



The Newsletter of Quantock Orienteers

No. 123 January 2009

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Quantock Orienteers Committee

Chairman	Richard Sansbury	Fixtures
Secretary	Ted Heath	Website
Treasurer	Roger Craddock	
Committee	Bob Lloyd	Permissions
	Brian Pearson	
	Jeff Pakes	
	Brian Fletcher	Youth
	Bill Vigar	Mapping
	Nick Fernandes	

Other Club Officials

Judy Craddock	Membership Sec
Ian Bartlett	Club Captain
Tony Milroy	QOFL
Mike Crockett	Quonicle

Editorial My first newsletter in this format was January 1999. Ten years ago. It consisted of 8 pages of material very similar to this edition. At the time of writing my first draft of this editorial I was struggling to find eight pages but your chairman has done well and we are now up to a more reasonable page count.

Events have been a bit sparse over the Christmas period. Our own Christmas novelty was once more well supported and the Carvery at the Holman Clavel well attended by club members and friends from neighbouring clubs.

Now that we enter a new year with many changes in store, what is there to look forward to? Perhaps an improvement to my English grammar!(My English Mistress said never finish a sentence with a preposition.) Just in case-The lady who taught English.

We start with a year of interim event structure before the new structure fully kicks in in 2010.

Rules and Guidelines will be updated to fit the new event structure.

Some of you will be entering new age groups and others experiencing additional competition from younger members entering their age class. Of course in the lower age groups the opposite is true with the older members moving up, although this will only be totally correct at National events, as the regional events will be colour coded with age classes suggested.

At club level we look forward to the second half of the QOFL season with interest. Lydeard Hill and Crowcombe Heathfield always provide challenges and the final event at Staple Hill is bound to be interesting. I noticed that there has been some extensive forestry work there which may (or may not) improve the challenges in store.

Finally you start the New Year with a new membership secretary. Judy Craddock has agreed to take on this task for which she is much better qualified than myself, in that she is much more aware of what goes on in the Taunton area with the JOG initiative. The membership secretary also has to closely liaise with the treasurer which, with both at the same address, should be possible. I was hoping for a photo but was refused.

Finally may I thank you all for your support during my two tenures in the office. Please give Judy the same support that you have to me. I will continue as editor of Quonicle for the time being and look forward to your continued support with plenty of articles.

Enjoy 2009

Chairman's Chat

Running round a forest. What could be simpler than that? Well actually there's a little more to orienteering than that, as you need a map. Oh, and a compass is useful. Perhaps a whistle in case you get lost. But it's still a simple matter of running round a forest.

When you find out what is involved in setting up an event it's not quite that simple. The maps don't write themselves, there is a lot of time spent creating and then maintaining them. Then there is the hard work that goes into planning several unique courses at each event. Then there is more effort setting up on the day. And there are rules. Did you know there is a rule book for Orienteering? There are 25 pages of rules, not counting 12 appendices and 18 event guidelines!

And the paperwork keeps increasing. I have recently drafted up seven new policies and procedures that the club needs to have to qualify for Clubmark and our national body British Orienteering seems to be producing more and more requirements for us to comply with.

In a few weeks time it will be the British Championships. I was unaware until recently that we don't just have one British Champion - we have a British long course champion, a British middle distance champion, and a British sprint champion. Oddly this year none of the British Champions will be decided at the British Championships for reasons I will not go into right now.

I am sure there are many in our sport who would cheerfully strip away all this complication, get rid of this distracting paperwork, declutter the whole sport, and just go for a simple run in the forest.

While I'm not convinced that all the paperwork gives us tangible benefits, I'm sure many of you would agree with me that the trend of increasing paperwork is not just an orienteering phenomenon, but seems to be an inescapable aspect of modern culture. I'd worry if attempts at simplifying the sport meant that we distanced ourselves from the direction the rest of society is heading, just at the time we

are trying to appeal for more public recognition. Also orienteering is essentially a sophisticated sport and it can't be over-simplified without losing some of its essence. All the same it would be nice to avoid some of the unnecessary complications.

Looking further afield

I know many members of the club only ever attend our local events and don't consider travelling to events laid on by other clubs. That means attending only one orienteering event a month at most. A few years ago I fitted into this category, but then I decided that I'd try looking further afield to pursue the sport a bit more seriously, and since then I've improved my performance significantly and I've also got a lot more satisfaction out of the sport.

Perhaps some of you would be interested in travelling a bit more to other events but are put off by the cost of travel. With several of us heading in the same direction its obvious that car-sharing would be highly desirable. If you are going to a far away event why not check the website forum and try to see if anyone else is going?

Looking at what's on offer nearby, Devon have about as many events per year as we do, and nearly half are in the Exeter area which is not that far away. Many of BOK's events are actually the other side of the Severn Estuary but they do sometimes have activities in Bristol. Some clubs are offering something a bit different. Three well established night leagues operate in the region, and I have noticed Wimborne are organising night street orienteering and mountain bike orienteering. We also have some major events coming up, such as the British Championships in the New Forest at the end of February. Why not have a look at other club websites in the region to see what's on?

Richard

Flyer competition

Fast readers will still have time to enter our design a flyer competition. Please see the website forum for details of how to take part. The closing date is the January 31st. We'd like your participation and remember there is a £25 voucher as a prize.

Club News

I have changed my E mail address to mjcsquared@talktalk.net
Please use this in future.

News of People.

Welcome to new members:

Robert Green and Family, Elaine, James, Christopher and Heather from Oakhill have joined us and are already regulars at the QOFLs with some success.

Nick Lecharpentier from Rockwell Green is also a QOFL regular .

The Boxing Day Stoke Stampede at Stoke St Gregory saw several runners well known to Quantock Orienteers among the 317 entrants. As well as our own Graham Pearson and David Holmes, ex members Cherry Eggleston, John Kirby and Rachael Holmes also ran. Rachael was the first lady in a time of 40.45 in 42nd place for the 10Km course. Well done Rachael.

Ian and Marion Bartlett are taking up appointments in Devon. Ian is now deputy head at a junior school in Torrington and Marion will be starting as head of a new school in Plymouth in April. We wish them both well in their new positions but look forward to their continued involvement with our club.

Membership renewals. Those of you who have renewed your membership should have received new membership cards with the Christmas mailing from head office.

If you haven't renewed please do so as soon as possible as without membership cards you could be charged a £2.00 levy at some events. If you have any problems contact Nicole at British Orienteering

Committee Meeting

The Committee meeting due for 13th January has been postponed and will now be held on 10th February.

Publicity Officer

QO has not had a formal Publicity Officer for several years, but there have been a number of occasions recently when we could have really done with someone with publicity skills. Have you any experience or interest in trying to promote orienteering in local media? It could be that some of you could put adverts on public notice boards etc. If you have any interest for this kind of activity we'd love to know. Please get in touch with a member of the committee.

Club website Subject to formal approval at the next committee meeting Nathan Fernandes will be taking over as Website manager . He takes over from Ted Heath who designed and set our original site some years ago. The site now now includes an abridged version of Quonicle and a Forum page. Please use it.

From SWOA

You will notice that the Devon and Kernow Galoppens are to be held on the 7th and 8th February. This is a bold experiment by the clubs to get more entrants. At the time of writing the Kernow event has not been registered and so does not appear on the SWOA website. Check the Kernow website nearer the time for details

The Tour of Britain Cycle Race

In September I asked what was wrong with the photo. I had very few replies and so reproduce the offending part of the picture here, taken at the crossroads above Staple Common.



Do you think the sign maker was concerned about health matters?

Well ington and Ill minster

Events

QOFL No 3 Priors Park

Mike Crockett

As I lie in the bath contemplating the events of the day and what might have been, I am reminded of the words of Stanley Holloway, No not Albert and the lion but the other one “Brown Boots”. Those things on the end of my legs at the other end of the bath were a lovely shade of dark chocolate. Never mind – a quick rub with the fingers will soon get rid of that – Well perhaps some soap will help – No –well a scrubbing brush applied with vigour just about gave the required result. But enough of my self inflicted torture. What about the event.

As I drove into the area I thought this is all new to me. There has been a large amount of felling as part of the Blackdown Hills Project and this in turn has enlarged the area available for parking. Sue Craythorne had gathered an experienced team around her and there was a very relaxed atmosphere. That was until one noticed the climb 180 metres for 3.4 km on the Green. Well it is a hilly place. The first control was up the hill, Perhaps having an early start meant that I was out before the climbing ropes were in place. It certainly was hard going but it had one consolation in that all the climb was early in the course. All down hill from control one. Wrong again! Down and then up a few more times. I can see that it was necessary to go down to experience the purveyor of the aforementioned brown boots. I have it on good authority that Bill only puts a marsh on a map if it overflows the top of his wellies (he told me himself). To choose an attack point which necessitated going through even a small part of the marsh was definitely a mistake, and in my haste to get out of it I managed to finish up the wrong side of a deep ravine.

Having said all this I thoroughly enjoyed the course and in a strange sort of way the removing of the “boots”. Thank you Sue, Ted and Bill plus all the other helpers for an enjoyable day.

It was good to see so many of our new members there and performing well.

Xmas Novelty Event – Sheldon – 27th December 2008

The dull, damp days before Christmas and on Christmas Day eventually gave way to clear skies late on Boxing Day, and a star-lit sky that night. This meant the temperatures dropped and we woke to a clear blue sky and a thick frost on Saturday morning. Arriving at the event, the ground was firm and still frozen in places – unlike the muddy conditions of two years ago.

The format of the event was a score event for teams of three. Old post-cards, chocolate box lids, ice cream tub lids and other ‘picturesque’ items of paper/cardboard had been prepared with 3 names written on each and cut up to form 3 parts of a ‘jigsaw’ puzzle, each piece with one name on. The first challenging part of the event was to find your team-mates by finding the ‘jigsaw’ piece with your name on and then matching the 3 parts of the ‘jigsaw’. The second challenge was to understand the rules – simple for those used to the ‘Harris Relay’ format.

There were 5 controls each worth 25 points and 25 controls each worth 10 points to collect. Each of the 25 point controls could be ‘collected’ by all three members of a team. Each of the 10 point controls could only be ‘collected’ once by each team – if it was ‘collected’ by more than one member of the team, it counted only the once. The penalty for being late was VERY severe, making it especially important to return within the one hour time limit.

With instructions and maps handed out to all teams it was ready for the off – just a quick dash back to the car by Bill to get the clock – and we’re off. A huddle by all teams followed to sort out which member was to visit which 10 point controls plus, if possible, the 25 point controls. A few minutes later the usual ‘stampede’ of runners going in several different directions then ensued, and soon the start/finish area was deserted. The forest seemed more runnable than the last time – perhaps we were spared the worst areas, perhaps because it was not as muddy (colder and frozen, but less muddy).

About one hour later runners started arriving back at the finish – mostly under the hour, but there are always some who get their timing wrong! The good thing about electronic punching is that as soon as everyone is back the results can be announced. And so it was, to my surprise, that the team consisting of myself, Mike Crockett and Joe Woodley were announced as the winners. I had thought that there would have been at least one team who would manage to get all the controls for maximum points.

An unfortunate thing about electronic punching is that if the programmer makes a (very) small mistake, it can seriously affect the results. A few hours later, the (very) small mistake was uncovered, and the ‘true’ winners declared. Well done to Simon Beck, Judy Craddock and Andrew Appleby – especially to Simon who visited all 30 controls leaving his team-mates to collect just the 5 high scoring controls – the only team to gain the maximum 625 points. The ‘wooden spoon’ goes to the team for whom one member was just under 9 minutes late - at a cost of 266 points!

Jim Mallinson

Relays

Entries are now due for both the JK and British relays. If anyone is interested they should contact Club Captain Ian Bartlett so that teams can be formed and entries processed. The club usually pays half the entry fee for these events.

Compass Sport Trophy

The Compass Sport Trophy is taking place at Bullers Hill, Exeter on 15th March. Quantock Orienteers have done well in this competition in the past. A good turnout should enable us to put in a strong team. Please express your interest by returning the enclosed slip to Ian Bartlett as soon as possible. Details of the courses available are on the British Orienteering website under Event Information Guideline N para 3.1.1

JOG Notebook

At the end of last term members of QO, who have been involved with JOG, met at the Ruishton Inn to look back at the events that had been held in the winter term and to discuss how we should progress in 2009.

We used the following list as our basic agenda and received thoughtful and creative additional suggestions from members who were unable to attend the meeting but who had points to make.

1. Content, structure, progressions of the training.
2. Use of standardised forms for planning/recording
3. Role of parents?
4. Role of coaches. Mentors? How do you see this role?
5. Roads inside school areas
6. Provision of facilities
7. Role of JOG trainers at QOFLs

In addition to the above it was decided that training events should be held between 2.00 and 3.00 for 8 Saturdays during the school term. It was also decided that if there was a QOFL being held on the same weekend we should not run an event on the Saturday but encourage families to attend that and we would be there to help.

Here is the programme for the Spring Term

Sun Jan 25th	Lydeard Hill (QOFL)
Sat Jan 31st	King's Cliff Wood
Sat 7th Feb	TBA
Sat Feb 14th	Wellington School
Sat Feb 21st	King's College
Sat Feb 28th	Wind Down
Sat March 7th	20 Acre Plantation
Sat March 14th	Broomfield Hill

All events to take place between 2.00-3.00pm

Judy Craddock

Fixtures

Club Events

Start Times for QOFLs(QO Forest League) 11.00-13.00

25.1.09	QOFL 4 Team 3	Lydeard Hill	ST183335	R. Sansbury 01823 288405
15.3.09	Compass Sport Trophy 1st Round	Bullers Hill	SX 884847	
29.3.09	QOFL 5 NB Team 1 Changed	Crowcombe Heathfield	ST127343	A.Rimes 01823 451942
10.5.09	QOFL 6 Team 2	Staple Hill	ST 246159	Ted Heath 01823 251985
31.5.08	QO 2X2 Relay	Buckland Wood	ST 184172	TBA

Other Events in the South West

For a more comprehensive list visit the SWOA website
www.swoa.pwp.blueyonder.co.uk

7.2.09	Devon Galoppen	Holne Moor	SX694703	G.Ratcliffe 01822 890347
8.2.09	Kerno Galoppen Provisional	Craddock Moor		
15.2.09	Wimborne Winter Warmer	Gore Heath	SY 933901	J. Shucksmith 01202 605108
22.3.09	Sarum Saunter	Fonthill	ST 909307	D & D Mullins 01963 33579

Edition 124 of Quonicle will be distributed at
The Compass Sport Cup Event 15th March
Copy to me by 8th March please.