



**The Newsletter of Quantock Orienteers
No. 149 May 2013**

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EDITORIAL

Many thanks to those club members who have contributed content to this and any other QuOnicle. For a while I could rely on the element of surprise in “coercing” people into writing a report for the events section—my face is not nearly as well known as that of former editor and club president Mike Crockett, and I found I could sneak up on people after an event and catch them unawares with a polite request. Unfortunately after a few years at the helm this tactic stops working so well — I could be paranoid, but I’m sure some people see me coming at the end of an event and shuffle off into the bushes!

I’m always looking for new contributors to QuOnicle as it’s good to hear different voices and see events from another perspective (you may recall we had a fabulous piece written by a dog last year?!). So if you (or your pet) have enjoyed an event and wouldn’t mind spending half an hour writing about it please either grab me if I’m around (if you don’t know me I’ll be the guy everyone’s hiding from) or drop me an email at adrian_edwards@btinternet.com.

—*Adrian Edwards*

POST FROM THE PRESIDENT

I am drafting this whilst on a short break in Germany. We spent the first two days in Berlin, not long enough to do very much, but very enjoyable just the same.

Whilst wandering back to our hotel through the Tiergarten my thoughts drifted to orienteering and what a wonderful venue for a JOG event. The Tiergarten is a large city park in the centre of Berlin. It is criss-crossed by numerous small paths and cycle tracks. Contour wise it is featureless, but I am sure with some innovative thinking a good sprint “O” could be staged.

Yesterday we had a rather boring coach journey to Leipzig. Once more my mind drifted back to orienteering as we passed through the large forests south of Berlin. There were a few more contours here, but it was the runability of the forests that struck me. Not a bramble or brashing in sight.

A pleasant feature of our recent Galoppen on Great Bear was the runability and lack of undergrowth - or at least it would have been runnable had there been no hills. We were fortunate that this event was staged at all. Restrictions were imposed that the whole event was replanned at a very late stage by a dedicated team. We owe them a huge debt of gratitude.

As a result of our trip to Germany I missed the Southern Championships at Penhale. Penhale is one of my favourite areas, even though there have been some major disasters there. Congratulations to Bill Vigar M75 and Will Kromhout M40 Southern Champions.

By the time you read this the British Championships will have taken place and our own forest league will have been decided. So, what is there to look forward to now that summer is here? Two more Galoppens during May and then, for the more adventurous, the Scottish Six day in August. The relay season also gets under way and of course, nearer to home, the usual Saturday afternoon JOG sessions. Why not give them a try?

On 6th July QO are staging the David Holmes Memorial Urban event. This event is based at Kings College, (details on the QO website.) Dave was an excellent servant to QO. Please support the event. Offers of help will be welcome. Whatever you do, it will be just a tiny percentage of what Dave did for QO but still gratefully received. Proceeds will go to Cancer Research.

Whatever you do, wherever you are, may I wish you a very pleasant summer.

—Mike Crockett

CLUB NEWS

New Members

Welcome back to Steve Elliston from Bideford who rejoined the club back in March after a few years away.

Membership Fee Correction

In the January QuOnicle I mistakenly got some of the membership fees wrong—please accept my apologies. The correct membership fees are:

	QO	SWOA	BOF	TOTAL
Senior	£8		£5	£13
Family	£12	Adults £5, children £2 each		
Junior	£2		£2	£4

—*Judy Craddock*

Richie Hill's 100 Mile Charity Run

On 21st June QO member Richard Hill will be running 100 miles non-stop on the Ultra Trail South West (UTSW), aiming to complete the course with a sub 24 hour target time!

The event starts at the fishing port of Polruan on the South coast of Cornwall, from which it heads east on the South West Coast Path (SWCP) to Looe. Here it heads inland following the Smugglers' Way across Bodmin Moor, until it rejoins the SWCP, heading west at Boscastle to the finish at Watergate Bay. Not surprisingly it is considered to be amongst the most challenging non-stop point-to-point races in the world.

He will be running in support of the Anthony Nolan Trust, which saves the lives of people with blood cancer who need a blood stem cell transplant. If you would like to sponsor him please visit his Virgin Money Giving web page:

<http://uk.virginmoneygiving.com/RichieHill481>

New QO Tops

Here is a sneak preview of the snazzy new QO tops...



The design was decided upon by a vote amongst the QO Committee members. The QO logo will be showing on the front and the club name across the back. We are looking for a sponsor—if there are any club members who know of a company that would like to display their logo please get in touch with Chris Hasler.

We don't have final details on pricing yet, but if anyone is interested and they are going to the British Champs they can go to the Compass Sport stand and Rick Houghton is happy for them to try on a No-name top to decide which size they want.

SWOA Summer Relay Series 2013

A long time ago, in a galaxy far, far away, the venerable SWOA established a series of relay races to save their members from seizing-up completely during the warm dry summer months whilst waiting for the cold, wet orienteering weather to return.

Usually shorter and slightly easier than the seasonal QOFL events, the relays are fun - fostering team spirit and light hearted rivalry between clubs from across the South West region. Like the baton changes in Olympic sprint relays, the change over between legs can be chaotic but that just adds to the excitement.

Races are handicapped and generally suitable for those running at Orange level or above, but are for QO members only. The Devon relays are even suitable for Yellow runners and family teams.

Entry fees

The club pays half the entry fee, and we try to arrange car sharing. What's not to like?

2013 Event Calendar

Date	Relay	Organising Club	Venue
Sun 16 June	Adams Avery	BOK	Blaise Castle, Bristol
Sun 23 June	Furrow Hoppers	WIM	Clayesmore School, Iwerne Minster
Sat 29 June	NWO Relays	NWO	Coate Water Park, Swindon
Sun 7 July	Moonraker Relays	SARUM	Fonthill
Sun 14 July	Hardy Relays- Hardy Trophy Veterans Trophy	WSX	Poole Park/Baiters
Sun 21 July	Devon Relays- Open Trophy Handicap Trophy	DEVON	Whitchurch Common

A young Mr. Richard, then living in Somerset, enjoyed the relays so much he wrote a song about them (allegedly).

Summer Relay

We're all going to a summer relay
no more QOFLs for a month or two.
Fun and laughter at our summer relays,
no more QOFLs for me or you,
for a month or two.

We're going where the sun shines brightly
we're going where the sky is blue.
We've read all about it in the QuOnicle,
now let's see if it's true.

Everybody loves a summer relay
running legs they always wanted to.
Now we're going to a summer relay,
to make our dreams come true,
for me and you.

Quantock teams have long been a Force in the summer relays, with a long and distinguished record going back decades. QO won the trophy in 2007 and 2008 but a dark Empire from the east has struck back to claim the trophies for the last four years – The Wessex Raiders. This must come to an end – it is time for...

THE RETURN OF THE QODI

Your club needs you! We can enter multiple teams so if you are keen, young or old (or a former Scorer), please contact me, all are welcome.
(chris.hasler@gmail.com).

—Chris Hasler



Edinburgh Alumni

Auld Reekie Orienteering Society (AROS) is Edinburgh University's alumni club, reformed 2 years ago. Due to lack of continuity over many years they no longer have a record of previous EUOC members and would like to trace them.

If any QO members are former members of EUOC they would love to hear from you—please contact Jack Baker (EUOC's current alumni officer) jackerybakery@gmx.com.

JOG Report—Spring 2013

2013 started on a 'high' with Graham Hartley's Novelty Event on 1st January. Although not strictly a JOG event it was very well supported by Joggers. Graham had put a lot of thought into designing an event that would appeal to a wide audience (See Tom Hasler's and Zac Hudd's reports in the last QuOnicle).

THEN the weather hit our programme hard!

We were due to join the QOFL on 20th Jan but due to thick snow this had to be postponed.

29th January should have been at Culm Davy (this event had already been postponed from last November) but, although the snow had cleared in the Vale, it was still so thick on the Blackdowns that even parking would have proved impossible. Sadly this meant cancelling the QOAD as well.

Ian Husband had chosen 2nd of February for his Thurlbear event (rescheduled from July 2012!). We warned everyone to come prepared for a deepish stream crossing and mud to die for. The day was unbelievably sunny, and although conditions in the wood were grim we had an amazing turn out, even managing to attract some new members! So, thank you Ian for being prepared to go ahead in such dreadful conditions.

Staple Hill on 9th of February was a Green family event. James planned the Badger, Chris the Squirrel and Heather the Hare. Dad controlled the event making only minor changes due to conditions underfoot and some fences in the east of the map. So congratulations to all three children. James and Chris were awarded their FOX badges at this event as this meant that they had completed the final requirement.

The day was cold and miserable with constant drizzle but we did have a reasonable turn out, although one family (who shall be nameless!) couldn't make it under the barrier to the parking area. Not satisfied with doing all the work associated with planning, the children then turned round and manned the timing of the finish. Brilliant!

Tom Hasler must also be congratulated on achieving his FOX badge at this event— he had completed his planning earlier in the term.

Lydeard Hill, planned by Jim Mallinson in conjunction with a QOAD, proved a popular event. It was a cold but sunny day and (with an enclosing fence) it's an excellent area for children to venture round courses on their own.

Our last event so far this term was Broomfield Hill. Neil Clegg spent much time doing map corrections. (It's a dog walking area so the paths are constantly changing). He then planned some thoughtful courses giving a good navigational challenge to our more able orienteers. Another innovation he made was a Clipper Challenge. This involved placing 6



Andrew Page takes on the 'Clipper Challenge'

controls in a 50m line and timing competitors clipping their control cards. It became very competitive, especially amongst the adults who started devising all sorts of methods of improving their results!

Thanks must go to Nick Fernandes who has continued to come up with all sorts of imaginative coaching ideas and John Fisher, Bob

Lloyd, Graham Pearson and Jan Holmes who have come to help at events. Tom Hasler has taken responsibility for scoring the FOX courses and does so with great efficiency, while Eleanor Hasler often helps on the finish, so thanks to both of those too.



QO child labour: Owen and Evelyn Maynard recording Graham's download



Staple Hill JOG planners James and Chris Green

It's difficult to emphasise how important these volunteers are to JOG events. We are trying to give people a 'taste' of orienteering but without support from Club Members we are stretched to do this effectively with the numbers we are now attracting.



Shardonay shows off the new JOG sweatshirt

If you are free on a Saturday between 2.00-3.00pm PLEASE consider coming to help. It doesn't have to be on a regular basis, just turn up when you can, but come prepared to run if necessary!

Want to try your hand at planning?

Looking forward to future events, the summer term's JOG programme is beginning to take shape. If there are any QO members

wanting to 'have a go' at some simple planning why not try a JOG? It is good way to experiment with some map corrections and learn about the requirements for planning BOF courses.

Looking ahead to the summer, we hope to have a good turn out to celebrate the Life of Dave Holmes in the TAUNT-O urban event on Saturday 6th July at King's College. A course for JOG has been included on the newly mapped area, and we are hoping to make it a social occasion and possibly have a BBQ after! More details in this edition on page 18 – reserve the date.

—*Judy and Roger Craddock*



Above: Reports of a control up a tree at Broomfield Hill proved ill-founded

Below: Tom, Keiron and Issy after their relay run at the JK



EVENTS

QOFL 5: Blackborough, 3rd March 2013

What a freezing cold day endured by all. The wind created a high wind chill factor & we were all relieved to get going & warm up. Iain set off first on a Green course and disappeared off the edge straight into the "shell" holes apparently.

Meanwhile as Iain battled the course, Shar set off on the White - the new yellow sweatshirts are great for keeping an eye on them!! CJ & I followed on shortly after on the same course. Good choice of route along the track to initially build confidence - as well as allow your 5 year old to dig up a few slates on the way (as they do!!) and look for bugs. Into the woods with a control near an old tower, of course we had to climb over this & examine in detail. As you can tell a fast time was not top of the agenda for CJ but perhaps a Sunday stroll & explore. But beware of the killer trees at Blackborough which lurk on the ground at the ready to trip up any kids not looking where they are going. We had to have words with one tree before racing through the trees to the finish. Shar was waiting for us having completed on her own.

Iain eventually came home with reports of brambles, felled trees, holes, steep sides, "occasional" mud and "wot no cafe!!- surely not". A challenging Green course for terrain, a good seasoning of vegetation variety & an accurate map. Legs a bit shredded but that's all part of it & doesn't it sting. Thank you to the planners & organisers for a challenging & enjoyable day despite the conditions.

— *Liz & Iain Pye*

The Joys of Coming Last - QO Galoppen – 7th April 2013

Or more accurately 'the joys of coming *nearly* last', as although I was last when I downloaded a few kind people subsequently had the decency to spend even more time out on the hills enjoying the beautiful weather and stunning scenery.

I wouldn't describe myself as particularly competitive, but I still can't think of any other sport in which I could do so badly and yet still get so much enjoyment. If it was a trail race I'd probably be quite annoyed with myself, but orienteering? No, when Andy handed me my results printout I continued to enthuse about what a lovely time I'd had.

I guess it's partly because (although I can't pretend to be a "newbie" anymore) this was only my second attempt at a Blue course, and so I was fairly pleased just to get around without any major navigational mishaps. But mainly I think it was because it was such a lovely day out on the Quantocks and there was a jovial and relaxed atmosphere amongst most of my fellow competitors that made it impossible not to enjoy yourself (whatever happened in the results). That sort of community spirit is one of the things I love about our sport.

Some wet weather and late permissions problems meant that the parking was about a 15 minute walk from the registration area along country lanes, as well as putting paid to the White course and calling for some last-minute changes to the other courses. I think Sue Gard (Planner) and Jim Mallinson (Controller) put in a sterling effort to make sure that the event could still go ahead despite these setbacks.

The weather leading up to the event was fine and dry, and the day itself was blessed with some spring sunshine. Conditions underfoot were also pleasantly dry for a change as I set off for the first control. As I looked at Control 2 on the map I realised that route choice was going to play a large part in this course. I spoke to several fellow competitors afterwards and we all seem to have done our own little variation, as can be witnessed on Route Gadget. I ended up too far up the hill and overshot the control along with a few others, wasting quite a lot of time before some impromptu teamwork got us back on track.

Control 3 was then a steep climb through the woods. At that point I notice from Route Gadget that all the more experienced competitors contoured around the hill with the iron age fort on, using the track to reach number 4. I on the other hand decided to 'straight-line' it up and over the hill. At the time I thought it was a

brave decision, but now I realise it was just foolish! Oh well, we live and learn...

3-4 at least gave me a chance to stretch my legs on some descent after all that hill-climbing, but I started to get that nagging feeling that something was missing. It persisted as I ran around the woods picking up the next few controls, but then it hit me as I ran down the side of some open ground to control 9: brambles. Or more to the point, a lack of brambles! My legs usually look like I've had a fight with a cat by that point in a QOFL, but the ground was delightfully bramble-free and runnable for the most part. Of course as soon as I thought about that I tripped head-first over a tree root. Hey ho...

By the time I finished my epic adventure (for that's what it had become!) I was convinced that this was my personal favourite QO area. With its mix of runnable woodland, patches of open moorland and interesting (and leg-sapping) contours it's pretty much got it all to my mind, and I loved the route choices that the planner had managed to build in to quite a few of the legs.

— *Adrian Edwards*

Caption Contest

Time for another QuOnicle Caption Competition— this picture of Angela, Chris and Liz was taken at a relay event:



Your witty caption goes here...

If you've got a suitably witty caption please send me an email — adrian_edwards@btinternet.com

THE DAVE HOLMES TAUNT-O

Level D Urban Event TAUNTON Saturday 6th July 2013

QO invite you to a very special event in memory of Dave Holmes, who passed away in November 2012. Dave had been a huge part of the club for over 25 years and will be sorely missed. In the last few years Dave had spent a large amount of time mapping Taunton, and so in his honour the club are putting on the inaugural Taunton Urban Event and welcome you to join them after the event for food and drinks and the awarding of the Dave Holmes trophy. www.quantockorienteers.co.uk

Location and Parking:

King's College Taunton, South Road, TA1 3LA

Courses and approximate lengths:

Long (~10km), Medium (~6km), Short (~3km),
Under 16s (~2km with no road crossings).

Facilities: Toilets, showers and changing will be provided at King's College

Entries: Discounted pre-entries preferred via www.fabian4.co.uk. Entry on the day will be available, registration between 1.30pm and 2:30pm.

EOD fees: Seniors £10, Juniors £3, Families £22

BOF senior discount £2 Sport Ident Hire £1

Entry fees include food and drink at the apres-o.

Starts: 2.00pm – 3.00pm

Map: Cartography by David Holmes, updates 2013 Jim Mallinson.1:5,000.

Planner: Nick Fernandes and Ted Heath

Controller: Ruth Holmes SN

Organiser: Roger and Judy Craddock

jandr.craddock@gmail.com



All money raised will go to Cancer research UK

Make a weekend of it! The Moonraker Relays, organised by Sarum will take place the next day on Sunday 7th of July at Fonthill (TBC) around 1 hour away from Taunton. Teams of 3 required although the organiser will make up teams from individuals who wish to run. Visit www.sarumo.org.uk for more details.



JOG FIXTURES—SUMMER 2013

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

Sun 5th May	Ham Hill QOFL	ST478 168
Sat 11th May	Wind Down	ST221 342
Sat 18th May	Vivary Park	ST225 239
Sat 25th May	TBA	
Sat 1st June	Netherclay Wood	ST206 251
Sat 8th June	Broomfield Hill	ST212 235
Sat 15th June	Goodlands Garden	ST223 245
Sat 22nd June	20 Acre Wood	ST186 332
Sat 29th June	Fyne Court	ST222 319
Sat 6th July	King's College	ST239 235

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



Wavering Down

There is a colour-coded BOK event at Wavering Down on 2nd June, controlled by our very own Mike Crockett. For more details visit www.bristolorienteeing.org.uk

