

Quantock Long-O Weekend of Orienteering

28/29 September 2013

The annual Quantock Orienteering long event comprises two days of orienteering. Day 1 will use traditional Quantock Hill terrain and day 2 avoids some of the notorious Exmoor tussocks by introducing a newly mapped National Trust wooded area.

Day 1 - Saturday – Quantock North A technical score event. Starts 12.00-14.00. Choose from 1 (short), 2 (medium) or 3 (long) hours.

Day 2 - Sunday – Dunkery Beacon and Horner Woods Course lengths: short 7km, medium 13km and long 20km (provisional lengths subject to final planning). Entry includes the traditional home-made soup, bread, cake and hot drinks and a village hall event base. Start times early, middle and late from 9.30 – 11.30.

Entry Fees for the “Long-O Challenge” (combines both days):

£19 (£17 with BO discount) on medium and long courses

£17 (£15 with BO discount) on short courses

Single Day Entry Fees:

Day 1: £8 (£6 with BO discount)

Day 2: £15 (£13 with BO discount) on medium and long courses

£12 (£10 with BO discount) on the short course

EPS type SI – dibber hire is available -£1 (covers both days)

Day 2 entry fee includes an obligatory £2 contribution to the National Trust

The long event is ideal training for the OMM and similar mountain marathon events. 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 of the challenge. 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 in Porlock village.



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Entries may be made through Fabian4

Closing date 23rd September

Late entries an additional £2 per entry

Enquiries: Rosie Wych 01823 451942

QO Website://www.quantockorienteers.co.uk

