

## Fixtures

### Club Events

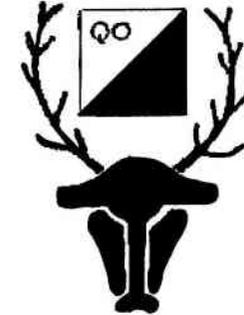
7.10.05	AGM	Ruishton Inn		Debbie Craddock 01823-333636
9.10.05	Long O	Blackdown Hills		Andy Rimes 01823-451942
20.11.05	QOFL 2	Culm Davy	ST 127161	Bob Lloyd (Team 2) 01823-333251
4.12.05	QOFL 3	Quantock Forest South. (Triscombe)	ST163359	Brian Fletcher (Team 3) 01935-424969
27.12.05	Christmas Novelty	Montacute House	ST 505169	Brian Fletcher 01935-424969
8.1.06	QOFL 4	Quantock Forest North	ST162382	Chris Philip (Team 1)
12.2..06	Galoppen	Neroche and Staple Common	ST267158	Ted Heath
19.3.06	QOFL 5	Crowcombe Heathfield	ST128344	Bob Lloyd ( Team2)
7.5.06	QOFL 6	Priors Park	ST221161	Brian Fletcher (Team 3)

### Other Events in the South West or nearby

17/18.9.05	Caddihoe Chase	Yelverton	SX 507685	Wilf Taylor 01626-859365
2.10.05	Devon Long O	Princetown	SX590734	Geraldine Gould 01364-73310
23.10.05	Wimborne Galoppen	Bovington	SY843906	Terry Crosby 01904-490690

The next Edition of Quonicle will be distributed at  
Sarum Galoppen 30th October 2005  
Copy to me by 23rd October please

# The QuOnicle



The Newsletter of Quantock Orienteers  
No. 101 September 2005

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## Quantock Orienteers Committee

Chairman	Roger Craddock	01823-327836	
Secretary and Membership	Debbie Craddock	01823-333636	SWOA Rep
Treasurer	Andy Rimes	01823-451942	
Committee	Ted Heath	01823- 251985	Website and Fixtures
	Bill Vigar	01823-680679	Mapping
	Bob Lloyd	01823-333251	Permissions
	Tony Milroy	01278-427875	QOFL
	Richard Sansbury	01823-288405	
	Brian Fletcher	01935- 424569	Youth

### Editorial

This month's edition has been difficult to assemble for a number of reasons. There was a distinct lack of material, I was very busy myself getting the garden and allotment back to some semblance of order, the committee meeting is not due until two days before publication and we also need an agenda for the AGM before printing.

Don't forget the AGM – some fundamental changes have been made and your views on their affect on the club is needed.

As most of you know I have been away in Canada for a month, the orienteering didn't go too well but I am trying to get some positives from that to take into the new season and to the WMOC in Austria next year. After the Masters, Margaret and I went into the Rockies and had a wonderful time. We stayed in various places including two wilderness Youth Hostels called Beauty Creek and Mosquito Creek (which didn't live up to its name) and were really pleasant places to

stay, in spite of the primitive facilities. After that it was down to Vancouver on the Rocky Mountaineer train and five days in the luxury of Sandeman Suites which even had a dish washer and washing machine in the apartment.

If you have a few hours to spare ask us about Racoons or Dish washers or Ospreys or Black Bears or Whistler mountain or Lake Louise..... I could go on.

As we now head off for another season of orienteering I wish you all the best of luck. May you achieve all that you wish and strive for.

Mike

### Chairman's Chat

The quiet period of the year is behind us and we are about to begin the new-style QOFL series with an event in an area of contrasts combining Lydeard and Cothelstone Hills. I hope we will finalize the season's fixture list and add it to this mailing. The Secretary will have spare copies for distribution to friends, relatives, and those schoolchildren Brian Fletcher has enthused with his expanding Youth Policy.

The Professional Development Managers in Somerset schools are taking orienteering seriously as a challenging alternative to traditional school sports, and are offering finance and opportunities for promoting 'O' (as problem-solving) in the PE curriculum. Bill Vigar has mapped secondary schools in the Taunton Deane area to follow up the mapping of many of the primary schools. Many thanks to Dave Holmes and the staff and pupils of King's College for giving us the 'festival' in the ground of their College.

The Scottish 6-day event was the focus of my summer's orienteering although I shared Mike's disappointment in his personal performances he experienced at the World Vets in Canada. Bill Vigar led his class throughout the 6 days and Lennox Heath came away with the Golf

Championship Title. We were able to gather a few of QO at a BBQ in an attractive setting outside Banchory together with about 25 others from the SW Peninsula.

To try and encourage further fellowship within our Club we have investigated the design of a couple of QO 'O' tops. We have found a version for the slender and athletic and another for those that are not! Both will be based on the design shown in the last Quonicle. We have tried to combine the traditional QO colours and logo with a distinctive modern fashion. Please think about investing in this new 'image' for you and your family for this coming season. I am still pushing the committee to invest in a substantial tent for registration/download for our events, and for a banner when we are represented elsewhere.

You can all have your chance to air your opinions at the AGM when I hope you will join us. Most of the committee are happy to stand again, but we may need to twist a few arms!

### An Appeal

For the first time, this year's long O is being held on the Staple Common/Neroche/Priors Park areas of the Blackdowns, areas I'm sure you know can be very difficult, potentially hazardous and where it is quite easy to make gross navigational errors. For these reasons safety of the competitors is a concern, and I have therefore planned into the event manned controls whereby we can roughly know where competitors are at any given time. There is also a need this year for parking and start/finish helpers. I would be really grateful for any volunteers who don't intend entering on either of the longer courses, and who would be happy to give up their day on Oct 9<sup>th</sup> to assist. We will feed and water you, and if you want (and I can get sufficient numbers to relieve officials), there is the option of running the short (6km!!) course to boot!

Any offers by e-mail to [andyr@suncot.freemove.co.uk](mailto:andyr@suncot.freemove.co.uk) or tel 01823 451942

### Club News

Resume of Special Committee Meeting held 14th July.

1. It was suggested that we change the control stakes to electric fence posts.
2. Do we want a new club tent. I would be useful for shelter at registration at our own events but do we get enough people at the larger events to justify taking it?
3. It has been suggested that the club should get its own printer. The cost saving would be substantial but the printer would need to produce prints of adequate quality. Test prints needed.
4. O tops Roger has some quotes and interest has been expressed by some. To be pursued.
5. Fixtures.  
As per fixture list on back page with the following additions.  
Long-O 2006 8th October. Dunster area  
Galoppen 2006 24th September Buckland Wood  
22<sup>nd</sup> April 2007 Regional Event Blackborough

It was decided not to continue with the intention of holding a National Event as it would be too close to the JK which is being held in the Forest of Dean.

Brief Notes from the Committee Meeting held 31<sup>st</sup> August

Matters Arising from previous meetings

Stakes – it is thought that heavy duty electric fence post stakes may be more substantial than the present canes. Samples to be obtained but there may be difficulty attaching control boxes.

Printer- Bill has a laser printer which he is renovating and could be purchased by the club if satisfactory.

Correspondence- A letter had been received to say that the publicity for the Long O had not been adequate. (Missing from the SWOA and BOF website.)

Finance – Satisfactory.

SWOA – The AGM will be held at the Caddihoe Chase.17/18<sup>th</sup> Sept.

Post Event Reports –The Score events went well. Numbers were low.

Future events- Long O under control but not many entries yet.

Maps – Bill has started mapping a new area –Sheldon nr Blackborough.

Permanent Courses – Vivary Park and Staple Hill are up and running

and have had some use. Maps are available at Taunton Information Centre. Staple Hill map packs are also available at The Holman Clavell.

Status of Ham Hill and Ninesprings to ascertained and the SWOA website to be updated with the latest information.

Somerset Schools Initiative.- Brian and Roger will be meeting the Taunton and South Somerset schools PDMs shortly to progress the mapping of school grounds and introduction of orienteering into the schools.( Note PDM – partnership development manager)

Planners and Organisers evening. To be arranged.

Joe Lee Instruction. Bill to follow up his previous instruction with information on the planning input into the Joe Lee system.

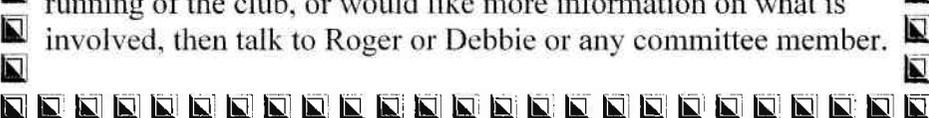
Working Party on club equipment. Some work had taken place. It is thought that a lot of the wooden stakes could be replaced with Electric fence posts.

Banner and Tent – decided that a banner should be purchased as a gathering point at events. Opinion was divided on whether a tent was necessary.

QO tops – to proceed with the the club subsidising the purchase.

Next meeting 17<sup>th</sup> November Cushuish (provisional)


  
 AGM –the Secretary and two of the committee are standing down.
  
 Replacements will be required. Now is the time to inject new blood
  
 and ideas into the club. If you feel that you could contribute to the
  
 running of the club, or would like more information on what is
  
 involved, then talk to Roger or Debbie or any committee member.
  

Schools Development Programme

Brian Fletcher

Wed 6 July.

QO put on a schools event for Primary schools at King's, Taunton. 3 schools attended and the event went well. The head of School sports attended and seemed to be impressed by the event.

Wed 13th July. East Coker School Activity Week. Roger Craddock

For some years now we have responded to East Coker Primary School's request for help with an orienteering activity at their summer 'camp' at Great Wood. This followed a South Somerset initiative of mapping schools in the Yeovil area about 5 years ago. QO members (usually retired) have given half a day. They have explained and practised navigational skills with about 30 final year pupils, and this has been followed by a score event in Ramscombe. Unusually this year the weather was TOO HOT for the hike up the Combe and Health and Safety Risk Assessments required us to keep to the picnic area. Nevertheless, fresh from the experience of Dave Holmes' and King's College's Taunton Deane Schools 'Festival', we split the children into small groups and set them individual control picking, followed by short courses and a Grand All-Control Score finale.

Many thanks to the Headmaster and staff who entered into the spirit of the afternoon. It is a pity that it will not be possible for them next year because of a clash of events. I wonder if any other school would be interested?

Future Development.

We are meeting the Head of School Sports in Taunton on Thursday 8th September and the Head of School Sports in South East Somerset (a region extending from Chard to Yeovil to Frome with at least 100 schools). The agenda will include mapping more schools in each region, Orienteering Instructor Training for teachers and where QO can assist by putting on another event in school time.

## Events

Score Event Two, 9<sup>th</sup> July 2005

Neil Clegg

### A Perfect End to the Quantock Season

The sun always seems to shine for the Quantock events and Ted's final offering of the season was no exception. It is a particular pleasure for me to return to Wind Down because it was the first forest I ever visited for orienteering. This event, the second of Ted's score events, ticked all the right boxes – start, finish, registration and parking all in the same place. Efficient organisation with registration by Lennox and Bill proficiently handing out dibbers with one hand and eating lunch with the other whilst Sue and Ted gave the whole system a calm and friendly air of competence.

Wind Down is a small area and the steep valleys typical of the Quantocks make it difficult to plan ordinary events so the score format is ideal here and gives beginners and advanced competitors as little or as much challenge as required. The map-memory option offers a further challenge for experienced competitors and this format of a map-memory score event offers the ultimate challenge. Not only do you have to memorise the route between the controls but you also have to formulate a strategic plan to pick up the controls in the most efficient order. Most of those brave enough to try the map-memory found themselves rightly rewarded with the higher positions in the results.

The warm weather had brought on the nettles and brambles to over six foot high but there are many pleasant areas in Wind Down and there is really a good mix of terrain in a small area. The shadier parts gave some respite from the hot sun. There was not a large entry for the event but in a way this was ideal as the last thing you want is a queue for the maps at the controls.

Coincidentally it was David Livsey who first mapped Windown and introduced me to orienteering and he was running as well. As Dave said, the forest has changed considerably over the years and many of the features that we had used for control sites in early years have now

disappeared. Comparing the current map to some of the older ones it is interesting to see that even some of the “fixed” features such as earth banks and tracks appear to have drifted over the years. Even the contours have moved and flexed!

Powells took first and second places with QO's Jim Mallinson and Rosie Wych taking third and fourth. It looks like Jim has won over the two events.

Those who missed the event missed one of the best of the year.

### Devon Relays

Mike Crockett

Quantock Orienteers have a history of good results in this event. Last year was a hiccup in a sequence of wins and so this year a strong team was entered in order to wrest the trophy back from Kerno. It is a well publicised fact that the handicapping system used locally favours those of more mature years. Consequently QO's team had two M70s Bill Vigar and Mike Crockett, and an M55 David Holmes, a W55 Sue Gard with an M45 Chris Philip as baby of the team and mascot. A formidable combination to say the least, and as a result of our handicap we started off 14 mins before any other team. One of the opposition was heard to comment that we would be finished before they had even started.

For those not familiar with the format each team of 5 runners is given four maps, each of which must be run three times (by different runners). A master plan is drawn up based on known form and running speed which hopefully ensures that the longest course map is kept moving.

At Killerton the undergrowth was pretty fierce in places and being first team out we did suffer more than most from its effects, however we managed to keep to the Master plan, but even so Chris running the last leg was in second place when he set off with the third long course map. However he put in a storming run to bring us home in first place by

three minutes.

The magnificent Byfoot Trophy could not be presented due to the custodian travelling to Canada early for the World Masters and associated events. Consequently it will be presented at the Caddihoe Chase where we expect a bumper turn out to support the victorious team.

The victorious QO team with their supporters, who appeared to have other interests at that



### WMOC 2005

This year the World Masters was held as part of the World Masters Games based at Edmonton in Canada. The opening ceremony was held in the Commonwealth stadium with the Deputy Prime Minister of Canada making one of the welcoming speeches. Various spectacles were provided including a fly past of the Snow Birds, the display team of the Canadian Airforce.

The Orienteering was based at Spruce Grove about 20 Km west of Edmonton but the actual events were some 100Km from there and so a lot of travelling was involved.

The First Qualifier was at Winfield south of Spruce Grove. There were a lot of beaver dams in the area which we were told could be crossed

with care. There was also a note in the programme that wild animals native to the area include deer, coyotes, elk, moose and possibly bears, wolves and cougars; however the planners hadn't seen any of these larger animals.

We were given advice as what to do if you were confronted by a bear. It seems that you should stand up and raise your hands in the air. This was not a sign of surrender but to make oneself look bigger than you actually are.

A feature of the area was the marsh land which varied from reasonably dry to very wet. Someone commented to me that I should have been OK as it was similar to Burnworthy. I had a reasonable run finishing 17<sup>th</sup> out of 60 and but for one mistake could have been in the top 10.

The next qualifier and the final were north of Spruce Grove at Fort Assinboine. This area was even more marshy than day 1 and again a warning that bears and lynx had been seen in the area. Here I managed to make a few mistakes and finished down in 33<sup>rd</sup> place. However it was sufficient to place me 23<sup>rd</sup> overall and so into the A final. This meant that two of my three aims had been achieved, to get to the A final and to be top Brit. The other Brits failed to make the top 30 and consequently were in the B final.

The Final, again near Fort Assinboine. Please don't ask!! Suffice it to say that 40 minutes on one control was not going to give me the top 10 position that was the target. However one bright point was that in spite of all that time getting completely demoralised I was the second fastest on the run in, which shows that used optimistically SI can boost morale.

Next year Austria.

The remainder of our time in Canada was spent in the Rockies. Margaret flew out to join me and we drove to Jasper National Park where we Youth Hostelled and walked before travelling down to Vancouver for a few days before flying home. A wonderful holiday.

I was getting a little bit desperate for material for this edition when Brian offered to write a few words, which very nicely filled the vacant space. And Nikki followed up with her thoughts on the Colour coded. Many Thanks!

### The Scottish Six Days

Brian Pearson

I went to the Scottish 6 days at Royal Deeside feeling confident. So far this year my training has been building up steadily to over four hours a week of which 2 ½ was running, without any real injury setbacks. I have had some good results from national events so I knew I could finish within 125% of the faster guys times. I had a good Saunders mountain marathon four weeks previously completing the longest pairs class, so yes I was up for this.

What a shock then when on the second control of day one I lost 16:40 on a 3:20 leg. This was in the area of Cambus O'May, a valley floor sculpted by a glacier to leave behind a snapshot of a stormy sea cloaked in birch and pine woodland. Perhaps it would have helped if I realised this was the area used for the CompassSport photo 'o' competition and I had already spent an hour or two closely studying every contour on the map. I was steadily following a bearing then climbed a bank into some younger denser trees, it was enough to send me off the straight line and the alarm bell inside my head didn't ring loudly enough. With the type of orienteering I am used to, I often drift in and out of map contact and there is usually something I can pick up to guide me onwards. This time there were plenty of features to pick up but it turned into a guessing game especially as they were hosting other controls.

I eventually gave up and made my way back to the first control which was tricky in itself, took another split on the stopwatch then went straight to the elusive control. I had mixed emotions then satisfied I was capable of executing the leg correctly but dissatisfied by ignoring the fact I drifted out of contact and hoped I would recover and then not doing something positive to cut my losses earlier. Intriguingly the

online Winsplits software calculated my time loss to agree exactly with my stopwatch.

The confidence needed working on from here on. It was going to take time to get fully to grips with this sort of terrain, I made errors on 33 out of 110 controls through the week to accumulate 98 minutes of time loss so I suppose the average per control was within reason after that first disaster.

The highlights went a long way to compensate though and gave me the necessary hope and optimism to keep pursuing the dream run. On day 3 at Glen Feardar I had a poor start losing 12 minutes on the first two controls looking for crags on a craggy hillside. I then punched the second just behind a Norwegian, we contoured along at a good rate, I needed a break so I was determined to keep him in sight and I was flat out as I tracked him into the next three controls. It was exhilarating, a bit like a relay race but then we had to turn up the hill and I was thankful when he started to walk but it was never for long enough. I reached the top blowing hard and he managed to give me the slip and finish 8<sup>th</sup> (80<sup>th</sup> out of 126 for me).

Another similar occasion occurred on day 4 at Alltcailleach, a Swedish runner who started 1 minute behind me overtook metres from number 3. I followed him to 4 then we climbed to 5, he walked it and I was tempted to overtake but sense dictated for once that I should hold back. I admired his fluent running then across to 6 and 7, he didn't look like he was trying, taking long loping strides, effortlessly gliding over the brashings, roots and rocks. Then just what I didn't want happened. He made a mistake so I punched ahead of him and led to 8 across some rough open ground to the woods on the other side. The control was nestled in a reentrant and I checked the wrong one 30 metres away that gave him time to go in and come out again before I recovered. By the time I punched he was gone out of sight but it was good while it lasted. Checking the results, I took heart to discover he actually won on day 5 and I was able to mix it with him for a while.

I had some good solo legs too, the best of which was a 1400m flat out blast along the top of a limestone outcrop covered in short springy grass. The views of the Cairngorms were superb and I recorded under 9 minutes for the split.

The dream run nearly happened on the last day at Glen Dye. I kept up the concentration to pick off the first 15 controls quite cleanly, the confidence was up, and I was enjoying this hugely. I had a problem then finding 16 in a moraine area and took a nasty fall hitting both knees on a rock and literally had to hobble the next twenty minutes and 11 controls to the finish. It was a good feeling crossing that line, I sampled orienteering at the next level and hopefully learned a lot from it. It was indeed a wakeup call and although I would like to go back up there again sometime, failing being able to move a great lump of Scotland to our doorstep, I am now looking forward to a good QOFL and Galoppen season.

Of the QO members who competed in the long senior classes the roll of honour for high placings goes to Sue Gard, Ted Heath, Dave Holmes and especially Bill Vigar for his four first places. Bill- how do you do it?



Photo of the Scottish 6 day bar-b-que on the Tuesday and a photo of Lennox with her Scottish 6 Day Golfing Championship trophy which she won at Inchmarlo on the Wednesday against a good field including her husband. (It was a Stapleford Competition for those who understand these things!!)

Ted

And from Nikki Pearson

I thought the registration for the colour coded 'on the day' entries was well organised. I ran one orange course on day 5 in 31 minutes, which was enjoyable and seemed a little easier than some of the local orange courses that I have completed.

Throughout the week our children Eleanor 8 and Matthew 6 tackled the string and off string courses, collecting numerous goodies along the way. They also completed two whites and one yellow with me cajoling them one minute and trying to keep up the next. Overall it was a very good week in an interesting and scenic area.