



Quantock Orienteers

Galoppen: Final Details updated 22 Oct

Sunday 25th October 2009

At Staple Common and Castle Neroche (Neroche Plantation)	
Special instructions:	<p>Check your clock!</p> <ul style="list-style-type: none"> British Summer Time ends during the night before the event so the clocks go back an hour <p>Restricted access to car park</p> <ul style="list-style-type: none"> Vehicles must remain in the car park until 12.30pm due to narrow access road. Please try to arrive at the event before this time <p>Safety:</p> <ul style="list-style-type: none"> Beware cows and log piles. Please read notes below <p>Locations:</p> <ul style="list-style-type: none"> Start & finish located 700m from car park for all senior courses (i.e. Orange up to Brown). Event map: see link on fixtures list. It features points e.g. 'K' cross-referenced to the details below.
Area:	A mixture of forest and semi-open land on the Northern Scarp Slope of the Blackdown Hills. Senior course are on Staple Common, which has been partially cleared. Neroche is forested and provides a path network for junior courses and a string course.
Map:	<ul style="list-style-type: none"> On waterproof paper. Contours 5m. Green to Brown courses 1:10,000. White to Green courses 1:7,500. NB: Green courses use both scales, back-to-back on the same paper
Directions:	<p>All distances are approximate...</p> <p>From North: Taunton: signposted from fork in roads W of Shoreditch, ST242222. Take the B3170 (South Road). Reach Staple Fitzpaine (see below) after 3 miles.</p> <p>From Staple Fitzpaine: From the crossroads, head S, uphill for 2 miles. Signposted from the top of the hill.</p> <p>From South, West & East: Signposted from the Eagle Tavern, A303, ST282132, 4 miles west of Horton Cross (roundabout west of Ilminster).</p>
Car parking:	<ul style="list-style-type: none"> In a field (BC), signposted from the main road (A) at ST268157. Charge £1 for cars. Please avoid the nearby public car park (beyond point D). <p>Large vehicles, i.e. anything from small camper vans and minibuses and upwards in size: drivers, you must contact the organiser in advance to make special arrangements</p> <p>Bad weather plan: parking may be relocated onto the forest road running east into Castle Neroche Forest (L), from the junction with the Staple Fitzpaine Road (J). The forest road up to (K) on the other side of that junction on Staple Common may be used as an overflow.</p>
Toilets:	Portable toilet located in the car parking field (B).
Facilities	<ul style="list-style-type: none"> First Aid box, available for simple first aid (B). In the event of an emergency, emergency services will be called.



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Courses:	<ul style="list-style-type: none"> • White to Brown plus a string course for children. • String course offers “off-string” controls (D). • Yvette Baker Trophy Qualifier: representatives for teams, please contact the organiser in advance. 																													
Times:	Registration	10.00 to 12.45																												
	Starts	10.30 to 13.00																												
	Courses close	at 15.00																												
Entries:	<ul style="list-style-type: none"> • Entry on the day only. • Entry fees: £8 adult (less £2 for BOF senior members), £2 junior. • SI electronic dibber hire: £1. Charge for lost dibber: £20 																													
To bring:	<p>Take account of the weather conditions!</p> <ul style="list-style-type: none"> • Full leg cover and a whistle (required) • Suitable footwear • Fluids. Sufficient water, if running • Replacement shoes/clothes (area can get muddy) / warm clothing to walk to / from finish & waterproof bag 																													
Race notes:	<p>SI electronic punching used</p> <p>Start and finishes: distance to/from the car park (BC):</p> <ul style="list-style-type: none"> • Orange to Brown courses: 700m (K) • White, Yellow & String courses: 250m to start (D), • 500m to finish (accessed from H) 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Course</u></th> <th style="text-align: center;"><u>Length (km)</u></th> <th style="text-align: center;"><u>Climb (m)</u></th> </tr> </thead> <tbody> <tr><td>Brown</td><td style="text-align: center;">7.5</td><td style="text-align: center;">210</td></tr> <tr><td>Blue</td><td style="text-align: center;">6.3</td><td style="text-align: center;">190</td></tr> <tr><td>Green</td><td style="text-align: center;">4.7</td><td style="text-align: center;">160</td></tr> <tr><td>Short Green</td><td style="text-align: center;">3.1</td><td style="text-align: center;">110</td></tr> <tr><td>Light Green</td><td style="text-align: center;">3.0</td><td style="text-align: center;">110</td></tr> <tr><td>Orange</td><td style="text-align: center;">2.0</td><td style="text-align: center;">70</td></tr> <tr><td>Yellow</td><td style="text-align: center;">1.8</td><td style="text-align: center;">60</td></tr> <tr><td>White</td><td style="text-align: center;">1.1</td><td style="text-align: center;">20</td></tr> </tbody> </table>	<u>Course</u>	<u>Length (km)</u>	<u>Climb (m)</u>	Brown	7.5	210	Blue	6.3	190	Green	4.7	160	Short Green	3.1	110	Light Green	3.0	110	Orange	2.0	70	Yellow	1.8	60	White	1.1	20	
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Safety notes:	<p>Beware cattle! Be aware of long-horned cattle grazing in partially-cleared areas and keep dogs under close control</p> <p>Beware cyclists and horse riders: these also use the area, especially the “Herepath” bridleway crossing the area from East to West (through K, J and L)</p> <p>Forestry work ongoing: Please keep off the piles of logs and any equipment being used.</p> <p>Roads: Busy road crossing (marshalled) to and from the Start/Finish all courses from Orange & upwards (J)</p> <p>Be responsible. All participants take part at their own risk</p>																													
Officials:	<p>Jeff Pakes (Organiser) Will Kromhaut (QO, Planner) Sue Hateley (Devon, Controller)</p>																													
Enquiries:	<p>Jeff Pakes on 01278 433687, jeffpakes@hotmail.com More details available on the QO website, www.quantockorienteers.co.uk</p>																													