



Website Analysis: mdoc.org.uk

Generated on April 10 2026 05:59 AM





The score is 55/100






SEO Content

	Title	<p>Manchester & District Orienteering Club</p> <p>Length : 43</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																			
	Description	<p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p>																			
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																			
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Property</th> <th style="text-align: left;">Content</th> </tr> </thead> <tbody> <tr> <td>url</td> <td>https://www.mdoc.org.uk</td> </tr> <tr> <td>title</td> <td>Manchester & District Orienteering Club</td> </tr> <tr> <td>type</td> <td>article</td> </tr> <tr> <td>description</td> <td>The home page of Manchester & District Orienteering Club</td> </tr> <tr> <td>image</td> <td>https://www.mdoc.org.uk/assets/images/logo.png</td> </tr> <tr> <td>site_name</td> <td>Manchester & District Orienteering Club</td> </tr> </tbody> </table>						Property	Content	url	https://www.mdoc.org.uk	title	Manchester & District Orienteering Club	type	article	description	The home page of Manchester & District Orienteering Club	image	https://www.mdoc.org.uk/assets/images/logo.png	site_name	Manchester & District Orienteering Club
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url	https://www.mdoc.org.uk																				
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description	The home page of Manchester & District Orienteering Club																				
image	https://www.mdoc.org.uk/assets/images/logo.png																				
site_name	Manchester & District Orienteering Club																				
	Headings	H1 14	H2 6	H3 2	H4 0	H5 0	H6 0														
<ul style="list-style-type: none"> • [H1] Manchester & DistrictOrienteering Club • [H1] Events Calendar • [H1] MDOC medal winners at JK2026 in Perthshire • [H1] Manchester in May 																					

SEO Content

		<ul style="list-style-type: none"> • [H1] JOK Chasing Sprint - Great Tower • [H1] Night Street League Series 14, 2025-26 • [H1] 2026 Club Championships • [H1] Manchester in May • [H1] MDOC - Safeguarding and Welfare • [H1] MDOC Future Timetable • [H1] New Club Kit • [H1] Manchester Navvies - MapRun in Manchester • [H1] GMOA • [H1] About MDOC • [H2] • [H2] 3 days of orienteering in Manchester • [H2] Saturday 11 April - Entries now open • [H2] League details and overall league results • [H2] Events, scoring system and results • [H2] Membership • [H3] Subscribe to our news updates • [H3] News Headlines
	Images	<p>We found 6 images on this web page.</p> <p>1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 18%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.</p>
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 54 links including 1 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 25.93%</p>

SEO Links

Internal Links 74.07%

In-page links

Anchor	Type	Juice
Skip to Navigation	Internal	Passing Juice
Skip to Content	Internal	Passing Juice
Home	Internal	Passing Juice
News	Internal	Passing Juice
Events	Internal	Passing Juice
Results	Internal	Passing Juice
Maps	Internal	Passing Juice
Photos	Internal	Passing Juice
Beginner	Internal	Passing Juice
Juniors	Internal	Passing Juice
Club info	Internal	Passing Juice
Contacts	Internal	Passing Juice
Urban Sprint 2 - Brunswick	Internal	Passing Juice
Spring Series 3 - Manor Park, Glossop	Internal	Passing Juice
Manchester in May - Day 1	Internal	Passing Juice
Manchester in May - Day 2	Internal	Passing Juice
Regular Wednesday Run	Internal	Passing Juice
Entry closing dates	Internal	Passing Juice
Useful Links	Internal	Passing Juice
MDOC medal winners at JK2026 in Perthshire	Internal	Passing Juice
Manchester in May	Internal	Passing Juice
Day 1 details	Internal	Passing Juice
Day 2 details	Internal	Passing Juice
Day 3 details	Internal	Passing Juice

In-page links

Racesignup	External	Passing Juice
JOK Chasing Sprint - Great Tower	Internal	Passing Juice
https://www.sientries.co.uk/event.php?event_id=17552	External	Passing Juice
Night Street League Series 14, 2025-26	Internal	Passing Juice
overall results after all 8 events	Internal	Passing Juice
trophies and prizes awarded	Internal	Passing Juice
NSL Cup Final at Didsbury on Thursday 5th March 2026	Internal	Passing Juice
2026 Club Championships	Internal	Passing Juice
More News...	Internal	Passing Juice
MDOC - Safeguarding and Welfare	Internal	Passing Juice
MDOC - Safeguarding and Welfare Policy	Internal	Passing Juice
MDOC Future Timetable	Internal	Passing Juice
MDOC Future Timetable	External	Passing Juice
New Club Kit	Internal	Passing Juice
Manchester & District Orienteering Teamwear - Orienteering - More Sports - My Club Zone	External	Passing Juice
Manchester Navvies - MapRun in Manchester	Internal	Passing Juice
https://navvies.org.uk/index.php	External	Passing Juice
GMOA	Internal	Passing Juice
gmoa.org.uk	External	Passing Juice
About MDOC	Internal	Passing Juice
Join Now	External	Passing Juice
Membership	Internal	Passing Juice
BOF Annual Awards 2025: Continued Contribution to Orienteering Winner - Niall Reynolds (SBOC)	External	Passing Juice
IOF World Cup Round 2 2026: GB Team Announcement	External	Passing Juice
IOF World Cup Round 1 2026: GB Team Announcement	External	Passing Juice
BOF Annual Awards 2025: Coach of the Year - Paul Murgatroyd (Lincoln Orienteering Group)	External	Passing Juice
BOF Annual Awards 2025: Young Volunteer of the Year Award	External	Passing Juice

In-page links

[Winner - Joel Taylor \(BUMC/TVOC\)](#)

Powered by ExpressionEngine	External	Passing Juice
Built by PF Web	External	Passing Juice
Login	Internal	Passing Juice






SEO Keywords

 Keywords Cloud	26 events sprint more urban league manchester club day read
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Keywords Consistency




Keyword	Content	Title	Keywords	Description	Headings
manchester	9	✓	✗	✗	✓
day	8	✗	✗	✗	✓
events	7	✗	✗	✗	✓
more	6	✗	✗	✗	✗
urban	6	✗	✗	✗	✗

Usability





	Url	Domain : mdoc.org.uk Length : 11
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

Usability


Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Perfect, your website has few JavaScript files. Perfect, your website takes advantage of gzip.




Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Optimization

	XML Sitemap	Missing Your website does not have an XML sitemap - this can be problematic. A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to
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Optimization

		crawl the site more intelligently.
	Robots.txt	http://mdoc.org.uk/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics