

## Fixtures

### Club Events

10.6.07	Summer Score	To be Advised		Ted Heath 01823-251985
7.7.07	Dorset Coast Path Relay	Lyme Regis to Poole		Names to Brian Pearson
21 .7.07	Summer Score 2	To be Advised		Ted Heath 01823-251985
9.9.07	Club Championships	Culm Davy	ST123164	Bill Vigar 01823680679

### Other Events in the South West

2-3 .6.07	Harvester Relay	Penhale Sands	SW 769548	Roger Hargreaves 01872-277320
1.7.07	Adams Avery Relay	To be Advised		
15.7.07	Wessex Hardy Relay	Cullpeppers Dish	SY 815925	Ian Sayer 01202-484523
22.7.07	Devon Relays	Whitchurch Common	SX 532751	N.Bateman 01837-54230
29 .7.07	Furrow Hoppers Relay	Somerley Park Ringwood		N.Smith 01202-821053

You are advised to check event details before travelling.

Edition 114 of Quonicle will be distributed at  
The Devon Relays 22nd July  
Copy to me by 15th July please.

# The QuOnicle



**The Newsletter of Quantock Orienteers**

**No. 113 May 2007**

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## Quantock Orienteers Committee

Chairman	Roger Craddock	01823-323850	
Acting Secretary	Ted Heath	01823- 251985	
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	
	Other Club Officials		
	Ted Heath	01823- 251985	Website
	Tony Milroy	01278-427875	QOFL
	Mike Crockett	01458-445540	Membership Quonicle

### **Editorial**

This month's edition may seem a bit disjointed due mainly to the fact that NGOC have had to cancel the Double Gloucester event planned for 13<sup>th</sup> May. Hence SINS has been distributed to clubs one week early but holidays and other commitments haven't enabled me to do the same. I have therefore had to stick to the planned date for full distribution of Quonicle and SINS.

The local press have again been highlighting the dangers of infection from ticks. They certainly seem prolific this year. I had quite a few

after an event at Longleat the other day but none at Gare Hill, where I had sprayed my vulnerable parts (ankles, arms and waist) with insect repellent. I note today that British Orienteering has issued a warning about the spread of tick borne infections throughout mainland Europe.

Interestingly the Quantock Wardens are worried about the dryness and the danger of fire but the report on the spread of ticks is blaming the increase on the fact that there is much less burning of bracken and gorse these days. You can't win 'em all.

Things are gradually returning to something like normality at Chez Crockett after the hectic life pre and post JK. The garden is looking tidy but not prolific (some rain would help). PS. It has now!

Whatever the weather, may you all enjoy the "relaxing" summer events and come back in the autumn with renewed vigour.

Please keep the contributions rolling in, photos particularly welcome.

Mike

### **Chairman's Chat**

We have had a variety of events in the last month that have given QO members a chance to contribute on and off the courses. Brian Pearson encouraged us to take part in the Compass Sport Trophy and JK relays, and Bill and Sue challenged us with a new format relay on two maps in teams of two. Our results were disappointing in the CST but we did not disgrace ourselves and the 2x2 relays produced some unusual winners. The JK also provided an opportunity for members to help with the QO effort in the JK (Rowling) String courses. Thanks to those who entered over 200 children on each day on the Dave Holmes coloured map and electronic punching!. Congratulations to Bill Vigar for winning his Class on both individual days.

Congratulations also to Declan and Mike for their results at Pwll Du.

Thanks to Lennox's initiative we have found several new active members. It was interesting to read in Mike Hosforth's (DEVON) letter in The Compass Sport magazine about Peter Flick's comments about the fall in numbers in their Club, but the rise in the number of people contributing help at events. We are losing the Vinces who have decided to jump a county to join KERNO. Many thanks to Arthur, in particular, for many years of service to our Club.

Brian Fletcher is about to launch his summer initiatives with schools, looking towards the British Schools' Championships in the Autumn. However, I think that using this as a benchmark for success may be a little premature. An alternative to Brian's introduction to orienteering in schools seems to be getting family involvement in string courses at public 'Open Days'. These two working together may need a while to result in the children's progress to full courses.

We are looking forward now to our summer events, including the remaining QOFL. The committee has decided the statistics and logic behind the use of Sundays was convincing, but agreed with opinion that an earlier start was needed. The multiday events in Shropshire, N. Yorkshire, and Scotland provide a focus for some, and Ted's local events will be sufficient for others. Brian P. is keen to obtain representation at Coastal Footpath and Harvester events. There is an ongoing discussion about the nature and viability of the Long 'O' but I hope we can make Andy, Bill, and Bob's efforts worthwhile.

Roger Craddock

### News of People

Don Gray was at Pwll Du on Saturday but not for the Orienteering. He was training for a long distance walk starting next weekend across Scotland. When you receive this he should be well on his way.

Jim Scott of Cheddar ran the London Marathon in 3hours 39 mins.

Rosie Wych and Andy Rimes are busy training for a cycle event in July. The route follows the first leg of the Tour de France which is starting in Britain this year. I hope we will have a full report in the next edition.

Lottie Allen, our former contact at Montacute, has left to take up the position of head gardener at Tyntesfield. However we shouldn't lose contact with her altogether as BOK are at present mapping Tyntesfield with a view to holding a schools league event there in February.

### Snippet

Overheard at the Rushmore Galloper recently - Two Blue course competitors talking - one says to the other - 'Have you seen, we've got to run 8 kilometres for our course today, are they setting their courses along the same lines as Quantock Orienteers?!'

### Club News

Minutes of 3<sup>rd</sup> April - Items that can be read in full on the website. Please note this list is not meant to be comprehensive merely a few words to give you the flavour of our discussions!!!

- Roger Craddock said a few words about Mike Nelson (BOK) a well liked and much admired man.
- Briefing on presentation to SWOA Ctte re our EP system - we were again rejected - full details on SWOA website. Including our Brief.
- QO successful orienteering PR trip to Fyne Court Fayre
- Christine Vince has resigned as Secretary - new Acting Sec Ted Heath
- Somerset Schools 'O' Championships in September
- Roger Craddock and Ted Heath new QOFL organisers
- Next year's QOFL's to stay on Sunday with start times brought forward to 1100 - 1300
- List of Club 'events jobs' volunteers now complete and new allocation to teams in hand.

- Sept Gallopen at Quantock Forest North and Club Champs at Culm Davy planned
- Future plans for Electronic Punching Equipment discussed

Further information available via the Secretary, just ring or email him.

### Note

#### **Names are still required for the Harvester Relay and the Dorset Coast path run . Contact Brian Pearson**

#### **From British Orienteering**

British Orienteering have asked clubs to contribute a debate on Governance of the Federation in an attempt to improve communication from headquarters to the membership. Roger ahs responded directly to Neil Cameron on our behalf.

SWOA held a meeting on 16th May to discuss their response. Details of this meeting should be on the SWOA website later

### Events

#### Sarum Saunter Regional Event Grovely Woods Neil Clegg

For anyone who has run at Big Wood just off the A303, Grovely is much the same – a chalk ridge with the same roman road running through the middle. Just a few miles further on than Big Wood but losing an hour in the night from the clocks going forward made it feel like an early start. Planning and organisation seemed to have been beset with problems for Sarum, the forest track parking had to be abandoned for parking next to the “Hidden Brewery” (the barrels stacked up next to my car were all empty!) and felling work together with out of bounds areas meant there was much re-planning.

The map was clear and well printed on waterproof and tear proof paper which means no plastic bags were needed. It does make the maps sharper without a sheet of grey plastic to look through.

Grovely is crossed with numerous paths and line features which together with the remains of extensive World War 2 military activity make it difficult to plan technically difficult legs and there was little route choice and fairly easy navigation. The result is an event that was really no more or less difficult than any club event. At one time badge (now regional) events were above the usual standard of competition in almost every respect – they just seem to cost more now!

On return to download I was told that there was nothing on my emit card, help!! They tried a few more downloads from other finishers but mine still failed to work – eventually after warming it up a bit it sprung to life and all was well for me but they retired the card from future use.

I looked for the badge times a while after the event but discovered that Sarum’s statistician was skiing in Zermatt and the calculations had to wait for his return.

All in all a good event with Gold Standard from Alice Round, Brian Fletcher, John Round, Tony Hext, Mike Crockett and Bill Vigar.

#### JK 2007 Forest Dean Easter 2007

Ted Heath

I have got used to agreeing with Lennox when she says something so it was natural for me to agree to report on the JK when Mike asked me! I can only speak for days two and three. However I have asked for pithy two liner quotes to boost my contribution from those who attended days 1 and 4 or more. An achilles/muscle injury sidelined me for the 'minor' day two and three happenings. However I was able to help with the main events of the weekend, the string courses.

First a general view of the weekend. The Forest of Dean is a beautiful area by itself let alone for orienteering, so when the sun came out and the

birds began to sing one hoped for a great weekend and so it proved. From what I saw it was very well organised, the helpers were always cheerful and helpful, the sites well laid out and signposted and the atmosphere was very festive. Compliments must go to the organisation team who brought together people from all over the region (and beyond?) to make the days go well, and of course to the Planners and Controllers who, from what I could gather, presented good quality orienteering for all. I was particularly impressed by the choice of Anne Donnell for the day two Road Crossing, what driver or competitor would argue with her instructions!!

I heard quite a few grumbles about EMIT particularly about the problems at the white start when one of the 'start' controls/boxes didn't work but Mike Crockett (IOF adviser) tells me that it got sorted out after some manual intervention. Not that Emit should worry because on day 2 we had an SI Control box die and our printer refuse to operate, our competitors were however very understanding.

The QO team spent about 4 hours each day meeting, greeting, dispatching and receiving the most delightful children aged from 6 months to 12 years. The time flew by due entirely to the fun we were having. If the children we met are the future of orienteering then I think us oldies can rest easy in our beds. Actually we had two of the young ones helping us in the tent, at one stage Rachel Bussell teamed up with her two children James and Lucy to run the finish table; you have never seen a better, well oiled machine in operation. Well done to them!

Away from the string tent Bill Vigar was completing a hat trick of JK Titles which cannot have been done by many people. Well done Bill! Overall we had 33 Individual entries and 2 Relay teams which I think is great for a club of our size. We had two Relay teams in the M165 and whilst they didn't win any medals I understand they had their own thrilling battle.

Below are one or two abridged comments from some of the large number of QO who went to the JK.

**Judy Craddock** Thanks to all the QO who helped with the JK(Rowling) String Course. BUSY, BUSY, BUSY was the order of the day. Memorable moment - Ted Heath & Rachel Bussell on the finish benignly asking each child "which smiley face would YOU like?" .... as the queue grew longer and longer!

**Roger Craddock** -Parents comments: "What with electronic punching, off string controls, and split times they will be offering route choices next!" (QO did offer route choices on their JK (Rowling) String Courses!)

**John Round** - I hope you won't mention the fact (some chance!) that if I had picked up my map on day one, waited for Alice to start, then followed her through her first five controls, it would have only taken twelve seconds more than I actually used to get to my number one.

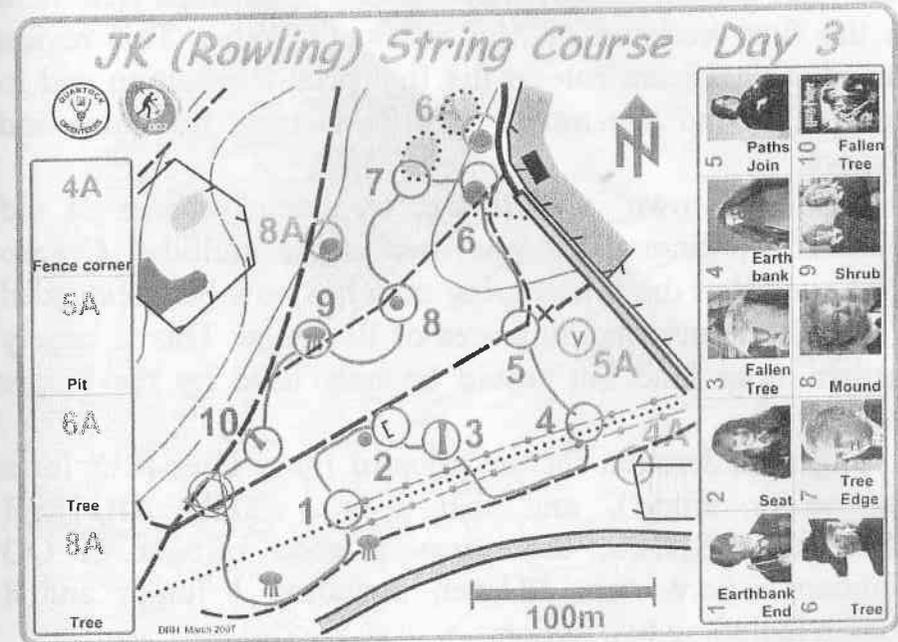
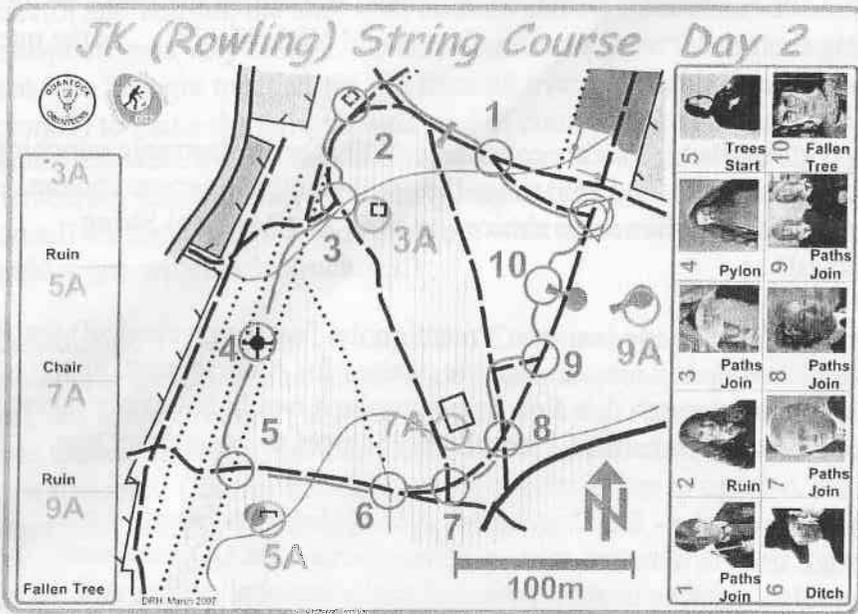
**Mark Larcombe** - Day 2 was best. A long shady and sunny walk through trees to a distant start. A pleasant chat with QO members assembled together in anticipation. A tricky run challenging and interesting from start to finish with some climb, and a fairly satisfying result. Hundreds of happy people

**Neil Clegg** - Day two Sallowvallets - lots of unmarked paths, many caused by the mountain bikers, one unmarked track crossed the route to the first control and I made a mistake costing several minutes. I was not the only one as looking at the splits others took a disproportionate time to find number 1 - it took a while to realise what was and was not marked. The course was not as technically difficult as it could have been - the JK is an opportunity to make the courses as hard as the area will allow, it was not so different to a QOFL in terms of difficulty and the last galloper at Penhale was far more challenging.

The drinks station had run out of water! Does it really have to cost £15 to enter each day? Where are the badge results - can't find them?

Weather was good, great atmosphere, great event overall.

Maps of the prestigious string Courses offered at the JK2007



### JK (Goblet of Fire) Day 2 April 2007

Name \_\_\_\_\_

Time \_\_\_\_\_ Off string controls \_\_\_\_\_

<b>Key</b>			
Log		Ditch	
Ruin		Path	
Pylon		Edge of Wood	
Tree		Brashings	
Seat		Off-string controls	
Fallen Tree			

Course length 750 m

Planners  
Roger and Judy Craddock

Thanks to Daniel Craddock for the pictures

Map using OCAD 6

### JK (Chamber of Secrets) Day 3 April 2007

Name \_\_\_\_\_

Time \_\_\_\_\_ Off string controls \_\_\_\_\_

<b>Key</b>			
Holly Tree		Path	
Earthbank		Fence	
Mound		Edge of Wood	
Pit		No trees	
Seat		Young trees	
Fallen Tree		Off-string controls	
Tree			

Course length 850 m

Planners  
Roger and Judy Craddock

Thanks to Daniel Craddock for the pictures

Map using OCAD 6

## BOC 2007 (Individual Day)

This year, the British Orienteering Championships were held on the first weekend of May in South Wales. This region played a significant role in the Industrial Revolution and in the area around **Blaenavon** was found coal, limestone and iron ore.

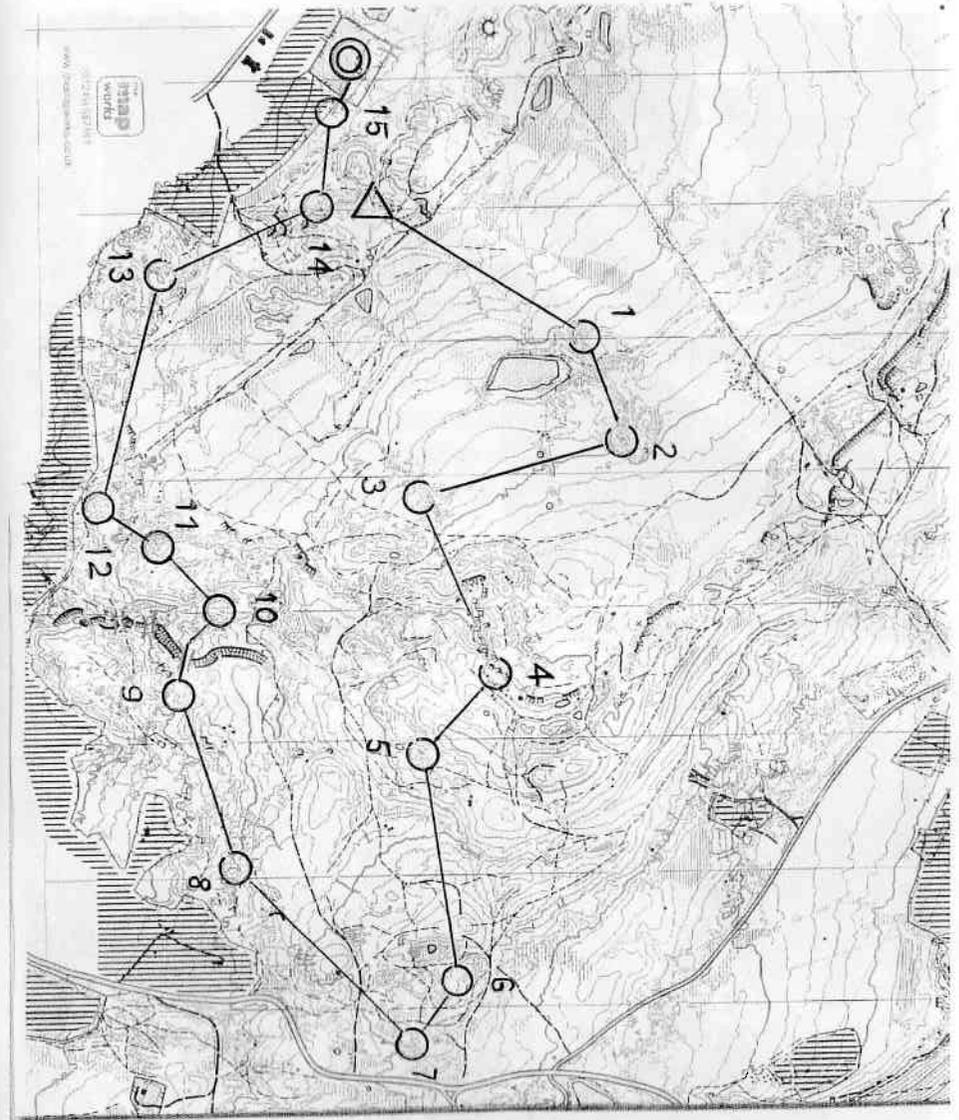
North of the town is **Pwll Du**, an extensive area of old opencast workings. This was used at the multiday **Creoso 2004** event but the orienteering map has now been extended to take in the neighbouring area of **Blorenghe**. This is largely heather moor land but would be only used by the longer courses.

Having consideration for the price of Entry Fees (£17 for a late senior entry!), and that it was **THE BRITISH CHAMPIONSHIPS**, there was a good turnout of QO members. There were 13 men including 1 junior and 8 women including two juniors.

After his sterling efforts at the JK in the Forest of Dean doing an M18Long course (he is still only sixteen), it was decided to enter Declan Gray in the M18Short. The fact that only three people had entered this course helped in the decision making process! His speed over the 5.5km length -205metre ascent course, in spite of a period of stomach pain, saw him finish sixteen minutes ahead of second place and at 9.9 minutes per Km was the fastest of all QO runners.

Other QO runners with Top Ten finishes, on a very hot day, included:- Sue Gard 9<sup>th</sup> on W55L, Tony Hext 6<sup>th</sup> in M55S, Jenny Tennant 4<sup>th</sup> in W75 and (performance of the day!) Mike Crockett 2<sup>nd</sup> on M70L.

Dee Gee



British Orienteering Championships Pwll Du Course 20  
(W16A W60L W65L M60S and M70L)



Bill issues instructions to competitors



Your club captain in action



The Start—Jim Mallinson leads the field.

Photos JimNickolls and MJC

### Bill Vigar 2x2 Relay

Mike Crockett

This event, an innovation for QO, was hailed as a success by those who came.

The format was fairly straight forward in practice but, as I have just discovered, difficult to describe. Each team of two was required to run four modified colour coded courses, self selected for their ability. Each course had an estimated winning time of 30 -35 mins but in practice the Brown course and to some extent the Blue were 10-20% too long.

The courses were run consecutively thereby allowing each runner to have a rest between his/her two courses.

Rain threatened at one stage during the day but generally it was fine and warm in fact ideal conditions for relay running

Winning teams were –

- 1st Joel Llewellyn-Eaton (Orange) and Tim Spenlove-Brown (Orange)
- 2<sup>nd</sup> Liz Pye (Light Green) and Iain Pye (Light Green)
- 3<sup>rd</sup> Jackie Hallet (Blue) and Michael Hallet (Yellow)

### Final Galoppen placings

BROWN 4th Ian Bartlett 5th Andy Rimes 6th Martin Longhurst  
11th Mark Larcombe

BLUE 6th Dave Holmes 11th John Chesters

GREEN 2nd Declan Gray 3rd Mike Crockett 4th John Round  
7th John Trayler

L. GREEN 6th Jan Holmes ORANGE 1st Norman Harvey

5 people competed in all 9 events ( 4 of them were from QO)