



## 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**

On a day when a breath of fresh air was thrown into the discussion of 'childhood' by the Telegraph, I have been asked to produce what could be my last Chat – if the AGM decides on a change of Chairman. The Committee and many members will be aware of my commitment to encouraging school children to 'have a go' at orienteering as an adventurous activity. We were able to play freely during our 'childhood' without the culture and parental pressure of 'protecting your child', hence my continued support for Brian and his ambitious program of bringing orienteering to the children at Montacute, Norton Camp, Millfield, and Blackbrook Schools Festivals. Judy and I also enjoyed providing courses for children of a broad spectrum of confidence at Fyne Court and Vivary Park during the summer.

Our own Club members are preparing for the opening of our winter season. Brian launches his Junior Squad at Dunster, the day before our Galoppen at Triscombe. Andy and Rosie have their QO Long-O at Carhampton to Minehead before we enter the QOFL season in October. I personally enjoyed the Summer events, so thanks to the planners and organizers, although I think they were disappointed by the numbers using them. However two did take place after well supported Schools Festivals and one was upstaged by a World Cup game!

We have tried to upgrade our equipment during the summer, and Dave Holmes has done a wonderful job sorting and improving the Club material in his shed. Your Committee has spent your funds, after much discussion, on new banners, kites, numbers, a QO tent, as well as subsidising QO 'O' tops. Bill Vigar is phasing in a new version of the receiver for our unique Joe Lee electronic punching system, which will make the job of putting out controls much easier. Unfortunately, the SWOA Committee have ruled that the system is not adequate for the Regional event next April, but we hope to retain the date for a great weekend of orienteering in one of our prime areas.

I must finish my year of Chairman's Chats with thanks to the Committee for those of you who will not be at the AGM. Under the efficient and wholehearted guidance of Christine we have moved forward in several directions this year. Members of the Committee have been very tolerant of the increased frequency of our meetings and the sharing of responsibilities, yet all have indicated a wish to serve for another year. I hope they will receive your support at the AGM and during the coming year as we try to move into a new image of our sport acceptable to all age groups and abilities.

Enjoy the coming season

Roger Craddock

## Editorial

My first effort at writing this editorial was bemoaning the fact that I had received hardly any contributions to this edition, and I was wondering how I would fill it. I was told I sounded too much like Victor Meldrew, so I have obediently had it rewritten. In the event, I have plenty of material (as usual, says Mrs Meldrew), as among other things I had forgotten about the information concerning the new membership scheme.

Most of this edition is business orientated (appropriate for our sport) for which I apologise. There is a lot to digest and consider. Please come along to the AGM and make your views known.

The Quonicle is, as is apparent in this edition, a vehicle for dissipating information but also for you to spread your thoughts or experiences on orienteering or any subject which you think might interest club members.

Unsolicited material is always more welcome than that cajoled in the car park on a wet day. So why not make a New O years resolution to help Mike out.

An example of non O which might well come in useful

If locked out of a car with automatic locking, you can use mobile phones and unlock it from a remote location.

May you all enjoy the new season.

## News of people

Welcome to Tim Spenlove-Brown of Croscombe. Tim came along to some of our evening events and has now joined us.

Welcome also to James Trembath who is leaving the army and now lives near Triscombe.

A belated congratulations to Roger and Judy on their 40<sup>th</sup> Wedding anniversary. They celebrated the morning of the happy occasion at the Blackborough Score event.

Ruth, Holme, Jan and Dave daughter, gained three A's at A level and will be following her sister Rachael to Oxford soon. We wish her well.

## Club News.

### Notes from the QO Committee Meeting held on 6 September 2006

**AGM.** The agenda for the AGM (on Friday 6 October 2006 at the Ruishton Inn) is attached to this edition of QuOnicle. All the current committee members and post holders have agreed to stand for re-election. After the business meeting, there will be a speaker (Jeff Butt from SARUM) followed by a buffet and quiz; there are more details elsewhere in QuOnicle.

**Finance.** Andy Rimes reported that the club's finances are healthy. Following the event at Norton Manor Camp, the Somerset Schools organisation made a financial contribution enabling the club to buy more equipment to support the schools initiative.

**QO Junior Squad and Somerset schools activities.** There will be a Junior Training day at Dunster on Saturday 23<sup>rd</sup> September, with a second day arranged at Priors Park on Saturday 14 October. On Saturday 21 October, SARUM have invited any junior interest to a junior training day near Warminster (this coincides with the SW Development Conference). Orienteering has been included as part of the Blackbrook Sports festival to which every junior school in the Taunton area has been invited.

**Fixtures.** QO had intended to host a Regional event in April 2007 at Blackborough. However, SWOA has refused permission to use the Joe Lee punching system and the event will now be downgraded to a District event. Full details of the SWOA ruling are given in SWOA Snippets. Richard Sansbury will be contacting club members as he is looking for planners, organisers and controllers for the forthcoming QOFL season.

**Permissions, permanent courses and maps.** Bill Vigar had visited Buckland Wood and Staple Hill and had noted that most of the forestry work has been done but there is a large clear-up operation in progress.

**Membership.** Mike Crockett has written an article about the new BOF membership scheme which is in this QuOnicle.

**Club equipment.** The club tent is on order. The club equipment (kites, canes etc) have been replaced and new number plates have been made. Dave Holmes' shed now looks clean and tidy! New start and finish banners (which look like a smaller version of the club banner) will be bought, and these are easier to display than the older versions. The next meeting of the club committee will be on Tuesday 31 October 2006.

Christine Vince, Club Secretary

### **Regional or District**

Recently a copy of Legend, the newsletter of NGOC arrived. John Fallows their Chairman writes on a topical issue which with his permission, I now share with you.

Over the last couple of months I seem to have been excessively busy but done little orienteering. The only 'events' I've been to have been the Street '0' on Wednesday evenings. Numbers at these seem to be ever on the increase, even though the increases are small.

Along with Eddie McLarnon, I planned the courses for the regional event (badge event in old money) on Cleeve Hill. It's always useful to keep an eye on entry numbers as they're coming in and, when the closing date passed, two of the courses had NO entries and one course had only one. So why are we spending time and effort planning courses when they're not required?

The two courses with zero entries were M21 N and W21 N with the intent of providing a technically easy long-ish course for beginners. Many years ago, we used to have the long and short wayfarers courses which were essentially the same as M/W 21 N, but nowadays there are always three or four colour courses available for on-the-day entries. I, for one, can see no reason why the novice runners should have their own badge courses, especially when they are not able to qualify for a badge on that course.

This leads me on to think more about the differences between large colour-coded events (district events, galloperns, galoppens © etc.) and regional events. I believe it boils down to the amount of administrative effort and in reality the average orienteer sees little benefit.

1. Pre-Entries. No benefit to the orienteer. Lots of work before the day for the entries secretary but less on-the-day work.
2. Results. No difference. They are on the web soon after the event. Extra work has to be done to generate the ranking points information. Colour-coded results could be easily re-sorted into age-classes so you can see how you did against your peers.
3. Terrain. Although regional events should command better terrain than district events, most clubs will have run both types of events on the same area.
4. Courses. Little difference. Courses are supposed to be planned to guidelines covering both technical and physical difficulty. If this is done, then there is a course for everyone at a colour-coded event. I would reckon that the difference in the amount of time spent by the planner/controller will be a factor of three.
5. Entry fee. Twice the amount for a regional event.
6. Map. No difference. Colour-coded events now have pre-printed and bagged maps.

So, is a regional event merely a money-spinner involving more work for the volunteers? Could this be the end of the regional event? What would we do instead? Well, clubs could hold more district events - if each club were to hold two galloperns (one could be a gallopern and the other a galoppen) the SWOA competition might be revitalised.

### **SWOA Snippets**

A SWOA meeting was held on 12 July 2006.

**Visit by BOF Chairman and Chief Executive.** Neil Cameron, BOF Chairman (NC), and Mike Hamilton, BOF Chief Executive (MH) attended the meeting and answered questions. NC was happy with MH's start in the job and improvements had been noticed at BOF Centre. MH said that he would not have chosen to lose Alex Ross but his decision to leave was to do with his own life choices. Alex is no longer available to help with JK 2007 but BOF Centre will still provide admin support. Focus magazine: MH said that he had not received any response to his recent article; he asked what club members wanted to

read about. The BOF website will be improved as soon as finances allow. BOF communications survey: a good response from SWOA (which included QO) was noted; Erik Peckett said that the average member does not acknowledge that they are part of BOF and that 60% will not travel more than 30 miles; NC wants to make the information upon which decisions are based available to all. New membership scheme: initial information to reach clubs by the end of July with the final details by the end of August; in future, members who pay by direct debit which fails will be asked to pay by cheque before they can receive their membership card; clubs and associations need to notify BOF of their fees by 13 October; SWOA is one of four associations which charge a membership fee as well as levy – how would this affect local and national BOF members and should it change. Social life: MH had observed the lack of a café or seats or music / entertainment at large events (somewhere he could sit down in public so people could come to talk to him); John Warren noted the success of the social scene at Penhale JK 1997. Volunteers: MH said a strategy is needed for volunteers.

**SW development conference.** This will be held on 21 October in Warminster. Celia Watkinson produced a flier and application form. Hilary Palmer, BOF Development Manager will be tutoring a Sports Coach UK Coaching Children course at the end of the conference. Christine and Arthur Vince will be attending on behalf of QO.

**Finance report.** Outstanding event levies: a return is required even if there is no levy to pay. Andy Thornton is running a First Aid Course on 27-29 October at a cost of £75 per delegate and SWOA members attending may request a grant of £37.50 each. 2006/2007 budget: the Treasurer presented the budget for the forthcoming financial year which showed a shortfall of £1550 and the options for reducing this.

**Fixtures Secretary's report.** Yvette Baker Trophy competition for juniors: the qualifying round will be held in conjunction with the BOK Galoppen on 26 November.

QO Regional Event, 22<sup>nd</sup> April 2007: The QO Fixtures Secretary Richard Sansbury had emailed the Secretary asking for permission to use the Joe Lee electronic punching system for this C3 event. [The system is not approved by BOF, so Rules 6.5.1 and 1.3.6 apply.] Discussion centred around the system's fitness for purpose, bearing in mind the experience of its use at the QO Compass Sport Cup event in 2005, and other background information. Erik Peckett proposed, seconded by the Secretary, that its use should not be permitted. The proposal was carried nem. con. Richard had also asked whether or not the event was a ranking one would affect the decision. [The choice of ranking event or not is up to the promoting club.] This issue had no material effect on the decision, but it was observed that if the event were non-ranking, as in the preliminary registration, a significant number of potential competitors might not attend. (This extract taken verbatim from the SWOA minutes.)

**Junior Squad report.** The Squad will be using club training days for juniors (mainly BOK, SARUM, QO) for training, and continue with events such as the Lakeside weekend and Inter-regionals. This will cut down on "fixture congestion", provide extra support for clubs, and make it easier for juniors to progress to the Squad.

**Galoppen scorer.** Jan Holmes was unanimously approved as the new Galoppen scorer.

Report by Christine Vince, QO Secretary

At the SWOA AGM held last Saturday the following were elected to office

Chairman	Erik Peckett	Committee
Secretary	Arthur Vince	Roger Hargreave
Treasurer	Trevor Bridle	Ben Chesters
Fixtures	John Shucksmith	John Fallows
		Christine Vince

## Implementing the 2007 Membership Scheme



The British Orienteering Annual General Meeting in April 2006 adopted changes to the membership scheme. These changes and frequently asked questions can be found on the BOF web site.

<http://www.britishorienteering.org.uk/Documents/06%20AGM%20Minutes%20Unapproved.pdf>

### Why change?

- To encourage all regular orienteers to become British Orienteering members, and give them a say in the governance and development of UK orienteering.
- To ensure that British Orienteering has accurate figures for the number of regular orienteers in the UK: information which can assist the case for grants from Sports Councils. This is important because currently British Orienteering's income from such sources is about four times more than that received from membership fees and levies.
- To increase the range of simple-to-operate event entry and registration options, since a higher proportion of entrants will be on the British Orienteering membership database.
- To provide easily the details of most event participants, soon anticipated to be a requirement for insurance cover.

### The main items of change are -

- All competing members must be members of the British Orienteering Federation either as National BOF members or Local BOF members.
- Adult non-members will pay £2.00 more for entry to an event.
- Adult local members will pay £2.00 more to run in events outside their own region.

## Member Benefits

*The packages have been reviewed in order to differentiate between National and Local Members, they include:*

### National Member:

Insurance cover (liability to 3rd parties) for events registered with British Orienteering.

Focus x 4

Juniors receive RC#5 x 3

Eligibility to compete in British Championships, JK, national, regional and district events in all regions

Discounted entry to JK, national, regional and district events

Discounts for sponsor supported deals

Papers for and vote at the AGM

Mailings will be, Nov (Focus + renewal), Dec/Jan (Membership card), Feb/Mar (Focus + AGM), May/Jun (Focus), Aug/Sep (Focus + WOC report)

### Local Member:

Insurance cover (liability to 3rd parties) for events registered with British Orienteering

Newsletter to be investigated (1 or 2 sides)

Eligibility to compete in JK, national, regional and district events

Discounted entry to regional and district events in their region

Papers and vote at the AGM

Mailings inc Nov (Newsletter + renewal), Jan (Membership card),

Mar (Newsletter + AGM papers)

### Associate member (£15) benefits:

Focus x 4

Juniors will receive RC#5 x 3

Mailings will be Nov (Focus + renewal), Feb/Mar (Focus + AGM), May/Jun (Focus), Aug/Sep (Focus + WOC report)

## Membership fees for 2007

### Local

	QO	BOF	Total
Senior	£3.00	£6.00	£9.00
Family	£4.00	£10.00	£14.00
Junior	£1.00	£0.00	£1.00

In Addition Local members may become a member of SWOA and receive SINS (the Regional newsletter).

### National

	QO	SWOA	BOF	Total
Senior	£3.00	£4.00	£15.00	£22.00
Family	£4.00	£6.00	£20.00	£30.00
Junior	£1.00	£2.00	£3.50	£6.50

#### Relevant notes from the BOF Membership Implementation Document

- a) Members wishing to receive discounted entry to events in January 2007 will need to have possession of their 2007 membership card. To obtain this, lists of club members that are becoming local members will be required to reach the British Orienteering office by, at the latest, 15 December 2006 --

*A QO membership request will be sent out early in November so that the BOF portion of the fee can be forwarded to reach the national office by 15<sup>th</sup> December*

(Note In future years British Orienteering will collect renewals directly.)

- b) Members new to orienteering can be registered as local members from 1 September 2006 and will receive free membership until the end of December 2007: a person new to orienteering is defined as "a person who has not been a member of any orienteering club during the last 3 years". A person can only benefit from this joining incentive once!
- c) Renewal of current BOF members will be dealt with directly by the British Orienteering office; renewal letters and notices will go out with Focus around the first week in November 2006. In previous years members, renewing through payment by direct debit, received their cards before payment was claimed. This year members paying by direct debit will be informed that their fee will be claimed on 1 December 2006, which is almost a month earlier than previously, and only when payment is confirmed will cards be issued.
- d) The new date will mean that we can dispatch cards to members before the end of the year. If a direct debit claim is rejected, the member will be invited to pay by cheque and complete a new direct debit commencing payment in December 2007. This avoids the time taken to investigate rejected direct debits, and the waiting period of up to 30 days whilst direct debit forms are checked and payment made.

## Trail O

In a previous edition Nathan Fernandes gave a report of the British and JK Trail O events. I asked him if he could explain a bit more about Trail O and here is his next report. I'm not sure that the maps will produce well in colour so the examples may be difficult to follow

If you wish to know more I am sure Nathan will be pleased to answer questions by E Mail. [nath.fernandes@btinternet.com](mailto:nath.fernandes@btinternet.com)

### A rough guide to Trail - O By Nath Fernandes

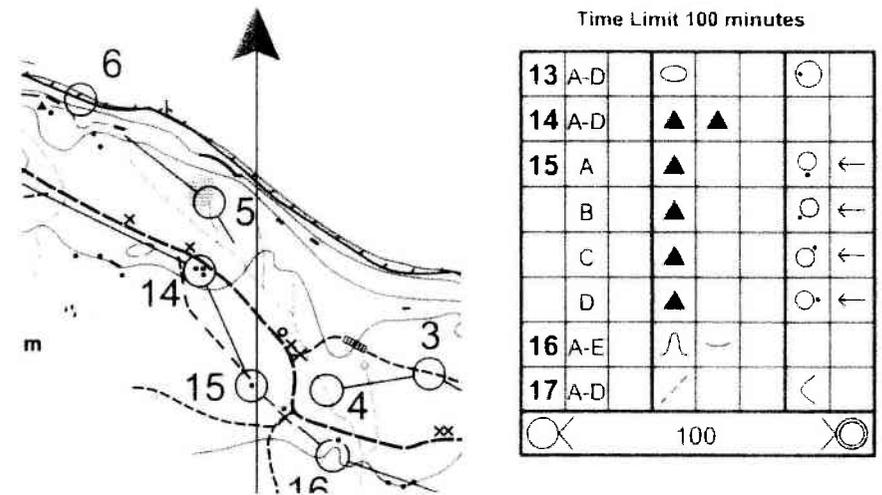
#### What is Trail - O?

Trail - O is like orienteering but a bit different. Basically, you have a map like normal except instead of running up to a control & punching it, you have three or four controls at each point & you have to pick the right one according to the map.

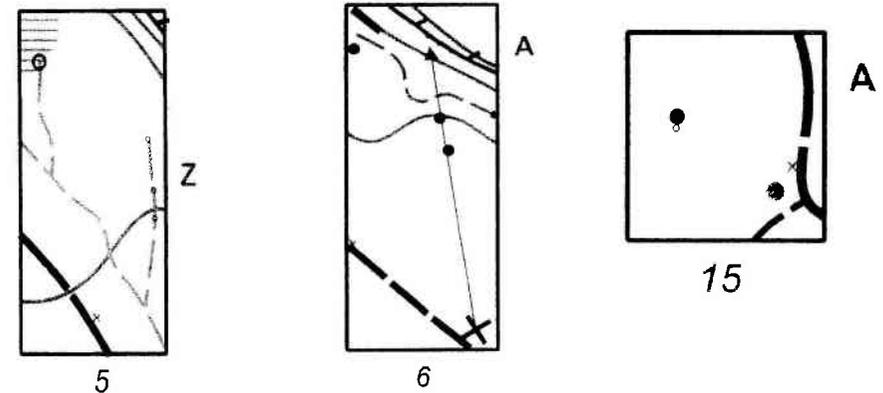
#### How do I do Trail - O?

Trail - O is easy enough to understand, you can either walk or run as you are not timed throughout the course but you normally have to finish in under 2 hours. At the start of each course, you have to complete time controls. Time Controls are like normal Trail - O controls except you are timed & the faster you do it, the better. They can also decide who wins if there is a tie break so the person who has the fastest time wins! Trail - O controls require you to look at the features on the map & in front of you to try & cancel out the wrong controls. You can move up & down the path but you have to make your choice at the decision point marked on the ground. Sometimes, you may want to take bearings to help you choose. Below is an example of a map & a control card.

The right hand column on the control card tells you in which direction you are looking at the control when viewed from the decision point.



At the end of the course, you are given an answer sheet to see how well you have done & where you went wrong. Below are examples of some answers.



As you can see, number 5 does not have a control that matches the map and description.

#### What are my thoughts on Trail - O?

I think Trail - O is a great sport as I can do it in my wheelchair & also it is good fun if it is off - road!

## Events

### The Caddihoe Chase, Bovington, September 2006 Christine Vince

It so happens that this was only my second Caddihoe Chase, matters having conspired against my competing in previous years. Last year I was tucked up in hospital minus my gall-bladder, having been admitted via A&E a few days previously with stomach pains. I did manage both days at Longleat in 2004, which was my introduction to chasing starts. Previous years had been blighted variously by a sprained ankle, the foot and mouth crisis, and severe toothache resulting in the removal of a tooth. (I'm a bit concerned about what else I might lose – apart from a bit of weight, that is.)

Saturday dawned overcast and remained so, but at least we did not get too hot. Parking and assembly were in the same place on both days, on hard standing and well-organised as usual. Ultrasport were trading on Day 1 which was a good opportunity to stock up on running socks for the winter. Competitors were allocated a half-hour time slot in which to start, a system of start times which has become more common of late. It allows competitors to be more relaxed when getting ready, rather than always looking at one's watch, and appears to reduce the queues for the portaloos! I was running Course 5 which had 17 controls, but I understand that there were constraints on the planning due to the presence of a number of fences with restricted crossing points. This however could not be blamed for my faffing around at the first control. I looked up a re-entrant and thought "I'm not sure where I am", went round in a circle to re-locate myself on the map and thought "I've been here before...". Sure enough, the kite was tucked up at the far end, just out of sight. Things did improve after that somewhat, and I met up with our esteemed chairman between controls 10 and 11. He trotted off into the distance, but we met up again at control 12, and then again at control 15... At control 16, he set off into the woods (on a diagonal line) whereas I tore off down the paths (forming two sides of the square). It was neck and neck at control 17 but he got ahead on the run-

in to the finish. At first I thought I had not done very well, as we have done very little running this summer and have been mostly cycling. However I found that I had beaten several other ladies and, more importantly, avoided the ignominy of the mass start!

Sunday started fine and sunny but misted over with light rain later. Day 1 had been run on the northern part of the map; Day 2 was in the south and this had many more sandy areas in which to get bogged down. With a chasing start it is all too obvious when a rival comes up from behind and passes you. There were a number of steep drops into gullies and streams which caused me trouble but an A3 map makes quite a good kneeler on which to slide over the edges. Several times I met another QO coming towards me; he said he was having a **really** bad day. Then my own navigation broke down on two controls and I spent ages faffing around in gullies hunting for kites. I also managed to find some more deep gullies to slide into on the way to the last control. I wasn't very pleased with my times but, on checking the final results, I found that I was not (quite) last which cheered me up..

Next year's Caddihoe is planned for Cookworthy Forest, which I am looking forward to (and hoping I do not have to have any more bits removed).

Ed - Christine forgot to mention that Day 1 was also the South West Championships

Here are the podium finishers Congratulations.

<u>S.W.Champions</u>	<u>Second place</u>	<u>Third Place</u>
W55L Sue Gard	JW4 Alice Round	W50L Rosie Wych
W55S Jan Holmes	JW5S Zoe Round	M55S Tony Milroy
M35L Richard Sansbury	M45L Brian Pearson	
M70L Bill Vigar	M60S John Trayler	
M55S Tony Hext		

In addition John Chesters and Graham Pearson were first and second on the Light Green Courses. And Bill Vigar was the Caddihoe Chase Champion M70L overtaking Frank Martindale at the last control.

After the QO AGM business meeting,  
there will be a guest speaker -

## **JEFF BUTT from SARUM**

who is a principal in the SARUM juniors'  
activities

followed by a

## **BUFFET SUPPER and QUIZ**

hosted by QO's answer to

Jeremy Paxman - **Andy Rimes**

Come along to hear an excellent speaker,  
enjoy a buffet with your friends

(provided by the club)

and challenge your club- mates' knowledge

### **Other Fixtures**

1.10.06	Dartmoor Long O Pre Entry	Burrator	SX550677	Roger Green 01392-278512
22.10.06	SN Regional Event	Long Valley North	ST 852519	P. Wallace Stock 01483-720903
5.11.06	November Classic Pre entry	Wood Crates New Forest	SU 256117	Tim Angel 07770 226603
12.11.06	Wimborne Galoppen	Ringwood Forest North	SU 122088	Hilary Pickering 01425 657202
18.11.06	Sarum Day/Night	Longleat	ST 842438	Richard Thornton 01722-320872
26.11.06	BOK Galoppen	Moseley Green		Howard Thomas 01225-334611
3.12.06	Sarum Galoppen	Everleigh nr Tidworth	SU199558	Heather Haskins 01980-600897

### Forthcoming Military Events

The British Army Orienteering Club put on a series of Wednesday events throughout the year, both summer and winter, as part of the sports training for members of the armed forces. Civilians are welcome at nearly all these events. Usually you can just turn up and run, at a very low fee, but occasionally one needs to pre-enter for security reasons. Below is a list of scheduled events until the Christmas break

27.9.06	Vernditch	8.11.06	Barossa Nr Camberley
4.10.06	Micheldever	15.11.06	Moors Valley Ringwood
11.10.06	West Woods	22.11.06	Bulford Ridge
18.10.06	Hankley	29.11.06	Collingbourne
25.10.06	Pipingford Crowborough	6.12.06	Everleigh nr Upavon
1.11.06	Wendover Woods	13.12.06	Grimsbury Castle, Hermitage

More details can be obtained from the BAOC website [www.baoc.org.uk](http://www.baoc.org.uk)