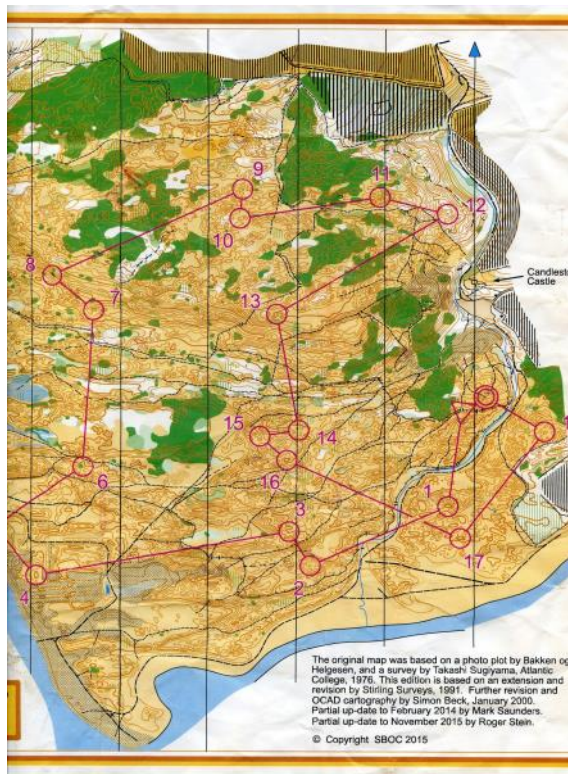




The QuOnicle



No. 165 January to April 2016



The original map was based on a photo plot by Bakken og Helgesen, and a survey by Takashi Sugiyama, Atlantic College, 1976. This edition is based on an extension and revision by Strilings Surveys, 1991. Further revision and OCAD cartography by Simon Beck, January 2000. Partial up-date to February 2014 by Mark Saunders. Partial up-date to November 2015 by Roger Stein.
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The Newsletter of Quantock Orienteers

Editor—Vacancy!

www.quantockorienteers.co.uk

www.facebook.com/quantockorienteers



Quantock Orienteers Committee

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Front cover: Merthyr Mawr

EDITORIAL

We are still looking for an editor. Please contact a committee member if you would like to volunteer. Knowledge of Publisher would be an advantage. If no one steps forward this could be the last QuOnicle!!

FROM THE PRESIDENT

As announced in my last post, my battery has run down and I have retired from active competition. However at the Taunton town event someone came up and offered me access to a new battery charger, which proves that someone reads Quonicle!

For many years Quonicle has been printed by Walton Press of Glastonbury and distributed by hand usually by myself walking round a carpark before posting the remainder. I can honestly say that during that time we have never missed a deadline.

As most of you will know I am a member of a group called the BOK Army who attend Army training events on Wednesdays. I was deeply touched this week at our Christmas lunch to discover a song had been commissioned to mark my retirement (or was it celebrate) “ Goobye Michael C” sung to the tune of Candle in the Wind or Goodbye English Rose by Elton John the refrain was:

*And it seemed to us you lived your life
With your dibber in your hand
Always knowing where to run to
On the firm dry land
And you would have run forever
'Cept you thought you're a tad too slow
Your knees just burned out long before
Your dibber lost its glow*

I did point out that the Lyricist, Howard, had obviously orienteered in a country that I had missed ie “Cloud Cuckoo Land”

I would like to thank everyone for all the hard work that has gone in during 2015 to make it a successful season. Long may it continue.

And now as 2016 is with us I close by wishing you a Very Happy and successful New Year. May you achieve all your aspirations and even if you don't quite make all of them enjoy the experience.

Mike C

Post Script

It was good to see so many people at Ham Hill and at Wind Down: and we were blessed with reasonable weather for most of the time but we felt sorry for the control collectors today as we drove into Taunton in heavy rain.

—Mike Crockett

JOG Reports

31st October -28th November 2015

Unfortunately the JOG event at Orchard Portman had to be cancelled as a shoot was using O P. Andy Harris had given us permission but must have failed to check the diary of events for the area. The QOAD was well supported but it was evident that Orchard Portman needs to be extensively re-mapped.

The morning of JOG at Thurlbear Woods on 7th November was very wet and blustery and I think that this deterred people for coming, a shame for the afternoon was quite sunny. This is a tricky area as it is well used by dog walkers and paths near the start are difficult to map accurately. Jim Nickolls planned some great courses and had a good idea of three consecutive map memory courses for the Fox. Those that attended the JOG training did some control picking exercises and had a useful preview of the area around the start!

Brian Pearson planned at Castle Neroche on 14th November for a JOG followed by a QOAD. Both were well supported, needless to say Brian used the area well and extended many physically as well as mentally!

Taunton Town Event was held to celebrate SWOA's 50th anniversary. We had the usual four courses available together with a Punch Snapper and a Maze competition. Gavin offered to do a coaching session beforehand which was greatly appreciated by those who attended.

We finished the term at Huish Woods a new area for JOG although the club mapped it many years ago. It has proved difficult to get permission to use it and it's only by Mark Maynard's persistence that we have managed it! Huish Woods is a really interesting place with contrasting areas within it, the weather was appalling but surprisingly we had a good number of people attending.

JOG report for Spring Term 2016

Fyne Court on 16th January followed the QOFL on 1st January on the JOG calendar. The event started badly when the Finish flag was stolen before we managed to put it up! However things improved from there and, although the weather was overcast, 60 people attended. Richard was the planner and he added the newly mapped area the east of the map for the Fox course.

Netherclay Woods on 23rd Jan was planned by Spencer. Although the paths were thick with mud the trees have now grown to a height which will almost allow the woods to be mapped as white. This encouraged the children to cut through the woodland rather than slip and slide in the mud. Usually an area which attracts The Masses we had only 34 participants. 31st Jan was the QOFL at Buckland Wood followed by Culm Davy on 6th February. Although Storm Imogen was threatening, Adrian had started to put out controls on the Saturday morning. However it was soon evident that Culm Davy was too exposed and sadly we decided to cancel the event for not only would it have been dangerous especially in the wooded areas but the roads leading to Culm Davy were likely to flood.

Mark Maynard planned our first event at Huish Woods, we have worked for a long time to gain access to this area and it did not disappoint. It's a small map but with very distinct areas from wooded sections to quite complex camping sites. The weather was not good and only 32 people came but those who did had great runs.

Rachel Bussell planned the Queen's College event on 20th February and used the Comeytrowe area in addition to the Queen's map for the Fox course. It's always hard to forecast how many will come to an event at half term but we had 42 so it was well worth while.

SKILLING UP: HINTS AND TIPS FOR IMPROVEMENT

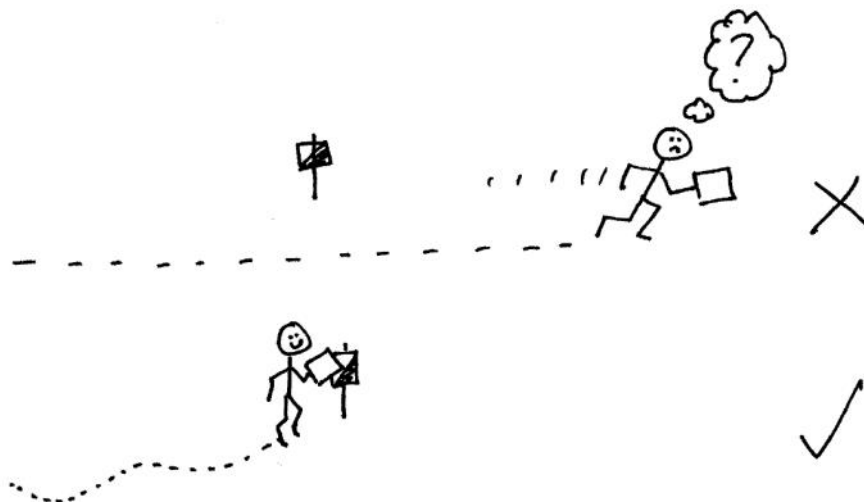
This is my 15th and final edition in this series. I hope these have been interesting and useful. There's always more to learn so why not share your own ideas.

Tip #29 - Stay in contact

I have been writing these tips for the last 2½ years. But I still make mistakes myself. I rarely count paces, I do not select safe routes, I rarely have a fine-O/coarse-O strategy and I simply don't concentrate enough. All of these have been the subjects of previous tips. I know what I should do but I don't always do it!

So what is the real challenge? Obviously the overall challenge is to complete the course in the shortest time possible. So does that mean running as fast as possible? I suggest probably not. Orienteering is so much more than running. A faster runner might cover the ground a few seconds quicker, but a poor navigator can lose several minutes or more on a single error. Taking that into account, thinking about getting there in the shortest possible time is not very helpful, as it tends to encourage reliance on speed.

Most of my errors involve charging ahead and then not knowing exactly where I am on the map any more. This is known as losing contact with the map. Once contact is lost, relocating takes a long time. Keeping in contact may mean slowing down, to look at the map and surroundings more often, but at least it does not lose as much time as getting lost does.



So I'm going to change focus. From now on I'm not going to think about getting to the next control in the shortest possible time. My challenge is to avoid mistakes and to keep in contact with the map at all times. A clean error-free run that does not rely on luck is my new objective.

Once I can achieve that I will try to speed up again.

Tip #30 - Flow

One way to treat an orienteering course is to view it as a sequence of short courses between each control. Each control is a mini-finish: hooray I've found it! Now I'll stop and look at what's next. This is ok, but it results in a stop-go kind of motion. Also, standing next to the control gives its position away to other competitors. The best orienteers seek something different - they aim to achieve flow, in which the controls are incidental way-points on the route to the actual finish.

The key to achieving flow is to look ahead at every opportunity. You should have already checked the map to know what's coming up. As somebody once said, try to keep your brain ahead of your feet. Know what the next move is. So in every bit of "dead running", i.e. an easy route along path, or a slow trudge up hill, use the time to study the map, look ahead and memorise the next bit of the course.

And look beyond the next control. Yes, you need find the next control first, but it is a good idea to look beyond to the rest of the course. Which is the best way out of the next control? Will there be a change of direction? When will the next opportunity to study the map come?

So rather than read the map while standing next to the control, do your map studying at other times and keep the momentum.

Flow is when everything goes well. Consistent progress is achieved. Features are where you expect them to be. Its orienteering at its best and when it happens it feels great!

That's me done! Thanks for reading this series.

— *Richard Sansbury*

MAY

Wednesday, May 4 17:30 to 20:30	Summer Series Race 1 - Clifton	Street Event Urban Series
Sunday, May 8	Castle Neroche	QOFL6
Wednesday, May 11	Summer Series Race 2 - Penpole,	Street Event Ur- ban Series
Saturday, May 14	Dorset Sprints Champs – Verwood/ Potterne Park. Full details at www.wimborne-orienteers.org.uk	Urban/Parkland
Sunday, May 15 09:30 to 14:30	BOK Local and ASO Championship - Sandford & Lyncombe Hill	Local Event
Wednesday, May 18 17:30 to 20:30	Summer Series Race 3 - Nailsea	Street Event Urban Series
Wednesday, May 25 17:30 to 20:30	Summer Series Race 4 - Stoke Gifford	Street Event Urban Series
Saturday, May 28	Tamar Triple Day 1 (Plymouth - Urban)	District-(C), Urban
Sunday, May 29	Tamar Triple Day 2 (Davidstow)	District-(C), Long
Monday, May 30	Tamar Triple Day 3 (Mt Edgumbe)	District-(C) SWOA Mid- dle Distance

JUNE

Wednesday, June 1	Summer Series Race 5 - Butcombe	Street Event Urban Series
Sunday, June 4	Poole Town Race	SEOUL Urban League
Wednesday, June 8	Summer Series Race 6 - Worle	Street Event Urban Series
Saturday, June 11	British Sprint Championships – Olympic Park.	Urban Sprint
Sunday June 12	British Middle Championships – Leith Hill, Near Dorking.	Forest, Middle Distance.
Wednesday, June 15	Summer Series Race 7 - Keynsham	Street Event Urban Series
Sunday, June 19	Braunton Burrows: Devon League	District-(C)

SWOA RELAY SERIES 2016 Best four of six to count. Please see the Organizing Clubs website for event details.

Date	Relay	Organising Club	Venue
Sun 19 June	NWO Relays	NWO	Shaw Ridge, Swindon
Sun 26 June	Adams Avery	BOK	Dyrham Park, Bath
Sun 3 July	Moonraker Relays	SARUM	TBA
Sun 10 July	Hardy Relays	WSX	Upton Country Park (extended version!)
Sun 17 July	Devon Relays	DEVON	Burrator
Mon 12 Sept (18:30).	Furrow Hoppers	WIM	Potterne Park, Verwood

OLD NEWS—Bill Vigar

Newsletter No. 65 September 1999

Editorial

..... As mentioned one of our founder members is moving to be with his daughter in Kent. I asked him if he would write a few words before finally moving. And so John Pilkington writes.

..... By chance, in May 1969 I saw a small paragraph in the County Gazette asking anyone interested in forming an orienteering club to go along to Leslie Avenue, Taunton one evening. I duly turned up and Q.O. was born.

The Commentary at the World Championships

Clive Allen describes what it's like to be one of the men behind the mike. (*A two page article this, hard to condense*)

..... One of the biggest challenges at an international event is pronouncing names correctlyjust try your hand at Shihoko Ochiai, Maksym Shtelmakh, Remi Gueorgiou and Mugurel Mutiu Ovidiu! The most exciting bit, though, was describing Yvette Baker's run for Gold in the Short Distance final.

Shamrock O'Ringen

A visit to the South West of Ireland in the spring has become a bit of a habit in recent years. It's a very 'laid back' place and this reflects in the O'Ringen..... All in all this is an event I would recommend to anyone, part of their orienteering education.

Welcome to new members

Rosie Wych and Andy Rymes (sic), Alice and Sarah of Cushuish
Steve Memford and Family of Wellington.

News from BOF

... There are meetings to be held shortly to discuss possible structure changes within BOF. This has been brought about by the way the Sports Council, or Sport England as our part is known, allocates its financial assistance. ...

Messages from the Club Secretary

Quantock Orienteers are now on the internet courtesy of Web Site manager Ted Heath.

LONG-O, 26th September, from Holford

This event is proving more popular in its third year, with 55 entries a week before closing date. do not even think about turning up on the day without fore-knowledge of the event and without having an entry confirmed.

QOFL

In addition to the present league scoring system there will be a new league. Known as the QOFLIT, it will measure the improvement a competitor has made during the course of the season.

O in South Wales—Preparation for Croeso 2016 by Jeff Pakes

Orienteering in South Wales

It's the start of a new year and there's a lots of great events to look forward to here in Somerset and further afield. One series I'm particularly looking forward to is in South Wales in July. I understand that it represents the last chance to attend a week-long festival in this half of Britain, this decade. The Welsh 5 Days, or Croeso 2016 as it's known, will probably not feature on many peoples' radars here in Somerset but the 3,000 from 30 different countries attending its Croeso 2012 forerunner speaks for its quality.

Such multi-dayers are usually marketed as top class orienteering combined with a family holiday. So it may be seen as somewhat incongruous that the 2016 event will have an unfashionable backdrop in the Port Talbot area, which are news with their planned sort of industrial grittiglove with quality O terrain like it since, it can testify. Back then, terrain like it since, it ble, grazed moorland

This time? I had a sneak have seen the promotion-dayers? Lots of flowery descriptions and tempting snapshots (maps not dishes) just like the most drool-some menus. And a bigging-up of the festival's hinterland as a fabulous holiday area (quite rightly in my opinion)- all in all, a thoroughly good marketing job. Dunes, warrens, country parks, runnable forest and limestone moorlands are all depicted in fab-frenetic squig- for the aver- a diet of steep, mission woods ing on the I remember camp at 2014 Dhu.

The yellow with contours are the warrens of the Kenfig Burrows and the ones I'll focus on. Sandwiched in between the M4, the steel mills and the coastal resort of Porthcawl, permissions to

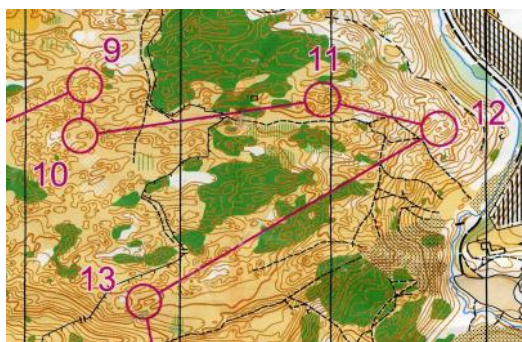


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look at the "menu"- you al literature for O multi-

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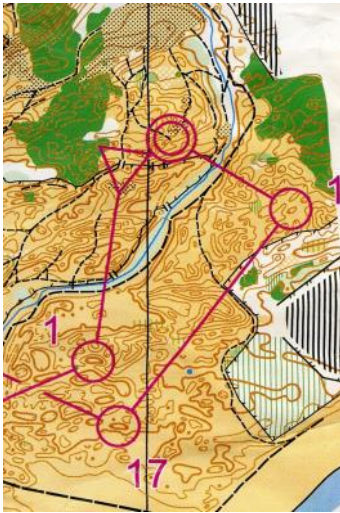
are all depicted in the map ex- clusive colours and gles. Possibly strange age QO member fed green Forestry Com- - "It's like orienteer- moon" was a remark from within the QO JK relays at Pwll



map excerpts I see as complex as finger-

use the Kenfig nature reserve for orienteering have been obtained, apparently after years of trying. The organisers are even suggesting it might be the best new orienteering area in Britain this decade.

I had a sneak preview of and practice on similar terrain nearby when I attended a double header on the dunes at Merthyr Mawr on the near side of Porthcawl in late November. There was a few square kilometers of warrens, basically dunes bound together with vegetation, all very runnable but fiendishly complicated. I did have my first decent run on such terrain, as I tried and failed three times at the complex dunes of the Cornwall club Kernow's Penhale Sands several years back.



The key for me was to only run as fast as my understanding of the map, to run my own race and not get distracted, get up high (usually only a 10m climb) to survey the area to clarify my position where necessary and to run very hard whenever possible, looking for big features. The first times I ran in such areas I couldn't understand how anyone could run without getting immediately lost, so confusing was the map to me!

I remembered quite vividly my disappointments at Penhale, hence my decision to get in practice before the summer. So the trip and over-

night stay, only booked the day before, was worth it. Saturday was a low key event with registration and download run out the back of a car. Sunday was a Welsh galoppen which to my surprise only 85 attended.

Historical foot note: Merthyr Mawr was apparently part of the same shifting dune system as Kenfig, are the highest dunes in the UK and were used for some of the shooting of Lawrence of Arabia. The dunes once inland shifted so they entirely covered medieval settlements (and probably lost orienteers too), then they were deliberately bound down (the dunes) by vegetation that was introduced (possibly not by orienteers but someone with orienteering in mind).



Jeff Pakes

HAM HILL 13 December

Ham Hill provides a unique challenge for our area and is always worth the trip from Taunton. The ridge with fantastic views has extensive old quarry workings, which have changed the landscape into a warren of stony ridges and grassy hollows. An ideal location for rapid orienteering for the brain as well as feet, some years ago it was the venue for a national level sprint competition attracting elite competitors.

Andy Rimes as ever, ably planned to make full use of the top area and avoided the woody escarpment that branches off to the east, no doubt due to the thick mud that usually lurks there to turn the event something closer to skiing. For the Blue course we had 27 controls squeezed into 4.9km, but where the legs criss-crossed they were in opposite directions, which helped to avoid a sense of déjà vu.

Full-on concentration from start to finish was key to this event and this was required from the moment when stepping over the start line. The first controls on Blue and all the Green courses were behind the start instead of ahead and many people were caught out, losing minutes rather than seconds. Thereafter it was a case of constant

map reading, picking the correct junctions on small paths to get round areas of dense vegetation, or reading contours and other features to pinpoint the controls. One leg to an outlying control 104 down the escarpment was compromised by undergrowth barring the optimum route on paper and was dependant on finding a trail, blazed way through by an earlier runner. Some people now owe Chris Philip a drink for this. I opted to bail out in the end and took a detour.

For me it was a pleasing run, I held onto second place for the first eleven controls before being reeled in by Gavin Clegg who was recovering from the first leg. I then dropped to 5th at #13 after totally misinterpreting parallel contours when looking for a hill top control which was lower down the slope. For the second half, I pulled one position by managing to pick off most of the controls cleanly. The positions were juggled around, especially in the last tricky section with several controls tucked away in small contour features. At the end of the day, consistency and speed paid off, especially for Ben Chesters, who had an amazing run to finish clear by over 13 minutes.

Brian Pearson

COURSES

SWOA GRADE C CONTROLLERS TRAINING COURSE

DATE: Saturday 21st May 2016, starting at 9.30am, finishing at 5pm.
WHERE: Montacute House National Trust property, 6km west of Yeovil, Somerset. Post code TA15 6XP; Grid Ref. ST 498 169.
TUTOR: Arthur Vince, KERNO COURSE DETAILS

This is the BOF course for those applying for a Grade C Controller's licence. The other mandatory requirements for getting a licence are:

1. To have organised a competition registered with BOF within the previous 10 years.
2. To have planned a minimum of three events, with at least one at Level C, and at least one within the previous five years.
3. To have completed BOF Event Safety training.
4. To be appointed by their Constituent Association.

[Ref. BOF Rules Appendix C version 3.3 January 2016,, para.2.1.]

It is not necessary to have completed all the requirements before attending the course. However those attending should have a realistic prospect of completing all the requirements for being licensed within 18 months of the course. In particular they should have planned at least two events, and preferably organised one. Experience greater than the minimum required is a distinct advantage.

The course will be funded by SWOA so there will be no charge to participants.

The practical exercise part of the course will be in the parkland adjacent to Montacute House.

Participants will need to do some preparatory homework before the course so need to allow time for this.

Those interested should contact Arthur Vince directly: athur.vince@btinternet.com, telephone 01935 863429.



Don't forget from 1 January 2017 all event officials must have attended an Event Safety Workshop. Speak to a member of the committee if you wish to attend one.

YVETTE BAKER TROPHY - Sunday 17 April

A marvellous day on the Mendips saw the QO Junior Team run their socks off, and in some cases win their class at the local heat of the Yvette Baker Trophy. As a result they have qualified for the National Finals in Herefordshire in July. Well done to all.



THE ORIENTEERING FOUNDATION

The Orienteering Foundation welcomes applications for funding. We encourage those that meet our key objectives which are to help orienteering and promote the sport of orienteering through

- enhancement
- innovation
- alleviation of hardship.

We are also interested in

- increasing and sustaining participation in orienteering through all ages
- strengthening the links between orienteering and the community
- harnessing the potential of orienteering as a force for the good in society as a whole.

Whilst many grants given to date have focussed on junior projects, we welcome applications benefitting any age group.

Further details here: www.orienteeringfoundation.org.uk



SWOA GALOPPEN RESULTS

The 2015/16 Galoppen League has just finished, there are some great results for QO: **Brian Fletcher has won the Blue**, with Jeff Pakes in fourth place. On the Green, Club Captain Chris Hasler is fifth, with John Trayler 8th. On the Short Green Bill Vigar is second. But with four wins out of five, the star performance has to be **Luke Shopland who has stormed away with the title on Light Green.**

The above results are all down to the individuals orienteering prowess and nothing to do with the new scorer—our very own Spencer Modica, who has taken over the calculations from Joff Henley.

Want some summer orienteering in great company? Then the Summer Relays are for you: See page 9 for the schedule and let Chris Hasler know which relays you are able to run. Don't be shy, they are great club social occasions.