



**The Newsletter of Quantock Orienteers  
No. 148 March 2013**

|      |     |                         |
|------|-----|-------------------------|
| Page | 3:  | Post from the President |
|      | 5:  | Club News               |
|      | 8:  | Events                  |
|      | 15: | JOG Fixtures            |
|      | 16: | Senior Fixtures         |

Editor—Adrian Edwards, 35 Clover Mead, Taunton TA1 3XD  
Tel 01823 325119 Email [adrian\\_edwards@btinternet.com](mailto:adrian_edwards@btinternet.com)

**[www.quantockorienteers.co.uk](http://www.quantockorienteers.co.uk)**

## **Quantock Orienteers Committee**

|           |                  |              |             |
|-----------|------------------|--------------|-------------|
| Secretary | Richard Sansbury | 01823 288405 |             |
| Treasurer | Roger Craddock   | 01823 323850 |             |
| Committee | Bob Lloyd        | 01823 333251 | Permissions |
|           | Rosie Wych       | 01823 451942 |             |
|           | Mark Maynard     | 01823 251262 | Fixtures    |
|           | Bill Vigar       | 01823 680679 | Mapping     |
|           | Robert Green     | 01749 840769 |             |
|           | Jim Mallinson    | 01278 784714 |             |
|           | Chris Hasler     | 01823 338921 |             |

## **Other Club Officials:**

|                  |              |                    |
|------------------|--------------|--------------------|
| Mike Crockett    | 01458 445540 | President          |
| Tony Milroy      | 01278 662535 | QOFL               |
| Judy Craddock    | 01823 323850 | JOG/<br>Membership |
| Nathan Fernandes | 01823 338472 | Webmaster          |
| Adrian Edwards   | 01823 325119 | QuOnicle           |
| Andy Rimes       | 01823 451942 | SI &<br>Equipment  |

## **EDITORIAL**

I've just finished reading a book called *Feet in the Clouds: A Tale of Fell-Running and Obsession* by Richard Askwith (well worth a read—and if anyone would like to borrow it just drop me an email). It's in equal parts a history of fell running and the story of one man's obsession with the sport. The thing that struck me most when reading it were the many similarities with orienteering. Not the obvious stuff (orienteers and fell runners both spend a lot of time scrambling up steep hills!), but the trials and challenges faced by the sports. Askwith makes mention of the increasingly ageing attendance at fell races, the inability of fell-running to get much exposure and recognition beyond its relatively small band of participants, and the problems of enticing younger competitors to put down their computer games and get out on the hills.

I'm not sure anybody can do much about the first two points, but Judy and Roger certainly seem to have cracked the last one with the Saturday JOG events. It's always great to see so many children out getting some fresh air and exercise, and having huge amounts of fun at the same time. And who knows, maybe this will lead to a generation of 'M21s and W21s' who still take part in our sport. The next Bill Vigar or Mike Crockett could be in our ranks already!

—*Adrian Edwards*

## **POST FROM THE PRESIDENT**

We are now well into 2013 and hopefully heading for better weather, although I think we have been lucky at our more recent events. The second attempt at Wind Down and the QUAD at Lydeard Hill were both blessed with good weather and it was quite good at Keepers Combe for the QUAD although a few flakes of snow fell during the control collecting.

As many of you will know John Pilkington one of our founder members died in January. Neil has written about John's orienteering career. Several members of QO attended a Celebration of John's life and the internment of his ashes at St Peter's Church North Newton on 1<sup>st</sup> February. The Pilkington family were pleased that Quantock Orienteers were represented both at the service and at The Walnut Tree at North Petherton afterwards. John had in recent years suffered from Alzheimers . Donations were received for Alzheimers Research UK.

We were saddened by the news of the avalanche in Glencoe which took the lives of those young walkers. Three were orienteers and one, Tom Chesters, was a former family member of Quantock Orienteers. Ruth and John Chesters, Tom's parents, were members of QO for many years and regulars at all our events. Our deepest sympathy goes out to them and Ben, Tom's brother.

By the time you read this the Galoppen season will be at the half way stage. It is good to see it so well supported by QO members, many of whom appear near the top of their respective colour leagues. Our own Galoppen will be at Rectory Wood on the Quantocks 7th April. For newcomers this will be a good opportunity to try a bigger event.

It is good to see JOG continuing to thrive. Long may it continue. We are grateful to all who help make it such a success.

I was reading an article recently about obesity and the causes. The figures quoted for the small amount of exercise that a large number take was quite staggering. We certainly are not one of those statistics that are trotted out in such articles. "May you all run in sunlit forests" is not necessarily achievable with the present climate in Britain but we are certainly doing our bit to buck the trend.

My good wishes to you all.

—*Mike Crockett*

## CLUB NEWS

### **New Member**

Welcome to Kieron Hopkins from Bridgwater who joined QO in February.

### **John Pilkington—6<sup>th</sup> September 1920 to 14<sup>th</sup> January 2013**

John Pilkington was one of the five founding members of Quantock Orienteers when it was established at a meeting in Taunton in the 1960's. He was membership secretary and treasurer when I first became interested in orienteering in 1970. After I enquired about the club he found the time to write me a long, hand written letter telling me all about the organisation and encouraging me to join. John was always one of the clubs best orienteers throughout his long membership of the club. And although he did well at most local and regional events he seemed to save his best performances for the major races and he achieved a podium place at National level on many occasions.



In those early days travel was that much harder with no M5 motorway and cars less reliable. However, John was always ready to offer lifts to some of the further afield events and he usually filled his small Mini with orienteers. He was particularly helpful to the younger members who did not have their own transport. His driving skills always got us there safely on time and we often thought that if he did not continue his career as bursar at Cannington College he would do well as a rally driver. John was instrumental in organising a club mini bus which he drove for some of the major out of County events.

As well as being membership secretary and treasurer, John often attended the committee meetings at club and regional level. John was always very smartly dressed and wore a suit and tie to the meetings. In the forest it was a different matter and he was one of those never afraid of the mud and the ubiquitous West Country, man eating brambles. At the time he was in his 'Fidel Castro' look with long hair and a long, straggly beard. One day at Caddihoe my parents, out for an amble in the forest, had met a family group out for a walk who were somewhat disturbed that they had just seen an escaped convict running through the forest with blood on his face and wearing torn clothing. After checking the details my parents were able to allay their fears and assured them it was just one of their friends called John Pilkington out orienteering in the club's green nylon strip.

When the club was formed none of the local forests had been mapped and John's local patch was Kingscliff as he lived at Hedging near North Petherton. As was the norm for those times John almost single-handedly mapped the area, got the permissions, planned and organised the first event there. In later years John was always a willing helper at many of the QO events and you could always be assured that he was one of those who knew exactly what to do in any situation. John had a minor stutter but never let that hold him back and he would voice an erudite, down to earth and outspoken opinion on many club matters.

John had a great love of nature and the outdoors and had been a mountaineer before orienteering. The club would not be what it is now without John's contribution, his friendship and his sense of humour. He will be greatly missed.

*Give me the company of wanderers, of men yet unstained by  
life's dross  
Who fear not the wilderness of winter or count worldly  
pleasures a loss  
Men who will smile when in danger and laugh at the thought  
of retreat  
These are the sons of the mountains, the ones who will never  
be beat.*

From John Pilkington's *Song of the Climber*.

— Neil Clegg

### **Southern Championships 2013 - Penhale Sands**

A reminder for all competitors in the South of England that the Penhale has been untouched by orienteers for the last two years - aren't you keen to get back there? Entries have been open since December 1st and are available on Fabian4. The event is on Sunday April 14th. See <http://www.fabian4.co.uk/> and [http://www.cornwallorienteering.org.uk/southern\\_champs/](http://www.cornwallorienteering.org.uk/southern_champs/).

On Saturday afternoon 13th April we'll be holding a "dune" taster session based on Hayle Towans - that you may have been on for a similar acclimatisation for JK'97 - just let us know you are coming by ticking the box on the entry system..

What else? We are delighted to announce an Urban Event at St Ives to be held on the Saturday evening - and this will be the first event in the 2013 Southern England Urban Orienteering League, SEUOL.

KERNO are confident of hosting two excellent events but are aware of a crowded calendar around this time. We hope you can join us!

— Roger Hargreaves, *Secretary and Champs Coordinator, KERNO*

## EVENTS

### **British Night Championships**

Last time I told you that I was the only entry for the British Nights at Tankersley, a mining area near Sheffield, but then at the last minute another entry was made. After that two more entries appeared and my hopes of becoming British Night Champion M75 were diminishing rapidly. I have become British Champion several times but only because others have lost it by mis-punching or making worse mistakes than me. Last year I lost it by mis-punching myself.

And so I travelled to Yorkshire with little confidence. We arrived in plenty of time and talked to a few people I knew before getting ready and then the 2 km walk to the start. A short wait to recover and then off. The maps were placed under the box. I picked mine up and off I went. Remember the scale 1:7500 and the North lines at an angle. Awful conditions under foot but then a climb out of the worst mud and into a path network in an intricately contoured area. To make things more difficult there were areas of low brambles.

The first control a depression was carefully found and then off among the numerous depressions for control 2. A quick search and there it was no 85. Check the descriptions on my wrist 46. Oh dear I must have stopped short, carried on for a while and found 46. Good. A long run to No 3. Overshot a little but came back there it was. No mistake, on a marsh in a small re entrant No 95, but it should be 83. Definitely the right place. Then it dawned on me I had map 8 when I should be on 7. Control 1 was common to both courses. Lesson—check your map even if someone puts it in position for you. Navigate back to the start grab the right map and away to number 3. I had already got 1 and 2 but the clock was ticking. Things went well for a while but towards the end I made some horrendous mistakes as I tired. What did it matter I couldn't possibly win but I would finish the course which I did eventually in a total time 101 mins.



I could complain to the controller but it is the competitor's responsibility to check the map and in retrospect I might just have gone to the wrong box. I down loaded and was announced as the only finisher so far. As I down loaded Rod Shaw one of the other M75s on the course came in. Rod had started 27 minutes behind me so that was it. Lost by nearly 27 minutes. I didn't see any sign of the other two late entries. Maybe the threat of severe weather had put the off.

After changing, Margaret and I went to the Assembly Hall for a bite to eat and chat with a few friends. Rod was nowhere to be seen and the only results for M75 were his and mine so the others must have "chickened out". Any way I decided to stay and collect the silver medal which I didn't really deserve. I didn't hear the announcement at the prize giving but some friends called me forward and I duly took up a lonely position on the 2<sup>nd</sup> box much to the amusement of those present. I was then told to mount the top box. Why? Answer - "Rod had missed some controls" I was told. There was no trophy but the honour was there.

I have since analysed the results and splits and decided that Rod had also got the wrong map but had completed course 8 instead of 7. Whether the wrong maps were given or we had both gone to the wrong box we will never know but several lessons have been learnt. I commend them to you.

- Always check the map is the correct one.
- Always check the control number before punching.
- Continue to finish however badly you feel you have performed.

It was a long journey for a relatively short course but I got my money's worth.

—Mike Crockett

## QOFL 2 at Wind Down

It was hard to believe that two weeks ago this event was postponed due snow. It was cold but dry and the parking was good. The walk to the registration accomplished without resorting to the "wellies" I had brought for the purpose.

Wind Down was one of the first areas that QO mapped when the club was founded more than forty years ago. Mentally I dedicated the event to John Pilkington, a founder member, who died recently and whose funeral several of us attended on Friday.

There are restrictions in place due to the Hill Fort area being an SSSI. I was told that this used to be known as "Moneyfields" because ancient coins were often found there.

The steepness, severe vegetation and underfoot conditions make planning difficult. Rosie did a good job making full use of the area with route choice options. However I did think that on the Light Green course taking us up a hill for one relatively simple control and the back down again was a bit cruel. It is not in the rules or guidelines but my personal view is that it is good practice to have at least two controls after a long climb. Towards the end of most courses there was a fairly simple path junction but several people including myself visited other controls in the vicinity before getting the correct one. No doubt others were just as tired as me. It is interesting to note that the winning margins of nearly all the course was quite large( 15 minutes in one case). To achieve these times was quite remarkable.

Our thanks to Rosie and Andy, the planner and controller respectively, Roger, the pre event organiser, and Chris Hasler the on the day organiser. And in fact to all who helped on the day a big thank you.

The results were on the website promptly which is always good to see.

—*Mike Crockett*

## QOAD 4—Lydeard Hill

So I finally took the plunge (into darkness) and turned up for my first 'proper' night event (last year I tried the QOAD at Blackbrook, but since there were plenty of streetlights I don't think it really counts). I was a little bit nervous about venturing out in darkness, although at least Lydeard Hill is an area I'm pretty familiar with (or so I thought—more of that later). I was also buoyed by the fact that the nights are pulling out and at 6pm it wasn't quite dark, but that was short lived when Jim Mallinson informed me that I wasn't allowed to start until he deemed it suitably dark enough! That at least gave me time to get some sound advice from Graham Hartley—advice that I was to ignore at my peril...

For those of you that haven't tried a QOAD yet (and you really should), the format is a one hour score event. Controls were split into two colours, and further away/more difficult controls were worth more points. You could start on either colour, and switch to the other colour at any time. But once you switched, you couldn't go back.

So after speaking to Graham I decided my best option was to avoid any thoughts of 'heroics' and try to Hoover up a good number of the 15-point controls that lay around Lydeard Hill itself. The first three went without a hitch, and I started to think this night malarkey might not be so tough after all. So then I got tempted by a 40-point control that was relatively easy to navigate to, but not so easy to actually get to. I found it ok, although it somehow seemed to be much further away than it would be in daylight! (I have a theory that the restricted field of vision at night makes distances seem longer—or maybe I was just getting paranoid I'd gone off in the wrong direction...). Having gone all that way, it made sense to across the hill towards Wills Neck to pick up a nice 30-pointer in the vicinity...

And that was where it all went wrong for me. The small path that I planned to intercept never materialised, or rather I *thought* it had materialised but in hindsight I think I was probably following a deer track or something... It's a lot harder to spot a small path at night! Unsure of my *exact* position (although obviously not "lost") I spent an eternity looking for the 30-pointer to no avail, and then had to miss out

on what should have been a relatively easy 20-point control that I'd hoped to visit as I couldn't pinpoint my position along the track. This particular track is one I have run many times, but it's amazing how the familiar can look so alien once the sun goes down.

After that I headed back to Lydeard Hill with my tail between my legs, going back to the 15-point controls that I should probably have stuck with. Even that proved difficult in my slightly flustered state, and I ran around the same small knoll about three times mistaking it for a thicket in the light of my head-torch. (I later collected this control and wondered how exactly I contrived to miss it!). Still, at least I made it back to the finish with a few minutes to spare.

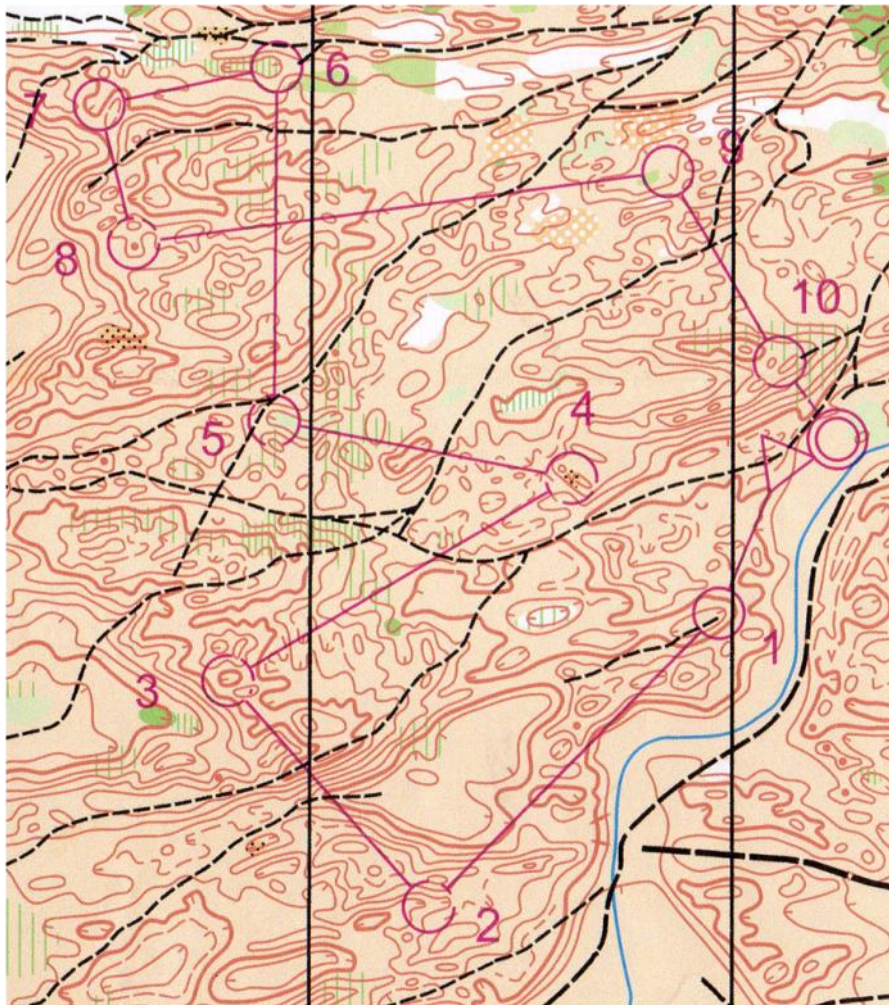
So, on my first attempt at night orienteering I didn't exactly cover myself in glory. But I did have a great time, and I can see that the added challenges inherent with nocturnal activities (well, *certain* nocturnal activities anyway!) can make orienteering even more addictive. I would say I'll see you out there on the hills at a future QOAD, but actually you'll just been a pin-prick of light off in the distance...

—*Adrian Edwards*

### **South West Junior O Squad Training Day, Merthyr Mawr, 12<sup>th</sup> February, 2013**

We woke up with a 2 hour journey in front of us travelling across the Severn Bridge to the sand dunes at Merthyr Mawr near Bridgend. At 10.30am we arrived at a car park next to the Dunes, it was a cold, dry day with an easterly wind. The day was led by Peter Maliphant. Due to Devon having a different half term there was a small group of us, eight squad members and six adults. We had a five minute walk to the start and set up the tent to keep warm. The main part of the day was spent focusing on brown lines, contours, depressions, knolls, re-entrants and form-lines (it was called a brown day). The importance of contour tags pointing downhill was emphasised. Paths were to be ignored as many were not all on the map.

First of all we had to pair up and find brown lines and make a path using them. Then we went and did a warm up (we went too far) led by one of the squad girls. Then we had to do the first course of the day it was an easy one they got harder as the day went on. After we had done the easy we went on to the next one. When me and Chris had finished that we ate some food then went out on the next course (we ate food whenever we wanted). The last of the courses we did was a green standard course!!!! After we had finished all of



*Follow those contours!*

the courses we collected the controls in and the grown-ups put them out on the other side of the river.

We then did a relay with teams of one boy/one girl plus two adult teams (dad came last). The relay was quite difficult and everyone thought I wouldn't have got the butterfly bit but it was easy to work out. At the end of the day we collected the controls in from the relay and packed the tent away. Then we went back to the cars for another 2 hour journey back home.

Overall we both thought the day was good and had learnt a lot of things in the end we thought that the sand dunes were actually not quite as difficult as we had thought. We were nervous about the day as we had only done Orange courses up until then but the coaches were really enthusiastic and helpful and made it fun.

—*James and Chris Green*

## JOG FIXTURES—SPRING 2012

**Saturday** events are from **2.00-3.00pm**  
**Sunday QOFLs** are from **11.00am-1.00pm**

|                |                              |           |
|----------------|------------------------------|-----------|
| Sat 9th March  | Crowcombe Heathfield (+QOAD) | ST127 343 |
| Sat 16th March | Ramscombe                    | ST164 377 |
| Sat 23rd March | SCAT/Castle                  | ST217 248 |

Please confirm fixtures at  
<http://www.quantockorienteers.co.uk>  
Ring Judy Craddock on 01823 323850 for more information



### Selected Other Events in the South West

|                           |                              |                     |
|---------------------------|------------------------------|---------------------|
| Sat 16th March            | BOK Forest League 6          | Leigh Woods         |
| Sun 17th Mar              | NGOC Gallopen                | Symond's Yat        |
| Sat 13th & Sun 14th April | Southern Champs 2013 (KERNO) | St Ives/<br>Penhale |
| Sun 21st April            | Devon League Event           | Sidmouth            |
| Sat 27th April            | BOK Urban Race               | Frenchay            |
| Sun 28th April            | Mike Nelson BOKTrot          | Stourhead           |

*For more information and more events visit [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)*

