

The QuOnicle



The Newsletter of Quantock Orienteers No. 139 September 2011

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Treasurer	Roger Craddock	01823 323850	
Committee	Bob Lloyd	01823 333251	Permissions
	Rosie Wych	01823 451942	
	Mark Maynard	01823 251262	Fixtures
	Bill Vigar	01823 680679	Mapping
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Judy Craddock	01823 323850	Membership
Nathan Fernandes	01935 424128	Webmaster
Adrian Edwards	01823 325119	QuOnicle

EDITORIAL

For most of us summer is a relatively quiet time as far as orienteering goes. Personally I've taken the opportunity to do some trail runs and navigation exercises on the Quantocks as I look forward to my second Mountain Marathon event (the OMM in October). I didn't do much training for the first one, but I promised myself I'd try and do a bit more second time around! To that end I'm looking forward to the QO Long-O weekend for a chance to test myself before the 'big one'.

Running around the Quantocks this summer I've come across quite a few 'navigationally challenged' members of the public. My favourite incident was a group of youths who stopped me in Ramscombe to ask for help. They'd set out on something that looked like a cross between a 'treasure hunt' and an orienteering event—without a proper map! Their battered print-out was passable until they realised the next 'clue' was a grid reference and nothing else...

Perhaps we could recruit some new club members by offering some basic map reading courses. We wouldn't even need to stand around on a hilltop or don a high-vis jacket—prospective clients are more than happy to flag you down, even when you're hurtling down a hill!

—Adrian Edwards

FROM THE PRESIDENT

As you will know the position of Chairman of Quantock Orienteers has become vacant. In an attempt to overcome this problem committee members will be taking turns to chair meetings.

However another aspect which has not been overcome is the Chairman's Chat for QuOnicle which, together with the Editorial, is an essential part of the magazine. Adrian, our now well established editor, has agreed that we should give "Post from the President" a try.

As some of you will know, I have been unable to attend many events this year and I am afraid to say that this will continue for the foreseeable future as I will shortly become a bionic man. A word of caution - Don't do too much running or your knees may wear out!

Among the events I had to cancel was the World Masters Orienteering Championships in Hungary. I did manage to get my entry fee back, but cancelling the air fare cost me money. I paid £25 for a medical certificate and obtained a refund of less than £10. Another word of caution, read the small print. There was a £50 excess I hadn't spotted!

The task of president, or El Presidente as Adrian prefers to call me, is not too onerous - shake a few hands and be seen around to encourage newcomers etc. But I do have one other job within the club, which is distributing SINS and QuOnicle. This involves collecting SINS from Sue Hateley at a South West event such as a Galoppen or regional; pairing SINS with QuOnicle and handing out as many as possible at that event, thereby reducing mailing costs. The rest are then posted. Obviously it will not be possible for me to do this whilst I am out of action. I am hopefully looking for someone to shoulder this task temporarily whilst I am incapacitated. It would help if it was someone who knows club members or can spot a green and yellow shirt from 100 yards, sorry metres.

A short while ago Bob Lloyd produced a list of Permanent Courses in our area. One proposed site was at Combe Hill Wood near Street. The list triggered some action and I am pleased to say that the course is now well underway. Maps will be available to download from a website. The area although steep and thick in places, will be ideal for training and I have tentatively broached the subject of night event at a later date. Watch this space!

Now as we approach a new season, may I ask you to support your committee and others who do so much to promote our sport. I wish you all, every success in your endeavours, and most importantly, enjoy yourselves.

—Mike Crockett

CLUB NEWS

News of People

Best wishes from all QO members to our president Mike Crockett who's having a new knee fitted. We all hope to see Mike out on the hills again soon, when we shall be creating a special 'Bionic' competition category for him!

Event Changes

Please note the following changes to forthcoming fixtures:

- QOFL 3 on 29/01/2012 will now be held at Crowcombe Park Gate/Dead Woman's Ditch, and not Culm Davy as previously advertised.
- QOFL 5 will now be held on 1st April 2012 instead of 25th March.
- Croydon Hill has been confirmed as the venue for the Galoppen on 15th April 2012.

Volunteers Needed

We are busy organising our series of Quantock Orienteering Forest League (QOFL) events for next season, and we still need our great volunteers to come forward. The QOFL series are our core events and are the most popular to our members. But the QOFL events do not happen on their own. They require the club to help with organising, planning and controlling. I will soon start asking individual members if they are available, so expect an e-mail! However please consider helping if you feel able to do so and give me a call. We have lots of club 'mentors' to help you, and don't forget we have a rewards scheme in place for anyone who helps.

—Mark Maynard

2011/12 TEAM LISTS

Please find below an updated team list for next year's Quantock Forest League Events. Those of you who have been around for a while may remember previous lists published in QuOnicle. Last year we had a number of events where the 'usual suspects' all seemed to be grouped in one team, and some of our organisers found it difficult to recruit, and so we have shifted the teams slightly and are intending to allocate the teams to specific events. Adrian Edwards (your long suffering editor) has volunteered to help organise QOFL1 at St Audries and so is in Team 1. Team 2 will be required for QOFL 2 and so on. I hope that the new team lists mean that we have an even number of volunteers for each event.

Please consider making yourself available for the QOFLs allocated to your team - as with all events they rely on the help of club members and would not be possible without it.

We still need to find more organisers for the rest of our series (volunteers most welcome) so team members will be adjusted if they need to organise a different event.

—Mark Maynard

QOFL Team 1:

Anderson, Mike	Mallinson, Jim
Bartlett, Ian	Maynard family x 4
Bussell family x 5	Milroy family x 2
Clegg, Neil	Pearson family x 4
Craddock family x4	Pearson, Graham
Edwards, Adrian	Pearson, Jim
Hancock Family x5	Pottage, Barrie
Harvey, Norman	Rimes family x 3
Hill, Richard	Spence-Brown, Tim
Hopkins, Andrew	Wych, Rosie
Kirby, John	Wilmott family x 3
Llewellyn-Eaton family x 2	

QOFL Team 2:

Bullock Family x4	Holmes, Dave
Baybutt, John	Knipe, Matthew
Butcher, Peter	Kromhout, W family x 4
Crockett family x 2	Larcombe, Mark
Cudmore, Chris	Longhurst, Martin
Daniels, Jan	Nicholls, Jim
Dunthorn, Luke	Richards, Suzanne
Edmonds, Marie	Richardson Family
Fernandes family x 3	Sansbury, Richard
Fletcher, Brian	Tennant, Jenny
Green family x 5	Vigus, Sam (with Hollingsworth children)
Hext, Tony	Wakeling family x 4

QOFL Team 3:

Appleby, Adele	O'Mahony Family x5
Bolling, Keith	Pakes, Jeff
Braine-Clarke family x 4	Philip, Chris
Fisher, John	Purchase family x 4
Gard, Sue	Pye family x 2
Godsell, Amanda	Ryan family x 3
Hands, Dave	Smith, Samuel
Hartley, Graham	Traylor, John
Heath family x 2	Vigar, Bill
Husband, Ian	Windsor, Steve
Lloyd, Bob	Williams, Steve
Modica family x4	White, Benjamin

FAMILY ORIENTEERING WITH SOMERSET LEISURE'S 'LIVING WELL' TEAM

Orienteering was something that was not easily available for families in the West Somerset Area, so when the Somerset Leisure 'Living Well' team was formed with external funding and the remit to promote well being through activities and healthy eating, introducing family Orienteering sessions on a monthly basis seemed like a good idea.

The first step was to get some courses planned, and with the help of Quantock Orienteers routes were mapped out initially at Dunster Castle, Alcombe Combe and Dunster Deer Park. Maps were printed out and, armed with no experience but loads of enthusiasm, we ran our first event. Luckily the participants were the same as us and about 29 local families happily turned up for the first one. We were expecting teething problems and with only one lost child and the final competitor taking 3 ½ hours to complete the course (we could hear the distant rallying cry of 'we're not giving up, this is how we won the war!'), we felt we had got off quite lightly.

Since then we have run 15 monthly sessions with various attendance numbers ranging from 14 to 79. We also have 6 courses in beautiful locations including 3 permanent courses, 2 of which on Crown Estate land that we helped fund to be created. We felt that our enthusiasm could only take us so far, and so we enrolled on the level 1 coaching Orienteering course which we felt could help us to run junior coaching sessions during the holidays and potentially to local Cubs and Brownie groups.

The unique thing about the family sessions is that nearly every one is new to the sport including the adults, and it is generally seen as more of an afternoon stroll in the woods with friends and family with some interesting puzzles to work out on the way.

The emphasis is definitely on fun and can sometimes be non competitive to the extreme, families stopping for a picnic on route can

mean that it's often a long day for the team waiting for competitors to return. We have even been cheerily taunted with mobile phone photos of competitors having a cream tea and a pint at the local pub!

In an effort to add a little of the competitive spirit for the Nutcombe Bottom event we decided to introduce a prize to the winning family back. This was kindly donated by Dunster Castle and was a free family pass to the Castle. This seemed to work and although numbers were low for the August Bank holiday monthly event there were more people arriving at the finish with a rosy glow than for previous sessions.

The dream is that having introduced the sport at a friendly non competitive level, new competitors will then be inspired to move on to more competitive events with the Quantock Orienteers. We're not sure if this has successfully happened yet, but it's a start.

Details of the events can be found on the living well web site www.livingwellsomerset.org and are also promoted through the Quantock Orienteers site. Newcomers are welcome as is anyone wanting a 'run out' in a different location. Tel 01643 018815 for more information.



—Mandy Godsel: Living Well Activity Coordinator

QuOte UnQuOte: Mike Crockett

“QuOte UnQuote” is a new feature (or rather an old feature brought back to life!) where you can find out a bit more about your fellow QO members. Up first is QO President Mike Crockett....

Name: *Mike Crockett*

Occupation: *Retired. I worked in electronics most of my life finishing up as a purchasing officer*

Age Class: *M75*

How long have you been orienteering: *33 years*

How did you get into the sport?: *I saw Bill Vigar with a map one lunch time at the place where we worked and asked what it was and he took me to the BOK Trot at Speech House. The BOK Trot is Bristol's main annual event and not really the sort to cut your teeth on. It worked and I am still here. I have run the BOK Trot every year since until last year when I controlled it and this year ... The Knee.*

Best orienteering moment...: *There have been many, but I guess the best has to be getting 7th place in the WMOC 2010 Sprint.*

...and worst orienteering moment: *There have also been many but I do try and forget them. One that does stick is controlling an event at Broughton Burrows on the Gower. I went over for a last look round and found that a fence had been erected right across the area. It was pouring with rain and impossible to see the extent of it. The maps had been printed and bagged so it was not possible to add a correction. A sheet was produced which told the competitor where the fence would be encountered on the course. Not too satisfactory a solution but the competitors were very understanding.*

What's the one piece of advice you wish you'd been given when you first started orienteering?: *Take care of your body.*

Favourite O shoes: *Adidas Swoop. Light weight and comfortable but not the best for rough terrain.*

Thumb or baseplate?: *Both- I usually use Thumb but do use a Baseplate at night.*

Favourite O areas: *Braunton Burrows (UK). Jail House Dunes in New Zealand.*

What are your other interests?: *Gardening, Photography, Sudoku, Camping (now in a campervan) Computer (not surfing the net or modern stuff like Face book). I have recently taken a passing interest in my family history. One bit of advice about the latter –find out as much as you can from your parents and their generation before it's too late.*

What's your favourite... Music: *Brass band. TV: Countdown and most sport. Film: I'm not a film lover.*

Who do you most admire?: *It has to be Margaret for putting up with me for nearly 20 years. (p.s. She has approved this, which is a bit worrying).*

Give us one fascinating fact about yourself that other club members might not know : *My great grandfather was born in Wales and his father at one time lived on a plantation in Antigua. I am trying to find out more.*



Mike Crockett passing on his experience

And finally, describe yourself in three words: *Arthur Vince once described me as "The Club Worrier". Roger Craddock says "He Knows Everybody." Margaret says "Dashing, Debonaire & Erudite" You can take your pick.*

Fifteen Years of Long-O

The fifteenth Quantock Log-O takes place on 1st/2nd October – see flier on Page 14. The present format of a two day event has come a long way since 1997. I came across the comments about it recently and thought some of the information would be of interest!

Arthur Vince was the planner and there was a long course of 21.7km/1430m climb and a SHORT of 17.5km/1110m climb! The event was the introduction to orienteering for Andy and I who had taken part in KIMMs as fit runners (it was 15 years ago) but who could not navigate – Rosie still can't I hear you say. As you will see we were among the long list of retirements and I still recollect arriving back at the finish totally exhausted having taken the most appalling route choices and getting totally lost. QO members will recognise many names on the results list and it is good to see that many are still competing.

Arthur wrote "Yes, the going was tough.....I fear that some did not realise what 'significant climb' actually meant....One noticeable feature of the day was the friendly and sociable atmosphere.....I got the impression that you thought it was a good idea which should be repeated."

Arthur's philosophy set the scene for all the ensuing events – novice orienteer Andy evolved into the event planner for a number of years and I've got out of having to run by controlling. 2010 was a well-received event with Judy Craddock's catering reaching even greater heights.

We hope to get a good entry this year – even if you aren't up to a long course have a go at one of the short (really) courses to get a flavour of the event.

—*Rosie Wych*

1997 Quantock Orienteers Long-O Results:

LONG COURSE: 21.7km, 1430m, 33 controls

				Finish	Class Time	Corrected Position
1	James Clemence	M35	SWOC	4:35:34	4:16:17	2
2	Mark Brown	M18	KERNO	4:55:12	4:19:47	3
3	Bill Vigar	M60	QO	5:11:49	3:32:03	1
4	Nick Keast	M21	Devon	5:22:44	5:22:44	7
5	James Jackson	M21	Devon	5:44:47	5:44:47	8
6	Graham Pring	M40	KERNO	6:03:22	5:23:24	6
7	Dave Livesey	M55	Devon	7:12:43	5:20:13	5
8	Noel Gould	M60	Devon	7:38:33	5:11:49	4

Retired: Chris Philip (QO), Sue Gard & Ben (QO), John Kirby (QO), Ted Heath (QO), Tony Manley (QO), David Palmer (BOK), Robin Carter (Devon), Norman Wright (BOK), Simon Morley (Devon)

SHORT COURSE: 17.5m, 1110m, 24 controls

1	Chris Kelsey	M40	BOK	3:42:46	3:18:16	3
2	Trevor Griffiths	M45	BOK	4:08:31	3:28:45	5
3	Annemarie Woodley	W21	Devon	4:17:43	3:26:10	4
4	Mike Crockett	M60	QO	4:19:55	2:56:45	1
5	Andy Reynolds	M21	Devon	4:29:06	4:29:06	7
6	Phil Tadd	M45	Devon	4:31:24	3:47:59	8
7	Gerald Woodley	M60	Devon	4:38:31	3:09:23	6
8	Ian York	M35	QO	5:23:10	5:00:33	5
9	Alison Reynolds	W21	Devon	5:36:12	4:28:58	4

Retired: Mark Larcombe (QO), Micahel Moore (MOK), Chris Cussen (QO), David Marshallsay (MOK), Sarah Tadd (Devon), Jim Nickolls (QO), Peter King (Devon), Alan Richards (NGOC), Sean Wolstenholme (Devon), Judy Johnson (BOK), Tony Hext (QO), Rosie Wych/Andy Rimes (Ind), Christ Storie (Wells City)

QUANTOCK LONG-O WEEKEND OF ORIENTEERING 1st/2nd October 2011

The annual Quantock Orienteering event repeats the successful formula of 2011 with two days of events:

Day 1 - Saturday – Western Quantocks. A technical score event. Starts 13.00-14.00. Choose from 1, 2 or 3 hours. Seniors £7 (£2 BOF discount). EPS type SI – dibber hire available £1.

Day 2 - Sunday – Doone Valley and Exmoor. Course lengths short 8km, medium 15km and long 23km (provisional lengths subject to final planning). Seniors £11 med/long, £9 short (£2 BOF discount).

Entry includes the traditional home-made soup, bread, cake and hot drinks. Start times early, middle and late from 9.30. EPS type SI – dibber hire available £1 (covers both days).

The long event is ideal training for the OMM. Participants may run as a pair. Different course lengths can be combined over the two days. Small prizes are awarded for short, medium and long winners over the two days. The event is unsuitable for novices and unaccompanied juniors are restricted to the short courses.

For individuals wishing to stay in the area camping and other accommodation is available at the Day2 event centre Cloud Farm.

**Entries may be made through Fabian4—Closing date 26th
September. Late entries an additional £2 per day**

**Enquiries: Rosie Wych 01823 451942
QO Website://www.quantockorienteers.co.uk
Cloud Farm://www.cloudfarmcamping.com**

JOG FIXTURES—AUTUMN 2011

Saturday events are from **2.00-3.00pm**
Sunday QOFLs are from **11.00am-1.00pm**

Junior Orienteering Group fixtures for Autumn term 2011:

Sat 24th September	Vivary Park
Sat 1st October	Longrun/Castle/Scat
Sat 8th October	Netherclay Woods
Sat 15th October	Wind Down
Sat 22nd October	King's College
Sat 29th October	Fyne Court
Sat 5th November	20 Acre Wood
Sat 12th November	Kings Cliff Wood
Sun 20th November	St Audries (QOFL)
Sat 6th November	Dead Woman's Ditch
Sat 3rd December	Orchard Portman
Sat 10th December	St Audries
Sun 18th December	Lydeard Hill (QOFL)

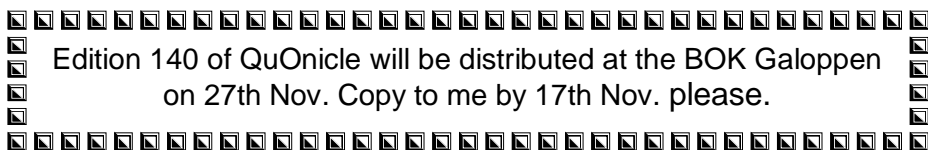
Please confirm fixtures at
<http://www.quantockorienteers.co.uk>

Ring Judy Craddock on **01823 323850** for more information

Fixtures Senior Club Events

01.10.11	Long-O	Holinicote/Allerford/	ST117410
02.10.11	Weekend	Selworthy Wood	SS794468
20.11.11	QOFL1	St Audries	ST117410
26.11.11	QOAD1	Dead Women's Ditch, Quantocks	ST162382
10.12.11	QOAD2	St Audries	ST117410
18.12.11	QOFL2	Lydeard Hill, Middle Hill, Aisholt Common etc.	ST181338
01.01.12	Xmas Novelty	Sheldon	ST122079
14.01.12	QOAD3	Holway (Taunton streets)	ST239240
29.01.12	QOFL3	Crowcombe Park Gate/Dead Woman's Ditch	ST162383
12.02.12	QOFL4	Cothelstone Hill and Twenty Acre Plantation	ST190326
18.02.12	QOAD4	Triscombe Stone	ST164359
03.03.12	QOAD5	Castle Neroche	ST271161
01.04.12	QOFL5	Priors Park Wood	ST228167
15.04.12	Galoppen	Croydon Hill	SS974420
13.05.12	QOFL6	Staple Hill	ST247172

The Forest League (QOFL) is our series of regular events with colour coded courses, White to Blue to suit all abilities. Start times 11am to 1pm. Costs: Senior £7.00 (£5 BOF members), Junior £1.00, Families £12, Dibber Hire £1. Please see page 23 for a list of JOG fixtures.


 Edition 140 of QuOnicle will be distributed at the BOK Galoppen
 on 27th Nov. Copy to me by 17th Nov. please.