

Fixtures

Club Events

9.9.07	Club Champs + Lunch	Culm Davy	ST 123 164	Bill Vigar 01823 680679 Flier enclosed
16.9.07	Galoppen	Dukes Plantation	ST 174 399	Richard Sansbury 01823 288405
7.10.07	Long O	Pinkery Simonsbath	SS 723405	Andy Rimes 01823 451942
12.10.07	A.G.M	Ruishton Inn		Ted Heath 01823-251985

The QOFL series are scheduled to start on 28th October more details next time.

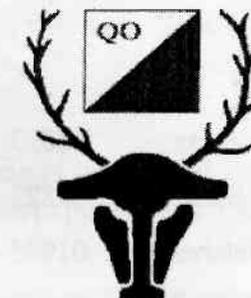
Other Events in the South West

29.7.07	Furrow Hoppers Relay	Somerley Park Ringwood	Su 122080	J.Warren
22-23.9.07	Caddihoe Chase	Cookworthy Okehampton	SS 451013	R. Hargreaves 01872 277320
6.10.07	Dartmoor Long O	Princetown	SX 591734	R.Green 01392-278512
21.10.07	Wessex Dorset Delight	Shillingstone	ST 813093	Ian Middlebrook 01305-778412

You are advised to check event details before travelling.

Edition 115 of Quonicle will be distributed at
The Caddihoe Chase- 22nd September
Copy to me by 15th Sept please.

The QuOnicle



The Newsletter of Quantock Orienteers

No. 114 July 2007

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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	Youth , coach
	David Holmes	01823-451343	
Other Club Officials			
	Ted Heath	01823- 251985	Website
	Tony Milroy	01278-427875	QOFL
	Mike Crockett	01458-445540	Membership Quonicle

Editorial

The Crockett household is once more in chaos. Margaret has been organising a concert and I have been doing some preliminaries to production of this Quonicle. Suddenly "Gloria" the computer has been in great demand, so much so that we have nearly had to adopt a time share arrangement.

On the subject of computers, John Trayler sent me his article which didn't arrive. Consequently we arranged for him to send it to my Hotmail address and for me to send it to myself. The result was a time

wasting search looking for JT when I should have been looking for one from MJC. John wonders if sending an e mail to ones self is the same as talking to one's self as the only way to getting any sense. I leave you to draw your own conclusions.

I have been trying to find the results from the WMOC 2007 in Finland and today finally succeeded only to see that there were only 2 British M70s (3 if you include Frank Martindale from Ireland) They all seem to have gone to the French Five Days in Aquitaine, Bill included. However I am having great difficulty getting those results. Maybe I will sort it out by publication date and let you know.

In this edition there are none of the normal event reports just activities that our members have been experiencing. I thank them for sharing them with us.

PS At the French 5 days Bill was 13th running M65 and Sue 48th of 117 running at W45. Incidentally the M70 class was won by Fausto Tettamanti followed by 5 Brits.

Chairman's Chat

I am intrigued by two suggestions that have come from the Orienteering World recently. The first, Routegadget, was brought to our Committee's attention by our Club Captain, Brian Pearson. It is a piece of software that enables a post event analysis of routes taken (warts and all!) and enables a video-game type head to head competition. The second, an imaginative idea by Nick Barrable in Compass Sport looks into the future by considering Global Positioning Systems as having potential to trace and check competitors routes, eliminating the need for putting out controls, punching systems, and policing against vandalism.

I mention the above only to illustrate the difficulty I have with seeing the logic of stipulating what equipment can and cannot be used with volunteers putting on an event for the enjoyment of others. The variety

of 'O' disciplines has multiplied in the last ten years, based on the imagination, demand, and enthusiasm of those whose common interests are map-reading, and navigation. QO have been bold enough to select an option appropriate to their needs, resources, and manpower, and Ted Heath has pursued a dogged determination to support their choice.

Enough of politics. The pace of events has slowed but there are still options of summer scores, relays, schools events and fun-days – and we still have the overseas and Scottish multi-day events to come. Andy has the QO Long 'O' weekend under control in a combined event with Devon in October and Richard Sansbury and Bob Lloyd are beavering away behind the scenes to give us another varied and challenging QOFL season.

Talking of QOFL's the final positions for the 2006/7 season are on the website. We are, as ever, grateful to Tony Milroy, Bill Vigar, and Ted Heath. Congratulations to the winners, Ben Chesters, Declan Gray, Liz Pye, Norman Harvey, Eleanor and Matthew Pearson and Zoe Round. We hope they will be able to come to the Club Championships in September to collect their trophies.

I believe Judy has written an article/letter to Quonicle about Brian Fletcher's latest efforts in his role as Club Coach and Youth Officer. His latest suggestion is changing the name of the Club from Quantock Orienteers to Somerset Orienteers!! How controversial is that! I can see his logic in wanting to encourage all Somerset schools to identify us as their parent club – but BOK have managed with the sub-section of Avon Schools, could we not do likewise? Views please.

I'm not sure how many more Chairman's Chats Mike will be asking for before my term of office finishes, but I hope you will come to the AGM and entertainment at the Ruishton Inn on Friday 12th October. Please make a note in your diary!

Roger Craddock

Dear Editor,

Fyne Court String Courses

Following the success of the JK (Rowling) string courses in the Forest of Dean, Judy and I decided to give the Somerset Wildlife Trust Family Fun-day on 16th June at Fyne Court the same challenges.

With the help of several QO members on the day and Bill and Dave's co-operation before, we set out ten Joe Lee electronic punching stations and four off-string manual punching options around the Holmes map of the grounds. About 60 children, occasionally with adults, took part and many repeated their course to improve their times and compare their 'splits'.

A revealing approach by two very young boys at the end was the unsolicited help given to Ted Heath winding in the string, after which they opted to run the course 'without the track'! Perhaps this is another stage in the progression from a string course to a cross country course?

Roger Craddock



Roger with Adele's son Andrew at Fyne Court.

Club News

Precis of Minutes of Meeting 4 June 2007

1. Proposed re-organisation of British Orienteering management discussed. Proposal is to replace Council and the Management Cttee with a Board of 10 members thus improving/clarifying lines of responsibility and accountability.
2. SWOA review of Development Plan discussed and letter being sent.
3. Membership and Event fees discussed in advance of AGM. Event fees likely to be affected if hire of portaloos becomes common place.
4. There has been a slow response to attempts to put together Relay Teams.
5. QO participation at 'Fayre' events has been encouraging.
6. Plans for national or Regional Event deferred until Joe Lee discussions with SWOA and BO review of event structure complete.
7. Nearly all subsidised Club 'O' kit sold. Future sales will be at the full price.
8. AGM provisionally booked for 12 Oct 2007.
9. New Chairman and Treasurer needed for next year. Roger has reached the end of his 3 year tenure (as permitted by the Club Constitution).

Full minutes are on the club Web Site.

Scottish Six Days

There will be a "get together" of SW competitors on the Thursday of the event at Culbin. More details from Sue Hateley.

Galoppen - 16 Sept 07

Richard Sansbury

For those unfamiliar with this funny word, the Galoppen league is a regional competition in which every South West club puts on one event each to make a series of high profile events. It is normally our biggest event of the year, and this year it will also be the qualifying round for the Yvette Baker Trophy, which is a Junior inter-club competition.

I will be looking for helpers to assist with car parking, enquiries, registration, start, finish and results. I will start my search by looking at who attended last year, and then after that I'll be ringing the membership at random. But if you are able to help please don't wait to be asked. As usual helpers will be able to have a run and will only be charged half price entry.

QOFL start times

Rrichard Sansbury

Its quite noticeable that most people attending our Forest League events want an early start, putting quite a lot of pressure on the organisers and helpers. The committee decided to move start times earlier to 11:00 to 13:00 since that would appear to suit more people. However we are aware that some members are doing other things in the mornings and we want our start times to suit as many members as possible. If anyone feels the new start times will not suit them, please let me know and I will see what I can do to accommodate everyone's preferences.

QO History

Mike Crockett

I am in the process of getting together information of the clubs history. If anyone has memories of events that occurred , both notable or humourous, please contact me. The aim is to produce a brief history for SINS (we are one of the oldest clubs in the South west), and possible something with more detail for the club.

Three Cheers For Fletch!!

The last two weeks have seen a frantic rush of activity for our hero Brian Fletcher, Q O's youth development coach.

On top of his usual commitments (putting on training events for youngsters) he has been working with Dave Bullock from Tone School Sport Partnership.

On the morning of 27th June he organised an orienteering experience for 150 8-9year olds for two hours and then repeated the whole event in the afternoon for a different 150 children!

The activity was based on Dave Holmes' idea of children completing loops of controls of increasing difficulty, culminating in most of the children being able to complete a final course of 10 controls (The Ultimate Challenge!). By initially setting children off on one of 4 loops and sending them in both directions around the course it's possible to keep them all actively orienteering and usually unable to follow anyone else.

The following day saw a 'rolling' event at Norton Camp. 690 7-8 year olds arrived at the venue at hourly intervals, staying for roughly 2 hours. TSSP provided a welcome and some introductory activities and then the children were sent off in pairs on various loops. The final activity was a route through the woods. The feedback from this event was that it was a resounding success as quite a few children had not been in a wood before! Mike Crockett came to help the children throughout the day with his usual cheery competence.

The next event, on 4th July at Millfield, was for talented and gifted 10-11 year old children from the whole of Somerset.

Again Brian designed loops and courses but, due to lack of time, these had to be put together so that the very able children completed the whole 20 controls whilst those who found it more difficult finished after 10.

(They had to pass through the finish to do the 2nd loop of 10!)

There were three groups of 33 children, with perhaps 5 or 6 showing surprising ability. Brian will follow up some of these children and invite them to other events. Dave Holmes and John Rix (BOK) are to be thanked for generously giving their time both setting up the controls and helping the children.

The 6th July saw Brian at Millfield again, this time for children with learning difficulties. Brian planned a course for about 40 children and their carers. They went on a path network through the Millfield grounds on a large scale map passing statues, a ha.ha and other interesting features. Again the feedback was very positive with many children beginning to grasp the idea of reading a map.

SO how about that cheer?? I think we should include Jan in that too, she has encouraged and supported Brian in a schedule of events that would have daunted those with fainter hearts!

Judy Craddock

News of People

I have recently been in touch with John Pilkington who wishes to be remembered to all .

Declan Gray represented the South West in the recent inter-regional competition.

Don Gray completed his cross Scotland walk. (More elsewhere)

Andy and Rosie completed the Cyclosporive Time trial. (More below)

Cyclosporive England 2007

Andy Rimes

The more astute of you out there will have noticed that Rosie and I have been competing less and consequently performing poorer this year than of usual. Whilst you could argue that this is reflective of increasing age and waistlines, in our defence the following should clarify.

Orienteering has always been 'another' of our sports, along with climbing and principally cycling. A few years ago, I competed in (and finished in ten hours!) the Etape Du Tour, which is a stage of the Tour De France, always a mountainous one, usually in the Alps or the Pyrenees, opened for amateur riders under the same race conditions as the professionals but on a different day from them. This event in the amateur cycling world is on a par with any of the great marathons in running, always over-subscribed and thus extremely difficult to get into.

This year's Tour actually starts in London with a time-trial, and the following day's first proper stage is a 120 mile jaunt from Greenwich to Canterbury. The event then crosses over the Channel for the rest of the tour. Having always wanted to compete in the Etape again, we were very pleased to see that the organisers have opened this 120 mile stage as a second Etape event to reduce demand on the main event later in

the tour. Whilst not a full blown road race, the event is timed, each rider wearing a transponder, with possible elimination at various key points along the route if you arrive outside the expected time. Food, drink and 'comfort' stops are necessarily short or taken in the saddle.

We have successfully gained entries, and have begun training in earnest. As with all training, the key to success is to build up strength and stamina over time. Whilst we do a lot of cycling, our normal regular rides are usually 25-40 miles. We now have to acclimatize our muscles and 'soft-tissues' to rides of 7 to 9 hours in the saddle. Training rides of this duration can only be done at the weekends, the down side being the marked lack of enthusiasm and strength to run particularly competitively in any orienteering events the following day! The event is in early July, after which we'll be back on the scene, fit, muscular and ready to give the Clives and Bens of the world some deserved competition. (no really!)

Ed.

Rosie did a time of 9 hrs 13 mins 56 secs and Andy 7hrs 19 mins 33s

Well done to both of them. We are now looking forward to those promised results.

Coast to Coast

The **TGO Challenge** is a walking event that has been organised by TGO magazine (formerly The Great Outdoors) for the last 28 years. Challengers have to start from one of twelve places on the west coast of Scotland such as Oban or Mallaig and follow a route of their own choosing of about 200 miles over to the east coast to finish between Arbroath and Fraserburgh.

I took part for the first time in 2006 when my route went from Ardnamurchan Point, the most westerly point on the Scottish mainland, to Keith Inch near Peterhead, the most easterly point on the Scottish mainland. I went from the lighthouse designed by the father of Robert Louis Stevenson through to Glenfinnan, past the parallel roads of Glen

Roy, along a portion of Strathspey towards Aviemore, before going through the northern Cairngorms and out onto the coastal plains to the North Sea.

When my entry to the 2007 event was accepted I began planning my route from Shiel Bridge, one of the designated start points. It is best to plan some re-supply points along the way because to carry food for the whole of the two week trek would be a lot of weight and de-hydrated food does begin to taste a bit the same after a while. With Loch Ness filling up a big chunk of the Great Glen (that runs from Fort William to Inverness) there are certain pinch points that everyone has to funnel through such as Fort Augustus or Spean Bridge. This last place has a Spar supermarket, a Fish & Chip shop, hotels and B&B's (and even a Little Chef!) so was my first target.

Dalwhinnie was my next target and is the highest settlement in the Highlands. In truth there is not much there except a filling station, a distillery, a few houses and an inn. This is another pinch point because of the 16 mile long Loch Ericht and a fair few Challengers pass through here, some of them taking advantage of the refreshment facilities at the inn. There is no shopping in the village other than a small selection of confectionary at the filling station so there is now a tradition of posting food parcels (like in the Second World War) to be collected from the inn. Some people stay the night at the inn for a spot of luxury, some pass on to camp in the hills after loading up with goodies sent from home.

At the eastern end of the Cairngorms a lot of Challengers head for Braemar where it has been known for the pub to be drunk dry. Some even take a day off here to make sure that they are well lubricated for the last push to the finish.

The event is controlled from Montrose and it is a requirement that Challengers telephone in regularly as they make their way across Scotland. When they have finished their route they have to report to control at Montrose so a lot of Challengers adjust their routes to finish

nearby. Large numbers of tents gradually appear in the town campsite as walkers finish. Some stay on or time their finish so that they can attend the celebration dinner where they meet again those that they may have met for the first time on some distant peak or pass.

I had chosen Shiel Bridge as my start point because it has good transport links to Inverness where I planned (in a ungreen way) to fly to on the Monday which was the last day one could start. The previous day (Sunday!) was the day of the last QOFL of the season and these arrangements allowed me to complete both events. The QOFL event was important to me because I had going a run of attendance which would number 31 consecutive events by the end of the season.

This number is as nothing compared to the run of 237 consecutive appearances by Brett Favre who is the quarterback of the Green Bay Packers (an American football team). He has played with a broken thumb and other injuries and played two days after the death of his father.

But then disaster happened. The last QOFL event of the season was moved forward a week. When others were due to be running around Ramscombe, I would be up high in the Cairngorms above Blair Atholl. I did think ever so briefly about breaking off my walk half way across. I could fly down and back over the weekend and still have time to finish both events in time. But then sanity kicked in. All long appearance records have to end sometime (if not by death!). I had to just let go and get on with my Challenge planning. Life would have to begin at 30.

Dee Gee

Relay Results

At the Adams Avery relay at Ashton Court QO came in a very creditable 4th place. Jim Mallinson, Martin Longhurst and Mike Crockett were only a couple of minutes from second place.

Wessex Hardy Relays

It was quite a battle at Culpeppers Dish. Decisions had to be made from an early stage. Firstly it was team selection, with nine club members present, who to press gang was important. The final decision was Ted Heath, Brian Fletcher, Pete Darton (a new member) and Mike Crockett. Secondly as the rules were slightly complicated—three courses, two of which had to be run twice and the others four times, a plan of action scribbled down at breakfast needed to be studied and approved. Once the theoretical solution of keeping the light green map moving was understood everything was in place for the best result. Handicapping seemed to benefit the older runners and two teams started about thirty minutes ahead of us. However the plan worked and we beat Wimborne by the slender margin of 47 seconds.



The team who were "Too smart for the others"

John Trayler's Review of The Course Lengths for Green and M60S over the Season.

At the recent BOKtrot I entered my usual M60S and was somewhat surprised to find that the course was set of a length of only 3.54 km. On the face of it this seemed a little on the short side and somewhat shorter than the **greens** I have run previously. A brief discussion with Mike Crockett motivated me to review the courses for Green and M60S that I have run over the last season. At the risk of sounding nerdish I thought I might share my results.

A summary of M60S course lengths, times for the winner and my times are also included. The corrected course length also takes into account the climb as per the BOF guidelines for regional courses. That is 10 metre of climb is equivalent to 0.1 km in length. I had previously found that this gives me a much better way of comparing my own particular performance on a course. My target time is about 10 minutes per kilometre using the corrected course length.

For those who aren't aware regional courses (still seems like badge events to me) have their course length set in ratio to the M21L, which has a set length of 1.0. The M60S is set at 0.33 and the M60L at 0.56. These figures take into account climb. Rather than collating the M21L data I have calculated the M60S from the M60L using the appropriate factors. Having calculated the average corrected length (M60L) for the 5 badges courses and applied the factor, I found that the average corrected length for the M60S (4.91 km) is even less than the distance of the course set (5.12 km). In broad terms I had expected that the M60S would be about 2/3 of the M60L that would have given a corrected length of 5.5 km; still 1 km short of the average corrected length of the green course. The course lengths would thus appear to meet the current BOF guidelines for regional events.

The tables of John's findings are overleaf.

Regional Events

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	M60S			M60L				
	length km	climb m	Corr. length*	Winners my time	my min/ km	Length km	Climb m	length* km
Caddihoe 1	3.6	45	4.05	38.82	43.45	10.73	105	7.25
Ibsley & Rockford	4.4	110	5.50	41.95	45.15	8.21	145	9.05
Grovely Woods	3.9	110	5.00	42.35	45.63	9.13	160	8.4
JK Day 2	4.4	145	5.85	44.00	51.73	8.84	215	8.55
Gare Hill	3.54	165	5.19	42.63	54.80	10.56	230	8.4
		Average	5.118	41.95	48.15	9.49	171	8.33

QGaloppens 2006/7

	Length	Climb	Corr * Length	Winners Time	My time	My Min/km
Wind Down	3.6	220	5.8	54.00	65.45	11.28
Cothelstone Hill	4.1	160	5.7	42.02	75.48	13.24
Croydon Hill	4.6	280	7.4	58.00	72.67	9.82
Ham Hill	3.9	260	6.5	39.02	52.75	8.12
Castle Neroche	4.3	215	6.45	44.25	65.50	10.20
Ramscombe	4.6	260	7.2	51.00	75.05	10.42
		Average	6.51	48.05	67.82	10.51

QOFLs 2006/7

Triscombe Stone	4.3	215	6.45	44.20	68.45	10.61
Ringwood Forest	4.5	190	6.40	39.87	52.82	8.25
Moseley Green	5.09	180	7.79	47.25	64.60	8.29
Everleigh	5.5	105	6.55	33.80	47.93	7.32
Bullers Hill	4.2	180	6.00	42.47	65.23	10.87
Mallards Pike	4.58	135	5.93	40.20	58.82	9.92
Cranham Woods	4.52	195	6.47	46.03	65.07	10.06
Rushmore	5.3	115	6.45	34.73	48.30	7.49
		Average	6.51	41.07	58.90	9.10

* Corr length takes account of climb. 100 metre climb equals 1 km.

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