



The Newsletter of Quantock Orienteers

Edition 120  
July 2008

Some items have been omitted from this version. These are

- **Quantock Orienteers Committee**
- **The Club Fixture List**
- **The QOFL final results.**
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They can be viewed elsewhere on this website.

### **Editorial**

I have delayed producing this edition for one week from the promised date to allow news from the committee meeting to be distributed.

The Crocketts have been very busy lately and this edition will be rather rushed. That statement is an apology in advance for any mistakes.

Apologies are due for omissions in the last Quonicle - Firstly, I only published the results of the Handicap scores on the shorter courses. The prize winners will be the winners of the non handicap course which are published in this edition. pages 12-14

Secondly good wishes should have been in the last edition to Ian and Joanne Williams who had just finished their studies and have moved north to take up employment. Belated good wishes for the future and we look forward to seeing you when you venture "home".

I have been away in Portugal for the World Masters and the only trophy I picked up was a very bad cold which has not really allowed that renewed vigour which I promised in my last editorial to come to the fore. However I am sure that it will be there soon. A brief report (on the Masters, not the cold) elsewhere.

Today I, with a great deal of mind over matter, went to one of the BAOC summer series events at Itchen wood near Micheldever. It turned out to be quite cosmopolitan, with the courses on offer being a Long Norwegian, Short Norwegian or a Spanish Score. In my younger days we did play French Cricket but that was all. I can only assume that the EC must have had some influence. What are these strange events? Norwegian is a map memory exercise, ie. each control has an extract of the whole map showing where the next control is, but you are given a blank map to help you and so, can, if you so wish, copy the next control onto the map. Spanish Score is a normal score but without a time limit so that you are expected to collect all the controls in as economical manner as possible.

I did enjoy the event but a word of warning! When they say "Seasonal Vegetation" beware.

Richard Sansbury recently competed in the Saunders Lakeland Marathon and we hope to have a report from that event in the next edition.

We must now look forward to the summer holidays and the associated festival events and then come back looking forward to September and the start of the next season with renewed vigour.

Enjoy yourselves

## Chairman's Chat

Bill Vigar

Although orienteering carries on, at least in the UK, throughout the year, there is always a bit of a lull in the summer so, as it's coming up to that time of the year, I thought a review of the Quantock Long-O series might be appropriate in place of my chat.

According to the comments in the results of the first (1997) event, Jenny Tennant had suggested the idea to Arthur Vince and he, being basically a 'long event' person, responded.

I'm not sure why Dunster was chosen instead of the Quantocks, perhaps it was so that the event centre could be at the Hagley Youth Hostel. This idea of having a building of some kind as a centre has been used ever since, village halls have been popular. This first event itself is probably best remembered for one of the control sites used on the long course. This was a veg. boundary in a semi-open area. It had been a very good year for bracken growth. Fortunately it was before the time of electronic punching, so there were no splits to show how long people had taken on this leg. There were only 2 courses, a long of 21.7k with 1430m of climb and a short of only 17.5k with 1110m! Winning times were 4:35 on Long and 3:42 on Short. It was a hot day and had certainly been tough, there were 8 finishers and 9 retirals on the Long and 9/15 on Short. Some had not appreciated the meaning of the phrase 'significant amount of climb' in the final details.

With a first event such as this, would anyone come next year? Of course they would, word spread that there was now a 'proper' Long-O in the South West, so for the 1998 event, on the Quantocks that year starting from the village hall at Holford, there were a few more entrants. Furthermore they now knew what to expect, so the finishers/retirals improved to 15/4 on the Long and to 20/7 for the short, which was 15.2k with only 810m climb. Twelve of those who had retired the previous year came again and finished this one. Although the Long was about 500m longer, with the same climb as the previous year, the winning time was 27 mins less. It was wet rather than hot that year.

The pattern was now set, the next two years were also on the Quantocks starting from Holford but using different parts of the hills, there were bound to be certain common features due to the limited size of the area.

The 2001 event, scheduled to be Arthur's last and due to return to the first venue at Dunster, had to be cancelled due to the Foot & Mouth outbreak that year. The courses were already planned, so they were used the following year. Our clientèle must be getting the hang of things by now, although the details for the Long were about the same as the 1997 event, the winning time was 46 mins less. I had actually taken 6 mins more, so allowing for advancing years it must have been easier than the first one, it was another wet event.

To avoid consuming all of the Quonicle I will deal with the five 'Andy Rimes' years 2003/7, on another occasion.

**Ed** This year's event is under the stewardship of Martin Longhurst and Rosie Wych. Martin's home is near the event centre and he knows the moors well so you can be assured of a good challenging event. See page 15 for details. The club website has an entry form.

### Riding for Charity

QO member Tim Spenlove-Brown is cycling the 500 mile 'Way of St James' across northern Spain to Santiago de Compostela in September. The aim is to raise money for the "Help for Heroes" charity which has already provided funds to build a new pool and gym complex at Headley Court, the tri-service rehabilitation centre for wounded servicemen, in Surrey. The next task is to create a path of care that will launch the wounded back into their lives, to ensure that they go on to enjoy a fulfilling future, despite their injuries. "We would like to see those who have been injured fulfil their dreams and ambitions, to accept that while injury is certainly a set back, it is in no way the end" says Bryn Parry who set up the charity.

Good luck Tim . If you want to sponsor Tim, he will have a Web Page on [www.justgiving.com/timspenlovebrown](http://www.justgiving.com/timspenlovebrown)

## News of people

Those who subscribe to Compass Sport cannot fail to be impressed by QO's O top being displayed by Zoe Round in the "Know your club O top competition". It is certainly one of the smartest on show.

Richard Sansbury's appointment as a Grade 3 controller has been approved by SWOA.

### **Club News**

#### **Website**

Recently the Quantock Orienteers website has had a complete redesign. Included in this are new features such as an e-Quonicle and a forum to discuss orienteering related subjects; this is a great way of exploring new ideas with other club members. The usual details of events and results remain on it. The website can be found at [www.quantockorienteers.co.uk](http://www.quantockorienteers.co.uk) where there is a link to the forum. If you have any suggestions for future features please let me know by e-mailing me at [nath@vu-design.co.uk](mailto:nath@vu-design.co.uk).

Snippets from the Committee meeting on 22 July.

1. Club continues to investigate opportunities for grants for equipment and community projects.
2. New Club captain required.
3. JOG Leader needed.
4. Schools team are aiming to provide regular youth events interspersed with QOFLs at beginning of season.
5. 2x2 relay will continue next year.
6. All club members to be asked via email if they are willing to pay up to £2 extra on the entry fee to have loos at our events.
7. More volunteers needed for planning, organising and controlling over the forthcoming season. Names to Richard Sansbury

Ted Heath

The official version of the minutes will be on the website in due course

## **WMOC 2008 - Marinha Grande Portugal.**

Mike Crockett

The World Masters Championships were held on this forested sand dune area between Lisbon and Oporto. The fact that it was mapped with 2.5 metre contours with liberal use of form lines should have mentally prepared us for what was in store. I am not a mapper but my impression and that of several colleagues on the trip was that it was overmapped and some of the control sites, especially on the practice areas, did need a bit of imagination. Having said that I thoroughly enjoyed the trip and the orienteering but lack of concentration let me down quite badly. So much so that going out with the intention of getting to the A final (top 27 of 72 in the heat) and being the first Brit in that final went out of the window very rapidly and I lowered my aspirations slightly to not be the last Brit. This slightly lower aim I did achieve by finishing in 15th place in the B final. .

The sprint race was quite something. Held in Leiria the qualifying race started near the castle and came down into the "traffic less" town. Vehicles were banned for the duration of the race. The navigation for us was not too difficult but reading the map at speed was crucial. However the competitors on the longer courses did have some cause for complaint. Shoot the controller was one comment I heard from a short Welsh lady of our acquaintance. The cause of the trouble was the fact that they went into the castle where they had five controls in a fairly small area and none of the circles were broken. Hence narrow gaps between walls and flights of steps were obscured making route choice a lottery.

I managed 9th place in my heat and was quite confident of doing well in the final at the seaside resort of Praia de Vieira. Once more traffic was banned from the town. The mayor seems to have the authority to do things like that on the continent. The start was straight into a forest and here my concentration let me down quite badly and I lost 2mins 30 secs on control 3 which in such a short race was catastrophic and I could only finish 50th of 80 in the A final.

Overall the "Brits" did well gaining 13 medals in total which is a vast improvement on previous years.

Leading the medal table for Britain was Elizabeth Brown of SO with two Golds in W90. What an inspiration! 5 races in 7 days

The photo shows Elizabeth with Erkki Luntamo of Finland (M90) on the Winners rostrum at the Sprint prize giving. Erkki was beaten into second place in the long race by Rune Haraldsson of Sweden.

One can't fail to be amazed at these folks abilities. Rune actually jogged past me going to the start of the Sprint Final.



### Summer Score Events

Ted Heath

The two score events we had this summer seemed to be enjoyed. At Crowcombe I was able to put on a 'standard' and a map memory course (you could do either or both in your hour) but at Staple Hill we had to stick to the standard score course because the vegetation was quite lush and the going was slow. If the vegetation in the open areas in Staple Hill dies down in the winter then we may be able to put a Galloper on there but for now we have to work our way round rough open and the forestry felling/clearing which would severely limit course planning. I had hoped, as the years went on, the score events would become more popular but this has not been the case; numbers stay low but enthusiastic. I still believe in the format and think, given the right area it can be good for all standards. Perhaps next year we can find two areas which are user friendly and more of you will want to come and have a go.

Thank you to all who attended and made my work worthwhile, I hope to see you again next year. In the meantime if you can think of anything I can do to attract more people to the events let me know although I must warn you that the organisation will remain minimalistic no matter what.

### Jog's First Term

Judy Craddock

We are now drawing to the end of our first full term of JOG activities.

By 24<sup>th</sup> July we will have managed to hold thirteen training sessions, ten at Castle School and three off-site at King's hall, King's College and Neroche Forest.

As anticipated we have continued to support the 5.30-6.30 pm TAC (Taunton Athletics Club) training, with the JOG taking place for half an hour following this.

Brian Pearson has co-ordinated the activities and the sessions have been led by various members of the JOG team. Unfortunately we still have only a few children coming.

This is disappointing in the light of the schools' festival events run by Brian Fletcher. Information about JOG has been circulated to children and schools following these festivals but we have had little response.

However, the event at Castle Neroche was well supported as it followed a training afternoon for Combe St Nicholas school in the Quantocks the previous week. They came in force with several parents participating and a keen and well organised teacher!

Perhaps the highlight of the term was the practical test taken by seven of the prospective Level One coaches, who had completed the earlier training day on April 19<sup>th</sup>. They all passed, so congratulations to all for their hard work: Brian Pearson, Marie Edmonds, Ron Foord, Jeff Pakes, Rachel Bussell, Joel Llewellyn and Nick Fernandes.



The coaches at work during their assessments



Dave Hands from King's Hall kindly supplied a mini-bus load of children to work with some of the candidates. When they went we were quite short of children until Brian Fletcher and Richard Llewellyn managed to persuade some pupils from King's College to help out. Nick did such a good job with them that they became quite competitive

Our thanks must go to Frances Alexander and Celia Watkinson for travelling to Taunton to complete the assessments.

### Maps for Club Events (Part 6)

Bill Vigar

This is a continuation of the technical aids for surveying that I began in Part 5

**3/ GPS.** Most people know the general principles of GPS, so I will not describe these, other than to say that you should get a 10 figure Grid Reference of your position, i.e. a resolution of 1 metre. Recently, GPS manufacturers seem to have been concentrating on vehicle versions which are not very useful for mapping purposes. This is a pity, as the recent technical advances, that have improved the accuracy and the sensitivity, are only available on limited range of hand held devices, simply because there is a limited market for them. One main point to remember is the difference between resolution and accuracy. Your watch probably gives you a 1 second time resolution, but this does not mean you know the absolute time to 1 second, it depends on when you last synchronised it. Under good conditions, in open land not in deep valleys, a typical GPS will give you an absolute accuracy of about 5 metres. This means there is a 68% chance that the reading it shows is within 5 metres of the true position. This is OK for most orienteering purposes and the recent Exmoor map used for the 2007 LongO was produced almost entirely using GPS. Go to a deep valley on the Quantocks and you will get quite another story. Your accuracy may be degraded to 50 metres or worse and under dense tree cover you may get no signal at all. This was the situation until the introduction of the 'high sensitivity' models. These use more advanced signal processing circuits that can operate with weaker signals, resulting in more acceptable readings even in dense woods .

So how does one use a GPS to modify an O-map when the GPS gives an OS Grid Reference, or a Latitude & Longitude, neither of which is shown on the O-map? Well that could be a long story, but the simple answer is don't worry about it, that's what cartographers are for!

Let's go back to the simple problem of finding the position of a new knoll in a

block of forest. The procedure using GPS would be: take a reading while standing on the knoll, it is a good idea to stand still holding the GPS in front of you for about 30sec, to give the reading time to stabilise, the exact way of recording the position will vary according to the model you are using. Then move to a nearby point feature like a path or track junction, and take another reading, now move to a second point that is also on the current map, like another junction, and record this as well. If you recall the 'old' way described previously, you will see it is very similar. This is because someone will have to plot these three readings so that they can be related to the original map. The resulting plot will also have to be rotated a few degrees as the reading will be Grid North and the map will be Magnetic North. As a surveyor you will not need to worry about the details, just give the three co-ordinates to your cartographer and let him sort it out.

The advantage of this method will be evident, especially if you have done the same thing by the 'old' method.

Again however, there are potential problems that have to be watched. Firstly you will need to be sure your GPS is a 'high sensitivity' model, the Garmin eTrax range, for example, have an 'H' in their model name . It is easy to check, just see if it works OK indoors, away from a window. Secondly the accuracy of any GPS reading can be affected by the actual positions of the orbiting satellites, these seem to be in random orbits so sometimes 12 may be visible and sometimes as few as 6. It is always a good thing to take more than one reading at each point, preferably separated by at least an hour, an average of several readings is more reliable than a single reading. You may also see GPS receivers advertised as 'WAAS enabled', this is another long story, but basically don't worry about it, it will not help you much, even if you do get it working!

**4/ Altimeters.** Although GPS does generate altitude electronically, it is not very accurate and of little use for mapping, although again the 'high sensitivity' models are better. Some models of GPS receiver include barometric altimeters. They are also available as separate hand held units. These can have a resolution of 1 metre, so can be useful in checking things like the relative height of platforms on a steep slope, or the number of contours that should be in a deep re-entrant. Due to weather related changes, you need to take your readings quickly, if you set the unit to the correct altitude at your starting point, it can typically be 10 or more metres different when you get back after a couple of hours.

**5/ Voice Recording.** Some people may find it easier to keep a record in this way rather than making notes, especially if it is raining! I have never tried this

## Quantock Orienteers Club Championships

You are all invited to take part in the QO 2008 club championships which will be held on Sunday 7th September. This will take place at Wind Down, which will be familiar to many, but we will be using a new map that also takes us over Broomfield Hill.

The competition will be a one hour score event with a mass start at 11:00am. There is no pre-entry so please be there between 10:00 and 10:30 so we can register you in time.

Non-QO members very welcome, but the champion will be the club member with the best score after their age handicap is applied.

Unfortunately we are unable to offer a buffet meal as at previous championships. However, please join us afterwards at the Travellers Rest pub at grid ST 210 333 where we hope to be able to present the new club champion with their trophy and also to award the QOFL prizes

Richard Sansbury 01823 288405

## Selected Events in the South West or nearby

13,9,08	Devon Score Event	Woodbury Com- mon	SY 041850	Jill Green 01392-278512
14.9.08	Wimborne Galoppen	Turf Hill & God- shill	SU 213178	J Warren 01425 474861
20-21 .9.08	Caddihoe chase	Hampworth	SU 237182	J. Belza 01980 652249
4.10.08	Devon Long O	Okehampton	SX 589931	R Green 01392 278512
12.10.08	Wessex Regional	Holmsley & Dur Hill	SU199000	I. Middlebrook 01305 778412

Edition 121 of Quonicle will be distributed at  
The Caddihoe Chase-20th September  
Copy to me by 15th Sept please.

## **QO EXMOOR LONG-O 2008 DUNKERY HILL SUNDAY 5<sup>TH</sup> OCTOBER**

VENUE: The event centre will be the village hall Wootton Courtenay(TA24 8RH, SS936434).

Refreshments (drinks, soup, cake etc included in entry).

TERRAIN: Fairly runnable open moorland with seasonal bracken, steep-sided combs and streams. Wooded section near to the start. Variable path network not all small paths marked on the map. All courses go over Dunkery Beacon which at over 500m is the 'county top' and exposed to the weather.

MAP: Specially developed 1:25000 overprinted with controls, courses and out-of-bounds areas.

COURSES: Three courses all use the same start/finish. **Long:** approx. 25km, **Medium:** approx. 18km, **Short :** approx. 9km. All courses will have a significant amount of climb. Manned compulsory checkpoint on long and medium courses with water available. Competitors must carry suitable clothing and drink/food. No juniors unless accompanied.

STARTS: From 10.00 to 12.00 - please start early if you anticipate being out for a long time. Electronic punching using the Joe Lee system. Dibbers supplied as part of the entry

(£5 charge if lost).

ENTRIES: Long/medium Seniors £8.50. Juniors £5.00. Short £5.50, Juniors £3.50. One fee pays for one map. There will be memento prizes for the long and medium winners and an additional prize for those who do well in both the QO and Devon Long O events.

Closing date 21 September. Possible EOD for short course and telephone planner for late entries.

DOGS: All dogs must be under VERY close control.

OFFICIALS: Planner: Martin Longhurst Controller/organizer: Rosie Wych Enquiries 0117 9516145 or martin.longhurst@uwe.ac.uk

**Final details/Start list [www.quantockorienteers.co.uk](http://www.quantockorienteers.co.uk)**