



The Newsletter of Quantock Orienteers
No. 155 May 2014

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EDITORIAL

Well the 'season' is drawing to a close with the last QOFL of 2013-4, but never fear as we have the Club Championships at the beginning of September. In between there's the relay season to look forward to, six events over June and July starting with the Adams Avery at Ashton Court on 15th June.

QO last won the trophy in 2008—since then Wessex have dominated. Last year we came 3rd and we were only 4 points behind runners-up SARUM. With your help we could go one better this year and at least get Wessex looking over their shoulders. And who knows, with a bit of luck we may even add to the QO trophy cabinet!

The full list of events is on the SWOA website:

www.sworienteeringassociation.co.uk/relay.php

If you are able and willing to take part in any of the relays please contact Cap'n Chris Hasler (T: 01823 338291, E:

chris.hasler@gmail.com). Even if we don't emerge victorious they are great fun, and the social side is just as important as the orienteering!

—*Adrian Edwards*

POST FROM THE PRESIDENT

At one time the orienteering season finished at the end of May, with just a few very special events happening in the summer. We are now approaching that crossroad. The Galoppen league will have finished with QO well placed in several colours. Our Forest League will also have finished as you read this (unless you are one of the few that I managed to distribute early on the day), and the British Long Championship will be taking place in Northumbria at the end of the month.

However the season continues with far more diverse events. Quite a few of our neighbouring clubs run summer evening events. It is worth checking the BOF website or SInS for details. But of course the highlight of the summer is the relay series. QO now have some stronger runners so possibly we can challenge Wessex who have dominated for the last few years. Maybe we have enough strong runners to enter the South West Coast path relay.

It was good to see so many green and yellows at the JK. It was a tough challenge and I am afraid that yours truly fell by the wayside. Congratulations to all who succeeded and, in particular, to Bill Vigar who finished 3rd in the M75L.

It was also good to see a team at the Mutters Moor event last Sunday. It was the qualifying round of the Yvette Baker Trophy. Although not matching Devon in points the margin of difference was greatly exaggerated by us not having runners in some of the classes. Well done to all who competed.

Have a good and successful summer. Let us know if you did anything interesting.

—Mike Crockett

CLUB NEWS

JOG Receives Funding from SCC

We are pleased to report that JOG has been awarded £250 from Somerset County Council's Health and Wellbeing Scheme, which promotes and supports the improvement of health and wellbeing across the county.

Mike Andersen, QO member and chairman of Bicknoller Parish Council, secured the funding from Cllr. Christine Lawrence (County Councillor for the Dunster Ward in West Somerset, which includes Bicknoller and Crowcombe villages on the Quantocks) after informing her of the JOG activities and the role they play in the community.

We are very grateful to Cllr. Lawrence for her kind support, and to Mike for arranging this. It's further testimony to the tremendous amount of hard work and dedication put in by Judy and Roger and their band of JOG helpers.

Mike Andersen receives the funding from Cllr. Lawrence (right)



News of Tony

Tony Milroy, who injured his knee at Hay Tor in February, initially made good progress but now that progress has slowed much to Tony's frustration. He is hoping to be back competing with us at some time in the future but not as soon as he had hoped. We send our best wishes and look forward to the time when he is back with us.

Dorset Coast Path Relay 28th June 2014

The run is from Lyme Regis to Studland with no fixed changeover points and using as many runners as you like.

This event used to be a regular fixture for QO. However most of us are getting older and interest diminished. There are now a some younger members in the club. If anybody is interested in forming a team then take a look at the website: www.coastpathrelay.org.uk

THE QUONICLE CHRONICLES

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

Newsletter No.55, February 1998

Avon Schools League 1997 Congratulations to:

Taunton Schools:	1st School
Claire Demenis:	1st W10
Carly Pitman:	1st W12
Sebastian Bottard:	1st M10
James Robinson:	1st M12

Planner Required.

How to do it books and experienced club planners are available for help and guidance. Why not have a go at planning? There is a lovely area waiting for the final QOFL of the season, RAMSCOMBE in the Quantocks, on Sat 16th May. Think about it and call Chris Philip before he rings you!

Gallopen 15th March 1998

This used the same area we used this year and there was a whole A4 page for this detailing who does what, a total of 42 helpers, including 16 on the finish. Of the 42 about 11 are still active in the club.

THE WAY THINGS WERE

Some of you may be wondering why the organiser, Chris Philip, needed 41 helpers for the Gallopen, especially 16 for the finish. Things were very different in the pre-electronic punching era, so I will explain for those who missed it.

Firstly registration was quite different. Competitors had to be given a Control Card on which to record their visits to each control, using the pin punches, which are still attached to the controls for emergency use. They also had to be allocated a start time, which was written on their cards. It was too difficult doing this at the actual start.

It was the custom to have one official for each course, who sat in their car, with a notice showing which course they were dealing with. They had a list of times and added each person's allocated time to the list. You could choose the next time available, or a later time if you had to wait for a family member to finish before your run.

Control cards had a tear-off part which also recorded your name and start time. This was torn off and given to the starter. It was used later as a safety check by matching it to your card which was handed in after your run. There were two finish arrangements: an early all manual one, and a later one with electronic assistance. I will describe the early one first. There was no finish control — your finish time being the time at which you crossed the finish line. To ensure an orderly finish there was a taped funnel which was only one person wide at the finish line. At the line was an official whose job was to shout 'Now' when someone crossed the line. In the adjacent tent someone else wrote the time on a master list which was sequentially numbered. As there could be several people finishing close together, it was necessary to be able to link this time with a particular person. This was done by another official, a few metres downstream from the finish line, who collected the control card and stapled a sequentially numbered raffle ticket to the card. The card was then passed into the tent where someone copied the time from the master list onto the card. At a quiet time it was a good idea to check that both the ticket dispenser and the master list were on the same number.

The finish time was also written onto a finish slip that was given to the competitor who, provided they could remember their start time, could work out their race time and pin the slip on a 'clothes line' provided for the purpose. This was not the official time of course, they may have remembered their start time wrong, or mis-punched. The returned cards were then sorted into courses and passed to the checking team, who had a master card for that course, with the correct punch marks on it. Each card was checked against this master and the official elapsed time worked out from the two times on the card, another error prone procedure using base 60 numbers! Later, when the torn off portions of the cards were returned to the finish, these were matched with the cards to ensure that everyone had finished.

From left to right:

- 2 styles of control description holders (see tip #8). I prefer the black version which is a bit more comfortable as it is cloth-backed.
- Compasses. I prefer these quick and comfortable thumb style compasses to the baseplate type that walkers often use. Note that I have attached elastic wrist straps so I don't lose one halfway through a run. Why do I have 2? Because I lost the first and after I replaced it I found it again - on a bookshelf at home! The orange one is supposed to be "super-fast" and cost twice as much as the otherwise identical red one. But I can tell you it is no quicker!
- Pencil case. To reduce the chance of losing my compass again I now keep all these things in a bag, and a pencil case is the perfect size.
- SI and Emit cards. Note that I have attached a wrist strap to my SI dibber reduce the chance of losing it. These are expensive but having my own dibber should pay for itself in the long run. The Emit "brick" in particular was a bit pricey, and I still have not used it enough to make it worthwhile yet.
- Spare finger strap. I broke a finger strap on my compass once. So now I keep a spare.
- Whistle. It is a sensible precaution to carry one, and at some events it is compulsory. The recognised distress signal is six blasts repeated every minute until help arrives.
- Insulating tape. My shoelaces would become undone as brambles would snag and untie them, but someone showed me that you can wrap the knot in tape to stop this happening.

Tip #10 - Look with purpose

Have you ever wondered how long you spend looking at the map during your run? I have never worked it out, but I think it could add up to a significant time. And while looking at the map you are not running (unless you are more skilled than me!).

At the Caddihoe Chase, Jeff & I were talking to an elite orienteer who introduced us to this phrase: "Look with purpose". It means every time you look at the map, there must be some benefit. If you only see the detail you saw last time you looked, then what was the point? You would use the time better by not looking and moving instead.

This is something I have been working on recently. I noticed that when I get tired I would look at the map more often. Looking at the map was a way of giving myself a breather. Not a good race tactic! In a recent edition of CompassSport magazine, top orienteer Sarah Rollins recalls an exchange with her coach:

Coach: "Do you know where you are going?"

Sarah: "Yes"

Coach: "Then GO FOR IT. COME ON!"

EVENTS

QOFL 4, Priors Park, 30th March 2014

Personally, I cannot think of a better way to spend Mothering Sunday than orienteering. The weather at Priors Park was perfect, sunny and warm. Little did I know that, after helping with registration (such fun with Judy), I was going to be facing the most technically challenging Light Green I think I have ever done.

At the start there seemed to be a number of people backed up waiting to set off on the Green. It always makes me nervous setting off at the same time as others and I often end up making a mistake, but not today. Today the map and compass set me off in the right

direction instantly and cross country I went to control number one which, apparently, was the east side of a thicket. I thought I had navigated this one fairly well but after discussions at home it turns out that Mark still got there quicker than I did and he said he made a mistake (boo hoo)!

I then got the shock of my orienteering life. A long trek across to control two with what I thought was very little to go on. However, on closer inspection I decided that hitting the path, then going under the power lines followed by looking for the pipeline seemed a good option. The pipe line was less obvious than I had hoped for so I made my way into the forest at roughly the right place, followed the contour lines, had a chat with Sarah Hasler, found the pipeline and shortly after found control number two. From here I tested out my ability to navigate on a bearing and my newly found pacing skills (thank you Adrian). The training paid off and as I turned to the right there was control three sitting nicely it it's re-entrant.

The next section provided an opportunity to use the path which was most welcome. I stayed on the path until I got to the path junction, my attack point (thank you Richard for the correct terminology), and then set off up the hill and through the reeds to the depression at number four. I love saying that I am looking for a depression. It's such an ironic concept. However, depression dibbed, off along the path I went and then followed the earth bank up a very steep hill.

Control five was on the earth bank and was easily found, however, I still had to continue up the hill past the control in order to find the path along the top. Unable to muster the energy required to run along the path I decided to navigate to the distinctive tree from a known position on the map. This meant I went past the control on my left but I was sure that this would mean I could navigate to it more accurately. Compass bearing set I aimed towards what I deemed to be a distinctive tree at about the right distance to no avail. Thankfully luck was on my side at this point and control six caught my left eye as I was looking around thinking I might have to back track on this one.

I then trotted back down to the path and checked the map only to realise that I should have stayed up high and used the fence lines. I

did not have the heart to go back up so I set off on a bearing hoping to meet the fence on the other side after three hundred metres. I knew I did not want to steer too far to the right, but that is exactly what I did do. Looking back now I should have followed the contour lines, but hind sight is a wonderful thing! I knew where I was though as the lovely reservoir provided me with the feature I required to get back on track. I then made my way to the path in order to find control seven and then the finish.

Overall this was a fantastic route which I feel tested my technical abilities to the full. Thank you to all who helped and thank you Evelyn and Mark for cooking my Mother's Day dinner, fish pie, delicious.

I now include a short - unedited - write up by Evelyn:

The yellow at Priors Park by Evelyn Maynard

This was my first ever competitive yellow and it was a good route. The thing that made me think it were the two smiley faces from 8 to 9 and the taped route to the finish. As I've mentioned, it was a good route and the planner should be proud but so should the people who normally do the White for it was probably harder than you are used to, so well done.

—Sarah and Evelyn Maynard

JK 2014, South Wales, 18-21st April 2014

Ever got back to your car after your run and realised you'd left your keys at registration? In my case it was a 4km round trip back to registration after a punishing two and a half hour slog on a moor.

It happened in nearby Blaenau Gwent, South Wales at the "JK" or Jan Kjellstrom International Festival of Orienteering 2014. This year's Easter weekend gathering utilised an extensive plateau of open land in between the Heads of Valleys road and the Brecon Beacons national park. Read the blurb, "high quality terrain,

technical orienteering with numerous pits, depressions and sink holes as well as limestone pavements and other rock features. Runnability is generally good”.

Strange, didn't I recall this area as an unremarkable, pretty miserable heathland which missed out on all the decent views the area had to offer? My wife Tamsin and I had slurped, slodged and complained our way through a seemingly never-ending quagmire from Beaufort to Wern Watkin bunk house near Llangattock, five years ago. Confused, I checked the YouTube link on the JK website. The cheesy weatherman presenting the show waxed lyrical about the landscape's rich history and its old mine workings and the terrain looked good. I was sold.

This would be my debut JK and I wanted to make the most of the trip. So I would run a pair of M40 long courses, 11km a day albeit with a low climb by Quantock standards, plus the relays on Monday. Short of fitness, form and experience of the terrain, to cope with my plan I quite literally went back to school, a foundation school being the event base for my first 'pre JK' outing at Clydach Terrace on the Wednesday evening, planned by a suspiciously English-accented Welsh Junior squad. The terrain was anything but kids' stuff, maybe like Ham Hill or Penhale Sands, with complex contour detail and form lines and similar to that used for the Monday's relays at Pwll Dhu. Post event, my right ankle was a bloody mess from wearing a steel-spring reinforced ankle brace INSIDE my sock. At least it had prevented my weaker right ankle from turning.

Heading to my accommodation booked for the next two nights, I circumnavigate the mountain on an old tramway turned minor road with stunning views. Arrive at YHA Wern Watkin pleasantly drained. No sooner than I park my car, I am greeted by a well-spoken jolly man in the mould of a TV history enthusiast. “Are you Mr Pakes? Ah, I've been trying *desperately* to get hold of you. There's been a mishap, a double-booking but don't worry, I've got you somewhere”. The stables, perhaps?

Well, with 3,500 attendees at the JK, all affordable beds for 50 miles would surely be booked. Wolfing my reheated curry in the kitchen then following the eccentric one-seater car of my “host” on a rollercoaster single track road downhill, I arrived in time for bed at the three-star Old Rectory hotel, complete with adjoining golf course. “You can stay a second night if you like it?” my new idol offered earnestly.

I arose suitably refreshed and grateful for the admin error, take a bow Yorkshire’s AIRE club for apparently block-booking the hotel in December. After my usual trick of “walking off” my run (along a canal path), next was a well-attended and invaluable training session on Mynydd Llangatwg on Thursday afternoon consisting of map, suggested courses and scrappy old control kites. Aim: to see how the various features were to be mapped.

Rock features usually send me into a sweat, especially when the map symbols aren’t often printed on the map! The sink holes were HUGE as and the pits and depressions way bigger than Quantocks ones. The scree and contour detail was finely mapped and there were some marshes and boulders thrown in (not literally of course). I coped, but a 20 minute mislocation was surely an indicator for what could happen at the big event.

For some, Friday was the sprint race at Swansea Bay. I chose instead to keep my navigation in 3D and boost my stamina with a long hike through the Black Mountains. Then a retreat to Talybont youth hostel and alarm set for 06.45. Saturday’s car parking to the event centre was 2.5km plus another 1km to the start for my 10.30 start slot.

Merthyr Common was enjoyable open terrain, similar to Dartmoor maybe but flatter and more technical. I found I was able to navigate largely by using scree, hills and patches of grassland which appeared every so often amongst the heath. After a series of shortish legs, the first long leg of 11 to 12 threw me. Trying to pick the fastest terrain, after 750m or so I lost map contact and stood motionless for several minutes, marvelling at all the detail on the

map and my ability to get it so wrong. My subsequent gamble, that I was heading the right way, paid off.

A few good legs later, I got complacent and distracted by other runners heading to a control that wasn't mine. I drift hopelessly across a uniform looking slope. So many pits and depressions and none helping me to relocate! In all, I took two and half hours but relished the challenge. And then I went and forgot my car keys.

Greeted at the nearby inn by a skip, bonfire remains (the type that usually contains tyres and petrol cans) and dog turd on the entrance path. The Old Rectory it wasn't but the welcome was warm, the food excellent and my Saturday night sleep undisturbed. Have another massive breakfast before Mynnyd Llangynidr in the mist, adjacent to yesterday's terrain.

A lesson taken from then was that running on a compass bearing works very well in this terrain as the hillocks are not so big. So I "straight line it" for most of my run, ticking off large features and counting holes in the ground as I go. Slowly and surely is the strategy on most legs, remembering that an error in this mist could cost a lot of time. I finish and chat with familiar faces from QO. Shortly after my run, there's thunder and lightning and it pours down. Lucky escape!

I'm glad I went to the JK, it was very well organised and I didn't begrudge the long walks to the start, especially given the excellent terrain and the logistical problems the organising team no doubt faced. I thought my extending the Easter weekend festival to include a pre-JK and a post event wind-down day with the family turned the whole thing into a fantastic holiday.

—*Jeff Pakes*

JK Relays, Pwll Du, 21st April 2014

Despite a dire weather forecast for the Easter Bank Holiday Monday, we had brilliant conditions in the Welsh Hills at Pwll Du near Abergavenny. Sheila Braine lent Judy her two children for the morning at the Village Hotel, and she and I managed to take two wrong turnings on the way to the event! Sheila dropped me at the assembly 'Arena' where we were informed that the water for the toilets had not arrived!

Eventually the QO banners, tent, and teams gathered in a corner of the Spectator area and we re-organised ourselves into six QO teams. I apologize for the slight variation to the timings – but I had used the JK Relay Guidelines, rather than the final details, for organising our Club entries. I think it only affected Fiona Boyd who still managed to run two 'legs' faster than most of us ran one!



The longer courses were very physical – wet and uneven underfoot and without the opportunity that some of us had to enjoy the short grass and path network – but we all had wonderful views. It was good to see the juniors able to produce teams and the ladies team of Fiona Boyd, Joanne Purchase and Sheila Braine are to be

congratulated on being 20th out of 47 teams in the Women's Short Relay. Alex Kendall, our newest member, was a very credible 18th out of 59 on his first leg of the Men's Short Relay, and Tom Hasler was 7th out of 20. Personally, I enjoyed being part of a n/c Craddock team in the Ad Hoc Relay, taking over a QO Senior Men's team that had collapsed at a late stage.

I had the impression that, apart from Fiona's partner (who missed out on a run but provided a child/dog minding service), most of us enjoyed the weather, the runs, and the venue. Congratulations to BOK for the smooth running of the event. We definitely feel we need more practice running/navigating/coaching in open and tussocky areas – rather like the Quantock Hills. Some of the Summer Relay Series areas are like this – apply for a place in a QO team through Chris Hasler!

Summary of Results:

QO Gents. **Mens Short.** (Alex Kendall, Phil Hyland, Craig Purchase). 39 out of 59

QO Brendons. **Women's Short.** (Joanna Purchase, Sheila Braine, Fiona Boyd). 20 out of 47.

QO Hills. **Senior Men.** (Jeff Pakes, Chris Hasler, Spencer Modica). 40 out of 44.

QO Ladies. **Senior Women.** (Vikki Page, Sarah Hasler, Fiona Boyd). mispunched.

QO Blackdowns. **Mini-Relay.** (Eleanor Hasler, Thomas Hasler, Luke Shopland). 11 out of 20

QO Mendips. **Mini-Relay.** (Issie Modica, Andrew Page). Incomplete team.

Spare. **Ad Hoc.** (Rowley Craddock, Brett Craddock, Roger Craddock). 44 out of 94

See the photos on pages 18-19.

—Roger Craddock

JK Gallery

Right: Andrew Page finishing his relay leg

Below left: New QO member Alex now rocking the green & yellow

Below Right: Tom and Luke waiting in the relay pen



*Top:
Fiona and
Chris at the
relays*

*Bottom:
Tom running
in at the finish
with Eleanor
and Sarah
watching*



QOFL 5: Blackborough South, 27th April 2014

The devastation was total. Not a single tree was left standing, and a thin plume of smoke hung low to the ground over the shattered remains of branches. It sounds like a scene from a war film, but it was actually the hillside at the northern tip of the Blackborough map (OK, it was steam rather than smoke – the result of bright sunshine interspersed with some torrential downpours!).

Forestry works had been taking place in several areas, meaning that what was once forest was now just a thick covering of brashings for us orienteers to pick our way through. I found this definition of ‘brashings’ in an Orienteering Wiki (www.owiki.nopeindustries.com):

“Brashings: Smaller branches of trees left on ground after felling or thinning operations. Only strong runners are able to continue almost unimpeded. Skilful runners seem to be able to find a clear line though! Not usually shown on maps, but may be mentioned in Final Details.”

Well, all I can learn from that is that I am not a ‘skilful runner’ – in fact on a few occasions I was left hopping around in a decidedly drunken manner as I picked my way through the debris (although in hindsight it may have been related to the bottle of red wine we were sharing at registration shortly before my run!).

The first control on Blue gave us a nice gentle start, being situated in a depression only a few meters from a nice hard track. It was then a track run to a junction attack point near the second control. It was here that the true nature of the terrain became apparent: the track in question was deeply rutted and mostly submerged, and control 2 took us out amongst those dreaded brashings. By the time I’d found 3 and 4 I’d have enough of doing them and elected for a slightly longer but more runnable route through 5, 6 and 7 hopefully avoiding the brashings and a waterlogged track.

I heard some fellow competitors mentioning that 7 to 8 was a difficult leg. It was a relatively short leg with a control on a cairn, but looked like it passed through some pretty gnarly terrain if you opted for a direct cross-country route. I again opted for a slightly less direct route using a track as much as possible — easier running and navigation at the expense of a little extra distance. Looking on RouteGadget it seems that the field was split on this one: Richard Sansbury was among those favouring a direct route, while Will Kromhout and Chris Philip were with me in taking the longer route using a track.

Number 9 took us down the slope in the south west corner of the map, safe in the knowledge that we'd be climbing straight back up it again en route to number 10! After that we had a chance to stretch our legs on a nice runnable track that led almost to control 11 (situated in a depression in amongst rows of more felled foliage!). I should have probably have turned right and picked up another track halfway across that field heading for 12 (I think everyone else did!), but with some woods in sight on the far side of the area I instead carried on between the 'hedges'.

The decent down to 13 on the far west of the map was pretty steep, although according to Mike Crockett I picked a better route down than he found. Unbeknown to either of us there was an easier unmarked track running down the hill a little further north. I used that path (easily visible from the bottom!) to go directly back up the hill before picking up a track running east towards 14. This seems to be another leg that divided the field (a sign of some excellent course planning by Rosie and Andy). This time RouteGadget shows that Richard Sansbury and Jeff Pakes opted for a similar route to me, starting with a pretty steep climb. Chris Philip and Will Kromhout both went for a different approach, taking a track running north-east along the hillside before turning 90 degrees onto a track running south-east. I doubt any of us stopped to apply 'Naismith's rule'*, and it's always interesting when seasoned orienteers (and I'm not counting myself here!) choose radically different options.

Route choice for the next two controls was less contentious, and it was nice to be in some still-intact woodland for a while. I then struggled to spot control 17 nestled in a depression surrounded by young trees, and had to resort to climbing the nearest mound and stretching up as far as I could in a move I have dubbed ‘The Meerkat’ before I glimpsed that lovely sight of orange & white. It was downhill from there (literally) back along that steep slope at the west of the map, picking up one control at the bottom and another at the top (of course!).

With the last of the climbing done it was time to pick up the pace for the final two controls. I’d spotted 21 (a hide in the woods) earlier in my run, and an earthbank then led directly to the final control. Unfortunately this also involved crossing some more of those ‘brashing hedges’, and in my excitement at the prospect of finishing I managed to trip over straight into some thorns (I’m still extricating the little blighters now!). Having picked myself up there was a nice short sprint across open ground to the finish.

Once again the dynamic duo of Andy and Rosie did an excellent job with the course, with some interesting legs and plenty of route choice. For sure the area will be a bit nicer once the trees start growing again, but the brashings did make it a very memorable run. Also a big thank you to first-time organiser Tim Spenlove-Brown for all his hard work – from my experience as a helper and competitor on the day I’d say he did a fantastic job of it.

—Adrian Edwards





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



Orienteering

Junior Orienteering Fixtures for Summer Term 2014

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

Sat 10 th May	Longrun Meadow	ST 220249
Sun 18 th May	QOFL Kingscliff	ST 270320
Sat 24 th May	Queen's College	ST 218231
Sat 31 st May	King's College	ST 239235
Sat 7 th June	Hart Hill	ST 167364
Sat 14 th June	Wind Down	ST 221342
Sat 21 st June	Taunton Town Centre	ST 226247
Sat 28 th June	Broomfield Hill	ST 212325
Sat 5 th July	Castle Neroche	ST 277161
Sat 12 th July	Ash Priors Common	ST 150289

Please confirm fixtures at: <http://www.quantockorienteers.co.uk>
Ring Judy Craddock on 01823 323850 for more information



www.britishorienteering.org.uk



