

# MDOC NEWS

Newsletter of Manchester & District Orienteering Club

March 2022



Featuring results & photos from:  
BNOC, Kinder Score, UKOL,  
Swedish Forest Cup & e-O-Ringen,  
plus interviews, fixtures and more!





# Editorial

Welcome back to MDOC News. This edition is full of results from a variety of local events, as well as international TrailO and last years UKOL. We also have a report from the planner of the Kinder Score, as well as three interviews with MDOC members.

The main orienteering challenge in our region over the winter is the North West Night League, which came to a close with the MDOC event at Tegg's Nose on 12th February. The overall league winner for the men was our very own Nick Taylor with a perfect score after three wins over the course of the winter months. There were lots of other good results in the overall table, including Yvonne Hung in 3rd and Catherine Osborn in 6th for the senior women, Jane & Dave McCann both 4th place in their respective veteran categories, David Gray in 5th for the senior men, as well as Chris Rostron and Eddie Speak, 7th and 8th respectively in the veteran mens category.

Slightly further afield, 5 MDOC members travelled to Ilkley Moor on a stormy night in February for the British Night Orienteering Championships. Star performers were Chris Rostron and John Britton, who took 3rd place on M75L and M70L respectively. These fantastic bronze medals were an excellent reward for all of their practice and hard training during the winter season. After demolishing the field at Tegg's Nose, Tom Fellbaum took on the best in the country on M21L and came away with a brilliant 8th place and the championship standard. Also taking on the best in the country on the elite course was Alison Fryer, she finished 15th and took the bronze standard. Last but not least Eddie Speak also made the bronze standard with 17th on M65L. Well done to all of them for representing MDOC and achieving great standard times at one of the hardest events of the year.

Unfortunately a low turn-out meant we finished last in our heat for the Compasssport Cup, although all 16 members who raced are to be commended, especially Nick Taylor who won Short Brown taking 100 points. Also earning big points were: Mark Burley on Brown, Cecilia Fenerty on Green, Alison Fryer and Emma Mason on Blue, Dominic Wathey on Junior, Stephen Bingham on Green and Chris Rostron on Short Green.

In other news, MDOC would like to send warm wishes to our newest member, Rowan Lucas Blagg Booker who was born to Nathanael Booker and Fiona Blagg on 3rd September 2021. He is already a regular at Night Street League Events, as Mum and Dad tag-team looking after him and racing. Congratulations to the whole family!

Looking to the future, the British Champs weekend will soon be upon us and although it's a long, long way south in Hampshire, there should be a good number of MDOC athletes taking part. Good luck to them all. Also coming up is the JK weekend at the end of April, which is being held in South Wales. There are already a large number of members signed up and it looks set to be an exciting weekend - I will see you there!

*Sam Drinkwater*



# British Night Orienteering Championships



*M75 bronze medallist Chris Rostron*



*John Britton on the podium for M70*



*Course 6 (M70L) at BNOC 2022, including two very tricky long legs across the map*



# Yvonne's Journey from Orange to Green

*Interview by Nick Taylor*

Yvonne Hung is relatively new to orienteering and over the last year has progressed from running orange courses and the occasional light green to running green courses in technical terrain. I had a chat with her to find out more about her orienteering experiences over the last year.

**Nick:** How long have you been orienteering?

**Yvonne:** I first started orienteering around 4 years ago, with the occasional park event, in places such as Wythenshawe Park and Woodbank Park. In the last year or so I've started to do more events.

**Nick:** Having been to events with you, I've seen you progress from doing orange courses to more technical courses. How have you found that transition?

**Yvonne:** I don't think it's been a linear progression as I've done lots of different types of events. I had started to run light green events previously and then when I had a go at the North West Night League events, I dropped down to orange again, as it's a very different kettle of fish. But I could see a clear progression with the night events. I started at an easy level that wouldn't overwhelm me and then I got used to it and built from there. I think that's helped my development with daytime orienteering.

**Nick:** So what made you want to have a go at night orienteering?

**Yvonne:** My best friend pestered me into it!

**Nick:** Sorryyyy!

**Yvonne:** Don't be sorry. I've enjoyed it. I guess it's just been about trying something different. I like headtorch running on trails. In the winter there's limited time to go running in the daylight, so why not go out at night. I'd done some of the street orienteering events at night and although I did enjoy them, they didn't really give me the opportunity to practice navigational skills such as using a compass and reading contours. So I wanted to get out in the forest and develop my skills.

**Nick:** Skills-wise, what have you found hardest about building up from orange courses to green courses?

**Yvonne:** I don't think it's any one magical thing. I think it's just a cumulation of learning lots of different elements of orienteering, such as taking compass bearings, interpreting contours, and planning good routes. I knew how to take compass bearings, but I wasn't doing it that accurately. Also, I could look at contours but I didn't really have a proper sense of them. For example, I could look at a single-contour hill and not really know that that was a 5m hill. It hadn't really sunk in what that meant. There's so much involved in orienteering so at the start it can be a little bit overwhelming. I've found that I learn a bit and then as those skills become embedded, I can take on more and more, and then it all starts to slot into place a bit more. In the past, with route-choices, I would always take a path route if that was an option, but recently I've been trusting myself that if I take a bearing and keep an eye out for these features, I can make it through terrain that isn't a path. So I guess it's confidence and a bit of experience to know that I will get it right; that I can pick my way through.

**Nick:** I can say from being with you at events, you've got round some really hard courses, particularly the event in Scotland, on the Trossachs, and doing the green course at Thurstaston in the North West Night League. What did you feel like when you completed those courses?

**Yvonne:** Dead chuffed! I think with both of those I was not convinced that I'd finish so I was really pleased that I completed them. My times weren't the best in the world but I got round and that was my goal. And they weren't horrendous times either so I guess I exceeded my expectations..



*Yvonne after completing the Green course at night in Thurstaston*



**Nick:** Tell me more about the Trossachs event. Aside from the technical challenge of getting round and the achievement of doing that, what was it like to just run in the terrain in a place like that?

**Yvonne:** It was very hilly and there was lots of undergrowth. Just trying to move through the terrain was very hard. But it was one of the few times I've been able to really appreciate the terrain I was in. I had a bit more mental capacity to really appreciate that I was in a place that I'd never be in normally if it wasn't for orienteering. There's no paths there so you can't walk there normally.

**Nick:** You're right. I think there's something quite special about being in a place that other people don't get to go to.

**Yvonne:** I think that even when I was lost, I knew roughly where I was. I was never completely lost, so even though it was frustrating that I wasn't exactly where I wanted to be, I knew I wasn't a million miles away. I therefore felt far more in control than I have done on other events, which is why I guess I still enjoyed it, despite taking ages and it being really wet and cold. I was happy with how I did, considering how difficult the terrain and course were.

**Nick:** It feels like you've come a long way in your orienteering. So what have you got planned for this year?

**Yvonne:** My big goal for this year is to go to O-Ringen, and to complete at least 3 days and to get round and enjoy them. I don't really care about the time. I just want to get round and feel comfortable. I'm not saying I want it to be easy, but I want to be in control and to enjoy it.

**Nick:** What elements of that trip are you looking forward to the most?

**Yvonne:** I'm looking forward to running in the terrain. I have run in Swedish forests before and it's just different to all the bracken and whatnot we get over here. It's beautiful. I'm looking forward to the atmosphere of that many people all going to enjoy orienteering as a sport. I'm looking forward to exploring a bit more of Sweden. Most people that go on holiday in Sweden don't go running around in a forest. They go to places like Stockholm and spend time in the city. I want to see the forests and lakes. I'm also looking forward to meeting other orienteers from around the country. I find that with local events you don't necessarily get to meet people from outside your area very often, so I'm looking forward to that.

**Nick:** Good luck with O-Ringen and thanks for tolerating me on our various orienteering trips in the last year.

**Yvonne:** I've really enjoyed orienteering this past year. I also really enjoyed volunteering at one of MDOC's events. It was a great way to give something back, considering I've done quite a few MDOC events now. I do see the emails asking for help and I thought that I didn't have enough experience. But actually it didn't matter. I didn't need a lot of experience and it was a lovely way to get to know members of the club and to meet other people. I'd recommend volunteering to others.



*FVO's extremely technical Christmas Cup event in the Trossachs*



# MDOC results at local events

## **SROC Tim Watkins Trophy 14th Nov:**

Blodslitet (12.6km!):  
25th - Eddie Speak

Blue:

5th - David McCann  
7th - Alison Fryer  
10th - Stephen Bingham  
13th - Jane McCann

## **POTOC Apedale 27th Nov:**

Moderate:

1st - Sam Tyler  
2nd - Edith Grundy

## **SELOC Daisy Nook 11th Dec:**

Technical:

4th - Ben Kyd  
9th - Simon Fletcher  
10th - Elliot Barlow  
13th - Edwin Paul Van-Calster  
14th - Kate Bryant  
15th - Alain Kyd

Orange:

3rd - Sam Tyler  
4th - Edith Grundy

Yellow:

2nd - Tristan Manning

## **DEE Rivacre 19th Dec:**

Long:

2nd - Sam Drinkwater  
13th - Anna Mackenzie  
19th - Eddie Speak  
28th - Graham Heap  
35th - Penny Heap

Short:

4th - David Dann

## **POTOC Park Hall Score 1st Jan:**

23rd - Ben Kyd  
51st - Paul Turnock  
55th - Stephen Bingham  
62nd - John Williams  
99th - Marie Roberts  
101st - Kate Bryant  
121st - Ian Gilliver  
127th - Trevor Roberts  
139th - Peter Hayes  
164th - Alain Kyd

## **SROC Cracker Lancaster University 1st Jan:**

7th - Mark Burley  
30th - Emma Mason  
45th - Dave McCann  
60th - Jane McCann

## **SROC Healey Nab 6th Feb:**

Short Blue:

1st - Chris Embrey  
14th - David Wathey  
32nd - Edwin Paul Van-Calster

Green:

2nd - Eddie Speak  
9th - Cecilia Fenerty  
11th - John Britton  
18th - Kate Bryant  
28th - Jonathan Dickinson  
29th - Elizabeth Embrey

Orange:

3rd - Marcus Daniels

Yellow:

2nd - Cameron Gray



# UKOL Results

The UK Orienteering League 2021 drew to a close in December with several MDOC members placing highly. The League consisted of 16 national level events spread throughout the country, with a competitors top 8 scores to count. As there are such large distances to be travelled to reach many of the events, the league rewards dedication and consistency. Points are awarded separately in age classes, so there is a good range of ages at the top of the table.

Special mention to John Britton for 33rd place overall, Cerys Manning for 69th place and Liam Corner for 120th. Here are the top 20 MDOC members and their final points totals:

*John Britton M70	375 points
*Cerys Manning W35	341
*Liam Corner M50	300
*Chris Rostron M70	253
*Kath Speak W60	250
*Sue Birkinshaw W80	240
*Dominic Wathey M16	194
*Jillyan Dobby W70	182
*Eddie Speak M65	152
David Mawdsley M80	146
Peter Ross M70	142
*Benjamin Kyd M18	135
Tony Wagg M75	128
Alison Doyle W70	127
*Trevor Hindle M55	125
*Cecilia Fenerty W55	112
Julie Brook W70	101
Hazel Hindle W55	96
*Peter Bray M21	94
Mark Burley M21	80

\* = 'A' team counter

(Ed: Incase anyone was wondering, last place for MDOC way down in 2128th place overall was the editor with a paltry 6 points!)

There is also a club competition and the calculation for this is actually quite interesting. Rather than just the top 15 scorers, it uses the top 3 scorers from the following groups:

M/W16 to M/W21, M/W35 to M/W45, M/W50 to M/W55, M/W60+

plus any 3 additional scores. Therefore it rewards strength in depth across the whole age spectrum and also helps to show in which areas a clubs strengths lie. It may not come as a surprise to see that MDOC is strongest in the over 60's classes, although compared to many clubs we do have a reasonable spread of high scorers.

The MDOC 'A' team consists of the above competitors, plus Paul Watson (M45) and Simon Freytag (M40). We finished 20th, out of more than 100, just behind SROC and just ahead of DEE, not bad for a greatly disrupted season.



# Kinder Score 2021

*Jim Trueman*

28th December, 8.45am and it had been raining for hours. I sat in my garage wondering whether anyone would be foolhardy enough to turn up for a four-hour score event across Kinder Scout. But come they did. 29 brave souls ranging from the ultra-competitive to the gentle strollers, early 20s to over 75s. By 10am they had all disappeared into the rain. I packed up, spent an hour in the warmth of the gym and prepared for the onerous task of manning the finishing line at the bar of the Lantern Pike.

Starting and finishing in Little Hayfield, runners had 4 hours to visit up to 20 checkpoints across the Northern and Western slopes of Kinder Scout. The terrain can be tough:

- Bilberries and heather of varying depths across most of the map.
- Gentle slopes lower down, steep rocky climbs onto the plateau.
- Steep sided streams, or the shallow swamp of Ashop Clough.
- Peat groughs, crags and areas of few distinctive features.
- There are paths, but a planner's responsibility is to encourage runners to avoid them. Many of them are muddier and more unpleasant than the off-piste alternatives anyway.

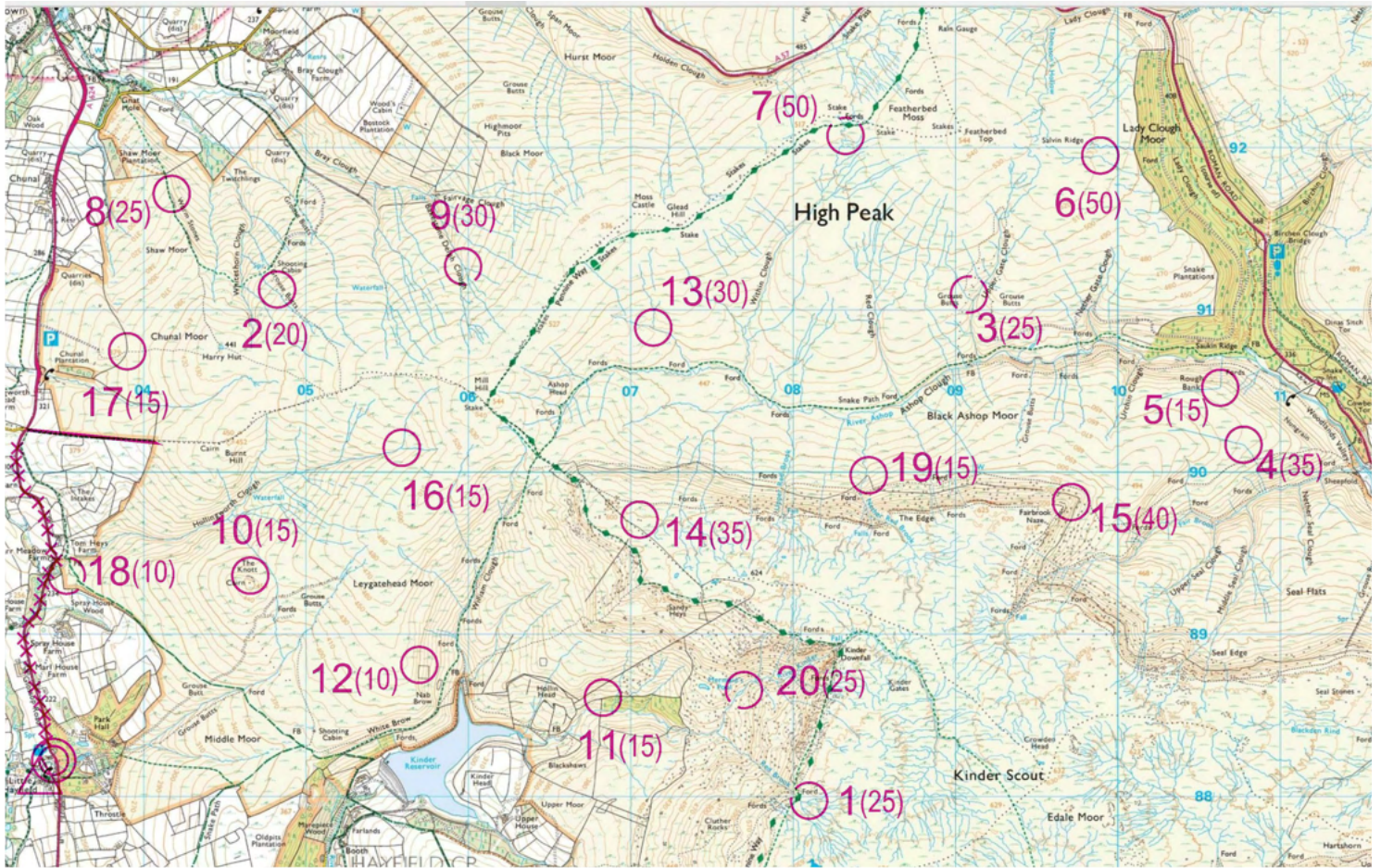


*Control 16*



*Control 15*





To make things harder, everywhere was saturated, streams were swollen and while the rain subsided fairly soon after the start, the clouds never lifted. Navigation was tough.

As runners trickled back to the pub, a common theme developed. Pretty much everyone got lost at some point of their run.

Two particular areas were called out during the beer-fuelled discussions:

- The moor between controls 10 and 16: even the wiliest local of 70 years succumbed briefly- as did the eventual winner.
- Controls 6 and 7, which are in a bleak wilderness at the best of times, were possibly best avoided in thick mist.



*Control 1 at a frozen stream*



Everyone came back safely, nearly everyone had a smile on their face, and while peak Omicron dissuaded some, the Lantern Pike bar staff were kept busy. Special thanks to everyone that were late back - all remembered to call in and let me know they were safe to ensure that I could enjoy my beer.

500 points were available in theory, although probably unrealistic on the day. But competitors were not just there for a day out - they were there for trophies, prizes and glory!

- Sam Drinkwater (MDOC) narrowly retained the men's trophy with 280 points. Edward and Finlay Corden had collected more points (315), but 45 penalty points took the prestigious trophy out of their grasp.
- Sue Richmond retained the ladies' trophy (215 points) despite wasting time searching unsuccessfully for the 100 points available at controls 6 and 7.
- Dave Bowen won the prize for "most improved" runner since 2019 (and he was pretty good then), while Simon Entwisle took the "best novice" glory. Not a bad return for the over 60's!

In a field made almost entirely of Pennine Fell Runners on their home territory and MDOC interlopers, the orienteers acquitted themselves very well. In addition to first and second places for Sam and the Corden brothers, Simon Freytag came 4th and Tim Raffle 9th.

Paul and Grace Hunt picked up 5 points more than Heather Corden and Juliet Downs - although Heather and Juliet searched for an additional 105 points and covered a lot of ground. Jennifer Raffle visited Mermaid's Pool - her favourite spot on Kinder.

Arthur Raffle, James Corden and Pete Hayes were having such a good time they sacrificed all their points to spend more time savouring the delights of Kinder Scout.

Kinder Score 2022 is already in the planning. I am personally making regular visits to the finish line. Can anyone take the trophies away from Sam and Sue? Will it be you?



*Post race celebrations in the pub*



## Planning Notes

It's only a small event. I do it because I like to give something back to the local clubs and people that give enjoyment to me, because I need an incentive to get out through the dark months of November and December, and to fill my local pub during the Xmas gap. I also like an excuse to spend an afternoon with like-minded people in that pub. I enjoy fell running and orienteering. I love the fact that both sports cater for all abilities, and that everyone is seen as equal in the pub afterwards. I invite Pennine Fell Runners, MDOC and a few friends. Once I understand potential demand I extend it out to other local fell running clubs and will probably include more local orienteers next year. 50 runners is the current limit I'm working to.

I spend 5-6 days on the hills in advance checking potential control sites, 3-4 days putting out controls and event day itself sat in the garage or in the pub. I encourage others to collect the controls over the post-race days.

I'm not a big organiser. I just want to plan a course, put out controls, hope that people enjoy themselves and be reasonably confident that Kinder Mountain Rescue will continue to enjoy their Christmas Break untroubled. Minimal logistics need to be involved. Controls may need to be undisturbed on the ground for a week or two. They also need to be disposable in the event they are removed- so they are punches, tags made of insulation tape or small flags.

So my rough planning rules are:

1. Control site locations need to be:
  - On the OS map
  - Obvious locations on the map and on the ground so that you can look for controls much smaller than a kite even in the mist
  - TD3 or less
2. The spread of controls need to provide interesting route choices for walkers doing 8 miles, or runners covering 20 miles during the 4 hours.
3. The bottle of whisky and stash of mince pies should be in locations visited by most runners.

2021 was mainly successful:

- All controls were found in the mist (but not by everyone)- so they must have been in the right place.
- No two people visited the same set of controls- so route choice must have been interesting enough.
- The whisky control (14) was nearly the most popular control, although the mince pies (13) were mainly retrieved intact.
- As in 2019, no-one found all controls

Maybe controls 6 and 9 were too ambitious in the conditions? Maybe 4 and 5 were too far away? But if December had been hot, dry and clear everyone would have told me it was too easy. The planner's curse...



# Online TrailO Results

The fast paced and technically challenging world of online TrailO continues, giving competitors a chance to hone their orienteering skills and compete against the best in the world, all from the comfort of your own home. MDOC continues to be the preeminent UK club in this discipline, regularly challenging for the top spots in the world rankings.

At the end of 2021 we had multiple challenges, including: Season 4 of the flagship event 'TORUS'; the culmination of the year long Hungarian Trophy; a special Christmas Eve event around a Bavarian castle and an extra special New Years Eve event around planner Christian Enberg's house and garden!

Firstly, TORUS Season 4 comprised of 6 races based in Russia, Germany, Finland, Poland, the UK and Czechia. MDOC had 10 competitors in a field of 738 total entrants. Top of the pile was Ben Kyd, who achieved 3rd place overall (and top Brit), thanks to a 2nd, a 5th and a 6th place. In addition to this he also planned the UK's A-race based around Stirling Castle.

Dominic Wathey was next for MDOC, with his best performance to date: 39th overall and 3rd place Brit. Next were Sam Drinkwater and River Edis-Smith as 4th and 5th Brit respectively. John Kewley was 7th Brit and also co-organised the UK's B-race around Wellington School, Somerset. 13th and 14th placed Brits were Alain Kyd and David Wathey, while 17th and 18th places went to Siobhan Henn and Stephen Bingham. We also had Mike Greenwood competing in the B-races where he achieved 42nd place and 6th Brit. The overall team performance was once again enough to dominate the other British clubs and take second overall in the world, out of 353 competing clubs. Well done everyone!

The Hungarian Trophy is a series of events based around Hungarian cities, parks and arboretums. With one event per month for the whole year, the final scores are calculated based on a competitors 9 best events. This event had the biggest overall attendance yet - 1255 orienteers from around the world. The competition was very close going into the final few rounds, with MDOC's own Ben Kyd fighting for the overall world lead. Then in the penultimate race Ben pulled out a perfect performance to win the day and take first place overall, winning the Hungarian Trophy!

Meanwhile the competition was just as close for the 85 other British orienteers who took part and a late surge took Sam Drinkwater into second place Brit by just 0.72 points. River Edis-Smith was 5th Brit and John Kewley took 8th. Alain Kyd finished 12th and Stephen Bingham rounded out the top 20. The MDOC team was bolstered by: Dominic Wathey, Mike Greenwood, Cecilia Fenerty, David Wathey, Siobhan Henn, Graham Heap, Alex Pegg, Emma Kyd, Kate Bryant and Oliver Smyth, who all took part in between 1 and 8 events, not enough for a full score but each one helped the MDOC team to a comfortable second place in the world, as well as helping GBR to 5th place nation.



On Christmas Eve there was a one-off special event around Neuschwanstein Castle in Hohenschwangau, Germany. The castle was built in the 19th century and is one of the most famous sights of Bavaria, making a wonderful backdrop for TrailO. The race itself was ridiculously fast paced and just one error on any of the 20 controls would prove very costly. Ben Kyd completed the course in just 56 seconds which was good enough for second place, just 3 seconds behind Marcello Lambertini of Italy. John Kewley showed an excellent turn of pace for 13th overall and second Brit. Sam Drinkwater was 4th Brit and River Edis-Smith was 6th with just one error costing him 3rd place. A couple of small mistakes each pushed Mike Greenwood and Stephen Bingham out of the top 10, but they did enough to crown MDOC's small but efficient 'away' team as champions!

2021 finally came to a close with the 'Crazy Race' which certainly lived up to its name. The map scale was anywhere between 1:4000 for a forest station and 1:2!! for indoor stations. In addition the maps included special symbols to denote toy santas, 'brown things...' and to differentiate between various bottles and cans of alcohol. In amongst all the fun were a few good challenges to test your knowledge of control descriptions, so we can pretend it was training as well! Sam, River, Mike, Alain and Stephen took part and all enjoyed the unique challenge. (Ed: Typical that my best ever result would be the one event where the controls were located on beer bottles...)

2022 began with two difficult Swedish multi day events: the second edition of the Swedish Forest Cup and the inaugural e-O-Ringen. Both events featured fantastic forest terrain and very difficult feature spotting and contour reading. Firstly, the Swedish Forest Cup consisted of 10 events spread over three weeks in January. Naturally the Scandinavian orienteers dominated, but in the battle between the GB competitors MDOC took a clean sweep of the podium with Ben Kyd 1st, John Kewley 2nd and Sam Drinkwater 3rd. Individual day highlights included two 4th place finishes for Ben, one top 10 each for John and Sam, as well as some of Mike Greenwood's best performances to date, putting him in 10th place for GB.

The e-O-Ringen was a close analogy to the real O-Ringen with 5 days of consecutive racing in Uppsala using the same maps that will be used in the summer. Three days were forest events with one day in a semi-open area and one urban day in the city itself. With all of the days to count for the overall score there was little room for error.

As usual the first day in the forest was very difficult, with the main challenge being to get accustomed to the map. Despite this Ben started well, being the only Brit to make the top 40 overall. Day 2 was a bit more suited to the Brits as it was in the semi-open area and Sam was first place GB with a top 20 overall. Day 3 was back in the forest and top Brit was Tom Dobra of TVOC, but John Kewley wasn't far behind for MDOC. Day 4 was the city race and urban specialist Ben was back on top for GB with 25th overall. The final day was a very rocky forest and Sam finished just ahead of Ben after a late decision by the organisers to void one of the controls. They were the top two Brits on the day in 13th and 22nd overall.

The final standings were even closer, with Sam finishing top of the GB orienteers, Ben in 2nd, John in 5th and Mike once again 10th place. Alain, Stephen and River all did well but couldn't get a full score after missing a couple of days. After that hectic schedule of events there is now a bit of down-time, but we can't wait for the next international competitions to begin.



# MDOC Interviews: Jillyan Dobby

## **How did you get into orienteering?**

I played mixed hockey for the same team as Peter and he introduced me to the sport as “ideal for families”. I was highly doubtful at first and wore an over-sized cagoule that came down to my knees with stout walking trousers. I told him that there was no way that I would run but somehow, when I was on the course, I couldn't help “hurrying” and the more mistakes I made the more I wanted to try again.

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

I am not really a runner so need something to keep me interested. I like forest, sand dunes and the sort of intricate open fell you get in the Lakes. I am far less keen on tussocky moorland where you can see where you are aiming at in the far distance. To me, urban is what I do when there is nothing else on offer but, if it is complicated and not too long, then it can be quite enjoyable.

I know there are some excellent areas in the Lakes and Scotland but sadly I think the best orienteering events that I have done have been abroad. The French have some wonderful forested limestone areas and some of the higher alpine terrain in Switzerland and Italy takes your breath away. And the best maps I've ever run on were in Hungary.

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

Probably the Tallinn100. The 100 refers to the number of controls on the M21 elite course. Everyone else gets their proportion, I think I had somewhere between 30 and 40. It was incredibly technical, forested “eskers”. (I now know what an esker is.) The courses weren't ridiculously long but the M21s were timed out after 5 hours and I think we were allowed 3, I only just made it. At the end you saw these brain-dead zombies just walking around the car park in a daze and I was one of them.

## **Outside of orienteering what are your interests or hobbies?**

I play quite a lot of bridge, go bird-watching and enjoy a day at the races. But I'm a bit of a dilettante, I garden a bit, bake the odd cake, and go to the occasional theatre performance.

## **You are one of MDOC's top performers and a multiple club champion, but what has been your best result to date?**

Sadly I have never been a “top-performer” more of a steady stalwart. I have had some good results (3rd in the British, winner of some multi-day events abroad) but these have usually been because of other peoples errors on technical terrain. I tend to do better on multi-day events because some of the faster competitors have at least one shocker. But any good results have been achieved through dogged determination (and reasonably good navigation) rather than athletic ability.

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

I worry that young orienteers (particularly girls) are a bit put off by too much emphasis on performance. I doubt if I would have stuck with orienteering as a sport if I had tried it when I was young because I know I wouldn't have been “selected” for any training camps or development and might have felt a failure. I wish there were orienteering holidays open to all youngsters, not just the most talented ones.

As for improvement of skills I think the art of relocation is very under-rated. New orienteers are often trained to navigate a course as though all they have to do is get it right. But we have all been thoroughly lost and it is really important that new-comers learn to be resilient when they don't know where they are.

## **What is your favourite piece of orienteering kit?**

I think I may disappoint the purists here but I love my waterproof socks, I wear them in cold weather whether it is wet or not. They aren't really waterproof of course, you only have to wade through a stream and they are wet, but your feet always stay wonderfully toasty which is good enough for me. In a similar vein I have got through a large number of hot pad hand-warmers this winter. I hate the pain in my fingers at the start of an event on a cold day and they really improve the quality of my life. I also take a small allocation of Dextrasols with me when I run. I usually don't eat any, but occasionally, if I'm feeling exhausted towards the end of the course, I might have one or even two. They immediately revive me and stops me going brain-dead.

To sum up, I am definitely a thermal vest rather than a hair-shirt sort of orienteer.



# Dom's Norway O-Training Trip Fundraising

I'm Dominic Wathey and I am currently the only MDOC junior in the North West Junior Squad. I was due to travel to Norway in 2020 for a week of training, with funds having to be raised ourselves, but unfortunately Covid struck, and it got postponed for 2 years.

So I'm now fundraising again for the trip in August 2022 and I present to you, a sumptuous array of O-themed items, from fridge magnets to bath bombs. We have a large selection of these handmade items for the home.

Buy stocks while they last, because when they're gone, they're gone! I hope to be selling these at our MDOC events but you can always email my mum if you want to buy these at other times or would like further information. [cecilia@fenerty.com](mailto:cecilia@fenerty.com)

My items include:

- O-rigami Folded Map Decorations (various sizes).....from 50p - £3.00
- O-Map Fridge Magnets.....£1 each  
(Whole O course set of magnets, Individually priced)
- O-Shoe Freshener Pouches (re-useable).....£3 per set, 2 sets for £5
- Bath Bombs.....£2.50
- Hand-decorated Photo Clip holders – 2 styles:
  - Map Style Cubes.....£4.00
  - O-kite Triangles.....£4.00





# MDOC Interviews: Chris Embrey

## How did you get into orienteering?

When my brother (Iain) started secondary school he joined the orienteering club, and I started going along and having a go at the same time.

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

I definitely prefer non-urban areas. I like the map to be as complicated as possible, and particularly enjoy sand dune areas, such as Penhale sands, Methyr Mawr, Culbin etc.

It would be rude to let a question about specific areas go by without mentioning the wonders of Brill Common. It is a small area just outside of Oxford, only suitable for evening events.

It has the claim to fame of being the only map with 1.67m contours. There are conflicting stories about why this is, one is that it was the mapper's eye level, the other is that, along with the scale of 1:5000, it gives the same apparent steepness as 5m contours on a 1:15000 map. It is a lovely area with good contour detail, and it even boasts a windmill!

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

This has to be the Tio Mila in 2008. The event was conveniently close to Stockholm, so we flew over for the weekend as a joint OUOC/JOK team in the open category. I was on the first leg, and so had the joys of a mass start with 347 competitors, at something like 11pm. As I recall I beat the expected winning time by something like 7 seconds, behind 223 other people! The planner clearly got that one wrong!

It was a really well organised event, there is also a junior and women's race, so there must have been something like 7000 people there for the event. Each team/club had its own army bell tent set and waiting on arrival. It had features such as a giant TV screen - the sort that comes on a massive trailer, and you might see in city squares for watching the football world cup. There was live gps tracking on the screen, and TV cameras at certain controls in the forest. If I remember correctly I also got a total of something like 35 ticks that weekend!



Tio Mila 2008

## Outside of orienteering what are your interests or hobbies?

We spend a lot of our weekends out walking in the peak district. We also go cycling but normally in Cheshire, or on the disused railway lines where it's not so steep! I even bought Liz a tandem for Christmas! I've recently started doing some fell running as well. When being less active I like knitting and growing fruit and veg in the garden.



**You're clearly in good form at the moment with great results at the last Scottish 6 Days and at John O'Goats, what's the secret to your success?**

I've always been better on the navigation side than the running side. I've also always believed that training is cheating! Or more to the point, I like having fun, and if I don't find training fun then I won't do it, even if it means that I'm going to get beaten by a few more people.

I've gradually been building up the amount of running that I've been doing since starting my current job. Back in 2020 I was persuaded to enter the Wilmslow Half Marathon - as work sponsors it, and there are lots from work who compete. This meant I had to do a little bit more running, which included finding a nice run home from work (along the Bollin Valley Way). The event was cancelled at the last minute, and went virtual, so I did it by running to the top of Shutlingsloe and back from home instead!

During lock down I started running more round the streets, and trying to get to local muddier places from the door. I mainly started this because with working from home I wasn't really getting out of the house otherwise. Getting a bit fitter from doing this made me start to enjoy running, and so I went more and more. I then agreed to do the Saunders MM with Iain, and so had to keep it up. In about October last year I joined Macclesfield Harriers, and have been doing the evening fell runs, which have definitely made a difference to my fitness, especially my ability to keep going and my speed/ease of going uphill.

In short the secret is to run with people who are just a bit faster than you, so that you have to push and get better!



*Chris and Iain finishing the Saunders*



**Do you have any goals or dream events that you'd like to complete in the future?**

I've entered the Gritstone Grind at the start of September, so that is this year's challenge, I'll see how that goes before considering anything else!

For those who don't know, the Gritstone Trail is a 56km (35mile) route starting in Kidsgrove, going up through Cheshire and the edge of the peak district, and finishing at Disley, just north of Lyme Park. It also includes a few hills (Mow Cop, The Cloud, Sutton Common, Teggs Nose, Kerridge, Sponds Hill) all adding to a total of 1800m (5900feet) of ascent. The Gritstone Grind is a race over the length of the trail, with a time limit of 12 hours.

**What is your favourite thing about orienteering?**

My favorite thing about orienteering is definitely the maps, and the technical challenge.



# Caption Competition



*Photo: Ian Gilliver*

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

Last editions winner:



'Does that red circle denote a speed trap?' - Tony W.



## Stop Press!

Just moments before going to print, we have had news of more MDOC success, this time at the British Middle Distance Championships at Rushmere Country Park in East Anglia.

Our super 70's John Britton and Chris Rostron have done it again, taking Bronze medals in M70 and M75 respectively. That makes two Bronze medals each from two national championships so far in 2022. Truly fantastic results showing that there are no flukes, just well deserved rewards for hard work. They were both pushed all the way by strong opposition, each securing their podium places by less than 1 minute after exciting fast paced racing.



*Chris on the podium for the second time in 2022*



*John collecting his bronze medal*

We also had great results from Jillyan Dobby (8th W70), Peter Ross (11th M75), Kath Speak (17th W60), River Edis-Smith (29th M21) and Eddie Speak (34th M65). The event was part of the 2022 UK Orienteering League, together with a nearby regional event the previous day and thanks to the efforts of these intrepid orienteers we currently sit in 10th place in the table.



## Fixtures

**Saturday 19th March - MDOC Spring Series - Wythenshawe Park**

Sunday 20th March - DVO National Event - Stanton Moor

*26th - 27th March - British Champs Weekend - Hampshire*

Wednesday 30th March - PFO StreetO - Clitheroe

Friday 1st April - Aquatic Orienteering Test Event - Salford Docks

Saturday 2nd April - SELOC Local - Lever Park, Horwich

Sunday 10th April - DEE Local - Bryn Alyn, Mold

Wednesday 13th April - PFO StreetO - Bacup

*15th - 18th April - JK Weekend - South Wales*

**Thursday 21st April - MDOC Summer Evening Event - Tegg's Nose**

*23rd - 24th April - SROC/LOC Lakes Weekend - Windermere*

Wednesday 27th April - SELOC Local - Clifton Country Park

Thursday 28th April - DEE Local - Alyn Waters Country Park

Wednesday 4th May - PFO StreetO - Nelson

Wednesday 11th May - SELOC Local - Burrs Country Park, Bury

Saturday 14th May - PFO Regional - Tockholes Wood

Wednesday 18th May - DEE Evening Event - Arrowe Park, Wirral

Wednesday 25th May - SELOC Local, Springfield Park, Rochdale

**21st - 22nd May - MDOC Urban Weekend - Manchester City**

Saturday 4th June - SELOC Local - Chadderton Hall, Oldham

**Tuesday 21st June - MDOC Summer Evening Event - Brereton Heath**