

MDOC NEWS

Newsletter of Manchester & District Orienteering Club

September 2021



Featuring:
Scottish Six Days, Coast & Islands,
Skelmersdale Sprint Weekend,
Interviews & Competitions



Editorial

Welcome back to MDOC News. We have a packed edition for you this month, beginning with results from the Scottish 6 Days and some excellent photos from Wendy Carlyle (AIRE). For me Scotland was the same story as usual; a fun week away meeting friends, climbing mountains and struggling to make it round courses that were way too difficult for me. Highlights included being eaten by 7ft bracken, scrambling along the CMD Arete, trying in vain to get James' Turf gps to update several times per day and the daily race with other MDOC members for the fastest run-in split. Oh and a 32 minute leg from #1 to #2 on the final day was quite memorable... We also have a report on the Coast & Islands Orienteering Week, which proceeds the S6D and gives intrepid orienteers a chance to extend the holiday and compete on Scottish terrain in a smaller and more relaxed environment.

The British Sprint Championships weekend was another busy event for the club. Our members were involved in all aspects of organisation including overall and assistant organiser for Sundays race, SI guru and results for the weekend, entries secretary, photographer and safety officer, as well as a large number of on the day helpers. One of those helpers has written a piece about his adventures guarding controls in Skelmersdale.

We also have a new feature this edition, interviews with two MDOC members; one newer and one more experienced. Hopefully we can continue this series of interviews over subsequent editions to help the club get to know each other, so please send any nominations for possible future interviewees to editor@mdoc.org.uk and we will make it happen.

Away from orienteering it was great to hear about an MDOC connection at the Paralympics. Ben Watson, son of former MDOC members Mike and Joanna, won gold medals in both the Cycling Cat C3 Road Race and the Cat C3 Time Trial. The road race/time trial double is a rare and prestigious achievement in cycling and we'd all like to pass on congratulations to Ben!

Looking to the future and the MDOC events schedule is starting to get busy. Both the Autumn Park Series and the Night Street League are returning, so be sure to check them out. We are also hosting an urban weekend on October 30th/31st with a double sprint event in Macclesfield and a full distance race on a new map in Knutsford. See you there!

Sam Drinkwater



Dom and Sam on the summit of Ben Nevis (Photo: James Walsh)

Chairman's Chat

The orienteering calendar is filling up again and, by the time you read this, we will have held the first of our Autumn events. Preparations are also underway for the popular Night Street League and on the last weekend of October, MDOC is putting on two urban orienteering events on two new maps. The Saturday event in western Macclesfield is this year's North West Sprint Championships and the classic urban event, on Sunday 31st, will take runners around the streets of Knutsford.

Before that, on 14th October, we will be holding our Club AGM by Zoom. We are delighted that international orienteer and club member Peter Bray has agreed to talk to us about his preparation for and experience at this year's World Orienteering Championship race in the Czech Republic.

I mentioned in the last newsletter that I shall be stepping down this AGM at the end of my three-year term as chair but no-one has volunteered so far to take it on and we have no vice-chair. Our club captain, Tom Fellbaum, also recently announced that he wishes to relinquish that role, so there are several vital positions to fill. Please consider if you could take on one of these roles in the club.

The changes brought about by the current pandemic have affected the whole of society, and in many ways, we are still processing how it has affected club socialising as we knew it before. The Wednesday run is a long-established fixture in the weekly club diary but needs to evolve to suit its fans and other members as well as Covid safety. The first tentative steps to holding social club runs are being tried out with a mix of alternate hosted and unhosted Wednesday evening runs. See www.mdoc.org.uk for details.

Some changes are just down to the passing of time, though. A good number of this club's members have dedicated their free time over many years to helping the sport flourish and develop, but the future of the sport rests with the next generation of planners, organisers, mappers, coaches, committee members and so on. We are delighted that a new cohort of coaches will soon be ready to take on some training – you should soon be hearing about a course for new controllers to help support our fledgling planners and organisers. Please step forward if you are interested in learning this or any of the skills needed to keep our sport going.

Congratulations to John Britton on completing all 12 legs of the M60 O-Ringen in one weekend to mark his 70th birthday. We are looking at ways of helping more runners to try this orienteering circuit of Manchester out, either one leg at a time or as part of a team relay. Why not give it a go? Visit navvies.org for details.

So – a varied programme of orienteering events this season. Enjoy!

Marie Roberts

Farewell to Richard and Toni

Richard and Toni Evans recently retired and are moving to County Durham. Wednesday runners will miss their hospitality and the Romiley runs. We wish them well in their new life in Weardale.

MANCHESTER & DISTRICT ORIENTEERING CLUB

2021 ANNUAL GENERAL MEETING

to be held by Zoom on

**Thursday 14th October 2021
at 7.30 pm**

Followed by a talk by Peter Bray, club member and international elite orienteer, on preparing and taking part in the 2021 World Cup.

Zoom meeting ID: 836 4246 7757
Passcode: 332775

Keeping club communications clutter-free

Club emails with the heading starting [MDOC] are intended for communications with members about upcoming events and other important club information. Please ensure that you reply to the sender, rather than hitting 'reply all'. The volume of shared correspondence has been increasing to the point that a complaint has been lodged. Let's not become spam. Thanks.

Marie Roberts, Chair

MDOC Urban Weekend , May 21st and 22nd 2022

This will be our major event next year with a Manchester City event on Sunday and a supporting urban event in the Sale area on the Saturday. Mapping is complete or in hand. We need to appoint officials for the weekend, so all offers to fixtures@mdoc.org.uk please.

Officials needed:

Weekend co-ordinator

Permission-getter who understands what is necessary for urban events

Planners

Day Organisers

Controller for Saturday

Scottish Six Days Results Day 1 - Ardchatten

Names have been colour coded by award standard:
Championship
Gold
Silver
Bronze

M16A
9th Dominic Wathey

M18L
16th Benjamin Kyd

M21E
22nd Mark Burley
29th Christopher Embrey
36th River Edis-Smith

M50L
6th Liam Corner

W55L
17th Cecilia Fenerty

M55L
9th Jim Trueman
41st David Wathey

W70L
14th Julie Brook
15th Alison Doyle

M70L
4th John Britton
16th Chris Rostron
21st Chris Kirkham
24th Ian Watson

M75L
13th Tony Wagg

W80
1st Sue Birkinshaw

Many thanks to Wendy Carlyle for the excellent photos, these and many more can be found at:
<https://www.flickr.com/photos/wendles56/albums>



*Doug Edwards starts the run-in
(Photo: Wendy Carlyle)*

M80
2nd David Mawdsley

W21L
3rd Michele Dawson

M21L
4th Samuel Drinkwater
7th James Walsh

M45S
5th Paul Watson

M50S
8th Alain Kyd

W60S
7th Kath Speak

M60S
13th David Dann

M65S
2nd Eddie Speak

M70S
8th Doug Edwards

Green
17th Elizabeth Embrey



*Ian Watson follows closely
behind (Photo: Wendy Carlyle)*



The picturesque start location (Photo: Wendy Carlyle)

Day 2 - Inverlochy

M16A
5th Dominic Wathey

M18L
16th Benjamin Kyd

M21E
28th Christopher Embrey
37th Mark Burley
41st River Edis-Smith

M50L
24th Liam Corner

W55L
15th Cecilia Fenerty

M55L
13th Jim Trueman
45th David Wathey

W70L
13th Julie Brook
16th Alison Doyle

M70L
4th John Britton
16th Chris Rostron
25th Ian Watson
26th Chris Kirkham

M75L
16th Tony Wagg

W80
1st Sue Birkinshaw

M80
2nd David Mawdsley

W21L
3rd Michele Dawson

M21L
5th Samuel Drinkwater

M45S
7th Paul Watson



David Wathey races into a control (Photo: Wendy Carlyle)



Paul Watson enjoys the forest (Photo: Wendy Carlyle)

M50S
12th Alain Kyd

W60S
2nd Kath Speak

M60S
10th David Dann

M65S
2nd Eddie Speak

M70S
10th Doug Edwards

Green
21st Elizabeth Embrey

Orange
11th Emma Kyd



Mark Burley on the day 2 run-in (Photo: Wendy Carlyle)

Day 3 Arisaig

M21E
11th Jonny Malley

W55L
18th Hazel Hindle

M55L
13th Trevor Hindle

W21S
4th Alison Fryer

W60S
5th Penny Heap

M60S
1st Stephen Bingham
12th Graham Heap



*Elizabeth Embrey on the Inverlochy golf course
(Photo: Wendy Carlyle)*

Day 4 Creag Dhubh

W55L
11th Hazel Hindle

M55L
9th Trevor Hindle

W21S
4th Alison Fryer

M60S
8th Stephen Bingham
11th Graham Heap



David Wathey with a Scottish mountain backdrop (Photo: Wendy Carlyle)

Day 5 - Craig Dhubh

M16A
8th Dominic Wathey

M18L
17th Benjamin Kyd

M21E
36th Christopher Embrey

W35L
1st Cerys Manning

W55L
24th Cecilia Fenerty

M55L
34th David Wathey

W70L
11th Julie Brook
13th Alison Doyle

M70L
3rd John Britton
14th Chris Rostron
22nd Chris Kirkham

M75L
10th Tony Wagg

W80
1st Sue Birkinshaw



Chris Kirkham crossing the bridge (Photo: Wendy Carlyle)

W21L
1st Michele Dawson

M21L
5th Samuel Drinkwater
7th James Walsh

M45S
4th Paul Watson

W60S
1st Kath Speak

M60S
10th David Dann

M65S
2nd Eddie Speak

Green
20th Elizabeth Embrey

Orange
14th Emma Kyd

Day 6 Creag Meagaidh

M21E
7th Jonny Malley

W35L
5th Cerys Manning

W55L
10th Hazel Hindle

M55L
17th Trevor Hindle

W21S
3rd Alison Fryer

W60S
12th Penny Heap

M60S
10th Stephen Bingham
12th Graham Heap



Friend of MDOC, Heather Corden finishing the Day 5 Elite World Ranking Event (Photo: Wendy Carlyle)

Ok so it's not actually very important in the context of a whole orienteering race, but the run-in split does provide some bragging rights! Before you say it, I know it is a bad comparison when people have run vastly different courses and it's also possible that a fast final sprint means you didn't try hard enough earlier on... But just for fun, here are the top 10 fastest times for MDOC members over our three days of competition in Scotland.

Day 1 - A steep downhill sprint where the partially taped path actually took a longer route than the direct line through the field, surely no-one would get lost..

Mark Burley - 19s
Dominic Wathey/Ben Kyd/James Walsh - 21s
Chris Embrey/Sam Drinkwater - 22s
Liam Corner - 24s
David Wathey - 26s
Jim Trueman/Cecilia Fenerty - 28s

Day 2 - A manicured golf course fairway with a nasty uphill kick at the end. Did anyone try to jump the sand trap?

River Edis-Smith/Dominic Wathey - 23s
David Wathey - 25s
Ben Kyd - 26s
Sam Drinkwater - 27s
Mark Burley/Michele Dawson - 28s
Chris Embrey/Jim Trueman - 29s
Liam Corner/Cecilia Fenerty - 30s



Surely no-one... (Photo: Wendy Carlyle)

Day 5 - Straight, flat and simple but on wet and slippery grass. Does the run-in split still count if you dnf'd the rest of the course!

Sam Drinkwater - 14s
Dominic Wathey/River Edis-Smith - 15s
James Walsh/Ben Kyd - 16s
Michele Dawson - 17s
Cerys Manning - 19s
John Britton/Eddie Speak - 20s
David Wathey/David Dann - 22s



River goes for the final sprint (Photo: Wendy Carlyle)

Alderley Edge Photos

Nick Taylor



Controller Course

Ian Watson is going to put on a Controller Course for us sometime this winter. If you think that you would like to be a Controller, either soon or some time in the future, do join the session. It takes just one day, probably a Saturday, and will be in a room at one of our parks in south Manchester.

If you want to be qualified as a Controller you also have to meet a few planning and organising requirements, but some people find it an interesting and informative Course even if they have no intention of getting the qualification!

Please let Sue know if you would be interested. (s.birkinshaw@zen.co.uk)



Fixtures Secretary

Over the next year MDOC will be setting up a Fixtures Committee so that everything involved in arranging our Fixtures programme is spread over a larger number of people than at present.

Some aspects of the job are:

- Deciding what events and activities the club wants
- Fitting them into the Local, Regional and National lists
- Getting permissions
- Arranging officials for all the jobs
- Registering everything on the BOF database

If you are at all interested in helping with any of these things, please let me know. I want to retire!!!

Sue (s.birkinshaw@zen.co.uk)

British Sprint Relay Championships

We entered six teams for the mixed relay in Skelmersdale on Saturday 21st August. First to start was the Elite class which is for teams of four with at least two women. The MDOC team was led off by Anna Mackenzie who kept pace with our rivals and handed over to Sam Drinkwater in 13th place. Sam ran the 9th fastest split for leg 2 and thanks to two high profile mispunches the team moved up to 9th place overall. Ben Kyd then took over and also ran the 9th fastest split before handing over to Alison Fryer who's excellent final leg moved the team up to a final position of 8th. A top 10 result far exceeded expectations and was a fair reward for careful and consistency navigation.



Alison Fryer securing 8th place for the elite team (Photo: Peter Cull)

Meanwhile River posted a very fast time, but more importantly managed to avoid mistakes on a chaotic first leg for the Ad-Hoc team which saw 7 out of the 20 teams mispunch! He handed over to Alison Doyle who again proved that consistency was the most important quality of the day. Alison came in safely as another two rival teams mispunched on the second leg and she handed over to Trevor Roberts in 10th place. Trevor kept to the MDOC plan and avoided mistakes, overtaking the DEE team to finish in 9th overall.



Dom & River leading the mass start (Photo: Peter Cull)

The best run of the day came in the Veteran (40+) race where M50 Liam Corner was 1st place on leg 1. Not only beating his M50 rivals, Liam also beat the M/W40's as he led the pack into the amphitheatre to hand over to Liz Hamer-Davies. Liz also had one of her best ever races so clearly all the urban training and racing has paid off. She kept pace with some of the UK's best orienteers, finishing in the middle of a competitive pack for 7th place. Paul Turnock ran the final leg perfectly, managing to ignore the chaotic scenes all around and focusing on his own race. He even made up a place and secured MDOC's best team result of the day, a well earned 6th place.

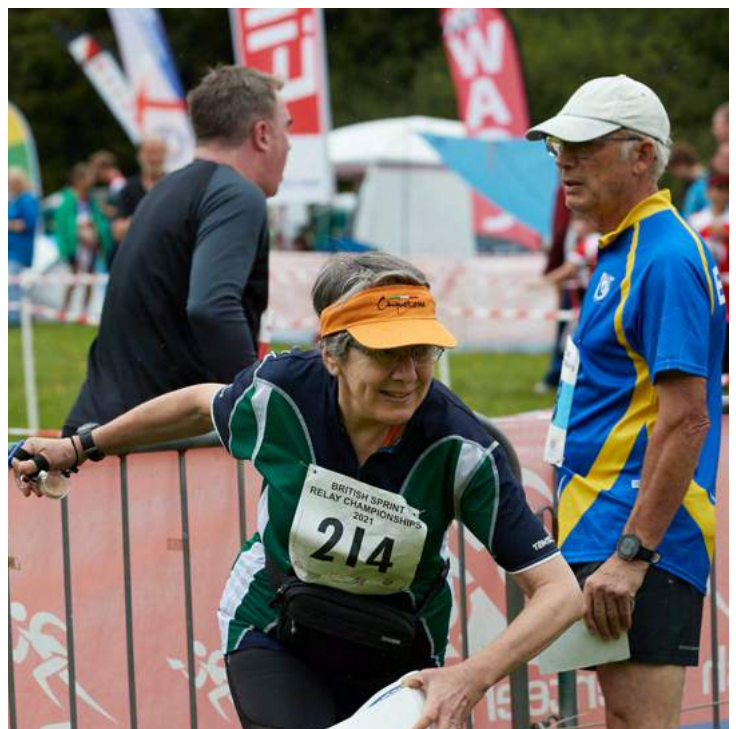


Liam finishing in 1st place for the veterans (Photo: Peter Cull)

MDOC also had a second team in the Vets category and although not quite as fast, they did take consistency to a whole new level, being the only team to maintain their position (13th out of 20) throughout the whole race. Well done to Paul Watson, Marie Roberts and Alain Kyd; the most consistent team on a day of extreme consistency!



River hands over to Alison Doyle (Photo: Peter Cull)



Paul Watson hands over to Marie (Photo: Peter Cull)

The final team were the Super Veterans (55+) who also made a fantastic start, thanks to Trevor Hindle returning in a superb 3rd place and just 50 seconds off the leaders SYO. He handed over to Hazel Hindle who continued the teams excellent run, keeping them ahead of their main rivals and handing over to John Britton in 7th place. As an M70, John was running against orienteers three age categories below him, but despite this he held his own and safely brought the team home in 10th place. Another great result on a day that wasn't just about competing - many MDOC members sacrificed their chance to run, so that they could volunteer in a wide variety of jobs. Their efforts are always appreciated and they are the unsung heroes of the day!



Jane McCann on download, one of many unsung volunteering heroes of the day (Photo: Peter Cull)

British Individual Sprint Championships

28 MDOC members took part in the British Individual Sprint Championships on Sunday 22nd August, with many more volunteering to help during the day. The event began with heats to rank the competitors into either the A or B final, with the A final racing for the medals later in the day.

In the Women's Open class we had Anna Mackenzie and Alison Fryer who both finished 8th in their respective heats, just missing out on the A final. Once again they proved to be evenly matched finishing 5th and 6th respectively in the B final. In the Men's Open class Mark Burley finished 9th in his heat, qualifying for the A final for the first time in his career with just 12 seconds to spare. He went on to achieve an excellent 13th place overall in the afternoon's final. River Edis-Smith also ran in the Men's Open and finished 12th in his heat to go through to the B final, where he achieved a fantastic 3rd place.

In the Junior classes we had five competitors, Benjamin Kyd and Joseph Herbert in M18 and Keshav Ganesh, Dominic Wathey and Oliver Thomason in M16. Ben and Dom both qualified for their A finals thanks to 4th place finishes. Despite the huge effort needed to qualify, they ran well in the afternoon to achieve 8th and 9th place respectively, against tough opposition. In the M18 B final, Joe fought a very close race to take an excellent 3rd place with just 7 seconds to spare. Oliver and Keshav gained some great experience in a championship environment, finishing 6th and 7th in the M16 B final and setting some fast times along the way.



Entries/results team Kath & Eddie Speak were hard at work all weekend (Photo: Peter Cull)

In M35 Nathaneal Booker improved throughout the day, getting a 7th place in the heat, only to win the B final by over 3 minutes. Paul Turnock ran hard in the M40 heats and narrowly missed out on the A final, before securing a 4th place in the B final despite the mornings exertions. In M45 Paul Watson got a steady start, saving himself for the B final where he produced an excellent run to place 6th in a fierce battle of 4 orienteers all within 1 minute of each other.

Liam Corner qualified 2nd in his M50 heat to easily make the A final, where the efforts of three extremely fast races in two days might have finally caught up with him. Despite this he secured an excellent 8th place and another of MDOC's best results of the day.



Assistant organiser Chris Kirkham and 3rd place W80 Sue Birkinshaw at the start (Photo: Peter Cull)

Over to W55 where Cecilia Fenerty (9th), Hazel Hindle (12th) and Elizabeth Hamer-Davies (13th) fought it out in one heat, with Jane McCann (12th) in the other. Cecilia did just enough to make the A final where she took a big step up to finish in a superb 11th place, within a few seconds of both her nearest rivals. In the B final Liz H-D jumped up to 5th with Jane and Hazel showing MDOC's strength in depth with 8th and 10th.

In M55 Trevor Hindle took a 6th place in his heat, saving some energy for the A final where he secured a fantastic 7th place overall. Dave McCann was 13th in his heat and placed 17th in the largest B final of the day.

Up to W70 now where Jillyan Dobby and Alison Doyle ran in the same heat, placing 4th and 5th and just missing out on the A final. To make up for her one earlier mistake Jillyan demolished the B final, winning by over 2 minutes, meanwhile Alison kept up her consistency for 4th.

M70 was our most crowded class of the day, where Chris Rostron (4th), Peter Ross (6th), Ian Watson (8th) and Doug Edwards (9th) all ran in the same heat, with Chris and Peter qualifying for the A final. John Britton also qualified with a second place in his heat. Into the final John bagged a 6th place with Chris and Peter as close as ever in 13th and 14th. Meanwhile in the B final Ian finished 6th and Doug finished 11th.

Finally our two over 80's took on smaller but no less competitive fields, with Sue Birkinshaw placing 2nd in the heat and slipping slightly to 3rd in the final. Dave Mawdsley on the other hand finished 3rd in the heat but achieved a fantastic victory in the final, to become the British Champion. See interview on page 18. Well done to everyone that took part or volunteered during the weekend!



Dave Mawdsley takes the M80 gold medal and Sue Birkinshaw takes W80 bronze (Photo: Peter Cull)

British Sprint Champs – The Adventures of Marshal 10

Tony Wagg

In 40+ years I have only written one article for the Newsletter and I have never competed in an urban event. Thus, I am ideally qualified to write about recent goings on in Skelmersdale, or Skem as it is known to its friends.

During lockdown many of us had been looking forward to a weekend away and thought of Skem..... no, neither did I. I like my orienteering green and ideally pretty, and if you go splat, it's handy not to do it on concrete. Hence, I thought I would opt out on this occasion. A late appeal for more help from JK persuaded me otherwise and I found myself appointed as control marshal 10, shift 2, on Sunday afternoon. This sounded pretty important. My job was to discourage any of a group of 7 controls from going walkies, and to speedily replace any that did. I did think of borrowing Batman to keep me company. He is a rescue dog, adopted by a friend of mine. In his case 'rescue' means people and other dogs occasionally have to be rescued from him, but if he likes you all is fine. On balance I decided to do without him.

I hovered around the Finals Start, awaiting Alex to appear from shift 1 and to hand me the tools of our trade (DIY control kit, including gripples!). A very fit looking W50 hailed me and this turned out to be Alex. I had been looking for a bloke but about 30% of Alex's are apparently female. She assured me that all was quiet on the NE front. About 400m away the far side of a stream and steep wooded ravine lay my patch, to be visited early on by the open courses and a few M35/40.

The first runners had yet to start and all was eerily quiet. Long rows of pale grey terraces were linked by walkways and small squares, with life apparently absent. All I needed was an Ennio Morricone sound track and I was in a spaghetti western. Give me a brimmed hat and a blanket over my shoulder and I was Clint Eastwood. Were people peeping nervously through shutters in fear that the orienteers were coming?

Gradually as the sun shone and the first speedy runners arrived, the locals emerged and my acquaintanceship with them commenced. I must have done 5 or 6 loops around my group of controls, following roughly but not exactly the same route. I therefore became a regular visitor over the next two hours. Women, often now camped on doorsteps with miscellaneous children (there were few green patches here), were very curious to know what was going on, how it worked, and occasionally how might a son or daughter have a go sometime. Some were close to controls and they learnt of dibbers and wafers. One group of 14 to 16 year-old boys was standing around chatting but posed no threat to my charges, though one of them had a taste for whizzing round blind corners on his electric scooter.

Parked in a cul-de-sac near one control was what looked like a functioning but elderly ambulance. I was debating whether this was on duty when its owner appeared and was eager to give me the low down. He had bought it from a scrap yard in full livery but with a kaput engine. He then proudly demonstrated that it could spring to life as a result of his expertise and TLC. The only disappointment was that he was not allowed to retain the blue light and bell.

We were next joined by his friend who was to diligently guard one of the controls for the next hour or more. He gave me his potted life history. As a retired champion kick boxer, he was well qualified for the security business, but for one other item in his CV! He had been a successful amateur boxer but, on moving to Skem, the only version on offer also included kicks. I had some trouble following him, partly due to a strong scouse accent, but also due to poor diction. This was because, on retirement from sport, he was rather lost until he discovered lager – lots of it. He did not recommend this but had become stuck with it. On the up side he had been introduced to orienteering of sorts... while detained at Her Majesty's Pleasure. The PO's had run some events while he was in an open prison. I did not seek details but I suspect lager played a role here. It occurs to me that here is a market for O that we have not considered – a captive market you might say.

My shift ended with much entertainment but no unplanned incidents. One man nearly did a head first dive down some steps but recovered. I realised I had no first aid kit but 50m away we did have an ambulance, though it lacked a blue light and I was the next best thing to a paramedic.

My adventures were still not quite over. Near the now deserted start I met a 20ish lady in a wheel chair trying to ascend a steep flagstone path! This was an epic task so I offered her a push. She gratefully accepted and was en route to visit her mother in a nearby sheltered home. I was impressed by her ambition and determination. I then had to find Assembly with no map other than of my tiny patch, and the stringers had all been taken in. Asking a local was not likely to work, but guesswork and Indian tracking skills triumphed.

How can I summarise? This was not how I usually spend Sunday and I was never bored! I came away with quite a soft spot for Skem. Oh, and there was some orienteering going on, but no doubt someone else will tell you about that?



Tony in a more rural setting earlier in the Summer (Photo: Wendy Carlyle AIRE)

MDOC Interviews: Dave Mawdsley

Firstly, congratulations on your British Sprint Championships win in Skelmersdale, can you tell us a bit about your run?

Only three entrants in M80 so podium assured, notwithstanding a mispunch. Finished last in the qualification race so started first in the final with the other two following at minute intervals. Made a small mistake on the way to number two and was beaten into it by the next starter. Never saw him again. Shuffled my way around the rest of the course with no more errors. Didn't look at the results, just assumed I would be third. I was astonished when the announcer at the medal ceremony said I'd won! Subsequently looked at the splits - each of my rivals had a 7 minute leg. Aesop got it right two millennia ago!

Do you prefer urban, forest or open moorland? Any specific favourite areas?

I don't have strong preferences but marginally would prefer forest. I've had a few bad weather experiences on open moorland and the weather is generally not so much of an issue in forest. When we started urban orienteering a few years ago I was somewhat sceptical but we've all got used to it and it's still the case that the best orienteers win!

What has been the most memorable event you have competed in and why?

Some orienteers (for example Ian Watson) have a very good memory of events and can remember exactly when they were and how they performed. I'm not one of those. Many years ago I competed at Glen Tanar in, I think, the Scottish championships. I spent over an hour looking for the first control, failed to find it, and retired. A few years later the area was used at a 6 days. One of our members, I think it was Steve Osborne (now an ex-member), had put a sign on the way to the start "Dave Mawdsley - Glen Tanar revenge match: Glen Tanar 1 Dave 0" I had my revenge!

How did you get into orienteering?

I had a very unusual introduction to orienteering. Almost every orienteer has been introduced to the sport through school or friends. The world championships were held in Scotland in 1976 and orienteering got some press coverage. I'd never heard of the sport previously but it interested me because my dad taught me to read OS maps when I was 8 or 9. Not knowing where to start I assumed there would be a governing body, English or British, and based in London. No internet or Google then so I searched the London telephone directories without success. Finally I spoke to the Sports Council who gave me the number of the British Orienteering Federation surprisingly based just down the road in Matlock. They put me in touch with MDOC in the person of Kath Rose who was secretary at the time and she gave me details of an event in Tatton Park. I went and was immediately hooked and couldn't wait for the next event, hoping to eradicate mistakes. I'm still waiting!

Outside of orienteering what are your interests or hobbies?

Outside orienteering I have skied (badly). Played golf (even worse). I have been attempting to learn French for a good number of years without much success - I'm not a natural linguist. I've recently resigned my golf membership though still doing spin classes and using the gym at the club. I've now joined a U3A group playing croquet.

What advice would you give to new orienteers & those trying to improve their skills?

I'm not sure I'm qualified to advise anybody. The one thing I would say is don't become disheartened by failure. I've seen a few good runners accustomed to performing very well in races not being able to cope with continually being in the bottom half of an orienteering race and thus giving up.

MDOC Interviews: Anna Mackenzie

What is your favourite thing about orienteering?

The feeling of relief when you get to download and realise that you've not mispunched!

Do you prefer urban, forest or open moorland? Any specific favourite areas?

Open moorland because it still gives you the opportunity to run off road in a beautiful environment and isn't quite as difficult to navigate as a forest. Usually it's got fewer tree roots and brambles for me to trip over as well! I've not got any specific favourite areas, but I did enjoy the Coventry urban event where we ran through the old Cathedral.

What has been the most memorable event you have competed in and why?

BUCS 2017 in Sheffield, I had never properly orienteered before and the events were in Wharncliffe & Hugset Woods, consisting of dense woodland and pits full of brambles. The navigation was tough, I had no idea what I was doing and I spent most of the event cold, wet and waist deep in prickly brambles. Unfortunately I had an important medical school examination the next day and couldn't help but wonder if I would ever make it out of the forest to sit my exam. I was so late on the first leg of the relay that both my teammates had to be set off in the mass start before I returned! Nevertheless I finished without mispunching and I learnt a great deal from the experience, both from an orienteering perspective and from an exam preparation perspective - miraculously I did pass!

How did you get into orienteering?

Oh, honestly... well I fancied Sam, so I started going to the MDOC night street leagues and the local park events. Five years later and we've just bought a house together so it obviously worked! I also realised that the sport had potential to be both physically and mentally challenging - it's certainly more enjoyable than running laps of a cross country field.

Outside of orienteering what are your interests or hobbies?

I like parkrun and have done over 200 events and volunteered at about 100. I enjoy its inclusivity and it has made a big difference to the health of the nation, both mentally and physically. As a doctor I wish everyone did parkrun, or orienteering of course! Also I have been learning Welsh since the start of the pandemic, in order to communicate better with my patients and colleagues in Bangor, who mostly speak Welsh as their first language. It has been a challenge but now I am reaping the rewards and enjoying rediscovering Roald Dahl novels in a different language.

What is your favourite piece of orienteering kit?

My MDOC top!



*MDOC tops in Skelmersdale
(Photo: Peter Cull)*

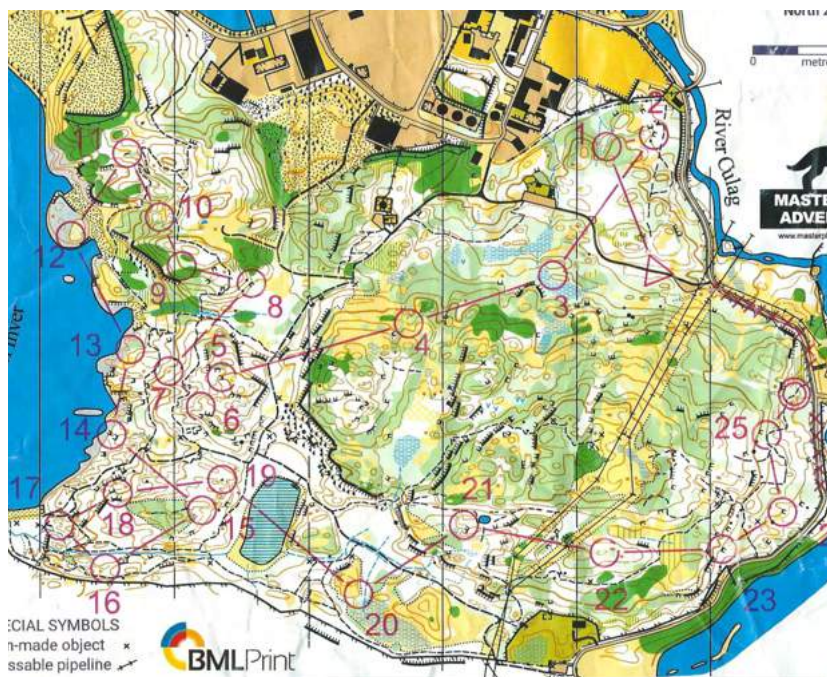
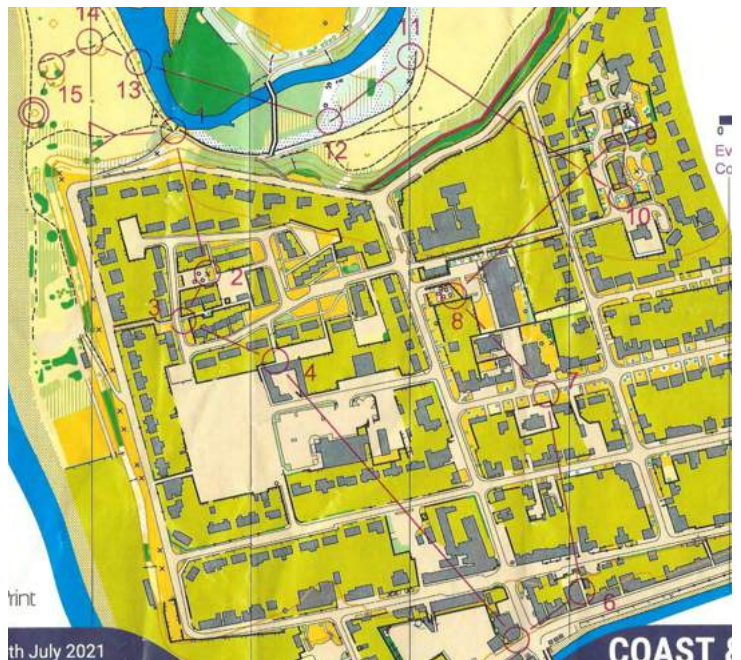
Coast and Islands

John Britton

I was randomly checking up on Nopesport one day and saw a post about a potential low-key, low-volume event series in the North-West of Scotland the week before the Scottish 6-Day, limited to 100 entries. I signed up immediately, having never been North of Fort William, asked for early starts to maximise tourism opportunities and eventually off we went to the first Coast and Islands event, which by now had allowed for 200 entries. An amazing one-man effort from Chris Smithard, who did all the organising, much of the mapping, all the planning and control hanging, and all the results processing. Three courses every day - Long and Short Technical and Short Easy, and a set of tourism suggestions in with the details.

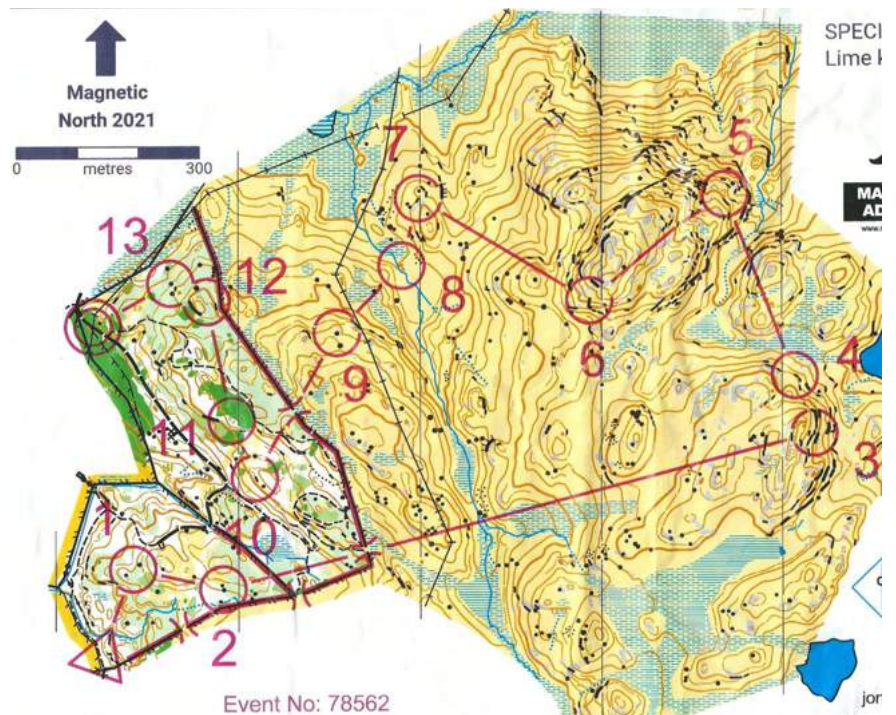
Day 0 - getting there. Daughter Liz's house in Dumbarton is 250 miles from Marple. Ullapool is a further 250 miles from Dumbarton. It is a proper long way. En route to our Ullapool Bed & No Breakfast we enjoyed the A9 and a nice drive over the top from Inverness including a short break at the surprising Corrieshalloch Gorge.

Day 1 - urban race in Ullapool. With afternoon starts, we had a morning look at a lighthouse and some spectacular mountains (eg. Stac Pollaidh). The race itself was a bit odd - mostly standard urbanness but at the end, an unsatisfactory bit of diving into undergrowth around the river. Good job he wasn't offering combined results - I managed to miss out a control while running within 10m of it. Having been decently quick round the town, running from 7 to 8 I got so interested in the legs to follow that having reached the playground entrance, I just embarked on the plan for 9 without nipping in to punch.

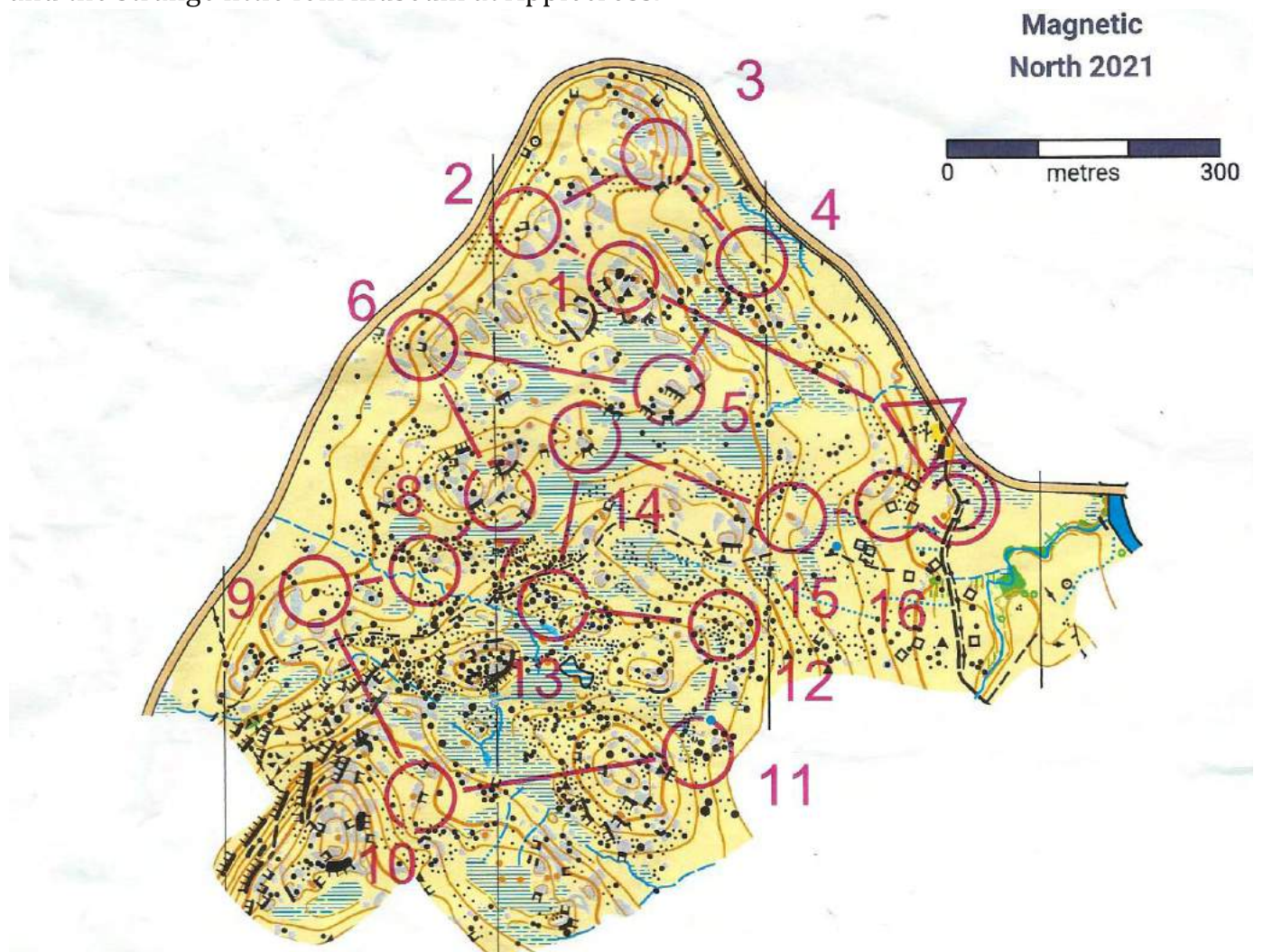


Day 2 - Culag Wood, Lochinver, proper Scottish forest. An hour's drive North of Ullapool, we took the very scenic coast road past Stac Pollaidh, and I was first person off the start line. 84minutes of jungle warfare later, I completed my 3k course. Just one major mistake - I needed two goes to find 3 (first go from the road bend, second go from the car park). Really enjoyable technical orienteering but extremely difficult to make fast progress. For dessert, a ruined castle and an exciting walk round the geology centre at Knockan Crag.

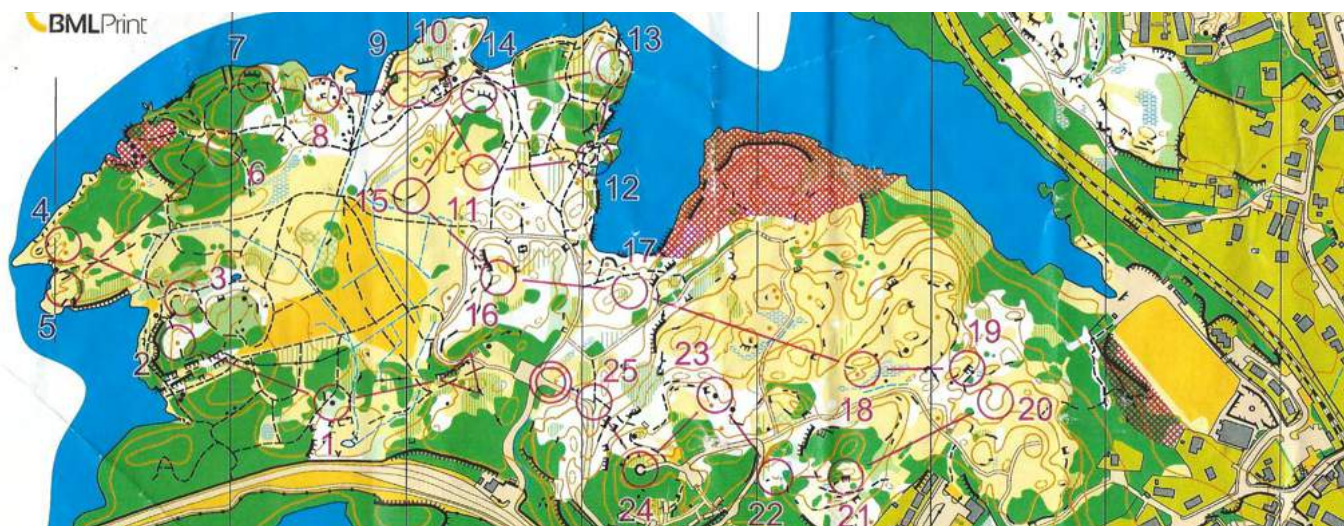
Day 3 - Inverewe - some decently nice moorland, top and tailed with more serious forest. An hours drive South of Ullapool and off to a hotel near Gairloch. First, a stroll round Inverewe Garden - not overly exciting and a bit frustrating we'd not thought to order a boat trip - we could see seals from one of the viewpoints but the boats obviously got a better view. Today's blunder was to lose 5 minutes failing to find a crag on a steep slope of crags - reasonable plan but insufficient attention to detail.



Day 4 - Ben Shieldaig North. Another hour South and later, another new base (at Applecross). This time a tiny map of rough moorland splattered with kites and rocks of various sizes. Today's blunder was to look down from 13 towards 14, completely fail to identify the target feature where the compass was pointing and struggle to come up with any sort of a plan, eventually relocating off 7. No touring today except for scenic drivery and the strange little folk museum at Applecross.

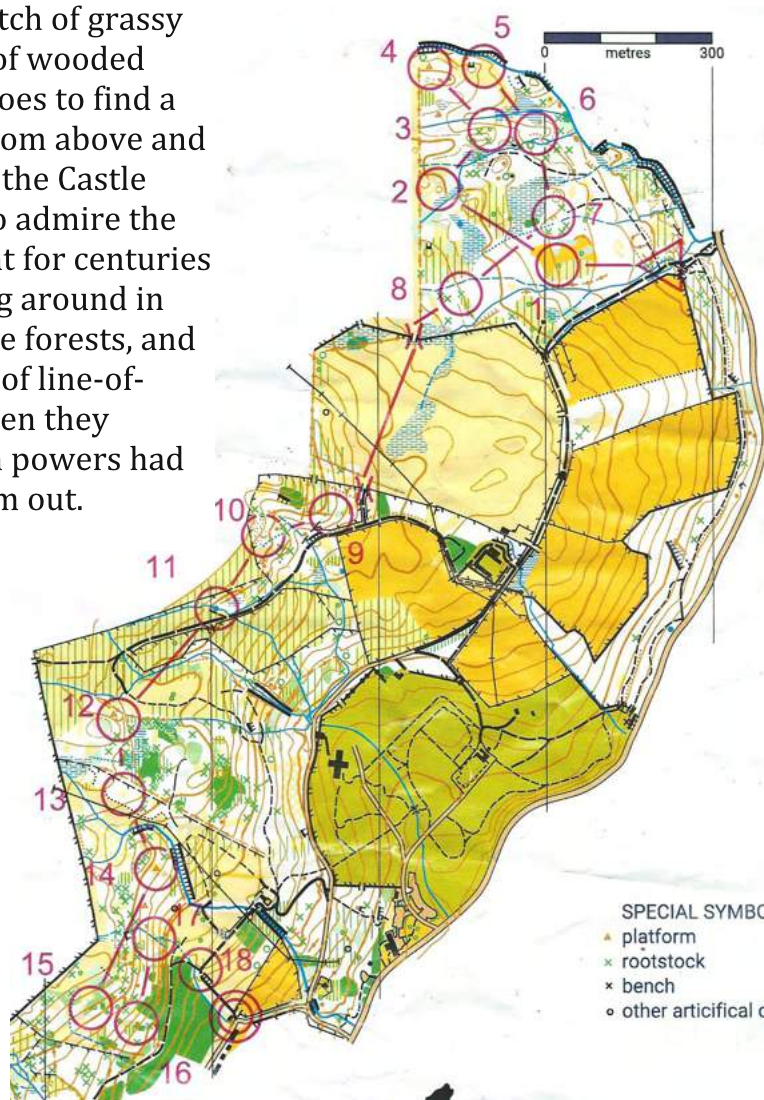


Day 5 - The Plock, Kyle of Lochalsh - a complicated rocky headland with patches of open areas and forest. To start, what could have been a brilliant drive over the highest UK pass was somewhat spoiled by very low cloud. Then what could have been a brilliant event was spoiled by man-eating bracken, and my run was spoiled by making a serious attempt to find 5 before 4. Afterwards, Eilean Donan castle - very good to look at, very little of interest inside, and expensive. But for dinner, the best fish and chips I can remember, and two nights in an amazing B&B with its very own Eagle Owl - it used to look out over rocks and sea, but the MOD bought the rocks, dumped some land there and built fences and sheds, so the house is now surrounded by industrial estate.



Day 6 - Armadale Castle, Skye - a nice patch of grassy wood, followed by some odds and ends of wooded slopes. Today's blunder was needing 3 goes to find a kite on a knoll, which was approached from above and only visible from below. The museum at the Castle was very good, as was the scenic drive to admire the cloud-topped Cuillins. Did you know that for centuries there was a Kingdom of the Isles? Getting around in boats was easier than getting through the forests, and all the islands were joined up with rows of line-of-sight castles. They only got absorbed when they started being a nuisance and the Eastern powers had enough roads to come over and sort them out.

In short, a nomadic week of extreme orienteering (with a full house of schoolboy errors), scenic driving, ruined castles and museums. I've a new-found love for Cullen Skink (smoked haddock and potato chunk soup) and Cranachan (toasted oats, raspberries, honey, whisky and cream), the quality and presentation of which varied wildly. The feedback system suggested there may be another event next year - on Arran, with maybe lesser areas but much less travelling, so get ready to get your entries in quick!



Caption Competition



Sorry Eddie! Send in your best captions to editor@mdoc.org.uk

Last editions winner stretches the concept of a caption competition, but for the meme aficionados apparently the chance was too good to miss...



**£6 extra for
waterproof
map**



MDOC Fixtures

East Cheshire Urban Weekend

30th October - Macclesfield West - Two Part Sprint

31st October - Knutsford - Full Distance Urban

Autumn Park Series

2nd October - Bramhall Park

13th November - Chorlton Water Park

4th December - Bruntwood Park

Featuring a Yellow course, a Score course and a Technical Score to keep it interesting if you've been to these parks many times before!

Night Street League Series 10 (Provisional)

More information coming soon via MDOC website...

28th October - The Heatons (Moor Top Pub) - MapRun Event

9th November - Macclesfield (The Weaver Pub)

25th November - Altrincham (Malt Shovels Pub - No Food!)

7th December - Marple (Norfolk Arms Pub) - MapRun Event

11th January - Poynton

27th January - Wilmslow (Coach & Four Pub) - MapRun Event

8th February - Congleton - MapRun Event

24th February - Cheadle Hulme

8th March - Chapel-en-le-Frith/Whaley Bridge - Cup Final Event

Cover Photo: Wendy Carlyle AIRE