



**The Newsletter of Quantock Orienteers  
No. 152 November 2013**

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**[www.quantockorienteers.co.uk](http://www.quantockorienteers.co.uk)**

## **Quantock Orienteers Committee**

Chairman	Bob Lloyd	01823 333251	Permissions
Secretary	Richard Sansbury	01823 288405	
Treasurer	Roger Craddock	01823 323850	
Committee	Chris Hasler	01823 338921	Fixtures
	Rosie Wych	01823 451942	
	Mark Maynard	01823 251262	
	Bill Vigar	01823 680679	Mapping
	Jim Mallinson	01278 784714	OCAD Maps
	Julia Robertson	01823 430071	
	Vikki Page		JOG representative

## **Other Club Officials:**

Mike Crockett	01458 445540	President
Jeff Pakes	01823 321900	Volunteer Co-ordinator
Tony Milroy	01278 662535	QOFL
Judy Craddock	01823 323850	JOG/ Membership
Nathan Fernandes		Webmaster
Adrian Edwards	01823 325119	QuOnicle
Andy Rimes	01823 451942	SI & Equipment
Nick Fernandes	07880 555983	Club Coach

## **EDITORIAL**

I was on car-park duty on day2 of the Long-O weekend, QO's 'curtain-raiser' for the 2013-14 season. As well as many familiar faces from the local area I found myself meeting and greeting people from as far afield as the Midlands and Yorkshire, and even a few from another country (well, Wales!). Many of them had decided to make a weekend of it in the West Country, but the main draw was the Long-O (or perhaps the post Long-O soup and cake!). It was also obvious from a brief conversation that for many of them this wasn't their first experience of a QO Long-O event. What grater testimony to the hard work of those club members that put a lot of effort into this and many other events than the fact that people are willing to travel significant distances year after year to participate.

I know there was some concern ahead of the Long-O at the lack of pre-entries through Fabian 4. In the event the total number of competitors over the weekend was the same as the previous year, but for events that do encourage pre-entry such as the Long-O weekend please spare a thought for the planner, controller and organiser. They put in a lot of work in the months and weeks leading up to the event and it must be worrying when they don't have many pre-entries. So gives them some encouragement next year and get your entry in nice and early—you'll also save yourself some money over the on-the-day price!

—*Adrian Edwards*

## **POST FROM THE PRESIDENT**

The season is well underway with two Galoppens gone and another on the distribution day of this newsletter. Our own QOFL series gets underway on this day as well. It was good to see so many of you at both Galoppens. Let's hope we can emulate last year's success of three trophies coming back to Somerset.

Four members took part in the OMM Mountain Marathon with very creditable performances. I'm probably showing my age when I still refer to this event as the KIMM. For those who are not familiar with this high profile event a brief explanation. The event is held at the end of British summer time each year and involves two days of mountain orienteering with an overnight stop at a remote location. The teams of two carry equipment to survive in these conditions. I always found that the worst part of the event was the extra hour (the clocks go back) spent in a small tent when I could have been at home in a comfortable bed. My congratulations to Richard, John, Adrian and Rich from QO and to all the others who took part. You can read John's account on page 20.

Quite a few MM entrants use our long O as a warm up event for the OMM, unfortunately this year it clashed with another Long O. I had an apology from one of our regulars who had already entered the other one. The fact that he was in contact and regretting missing ours was testament to the popularity of our Long O. Many thanks to everyone who helped make it a success.

British Orienteering has announced the publication of new rules. These are basically the same as the old ones but adapted to take in the new event structure and electronic punching. They are now available on the BOF website.

Anyone planning, organising or controlling an event should look at them .

And so with that thought on your bedtime reading, I wish you all the best and you might even dream of that perfect run. A feat yet to be achieved after more than thirty years of trying.

*—Mike Crockett*

## **CLUB NEWS**

### **QO Annual General Meeting**

The club's Annual General Meeting took place on 1st September, and the minutes are now on the website. However some financial information has been redacted from the publicly available version of the minutes. If any club member wants a full copy of the minutes, either by post or email, just let me know. The minutes will not be approved until next year's AGM, so if anyone has any comments on the minutes I suggest they let me know while memory is still fresh.

Thanks

— *Richard Sansbury (club secretary)*

### **NGOC Board Games**

For the fourth and final year NGOC is offering the orienteering board game "Forest Challenge" for sale at £10, with all profits donated to the Woodland Trust. Also on offer for this Christmas only is a new "Urban-O" game (£11), which includes "photo-O", "maze-O" and "string-O" games. Email Alan Brown at NGOC at [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) for further information

### **2013-14 QOFL Teams**

Another series of the much-loved Quantock Orienteers Forest League has just begun. Please scan the list of names below to find out which two QOFLs you have been allocated to help at. All will be asked to help at the Galoppen. If you cannot make these dates perhaps you could help at another event instead? Please let me know when your diary plans become clearer. Then I can pass your name onto a grateful organiser. Reading this, not on the list and want to help? Drop me a line (see p2).

OK, why all the pleading? Us organisers often find it hard to recruit a suitable group with which to run the event from a specific team. Less than half those listed will typically plan to attend. Then there may be key members missing, afternoon commitments, illness or other late withdrawals or a shortage of certain skills, particularly on computers and the SportsIdent timing system.

Also, as the club's newly appointed volunteer co-ordinator, I have a brief to facilitate volunteering. I will keep up-to-date and circulate to organisers the list of team members and their preferred jobs. I will try to ensure fairness to those members by trying to spread the load and encourage would-be volunteers and facilitate attempts at trying out new roles.

My first job has been to re-jig the teams to restore balance and reflect changes in membership. By the way, don't forget to renew your membership, from this month. Regular non-members have been included. To those originally contacted about helping at QOFL1 at Culm Davy: please note we were working from last year's team 1! That event presented its own particular challenge in a fixture clash with the higher profile Cornwall Galoppen.

Orienteering is a very time-intensive sport to run, both behind the scenes and in the field. When you are manning registration, the start or the car park you are reducing the burden on others, creating camaraderie, helping the sport to flourish locally and reducing the entry costs for all to a fraction of what a commercial organisation would charge. Thank you.

Planning, controlling and organising events require commitment and responsibility but can be personally rewarding ventures. Brief details are provided under the 'Management' tab on the club website. If you would like to 'step into' one of those roles, practical advice and support is never far away. Even if you are lacking the time, orienteering ability, stamina or confidence, you could try "pairing up", or planning a JOG session as a stepping stone.

Enjoy your orienteering – and your volunteering.

— *Jeff Pakes*

### **QOFL Team 1 (QOFLs 1 and 4)**

Akers, Peter	Maynard family
Andersen, Mike	Milroy, Tony
Atkinson, Lys	Modica family
Butcher, Pete	Nickolls, Jim
Craddock family	Pearson, Graham
Denton, Chris	Pearson, Jim
Elliston, Steve	Purchase family
Hands, Dave	Richardson family
Harvey, Norman	Rimes, Andy
Hill, Richie	Spenlove-Brown, Tim
Larcombe, Mark	West / Wood family
Mallinson, Jim	Wych, Rosie

### **QOFL Team 2 (QOFLs 2 and 5)**

Baybutt, John	Hopkins, Andrew
Clegg, Neil	Husband, Ian
Crockett, Mike	Knipe, Matthew
Cudmore, Chris	Llewellyn-Eaton family
Cullen, Kevin	Longhurst, Martin
Edwards, Adrian	Pearson, Brian
Fernandes, Nick	Philip, Chris
Green family	Sansbury, Richard
Hext, Tony	Smith / Kromhaut family
Hill family, Krys	Tennant, Jenny
Hollingworth/Vigus	Trayler, John
Hopkins family, Kieron	

### **QOFL Team 3 (QOFLs 3 and 6)**

Abbott, John	Lloyd, Bob
Appleby, Adele	O'Mahoney family
Bolling, Keith	Page family
Braine, Sheila	Pakes, Jeff
Bussell family	Pye family
Daniels, Jan	Robertson, Steve & Julia
Fisher, John	Ryan, Tim
Fletcher, Brian	Sands, Colin
Gard, Sue	Vigar, Bill
Hancock family	Williams, Steve
Hartley, Graham	Windsor, Steve
Hasler family	

## **JOG Report—Autumn term to 26th October**

On Saturday 21<sup>st</sup> September John Fisher decided to start the Longrun meadow event, the first of the Autumn term from Heron Drive. This was a good decision, it's an area we use a lot and starting in the west of the map made people think a bit harder! We also used the gate between Castle School grounds and Longrun Meadow which added an interesting addition to planning choices.

The following Saturday JOG joined the Long 'O' at Wilmot's Pool and by the afternoon the mist had cleared and the sun came out. Andy Rimes had planned the courses and Mark Maynard and his family put out the controls. We were surprised how many people made the longer journey.

I couldn't get a planner for King's Cliff Wood on 5<sup>th</sup> October and so we found courses that had been planned there before, adjusted them slightly and asked Jenny West to check the map and control sites. Nick Fernandes put out the controls and it turned out to be a busy and very enjoyable event with 60 people coming. The only downside was the theft of 2 stakes. The flags and clips had been removed and just the yellow stakes taken. £40 worth of equipment.



*Luke racing back with a marker*



*Doing a map walk*



*Kieron (left) and James (right) running in*

On the 12<sup>th</sup> of October the Lydeard Hill JOG was planned by Chris Hasler, again we were very lucky with the weather, Chris had put out controls in wet and windy weather but by the afternoon it had cleared and several people remarked on the amazing views! It's a good area for children to venture off on their own and several had their first solo runs here.

The 19<sup>th</sup> October started sunny and warm and we set up thinking that we'd manage without the tent, however as 2.00pm drew nigh the heavens opened and we hastily erected the tent, thank goodness as the rain continued for a full hour! Jeff Pakes had planned some excellent and quite demanding courses and we had very positive feedback from the many people who braved the weather and enjoyed the challenge.

On 26th October, Rosie Wych planned a JOG at King's Hall. It was preceded by a coaching session, planned by Nick Fernandes, which was attended by 18 children who were split into three groups according to experience. Chris Hasler coached the senior group, while John Fisher did a 'Star' exercise with the intermediate group. Several 'novices' tried courses on their own after the coaching as the area was enclosed and Andy Rimes gave us the opportunity to use electronic timing for all the controls. It was agreed that another coaching session would be held before the JOG event on 16th November at Window.



*Lucy running back to base*

We are very grateful to QO members who plan courses for these events and also to a group who arrive regularly prepared to help: Bob Lloyd, John Fisher, Chris Hasler, and Graham and Jim Pearson.

*—Judy and Roger Craddock*



*Studying the map*

## **The QuOnicle Chronicles**

Bill trawls through the QO archives to see what the club was up to 100 'QuOnicles' ago...

### **Newsletter No. 52 July 1997**

- The Long-O was held at Great Headon and Dunster, from Minehead Youth Hostel. There were two courses: Long, approx. 22 to 24km and Short, approx. 16 to 18km.
- There was an appeal for planners—some things never change!
- Team members were sought for the Dorest Coast Path Relay, an annual event organised by the SW Junior Squad. QO had come 2nd the previous year.
- Jenny Tennant won the Club Championships held at Culm Davy on 9th May. It was the first time QO had used this area..
- Mike and Margaret Crockett, Dave and Rachael Holmes and Ted Heath were 4th in the Handicap section on the B course at the Harvester Relay.
- Former QO member Louise Crossman won a major architectural award from the RIBA for rural building design with her plans for converting redundant farm buildings in Bicknoller.
- Ruth Holmes won W10A at the National Championships to become the British Champion, adding to her successes in major events that year. QO's 60+ relay team of Bill Vigar, Mike Crockett, and Jenny Tennant retained the trophy.
- Brian Fletcher achieved Championship Badge standard in M21,

—*Bill Vigar*

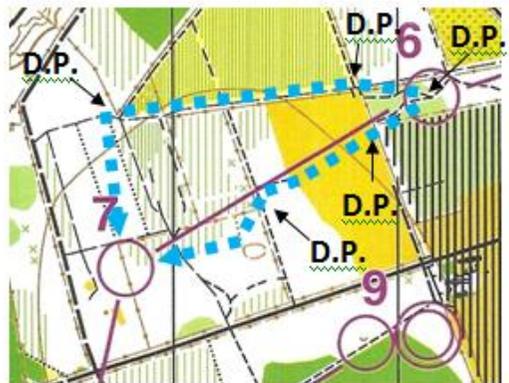
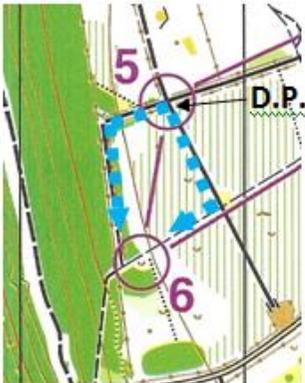
## **SKILLING UP: Hints and Tips for Improvement**

Here is the second in my series of tips to help you improve your skills and enjoy this wonderful sport even more. I hope you find this useful:

### **Tip #3 - Decisions, decisions**

The whole point of orienteering is to make decisions about where you go, otherwise it's just a cross country run! "Decision points" are places at which a choice must be made. At the basic level this will probably be a path junction, where the decision is left, right or straight on. Sometimes there is only one sensible way to go, but other times there are several possibilities. It's no good flying past the decision point and then realise later that another way was better.

Here are two examples from our Blackborough Galoppen back in 2008:



In the first example control 5 is on a junction. To go to 6 there are two path options: head south on the big track or head west on the smaller track. It's also possible to go diagonally across, but personally I wouldn't choose that because of the undergrowth. Control 5 is a classic decision point. Rather than charge off straight away, have a quick think about the options and decide which way is best.

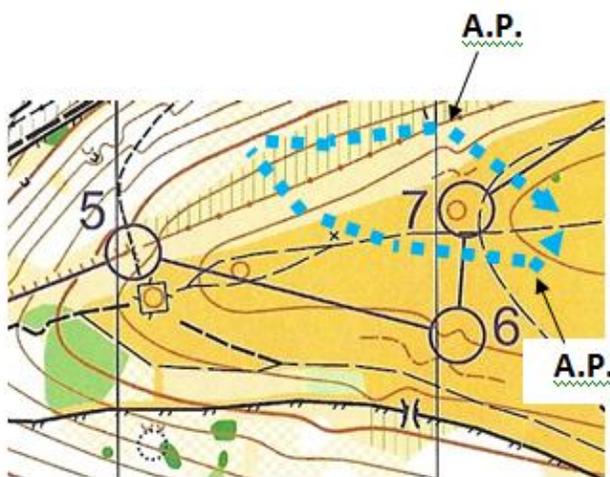
In the second example from the orange course there are perhaps numerous ways to go from 6 to 7, each with a few decision points on the way. I have marked up two possible routes with decision points on each. For example, at control 6 itself the path forks, so a decision needs to be made straight away. If

taking the southern path, there will be another decision point at the edge of the field. The decision then needs to be made where to aim for on the other side of the field. Can you see any other possible routes and decision points?

### **Tip #4 - Attack points**

This may sound aggressive, something for the advanced competitive orienteer, but actually attack points are used on all courses from orange upwards. An attack point is a place where you might leave a path and head off on a bearing towards the control.

Here is an example from the orange course taken from the 2012 QOFL at Cothelstone. Control 6 is off the path system, and is in a re-entrant so may be difficult to see from a distance. So navigating to control 6 could be tricky.



I have marked 2 possible routes to the control, both using attack points. One option is to head uphill to a path junction next to a bench (the x symbol on the map is simply an "object", but in this case it is a log bench). This is the attack point from which to head away from the path to the control. A second option is to head

south around the fenced enclosure and follow the path until it passes a gate. This is the attack point from which it is a short distance uphill to the control.

Choosing the attack point is the skill to master here. I could have taken a straight line on a bearing all the way from 5 to 6, but over that distance I could drift one way or the other and miss the control. So it makes sense to choose an attack point that is close to the destination control.

—Richard Sansbury

## **Night Skills**

“Night orienteering is hard-core! And only the best or the “nutters” go in for it”.

OK the first bit is probably true - the merry band who come to QO night events are all keen orienteers, but, as I plan my first QOAD, I've written this article to try and dissuade you of the second bit and persuade you that night orienteering is something that anyone who can do an Orange can do, enjoy and benefit from.

So the first thing to consider is the “nutter” factor, or the concern that it is too dangerous (e.g. “all that undergrowth in the dark, I'll just break my leg”). My answer to that is considered. Yes the risk element of night orienteering is higher than for day orienteering but it only takes a few changes (some conscious some natural) to adjust for that:

1. Route choices at night become more conservative – sticking to the paths for as long as possible
2. Night orienteers tend to naturally moderate their pace over rough ground
3. Modern head-torches give excellent close illumination

Night events (at QO) are timed events, so that it would become clearer quicker to the event organisers if there was an issue.

Now let's cover the pros:-

It sounds obvious but it's dark out there! And, when you can only glimpse a tiny section of your surroundings you focus very hard on the few features you can see. I have found that the focus and skills I have learned night orienteering have really paid me back in my day orienteering. Here are the things I've learned:

- Planning and Route choice – this might be your first time working on a score course and it can be daunting at first, but like all complicated things you will firstly learn to break it down into simple chunks (see my tip later) and secondly you will start to understand how to string together the optimum course for you – and I say “for you” because this optimum is highly personal and depends on your speed and confidence. This second skill comes, in large part, from reviewing your choices after the event (perhaps with others over a pint). Review your route, try counting how many contours you crossed, think about how much time was left or how much you overshot your time.

- Which brings me on to timekeeping, and the understanding of how far you can go in a 1 hour period. Running a score course demands that you keep an eye on your progress and have a “plan-B” if you fall behind, because the penalty for lateness is usually severe.
- Risk / Reward – sticking to paths (and other line features) is the least risky tactic and your decision making around when to stay on, and when to leave, a path is sharpened. Similarly you will be focusing very closely on attack (and collecting) features to make sure you leave the security of your feature at the right point! – Suddenly each bend in the path becomes your best friend.
- Navigation skills – having identified an attack point from your trusted line feature you now have to venture off to find that elusive control. Taking a good compass bearing is important but so is knowing how far to need to travel – the more confidence you have in your pacing skills the happier you will be to (a) leave the path at all, and (b) believe you are in the right place for the control. There are few things more satisfying than pacing right onto a feature in the darkness

What are the Cons?

- You need additional equipment to go night orienteering - a head-torch and a stop-watch – the head-torch needs to be as good as you can make it, and they can be amazingly expensive, but it may be possible to hire one from the club to “try out” this kind of event (Check with Judy).
- Everything looks different at night and even venues that you know well look quite different. This is especially noticeable in the woods as those trees closest to you reflect really strongly making everything else look especially dim. If something goes wrong (an injury or torch failure) then rescue may take longer (in colder conditions) than for a day event

Now the tips that will explain why you can do it:

1. In QOADs the 15 point controls represent a yellow standard course – so just do this the first time. And if you have time left over at the end you can look for a 20 pointer to try. This was the tactic I used in my first season and it was surprisingly successful

2. After each event draw on your route and work out what distance you travelled. You can then take a piece of string and knot it with that distance for the next event (you will need a knot for each scale). You now have a rough and ready planning tool.

3. I have taken to wearing a waist-pouch with a lightweight anorak, my phone and a backup hand-torch. These are my rescue essentials in case things go wrong. Another approach, if you have some, could be to hand in a walkie-talkie at the start/finish and take another one with you – these don't need to be switched on until the event is over and so battery life shouldn't be an issue.

So you've read the article and hopefully I've swayed you to give it a try. What next? Don't hesitate – check out the club calendar for the next event and contact Judy and Roger in advance to see if you can hire a headtorch as there are limited numbers – and if you're still not sure see if you can find someone to buddy up with and run as a pair. I, for one, look forward to welcoming you into the "hardcore"!

—*Spencer Modica*

## **EVENTS**

### **QO Long-O Weekend, , 28-29th September 2013**

A layer of thick fog made for an ominous start to the Long-O weekend as I ascended the hill up to Crowcombe Park Gate – the sun had been shining half an hour earlier as I left my house in Taunton. Typical! Richard Hill and I were once again planning on tackling the Long courses (3hr score on Day 1 and a 19km linear course on Day 2) as part of the build-up to the Original Mountain Marathon (OMM) at the end of October. I guess the fog was at least making the Quantocks look more like the Brecon Beacons (the venue for this year's OMM), although we were still missing the mountains...

There were 21 controls marked on the 1:15,000 map: 7 with a value of 10 points, 7 worth 20 points, 6 worth 30 points and 1 worth 40 points. Only controls of equal or greater value than the one you had previously visited would score, so for example as soon as you visited a 20-point control then any 10-point controls would no longer score. A simple enough concept, but it gave us plenty to think about at the start as we turned the map over and formulated a plan for the next three hours.

We decided to start with an anticlockwise circuit around the map picking up some of the 10-point controls, and identified what looked like a good point to switch to the 20-point controls. We set off from the start on a track run, quickly running up a sweat and dispensing with the waterproof jackets as despite that fog the



*Jeff with a QO feather in his cap!*

temperature felt positively balmy. The first few controls were out on the open hillside, with some fast track runs in between. We then switched to the '20-pointers' at a control in the steep wooded combe in the middle of the map, and started a second anti-clockwise circuit of higher-value controls before collecting the single 40-point control. Unusually for a score event this high-value prize was actually the closest control to the start/finish, allowing competitors on the shorter courses to bag the 40 points as well.



*Andy browsing jokes on the internet*

We had plenty of time to spare as we picked our way through the ferns towards the finish flag. However, competitiveness suddenly got the better of Richie and he set off on a sprint finish when I was looking the other way! I stayed on his heels and we raised a few smiles as we went belting in to the finish control having a good banter. There was a bit of "history" to this – on Day

1 last year we also did the score event together, and the 4 seconds that separated us due to who dibbed first resulted in me getting two more penalty points than Richie!

We spent the night camping out at Burrowhayes Farm – a lovely little campsite situated in the Horner Valley. Instead of a full ‘OMM dress rehearsal’ though we opted for a slightly bigger tent and a pub meal in Dunster – it could almost be described as ‘Glamping’!



*Too tired to dib!*

We had a later start on Day 2 as I was on car park duty at the event centre. The weather was mild and dry and for once the waterproofs stayed stashed in our packs the whole day, in stark contrast to the previous year. The Long course was billed as 18.7km with 870m of climb and 20 controls.

The first few controls came thick and fast and it felt like a regular QOFL course, but then the legs got longer and route choice played a major part. Will it be quicker to do a track run round the hill from 7 to 8, or should we run up and over on a bearing? What's the quickest route through the maze of woodland trails between 8 and 9? It's these sort of challenges that make the Long-O such fun – plus it can help take the mind off tiring legs!

The competition area was relatively compact by Long-O standard (a single-sided A4 map at 1:20,000), but took in some great scenery including the beautiful Horner Woods. This is a popular area for walkers and family outings. My favourite moment was a very steep (verging on suicidal!) descent down a steep wooded valley from control 17 onto one of the main woodland paths. The family out for a Sunday morning walk looked quite bemused at the sight of two Lycra-clad men appearing from such an unexpected direction! And the low point was being asked by a couple in a passing car if we were taking part in a sponsored walk. Walk?! How dare you!

Unfortunately as we were among the last finishers we had an additional duty to perform before we could head for home – namely trying our very best to polish off the soup and cake that was left over. Many thanks to Jeff for coming to our rescue and lending a helping hand (or rather mouth!). It's always a highlight to sit around the event centre having a good chat and

enjoying some delicious homemade food at the end of day 2 – many thanks as always to Judy and her team of helpers for all their hard work.

To summarise the event had quite a different feel to last year, particularly day 2. We spent a lot more time on tracks and a lot less time picking our way through bogs and ‘babies-heads’. The scenery was stunning and the courses offered a decent amount of route choice covering a nice variety of terrain. Many thanks to Andy and Rosie for all their hard work in staging yet another excellent Long-O weekend.

— *Adrian Edwards*



*Above: Matthew and Daniel Owne and their wives studying the map. Below: Ah! You went that way...*



## **The OMM 2013 – Brecon Beacons, 26-27th October 2013**

As Rosie explained in the last edition of QuOnicle (in her description of the French OMM) the OMM is the original 2 day British mountain marathon, held annually in a mountain region of the UK. This year's renewal was held in the Brecon Beacons – in the less frequented western hills of the national park – across the traditional “last weekend in October” date in the calendar. The weather can be terrible at this time of year and therefore the event can have more emphasis on survival than fast times! The OMM is a large event, with around 1250 pairs tackling one of 8 courses. This year there were two different starts and two different mid camps.

I have entered around half-a-dozen mountain marathons in recent years, usually with my friend Keith. We entered the Medium Score event this time around – 6 hours on the first day and 5 on the Sunday. We had an early start time on the Saturday (just before 8am) and hoped this would allow us to avoid the worst of the weather. The start was 45 minutes walk up through the forest and, immediately after the start, we jogged along the first few hundred metres of the forest track planning our route. This part of the day is quite daunting as poor strategic decisions at this stage will be impossible to compensate for later, but we excitedly bounced ideas around and set off purposefully with an agreed route for the first part of the day. We took in a couple of controls in the first hour before the first heavy shower arrived and this set the tone for the day – some dry spells but frequent showers with some heavy or prolonged. The controls weren't difficult to find by orienteering standards but the route choice was important and interesting, with some legs of 2 or 3 km (and even 20km on one course I was told!). In addition, all the streams and rivers were swollen after a week's rain so it was necessary to choose routes to avoid too many potentially dangerous river crossings.

We made good progress, crossing ridges and raging torrents, finding the wind a bit blustery at 750m and generally enjoying ourselves. At one stage we travelled for a couple of hours only seeing one or two other pairs. Later in the first day we traversed a complex area of limestone and this caused us to make mistakes and slow down. We were pleased to descend to the mid camp within our 6 hour time limit and pitch our tent. We were soaked but were soon inside the tent with some hot food and drinks. Some interim results were available later in the evening and our points tally of 200 placed us around a third of the way down the list of around 200 pairs on our course. We were satisfied with this and drifted off to sleep with the wind and rain buffeting the tent.

The weather forecast for the second day was worse than the Saturday so the organisers announced that all the courses would be shortened from those originally planned. For those of us on the Medium Score this meant that we would have 4 hours on Day 2 rather than 5. I didn't hear anyone complain! The route from the start took us steeply up onto a limestone plateau to find controls in crater-like shake holes – this required more technical navigation than Day 1. Depending upon your point of view, this landscape was either beautiful with amazing limestone pavements; or bleak and slow to traverse. We passed the wreckage of a WWII Wellington bomber high on Carreg Goch and, after some torrential rain, visited a control at a spectacular setting “Waterfall top”. Fortunately, the control was on the near side of the river which had become deep and fast-flowing by this stage of the weekend. A long leg of around 3km demanded careful navigation to locate a gap in a long line of crags and numerous river crossings, but we were now heading for the finish and saw more and more teams as we converged on the finish back in the forest.

It was very satisfying to complete the event although, as usual for a score event, there was the nagging doubt that we hadn't chosen the best route or used our time to the maximum effect. I enjoyed the challenges (physical, mental and for surviving the weather), the solitude of the open hills and we were contented with our finishing position of 81<sup>st</sup> from a couple of hundred starters. A mountain marathon is a great event for orienteers wanting to test themselves across 2 days and I'd thoroughly recommend it, especially if you don't mind getting wet and cold!

P.S. I am a new member of QO and would like to take this opportunity to thank everyone who has been so welcoming in my first few weeks

—*John Abbott*



## Fancy some fresh air and exercise as an antidote to the Christmas ex- cesses?



Following the popularity of the New Year event on January 1<sup>st</sup> 2013 if you would like a similar experience this Christmas then please put Friday 27<sup>th</sup> December in your diary.

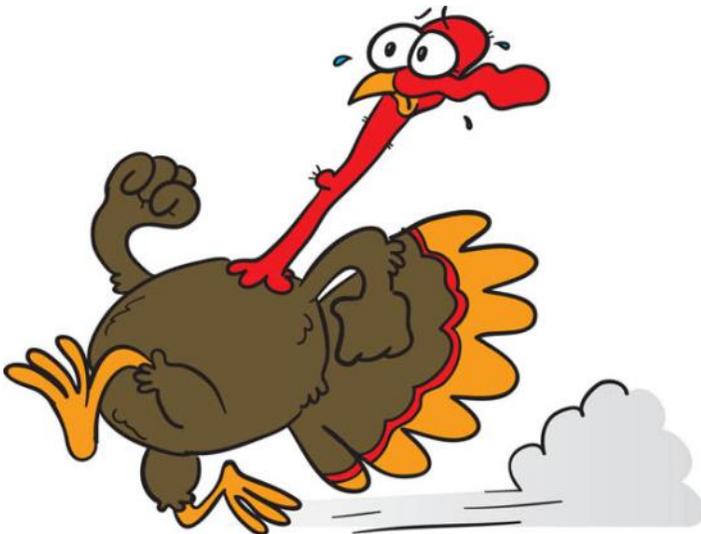
**Venue:** Windown

**Time:** 11am

**Courses:** Technical score for the athletic to walk/Christmas quiz for families.

**Refreshments:** Mulled wine and mince pies and hopefully some socialising in a local hostelry!

**Full details will appear on the website during November.**





Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



# Orienteering

## Junior Orienteering Fixtures for Autumn Term 2013

Saturday events are from 2.00-3.00pm Sunday QOFLs are from 11.00am-1.00pm

Sat 21 <sup>st</sup> Sept	Longrun Meadow	ST211 247
Sat 28 <sup>th</sup> Sept	Quantock Forest N.	ST151 378
Sat 5 <sup>th</sup> Oct	Kingscliff Wood	ST270 320
Sat 12 <sup>th</sup> Oct	Lydeard Hill	ST180 338
Sat 19 <sup>th</sup> Oct	Orchard Portman	ST261 190
Sat 26 <sup>th</sup> Oct	King's Hall	ST222 276
Sat 2 <sup>nd</sup> Nov	Queen's College	ST218 232
<b>Sun 10<sup>th</sup> Nov</b>	<b>Culm Davy QOFL</b>	<b>ST125 166</b>
Sat 16 <sup>th</sup> Nov	Wind Down/QOAD	ST221 342
Sat 23 <sup>rd</sup> Nov	Broomfield Hill	ST212 325
Sat 30 <sup>th</sup> Nov	Castle Neroche	ST266 158
Sat 7 <sup>th</sup> Dec	Fyne Court	ST222 319
<b>Sun 15<sup>th</sup> Dec</b>	<b>Triscombe Stone QOFL</b>	<b>ST164 359</b>

Please confirm fixtures at: <http://www.quantockorienteers.co.uk>

Ring Judy Craddock on 01823 323850 for more information



[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)



