



**The Newsletter of Quantock Orienteers
No. 150 July 2013**

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Quantock Orienteers Committee

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Other Club Officials:

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EDITORIAL

I'm writing this hot on the heels of competing in my first orienteering relay event—the Furrow Hoppers down in Dorset (see page 13 for a full write-up). I was a tiny bit apprehensive—I'm still prone to making the odd howler (although I gather I'm not alone in this!) and was worried I may let my team mates down. In fact that was one of the reasons (along with the ever-present problem of finding the time!) that I had never until now answered the call to arms for relay team members.

I didn't mess up, but actually that's missing the point... The relays are and should be about spending some time with your fellow club members, having fun and (as long as Chris is involved) having a nice roast lunch and a well-earned pint afterwards. If any of you have thought about doing a relay event (or even if you haven't) and have not yet tried it, you really should!

—*Adrian Edwards*

POST FROM THE PRESIDENT

This edition of QuOnicle is being distributed at the Taunton O event which is being held as a celebration of Dave Holme's contribution to orienteering, and in particular to orienteering in the Taunton area of Somerset. Dave and his family played a big part in the progress of Quantock Orienteers from a small club to the highly respected club that it is now. The event is our way of saying thank you.

There are many like Dave who also do a huge amount of work for the benefit of members, please reflect on this and give some consideration to how you might be able to contribute a small amount and relieve the load on others. I aim this in particular at the younger members. Quite a few of us are "getting up-along" and may be due for retirement soon. Please give this some thought.

Mark is looking for Planners, Organizers and Controllers for the QOFLs and I would like someone to take over the distribution of QuOnicle. That's just a few ideas for starters.

There used to be a saying in nearly every orienteering article "May you all run in sun lit forests". As a gardener and after the recent summers that we have had, for once, I agree with the sentiments. May the sun shine on your efforts.

—Mike Crockett

CLUB NEWS

QO Annual General Meeting

This year's AGM will be held at 3.00pm on Sunday 1st September 2013 at the Farmer's Arms in Combe Florey, TA4 3HZ.

The AGM will take place on the same day as the Club Championships at Lydeard Hill. Anyone whether a member or not is welcome to take part in the competition and to join us for an informal late lunch at the Farmer's Arms, pre-order from the Hasler family. The AGM will take place shortly after lunch.

Agenda:

1. Apologies for absence
2. Minutes of the 2012 AGM, see note 1 below
3. Matters arising from the 2012 AGM
4. President's report
5. Secretary's report
6. Treasurer's report including: accounts for the year ended 31 May 2013; membership fees for 2014
7. Fixtures Secretary's report
8. Membership Secretary's report

9. Junior Orienteering Group Report
10. Amendments to the constitution, see note 2 below.
11. Elections (see note 3 below):
 - Chairman, Secretary, Treasurer
 - Four to six other committee members
 - President
12. Any other business, see note 4 below

Notes:

1. Draft minutes of the 2012 AGM are on the website, or contact the Secretary for a copy.
2. Proposed amendments to the Constitution must be received in writing by the Secretary no later than Saturday 17 August and must be signed by two voting members.
3. Nominees must be proposed and seconded by two voting members, who must previously have obtained their consent. Nominations may be made at the meeting, or previously in writing to the Secretary.
4. Any member may raise any matter concerning club activities or policy for discussion.
5. Every Individual member or two members from each family are entitled to vote.

Club Secretary:

Richard Sansbury, Rose Cottage, Netherclay, Bishops Hull, Taunton,
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Message from Mike

I have decided that controlling an event has become too much of a physical challenge for me and so reluctantly have resigned as a Grade B controller.

I think that controlling is one of the most satisfying tasks in orienteering and have enjoyed many happy hours in the forest and on the hills and moors. There are many happy memories and a few less happy, but the former greatly outweigh the latter.

I would advise anyone who enjoys the sport and wishes to give something back to become a controller.

—*Mike Crockett*

Upcoming software courses for members

I have been asked to run a couple of courses for members, the first being purple pen for course plotting, and the other, an advanced Sportident course.

The first is open to all members and will be of interest to any member who wants to have a go at planning an event. The purple pen software is a means of overlaying your prospective control sites and courses onto a base map of the area to ascertain course lengths, suitability etc. This will be a one day course at a suitable venue in or around the Taunton area. The course will be all hands-on, so a working knowledge of computers etc. will be a pre-requisite. We can provide some computers, but if you have your own it will be preferable.

The second course will be for members who have a reasonable working knowledge of our Sportident hardware and its use with the autownload event timing software. This course will cover some of the more advanced features of it including setting up networks of two or more laptops, setting up printers, lost competitors etc.

For practical reasons numbers are limited to 6 each (we can always run another course at a later date if necessary) so if interested can you please contact me on andyr.go@hotmail.co.uk to register your interest.

Dates/venues will be confirmed once we have enough candidates.

—*Andy Rimes*

JOG Report

Summer term 2013 up to 22nd July

James Green planned all the courses on Wind Down on May 11th. Dad was unable to attend so Elaine and the rest of the family helped James put out and take in controls. Bill Vigar mentored James and acted as a controller regarding the planning of the courses but this was a very commendable effort and James is to be congratulated on some excellent courses.

Spencer Modica planned the Vivary Park event on 18th May and took the Badger course around the outside of the park and managed to use the small area of street to great effect. As usual there were lots of people coming to enjoy this attractive park.

Castle Neroche on the 25th May was planned by Jim Nickolls, he made good use of the area by starting close to Castle Farm which gave him a greater choice of path networks. This has to be my favourite venue for JOG!

Usually a sunny day at Netherclay Woods brings 60-70 people but on the 1st June we had only 25, maybe due to it being the last Saturday of half term. As it was only the second event Chris Hasler has planned it was rather sad that it was not better supported.

Broomfield Hill on 8th June was planned by Nick Fernandes and attracted over 50 people. The Badger course was notable for the lack of control flags! Navigation had to be very accurate and several folk found a couple of the controls quite hard.

John Fisher picked up the gauntlet thrown down for a planner of the first Taunton town centre event, Orienteering was one activity of many on show at the Somerfest organised by SASP. On cue the heavens opened and torrential rain fell periodically until lunchtime. Thereafter it brightened and we had a good number of new people having a go. Our usual JOG members came as well so we were kept very busy. John's courses really explored Will Kromhout's new map and took us to places many of us didn't know existed! John's clues were fun too,.....where does the number 23 bus go?



Marie ponders one of John's clues

Twenty Acre Wood was another Green event. This time 11yr old Chris planned all the courses with Rosie Wych as his controller. He made an excellent job of it and many people commented afterwards how much they had enjoyed his courses. It means a long day for the whole family as they travel for well over an hour to reach the venue and we do value their continued involvement and support.

We are looking forward to Fyne Court next weekend but we should like to take this chance to thank the planners for giving their time so generously we should also like to thank John Fisher, Bob Lloyd, Graham and Jim Pearson and Jan Holmes for coming to help whenever they are free. This extra help means that we can offer effective help and support to improve the skills of the JOG children. If you are free on a Saturday afternoon and would like to come to help or to have a run yourself you are very welcome.

The JOG League will finish next Saturday at Fyne Court. The current leaders are Thomas Hasler (Fox), Luke Shopland (Badger), Issy Modica (Squirrel), and Eleanor Hasler (Hare), but these results could change with a good final score! Presentation of trophies for the year will take place at the AGM on 1st September.

-Judy Craddock

Adams Avery & ASO Relays—Picture Special



Left: ASO Junior champion Heather Green receiving her cup at Blaise Castle

Below: Chris Green came first in Class 7 in the 2013 ASO League





*Above: Issy Modica, Joe Hudd and Heather Green came 2nd in the Primary relay
Below: James Green, Zac Hudd and Chris Green won the Intermediate ASO
Adams Avery Relay*





Above: Luke Shopland, Owen Maynard and Tom Hasler represented Bishops Henderson in the Junior Relay

Below: Tate Modic, Evelyn Maynard and Eleanor Hasler did well but sadly mis-punched in in the Primary Relays



EVENTS

QOFL 6: Ham Hill, 5th May 2013

Ah, if I only had known to shuffle into the bushes when Adrian approaches at the end of an event! Perhaps now I will make sure I read the QuOnicle each week for helpful hints and tips. However, I did not so here goes for an event write up from a female Light Green QO member!

I started off my route ill prepared for the scale of the map. I reached the first control convinced that I must be in the wrong place and shot (well it sounds goods) past the second not realising how close they were. Having back tracked and dibbed the crag foot I was then ready for action. I jogged along picking up four and five with relative ease. It had dawned on me by that point that this was a runners course and therefore I was unlikely to come out top.

However, thanks to my recent weekly netball sessions, my running has improved and I ran considerable more than I would have been able to last year. Now safely across the road I headed to the next crag where I must admit prior knowledge of the area came in useful. I decided to take the high route across to the Rock Pillar but then got chatting to a member of the public who wanted to know what we were all doing.

With the publicity speech over I headed on to the boulder. From there I took a little while to orientate myself and ended up doing two sides of a triangle rather than one. The main reason for this was the knowledge that another person was doing the same route as me at about the same pace. A frequent consequence of this for me is to start making mistakes and running on rather than constantly checking my bearing. My competition left me behind at control nine but I was determined to overtake them before the end of the course.

Again previous knowledge of the area helped and I ran on catching up with my competitor at twelve. Here, having been attacked by stinging nettles, I finally overtook and jogged on up to thirteen

which I found quickly. The rest was a pleasant run back picking up the final controls as I went. I thoroughly enjoyed my route and was pleasantly surprised to have completed in under an hour.

It is satisfying to know that I can now achieve a Light Green course in the same time that I used to achieve an Orange. I started orienteering relatively recently and am glad Mark introduced me to it. I am slowly mastering the required skills to improve my performance and enjoy receiving tips from other orienteers. Thank you to all of you who put an enormous amount of effort in to making QO happen.

— Sarah Maynard

Furrow Hoppers Relay: Clayesmore School, 23rd June 2013

The instructions reminded me of doing my Maths A-Level. "There's five members in the team, and four different courses. Each course has to be run three times, and nobody can run the same course twice". I half expected the next line to be something along the lines of "use differentiation to find the value of x "!

Thankfully by the time Richard Sansbury picked me up for the drive to Dorset (along with "Return of the QODI" team mates Chris and Tom Hasler — our fifth man Mike Crockett met us down there) Chris had came up with a plan for the day and divided the courses out between us as follows:

Sprint:	Score:	Orange:	Map Memory:
Richard	Adrian	Mike	Tom
Chris	Mike	Adrian	Richard
Tom	Richard	Chris	Adrian

All I had to do now was remember to dib the Start for the Score course (I was doing it first), not to dib the Start or the Finish on Orange (I was the "middle man"), and to dib the Finish on Map Memory (where I was the last man). Oh, and to remember who I was taking over from/passing on to... I followed the sensible approach of my team mates and started scribbling hieroglyphics on the back of my hand.

So, our 'handicapped' start time of 11:34 arrived (calculated backwards from a base of 12:00) and three of us set off in different directions whilst Chris very sensibly supervised the madness. First up for me was the 'Score' course—9 controls dotted around the school campus and surrounding fields and lake, to be visited in any order. All the courses were made a little more challenging by a large trench for some new power cables that dissected the campus and wasn't marked on the map—it had to be treated as an 'uncrossable fence'. Still none of the controls were particularly challenging, and 15 minutes later I was back at the change-over area.

A few minutes later the welcome sight of Mike Crockett appeared running across the playing field, and we swapped maps—Mike was doing Score after me, and I would run the Orange course. That took about 14 minutes, and whilst the navigation was pretty easy I was starting to work up a good sweat from all the non-stop action despite some very unseasonal weather conditions!

I had a chance for a breather as I waited at the change-over area for Richard to return on the Map Memory course. Having never done a map memory event before this was the part I was slightly nervous about. The 'map' was just a white sheet of paper with the control circles on, and each control then had a 'proper' map extract attached to it showing the position of the next control. The first few were a little tricky as we had to memorise a route through a maze of school buildings, but it actually got progressively easier as the final controls were in a more open area around a lake.

Our combined times for the courses were: Score - 54:52, Map Memory—62:46, Orange—28:39 and Sprint—75:08 (Sprint was the only course I didn't run, and it was generally accepted to be the hardest in hindsight). The slowest time (Sprint) was used to determine our finishing time. Unfortunately a certain member of our team (clue: I call him *El Presidente!*) missed a control on the Score course, but as we were not the only team to mis-punch the organisers graciously decided to give us a 10-min penalty rather than disqualify us, although this was added to our finishing time (from Sprint) rather than the time for the Score course it was incurred on. Still, it was better than disqualification! That left us in 13th place (second from last!). Wessex Raiders were triumphant.

All that remained was to head to a pub for a spot of lunch and to enjoy the congenial atmosphere, followed by a game of 'Pub Cricket' on the drive back to Taunton (if you've never heard of it ask Richard to fill you in!). I thoroughly enjoyed my first relay event, and I'm now looking forward to the Devon Relays later in the season.

-Adrian Edwards



'Return of the QODI' pose for a picture before nipping off to the pub...

STOP PRESS!! Just as QuOnicle was going to print, Chris Hasler and Richard Sansbury ran magnificently to secure 3rd place for QO in the NWO Relays at Coate Water Park nr. Swindon on 29th June. They worked extra hard as most other teams had three runners, meaning that Richard and Chris both had to run three courses each in quick succession on a hot day. Well done lads!

