



### CHAIRS NOTE

Welcome to the first of our new look MDOC News bulletin, which we plan to issue monthly to keep members up to date with the Club's activities, achievements and dates for your diary. Adopting a more sustainable approach, we have chosen to go for a shorter format than our previous newsletter and look primarily to circulate this in electronic PDF format (with a few hard copies available at events).

To make this happen, we hope to create a small editorial team, rotating the lead editor each month, and would also welcome anyone with graphic design skills to keep our newsletter fresh and engaging.

Finally, I want to extend my special thanks to Sam Drinkwater for acting as editor, copy writer and type setter for our previous Newsletter over the Covid years, and secondly to Marie Roberts who has brought her editorial skills to bear in a very short time to bring us this new look format.

### WELCOMING NEW MEMBERS

A very warm welcome to our new members;

Grace Hunt (W21), Roger Ashby (M80), Lucy Rawcliffe (W35), the Fisher family Sue (W45), Steve (M50), Arthur (M16), Robyn (W14) and Stan (M14), the family of Georgina Brown (W55) and Angus Duncan (M55), with sons Jamie (M18) and Thomas (M16), and the Leese family, Natalie (W45), John (M45), George (M18), Joe (M16) and Casey (W9).

We also welcome Simon Mawdsley (M50), back as a rejoining member. We look forward to seeing you at our forthcoming events.

### RECENT SUCCESSES

Peter Taylor-Bray has been selected by British Orienteering for the GB Squad.

5 Nov - November Classic, New Forest (SOC) Southern Championships

**Peter Taylor-Bray** M21 – 2nd

18 Nov Simpson Ground (SROC) Night

**Tim Martland** M60 Brown – 4th

Cerys Manning W35 Orange – 3<sup>rd</sup>

19 Nov Simpson Ground (SROC)

**Cerys Manning** W35 Blue – 1st

Tristan Manning M10 Yellow – 3rd

25 Nov Linacre (DVO)

**Peter Ross** M75 Short Green 4th

## MDOC ANNUAL SOCIAL

### Saturday 13<sup>th</sup> January 2024

High Lane Village Hall, off Windlehurst Road, High Lane SK6 8AB

Time: 5pm for food, games & awards  
Dancing from about 7.30pm

Welcome drink, hot food and nibbles  
Bring your own bottles  
O-themed cake bake-off

Club awards presentations



### SCHOOLS NEWS

Fallibroome and Tytherington High schools in Macclesfield sent representatives from years 7 to 12 to the British Schools Orienteering Championship at Temple Newsam park in Leeds on 19<sup>th</sup> November. Ben Siridarwena put in a noteworthy performance in the Y12 Boys class, coming in 5<sup>th</sup>.

Thanks also to the supporting staff and parents.

### TINY TOES

Ruth Beresford and partner Dan Martin became the proud parents of a baby girl, Astrid Beresford-Martin, on September 28th. Congratulations!



### COMING UP SOON

**Tue 5 Dec 2023 Davenport**, Stockport (MDOC) Night Street League 4

**Sat 9 Dec 2023 Riverside Park**, Macclesfield (MDOC) Park series

**Sun 17 Dec 2023 Pontefract Park** (EPOC) Counts towards MDOC Champions League

**Sat 30 Dec 2023 Dunham Massey**, SPunch

**Sat 6 Jan 2024 Lyme**, Disley (MDOC) John o' Goats charity score

**Sat 13 Jan 2024 Woodbank Park**, Stockport (MDOC) Park series

### Looking ahead

**Compass Sport Cup Qualifier**

**Sun 18 Feb 2024 Kendal / Cannock** (TBD)  
[MDOC pays entry for all competing members](#)

**JK International Orienteering Festival**  
Fri 29 Mar – Mon 1 Apr 2024 Cannock

**MDOC Manchester in May**  
Fri 3 May - Mon 6 May 2024

For further information about these events and more see [www.mdock.org.uk](http://www.mdock.org.uk) or the British Orienteering website

## DOUBLE URBAN WEEKEND

MDOC hosted the North West Sprint Championships at Offerton (Stockport) on Sat 23rd September followed by a UK Urban League event on Sunday 24th at Birchwood (Warrington) with new Locking Stumps map extension.

The courses, planned by Rebecca Glenn and Ben Kyd respectively, were much enjoyed.

### NW Sprint Championship successes:

Sam Tyler (M16) – 2<sup>nd</sup> NWS Champs  
Peter Taylor Bray (M21) -1<sup>st</sup> in the Men's Open (MO) and NWS Champion  
Michele Dawson (W21) – NWS Champ  
Cecilia Fenerty (W55) – NWS Champ  
David Wathey (M55) – NWS Champ  
Chris Rostron (M75) – 3<sup>rd</sup> in MHV  
Julie Brook (W75) – 3<sup>rd</sup> in WHV  
Birchwood successes:  
William Nield (M10) – 3<sup>rd</sup> in MYJ  
Elijas Rostron (M14) – 2<sup>nd</sup> in MJ  
Mark Burley (M35) – 1<sup>st</sup> in MO  
Liam Corner (M50) – 1<sup>st</sup> in MV

## PERMANENT COURSES IN PARKS



Together as GMOA, MDOC and SELOC volunteers look after over 50 permanent orienteering courses (POCs) in parks and open spaces across Greater Manchester. A great way to practise orienteering skills on your doorstep, details of the POCs in your area can be found at [www.gmoa.org.uk](http://www.gmoa.org.uk) as well as some useful training videos. POC maps are free to MDOC members with the discount code sent by membership secretary, Kath Speak. You can also help maintain one of the POCs by becoming a post checker. For info, email: [enquiries@gmoa.org.uk](mailto:enquiries@gmoa.org.uk)

## FREE COACHING FOR MEMBERS

Sessions suitable for juniors and developing orienteers of all ages are planned to take place at each of our three Spring Serries Saturday events – more details to be provided through e-mail and the club website.

## STRENGTH TO STRENGTH IN TRAIL-O



*Ben & John's team win bronze at the WTOC relay*

MDOC members are continuing their success in Trail-O competitions on a national and international level.

Ben Kyd (M20) won Day 1 at the JK23 Trail O competition, where he was top junior in 2 of 3 competitions, and jointly top with Dom Wathey (M18) in the other. Ben was also top junior at the British Trail-O Championships. Sam Drinkwater (M21), River Edis-Smith (M21) and John Kewley (M60) also put in strong performances. Both John and Ben subsequently represented GB at the European Championships, where John achieved a GB best in 10th place. And at the World Trail-O Champs (WTOC) in the Czech Republic, Ben was the highest-ranking Brit ever in the Temp-O, in 16th place. Both Ben and John were in the 3<sup>rd</sup> placed GB relay team. Online, MDOC is currently in the lead for TempO after two 2nd place results in that discipline.

Recent new member Wang Ki Yuen (M21) also comes with a strong track record in Trail O with his previous club so all in all the team is in a strong position for more success in 2024.



*Austin & Isla McLaughlin at Bramhall mini O fest  
Photo: Zoey McLaughlin*

## JOHN O'GOATS AT LYME

MDOC's annual New Year charity event at Lyme, the 'John o'Goats', takes place on Sat 6<sup>th</sup> Jan 2023. Everyone starts at the same time with a score-style map and can choose their own route, but will miss out a different number of controls depending on their age class handicap. Courses for younger competitors and newcomers will also be available so everyone can join in. It's great fun and all proceeds go to a good cause. This year, Jim Trueman is planning and the chosen charity is Cancer Research UK. The raffle is also a big draw so donations of prizes are gratefully received.

## NIGHT ORIENTEERING

The Night Orienteering season is upon us and exponents of the dark arts have already had their torches out for first events of the 23/24 North West Night League drawn up by Chris Rostron. Once again, the league is sponsored by Bright Bike Lights, suppliers of O headtorches. The first event took place at a very wet Simpson Ground (LOC) on Sat 25 Nov. David Gray (M40) and Tim Martland (M60) were the two highest MDOC scorers with 27 points each. Second up was PFO's event on Sat 2 Dec at Hameldon Hill. More night events are due through January leading up to the British Night Champs on the 10 Feb nr Keswick.

## BRAMHALL MINI O FEST – 11/11/23

Bramhall Park was a hive of activity for the club's first mini O-fest. Available for most of the daylight hours on a crisp and sunny Saturday, the event clocked over 200 runs. Easy and more technical terrain O in the park was combined with an urban/park SPunch score for those wanting a longer run. The event was particularly targeted at young families and those who attended had a wonderful time, despite (or maybe due to) the mud!



*A muddy Hugo  
Brotherhood  
Photo: Karen Harding*

## MDOC NEWS BULLETIN Dec23 [no.1]

Edition editor: Marie Roberts  
The aim is for a team of editors to take it in turn to produce a regular bulletin. If you are interested in having a go, contact David Wathey. [chair@mdoc.org.uk](mailto:chair@mdoc.org.uk)

If you are interested in taking part, please email [training@mdoc.org.uk](mailto:training@mdoc.org.uk) to let us know if you have any specific areas you would like to focus on.

**Sat 13 Jan - Woodbank Park, Stockport**

**Sat 10 Feb – Chorlton Water Park**

**Sat 9 Mar – Manor Park, Glossop**