



The Newsletter of Quantock Orienteers

No. 125 May 2009

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Editor—Mike Crockett, 50 Elmhurst Lane, Street, BA16 0HH
 Tel 01458-445540 E Mail mjcsquared@talktalk.net
 QO Website <http://www.quantockorienteers.co.uk/>

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 |
| Nathan Fernandes | Webmaster |

Important notice

Most members have renewed their membership but we have a few outstanding in our records. If you are one of these, this will be the last Quonicle and Sins that you will receive unless you renew promptly.

This paragraph will be highlighted if you are on our list of non-renewers. Please contact the membership secretary, Judy Craddock, if you think that this is incorrect.

Many Thanks

Editorial

My daughter ran in the Taunton Half Marathon recently and after missing her target by two minutes she asked me “Why is two minutes so difficult to find?” I can sympathise with her but my own experience during the last couple of months has been much more than two minutes.

A certain “Road Kill” celebrity has been partly to blame for my demise. Championship standard used to be a formality but this year it is very unlikely, thanks to the aforementioned gentleman. For the uninitiated, to get Championship standard at a National Event one has to be within 125% of the winners time e.g. if the winner does 60 minutes say, then any time less than 75 minutes will give Championship standard. All I can say is roll on next year. This is the only sport where one wishes ones life away. But even then, nothing is certain, as there are some fast boys already there and some more the same age as me.

R.K. Arthur once said to me—I get a lot of pleasure from winning but I also get a lot of pleasure when I see how pleased others are when they beat me. What a gent.

At the time of writing there isn't much to report ,but the future looks bright. The JOG initiative has now taken off and we have the Awards for All scheme to look forward to. Please give your committee all the support you can and above all enjoy yourselves.

Chairman's Chat

With summer approaching fast, the Forest League is coming to a conclusion and the relay season will be with us soon. QO has done very well in the relay series in recent years. I took part in two relay events last year and they were among the most enjoyable events of the whole year. The vegetation may be at its worst, and there may be a danger of overheating in the sunshine, but it is a great motivator to be part of a team, and it is very sociable too. I recommend the series to you all.

We are steaming ahead with plans for the Award for All project (I really must find a better name for it). The street orienteering series is going to take place in September/October, look out for further details nearer the time. You are being consulted about the new electronic punching system, please have your say - we will take your views into account, although we have to consider price, ease of use by organisers, as well as what competitors prefer. We will have the decision made by the middle of May, so be quick!

Health and safety is a topic that prompts much groaning and grumbling. We have to carry out risk assessments for all orienteering events, often this feels like a pointless paper exercise. But sometimes a real safety hazard pops up which needs immediate action. This happened at Crowcombe where an off-road driving activity was held in the same place and at the same time as our event. We had to do something quickly, and I'm very grateful to those who, without needing to be asked acted, as safety look-outs to enable us to continue. I admire the flexible and common sense approach taken by all concerned.

Thanks.

Richard Sansbury

News of People

Welcome to new members

Adrian Edwards of Taunton who has been with us for a while now. Somehow I missed him last time. My apologies.

The Essex family, Russell, Irene and Molly of Fiddington who join us as a result of the JOG events.

Kate Howell of Willand.

We look forward to meeting you all at future events.

Marion and Ian Bartlett have taken up new appointments in Devon.

Ian is still managing to fulfill his role as Club Captain and will no doubt be looking for Relay runners shortly, as well as organising the club championships in July.

Club News

Notes from QO committee meeting 30th March 2009-04-25

1. Next Season's Galoppen to be at Staple Common and Neroche. (Level 3 event.)
2. Interim Accounts for 6 months were presented. Copies can be obtained from the Treasurer.
3. Membership Fees were discussed for presentation at the AGM.
4. No Captain's report available.
5. Schools and JOG – Good response to Saturday events. Seniors to be asked to help and put on events occasionally.
6. Fixtures. There had been a clash with a 4X4 event at QOFL 5. This had been successfully overcome. (See Richard's report elsewhere)
7. Concern was expressed about Juniors tackling inappropriate courses.
8. Mapping – There is now additional area available at Staple Common.
9. Permanent Course at Croydon Hill - Progressing.
10. Awards for All Grant
Richard Sansbury to be project Manager
Andy Rimes to Chair sub-committee to decide which EPS to purchase.
11. Clubmark -No further progress.
12. New Club Tent now purchased.
13. Jeff Pakes will attend the next SWOA meeting.

Next QO committee meeting 18th May. In Taunton.

From SWOA

The postponed Kernow/Devon double event initiative took place recently. Despite being glorious weather the attendance on the Saturday at Penhale was relatively poor. Sunday was slightly better. It is difficult to judge its success because there was a high profile event at Graythwaite in the Lake District at the same time.

Sport Ident or Emit' Have your say

Dear club-member

The club, as you may or not be aware, is in the process of replacing our existing electronic punching system with a different type. The selected system will be one of the two commercially available systems namely SI or EMIT. You may have experience of using one or possibly both of them at previous events- most of our neighbouring clubs have one of them already, and they are used for all major events.

I have been asked by the club to head up a working party to investigate the pros and cons, both for the competitor and for the club's interests, of the two systems, and have devised a very quick questionnaire investigating club-members' experiences and views of both. It is important that the club has a broad view of its members opinions, and the results of the survey will help your committee in their ultimate selection of the system best suited for the club.

Some club-members were not on the original e-mailing distribution list when this was circulated, as the club either do not have your address, or have an incorrect address. If you wish to have your views known, and have not previously received the questionnaire, please e-mail me at andyr.qo@hotmail.co.uk, and I'll send it to you by return. Or fill in the loose copy enclosed and send it to me .

If you are happy to participate, I'd be grateful if you could put your answers in the blue (or shaded) areas of the spreadsheet format questionnaire attached, save it, then return to me as soon as possible. The blue areas that require more than a simple yes or no answer will expand automatically so don't be afraid to write as much or little as you feel necessary. There are four forms included so up to four family members if required can answer separately.

Thank you in advance for your co-operation.

Andy Rimes

QOFL Progress after 5 events

As I am sure most of you are aware there are 6 events that count towards the QOFL series each season. Each competitor can count their best 4 events. With one event to go many runners are trying to improve their points total by discarding a 'poorer' score. Others want to include a fourth score having missed some of the events. Here are the leading points totals in the Elite classes:

In the Blue class Brian Pearson (3455), Chris Philip (3425), Will Kromhout (3199) and Ian Bartlett (3085) are in the forefront but don't discount Richard Sansbury (2797) who can overtake them all if he completes his fourth event. There is a similar situation in the Green class where 'youngster' Matthew Atkins (3143) leads 'old boys' Mike Crockett (3054) and John Trayler (3066). However with Keith Bolling (2761) and Brian Fletcher (2550) still to complete a fourth event it could yet be all change here. The Light Green title is sewn up with Robert Green amassing 4000 points already. Second place is Graham Pearson (3457) whilst Mark Maynard has 2377 after 3 events.

Orange is still up for grabs between Eleanor Pearson (4 events – 3130), Jenny Wood (3 events – 3000) and Jan Daniels (3 events – 2275). Yellow is between Kiran Thakur, last year's winner, with (3000) and Tom Hollingworth (2349). Both have only completed 3 events. Finally the White class has been won by Alf Hollingworth (3608) with Matthew Pearson in second place on (2413).

So for these runners the final QOFL on May 10th is important as the final placings are decided. The rest of us will run for personal pride and enjoyment as usual, and of course the final chance to put one over your closest rival!

Tony Milroy

NB. Mike C can't do anything about the Green as he is controlling QOFL 6

Events

QOFL 5 Crowcombe Heathfield—29/03/09

John Chesters

The first day of British Summer Time always presents a challenge, with the loss of an hour of sleep. However, this year the next day's QOFL was only an hour's drive away, and the weather was superb, so the early rise didn't seem too bad at all. The views on the way to Crowcombe Heathfield really helped to open those sleepy old eyes, with the Quantocks looking particularly fine, as they always seem to. The roads were busy, but who could blame people for wanting to be out on such a lovely day? I even felt a certain empathy with the hordes of steam train enthusiasts! My time had come. This was the day when I was finally going to nail orienteering, and manage that elusive clean run. I know they exist—Ben keeps telling me!

As we approached the usual parking area, the first doubts started to appear. There were also hordes of orienteers—so many to beat, or be beaten by! Then, as I left the car, I could hear the roar of engines in the distance. No matter, it's only masses of four-wheel drive enthusiasts and their vehicles. There is a time and place for enthusiasm—this might not be it, I thought!

However, undaunted, I duly registered, prepared my body and mind, and ambled off to the start. That, perhaps, was my biggest mistake of the day!

I always seem to struggle with the first control. It takes some time for me to feel comfortable with the task in hand. Today, I excelled in this respect. Before I reached control 1, I managed to fall over (acquiring various cuts and a torn map), get lost, and find myself surrounded by those vehicles—like a wagon train in the American Wild West under attack from yet more hordes (Indians, this time). Panic was rampant, and the scene was set for the rest of the blue course, which now seemed way beyond my reach.

Actually, I settled a little after finding the first control, but was still ponderous about my route choices. Some of these, in retrospect, seem to be just plain silly. However, I was able to marvel at the skills of some of my rivals as their blurred images rushed past me, and into the distance. I started to ponder on a dilemma. I'm a Geographer and, therefore, I should know my way around a map. I train lots with Sidmouth Running Club—more than 20 miles per week- and, therefore, I ought to be fit. So, why can't I orienteer successfully?

Conclusions? This fascinating sport is very demanding, with a constant string of challenges to overcome. Mind is at least as important as body, if you wish to succeed. My rivals are extremely fit and talented individuals. Even if I ever do find my elusive clean run, I probably still won't beat them. The great thing is that I can come back and try again—week, after week, after week!

Following the event, Ruth and I collected a few controls in. The forest was lovely-peaceful and sun kissed-with the vehicles long gone. We were able to ponder on the joys (and frustrations) of the sport, and to fully appreciate the efforts of those who worked hard to give us the opportunity to challenge ourselves yet again—in particular, but not exclusively of course, the planner, organiser and controller. How nice it was to see their work rewarded by such a good attendance, and so many faces that were new to us.

We'll be back next time, pitting our wits and bodies against the elements (and the planner, of course), and I hope some of those new faces will be too!

Compass Sport Trophy

Mike Crockett

Quantock had a team in the first round of this event at Bullers Hill near Exeter. At one time it appeared that we were heading for second place but some strong runs late on from Wimborne and South Wales runners dropped us down the results. Thank you to all who ran.

Final result - Wim 1272 SWOC 1228 Kerno 1215 QO 1044

Report on Sturminster Newton

Richard Sansbury

It seems a long time ago that nights were dark and cold, but back on January 16th I took part in a novel event, a night time score event around the streets of Sturminster Newton organised by Wimborne Orienteers. Being an old town there are lots of narrow streets in the town centre, but even the modern estates on the edge of town have interesting irregular patterns of roads, connecting alleyways and green open space. Sturminster Newton is not a big place, and the course was kept mainly to the built up area, roughly a square only about 1km across.

We met up on a Friday evening in a car park just off the town centre for a mass start at 6pm. It was a bit of a rush for me to get there from Taunton after work, but hard to think of a better time they could have held it. It wasn't obvious that I was in the right place, as there were no banners, flags or signs, but there were a couple of slim looking people hanging around suitably dressed for a winter run and I soon found the planner/organiser in his car. The event was run on a minimal basis with operations run from the back of a car using traditional pin punch controls

We set off at the appointed time, and as is the intent of a score event people went in all directions. However, several of us chose a similar route for the first few controls having decided to do a clockwise circuit of the town. This immediately took us out of the street-lit area on an old railway line, and a lone dog walker looked startled to see half a dozen high power headtorches heading towards him at high speed. I got ahead of the pack crossing a field before heading back into the built up area where we seemed to take different route choices. I then got into a muddle on both the third and fourth controls where a maze of paths around a church and the market cross needed some fine navigation. After that I was pretty much on my own.

We stayed mostly within the built up area, although we occasionally went outside the built up area and crossed surrounding fields. All parts of town old and new demanded careful navigation, there was always lots of route choice, and the occasional open area, such as a park or playing field gave variety to the terrain. The control kites were generally attached

to fences or railings and although all were in public areas, none were tampered with. What surprised me most was how little affected I was by traffic, and certainly I did not feel that orienteering on streets was exposing me to any significant danger.

Although designed as a one hour score event, I managed to find all the controls and get back to the finish with several minutes to spare. In fact more than half the field got all the controls within the hour.

It was disappointing to me that only 14 of us took part. The organiser didn't seem to mind, saying it was normal for a night event, but it seemed a lot of work to set the courses up for such a small number of competitors. This may explain why a second night street event which was due to take place at Blandford never materialised. It was good fun though and I will be looking out for similar events next winter.

JK Easter 2009

Mike Crockett

This year the JK Festival was held in Northumberland or is it Northumbria? I can never remember. This festival is held at Easter in a different region each year. Next year it will be in the South West, Bicton, Cookworthy and Braunton Burrows are the venues.

The event this year had a sprint race in the centre of Newcastle on Good Friday. Five QO members competed the best placed were Jim Mallinson 7th on M60 Brian Fletcher 6th on M35 and Mike Crockett 4th on M70. We thoroughly enjoyed it and I was reasonably satisfied with my result, unlike the individual days when small mistakes and lack of concentration resulting in one big one were catastrophic. The best result from QO was Brian Fletcher 3rd on day 3 on M35S.

The event was well run and very enjoyable thanks to the glorious weather. However one family must have thought otherwise as the fridge in their brand new (09) camper van caught fire, necessitating the attendance of the local fire brigade. It must have been quite a shock to come back from their run to find an official guarding the broken down door and a blackened side to the van.

JOG Notebook Seniors Welcome Now too!

We are due to start our JOG term with the QOFL on Sunday May 10th, after this we meet each Saturday between 2.00-3.00 pm until July 4th.

Events will provide enough controls to offer an hours training for QO members. You do not have to notify us that you'll be coming, just turn up ...you'll be very welcome! At the moment we are just putting out controls and leaving you to train as you wish. Once we have built up a group of regulars we will hope to become a little more adventurous and offer the opportunity for you to do various exercises.

Chris Philip came up with these suggestions for a name for the Senior Group!! :

Quantock Orienteers Training Exercises for Seniors QOTES
Orienteering And Training for Seniors OATS
Wrinklies Orienteering Group
Training for Orienteering Group
Local Orienteering Speed Training OR
Local Orienteering Training Sessions

Any other ideas?

Here is the programme for next term:

| | | | |
|-------------------------------|--------------------|--------------------------------|-------------------|
| Sunday 10 th May | Staple Hill (QOFL) | Saturday 6 th June | Wind Down |
| Saturday 16 th May | Staple Common | Saturday 13 th June | 20 Acre Wood |
| Saturday 23 rd May | SCAT/Castle | Saturday 20 th June | Orchard Portman |
| Saturday 30 th May | Fyne Court | Saturday 27 th June | King's Cliff wood |
| | | Saturday 4 th July | Broomfield Hill |

Hope you will manage to come to some of these.

Judy



Action from recent JOG events

Bill Vigar Two Person Relay.

31st May 2009 at Buckland Wood (Grid ref: ST 189175)

Bill Vigar instigated the QO format for this fixture two years ago, and his novel idea of pairing any sex, age, or Club member has provided 'challenging' competition with greater flexibility than most relays. Unfortunately this has resulted in some longer than desired waits for some couples and an unacceptable delay for some final legs, so he has come up with a different format this year, whilst retaining the freedom to choose a partner to run with.

Everyone will start at 11am with each runner selecting the colour standard appropriate to themselves. There will be two courses for each of the colours Orange to Brown to enable pairs to run the same colour at the same time. Each runner will run twice. It is anticipated that the leg times will be 25-30 mins, with an overall winning time of about one hour.

It would be preferred that pre-entries were made to ensure a map, - and a partner, if required. All fees (£8 per pair) will be collected on the day. EOD will be possible.

Entries can be sent to Roger Craddock at 67 Staplegrove Road, Taunton TA1 1DG or jandr.craddock@gmail.com. or via the entries link on the QO website, where more details can be found.

Your Club needs you!

Ian Bartlett

Its that time of year when the orienteering season seems to be coming to a close, just when your training was bearing fruit, your times were pretty amazing and you'd liked to have carried on competing. Well there's nothing stopping you!

The relay season is upon us and QO are bidding to retain (yes, you read correctly), retain the relay trophy that they narrowly managed to win last year.

Relays are not just about winning though. There's a lot of fun to be had too. They come in a variety of shapes and formats, some of which are almost straightforward enough for even myself to fully understand (most though are still a complete mystery even after completing the course or courses!)

What would be great is to see a healthy representation from QO as we can enter as many teams as we like and from past experience, the different relay events offer a stimulating break from the normal colour coded/score/badge events. You don't have to commit to every race as you are running for the club, which accrues points over the series. The key to doing well is for the club to be represented at each event.

Should you be interested in taking part in any of the events planned below, it would be helpful if you could contact myself as club captain (mob.no. 07811404435) so I can get an idea of numbers beforehand (otherwise I shall have to resort to pressgang mode and ring round for willing participants at a later date). As already mentioned, I'm not overly familiar with the different formats so you may get better information from some of the more 'established' members of the club but don't be afraid to have a go. The relays aren't elitist - more about having fun and taking part so hope to see a lot of you orienteering for QO over the summer.

6th June Wessex Hardy Relays - Culpepper's Dish

21st June Harvester Relays - Merthyr Common

29th June NOW Relays - TBC

5th July Adams Avery - Bushy Norwood, Bath

19th July Devon Relays - 5 Tors Tavistock

26th July Wimborne Furrow Hoppers - Bryanston

Fixture news

Sorry, we have no Summer Score events this year, but remember that the JOG events are now open to seniors as well.

Contact details and team numbers to be allocated nearer the time.

| | | | |
|----------|----------|--------------------------------|------------|
| 13.9.09 | QOFL 1 | Ham Hill | ST 478 165 |
| 04.10.09 | Long O | Simonsbath | SS 774 393 |
| 25.10.09 | Galoppen | Castle Neroche & Staple Common | ST 268 155 |
| 15.11.09 | QOFL 2 | Cothelstone | ST 182 335 |
| 06.12.09 | QOFL 3 | Broomfield Hill & Wind Down | ST 221 342 |
| 17.1.10 | Regional | Croydon Hill | SS 973 419 |
| 31.1.10 | QOFL 4 | Blackborough | ST 100 084 |
| 07.3.10 | QOFL 5 | West Quantockshead | ST 116 410 |
| 11.4.10 | QOFL 6 | Kings Cliff | ST 270 320 |

I am looking for planners, organisers and controllers for next season.

Please let me know if you can help.

Richard

Post Script

I had a letter from John Pilkington recently. John will be 90 shortly . We send SINS and Quonicle to him and he follows our activities with interest. He wishes to be remembered to all . We wish you well John.

Fixtures

Club Events

| | | | | |
|---------|-----------------------|---------------|-----------|----------------------------------|
| 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 | Roger Craddock 01823 323850 |
| 18.7.09 | Club Champs See flier | Stock Hill | ST 550515 | Ian Bartlett 07811 404435 |
| 4.10.09 | Long O | Simonsbath | SS774393 | Martin Longhurst 0117 9516145 |

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

Selected Other Events in the South West

| | | | | |
|-----------|---------------------------------------|---------------------------|-----------|-------------------------------|
| 16th May | Wimborne New Permanent Course Opening | Moors Valley Country Park | SU 106057 | Kirsty Staunton |
| 6th June | Wessex Hardy Relays | Culpeppers Dish | SY 815920 | Rob Hick 01380 723314 |
| 21st June | Harvester Trophy | Merthyr Common | SO 109151 | Mark Saunders 01633 615586 |
| 29th June | NWO Relays | TBC | | |
| 5th July | Adams Avery | Bushey Norwood, Bath | ST 779642 | |
| 19th July | Devon Relays | 5 Tors Tavistock | SX524756 | S.Hateley 01237 475146 |

Edition 126 of Quonicle will be distributed at
The Devon relays– 19th July
Copy to me by 12th July please.

Addendum to Reports in Quonicle

Report on Award for All project

Plans are developing, and we certainly hope to have firm arrangements decided by the end of May. At the time of writing here are the latest ideas, all very provisional:

We are considering holding at least five events in late Summer/early Autumn, probably on Saturdays. They will be held within Taunton, probably with different start points each time. The locations will be centred around open areas, such as public parks or the riverside area to make the experience as pleasant as possible and to minimise traffic dangers, but will spread over the surrounding streets as well. The events will be designed to cater for novices of all ages and experienced orienteers. We will be featuring a new electronic punching system, we are currently evaluating systems and taking opinions from club members.

I have been consulting other clubs who have done similar projects, and a key lesson learnt is that success will depend on good publicity. I am really keen to find people who could help design posters or display information at work or schools etc. Contact me if you can help.

Note on Crowcombe Heathfield – Richard Sansbury

I'd better own up to the decision to close the yellow course for most of the day. Somehow we found ourselves sharing the woods with a 4x4 driving challenge. There was potential for a nasty accident and in particular it was clear to me that the yellow course could not share the same tracks with vehicles, so I'm afraid I had to close it. I was happy for the other courses to proceed through the area, although inevitably there would be some interference.

The 4x4 club also had obtained permission from the landowners to be there. We had no means of knowing this, and it was a very unfortunate coincidence that we were both there at the same time. I can assure you that we have sound procedures for getting permissions, and it is highly unlikely to happen again. We do rely on goodwill from landowners for letting us use the areas, and we have to accept that they let others use the area.

Thankfully there were no accidents, sorry if anyone felt inconvenienced.