

CHAIR'S NOTE

January has been a busy month for the club, with the John O Goats charity event, the Annual Social and Awards, events at Woodbank Park, Urmston and Heaton Park, all topped off by our Juniors winning the regional heat of the Yvette Baker Trophy and qualifying for the Final in July.

Looking ahead we have a busy schedule of events in February, punctuated by the Compass Sport Cup heat at Cannock Chase on Sunday 18th February. To help everyone prepare John Kewley will be running an online coaching briefing via Zoom on the evening of the 15th February.

It has been a busy start to the year in terms of club business as well, with planning in full swing for our Manchester in May weekend along with the rest of our 2024 events calendar.

Everything the Club puts on requires club members to volunteer their time to undertake the tasks necessary to ensure we can continue to regularly host a diverse range of orienteering events. Many important helper roles require no prior experience and there are always experienced club members on hand to advise and support. So please can I encourage all members to consider how they can help and contribute to making MDOC a vibrant and thriving orienteering club in 2024.

To put your name forward or find out more, please contact Tony Wagg: secretary@mdoc.org.uk

David Wathey, Chair



David Wathey presents Rae Lomas with the 2023 Chairman's Award for service to the club.



MDOC Champions League winners of the Girls' White class (L to R) Violet (2nd) and Harriet (1st) Farrell, Social Committee Chair David Isherwood, Mum Fiona and Eva Millington (3rd)

JUNIORS THROUGH TO NATIONAL FINAL

Congratulations to the MDOC Juniors for qualifying for the Yvette Baker Trophy Final, after a fantastic performance in the North West heat at Little Budworth on Saturday 20th January.

The MDOC team secured first place with 888 points, ahead of Lakeland Orienteering Club in 2nd (877 points), with Deeside in 3rd (865 points) and West Cumbria in 4th (786 points).

Between MDOC and its associated schools, Fallibroome Academy and Cheadle Hulme School, a total of 34 juniors ran for the club.

There were many notable personal performances, with special mention due to Aini Rostron (2nd on Yellow W) and Matthew Walker (3rd on Green M). In Yellow M, MDOC secured the top ten places, with Noel Owen, Oscar Lin and Aiden Steele taking 1st, 2nd and 3rd. Of special note is Cameron Gray (M10) who achieved a very creditable 9th place against mainly M12 competition.

Lara Dorsett and Emma Kyd scored well in Orange W and Light Green W respectively, with Nicholas Brown, Blake Edwards and Teddy Hall registering strong placings in the Light Green M. And in Green M, Dietrich Gutschow and Elliot Barlow ran well against strong competition.

It was great to be able to put such a large team out on the day. We can now look forward to the final near St Albans on 7th July, when conditions should be warmer.

COMING UP SOON

- ▲ **Sun 18 Feb, Cannock Chase**, Compass Sport Cup Qualifying Heat (WCH) **
- ▲ **Thu 29 Feb, Mottram, Hyde** (MDOC) Night Street League #8
- ▲ **Thu 7 Mar, High Lane** (MDOC) Night Street League FINAL
- ▲ **Sat 9 Mar, Manor Park, Glossop** (MDOC) Spring series + **COACHING**

DATES FOR YOUR DIARY

- ✘ **Sun 25 Feb** SELOC Smithills, nr Bolton
- ✘ **JK International Orienteering Festival***
- ✘ **Fri 29 Mar – Mon 1 Apr, ** Days 2&3** Loughborough / Rugeley / Matlock
- ✘ **British Orienteering Championships**
Sat 13 Apr, Long, nr Whitby
Sun 14 Apr, Club Relays, nr Whitby
Sat 27 Apr, Middle, nr Otley
Sun 28 Apr, Long, nr Grassington (incorporating **Northern Champs**)
- ✘ **MDOC Manchester in May**
Fri 3 May - Mon 6 May, Manchester **

For further information about these events and more visit: www.mdoc.org.uk or **British Orienteering**.

Dates marked ** qualify for the 2024 MDOC Champions League.

* Jargon demystifier: The 'JK' is the Jan Kjellström Festival of Orienteering, one of the premier events in the UK O' calendar, hosted by a different region every year over the four days of the Easter weekend. NW hosted it last year; this year, it is in the Midlands. The two main events are a Middle Distance race on Day 2 (Sat 30/3/24) and a Long Distance race on Day 3 (Sun 31/3/24). Day 1 is a Sprint and Day 4, the JK Relays.

For more info see: www.thejk.org.uk



MDOC members with key roles in putting on JK23 in the Lake District were recognised at the social. L to R: Sue Birkinshaw (trophies), Kath Speak (entries), Eddie Speak (D2 planner), Dave McCann (event coordinator), Trevor Roberts (treasurer), Marie Roberts (equipment) and Sam Drinkwater (D2 organiser) with David Wathey. Not present: Jim Trueman (logistics), Trevor & Hazel Hindle (D1 planners) & John Kewley (Trail-O days)

EARLY TRAINING WITH DAVID & CECILIA

The next Saturday morning coaching event will be on **Sat 9 Mar** at **Manor Park, Glossop**. If you are interested, please e-mail:

training@mdoc.org.uk

WELCOME NEW MEMBERS

A very warm welcome to our new members: The Marshall family - Ann (W45), Chris (M55), Rebecca (W18) and Helen (W20); Brian Johnson (M45); Abigail Kerr (W21); Andy Batty (M45); Owen Batty (M8); Drusilla Patkin (W60); Konrad Hobbs (M21); and Tim Isherwood (M65).

We look forward to seeing you at events.

2023 CHAMPIONS LEAGUE WINNERS



Jillyan Dobby (W70) achieved first place in the Women's Open class. David Isherwood presented the prizes.

Those scoring the highest number of points in their class at the events selected for the 2023 MDOC Champions League were presented with medals and certificates at the club social.



Left: Elijah Rostron, Boys - Light Green (1st); Above (L-R): Isaac Rooza (3rd) and Tristan Manning (1st), Boys - Yellow

A full list of winners is on the club website.

ONLINE COACHING FOR CompassSport CUP

Orienteering coach John Kewley has offered to deliver some online training for the CompassSport Cup match at Chetwynd Coppice and Brereton Spurs, looking at previous maps of the area and sharing some navigation tips.

The session will take place on the evening of Thursday 15th February. If you are interested in joining in, please email John via:

coach@mdoc.org.uk



WINNING PROBLEM SOLVERS

In addition to the ceilidh dancing at the Social, several quizzes kept people entertained. Paul Jarvis provided the numbers/words quiz and logic problems and can now reveal the winners. The full list of questions and answers can be found at: www.mdoc.org.uk

There were two correct numbers/words entries: 1st received, the_Kyds, and 2nd the Roozas, with Jennifer Britton and Dave Mawdsley a close third.

Logically problematic: 1st place for the Rostrons, beating Dominic Wathey into 2nd.

Paul says: "Thank you to all those who entered. Chocolate prizes for both first places will be delivered as opportunity allows."

UPCOMING MDOC TEAM EVENTS

CompassSport Cup qualifier

On Sunday 18th February, MDOC will be competing in the Midlands heat of the 2024 CompassSport Cup at Brereton Spurs on Cannock Chase near Rugeley. We will be competing against four other large clubs:

- Derwent Valley Orienteers (DVO)
- Octavian Droobers (OD)
- The North Gloucestershire Orienteering Club (NGOC)
- Harlequins Orienteering Club (HOC)

First and second placed teams will progress to the Final on Sunday 20th October 2024, hosted by Pendle Forest Orienteers. If you are on the club's 'SimpleLists' email list, you should already have received an invitation to sign up for the team from Club Captain, Liz Hamer-Davies. If not, please contact Liz via: captain@mdoc.org.uk

More team events:

JK Relays - 1 Apr nr Matlock

British Relay Championships -

14 Apr at Hutton Mulgrave nr Whitby

British Sprint Relay Championships -

22 Jun at Birmingham University

THANKS FOR A GREAT PARTY

Well done to Rae Lomas and Cecilia Fenerty for organising a really enjoyable club social on 13th January, assisted by David Isherwood (chair), Marie Roberts (awards), Hazel Hindle and the on-the-day games providers. There was a range of hot food on offer and despite the original ceilidh band having to pull out at the last minute with Covid, they found an excellent substitute to keep us dancing.



The ceilidh dancing was enjoyed by all ages



Andy Thornton brought O' puzzles for the young



The O-themed cake competition brought out the creative side in many of the club's bakers and provided a tasty range of desserts

MDOC NEWS BULLETIN Feb 24 [no.3]

Edition editor: Marie Roberts

More volunteers are needed to take turns editing these monthly news bulletins.

Guidance is given on content and the template format is simple to use. **If you think you can help**, please contact David Wathey: chair@mdoc.org.uk

Left: Rae Lomas' winning Street-O themed cake. The winning junior baker was Eve Millington.