



**The Newsletter of Quantock Orienteers
No. 157 September 2014**

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Editor—Adrian Edwards, 35 Clover Mead, Taunton TA1 3XD

Tel 01823 325119 Email adrian_edwards@btinternet.com

www.quantockorienteers.co.uk

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

So that's summer over and as I sit here writing this on a dank and dreary evening it definitely feels like the start of the new orienteering season is just around the corner. Before you know it we'll all be out running around the hills again in the frost/fog/torrential downpours/gale-force winds (delete as appropriate!)—and thoroughly enjoying every second of it.

It's not always easy to explain the attraction of our sport to those people who have not tried it (yes really, they do exist!). It's often cold and wet, frequently involves running/crawling up steep hills, and can be (incredibly) frustrating when things don't go right. But then you get a Sunday on the Quantocks when the sunlight glistens on frost-encrusted trees like a million tiny diamonds. The O-Gods are smiling on you as you navigate around the course with laser-guided precision, flowing through controls with calm assurance...

OK, my imagination has run wild now—I can't remember ever having a faultless run! But maybe, just maybe, this could be the year—and therein lies a large part of the appeal. For me it's all about the small victories. Whether you find orienteering nirvana this season or not, I hope you have lots of fun searching for it.

—Adrian Edwards

POST FROM THE PRESIDENT

Last time I was commenting on the various leagues coming to an end, and now here we are looking forward to the next season. The QOFLs start early next month, the galoppens will get underway on October 5th. Bookmark this, as it isn't yet on the SWOA website and is not too clear on the BOF site, **but only if you are not involved in our Long-O weekend**. Before that we have the Caddihoe Chase next weekend and the traditional prize giving for the previous season of galoppens where QO will be well represented. Day 1 of the Caddihoe will also be the South West long distance championships.

You may have noticed that my activities have been very much reduced of late. Well perhaps you haven't: but they have. A few months ago I was told that I had a slight cataract and was referred to the NHS treatment centre at Shepton Mallet on 6th June for an examination, and I am now recovering from an operation on the second eye as I write this on 21st August. Last time I reported on the British Champs and quoted the planner who made fun of the NHS in his comments. I consider I received excellent treatment in spite of all the adverse publicity of late. I hope that when I get back to full fitness and enthusiasm I will find an improvement in my orienteering. Margaret says that I have now lost another of my excuses.

The relay season is now finished with QO once more finishing in second place to Wessex. A very creditable achievement especially as Wessex's principal runner was introduced to orienteering by QO many years ago (one has to clutch at straws when they are presented!).

As you can gather from my ramblings I have very little to say except to wish you all success and fulfilment in the coming season. We can't all be winners. Set yourself a target or goal, try and achieve that, but above all enjoy yourself.

—Mike Crockett

CLUB NEWS

Event Officials for the 2014-15 QOFL season

As QO Fixtures secretary it is part of my job to find key officials for each event, the planner, controller and organiser. Thank you to everyone who has already volunteered or has replied to my appeals for help. There are still a few positions I need to fill, particularly for organisers, so I wonder if you could consider whether you are ready to tackle on such a role? If you have organised a JOG event or have previously planned an event but not experienced the pleasures of organising (which is a great way of getting to know fellow QO members) then would you consider having a go? There is a guide available on the QO website as to what is involved, and it should be possible to pair newcomers with a more experienced mentor.

Orienteering depends on volunteers and this is a role open to anyone with a bit of experience. No need to be super-fit – even I can be an organiser, whilst planning and controlling are definitely beyond my abilities! So, if you can, please contact me and I will let you know the events which still require organisers.

Thank you in anticipation.

—*Julia Robertson (Fixtures Secretary)*

sandjrobertson@btinternet.com

QOFL TEAMS 2014-15

“What dates am I helping at this season?” I hear you ask. Well, below you can find out.

I have compiled team lists for this season’s QOFLs (Quantock Orienteers Forest League) and these lists include all active members. Note that you may have changed teams since last season. Please keep an eye out for the event dates (and any changes to these) on the website. If it becomes apparent that you can’t make your allocated QOFLs, it would be much appreciated if you could contact me and perhaps arrange to help at another QOFL instead, as we often struggle to raise a full team of helpers.

What news then of the forthcoming series? At the time of writing, we still need someone to control Buckland Wood on 12 October, organisers for Cockercombe on 9th November and the Galoppen on 1st February, and organisers and controllers for a few QOFLs . You do not have to be especially knowledgeable about orienteering to organise, though it does help with planning and controlling.

As a club we usually muddle by, quite often finding people to officiate fairly late on. The prospect of event cancellation sometimes looms, which is a shame, as a good deal of thought, discussion and effort is made to set up the fixtures... Appropriate dates need to be found, difficult when bigger clubs (with their higher ranked events) get first ‘dibs’ on time slots when the regional calendar is being

drawn up. Then the dates need to be matched to when each of our areas is 'in season' - avoiding the brambles, nesting birds, felling and so on. Then we have to obtain the permission to use the land which is not always straightforward.

For better or worse, the centralised way orienteering is organised in the UK means the clubs have relatively little control over creating a fair share of the workload amongst its members. We are therefore entirely reliant on the goodwill of individual members to put on events. This would be in contrast to, say, how a sailing club might be able to organise itself, with a rota established so everyone had to pitch in to organise, which could be a condition of membership.

Regardless of individual contribution to our club, all who orienteer with us can benefit from doing so at an incredible low cost and astonishing regularity. Commercial organisations putting on sporadic "adventure races" with a navigational twist down here will often charge in excess of £30 and even then might appeal for volunteer staff. The senior entry fee for QOFLs of £5 and small change for JOG only happens because we are club run by time given voluntarily and often freely, the bulk of which arises from quite a small circle of dedicated souls.

So do please consider volunteering to take a lead role in a QOFL. If you feel up to the challenge and could spare some time to organise (or plan or control) one of our events, please come forward and make yourself known! If you are uncertain about what any of the roles require, please chat to one of the many experienced club members, Julia Robertson our fixtures secretary, who has also written an article for this QuOnicle, or myself. Bucketloads of kudos and personal fulfilment await you.

—*Jeff Pakes*

QOFL Team 1 (QOFLs 1 and 4)

Akers, Peter	Mallinson, Jim
Andersen, Mike	Maynard family
Craddock family	Modica family
Daniels, Jan	Nickolls, Jim
Dickey, Roger	Pearson, Graham
Fletcher, Brian	Pearson, Jim
Hartley, Graham	Purchase family
Harvey, Norman	Rimes-Wych family
Hyland, Phil	Spenlove-Brown, Tim
Knipe, Matthew	West-Wood family
Larcombe, Mark	

QOFL Team 2 (QOFLs 2 and 5)

Boyd-Moore family	Husband, Ian
Bussell family	Lloyd, Bob
Clegg, Neil	Longhurst, Martin
Crockett, Mike	Milroy, Tony & Vanessa
Cudmore, Chris	Nevell family
Edmonds, Marie	Philip, Chris
Edwards, Adrian	Pye family
Elliston, Steve	Sansbury, Richard
Goodwin-Selby family	Smith / Kromhaut family
Green family	Tennant, Jenny
Hopkins family (Kieron's)	Trayler, John

QOFL Team 3 (QOFLs 3 and 6)

Abbott, John	Mannari family
Appleby, Adele	McBrayne family
Braine-Anderson family	O'Mahoney family
Fernandes, Nick & Bev	Page family
Fisher, John	Pakes, Jeff
Gard, Sue	Pearson, Brian
Hancock family	Robertson, Steve & Julia
Hasler family	Sands, Colin
Hext, Tony	Shopland, Luke
Hill, Richie & Danny	Vigar, Bill
Kendall, Alex	Williams, Steve

Quantock Orienteers Junior Team in Yvette Baker Trophy Finals

On Sunday 6th July, the Quantock Orienteers Junior Team competed at the National Junior Finals for the first time in the club's history at the event held near Horsham, West Sussex. The team of Luke Shopland, James, Chris & Heather Green, Issy Modica, Andrew Page and Eleanor & Thomas Hasler raced through farm and woodlands, competing against 240 top youngsters from Orienteering clubs across the country.

They qualified for the finals having finished second behind DEVON at the regional heat in Sidmouth in May, in a team that included Elliott Smith, Owen & Evelyn Maynard, alongside Luke, Issy, Tom & Ellie.



Team QO enjoying the Yvette Baker Trophy Finals

It was a long way for parents to drive, so the club booked a minibus and subsidised fees to enable maximum participation. Large clubs dominated the contest, with BOK and DEVON finishing tied for first place based on the top 9 runners in a team. The score of the 10th runner was the decider with DEVON just beating BOK to the trophy.

Reaching the finals and competing was a tremendous achievement for these youngsters and a great experience that they will be able to look back on in years to come as they continue to progress through the sport, running longer and more challenging courses. It also leads well into the junior coaching program that begins this autumn. Everyone involved would like to thank the club for their generous financial support.

— *Chris Hasler (organiser)*

SWOA Summer Relay series

The summer relay series drew to a close at the DEVON event on Hound Tor, Dartmoor. This introduced a new variant on orienteering - 'Jungle-O' – owing to great seas of bracken above head height in many places, obscuring paths, junctions and sneaky boulders.

QO sent four senior teams and one junior team, second only to DEVON in the number of entries. Congratulations go to the team of Richard Sansbury, Jeff Pakes and Brian Fletcher finishing runners-up in the Open event on this challenging terrain.



Spence had a hot date with Fern from Devon

After a very strong campaign throughout the summer QO finished in overall second place behind the team from WESSEX but ahead of SARUM, WIM and the others regional clubs.

Seventeen club members took part at various events during this series, including three juniors. We came within sniffing distance of a trophy at three of the relays, finishing second by just a minute or two. Thanks to all of you who participated – let's win a trophy next year!

— *Chris Hasler (Relay organiser)*



Team QO members 'chillaxing' after the Devon Relays

Sand Art

Friend of QO Simon Beck has swapped his 'snow art' for 'sand art' and made some fabulous sand pictures at Brean beach. Here's one of Simon's inspiring creations, made with the assistance of Jim Mallinson (pictured). Check out <https://www.facebook.com/snowart8848> for more of Simon's stunning creations.



New Arrival

Congratulations to Liz and Iain Pye on the birth of Emily Grace. I'm sure Judy will have Emily crawling around a JOG course before she can say "mamma"!

**JOG report for Summer Term 2014
continued from Castle Neroche on the 5th July**

Castle Neroche in the Summer, especially as late as July, can be very overgrown and brambly. Jim Nickolls did well to plan courses that managed to avoid the worst of these areas. We started at the end of the northern forest road leading to Castle Farm, a good spot, offering the possibility of at least a white course which does not involve a 1:4 climb! Numbers were down, but we did have a couple of new families who enjoyed themselves enough to threaten to come again.

Andy Rimes mapped Ash Priors Common earlier this year and Rosie offered to plan the first event on the area, a good combination, especially when Andy said that he would run the SI for the event as well!! We had been concerned that we might find local disapproval for the event but we were so hidden that I think most residents in the area were unaware of our presence.



A group of JOGgers at Ash Priors Common

The event was preceded by Nick Fernandes' last training session with the juniors, it proved "full on" and most Joggers returned hot, sweaty and ready for the challenge of their competitive course. We'd like to take this chance to thank Nick for the time and effort he has put into these enjoyable training sessions.

Ash Priors is a more interesting area than you would think and Rosie planned courses that took advantage of the more complex southern area. We were lucky with a spell of dry weather before the event and Rosie's concern that the paths might turn into muddy quagmires proved unfounded.

Again, thanks are due to the many QO members prepared to plan, map and gain permissions for use of the areas, it's a lot of work but we are able to attract new families to QO in this way.

— *Judy Craddock*



Ben West receives his certificate from Mike Crockett

Adam Wood and Rog discuss Adam's SI result



Andrew Page receives his certificate



THE QUONICLE CHRONICLES

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

QUANTOCK NEWSLETTER No.57 MAY 1998

PLANNERS WANTED

For the next season's QOFL events.

These events are ideal for a first attempt. Permissions will be sorted out for you and an experienced person will be appointed as an adviser. Planning is a good way of learning about how maps fit the terrain (or not) and helps to improve your competitive skill

QOFL FINAL RESULTS

White: Zoe Round.

Yellow: Ben Kenward.

Orange: Norman Harvey.

L Green: Neil Clegg.

Green: Chris Philip.

The Publicity Officer (Kevin Scott) had a longish piece listing the local papers he had sent results to, and other actions he was pursuing.

MORE PUBLICITY

At the Yeovil Festival of sport held on 17th May at the Mudford recreation ground, 50 newcomers tried a course set by Bill Vigar.

JK BIRTHDAY BOYS

The Quantock Rockets (Ted Heath, Dave Holmes and Bill Vigar) won the M165+ class in the relay on Easter Monday, beating 43 other teams with a lead of 41 seconds. A good way to celebrate their birthdays for Dave and Ted. In the individual event, marred

for some by the contentious cancelling of the longer courses on Day2, notable performances were:

Ted Heath M55L 5th.
Bill Vigar M60L 2nd.
Rachael Holmes W16A 3rd

BOK TROT STOURHEAD

If you went - and surprisingly few QO members did go to this good area not far distant - when you had survived a long and/or muddy walk to the start you were presented with an interesting course. Best results were:

Rachael Holmes W16A 1st
Brian Fletcher M21S 2nd
Bill Vigar M60L 3rd
Sue Gard W50L 4th

BRITISH CHAMPIONSHIPS

In the Relay Bill Vigar, Mike Crockett and Jenny Tennant lost the M/W60 crown but finished a respectable 2nd. In the individual Bill Vigar finished 2nd in M60L, Jenny Tennant 3rd in W65L and Sue Gard 4th in W50L.

—*Bill Vigar*

SKILLING UP: HINTS AND TIPS FOR IMPROVEMENT

Tip #13 - Over or around

A classic orienteering dilemma: the next control is on the other side of a hill. I could go over the hill but that takes effort, or I could go round it but that is a longer distance. Which is best?

Here is a recent example from our last Galoppen. The blue course is shown, although the same leg was on the brown course as well. From 3 to 4 there is a direct option to scramble 30m up a very steep slope then follow a path straight to the control, or take an indirect route, avoid the climb but the extra distance is about 500m.



A rough rule of thumb is that 10m climb is worth about 100m on the flat. This depends how fit you are of course, and a steep climb may take more out of you at the end of a course than early on. However it's a neat and simple rule. On this basis I'd suggest it would be better to go for the scramble up the bank. However there isn't much in it, so best just to make a quick decision and then get on with it!

Tip #14 - When it all goes wrong

We all make mistakes, so perhaps the best orienteer is the one who loses the least time on their errors. So it's a good idea to know how to quickly recover and get back on course. It is not uncommon to find someone loses 20 minutes or more on one control. I know this because it has happened to me! In my case this indicated two mistakes: the first being losing track of where I was, this is known as losing contact with the map, but this was then compounded by failing to deal with this in a sensible fashion.

Experience has taught me that whenever I lose track of where I am, then the first thing to do is STOP! Then I need to put the search for the control on hold while I re-locate. I have developed the following strategy to quickly re-locate:

Step 1: look at the map and mentally retrace the route since the last control. Where was my last known point? Did I miss a turn? Can I see where I might have gone wrong?

If that has not resolved the problem then:

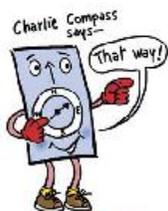
Step 2: look up at my surroundings and try to identify features that will be clearly shown on the map, such as a pond, an electricity pylon, a distinct vegetation boundary, and use these to regain contact with the map.

If I'm still not sure:

Step 3: go and find a known point, for example I go to the nearest path and follow it to a distinctive path junction, or even retrace my steps back to my last known position.

One thing definitely to avoid is aimlessly wandering around, hoping to stumble over the control by accident, as this strategy is highly unlikely to be successful!

— *Richard Sansbury*



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



Orienteering

Junior Orienteering Fixtures for Autumn Term 2014

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

Sat 29 th Sept.	Blackbrook
Sat 27 th Sept	Lydeard hill
Sat 4 th Oct	Longrun
Sun 12 th Oct	Buckland Wood
Sat 18 th Oct	Culm Davy
Sat 25 th Oct	Castle Neroche
Sat 1 st Nov	Vivary park
Sun 9 th Nov	Cockercombe
Sat 15 th Nov	Wind Down
Sat 22 nd Nov	Fyne Court QOAD
Sun 30 th Nov	Staplehill
Sat 6 th Dec	Great Wood QOAD

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

Ring Judy Craddock on 01823 323850 for more information



www.britishorienteering.org.uk



