

## Fixtures

### Club Events

19.11.06	QOFL 2	Cothelstone	ST189331	Richard Sansbury 01823-288405
28.12.06	Christmas Novelty See flier	Sheldon	ST 113071	C and A Vince 01935-863429
20.1.07	Night Score (Wessex league)	Montacute	ST 498168	M.Crockett 01458-445540
28.1.07	QOFL 3	Croydon Hill	SS 978424	R Sansbury 01823-288405
11.2.07	QOFL 4	Ham Hill	ST 480165	R Sansbury 01823-288405
11.3.07	QOFL5	Castle Neroche TBC	ST 267158	R Sansbury 01823-288405
22.4.07	2X2 Relay	Blackborough	ST102083	R.Craddock 01823-323850
13.5.07	QOFL 6	Ramscombe	ST 164378	R Sansbury 01823-288405

0779 0 511732

**NB New Start Times for QOFLs will be 12.00 –14.00**

**Entry Fees for QOFLs will be £4.00 and £2.00**

You are advised to check details before travelling

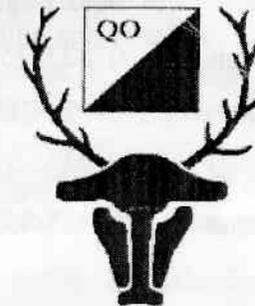
### Other Events in the South West

26.11.06	BOK Galoppen	Moseley Green	SO 622066	H. Thomas 01225-334611
3.12.06	Sarum Galoppen	Everleigh Nr Tidworth	SU 199558	H.Haskins 01980600897

Edition 109 of Quonicle will be distributed at  
Christmas/New Year.

Copy to me by 15th December please.

# The QuOnicle



**The Newsletter of Quantock Orienteers**

**No. 108 November 2006**

#### In this Issue

Page 3	Chairman's Chat
4	Club News
5	AGM Minutes
13	Committee notes
14	Articles from Members
17	Event organisation
19	Event Reports
24	Fixture information

Editor—Mike Crockett, 50 Elmhurst Lane, Street, BA16 0HH  
Tel 01458-445540 E Mail [mike@elmhurstlane.freemove.co.uk](mailto:mike@elmhurstlane.freemove.co.uk)

QO Website <http://www.quantockorienteers.co.uk/>

## 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	Club Captain
	Richard Sansbury	01823-288405	Fixtures
	Brian Fletcher	01935-424569	
	David Holmes	01823-451343	Equipment
	Other Club Officials		
	Ted Heath	01823-251985	Website
	Tony Milroy	01278-427875	QOFL
	Mike Crockett	01458-445540	Membership Quonicle

### **Editorial**

My inclusion of John Fallows' chat from NGOC's Legend has caused some comment. Obviously the views expressed are not necessarily those of the editor or the QO committee. It is good to get some debate going.

You will notice a Night Score event in the fixture list. This has come about as a result of the Wessex Night league people coming to Montacute in the summer and our subsequent discussions. It will be an ideal opportunity for you to try Night O in a relatively safe environment. There may also be an opportunity for a run out during the afternoon for the not so adventurous.

My thanks to all who have contributed this time. I am sure this is going to be a "Big Issue".

## **Chairman's Chat**

November 2006

For the members who missed our AGM on 6<sup>th</sup> October, the committee remained unchanged apart from the addition of David Holmes. Although I was re-elected as your Chairman for a further year, I am required to stand down at the next AGM, so you will need to be aware of someone who can lead the Club in the next stage of its development.

An area of change that has provoked much discussion and action has been the use of e-mails within sub-committee and we are standardising and extending it to other groups in an attempt to widen the audience and to reach more reasoned discussions. It has been suggested that the whole membership should be given access to a means of expressing their viewpoint by including a bulletin board or user group with our website. Any strong views to the Chairman, please!

Thanks to Jeff Butt (SARUM) for an enthusiastic insight into the secret of SARUM's success with juniors, to Christine Vince for organising the free buffet, and to Andy Rimes for the fun quiz afterwards.

An unusual event in the business of the meeting was an increase in membership fees. This had been recommended by the Treasurer and endorsed by the auditor in view of the imbalance of income with normal club expenditure. Together with a change in British Orienteering categories of memberships, a considerable impact will be felt on the subscriptions, and I suspect this will upset some of our members. This committee has introduced another change in the fees it charges at events in an attempt to encourage new members.

Another way to impress newcomers is to make them more aware of QO at events. Your Committee purchases of new 'O' tops, banners, kites, and a tent are a visible method of raising our profile. I hope you approve! We would like to encourage Brian's junior squad by extending our subsidy to provide 'O' tops for those in future events, but it really needs us to give him more encouragement by giving him more help and children to work with.

Our QOFL season has started with ideal conditions (except underfoot!) at Windown. Thanks to Richard Sansbury for this and for arranging fixtures for the remainder of the season. I believe he is supplying an analysis of his first experience as an Organiser later in this Quonicle. This is an attempt to prevent a collapse of the QOFL teams due to the lack of someone to take on this role.

We have decided to replace the abandoned Regional Event with a Two-Person Relay event (the Quantock Quarrel?) at Blackborough on Sunday 22<sup>nd</sup> April. Details will be provided in the next Quonicle after which an indication of interest (not pre-entry) would be appreciated. The Vincés have kindly offered to put on our Annual Christmas event on Thursday 28<sup>th</sup> December at a new venue, followed by a meal in a pub in Hemyock. A Night Event at Montacute is another addition – by popular request.

As I will be in New Zealand at Christmas, may I take this opportunity to wish QO members a Happy Christmas, and a runnable New Year!

Roger Craddock

### **News of people**

It is with sadness we report the death of Ed Cole on September 16th. Ed joined us when he retired to Bradninch from South Africa. He was a regular, with his wife Hazel and daughter Tracey, at our Saturday afternoon QOFL's for a number of years. Although not the fleetest of foot Ed always came into the finish with a smile. Recently, ill health prevented his participation but he continued his membership and attended some Christmas functions without competing.

We express our sympathy to Hazel and Tracey on their loss.

At the same time we send belated congratulations to Tracey on her marriage and good luck in her new home back in South Africa.

Congratulations to Zoe Round who has been invited to attend a BOF training course in the Lake District at the end of November.

### **News from QO**

A new tent and start and finish banners have been purchased and were in use at the Wind Down QOFL. I had hoped to include a photo but space was at a premium.

An article entitled O Vision has been circulated to clubs asking for thoughts on the way orienteering should progress in the next ten years. Individuals comments are invited by the 19th November. The article is now available on the BOF website.

### **AGM Minutes**

#### **Apologies**

Brian Pearson, John Pilkington, Margaret Crockett

#### **Present**

Roger Craddock, Judy Craddock, Mike Crockett, Brian Fletcher, Sue Gard, Norman Harvey, Ted Heath, Lennox Heath, Jan Holmes, David Holmes, Bob Lloyd, Chris Philip, Andy Rimes, Richard Sansbury, Jenny Tennant, John Trayler, Bill Vigar, Arthur Vince, Christine Vince

Guest – Jeff Butt, SARUM

#### **Minutes of the last AGM**

Ted Heath proposed that we accept the minutes as correct and Mike Crockett seconded.

#### **Matters arising from those minutes**

Brian Fletcher said that he no longer takes calls in the bath as the steam got to his phone.

#### **Chairman's report by Roger Craddock**

It is always sad to report the death of one of our members, but the brave fight and major contribution made by **Richard Went** was particularly poignant for our small club. Our sincere condolences go to Ros and her family.

Our pride in 'O' circles of **Bill Vigar**'s success at the highest level gained our club recognition throughout the land, and although others occasionally glimpse these heights his consistency is remarkable. He relishes being behind in a

chasing start! **Nathan Fernandes** is to be congratulated on his national achievements in Trail-O. Our relay team swept up the **Devon Relays** again – this is becoming a bit of a habit. Mike Crockett linked our **Club Championships** (no prizes for guessing who won – Bill Vigar) to a BOK event and a wonderful venue and meal at Stock Hill. What can we do to make it draw in more of our members? I was disappointed not to be able to present a single QOFL trophy at the awards ceremony afterwards. We have had two Galoppens this year – at Castle Neroche and Triscombe. Attendance at both was disappointing, considering our organization is slick and our courses challenging. A variety of other events such as the Long-O in the Blackdowns, the Christmas Event at Montacute, and the sequence of school events (often followed by club training events) makes for variety during the year.

No doubt you are aware of the problems we have had with the **Regional Event** we were offering. It was interesting to read the NGOC Chairman's comments reprinted by Mike Crockett in the last QuOnicle. I am very sympathetic to his arguments and hope we can capitalise on our prime area on a prime date for some event that our members and friends can enjoy. Another disappointment was the rejection of an 'Awards for All' application on the basis that we were trying to subsidise school activity in school time.

Your Committee has discussed the **Clubmark** criteria, **Club Captain job** specification, and the **choice of QOFL day** issues following your inputs. Our limited manpower resources need to be concentrated on development, especially of juniors before we commit ourselves to Clubmark, and the Sunday QOFLs need to work through another year. Much of the work of committees and sub-committees is now done by e-mail in which the protocol of who sends what to who needs more 'honing'. Perhaps a QO chat room or a 'blogging' facility is needed for members who wish to air a view! We have been positive, however, in upgrading to new '**O**'-tops, banners, and a new **Club tent**. We have also renewed competition kites and numbers.

As leader of the **Committee 'team'** it is difficult to single out individual credits. Christine has been an excellent choice as Secretary, providing opinions as well as excellent sets of minutes. Our Fixtures Secretary, Treasurer and Permissions Officer have all played their part in our programme – while **Bill Vigar** and **Brian Fletcher** have been outstanding in their work with mapping and schools. Outside the Committee the equipment manager, QOFL organizers, website manager and magazines/membership men are tireless in their efforts. **A big 'thank you' also to all the Club members who help at our events.**

**The future?** Our **QOFL season** gets underway in a couple of weeks – still minus a volunteer to take over the role of a team organizer. Brian Fletcher has launched an ambitious programme of events to work with **Partnership Development Managers** in two areas of Somerset at both primary and secondary levels. We look forward to **Jeff Butt's talk** as an example of a success story for SARUM's Junior Squad. We will continue to debate about an appropriate **electronic punching system** and **map drawing software** as our younger members look to take over. We will continue to support the **permanent courses** in the area, although we appreciate the need for others to take responsibility for maintaining, marketing, and using these facilities.

I hope there will be QO volunteers helping at **JK2007**, and next year's bi-annual trip to **Scotland** will provide another opportunity for a meeting of the SW orienteers with a gathering of our 'clan'. Thank you all for your support and contributions.

Jenny Tennant proposed that the Chairman's report be accepted and Richard Sansbury seconded.

#### Treasurer's report and accounts for the past 12 months ending 31st August 2006, by Andy Rimes

An expensive year! (Read in conjunction with balance sheet.)

- 1) Balances at start of year were £1435.57 current a/c, £6870.26 deposit a/c. Balances at 31/08/06 were net £1524.70 current a/c, £5970.95 deposit a/c. This equates to a net excess of expenditure of £809.88 over income for the year.
- 2) Our event entry fees of £3762.40 total, more than covered our event costs of £2751.59 total. This reflects a saving to the club by printing our own maps, subsidies from BOF, SWOA and County Councils / individual schools etc for school events and festivals etc.
- 3) Our net income from membership was £398.00. Our net committee / club management costs for the year were £942.53. In an ideal world, the membership should cover the running costs of the club. QO membership has been fixed for some time now. The increase in our running costs are due to room hire for meetings (and an increase in number of committee meetings), committee travel / seminar costs, schools event costs etc.

These costs will remain at this high level and probably increase as we become more involved with schools etc and eventually pursue Clubmark status.

- 4) We have made some kit purchases this year. These include new kites, marker numbers, banners, a back-up inverter, BOF reference literature, together with some other minor purchases. A club tent has also been purchased, although as this has only just been received, this cost will be reflected in next year's figures.
- 5) The club placed an order for Orienteering tops, from Trimtex in Norway, for members' benefit. It was agreed for this order that the club would subsidise the costs of artwork, shipping costs etc. Our bank levied a hefty charge for the BACS payment in Euros to pay the supplier. Future orders would not receive the subsidy from the club, although artwork costs are no longer applicable (assuming we use the same supplier!)
- 6) Our web-site is being up-graded to allow more information, pictures etc to be available. The cost for this so far is £38.18.
- 7) The practice of netting the costs / income figures of various events / purchases throughout the year and the subsequent lack of comprehensive written accounts for said events led to two overpaid cheques being issued. These are to be recovered in this year's figures.
- 8) The club made a donation of £50.00 to St. Margaret's Hospice, in memory of Richard Went who passed away earlier this year

**Recommendations:-**

- a) (ref 2 above) The club membership fees are insufficient to sustain our running costs. Although the club's finances are more than healthy now, we cannot maintain this situation indefinitely. I would propose to raise the fees for QO membership immediately – a good time as we are all undergoing a transitional stage with the new BOF scheme coming into effect now. I would propose a figure of £10.00 (£3.00) for individual seniors, £5.00 (£1.00) for juniors, family fees rising to £15.00 (£4.00) – (current fees in brackets). This to be discussed.
- b) (ref 7 above) Can all organisers / committee personnel when submitting claims / income for purchases / events etc please submit all income received with comprehensive accounts to show all income / expenses. Traceable expenses recompensing cheques can then be raised with the accounts record book showing the true figures.

- c) No immediate further major purchases are envisaged at this time.

The Chairman invited comments from the floor. Mike Crockett said that this was not a good year to raise club membership fees as the new BOF membership scheme would raise fees overall for club-only members. Ted Heath pointed out that there had been a number of one-off purchases this year. Richard Sansbury proposed that the body of the report (items 1-8) be accepted and Bob Lloyd seconded.

Arthur Vince proposed that the fees be doubled from last year's figures; this was seconded by Jan Holmes. After more discussion the Chairman called for a vote to be taken: for 10, against 5; abstentions 3. The proposal was carried and the club membership fees from January 2007 will be senior £6.00, junior £2.00, family £8.00.

Roger Craddock thanked Andy Rimes for his hard work through the year and Norman Harvey for again auditing the accounts.

**Membership Secretary's report by Mike Crockett**

In addition to the Chairman's report of Richard Went's death the club has lost another member. Ed Cole who until a few years ago was a regular at our QOFL series died in hospital on 16<sup>th</sup> September. Unfortunately the message of his death didn't get through and we were not represented at his funeral.

Our membership figures for the year are slightly down on the previous year. It is difficult to judge accurately but I think we have a greater percentage of 'active members' now.

Membership figures 2005-6: (The figures in brackets are for 2004-5)

	Senior	Junior	Family	TOTALS
<b>QO only</b>	4 (8)	0 (0)	9 (4)	13 (12)
<b>QO and SWOA</b>	9 (9)	0 (1)	9 (8)	18 (18)
<b>BOF</b>	27 (31)	0 (3)	18 (21)	45 (55)
<b>TOTALS</b>	<b>40 (48)</b>	<b>0 (4)</b>	<b>36 (33)</b>	<b>76 (85)</b>

The year has been quite eventful for all Membership Secretaries. At last after years of discussion, proposals and counter proposals, a decision has been reached on the membership structure of BOF. You will all have read it in QuOnicle. If not then please do so or get the full report on the BOF website. In a nutshell, all members must be members of BOF either as a National member or a Local member. If not then you will be asked to pay an extra £2.00 per entry at events. I anticipate that the increase of membership fees that local members will be asked to pay will discourage the casual orienteers that we have in the club and our membership will drop as a result.

### **QuOnicle Editor's report by Mike Crockett**

At times I struggle to get enough material for this but usually something turns up and I'm oversubscribed. For the past few years I have tried to stagger the distribution dates so that we don't clash with SINS but this is not always convenient, as I also try and pick a suitable event for distribution to avoid postage costs. However now that the postal system has changed it will be beneficial to the club to post SINS and QuOnicle together.

Two questions: Are you happy with the format? And are you happy to receive SINS and QuOnicle at the same time?

There was general assent from the floor to the two questions posed above. The Chairman thanked Mike Crockett for his two reports and for his work as Membership Secretary and QuOnicle Editor.

### **Fixtures Secretary's report by Richard Sansbury**

Richard gave a brief résumé of his role and that of the Fixtures sub-committee. The essential tasks are to fix the dates for the various QO-sponsored events and to find planners, controllers and organisers for each event. Richard said that the Fixtures sub-committee was open to all club members and that more participation was always welcome. He mentioned the change of day for QOFLs (from Saturday to Sunday) and said that this would be reviewed at the end of the season. The introduction in the QOFLs of a Blue course had been a great success. The club had put on more events during the summer this year but attendances had been low. Richard would like more people to volunteer to put on events; he was especially looking for organisers for the forthcoming QOFL season.

Brian Fletcher proposed that the Fixtures Secretary's report be accepted and Sue Gard seconded. Roger Craddock thanked Richard for his hard work.

### **QO Junior Squad Manager's report and schools initiative report, by Brian Fletcher**

Brian began his report by startling the meeting with the following tale. A work colleague who was a smoker had visited a heart specialist who told him that it was better to smoke and exercise than not to smoke and not exercise!

The QO Junior Squad had had its first meeting on 23 September at Dunster to which juniors from BOK and SARUM had been invited, along with the SW Junior Squad. Other events are planned for the future. The schools programme had been a busy one; notable events had been the festival at Montacute and the day at Norton Manor Camp, both in June. The most recent events had been the sports day at Blackbrook sports centre, and training days for the GCSE PE courses.

Roger Craddock thanked Brian for his considerable efforts during the year as he had given up much of his free time.

### **Amendments to the constitution**

No amendments to the constitution have been proposed.

### **Election of Officers**

<b>Position</b>	<b>Name</b>	<b>Proposed by</b>	<b>Seconded by</b>	<b>Result</b>
Chair	Roger Craddock	Arthur Vince	Norman Harvey	Carried
Secretary	Christine Vince	Richard Sansbury	Lennox Heath	Carried
Treasurer	Andy Rimes	Judy Craddock	Norman Harvey	Carried
Committee 1	Bill Vigar	Ted Heath	Mike Crockett	Carried
Committee 2	Bob Lloyd	Ted Heath	Mike Crockett	Carried
Committee 3	Richard Sansbury	Ted Heath	Mike Crockett	Carried
Committee 4	Brian Fletcher	Ted Heath	Mike Crockett	Carried
Committee 5	Brian Pearson	Ted Heath	Mike Crockett	Carried
Committee 6	Dave Holmes	Judy Craddock	Ted Heath	Carried

Roger expressed his thanks to the committee members for their hard work. He also thanked Tony Milroy for his work in scoring the QOFL series, to Ted Heath for running the website, and to Dave and Jan Holmes for looking after and storing the club equipment.

### **Any other business**

Mike Crockett asked about the post of Club Captain. Roger Craddock said that he was grateful for the input from club members with suggestions of people suitable for the post. Brian Pearson had been approached and had asked for clarification of the role. This was principally to act as relay captain and there was now a job specification.

Norman Harvey asked why the club tops were bought from Norway and not the UK, given the cost of sending euros over to Norway to pay for the goods. Roger Craddock replied that he had met the Norwegian representative at the Scottish 6-Day event where he was offered a good deal. A second purchase of club tops is now on its way. The position could be reconsidered for a subsequent purchase.

Norman also asked why the computer at events was run off a car battery and not off a baby generator. Bill Vigar said that this was more environmentally friendly, that his computer used very little power and did not need a generator, and that the generator would need minding (storage, fuel etc).

Ted Heath proposed a vote of thanks to the committee for all their work. Roger Craddock thanked everyone for attending and closed the meeting at 8.10 pm.

Minutes compiled by Christine Vince

After the event Jeff Butt of Sarum gave a brief talk on the way that Sarum had carried out their Junior/Schools programme.

We also had a buffet and then a light hearted quiz chaired by Andy R.

### **SWOA snippets**

A SWOA meeting was held on 27 September 2006. E. Peckett in the chair

There was a report from Mike Forrest, the co-ordinator for JK 2007. Those clubs who assist with the event will share in the profits afterwards; QO has volunteered to help run the string courses, so those of us attending the JK can expect to be asked to lend a hand.

Roger Hargreaves reported from BOF Council on welfare issues. It is absolutely essential to have a CRB cleared senior lady present at Junior Squad events when girl juniors are present. A parent can mind his/her own daughter but cannot be responsible for any other girls who may be there.

The minutes of the meeting are now available on the SWOA website; the next meeting will be held on Wednesday 22 November.

### **QO Committee Doings**

The committee met on Tuesday 31 October. We do quite a lot of business between meetings by email, and there have been discussions on how to make this as efficient as possible. Bob Lloyd found a document on the net about email debates and voting, and we will try it out. If any club members have any ideas on how to run an effective email discussion, could they please let Bob know.

We have been thinking about ways of sending information to club members between issues of the QuOnicle. Not everything is suitable for printing in the magazine, if only for reasons of space. To start, we are going to put the minutes of club committee meetings and those of the AGM on the website.

Brian Pearson has been appointed as Club Captain; his principal task will be to organise the club relay teams. The next events will be JK 2007 and the British Champs relays, so if you want to be in a team, please tell him. Everyone else has said that they are happy to carry on doing their various jobs. The exception is the job of SWOA club representative, as Christine Vince is now a full member of the SWOA committee; if there are any volunteers, please tell Roger Craddock. Brian Fletcher has made a great start with the QO Junior Squad, and all his hard work with the Somerset schools is beginning to show results.

Details of the Christmas event and meal appear elsewhere in the magazine. We are still looking for an organiser for the March and May QOFLs.

The second order of club tops should be delivered very soon. The new club tent had its first outing at the Wind Down QOFL and was much used for post-event chatting. We also have new start and finish banners; the old ones will continue to be used for things like school events.

The next meeting of the club committee will be on Tuesday 23 January 2007.

Christine Vince, Club Secretary

## District versus Regional Events

Two view points resulting from last edition's article arrived almost simultaneously

### Regional or District – Why not both at once?!

Ted Heath

I found John Fallows' article very interesting and refreshing. As John suggests there isn't much, if any difference between District and Regional. To wit - the Planner plans courses to a standard defined in BOF Rules and whilst the number of courses may vary comparable distance and technical difficulty can be found between district and badge courses – the Organiser has the same amount of work to do, car parks and volunteers still have to be found, results published and land permissions sought, to name just a few of the things to be done, the Controller has the same job to do at both events ie make sure the event and courses meet the required standards. The aim of both types events is, I hope, the same, to provide orienteers with a competition which they will enjoy and which will give them the opportunity to achieve their aim be it getting a Badge or Colour standard, learning about the sport, introducing the young to the sport and/or have a thoroughly enjoyable day out.

I have looked at the various badge standards and can see no reason why age groups and long and short designation cannot be allocated to the present colour coded courses. I agree there may be small discrepancies but not enough to make a significant difference. Here we must remember that in spite of what the purists may say our sport is not an exact science or 'fair'; it is possible to get a gold standard in a featureless, fast coniferous plantation, in a physically tough technical area or on area that is somewhere 'in between'; compromise is already built in to what we do.

There are also the difficulties that Planners/Controllers have in climbing the bureaucratic ladder to the next 'level', trying to satisfy standards that are often put there to create a difference which to all intents and purposes does not exist. An amalgamation of regional and district would remove one rung from that ladder without, I believe, a reduction in the standards of officials or competition.

And now the competitors. We have a lot of people in the club who will travel all over the region to galloping and or local events but only a hard core will make a special trip to a Regional/Badge event. The inclusion of Badge

standards in a Colour Coded events would expose all competitors to another target if they wanted it and if they didn't they could ignore it and do what they had always been doing, having fun.

I would take John's suggestion one step further. By all means increase the number of galloping/galoppens (why did we change the spelling, this is England after all!!) but in addition give everyone the opportunity to get a Badge Standard at every one of those events, no difference = KISS (Keep It Simple 'Stupid')

So lets simplify our sport for once and make it more attractive to everyone. We could start by having a trial event?!

Some ideas for allocation of Badge Courses to Colour Coded Events

Brown – M21L, M35L, M40L, M45L

Blue – M50L, M55L, M60L, M65L, M21S, M35S, M40S, M45S

Green – M70L, M50S, M55S, M60S, M65S

Light Green – M75L, M70S, M75S

## THE CASE FOR REGIONAL EVENTS

Arthur Vince

### In General

In the last issue an article by John Fallows of NGOC argued the case for District (ie. colour-coded) events rather than Regional (ie. age class competition for seniors) events. What are the consequences if nobody stages Regional events? To list a few:

Firstly, M21s do not get the opportunity to run longer courses. The recommended winning time (WT) for a Brown course is 65 to 105 minutes (50 to 55 for a top elite standard runner); for a Regional event M21L should have a Gold time of 80 minutes (top elite runners getting round in 67 minutes). Quite a difference, which could perhaps be overcome by the provision of a Black course (75 to 120 minutes for the majority), but I've only ever come across one of those in the SW.

Secondly, there is no true age group competition at District events. Competitors from any one age group are scattered across two or more

courses. True, the times on different courses for any age group could be sorted out, but there can be no direct comparison with one's peers if half are running a different course. And don't forget the juniors. True, at Regional events they run the JW and JM courses according to their ability, as they run a colour-coded course at a District event according to their ability. But Regionals give the chance for juniors from a wide area to compete against their peers, find out how good they really are, and achieve results which can help them on their way to a representative competitive career in the sport.

Thirdly, the step up from colour-coded events to Regional events can be a bit of a shock, when one realises just how fast one's peers can orienteer on the same course. Without Regionals the step from colour coded to National events (with a WT based on the speed of best in the country in your class) will be an even bigger (and more off-putting) step...

And for QO in Particular

If QO were to abandon staging Regional events, what would be the consequences? One is that the club would be shirking its responsibilities, and not playing the role it is capable of in SWOA. QO members happily compete in other clubs' Regional events so staging one ourselves, even every two years, is a right and proper payback. Another consequence is that any Grade 3 controller in QO who wants to get to Grade 2 will not be able to gain the necessary experience of both organising and planning at Level 3, unless the club promotes a Level 3 event of a different sort – a Compass Sport Cup round or final, a junior inter-regional or British schools championship, or Future Champions or UK Cup races. This shortfall also applies to Grade 1 controllers (currently two in QO), who have to plan at Level 3 in order to maintain their qualification; opportunities for this outside one's club are few and far between. Those disadvantaged in this way may decide that another club suits them better. And not least, the club's skill base would be gradually eroded because of a limited range of planning and organising being available.

And Finally – On Electronic Punching Systems and Level 3 Events

The SWOA Committee refused permission, as is within their power, for QO to use the Joe Lee electronic punching system (EPS) for the proposed Regional event in April 2007; this system is not approved by BOF. The QO Committee has decided not to proceed with the Regional event. (As a point of interest, it would have been possible for the event to be staged using control cards and pin punches; you will have to imagine the reaction of other

orienteers in the SW for yourself if it had been decided to proceed with that.) Using Joe Lee for any Level 3 event has to be approved by the SWOA Committee, so permission to use it cannot be guaranteed in future; trying to stage any Level 3 event whilst still dependent on Joe Lee rather than an "industry standard" EPS – ie. SI or EMIT – would seem on a balance of probabilities to be doomed. Have the QO Committee any plans to follow the example of the other SWOA clubs and buy into SI?

My first time as Organiser

Richard Sansbury

I organised the QOFL at Wind Down. This was the first time I organised a QOFL. Although I was technically the organiser at two small events in the summer, there was not much I had to do at either so I'm counting Wind Down as my first proper organiser role.

What did it involve? To be honest I didn't really know what it involved when I agreed to do it but I now know that the major tasks are:

- assemble a team of helpers
- check that the planner and controller know what they are doing
- collect signs, clocks, banners and information boards etc and take them along
- prepare a risk assessment for the event
- be responsible for the event

The last two sound a bit frightening. Actually the risk assessment is fairly easy to do, it involves filling in a standard form and getting it agreed by the planner and controller. Being responsible for the event is more serious. I think it means taking a leadership role, i.e. making decisions, and if something goes wrong, taking the flak. Exposing oneself to blame may not sound like something to be welcomed but many of us are doing this sort of role every day at work (and at home!). In fact the chances of things going wrong are pretty small with so much experience around in the club.

Asembling the helpers took about 2 hours of ringing around. I was presented with a list of 20 names and phone numbers of those who constituted my team. Some of these people I didn't know so I was a bit hesitant to ring up complete strangers but I knew I needed 2 shifts of 6 helpers so would probably need to ask everyone. I just about got my 12 people, everyone was very friendly and cooperative, and apart from those who were going to be away everyone was willing to do something.

Checking up on the planner and controller was likewise quite easy. In my case both planner (Jim Mallinson) and controller (Mike Crockett) were well experienced so no question over their competence. In fact we always pair up planners and controllers so that at least one or the other is well experienced, so there is little risk of problems.

I visited the woods in advance to look at parking arrangements. I knew it would be tricky to fit everyone in but my planner had already thought about where they could go so that problem was solved . Thanks Jim.

On the day things went well. I had realised the day before that I had forgotten to get a float for the event fees, but fortunately my local shop was able to supply some change on the day. My helpers turned up in good time so we had everything set up in time for the scheduled start.

Have I made it sound easy? I hope so because I thought it was easy and I really enjoyed it. This is mainly due to the cooperation from everyone else involved in the event and the goodwill of orienteers in general. So thanks all round.

Now if you have read this far, you have fallen into my trap. Essentially this article conceals a plea for help. As fixtures secretary my job includes finding planners, controllers and organisers for each event. I can usually find volunteers for planning and controlling but as a club we really struggle to find organisers. If we can't find another organiser then ultimately we can't have as many events. In particular the last two QOFLs need an organiser and I suppose if no-one volunteers we will have to cancel these events. I hope it doesn't come to that so please someone come forward, I genuinely think you will enjoy it.

## Events

Triscombe Galoppen

My thoughts

Lennox Heath

As I drove up the hill to the car park, the mists were lifting and sun was shining on the club members who had arrived early to set up the assembly field and the courses. We were in for a lovely day, like Q.O always has for its events!! The warmth of the sun brought all the competitors out of their cars and they were enjoying the chat with all the other orienteers.

After helping on enquiries I ran the Green course, which although quite a challenge, I thoroughly enjoyed. 4.3 long with 215 m of climb, after standing about all morning I took the easy route to no. 1 to get my legs working. Slow, (very slow) and steady, I made my way around all the controls in the forest, which were 1 - 6. It was quite hilly so I was expecting the controls far too early, we had a couple of platforms, which I always find difficult to recognise.

Once out in the open it seemed a lot easier, a quick run around would soon see me at the finish. Not so!! I was pulled down far too low for no. 8 by someone else's kite, then took far too long to relocate and find a very well hidden gully. My joy at actually 'finding myself' was very short lived when I realised I'd run down the hill, instead of up for no. 9. To punish myself for being so stupid I ran all the way back up the hill without stopping.

I was very grateful for the planner's help on no. 11. I took a bearing and saw from afar some red tape on a tree, alas when I got there it was red berries, I battled my way through some gorse to find my control a little way off. The finish almost insight, only no. 12 to find, people were milling around in the ferns, I'm sure one of the tracks wasn't mapped, but between us we found the control.

Well done the planner, Sue, lovely run, thank you. Overall, a very well organised, sociable event, even the sun shone for us, and all who were there looked as if they were having a 'fun time', who could ask for more?? Well done Quantock Orienteering Club.

## Dartmoor Long O 2006

Andy Rimes

Travelling down to Plymouth to stay with relations on Saturday evening, we couldn't help but notice the ominous build up of bad weather over Dartmoor. Sure enough throughout Saturday night and into the Sunday morning of the event, South Devon was deluged by thunderstorms, wind and really heavy rain- the river crossings looked like they were going to be fun. In actual fact, the bad weather gradually subsided throughout the day to occasional heavy showers and high winds but quite warm. Later starters were actually advantaged over us early birds, by not having the burden of a sodden heavy waterproof to lug around with them. Unfortunately for the event organisation, visibility was excellent!

After last year's event, which I didn't feel was a real O event (more a non-technical revenue exercise by Devon to appeal to general runners et al), it was good to see a return to form by Dave Livesey, who planned good challenging courses (with no hidden nor bunched controls QO sceptics please note!). The good visibility once again eased the competitor's task, and the excessive rain had very little impact on the run ability of the terrain.

I ran the medium course (19km) for the first time, having decided last year that the long at 26km is too much for my hips and knees, and therefore no longer enjoyable. Inevitably one mistake over route choice early on lost enough time to forfeit any possibility of a podium finish, ironically balanced by a near perfect run over the rest of the course.

Devon always have the advantage, given the nature of the terrain that they have available, over us in numbers for their long O event. They always attract a larger field, about 100 this year, to our 50 or so. This is probably due to the appeal of the terrain and distance to training KIMM competitors and fell runners. It was quite satisfying then to listen in on various conversations at the finish, confirming that our event is considered much tougher and challenging, and thus of more appeal to a 'select' family of QO long O veterans!

I don't know the results to date, and the river crossings were indeed hell! but I will certainly be back next year.

### Good QO Results

Martin Longhurst 2nd Long

Andy Rimes 5th Medium

Ian Bartlett 7th Medium

Hugh Crawford 9th Short

## **Quantock Long-O - 8 October 2006**

Richard Sansbury

These marathon-length events are quite different from anything else in the O calendar. As usual there were 3 courses available - short, medium and long - but these terms are all relative because even the short course took most people over 2 hours to complete. I had chosen to do the long long-O. My time of just under 5 hours - about average for the course - indicates what is involved.

After driving through heavy rain to get to the Dartmoor Long-O the previous weekend I was very relieved to see good weather on the morning of the event. However I took my mini backpack of survival equipment with me anyway. This time I carried a load of food and water - most of which I still had at the finish, and an extra layer of clothing and a waterproof top - neither of which I needed. I've had several attempts at Long-O now and as you can tell I still haven't found the ideal formula for what to carry.

From the start there was quite a long climb up an old lane leading up to Croydon Hill. Feeling out of puff on my way to the first control didn't constitute a great start to a long event but then that first leg involved over 100m climb. On my way to the second control I was held up by some slow horse riders but it might have helped me because having spent the delay carefully studying the map I went straight to the control passing several other people in the area. However I then had a bit of a

disaster on the next control where I lost nearly 10 minutes trying to find the elusive cairn. Things settled down after that with several good controls until going from 7 to 8 I lost another 10 minutes by making a bad route choice.

Eventually after 2 hours I crossed the road to Wootton Common, turned over the map to find that the next part started with a big climb up to control no 12, followed by another fair climb up to no 13. But for me the real problems were with the climb from 15 to 16 when, some 3 hours in to the event, I found I didn't have much energy left to run even up a gentle hill any more. Fortunately I didn't have to, since the last climb of any significance - from 17 to 18 - was so steep I don't believe anyone could actually run it.

Back on to Croydon Hill again, the last few controls were thankfully quite easy although the penultimate leg caught many of us out. The relatively short leg went through a complicated area of various shades of green but at a casual glance it seemed passable. However I got stuck in the brambles and twice had to back out and start again. In retrospect a radically indirect route choice may have been a better option here. Although one of the later ones to finish, there was still some of Christine Vince's excellent soup to be had back at Carhampton Village Hall. We were lucky that the good weather held until courses were closing although that did mean control collecting must have been done in the rain.

The long course was won by Simon Beck. Brian Pearson and Martin Longhurst had good runs coming 4th and 6th respectively. On medium, new member James Trembath won comfortably, with Ian Bartlett in 3rd place despite a problem on control no 3. Our current club champion Bill Vigar won the short course with Liz Pye coming in second.

Many thanks Andy and Rosie for planning, controlling and organising - it must take a considerable effort to plan such a large scale event and you do it very well.

## MDOC Twin Peaks October 2006 Errwood

John Round

A night away in the Peak District was a tempting way to start our half term, so at six o'clock on Saturday morning off we went. The same assembly area was used for both days, with early arrivals in full cars being allowed to park in the sailing club. Day 1 was to the north of the reservoir in a familiar type of terrain. As I walked back from the finish past a BOK lady she remarked 'you must have felt at home in that grotty bit of forest'. As Andy Rimes was the only QO runner to finish in a higher position on the second day she may have had a point.

Day 2 was to the south on open moor and started with a long climb away from the reservoir. It was great having such a contrast in terrain in the one area and the event was well run.

Bill Vigar's 7.32 lead from the first day was enough for him to win overall, my 0.32 lead was enough for me to hang on to third overall. Sue Gard running W45L and Rosie Wych both finished in the top ten and Zoë Round came second in the Interland selection race after taking a ninety second lead on the slog to the first control.

### QOFL 1 at Wind Down

Mike Crockett

Mud, brambles and steep hills conspire to make one of the most inhospitable venues for our QOFL series. In spite of this most competitors seemed to enjoy themselves. To be fair the weather was quite pleasant which helped considerably. Jim endeavoured to keep you away from the worst areas but there were a few blood stained limbs at the finish.

I felt that the Orange course was at the lower end of the technical scale but this seemed to be appreciated by those who ran it.

Richard's organisation went smoothly and Joe Lee behaved himself reasonably in spite of his master's absence. (Bill was at Malvern that day). However he called in on the way back and the results were on the website that night. What dedication.

## THE CASE FOR REGIONAL EVENTS – CORRECTION

There is a misleading mistake in the second paragraph of this article in the November *QuOnicle*. It should read as follows:

Firstly, M21s do not get the opportunity to run longer courses. The recommended time for the majority of competitors for a Brown course is 65 to 105 minutes (50 to 55 for a top elite standard runner); for a Regional event M21L should have a Gold time of 80 minutes (top elite runners getting round in 67 minutes). Quite a difference, which could perhaps be overcome by the provision of a Black course (75 to 120 minutes for the majority), but I've only ever come across one of those in the SW.

Sorry for any confusion, Arthur Vince

---