had taken Ian and Peter to a couple. This particular event was on Wild Moor, Goyt Valley and I sat in the back of Ortho's car with 2 year old Jenny checking soggy control cards while the clod hung low. That summer 1977, we went to California and found ourselves helping with one other couple to map an area of Redwood forest above Oakland and then organise the first event held in the San Francisco area.

Back home and more involved with MDOC, Andrew edited the MDOC newsletter, and the NW News, which meant he got to know lots of people and we were soon helping at events in a variety of ways, and finding that orienteers were a pretty nice bunch of people. Jenny started going into the forest by the time she was 4 usually accompanied by her brothers or their mates and gained a confidence in doing things. We learned a lot from helping, Andrew planned, controlled and kept being asked to control ever more events, quite often I was helping as well, even at events organised by other clubs, and so we got to know another group of people.

All of this led to O in other countries, Finland, Norway, Sweden, Italy, France, the Baltic States, Czech Republic, Hungary, Australia several times, US, Canada. Often with a group of similar enthusiasts from MDOC, we have shared so much together. I almost never achieved success in competitive terms, though there was one relay when Julie B, Alison D and I came in to a real round of applause after the prize giving had been completed, our rival team having mis-punched.

What has orienteering given me, from helping as well as participating? Friendship, fun, confidence, and visiting an amazing number and range of interesting places. I think this is now leaving an O shaped hole in our lives.'

**John Britton:**

'Ways of improving your own skills are: control collecting and hanging, planning, and controlling. All of these are ways of getting out in terrain with time to work everything out. Also, considering coaching makes you have to work out the kinds of things you need to be thinking about, and may be as good for you as you are for your customers.'

### **Alison Doyle:**

'I've been helping at Orienteering events for 35 years, i.e. since I started orienteering, originally as a member of TVOC. I started with the premise that events don't happen without helpers and I was more than capable of doing simple tasks such as helping on start, finish, checking control cards (before e-cards) etc. I graduated on to organising small club events. I concentrated on organising as I found more people were interested in the mapping/ planning side, and it fitted my skill set. Coincidentally as a newcomer it was a way of meeting fellow club members.

When I moved up north and joined MDOC helping was again an ideal way to meet club members. I have carried on helping in any way I can, organising a couple of major events as well as coordinating several of the spring and autumn Saturday series of events and regularly organising small events. I am also a Post watcher for the 2 Tameside permanent orienteering courses. Now I've retired from work I find these tasks help to keep my mind and body active as well as contributing to the sport, and basically I enjoy it.'

I'll conclude with some of my own thoughts. Volunteering with running and orienteering has helped me in so many ways. It's been a source of fun and friendship, and a way to further my skills such as my public speaking and my organisational skills. It's helped to boost my confidence, and it's given me a sense of fulfilment from knowing that I'm helping others to enjoy sport. I really believe that volunteering gives those that do it at least as much back as what they put in, and I've always seen it as a fun and rewarding thing to do, rather than an obligation or a chore. I hope these stories from some of our volunteers inspire one or two of you to give volunteering a go.

There are lots of jobs you can do, ranging from straightforward and low-commitment roles like helping out at entries or collecting in controls, to roles that involve more time such as planning an event.



# Scottish Six Days Preview

At the time of going to press, the Scottish Six Days Orienteering Festival is set to go ahead, but with a different format, so that the numbers are limited to less than 1000 people per event. The festival competitors will be split into two groups and each group will take part in three out of the six events. It will be a shame not to compete on all six days, but three events are better than none and it leaves a few extra days for recovery and for exploring Scotland.

MDOC have been assigned to the A group, which means we will be racing on days 1, 2 & 5. Here is a brief summary of those areas:

## **Day 1 - Sunday 1st August - Ardchattan (Long Distance)**

A fast open moorland offering fine views over Loch Etive all the way to Connel Bridge and the Falls of Lora.

Ardchattan is the area of fast open moorland used for the last day of Oban 2011 and offers fine views over Loch Etive down to Connel Bridge and the Falls of Lora. The attractive resort town of Oban is a short drive away, the usual departure point for ferries to Mull and other small islands.

## **Day 2 - Monday 2nd August - Inverlochy (Middle Distance UKOL)**

A race starting on the golf course outside Fort William but ascending up the stunning lower slopes of the Nevis range.

The golf course on the northern outskirts of Fort William has fast open fairways separated by birch scrub and areas of marsh before climbing up into the oak forest on the lower section of the Allt a' Mhuilinn that tumbles down from the north face of Ben Nevis.

## **Day 5 - Friday 6th August - Creag Dhubh (Long Distance WRE)**

A spectacular open birch woodland which is new to orienteering.

New to orienteering but first mapped two years ago as an area showing great potential. The massive crags of Creag Dhubh just to the southwest of the area are legendary in mountaineering circles.

The area itself is on the southwest flanks of the hill in an open birch forest (Coille na Creige Duibhe) but longer courses will climb up onto the Cluny Estate and open moorland beyond the line of sight. The town of Newtonmore is just a mile to the northeast.

Sadly there are unlikely to be any rest day activities, with the exception of a virtual pub quiz. An MDOC team were pub quiz champions at the last Six Days, can we win again?!

Whatever the situation, I hope to see many of you in Scotland in August!

# 1991 Swiss KIMM Andermatt – 10th & 11th August 1991

Mike Greenwood

The plan was a two-week holiday, the first 5 days in Chamonix acclimatizing to the altitude, culminating in an ascent of Mt Blanc, the first week-end running the Thyion-Dixon fell race, a few more days in Chamonix, and then some reconnoitering of the terrain prior to the Swiss KIMM on the final week-end. Andy Addis, my KIMM partner and fellow planner of the 1990 KIMM drove three of us (Andy, myself and Martin Stone, of Staminade, LAMM and now SI fame) to Chamonix, and we camped at an idyllic campsite at the foot of Mt Blanc. The practice and acclimatization walks went well, and we decided that we were going to walk all the way from the campsite to the top of Mt Blanc (no 'cheating' by using railways or cable cars for us). A two-day expedition, first day to the hut (full, but we camped on the snow outside). Day two, we started at one am, Mt Blanc summit (just after dawn) and all the way back to campsite. The climb was partially successful but with permanent consequences, as Andy got severe frostbite in one hand, ended up in Chamonix hospital, eventually had one finger amputated, and was not going to be running the Swiss KIMM.

Still we went to the Thyion-Dixon fell race, and Martin managed to find a British Fell runner (Darren Blackhurst) who was willing to run the Elite course of the Swiss KIMM with a stranger, and we arranged to meet again at the campsite (in Andermatt) on Friday. Darren had a loose Orienteering connection, as his current girlfriend was the non-orienteeering sister of Yvette, Sarah and Paul Hague. We went a back to Chamonix, checked Andy was OK, and then returned to Andermatt in Switzerland, where the SWISS KIMM was to be held on 10th / 11th August. Unlike UK KIMM and OMM, the Swiss KIMM organizers not only told competitors the town of the start and finish, but also map required for the event. With this vital information, a few of the Brits did a reconnoitering walk in a suitable valley on the Thursday before the race, which included an interesting ridge walk, as there was an old military defensive wall (to keep the Italians out), with barracks at the col where we started the descent, a lovely snow run for the first km or so, back to the cars.

## Day 1 Saturday 10th August 1991

Day 1 Direct Line – from memory – using Strava:

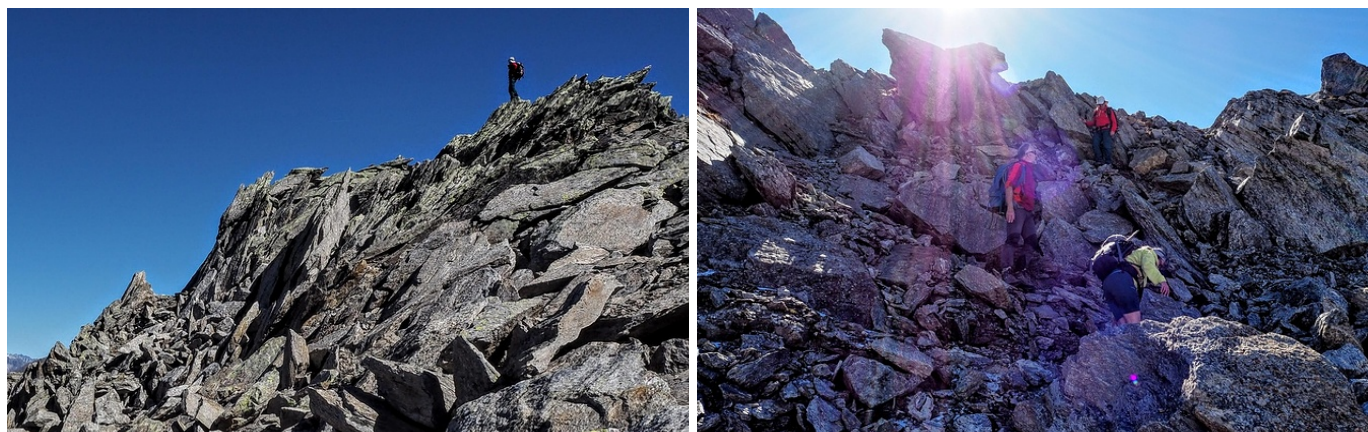
### ★ Swiss KIMM 1991 Day1 direct line

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All the KIMM competitors were transported up to a nearby pass (saving a mere 500m in climb) to the midday Mass Start (all courses, but only about 20 teams in the Elite class). The first three or so controls passed reasonably well, then there was a classic long route choice leg (direct down and up, or round on some tracks). Remembering that the map had 20m contours, and hence the slopes were steeper than you would imagine from UK maps we went for the contouring option. About twenty minutes into this leg we were just on a rough stone track leading from a walker's car park, when I tripped and badly grazed my knee. So, we walked for a while, started jogging, when one walker stopped us, indicated he was a doctor, insisted we returned to his car where he cleaned and dressed my knee. When satisfied, he allowed us to continue with the race. An hour or so later, at the next checkpoint, the marshals informed us of our position (we had gained two places) and that because all teams were taking longer than expected the course was shortened and we were no longer required to go to the third last control.

Two controls later and we began the final ascent, and the navigator in our team (i.e. me) completely lost the path that would lead us North up to the col and down to the penultimate control. After generally wandering in a northerly direction for some time, without finding anything vaguely path like, I persuaded Darren, that if we just headed straight up, it would be fine, as the ridge above was the ridge we had walked along on Thursday, so as soon as we hit the ridge, I'd know where we were, and we could easily carry on. So we started walking directly uphill, and the slope got steeper, and we started having to avoid the more vertical rockfaces, and the slope got steeper and we had to use our hands on the more awkward parts, and as the slope continued to steepen, we were using our hands virtually all the time (the two photos below give an idea of the terrain). Darren did ask if this was safe; of course, it was safe, provided neither of us slipped or fell. If either of us did slip or fall, it was extremely dangerous. By now I had had to stuff our only copy of the map under the strap of my rucksack, and the inevitable happened, I knocked the map, it slipped out, and fell a long way down. By now we were committed, too dangerous to descend, the map had dropped far too far down, and even if we could descend, we would never have found the map, as last seen it was still falling at least 100 to 200m below us.



*A couple of photos of Ronggergrat in 2018 ( ©Pere <https://www.hikr.org/user/Pere/> )*

Eventually, we reached the top, on the same military wall I walked on Thursday.

Relief.

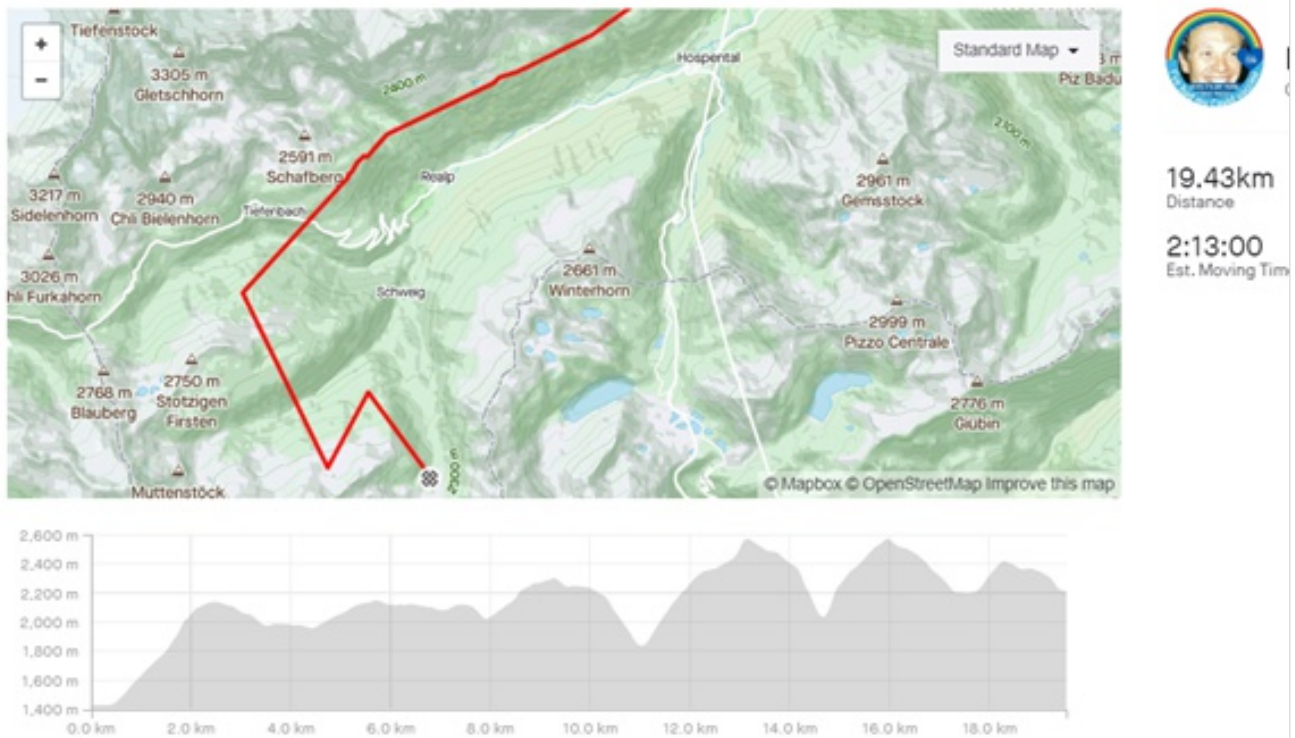
I now knew where we were, we ran down to the col (and we must have been halfway to the summit of Ronggergrat), and descended the snow slope. Now, the minor technical problem of finding the penultimate control (re-entrant) using map memory, with the added difficulty that it was now dusk. Much to Darren's amazement we navigated directly to the penultimate control, in the rapidly fading daylight. The final control was relatively straightforward, as the stream crossing was challenging (especially in the dark) so the organizers were standing with lights and helping hands to ensure the stragglers crossed safely.

The overnight camp was as you would expect for a MM (cramped, cold and involved alternate eating and sleeping).

## Day 2 Sunday 11th August 1991

So, with only one map issued to each pair we had no map for Day 2. Luckily for us, Mark Rigby and Martin Stone had decided to retire after Day 1, so they gave us their map so we could continue and complete Day 2 and the event.

Day 2 Direct Line (excluding final descent into Andermatt) – using Strava:



I have very limited memories of the first half of Day 2 (I think it was also a Mass Start but not sure). My first memory is reaching the second control, and the marshal asking whether we would like some chocolate, of course I said yes, and was rather surprised when the marshal basically gave us half of one of their large chocolate bars, a 30-year belated thanks to that marshal.



By my estimation the final ~10km consisted primarily of us running along a path that contoured along at about the 2050m level before descending to ~1450m in about 1.5km for a 1km run to the finish outside a Leisure Centre. About half-way along this footpath, either there was a lady sunbathing in a bikini next to Trübsee, or I was starting to hallucinate in the heat/my dehydrated state.

Looking at Strava's estimated moving time, it has no idea what Swiss terrain is like and it's algorithm is useless given the climb involved.



About 2km later, we were approaching the third last control where we had to leave the contouring path and climb about 50 to 80 metres uphill. Unfortunately, we were too close to that control's closing time, so we were in danger of being timed out about 3km / half an hour from the finish. As we were climbing up to the control, we could see a couple of marshals descending towards us, carrying the control. So close, and potentially timed out of the race. We carried on and met the marshals, who thankfully allowed us to punch the control. In return, I agreed we would collect the penultimate control on the elite course (on a stream junction) so the marshals / control collectors could stay on the paths for the other two controls they were collecting. Soon, we started the steep final descent, found the stream junction control, punched (and continued the descent carrying that control). When we arrived at the final control, the tapes to the finish had gone (another first for me), so we just followed the obvious trod (of PB studs) to the finish line, where we explained that we had helped the control collectors by bringing in one of the controls.

Approximate route (missing first km) – using paths that exist according to Strava:



The finish was at Andermatt Leisure Centre, so after collecting our clean clothes we went and had a warm shower. Mid shower, I realized the showers were communal. Later that evening, the Brits who had competed over the weekend all had a meal together, I knew about half the people there, Darren Blackhurst, Elaine and Selwyn Wright, Mark Rigby and Martin Stone being the names I remember from that night. During the introductions, I was told the name of the lady whom I'd seen naked in the showers a couple of hours earlier; we avoided the obvious (I didn't recognize you with clothes on) line.

Towards the end of the meal, Martin Stone presented me with a Swiss KIMM 1991 sweatshirt (size Medium), which I still own, although it's a snug fit nowadays, as a birthday present from the Brits. That was the first moment that day I remembered it was my 30th Birthday.

Darren and I finished 7th on the Elite course (easily my best placing on an Elite MM course). Around 20 teams started, only 7 finished. I gave Darren (now based in Australia) our only map, as a memento of running the Swiss KIMM with a stranger.

## Caption Competition



Send in your best captions to [editor@mdoc.org.uk](mailto:editor@mdoc.org.uk)

### Last editions winner...



"Owing to the pandemic, the English National Ballet have been forced to rehearse outdoors. Here we glimpse a sneak preview..."

- Jillyan Ross

# Songs Of Interest To Orienteers: Results

*Ian Gilliver*

Thank you for all your song suggestions.

I regret specifically requesting song titles of interest to Urban Orienteering, as we have received several great suggestions that fit other orienteering disciplines admirably. However, I have decided that in keeping with my original request, the prize should be awarded for a song that could be linked to urban orienteering.

In order to narrow the choice, I've decided to exclude songs that are only about walking or running – though Born to Run by Bruce Springsteen remains a favourite of mine.

This is a remarkably subjective exercise, so please note:

**while the decision of the Judge is final, it is quite possibly wrong.**

So, in no particular order, here is a selection of song titles which may be of interest to orienteers:

- The 59th Street Bridge Song, Simon and Garfunkel (Peter C: 'Hello lamppost, what'cha knowing')
- Stairway to Heaven, Led Zeppelin (Peter C: suitable for Macclesfield urban, but also contains the lyrics 'And the forest will echo with laughter')
- The Road to Hell (Parts 1 & 2), Chris Rea (Peter C: Elite course with map exchange)
- Follow the Yellow Brick Road [from the film 'Wizard of Oz'] (Peter C)
- My Way, Frank Sinatra (Peter C: that's route choice for you!)
- I'll Find My Own Way Home, Jon & Vangelis (Mike G)
- I Can't Find My Way Home, Blind Faith/Steve Winwood (Ian G)
- I Still Haven't Found What I'm Looking For, U2 (Sam D)
- Get Out the Map, Indigo Girls (Sam D)
- There's No Way Out of Here, David Gilmour (Mike G)
- Stand, REM (Dave McC: very relevant lyrics including 'check with the sun, carry a compass to help you along')
- Lost in France, Bonnie Tyler (Graham H & Dave McC)
- Lost in the Ozone, Commander Cody [rather than the one by Motorhead] (Sam D)
- Musta Got Lost, J Geils Band (Sam D)
- A Forest, The Cure (Sam D: 'And start to run, into the trees')
- Following my Compass, Kirsten Hall (Sam D)
- Wasn't Born to Follow, The Byrds via Goffin & King (John W)
- Who Knows Where The Time Goes, Fairport Convention/Sandy Denny (Ian G)
- Teddy Bears Picnic, Henry Hall/Val Rosing 1932 (Alan O: 'If you go down to the woods today...!')

And the winner is...

Peter Cull, for a great selection of songs, some of which have an urban resonance.  
Congratulations Peter.

# Fixtures

## Major

Scottish Six Days Orienteering - Lochaber - 1st to 7th August

British Sprint Relay Championships - Skelmersdale - 21st August

British Individual Sprint Championships - Skelmersdale - 22nd August

White Rose Weekend - York - 27th to 29th August



## Neighbouring club events

SELOC Bury Street League - 21st July

DEE Runcorn 2-Part Sprint - 22nd July

SELOC Radcliffe Street League - 28th July

PFO Barrowford Urban - 11th September

PFO Pendle Hill - 12th September

SELOC Alexandra Park Oldham - 18th September

Cover Photo: Nick Taylor