

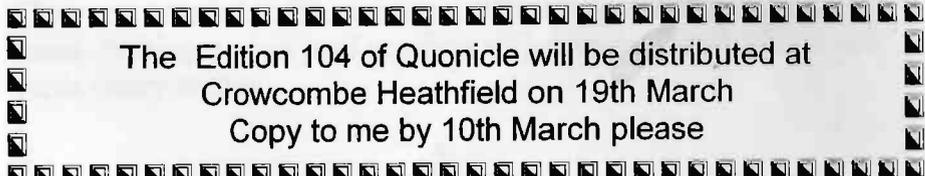
Fixtures

Club Events

27.12.05	Christmas Novelty	Montacute House	ST 498169	Brian Fletcher 01935-424569
8.1.06	QOFL 4	Quantock Forest North	ST 162382	Chris Philip (Team 1) 01823_252938
12.2..06	Galoppen	Neroche and Staple Common	ST 267158	Ted Heath 01823-251985
19.3.06	QOFL 5	Crowcombe Heathfield	ST 128344	Bob Lloyd (Team2) 01823-333251
7.5.06	QOFL 6	Priors Park	ST 221161	Brian Fletcher (Team 3) 01935-424569
11.6.06	Club Champs	Stock Hill, Near Wells	ST 548512	Mike Crockett 01458-445540

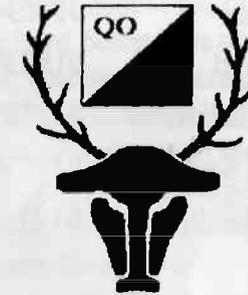
Other Events in the South West or nearby

7.1.06	Wessex day and Night League	South leigh Woods Warminster	ST 853420	John Parfitt 01985-216371
15 1..06	NWO Galoppen	West Woods	SU 166667	Louise Phelps 01793-430010
22.1..06	Devon Galoppen	Woodbury Common	SY 041847	Adrian Taylor 01395-274152
28.1.06	British Night Champs	Hawley	SU 827585	A.Mac-Gregor 0118-9812598
29.1.06	BKO National Southern Champs	Hermitage	SU 521733	Liz Turbin 0118-9345412
5..2.06	Wimborne Regional	Godshill	SU 176160	Kirsty Staunton 01425-653629



 The Edition 104 of Quonicle will be distributed at
 Crowcombe Heathfield on 19th March
 Copy to me by 10th March please

The QuOnicle



The Newsletter of Quantock Orienteers
 No. 103 December 2005

Christmas Edition

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QO Website -<http://freespace.virgin.net/robin.heath/qohomepa.html>

Quantock Orienteers Committee

Chairman	Roger Craddock	01823-323850	
Secretary	Christine Vince	01935-863429	
Treasurer	Andy Rimes	01823-451942	
Committee	Bill Vigar	01823-680679	Mapping
	Bob Lloyd	01823-333251	Permissions
	Brian Pearson	01823_252407	
	Richard Sansbury	01823-288405	Fixtures
	Brian Fletcher	01935-424569	
Other Club Officials			
	Ted Heath	01823-251985	Website
	Tony Milroy	01278-427875	QOFL
	Mike Crockett	01458-445540	Membership Quonicle

Chairman's Chat. December 2005

A Happy Christmas to all our members!

Now the nights are lengthening and the early morning frosts are appearing, the time for setting up, taking part and clearing away is reduced and greater determination and commitment is required of officials. We think longingly of the summer events when we lounged in shorts comparing courses, criticizing planners/controllers, nature, foresters, everything but our own navigational skills! I am reminded of one of those events we are not supposed to mention, when flour was used to mark control sites – then it snowed!

I am looking forward to a new area, new planner, and new social venue for our Christmas event and hope to see enough of the membership to make Brian Fletcher's efforts worthwhile. I see Devon OC have kindly moved their Christmas Novelty Score Event to the Wednesday 28th December, so there are two opportunities to justify eating the Christmas fare!

Our new committee has met and concluded its business in record time! Christine is working hard behind the scenes to advise us fully of agenda items in advance, and we have created a fixture sub-committee under Richard Sansbury that will keep the relevant people informed and will speed that part of the business. Any offers of services and suggestions of areas to him, please. Several topics have been aired by committee discussion using e-mail which is effective, providing points are directed to the Chairman and copied to all other members, otherwise an exponential explosion of correspondence erupts! Topics such as the design of the QO banner, inclusion of a runners/red course, and funding of the mapping of schools have been covered. You will see the new banner at the Christmas Event and QOFLs and it will be used as a focus at multi-day events and relays. I had hoped the new 'O' tops would be here by Christmas, but Father Christmas is too busy.

Richard Went has given a great deal to Quantock Orienteers, as competitor, treasurer and chairman. Our thanks go to him for his enthusiasm and efficiency. We still remember the AGM in 2001 that was over before Ted and Lennox managed to arrive!! However some members will now know of the deterioration of Richard's health. I spoke to Ros who was very positive about the 'adventures' he and his family have had this year trekking and sightseeing in New Zealand, skiing in France, and exploring Alaska. Many thanks, Richard, for your service to Quantock Orienteers.

Roger Craddock

Editorial

It's the time of year when we look back and reflect on the results of the past year and look forward with renewed hope for the future, sometimes with the added incentive of a new age group.

This past year, my first as M70, has been one of mixed fortunes. Consistency has not been my forté but I did expect to do well at Triscombe. I came back absolutely exhausted and complained bitterly that the course was too tough for a Blue. However on reflection, the course was at the upper end of Blue, but more accurately too tough for an M70 who ought to know better. Sorry Rosie! Perhaps next year I can be less ambitious.

What can we expect in 2006? Hopefully BOF and its members can resolve the long standing membership problems. The British Night and the Day Championships are both in the South of England and within easy reach of Somerset. The JK is in Yorkshire but I am assured by those who should know that it will be a good event. The fixture list is looking very full and there should be something for everyone nearby.

Quonicle – Thank you to all who have contributed during the past year, not least Margaret, who proof reads each edition, usually at the last minute when she is busy with other things. I hope to keep going but it does depend on you. No one wants to hear Mike's opinion on everything. Why not make a resolution to write something without being asked?

Have we a cartoonist in the club?

Is there a joke you would like to share?

eg What do you call a Chinese Lord in the woods? An *Orienteer*.

If you can do better I would like to hear from you !!

I'll make room for anything slightly relevant to orienteering or club members.

Christmas will just be over when you receive this but I hope you had a wonderful time and wish you all the very best for 2006.

“May you run in Sunlit Forests” is a cliché which seems to elude us at Quantock events and so “ May you run brightly in the forest” is probably more appropriate.

Mike

News of people

Welcome to new members

Pete Goodliffe and Family of Hornblotton

Steve Windsor of Meare

Andrew Bowman of Honiton

Jeffrey Pakes of Bridgwater

Nigel Mills of Yeovil

Elizabeth and Iain Pye of Cotford St Luke.

Liz and Iain have recently married. We wish them well in their new life together.

Bob Lloyd has recently had an operation on his knee. It was good to see him walking the Light Green course at Triscombe.

Matthew Knipe has also recently undergone surgery at Yeovil. He should be well looked after in the hospital where he works.

John Pilkington is well but unable to orienteer anymore. He still receives his Quonicle and is proud of the fact that Quantock Orienteers was his suggested name for our club all those years ago.

OO News

Membership renewal notices have been sent out and there has already been a good response. Those who haven't done so please do so as soon as possible. Thanks.

From the Fixtures Secretary

Red courses:

A new initiative at the December QOFL was the addition of a red course. This is intended to attract new people to orienteering. A red course is a long course of orange standard and may be just the right sort of course for an experienced cross country runner who hasn't orienteered before. If you have friends who run but have not tried orienteering before, then perhaps you might suggest they have a go. Red courses will be available at the January QOFL and the February Galoppen.

Summer events:

It seems like a long way in the future but the summer events are starting to take shape. In addition to the usual two score events we are going to have two extra score events on Wednesday evenings to make a series of four. Further details to follow in the new year.

New planners:

We are always keen for club members to come forward and get more involved in our events and we are currently on the lookout for potential new planners. Planning a course is challenging but very rewarding and highly recommended. We will ensure that anyone new to the role will have experienced club members available to help. If you are interested please let Richard Sansbury or any other committee member know.

Thanks

News from BOF

The Magazine Compass Sport which was expected to cease publication in January will now continue under new editorship.

News from SWOA

The minutes of SWOA committee meetings can now be viewed on the SWOA website.

Arthur Vince will be running a Grade 2 Controllers' course on 21st January in the Yeovil area.

In the last edition I mentioned the World Championship and supporting event in Denmark at which Clive Allen is actively involved. Clive has pointed out that I managed to corrupt the name of the event and sent a press release which has gone in some National newspapers. If any one wants a copy please contact me. Here is a summary of the event.

WOC Tour – the multi-day choice for 2006

Mid-Jutland – in the western part of Denmark – is the venue for the 2006 World Orienteering Championships (WOC), to be held in the period 29th July to 5th August. The WOC organisers are intent on making the WOC races as spectator-friendly as possible, and are also planning on filling spectators' spare time too. A 6-day open event, the WOC Tour, is being organised, and with its special event centre and dedicated campsite with full facilities, it is ideal for your 2006 club tour.

The well-tested formula of 3 race days, rest day, then 3 more race days will be used. But in anticipation that not everyone will make it to Denmark in time for the first WOC Tour race on Sunday 30th July, it will be possible to run just in the last 4 days and still find a place in the final results.

The event website is www.woc2006.dk/tour

Notes From Committee meeting 3rd November 2005

1. Control descriptions at QOFLs- Written to be on map and Pictorials available at registration.
2. An Age class chart will be available at QOFL's
3. Bill Vigar will put on a Joe Lee course.
4. Richard Sansbury will take over as Team 3 leader in September 2006
5. Official Appointments
 - a) Fixtures- Richard Sansbury
 - b) Membership and Quonicle Editor Mike Crockett
 - c) SWOA Representative Christine Vince.
6. A Fixtures Sub Committee has been set up to assist Richard-Brian Fletcher, Chris Philip, Bob Lloyd and Bill Vigar.
7. Schools mapping – Roger to pursue funding from BOF.
8. Long O was financially successful and Christine Vince was able to donate £30.00 to SW junior squad from the catering operation.
9. Brian Fletcher will be putting on some mid week events suitable for schools and club members.
10. We will be putting on a Regional Event on 22.4.07
11. Bill Vigar is continuing with the map of Sheldon.
12. We are pursuing the acquisition of some new stakes for the Joe Lee controls.
13. The banner design has been agreed. (Ed. Now received and on display at the Triscombe event.)
14. SWOA matters- A proposal has been made for JK2007 to be a BOF event with Mike Forrest as co-ordinator assisted by Alex Ross (BOF) and Charles Daniel. It was due to be hosted by NEOA who have declined.
15. The SWOA website will be updated regarding QO events and permanent courses.
16. Arthur Vince has offered to run a planners' course next year
17. "ClubMark" will be discussed at the next Committee Meeting.

Next Meeting will be at 67 Staplegrave Road 19th January.

Event Reports

Sarum Galoppen - Shearwater

Bill Vigar

After Mike had asked me to do a write-up of the event it occurred to me that I had run there quite a few times before, nine actually. This started me searching my records for previous maps and results. Unfortunately I was unable to find a copy of the map for what was probably the first usage, the 6th BOK Trot of 14-05-78. I did however find the results, I managed 5th place on M43A, between Dave Parkin and Derek Wise, both still competing. D & B Crockett (M11/W9) managed the Short Wayfarers, while Mike was 11th on M43A and R Heath (RMOC) was 6th on M35A. Others competing again at this year's Galoppen include M Knipe (M13), P. Grenfell (W43). T Bridle, M Heath and D Lee (All M35A), D Budden (M21B) and the W50 winner P Harwood.

S Beck would have been 2nd on M21A had he not been disqualified -'Dis-integrated Card'. I notice the controller was a certain Arthur Vince of Sherborne Foresters, just a coincidence I'm sure that G Foss (SF) won W35.

Enough of history, what is the area like today? I'm afraid it has not improved. The building of Centre Parcs a few years ago, right in the middle of the original area, did not help. This, together with the bramble growth, possibly encouraged by thinning operations, has resulted in the loss to Orienteering of several other parts. There are a few nice bits left but it must be very difficult to string them together. But for the use of electronic punching, it would be practically impossible to plan a meaningful Brown course. The Blue course I ran was perhaps a shade too long, only Brian Fletcher (M21) was under the hour. I did not see any of the other courses but, bearing in mind the limitations of the area and the weather on the day, Sarum did well. There was another opportunity to run on the area at an Army event the following Wednesday, I was not tempted.

Ed—I was and thoroughly enjoyed it.

Culm Davy report

Tony Milroy

Going to the event was not encouraging because all along the motorway, past Bridgwater and Taunton, there was quite a thick mist which inevitably made visibility a problem. However as we approached the Wellington turn-off it disappeared to reveal a lovely sunny day, especially on the hills around Culm Davey. As usual I went to register for the Green course (will I ever be fit enough to do the Blue?) and fell into conversation with Mike Crockett. Craftily he lulled me into a false sense of security (you may have had the same experience with him!) before slipping in the question 'Would you do a report on the event for the Quonicle', and then he really put the pressure on by adding 'you haven't done one for some time have you?' Well what could I do, I was putty in his hands, hence the report you are now reading.

Going to Control No. 1 was relatively easy although I seem to be a slow starter as I get used to the map. Similarly finding No. 2 was O.K. before the Green course ventured out onto the open moorland. The route to No. 3 looked simple – go along a track on the edge of the moor for 500 metres and then go right to find the end of the thicket. Now if I have one weakness it is pacing – alright, I know I have lots of weaknesses but let's concentrate on this one for now! I am very casual about any distances and tend to take the line of 'well 200 metres is about to that tree up there' or something similar. Consequently I ran along the track and after a couple of minutes didn't have a clue how far I'd gone! The net result was that I overestimated the distance and came out about 300 metres beyond the control, which I could clearly see behind me, and thus more precious minutes were lost (to John Trayler and other 'rivals'). Proceeding on to No. 4 – a long leg of 800 metres – I had a stroke of luck when two competitors came out of the re-entrant which helped me locate it as I had thought it was a little further! At this point I sometimes became confused, as the Blue competitors seemed to dip in and out of the Green course, so one was never quite sure whether

we were all looking for the same control or not. No. 5 was a pit in the middle of some scrubby land and although my compass bearing was close I still wasted another couple of minutes before finding the control on a rather featureless landscape. Control 6 was fairly straightforward before Nos. 7 – 10 took us back in to the forest and technically were not too difficult as there were plenty of linear features to latch on to.

An enjoyable morning's orienteering thanks to the planning (and mapping) of Bill Vigar and the smooth running of the event by Bob Lloyd and his team. As always I was able to look back and say 'If only.....' at least three times as I dream of that 'perfect run'.

Leading QO members on each course

Blue	Andy Rimes	2 nd
Green	Dave Holmes	2 nd
L.Green	Declan Gray	1 st
Orange	Joel Llewellyn	1 st
Yellow	Tom Elliston	1 st
White	Eleanor Pearson	2 nd

BOK Galoppen at Cannop Ponds

Mike Crockett

The travel directions to this event appeared to be confusing but in fact were straight forward when arriving at the venue and having a left turn into the road leading to the fairly compact parking area (Always welcome when SINS is to be distributed).

Registration was easy with perhaps one small irritation that there were no control descriptions on the map. Loose ones were issued at registration. As usual it was SI punching and pre-marked, bagged maps.

A pleasant flat 10 minute walk to the start in the pleasant company of the Yeovil contingent of QO set things up for what was to be an enjoyable run. My course was quite physical although the whole

area was very runnable with hardly a bramble in sight, which came as a surprise in the Forest of Dean. On the whole the map lacked detail which meant that some of the controls were on, or near, features which were perhaps a bit too prominent and hence made the controls easier. Having said that I did make one mistake turning the wrong way at a stream and wasting a minute or so. Why is it that when you do have a little hiccup that there is invariably a club member coming in the other direction to observe the misdemeanour?

The Finish was very close to assembly and didn't appear to have too many problems although my own dibber number hadn't been entered correctly and took a little time to resolve satisfactorily.

Quantock Members were out in force. Brian and Graham Pearson combined the outing with a band competition at Chepstow later in the day. I wondered if they had enough "puff" left after the strenuous efforts which gave them good placings. I understand that they got a gold award.

There were some tight battles within QO – Mark Larcombe and Martin Longhurst were only 18 seconds apart on the Brown course but pride of place must go to chairman Roger Craddock's 1 sec victory over Don Gray on the Green.

Top ten results for QO

Light Green

Declan Gray 1st (Fresh from a good performance at the night event the evening before).

Graham Pearson 7th

Green

Mike Crockett 7th

Brown

Brian Pearson 8th

A Grand Day Out.

Nick Fernandes

REME Championships, Everleigh, 7 Dec 05.

Since leaving the Navy and all its little perks; on site gym, adventurous training and easy decisions on what to wear to work, my opportunities for participative sport in works time have been very slim. That is until I started my current job working on the Apache helicopter project and discovered that one of the section heads is an orienteer of some standing in the Army. Pretty soon we were plotting to enter a regular team in the Army Wednesday league events, we only had to persuade another team member and we reckoned we could take in a few events. Typically though, work got in the way of the best laid plans; too much of it and not enough days in the week. However the opportunity to enter a team in the REME Championships was too good to pass up, so after attracting a third team member and clearing the diaries for the 7th Dec. the Apache project team orienteering team made its debut in the minor unit competition.

With myself as the token civilian, David Smale as the experienced Army orienteer and Mark Stevenson as the REME cross country runner we arranged to meet at Everleigh at about 11.30 and see how well we could do.

A frosty start with a bit of mist around heralded what turned out to be a crisp, clear skied day. Ice filled puddles, wet grass and muddy, though sometimes frozen, tracks awaited. The event took the form of a 1 hour score with controls allocated points (10, 20 or 30) and a maximum score of 350 points available. With penalties at 1 point per 6 seconds over the hour the incentive to get in within the limit was high.

Having arrived and had a chat to Mike Crockett (in training for the Southern Night Champs the following Saturday) I saw Mark off and prepared to go. The maps were located at the start kite that happened to be over the brow of a hill out of sight of the start but heading in the right direction it was easy to identify due to the number of people pondering their route choices. Typically, my plan

was to get as far as possible in half an hour before picking up some controls on the run home. Having seen my first attack point I set off and within 50m ended up tripping in the long grass, completing out a forward roll on my right shoulder, landing on my feet and carrying on slightly winded. I soon discovered it was easier to follow any kind of track through the areas of long grass as it seemed that I was definitely prone to tripping in it on that day. The controls themselves were straightforward with many being visible from 30m out so the only limiting factor was my speed over the ground. In the end I thought I did quite well, 200 points and inside the time, beaten by both my team mates but I expected that and beating Mike by 3 seconds as we both had the same points. Beating Mike was tempered by the fact that he has nearly 30 years on me.

After a quick warm down in the local pub (old Arctic training adage: never hang around in the cold) we returned for the prize giving as we thought we were in with a chance, well we were leading when we went to the pub. As it was we slipped down the scoreboard and finished third with David winning the REME veterans class. Two people achieved a maximum score within the time limit and talking to the controller the next day it took them longer to collect the controls in his landrover than it took them to run it.

Having entered a few of these events in the past they provide a useful orienteering run that breaks up a week. The events are always well run and they use a lot of areas we do not normally see as they are often on Army land. I recommend going along if you get the chance, details are usually on the Army orienteering site, www.baoc.org.uk.

Southern Night Championships - 10th December

A very poor turn out for these championships spoilt what was a very enjoyable evening out.

The event was held at Bulford on a different part of the range from usual. Parking was on hard standing with start and finish within 100 yards (sorry metres).

As we neared the car parking area we were surprised to see a pack of hounds and riders standing beside the road. The hounds were under strict control which quite impressed us. The riders then arrived at the car park to load their horses into boxes for transportation

The area was relatively open with a few wooded areas and plenty of tracks and fences to aid navigation. No start times were issued but, due to the open nature of the area, competitors on the same course were separated by three minutes, consequently Margaret who was on the same course as me, had to hang around for three minutes when we arrived at the start. She was grateful for this gap, as she didn't wish to embarrass me by catching me up before the first control, a fact which she announced to the assembled company. (Proof Reader - No I didn't)

However there was no danger of this as I hit No. 1 smack on after a compass bearing run of a few hundred metres. When this happens I invariably become over confident and I blow it on the next control. However the warning bells sounded and I was careful all the way round and apart from failing to find the optimum route through some thorn bushes on a couple of occasions had a relatively fault free run. Both Margaret and I were on our hands and knees crawling to avoid the worst of these thorns between 8 and 9.

I waited at the finish for the requisite three minutes before deciding that I wasn't "embarrassed". Margaret came in fairly soon after that and then it was a wait for Dave Parkin of BOK (a former QO chairman) to check his time before claiming the M70 Trophy. Dave had a poor run but then discovered that he had mispunched anyway so the trophy was mine.

Margaret won the W55 short class and looking at the results this morning I see that Jim Mallinson won the M55L trophy. I think we can claim Jim although he was running with his SLOW (not literally) hat on. Three firsts out of three for QO.