

Quantock Long-O weekend of orienteering

28-29 September 2013

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: Quantocks North – Long Score Event

From the A39 Taunton to Minehead road turn off right and follow orienteering signs to travel through Crowcombe village and up the steep approach road to the car parking at GR ST156381. Registration (from 11.30) will be clearly visible by the large QO flag. 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 course times - one, two or three hours. Select the time when you register. All use the same map.

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

Terrain: The area consists of a mixture of rough open moorland and mixed woodland with steep sided coombes (some overgrown) crossed by many tracks and rides. You must follow the minimum kit requirements as detailed below. Good studded footwear is recommended for the steep valley sides.

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

Scoring Method: There are 21 controls, 7 with a value of 10 points, 7 with 20 points, 6 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 previously 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 2 points will be made from your score for every minute, or part minute, that your time exceeds the time you have chosen to run. However, on all courses, (but in practice, on the long course only), if you excel, a 2 points per minute bonus will be added for achieving all controls in less than the allocated time!

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: Horner Woods and Dunkery Beacon

The event HQ is at the Village Hall in Luccombe (SS 911445). The approach is via a small road which will be signed from the A39 4 miles west of Minehead just before Allerford. Limited parking is available in the village –

please follow direction of the club official and show consideration to village residents. The hall will be open for well deserved food and drinks – soup, bread and cake (included in entry fee) as you return from your run.

Registration and dibber hire/late entries are in the hall. **NO O SHOES IN THE HALL.** The common start/finish is 5 minutes uphill on a small road from the event centre and will be manned only for the starting period. We will look after your keys if requested. Registration is from 9.00am. Starts: 9.30-11.00am. Slower runners on the long course should consider starting early.

Maps: limited small detail due to the scale, which is 1:20,000 in all cases, overprinted on waterproof paper with control numbers and descriptions printed as text. Those who regularly use Orienteering maps should note that this map is more akin to a Mountain Marathon map. All wooded areas are shown as pale green and all open areas are white. In neither case is any attempt made to show runnability. There are several areas that would, on an Orienteering map, be shown as 'Semi-Open' - these have been shown either as 'Open' or 'Wood' as seemed most appropriate. The map has been produced especially for this event, the income from which was not thought likely to justify an extensive survey. Most of the paths have been checked, together with the parts near control sites, you may find unmapped items elsewhere.

Terrain: Steep wooded river/stream valleys and areas of open moorland with variable bracken cover. Some woodland is very runnable but other steeper areas are very overgrown - studded footwear is recommended for the steep valley sides. There are many well established paths and many small animal tracks exist in addition to those paths shown on the map. Some stream crossing points and bridges are shown on the map. Competitors should use their own judgement if there is a spell of wet weather. Further information will be displayed at registration if deemed necessary.

Course lengths: Long 18.7km; 870m
 Medium 13.1 km; 560 m
 Short 7.3 km; 440m

A control manned from 10.30 – 15.00 hrs will be passed on Medium and Long. 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. Assistance/retirement may be possible. Water is available at the manned control.

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

Safety: Exmoor and the Quantocks are exposed and potentially subject to poor weather and changeable conditions. Ticks are indigenous in the region, and areas have some gorse/heather covering so lower leg cover is advised. The following kit requirements are for the safety of competitors.

	Day 1 – 1,2 or 3 hours	Day 2 - 7,13 or 20k
Short	waterproof top whistle	waterproof top whistle
Medium	waterproof top whistle	waterproof top whistle drink and food and for very bad weather: hat and gloves warm layer over trousers
Long	waterproof top whistle	waterproof top whistle

	drink and food <i>and for very bad weather: hat and gloves, warm layer and over trousers</i>	drink and food <i>and for very bad weather: hat and gloves, warm layer and over trousers</i>
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- A kit check will be made at registration.
- We will rely on competitor honesty to carry appropriate kit.
- Anyone deficient in kit will be allowed to only do the short course.
- The kit list is flexible and will be adjusted depending on the weather forecast.
- A mobile phone may be carried for emergency use only but reception is very patchy in the deep sided valleys
- We will provide a weather forecast at the start.

Dogs: may run with their minders, but 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 respect fields marked out of bounds.

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 (until 8.00am on 28 September) or rwyh@hotmail.co.uk