

Quantock Long-O weekend of orienteering

3-4 October 2015

Final Details



Quantock Orienteers extend a warm welcome to the two day QO weekend of orienteering. We hope you enjoy some challenging runs in areas of outstanding natural beauty.

Day 1: Wilmot's Pool – Score and Blue / Green courses

Event registration will be in the car park area at Wilmot's Pool. ST152381. From the south this will be signed from the A358 through Crowcombe village and up the hill. The approach from the north will not be O signed but the road to Crowcombe village is easily reached from the A39 and the event base will be seen on the way. You may be directed to park at overflow public parking areas 300 metres away.

Please note that there is a junior orienteering event taking place from the same base 14.00-15.00 with different start and finish points.

Registration from 11.30. It is a short walk to the start and finish from here. Dibbers issued for day 1 will be collected and re-issued for day 2. Both events will use SI punching. Lost hired dibbers will be charged for. There are punching starts for both days, so no start times will be pre-allocated. An official at the start will organise a queue if necessary. Car keys may be left at registration (recommended for sole car occupants).

Start Times: 12.00 -13.00

Courses: There is an option of 3 score course times - one, two or three hours. Select the time when you register. All three use the same map. There are also Blue & Green courses. These courses have road crossings and British Orienteering guidelines state that this makes them unsuitable for unaccompanied juniors.

Score Map: The map scale is 1:15,000 with 5 metre contours. A map without controls will be displayed at registration.

Blue / Green Map The map scale is 1:10,000 with 5 metre contours. A map without controls will be displayed at registration.

Terrain: The area consists of a mixture of rough open and natural, mostly oak, woodland with steep sided coombes crossed by a few paths. Good studded footwear is recommended for the steep valley sides. There is some bracken in a few places, this is not mapped. The green vertical lines denote gorse.

Clothing: You must take waterproofs and whistles if the weather is inclement. Runners on long 3 hour course must also take water and food as there is no drinks station. Kit check at registration.

Emergency phone number (at registration) 07739629234

Control Descriptions: These are on the map. There are no loose sheets available.

Scoring Method: There are 22 controls, 7 with a value of 10 points, 7 with 20 points, 7 with 30 points and 1 with 40 points. Point values and individual control codes are shown on the map and the control descriptions, in different colours for clarity. All controls are available to all three courses with the following condition: only

controls of equal or greater value than the one you have already visited will score. For example the sequence 10, 10, 20, 10, 30, 20, 10, 30 would give you only 100 points, as the third and fourth 10, and the second 20 would be invalid. PLEASE MAKE SURE YOU FULLY UNDERSTAND THE SCORING SYSTEM – ASK FOR CLARIFICATION AT REGISTRATION IF NEEDED.

Lateness Penalty: A deduction of 5 points will be made from your score for every minute, or part minute, that your time exceeds the time you have chosen to run.

A Tip: Having a piece of string with knots indicating how far you expect to run in an hour would be a useful accessory in selecting your route. Those who have run score courses on mountain marathons will appreciate the benefits of the simple aid!

Day2: Brendon Common & Exmoor

The event HQ is at the Brendon village hall (EX35 6PS/ SS764481). The approach from the East is via the A39 – take the 2nd (sharp L) signposted road down to the Brendon valley, avoiding the “Alternative route, light vehicles only” road. From the South and West head towards Lynton and leave the B3223 turning right at Brendon Manor stables. Toilets will be available at registration, and parking will be either in the hall car park or on the approach road if necessary - follow marshals’ directions as required. NO “O” SHOES IN THE HALL PLEASE.

Registration and late entries are in the hall. Both start and finish are approx. 1.5 km from the centre. We will look after your keys if requested. Registration is from 9.00am. Starts: 9.30-11.00am. Slower runners on the longer courses should consider starting early.

Maps: Conventional orienteering maps with limited small detail due to the scale, which is 1:20,000 in all cases, overprinted on waterproof paper, and with control numbers and descriptions printed as text. Long and medium course maps are printed on both sides with a good overlap.

Terrain: Typical open moorland with steep river/stream valleys. Courses should miss the worst ground (no tussocks!) but there are patches of dense undergrowth in some combs. Many small animal tracks exist in addition to those paths shown on the map. Stream crossing is required, but should not be too problematic at any part of the courses. Competitors should use their own judgement if there is a spell of very wet weather. Further information will be displayed at registration if deemed necessary.

Course lengths: Long 20.0km; 700m
 Medium 14.2km; 420 m
 Short 7.9 km; 320m (juniors on this course must be accompanied unless experienced – confirm with organiser please).

A control manned from 10.30 AM until 2.00PM will be passed on Long and Medium courses. Please ensure that your details are given to the official in addition to using the electronic control. This is for your safety in case a search is needed. Water is available at the manned control. Assistance/retirement will be possible. The finish (not manned) is on the moor edge above the village and the 1.5 km lane walk back down hill to the centre will be taped/signed.

Courses close at 4.30pm. If runners retire they MUST report back to the event centre.

EMERGENCY NUMBER ON THE DAY ONLY 01598 741222 (Note, there is very poor mobile network coverage in this area - this is the number of the pub adjacent to the village hall!)

Safety: Exmoor is exposed and potentially subject to poor weather and changeable conditions. Please dress accordingly. Ticks are indigenous in the region, and some areas have gorse/bracken covering so lower leg cover is advised. You must take waterproofs and whistles on the short course if the weather is inclement. These must be carried by those running longer courses whatever the weather forecast in addition to water/emergency food for the duration. Kit check at registration. If lost the B3223 runs north-south through the centre of the area and can be used to re-locate.

Dogs may accompany their minders, but please bear in mind that there are sheep and cows in the area, the dog's behaviour is your responsibility.

Crossing points: are not compulsory, but we have assured the owners that fences will not be damaged. Please report any damage. Some boundaries are impassable without injury!

Gates: Most of the crossing points are gates. The default state of all gates is CLOSED, unless they obviously haven't been used for years. If you find one open please close it behind you.

Queries and payment for late entries: These will be dealt with at the registration desk for each event. At other times contact Rosie Wych 01823 451942 (available until 7.30am on 3rd October) or rwych@hotmail.co.uk