



Edition 118  
March 2008

Some items have been omitted from this version. These are

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

### **Editorial**

I am afraid there is not too much this time. Although there have been plenty of events I have had very few unsolicited reports, and I have not been around “soliciting” as much as usual.

The last Quonicle was put up on the club webpage. I have not heard any comments about it. Please use the website and the forum page. The committee would like to hear your views.

I am not sure that I agree with some of Bill’s sentiments over the way we are being led at the moment, but one thing is sure, and that is if you disagree with something then you should be represented at the place where the decisions are made and say so. SWOA

committee meetings are held in Taunton so we should be able to be represented.

Brian Pearson tells me that there has been no response to the request for relay teams for the JK or British Championships. However it won’t be long before the SWOA series will be underway. Yes June is not too far away. We won last year in a very close encounter with NGOC and I hope that this year we can make it easier for the scorer, (I do have a vested interest in this, as in a moment of weakness I volunteered for that task!)

There are many events to come before that and I ask you to try hard, perform well, but above all enjoy the experience.

### **Chairman’s Chat**

What is an Orienteering club for? This may seem a strange question for the chairman of one to be asking, but it came to me suddenly, after I had read the SWOA development Plan – Version 3.

I had previously thought it was something like “to organise the type of orienteering events that its members expect”. After reading the aforementioned plan, I thought maybe I've got it all wrong, it's about Welfare Officers, County Sports Organisations and Training Conferences. It all seemed rather removed from my simplistic view, I don't think the word 'Event' is even mentioned.

My question to you all is, how far should we stray from just putting on events? Should we be more active in recruiting and training club members? Should we be linking with other organisations like Athletics Clubs and Schools, and if so what are our motives?

Anyone with views on these matters is welcome to air them, either in Quonicle or directly with a committee member.

Bill Vigar

## Club News

### **Notes on Minutes of Committee Meeting on 7 February**

1. -- 3.4 Regional Development Meeting attended by Roger and Judy.
2. -- 3.5 Volunteers needed for various British Orienteering committees
3. -- 4.2 AGM Financial Report accepted
4. -- 6.1.1 Feasibility of having a local events Sunday each month discussed
5. -- 6.2 Retention of juniors a concern
6. -- 6.3.1 The Junior Orienteering Group (JOG) has had a good start
7. -- 7.2.3 QO to organise a Regional Event in the 2009/10 season
8. -- 9.3 Neroche to be investigated for suitability as a Permanent Course

The minutes of the meeting can be viewed on the QO website.

Dear All

A little while ago we added a Forum to the web site. The idea being that we could get people's views on various topics and give people the opportunity to air their views/seek opinions on their own particular topics. So far the take up has not been good, maybe because you don't know the Forum is there, or you are having problems logging on (Nathan will help you [nath@vu-design.co.uk](mailto:nath@vu-design.co.uk)) or you are delighted with every aspect of the club and British Orienteering.

There are a couple of topics that need your input at the moment,

- (1) How do we introduce more people to Orienteering and retain their interest?
- (2) Are urban events a good idea?

Please have a look at the Forum and let us (QO) know what you think

Ted Heath

## QO on National Television

Mike Crockett

On the 16<sup>th</sup> of February Mike Bushell, a sports presenter of BBC Television tried his hand at Orienteering. BAOC were holding one of their regular training events at Yateley and Minley and Mike came along to try the sport for his Saturday morning slots on Breakfast Television. The majority of the programme featured Mike trying the sport for the first time guided by Sarah Rollins, one of British Orienteering's Elite group and a former Major in the Army. The programme is also on Youtube at the time of writing. (I am not a regular viewer and so don't know how long it will be there)

During the programme other runners appeared in the forest, among them Tim Spenlove- Brown, running confidently towards the camera resplendent in his QO kit.

Tim and I travel most Wednesdays to these army events and have a really good time. The camaraderie between the civilian participants is really good fun, but we still treat the competition very seriously.

Details of the Wednesday events can be found on [www.baoc.org.uk](http://www.baoc.org.uk)

### **Welfare Officer**

SWOA is no longer required to appoint a Welfare Officer, but instead it is suggested by British Orienteering that each club should have their own.

The Club Welfare Officer will act as the first point of contact at club level for items concerning the welfare of young people and vulnerable adults.

Quite a number of members have jobs which involve contact with young people and therefore should have the expertise to help the club with this appointment.

If any member of the club is interested in taking on this appointment then more details can be obtained from Ted Heath .

## Notes from SWOA Committee meeting

1. A. Vince is proposing to hold a Controller grade 3 course later in the year.

2. SWOA are hosting the JK in 2010.

The proposed venues are

Sprint	Exeter University
Individual days	Braunton Burrows and Cookworthy
Relays	Cookworthy

3. There are vacancies on various British Orienteering committees for Regional Representatives.

The full minutes of this meeting will be on the SWOA website in due course.

## Events

### **QOFL Event Buckland Wood**

Ian Bartlett

Anyone staying in bed for this event missed a treat. The weather was glorious, sunny and warm and certainly not typical of what you might expect in January. There looked to be a pretty good turnout as cars had filled the car park and were backed right up the adjoining country lane.

Doing the blue course, I was prepared for plenty of climb and lots of dense undergrowth to fight my way through. I certainly got plenty of the former but was pleasantly disappointed about the runnability of Buckland Wood. January is probably as good a time as any for getting a clear run and for much of the first half of the course I was able to shuffle along at a pace that was definitely faster than a walk.

Having competed in an area before is always a great help and I remembered that the large man-made gully in the north east part of the wood does have an end and is not really leapable without risk of serious injury so I detoured round it without mishap. With few paths in evidence for much of the course, some careful navigation was required as were a good pair of mountain goat legs to get from 11 to 12. It doesn't really

help when you glance at the map, see a track, decide to run down it but neglect to take in the dark green area shaded right across it so my route choice from 12 to 13 backfired significantly.

Overall, with all the controls placed correctly, getting back in one piece and enjoying the late spring like weather, this made the day a very memorable one.

### **Ham Hill QOFL**

Graham Hartley

As one relatively new to orienteering, this was a very different experience to the more usual leafy glens and rounded hill tops of the Quantocks. The unusually small map scale of 1:5000 showed the detail of Ham Hill's very strange orange landscape; there were fantastic views in many directions and it was a real pleasure to be out and about. As ever with orienteering in public places there were the funny looks from the passers by, especially those enjoying a quiet Sunday drink in the pub.

From previous experience of walking with friends, I had thought of Ham Hill as a monument on the end of a quarry, but running a course led us to parts of the countryside that other activities just don't reach. Having 24 controls on the green course was quite a surprise - as someone whose running is normally stronger than his navigating this seemed to provide even more than the usual number of opportunities for error. In fact my worst control was the shortest distance (3 to 4) and I ended up held momentarily immobile by some vicious brambles after a particularly poor route decision. After that, though, the course darted around the dips and hollows making extensive use of the re-entrant features, which successfully concealed some controls until you were quite close. The terrain also entailed a lot of running up and down 3m slopes to avoid detours and went the length (and back) of the available territory.

Overall, a really enjoyable run in a unique setting, and thanks to Adele and the whole team for doing an excellent job and organising such good weather too.

## Little Light Entertainment

Margaret Crockett

There is always something magical about a night event, as scattered lights flicker and twinkle in the forest. To the imaginative mind they could be elves or goblins, busy on their secret missions of treasure-seeking or nocturnal mischief-making. In reality, each pin-prick of light is an orienteer, either skilfully speeding to the next control, or wandering around in circles, completely lost in a sea of dark.

With the ever-developing technology of bigger and better head torches, the magic is going. The other-world mystery is being replaced by practicality, as long beams of light penetrate the darkness, like searchlights in the Blitz. But at the recent British Night Championships in the Forest of Dean, the clock was turned back to the times of gnomes and hobbits, as competitors were invited to take part in a Candle-o.

The light from one candle in a jam jar is really little better than moonlight, as only a small pool of light is produced. It is only just strong enough to illuminate a map, and only has a range of a metre or so. Enveloped in your own tiny world of brightness, the phrase 'fine orienteering' takes on a different meaning.

The planner made little allowance for the short range of 1 c.p.(candle power) and after two easy controls competitors were soon plunged into the forest. Fallen trees and deep moss-covered brashings become enormous obstacles, as 1 c.p. hardly lights up the ground. Swinging the light around in the hope that the beam will pick up the control flag doesn't work very well with just a candle in a jar. Added excitement is caused by dry leaves falling on to the candles, but the resulting flare up is short-lived. The anxiety of your battery failing is replaced by the worry that the candle will burn out before the Finish is reached. And as head torches were banned, that could be disastrous!

I always enjoy the solitude and silence of night-o, but candle-o adds another, intangible dimension. Forget your frog eyes and your ever-lasting batteries. Forget your splits and your final time. Just take a candle, a jam jar, and a piece of cord for a handle, and go out and really experience the forest at night. And perhaps, for a short time, you too could become Frodo on his mission to return the Ring.

## Maps for Club Events (Part 4)

Bill Vigar

A problem in writing a series of articles such as these, is that one tends to do them 'as required', spread out in time to meet the current Quonicle deadline. This makes it impossible to edit something you wrote in a previous article, but now realise could have been better explained. One thing maybe I should have mentioned earlier, when considering adding features, is the relationship between the actual feature, and the size of the symbol chosen to represent it on the map. Let's consider a normal O-map with a scale of 1:10,000, one millimetre on the map represents 10 metres on the ground.

The IOF have defined the sizes to be used for all the orienteering symbols and line features, these are specified for 1:15,000 scale maps.

A Vehicle Track for example is 0.35 mm, a Fence 0.14 mm (excluding the tags), an Earth wall is also 0.14 mm. Now consider what happens when you have a Track with an Earth wall on each side with Fences just beyond. For a 1:10,000 scale map all these numbers are assumed to be increased by 50% as the map is expanded from 15,000 to 10,000. The total width of this feature would be 1.2 mm even if there is no space between them, or, allowing say 0.14 mm space between each item, about 2.2 mm or 22 metres on the ground. This is likely to be much more than the width of the actual feature.

For another example consider contours. A normal contour line is 0.14 mm wide and an index contour is 0.25 mm. On a 1:10,000 map we therefore have contours 0.21 mm wide, or 2.1 metres on the ground. Think about what this implies on steep ground. If the slope is 60 degrees, and quite a few areas have slopes this steep for short distances, with the normal 5 metre contour interval, the clear space between the lines on the map is only 0.4 mm, this is about one quarter of the minimum distance specified by the IOF for lines of the same colour!

I have given these examples to show the problems of trying to show too much detail on a map. As this is an article about surveying and not cartography I have not suggested solutions!

This general problem needs to be remembered when surveying, there may well be a knoll beside a pit, it is the soil that came from it, but both cannot be shown without 'cheating' and increasing the distance between them. If

there is nothing else nearby this is acceptable, but in crowded areas cannot be done without displacing something else.

I have mentioned before that vegetation is a problem, due to the fact that it keeps changing, both with time and sometimes within a block of forest. Not only that, but how do you decide whether it is 'slow run' or 'walk' anyway. Officially these are defined by the percentage by which running speed is reduced, 'Slow Run' for example being 60-80% of normal running speed, 'Walk' being 20-60% and 'Fight' being 0-20%. The same numbers apply for both dense trees (shades of green) and undergrowth (vertical lines) except there is no symbol for undergrowth fight. In reality all this is very subjective of course, brushings that would have little effect on an elite M21 would cause a W75 to walk, or if possible avoid the area altogether. The choice of whether to show an area as a shade of green or with vertical lines should be easy, the lines are undergrowth such as brambles, heather or brushings which you can see over. There will always be borderline cases such as brambles or gorse 1 metre high. You may be able to see over them but few would choose to walk through them, so I tend to show them as fight (solid dark green).

Bearing in mind the above difficulties, I tend not to worry too much about vegetation details as long as the obvious thickets, very useful for control sites, are shown. After all if you, walking through the area, cannot decide if it is Slow Run or Walk, neither will the competitor.

To conclude this Part, I want to list a few technological aids. There are five worth considering.

- 1/ A Sighting Compass, to get more consistent and accurate bearings.
- 2/ A Range Finder to measure distances without having to pace count.
- 3/ A GPS receiver to determine the OS coordinates of a location.
- 4/ An Altimeter for accurate height measurement.
- 5/ A voice recorder for making on site notes.

I will describe these in Part 5, and also explain how they can help in surveying, mainly by reducing the amount of time it takes. I do not, however, want to give the impression that all or any of these are necessary for simple map revision.

Action Medical Research asked if this could be shown in our newsletter. More details from me or the Get Involved screen of A.M.R.

**Brave the Beacons**  
13th September 2008

An exciting quadathlon based in the heart of the Brecon Beacons, this is your chance to pit your wits and fitness in this multi-activity event with attitude.

Just get your team of four and join us for this action packed weekend!

for further information:  
**0870 333 1662**  
[www.action.org.uk](http://www.action.org.uk)

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## Fixtures continued from Page 12

It is provisionally planned to have our annual Summer Score events on 31st May and 28th June. More details in the next edition

## SWOA Summer Relay Series

The provisional events for this series are

- 29th June NWO Relay
- 6th July BOK Adams Avery Relays
- 13th July WSX Hardy Relay
- 20th July DEVON Relays
- 27th July WIM Furrow Hoppers Relay