

Out of the Dark and into the Light

As the days get longer we eagerly await the warmer, drier weather and the true pleasure it is to go orienteering in beautiful terrain in the spring.

There has been plenty to keep us active through February though, especially with our night leagues drawing to a conclusion, the Compass Sport Cup heat and super regional events hosted by our neighbours SELOC and DEE.

The JK heralds a busy period for International and National events in April and there is also plenty in the pipeline for MDOC with a new urban Spunch series in April, Manchester in May weekend, summer evening regional events starting at Teggs Nose on 23 May alongside a summer evening Spunch Countryside Score series. So pack away those thermals and get ready for a super summer O fun.

David Wathey, Chair



WELCOME NEW MEMBERS

A very warm welcome to our new members Jo McKendrick (W60) who has recently joined us from SYO and the Stewart family, Maria (W40), Craig (M40), William (M20) and Andrew (M18).

We look forward to seeing you at events.

MDOC KIT REFRESH

A big thanks goes to Michele Dawson, Rebecca Glen and Dom Wathey who have volunteered to work on the kit refresh. Below are some previous MDOC styles, so will we go retro rugby league or something funkier?



The team will be sending out a questionnaire shortly to get a sense of your likes, dislikes and must haves to inform the creation of our next kit design.



The sun always shines at Teggs Nose ☺

The Summer evening regional events and MDOC Spunch Countryside Score are back. Regional events will include a full range of colour courses will (White to Blue) along with two Score courses (easy and harder). All three count in the MDOC Champions League 🏆. Volunteers for planning, organising, controlling needed – contact Tony Wagg (Regionals) or Andy Thornton (Spunch Countryside Score).

JK Relays – MDOC Team Registration

The **JK Relays** take place at Stanton Moor near Matlock on 1 Apr, Easter Monday. Each team comprises of three runners and clubs need to have entries in by the **10th March**. MDOC will pay the entry fee for anyone running on behalf of the club. If you are keen to compete in a team, please register by emailing Captain@MDOC.org.uk The Club Captain will endeavour to try and get a run for everyone that registers. it would be particularly good to get some junior teams out this year, building on the Yvette Baker Trophy success.

Wythenshawe Parkrun Takeover

To help us raise awareness of the Manchester in May weekend we are looking at holding an MDOC Parkrun Takeover at Wythenshawe Park on **Sat 6 April**.

We will need c.15 volunteers to act as Parkrun volunteers in various roles but it gives us a superb opportunity to raise awareness of our events over the May Bank Holiday weekend and the sport of orienteering more generally.

Keen to help: e-mail chair@mdoc.org.uk

MANCHESTER in MAY 3rd – 6th May



We are now only 8 weeks away from the Club's major event of the year – Manchester in May and all the hard work in the background is coming together. Entries will go live on Racesignup within the coming days as will information about helper requirements and discount codes. The weekend offers a wide variety of orienteering activities that will appeal to experienced orienteers and newcomers alike. This year, for the first time, there will also be accessible courses on days 2,3 and 4.



New Islington Marina – Ancoats: Day 2

As a warm up in April MDOC will also be hosting a series of midweek evening urban Spunch events on newly mapped areas in Manchester to grow interest among students and young professionals.



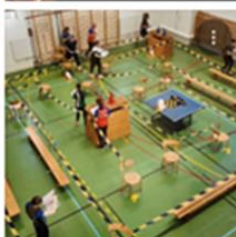
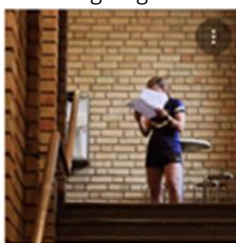
This July Edinburgh plays host to the Sprint World Orienteering Championships

which will see 5 days of racing for everyone from elite athletes to complete beginners and will be a showcase for orienteering in the UK.

If you are interested in helping out at the World Sprint Orienteering Championships the organisers are still accepting offers to help. Details of how to register your interest visit WOC2024.org/volunteering. Entries for the WOC Tour events are open on SI Entries.

HEAD FOR THE GREAT INDOORS

The Stockholm Indoor Cup takes place on the first weekend in February every year. From its first running in 2013 the event has grown in popularity drawing in over 3000 competitors with over 90% of entry slots being taken within 48 hours of going live.



Indoor orienteering is to conventional orienteering what the Rubik cube is to a Chinese 2D sliding block puzzle, in that it involves navigation across multiple floors of the building. In Stockholm the events tend to be held in a large school, where running in the corridors is positively encouraged. To make the navigation extra challenging the planners block off some access points on staircases or make sections one way and it is common to have to go up and down a few floors to be able to get to another control on the same floor that you started on. If you are interested in testing the grey matter, sample maps of this year's events can be viewed on the MDOC website – News page – go fika!

HAVE COMPASS - WILL TRAVEL 🌍

As the weather warms up we would love to feature pics and hear of members' orienteering inspired trips and adventures – there may even be prize for the most exotic location for an MDOC top in 2024.

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Edition editor: David Wathey

COACHING

Next MDOC Coaching session – 9 March; Manor Park, Glossop; meet by registration 09:50. This session will look to develop compass and distance pacing skills.

Half Day Coaching – 20 Apr; Brereton Heath. We are also looking at the option of holding a half day coaching activity geared towards developing orienteers, with particular focus on attack points, catching features and fine navigation. If you would be interesting in attending this half day session, please get in touch.

North West Junior Squad are holding their annual 'newbie day' on Sat 11 May for junior orienteers that are interested in trying out to join the squad. If you would like to find out more about the selection process, NWJS activity and what being a member of the squad entails we would be happy to chat this through.

For further details on any of these items please e-mail training@mdoc.org.uk or catch David or Cecilia at one of our events.

≧ SIX SHORT BLASTS ≦

Help needed with the News Bulletin.

We need at least two more members to share the task of producing the news bulletin. It's pretty straightforward with a simple 2 page Word template, content contributions from club members and support from the editorial team. If we can get four people in the team it only means leading on a bulletin every four months.

David Wathey: chair@mdoc.org.uk

COMPASS SPORT CUP REPORT

The Compass Sport Cup qualifier was held at Cannock Chase on 18th Feb. MDOC fielded 32 runners, over a range of courses, with many running harder courses to spread our entries across as many courses as possible. John Kewley hosted a Zoom meeting ahead of the event with coaching hints and tips from previous maps of the area to better prepare for the event. I for one heard some of that advice coming back to mind whilst on the course, and felt it aided my run.

MDOC did not qualify for the next round on this occasion, but there are still clubs competitions to come through the year for another chance to compete as a club. Thanks to all who competed for the club, and hopefully we will see you, and others at the upcoming club events.

Liz Hamer-Davies Club Captain

British Orienteering Federation: Annual General Meeting – Birmingham, 5th October

Clubs are invited to raise any strategic items to be added to the agenda by the 30th June 2024. If there are items you think MDOC should be raising please flag these to the committee via secretary@mdoc.org.uk.

NORTH WEST NIGHT LEAGUE

Lights – Compass - Action
The NWNL concluded in February with the final event at Hackthorpe Wood, hosted by Border Liners. MDOC were well represented in the league and congratulations go to **Yvonne Hung** for coming 3rd overall in the W19-49 class.

Top MDOC performers by age class were:

W18-	Sophie Gray [4 th]
M18-	Blake Edwards [4 th]
W49-	Yvonne Hung [3 rd]
M49-	Hanno Rostron [24 th]
W50+	Jane McCann [4 th]
M50+	Andrew Smith [7 th]



COMING UP SOON

- ▲ Thu 7 Mar, High Lane (MDOC) Night Street League **THE FINAL**
- ▲ Sat 9 Mar, Manor Park, Glossop (MDOC) Spring series + **COACHING**
- ▲ Sat 16 Mar, Tandle Hill, Oldham (SELOC)
- ▲ Fri 29 Mar – Mon 1 Apr, **JK International Orienteering Festival** 🏆🏆 Days 2&3 Loughborough / Rugeley / Matlock
- ▲ Sat 13 – Sun 14 Apr, **British Orienteering Championships** [Long Dist & Relays], nr Whitby
- ▲ Manchester Urban Spunch series Evenings w/c 15,22,29 Apr + 13 May

DATES FOR YOUR DIARY

- ✖ **British Orienteering Championships** 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 🏆🏆 Days 2&3
- ✖ **City Race Euro Tour, Glasgow 12 May**
- ✖ **Lakeland National Weekend, Colonels Drive & Holme Fell 18+19 May**
- ✖ **MDOC Summer evening regionals:** Teggs Nose 23 May 🏆, Brereton Heath 18 Jun 🏆, Alderley Edge 9 Jul 🏆
- ✖ **MDOC Spunch Countryside Score series:** dates through May to July: TBC
- ✖ **Sprint World Orienteering Championships, Edinburgh 12-16 July**
- ✖ **Croeso, Brecon Beacons: 21-27 July**
- ✖ **BOF AGM, Birmingham 5 Oct**

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

🏆 **MDOC Champions League 2024 events.**