



**The Newsletter of Quantock Orienteers**  
**No. 156 July 2014**

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

**[www.facebook.com/quantockorienteers](http://www.facebook.com/quantockorienteers)**



## **Quantock Orienteers Committee**

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

## **Other Club Officials:**

Mike Crockett	01458 445540	President
Jeff Pakes	01823 321900	Volunteer Coordinator
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**

Summer - a time for trips to the seaside, barbecues and of course SWOA Relays. At the time of writing QO are going great guns— see Cap'n Chris' report on page 15.

For those of you on Facebook that have not already done so, please pay a visit to <https://www.facebook.com/quantockorienteers>. You'll find 'live' news and photo updates from QO, and a place to discuss hot topics with your fellow orienteers (or gossip of course!). And if that's not enough of an incentive, you'll also find a well-known member of QO demonstrating a rather remarkable hidden talent caught on video. In fact it's worth joining Facebook for that alone!

—*Adrian Edwards*

## **POST FROM THE PRESIDENT**

What glorious weather we have been having. I hope you have been making the most of it. As I sit down to write this the rain has come, just in time for Glastonbury. I have never been to Pilton but I imagine that Worthy Farm would make a good venue for an urban type event. Perhaps we could try it.

I have been at Copley recently. I thought that my updating of the map was coming to an end. However the gales and extensive forestry work meant more surveying. Whilst there I picked up a couple of ticks, one of which developed a rash causing mild panic. However this has subsided and I now think it was an allergic reaction to the antiseptic cream that I applied rather too liberally. However it is a reminder that ticks are becoming more numerous and we should all be on our guard.

The South West Galoppen series has now been completed with QO being well represented. Issy Modica won the Yellow course. Brian Fletcher was second on Blue, Jan Daniels second on Orange and Tony Hext third on Green. Congratulations to them. I will join them

on the podium with a second on Short Green. The Green course was the most popular for QO with seven in the top fifteen positions. In addition QO were the only club to have competitors who scored in all nine events, Neil Clegg, Matthew Knipe and myself. We were faced with a dilemma as one Galoppen clashed with a QOFL. Let's hope that doesn't occur again as club loyalty was severely tested and found wanting.

The relay season is now underway. QO are lying in second place, having competed well in the three events that have been staged. Well done. If you feel that you would like to have a go then contact Chris Hasler. Chris is, again, doing a grand job as team captain and deserves all our thanks.

Congratulations to all the winners of the QOFL series. It was a good competitive series and we were well supported by members of other clubs. It is always good to see other South West clubs represented at our events. I am sure that some of our areas are not the most welcoming and so it must be the quality of our planning and friendly nature that attracts them.

The JOG events continue even when Roger and Judy are away. Thank you all for your support in this way. Nick Fernandes has been the lead coach for some time now. He is now standing down to pursue some of his other interests. We are looking for someone to take on this very worthwhile role. Thank you Nick for all you've done. You will be a hard act to follow. We wish you and Bev all the best for the future. I am sure we will see you around at some of our events.

I hear that Emma Britton of BBC Somerset is being set various challenges. Maybe we should invite her along to one of our events. It would be good publicity.

I look forward to seeing you all at the club champs and AGM. In the meantime have a wonderful summer and come back with enthusiasm for the challenges ahead.

—*Mike Crockett*

## **CLUB NEWS**

### **Quantock Orienteers AGM**

To be held at 3.00pm on Saturday 6th September 2014 at the Farmer's Arms in West Hatch, TA3 5RS

The AGM will take place on the same day as the Club Championships at Orchard Portman. Anyone whether a member or not is welcome to take part in the competition and to join us for an informal buffet lunch at the Farmer's Arms, although note that lunch must be pre-ordered from the Secretary. Prize giving for the Forest League and other competitions will take place shortly after lunch.

#### **Agenda:**

1. Apologies for absence
2. Minutes of the 2013 AGM, see note 1 below
3. Matters arising from the 2013 AGM
4. Chairman's report
5. Secretary's report
6. Treasurer's report including:
  - Accounts for the year ended 31 May 2014
  - Membership fees for 2015
7. Fixtures Secretary's report
8. Membership Secretary's report
9. Junior Orienteering Group Report
10. Amendments to the constitution, see note 2 below.
11. Elections, see note 3 below
  - a. Chairman, Secretary, Treasurer
  - b. at least four other committee members
  - c. President
12. Any other business, see note 4 below

Notes:

1. Draft minutes of the 2013 AGM are on the website, or contact the Secretary for a copy.
2. Proposed amendments to the Constitution must be received in writing by the Secretary no later than Friday 22 August and must be signed by two voting members.
3. Nominees must be proposed and seconded by two voting members, who must previously have obtained their consent. Nominations may be made at the meeting, or previously in writing to the Secretary.
4. Any member may raise any matter concerning club activities or policy for discussion.
5. Every Individual member or two members from each family are entitled to vote.

Club Secretary:

Richard Sansbury, Rose Cottage, Netherclay, Bishops Hull, Taunton, TA1 5ED, 01823 288405.

richard.sansbury@btinternet.com

**SASP Orienteering Festival, 25<sup>th</sup> June 2014**

Dave Bullock, the School Games Organizer for the Somerset Activity & Sports Partnership (SASP), invited Quantock Orienteers to be involved with their annual Year 4 Festival of Orienteering. This year we returned to Norton Manor Marine Camp which we had missed last year as the camp was too busy to accommodate us.

600 children from local Primary Schools came at various times throughout the day and were bussed in through the camp security and met and briefed by the SASP coaches. During their first hour they were given simple orienteering skills with instruction and games on the playing fields and then were asked to go round 3-4 control 'loops' around the Camp buildings in pairs, using traditional 'punching'.



Their final 'challenge', using SI and QO guides and manpower, was a course of 10 controls in the woodlands to the north of the camp – a new experience on their own for many of the 7/8yr olds! About ¾ of the pairs completed the course with times varying from 8½ min (Milverton and Trinity Primary Schools) to 35 mins.

Thanks are due to Jim Mallinson for helping me with the SI which ran without the usual experts - no problems, apart from no power to start with! To Bob Lloyd, Chris Hasler and Jim Pearson for helping Judy on the start and finish, and to Jenny Wood and Sheila Braine for patrolling the woods.

Dave Bullock and his team are to be congratulated on such an efficient handling on such an enthusiastic large group of children and our thanks to him for introducing so many to Orienteering.

—Roger and Judy Craddock

### **JOG REPORT—SUMMER 2014**

Roger and I have been away for the first 2 events of the Summer term and have been very grateful to the Haslers, Maynards and Pages who have run these most efficiently.

Chris has kindly written a report for the Longrun Meadow event held on 10<sup>th</sup> May:

*“Spencer Modica planned the JOG event at Longrun Meadow, and explored new sections of the meadow with some cunning control locations, particularly on the more advanced courses. Controls on the river bank, a small island and even a bingo depression in the middle of the western flood lagoon - who knew that was there? The regular Parkrun crowd would have been amazed at the variety of terrain available. Alternate sun, rain and howling winds did not deter the lucky runners. A very good event.”*

Queen's College was the first weekend of half term, Adrian Edwards planned and the Maynards and the Pages were on registration, Adrian has written a report of this event:

*"It's never good when I'm putting out controls in the sort of wet weather kit I usually reserve for Mountain Marathons. I was trudging around convinced nobody would turn up on such an awful day, but of course I was underestimating what a hardcore bunch the Joggers are! As well as quite a few regulars we even had a few people trying orienteering for the very first time. Unfortunately the rain managed to penetrate a couple of the (laminated!) map sections on the Map Memory course, turning them into impressionist paintings. Thank you to those who persevered and still completed the course—it was nice to know the extra effort involved was put to good use!"*



*Jim and Graham compare maps at Wind Down*

31<sup>st</sup> May was hot and sunny in the lovely grounds of Kings College. Jog started at 1.00pm with training for an invited group of children. Nick had 10 children with Vicki and Chris helping. Most of the children had finished with about 20 minutes to spare and so Jeff Pakes gave them an odds and even relay to finish.

Jeff had spent a lot of time planning the main courses and they were well received with everyone feeling that they had been extended, not easy in such a small site. There were 23 children and 6 adults running with 18 accompanying parents. So 47 people altogether.

The following week was at Hart Hill, a lovely venue but a little too far for many of our Joggers. Nick had a training session for selected juniors from 1.00-2.00pm 10 children attended. Jim Mallinson planned some excellent courses and, although numbers were low, everyone felt he had used the area well,

Wind Down on 14<sup>th</sup> June was a warm and sunny day but again it was not very well supported. Chris Philip planned interesting courses and those who attended enjoyed themselves and spent a good time comparing maps afterwards, see the photo of Jim and Graham Pearson!

Taunton Town Centre was part of the Somerfest and so we were registering people from 10.00am to 4.00pm. However we did have the usual hour between 2.00-3.00pm when Joggers were given priority. Will Kromhout had extended the original Town map to cover Tangier and to link up with the Longrun Meadow map and this was used for the Badger course. Please see Will's map at the end of this report.

The last event so far this term was Broomfield Hill. Nick had invited children to attend a coaching session before the JOG event and right on time rain that would do justice to a monsoon arrived. However, undeterred they went ahead and returned at 2.00pm soaked through and ready to try Brian Pearson's JOG courses. We are still a little wary of the cattle that graze on the top of Broomfield Hill and John Fisher kindly agreed to keep an eye on them for the duration of the event, making sure that none of the children were intimidated by them.

We should like to thank the regular group of QO members Bob Lloyd, John Fisher and Graham and Jim Pearson who come as often as they can to help, without them it would be difficult to provide such a wide range of support.

—*Judy and Roger Craddock*



## **THE QUONICLE CHRONICLES**

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

### **QUANTOCK NEWSLETTER No.56 MARCH 1998**

Several teams were entered for the British & JK Relays (*see the next edition for how they got on*)

The QOFL season was nearing it's end, Zoe Round was congratulated for winning the White course with 4 winning runs. The remaining course winners had not been resolved.

***The Galloper organiser (Chris Philip) thanked his team, his piece included the following:***

.....We had a very small entry (294) and could easily have coped with another hundred.... The courses were tough but fair - the wood is one of our most technical - the day was fine, the car park dry (thank goodness) and we had everyone checked out of the forest by 1430. Exceptional. It's amazing how straightforward it can be if everyone pulls in the same direction. Thanks again.

### **START CLOCK**

The club purchased a splendid digital start clock .... The clock cost £500, but a grant for £175 was obtained from Taunton Deane District Council.

### **RUNNING FOR ENGLAND**

.... Rachael Holmes and Bill Vigar competed in a five nation competition in Holland. .... Rachael was actually a travelling reserve for the team but beat both the team members in both the sprint and classic events.

## NATIONAL EVENT 1 (Star Posts)

Congratulations to:

Rachael Holmes W16A winner  
Sue Gard 2nd W50L  
Jenny Tennant 2nd W65A  
Ruth Holmes 4th W12A  
Bill Vigar 4th M60L  
Mike Crockett 5th M60L  
Ted Heath 8th M55L

—*Bill Vigar*

### **SKILLING UP: HINTS AND TIPS FOR IMPROVEMENT**

If you watch elite orienteers in action, they rarely spend much time looking at the map. It seems to me they look quickly, pick up the minimum necessary information, and quickly get moving. From this I conclude that if you want to be a better orienteer then I need to develop techniques that spend less time looking down at the map, and more time head up, running hard and paying attention to your surroundings.

Here are two techniques that might help:

#### **Tip #11 -**

#### **Catching features**

Catching features prevent overshooting. This is best shown by an example. Here is part of the light green course at the recent QOFL at Kings Cliff.



The earthbanks are catching features. One possibility for finding control no 2 is to run towards the corner formed by the banks until you meet one of them, then follow it into the corner where the control should be found.

The stream and the forest road are also catching features. If you reach either before the control then you have gone slightly too far-go back a short way and find it.

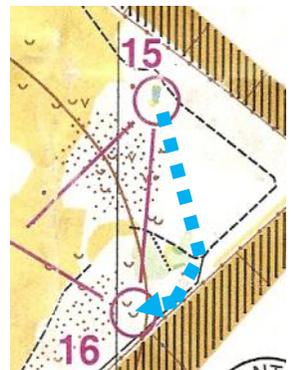
Identifying catching features can speed you up. No need to count paces or tick off landmarks if there is no chance of overshooting the control. So put the map away and move quickly with confidence.

### **Tip #12 - Aiming off**

Sometimes it is best not to head straight for the control. Saving seconds by taking the most direct route is no good if you miss the control and spend several minutes hunting for it.

A technique to reduce the risk of missing is to "aim off". This works best when the control is near a catching feature. Deliberately aim to one side of the control then follow the catching feature to the control site.

Here is an example from the blue course at Blackborough earlier this year. You could try to go from 15 to 16 directly, but over a distance of 300 metres it would be easy to drift one way or the other, and miss the target. A smarter option would be to deliberately aim off to the east to hit the small path, then follow this to near the control.



With a sure-fire way of landing on the control you can concentrate on the running and be quicker!

— *Richard Sansbury*

## EVENTS

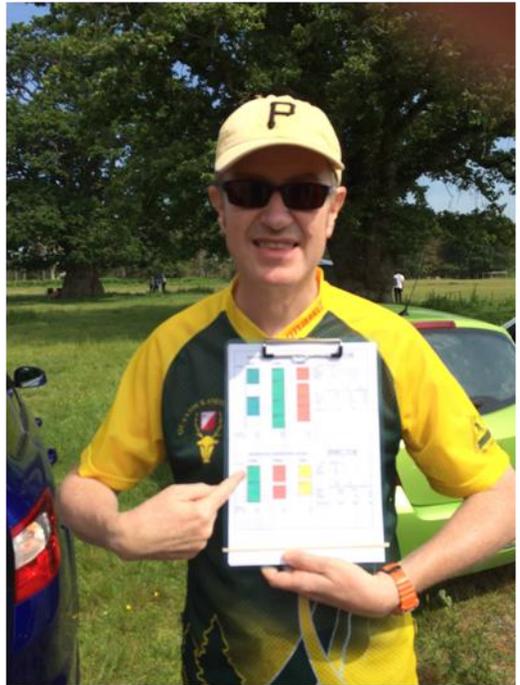
### SWOA Relay Series

The summer relay series is one of the most social forms of orienteering, offering members the opportunity to compete together in a more relaxed setting than at the JK and other large events. A post-run review in a local pub also proves a very effective way to debrief and unwind afterwards. Most of the relays have age and gender handicapping, which enables men and women, girls and boys to join up and run in the sun together. The 2014 series is already halfway through – see below.

Date	Relay	Club	Venue	Position
Sunday 15 June	Adams Avery & Avon Schools Relay	BOK	Ashton Court, Bristol	6 <sup>th</sup> + 10 <sup>th</sup> – Seniors (4 <sup>th</sup> Juniors)
Sunday 22 June	Hardy Relays: Hardy Trophy Veterans Trophy	WSX	Holton Lee, Poole	2 <sup>nd</sup> – Vets 4 <sup>th</sup> – Seniors
Sunday 29 June	NWO Relays	NWO	West Woods, Marlborough	4 <sup>th</sup> – Seniors
Saturday 5 July	<u>Moonraker</u> Relay	SARUM	<u>Collingbourne Woods,</u> <u>Ludgershall</u>	
Sunday 13 July	Furrow Hoppers	WIM	Port Regis School, Shaftesbury	
Sunday 20 July	Devon Relays: Open Trophy Handicap Trophy	DEVON	Hound Tor, <u>Widdecombe</u>	

BOK dominated the Adams Avery event with 9 teams entered for the cup. Their winning team finished 8 minutes clear of 2nd place, but was disqualified for being a single person running all 3 legs – Geoff Ellis. Apparently he is in training for an ultra marathon!

The first QO team home was 'Status QO' in 6<sup>th</sup> place, comprising Richard Sansbury, Spencer Modica and Graham Hartley; a fine result in this most competitive of events. The second team of 'QO Vadis' finished in a respectable 10<sup>th</sup> position, with Jeff Pakes, Roger Craddock and Jim Mallinson all running well.



*Our very clever Cap'n Chris with his master plan. Presumably Plan B is on the back!*

In the Intermediate schools competition, Chris & James Green (both QO) joined with Zac Hudd (BOK) to win 1<sup>st</sup> place for their school. The QO junior team of Thomas Hasler, Issy Modica and Thomas (again) finished in 4<sup>th</sup> place out of eleven teams – a very good run from them both.

The Wessex event was fiercely contested on a roasting hot day at the Holton Lee nature reserve outside Poole. The senior event was won by last year's overall champions, Wessex Raiders, but the fastest 'kid on the block' was our very own Will Kromhout well aided by Richard Sansbury, Adrian Edwards and Chris Hasler. The time for the critical Light Green leg, run by all four team members, was the second fastest of the day, but after age-handicaps were applied the team finished 4<sup>th</sup>.



*Above: QO at the Adams Avery. Back row: Graham Hartley, Richard S, Chris H and Spencer. Front row: Izzy M and Tom H (photo courtesy of Jeff Pakes) Below: The combined might of Status QO and QO Vadis at the Hardy Relays finish flag.*



However the Vets team of Tony Hext, Jim Mallinson and Roger Craddock were on blinding form, finishing 20 minutes clear of the other teams. Unfortunately the handicaps played a part here as well – they were just too young! – and they gave a 21 minute head start to the next team, resulting in them finishing 1 minute behind in 2<sup>nd</sup> place.

The North Wiltshire event in West Woods, near Marlborough was intended for a team of three, but owing to a late withdrawal due to injury, Jeff Pakes and Tony Hext each ran all three legs through this glorious woodland venue used for the NWO Galoppen earlier this year. They finished 5<sup>th</sup> overall, but an impressive 4<sup>th</sup> amongst teams from the SWOA region, behind BOK seniors, Wessex Raiders, and BOK juniors in that order.

The scores after three events are on page 19 – QO are in second place behind current champions Wessex, but ahead of SARUM and with BOK a strong threat after only attending and winning two events. There is much to run for over the final three events. Don't forget – the relays are meant to be inclusive. We can enter multiple teams and more is merrier, so if you would like to run in a relay team please contact me by email.

— *Chris Hasler (Relay Captain), [chris.hasler@gmail.com](mailto:chris.hasler@gmail.com)*

## 2014 SWOA Relay Series for the SW Chairmans Trophy

Club	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Best 4
		Adams Avery		Hardy Relays		NWO Relay		Moonraker		Furrow Hoppers		Devon Relays							
		BOK		WSX		NWO		SARUM		WIM		DEVON							
Club	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Posn	Score	Best 4
WSX	3	45	1	50	2	47													142
OO	6	42	2	47	4	44													133
SARUM	15	34	3	45	5	43													122
BOK	1	50			1	50													100
WIM			2	47	6	42													89
NOW					7	41													41
KSODA	9	39																	39
NGOC	13	36																	36

## **British Individual Long Champs**

The British Championships were held at Thrunton Woods and Callaly a few miles north of Morpeth in Northumberland on 31<sup>st</sup> May.

The long journey north meant that there were relatively few competitors from the South West and only two from QO. I have already written a report for SINS. I was helping at the finish (my son Dave is a member of CLOK one of the organizing clubs), when Sue Hateley approached. You would think that after ten years as editor of QuOnicle I would be able to dodge the inevitable question. Maybe it is old age or maybe the total exhaustion after a long run but I could only say yes. The task was not been helped by the fact that I had an appalling second half to my run and finished well down, and even further down than that. Here is an amended version for QuOnicle.

The car park and assembly were in a gently sloping field which was firm underfoot. There was a huge marquee and the usual traders. The marquee seemed to be rather OTT but I am sure that if the weather had been different it would have been well used. It was a gloriously sunny day. Dave and I thought that an early start would be helpful but I am not so sure now.

The map at first sight appeared to be very green. However closer inspection revealed narrow strips of open and paths passing through it. The dark green was in the southern half of the map. The northern part had an area of intricate forest which was nominally white, used by the shorter technical courses, and another, slightly larger area of open and steep white that was used by the longer courses. There were three starts to enable the planners to make best use of the area.

The “nominally” white forest had ground cover of bilberry, blueberry or whortleberry. Call it what you like, it was still difficult to run through and very energy sapping. I am told that the open was dense heather and even more tiring. Numerous brashings made it

even more difficult. However it appears that some managed to traverse the vegetation. One Cornishman, sorry, a member of Kernow who has adopted Cornwall, told me that he had managed it quite well spurred on by the fact that he knew of another member of our age group who would be flying. (He was right). There were a few paths and rides but these were generally off line. The rides at first sight appeared to be quite prominent but were in fact difficult to spot on the ground and when you did find one it was still quite difficult to run along.

Courses appeared to be well planned with little option for path running. I have just read one of the planners copious notes about the long courses. He apologizes at length for the long winning times on some courses. The courses were planned to be at the top end of the recommended time span but the vagaries of the weather (mild wet winter) pushed these beyond the top end limit. His comments are worth reading in full and stored in the memory bank for future use . File under “We got it a bit wrong”.

[www.boc2014.org.uk/results](http://www.boc2014.org.uk/results)

His final comment -“Thanks again for coming to the NE, enjoying our normal weather, sorry for some of the long times, I work in the NHS and we are constantly being pushed for value for money, maybe I carried this too far for this event!

Spare a thought for a 5ft tall, short legged, unfit planner, you at worst only spent a few hours in the tough terrain, just think of the hours of fun I endured!”

*NB: Next year the Championships are at New Beechenhurst in the forest of Dean on 18<sup>th</sup> April with the relays at Cannop Ponds the following day. Book mark these Dates. I have, a new age group and less travelling.*

—Mike Crockett



*The “Hips Don’t Lie” (and neither does the camera!)*

# 2014 QO Club Championships

## 10:30am Saturday 6th September

### Orchard Portman

- Directions:** Parking and registration at the stables off the Staple Fitzpaine road, grid ref 253 205, postcode TA3 5AX.
- Format:** This is a 1 hour score event suitable for all ages and abilities from junior beginner to senior expert. Entry is open to members and non-members alike, although the club champion must be a QO member. A handicap system will be used so that all ages have a chance of being the next club champion!
- Costs:** Adults: £5 (£8 for non-BOF members),  
Juniors: £2 (£3 for non-BOF members),  
Families: pay for 2 adults and the children are free.
- Times:** Registration from 10am-10:30. **Please be ready by 10:30 for the 800m walk to the start.** The rules will then be explained before a mass start at 11am.
- Social:** Afterwards please join us for an informal buffet lunch at the Farmers Arms, West Hatch, TA3 5RS. Cost: £7 each (half price for children 12 & under). **This must be pre-ordered so if you want to come please book this with the organiser by 29th August**, and pay on the day (state if vegetarian).  
The meal will be followed by prize giving for the Forest League and other competitions.  
QO members are encouraged to stay on for the club AGM which will follow afterwards at 3pm.

For more information or to book a lunch contact the organiser:  
Richard Sansbury 01823 288405 (07790 511732)  
[richard.sansbury@btinternet.com](mailto:richard.sansbury@btinternet.com)

