



# The QuOnicle



No. 159 January 2015



## The Newsletter of Quantock Orienteers

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Committee	Chris Hasler	01823 338921	
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	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

*Front cover: James and Chris swap route notes*

## **EDITORIAL**

Happy New Year to you all, and may 2015 bring lots of happiness and health (and of course navigational good fortune!). If you're stuck for a New Year resolution (or you've broken yours already) may I suggest volunteering to help out at a QO event? I know we sound like a broken record sometimes, but I'm sure you have all noticed how you see the same faces helping out at QOFLs every year. It was great to see them joined by some new faces in 2014—the more helpers we have, the less burden on individuals.

You may have noticed the 'new look' QuOnicle cover—I'm moving with the times and adding a 'cover star' photo from now on, following a trend from other clubs. If you have a suitable photo then please email it to [adrian\\_edwards@btinternet.com](mailto:adrian_edwards@btinternet.com). And of course if you would like to include an accompanying article then you are always welcome. In fact I might even buy you a drink at the Club Champs!

—*Adrian Edwards*

## **POST FROM THE PRESIDENT**

Well here I am M80 and still trying to be competitive. Adrian reminded me that QuOnicle deadline was fast approaching and I had forgotten, so instead of relaxing in front of the tele I am here in the study trying hard to think of things to say.

When I started Orienteering I was M35; the age group then was from 35 to 43years and I was at the top end so I make that 37 years and I still make mistakes. In fact there have been more in the last few months than for a long time. My neighbour quite often reminds me that "age doesn't come alone." I must be grateful that I can still get out and enjoy the countryside and the wonderful courses that the planners, controllers and organisers make available for us. Thank you to all who help in any way to make QO what it is today.

It was good to see so many at the Christmas event. Quite memorable journeys to and from the venue. Trees down both ways. The first very near to where there was a diversion for the same reason the last time I was at Blackborough.

Today there was a remarkable turn out at the Croydon Hill QOFL. Wasn't it nice to run in bramble free forest, or at least the Light Green was very runnable until the way to the finish. No wonder so many youngsters beat me.



*Mike on Presidential duty giving certificates to Zak and Kieron, Loving the Xmas jumper!*

What does the future hold? There are several Galoppens in quick succession, the Compass sport trophy round, a QOAD (QO After Dark), some more QOFLs and then in April the British Championships in the Forest of Dean plus of course the Saturday afternoon JOGs. In fact something for everyone. With that thought may I wish you all a very happy and successful New Year. May you all run in sunlit forests, but knowing QO's record that may not always be possible, but whatever happens enjoy yourselves.

—Mike Crockett

## **CLUB NEWS**

**Please remember to renew your BOF membership if you have not already done so!**

## **British Orienteering Championships - 18th and 19th April 2015**



Did you know that the British Championships are coming to our region this Spring? The individual and relay championships will be held in the Forest of Dean hosted by BOK. This will be a high quality competition with the best orienteers in the country trying out one of the best orienteering venues in the country - and you can take part too! It would be great to see club colours in action.

Entries are already open. If you enter before early March the cost is £23.50 adult, £12.20 junior for the individual event, and £15 adult, £8 junior per head for the relay. That might sound a lot compared to inexpensive QO events, but it is fairly typical for many sporting events (Taunton Half Marathon is £22 for example - this goes to show what a bargain local orienteering is!).

There are ways to reduce your entry fees. QO relay teams are usually subsidised by the club. Also, despite being the largest club in the country, BOK will need extra helpers for this major undertaking and will be asking other clubs to assist. At the time of writing we do not yet know details but I believe there will be an offer of £10 per head cash-back for volunteers. If you are interested in helping out please let me know.

—*Richard Sansbury*

## **Help Wanted—QuOnicle Distributor**

In January 1999 I took over as editor of the newsletter and its distribution. When Adrian became editor I carried on as “paper boy”. The time has come for me to step back and let someone take over this relatively small task. It involves distributing by hand at an event and then posting the ones remaining.

I am definitely stepping down for various personal reasons. Anybody willing to take it on, please see me at an event or give me a ring and I can then give you more details. 01458 445540.

— *Mike Crockett*

## **What do you call a Boomerang that won't come back?**

...a stick! Groan – who thought the cracker-jokes were done for the year?

So what do you call a large rustic off-cut of wood that won't come back from Devon? That would be the Light Green QOFL Trophy. This was first awarded to Flurry Grierson (M12, DEVON) in 2013, and its return was requested during the summer ready to be presented to the 2014 champion – Sarah Maynard.

Well that should be easy; the Griersons attend most of our events. But it's summer and only the relays remain, and they were on holiday by then. So Mr. G. left the trophy with the wife of the Devon relay organiser to hand over to QO after their relay at Hound Tor. Unfortunately, the relay organiser knew nothing of this plan (glad to see marital telepathy is as unreliable in Devon as in Somerset), and the trophy stayed in his car.

Cue some enquiring emails and the trophy was retrieved by Mr. G. and handed over to a QO member at the Caddihoe Chase in September. But which one? We get together for events, but rarely have an opportunity to chat, briefly crossing paths in a forest and leaving separately.

Eventually Brian Fletcher handed the trophy to Roger Craddock after a Galoppen, and I snatched it back from him. The plaques were already engraved and just had to be gently curved by hand to attach to the trophy. Here is the result – a smiling Sarah Maynard!

—Chris Hasler



*Sarah finally gets her hands on the Light Green QOFL trophy*

## **New Members**

A new year brings with it some new QO members. A warm welcome to the Reay family from Taunton, Neville Bibby from Sherborne and Sue and Robert Toomer from Pitney. Sue and Robert's grandson William won the Hare competition at JOG last term.

## Cake-O

My new favourite type of orienteering - CAKE-O!

In recognition of my promotion to an M60 my wonderful family decided to treat me to a new type of orienteering and provided a dedicated M60 course just for me. At first I thought it was going to be a night event, the lights went out and everyone went silent and then started to sing. This of course is very unusual for any orienteering event. The course



was also illuminated, each control had a dedicated candle and not a head-torch in sight. Luckily there was only 4 controls so I huffed and puffed and blew the course lights out. Before I could call for my head-torch the room lights went on again and serious orienteering could take place. I used a knife to cut my way through the course and ended up with a very large slice of stream and woodland, the trees were also edible so I managed a couple of spruces. Finally being a bit of a team player I offered to collect the controls, and they let me. So I collected them and then I ate them all. Yummie!

If anyone out there wants to start a new CAKE-O league, you can count on me to participate.

— *Chris Philip*

[Ed: Where's our slice??]

## **CAPTAIN'S LOG**

With four out of nine Galoppens completed already, QO are scoring well in many of the courses. Andy Rimes is currently 5<sup>th</sup> in the Brown league, with Brian Fletcher a strong second in the Blue table. Tony Hext comfortably leads the Green table from, erm, me, followed by John Trayler and Roger Craddock – a statistical anomaly if ever there was one for the latter three folk. Bill Vigar and Thomas Hasler are 4<sup>th</sup> and 5<sup>th</sup> respectively on the Short Green course, but top billing must go to Luke Shopland, leading the Orange table with Jan Daniels in second place. It will be interesting to see how the Galoppen league develops over the next few races.

### **Your Club Needs You!**

It is a stirring sight to see a flock of Green and Yellow shirts each doing their thing for the club.

Enthusiastic orienteers are required for the QO team for the Compass Sport Cup heat at Fonthill, Salisbury on 15th March. The courses are determined by one's age group. The more runners we have the better we may score, with men and women welcome of all ages. Youngsters running Orange courses and above are also invited.

As with all events, the aim is to get out there and do one's best, whilst having fun and enjoying the countryside. And preferably winning too!

Please contact me by phone or email if you are able to turn out for the team. Fonthill is not far, but car-sharing can be arranged nearer the time. I also have a map of the area from a summer relay two years ago, which I can scan and distribute as needed.

Thanks in advance,

—Chris Hasler (Club Captain)  
[chris.hasler@gmail.com](mailto:chris.hasler@gmail.com) or 01823 338921.

## THE QUONICLE CHRONICLES

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

### **Newsletter No. 59, September 1998**

*Another thin issue, one A4 side with full details of the Coast Path Run on the reverse. Our editor (AV) seems to be winding down and had to get Jenny Tennant to type this issue.*

#### **DORSET COAST PATH RELAY**

The forecast was for rain and high winds and so it was with some reluctance we set off for the coast early on the Saturday morning. However the day turned out to be much better than anticipated with only a few light showers and a strong but warm wind at times. QO joined with five other teams at Ware near Lyme Regis and at 8AM the race was on. It soon became apparent that BOK's four men (sorry Alice) person team would be challenging the SW Junior squad for the honours with the others fighting for the minor placings. ....

Final times for the 100km 3200 metres climb were

Junior Squad 7 hrs 53 mins 58 secs

BOK 8 hrs 36 mins 15 secs

Kerno 9 hrs 51 mins 10 secs

Quantock 9 hrs 53 mins 20 secs

Wessex 10 hrs 01 mins 00 secs

Devon 10 hrs 04 mins 20 secs

QO team Sue Gard, Bill Vigar (Managers), Margaret and Mike Crockett, Gary Tubridy, Jim Nickolls, Mark Larcombe, Brian Fletcher and Chris Philip.

Rachael Holmes was in the Junior squad.

*The full details of who ran which leg, the leg details and times were on the back. It would be very useful for a future organiser if QO wanted to field a team in the future.*

## RESULTS FROM NE3 AT KILNSEY IN YORKSHIRE

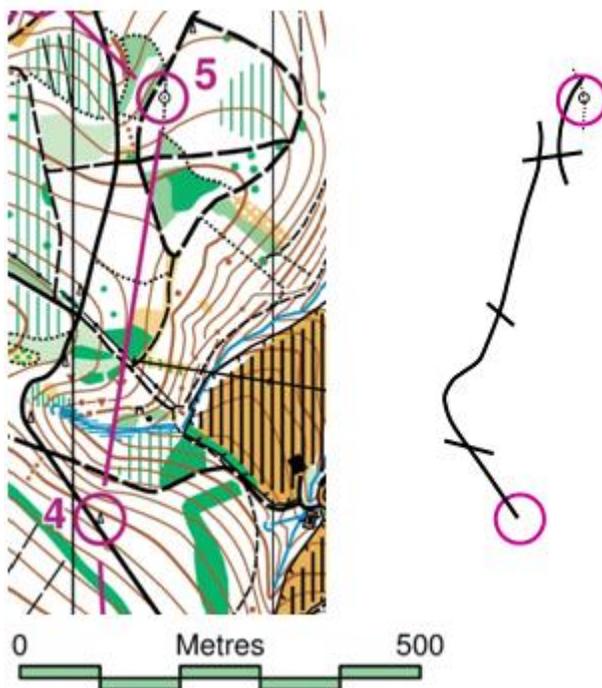
Jenny Tennant 3rd W65  
Sue Gard 9th W50  
Bill Vigar 4th M60  
Mike Crockett 7th M60

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

### **Tip #17—Simplify**

There is a lot of information on an orienteering map. You could spend ages studying the detail and admiring the cartography. But meanwhile the clock is ticking. You may not need all the information - only what's necessary to find the next control. In other words, you need to simplify the map.

Here is an example from the recent Orange course at Croydon Hill. The leg from 4 to 5 is shown on the right - I have already done much of



the simplification by cropping the map down to only show this part of the course.

There is only one obvious route choice - the first 500m of the leg will be along the forest road (shown as solid black line). Then at the 3rd track crossing it's a quick right-left and then 100m to the veg boundary on which the cairn lies. So I would mentally simplify the map as shown to the right of the map extract.

Notice what I have omitted: all contours, all green shading, the three sculptures (pyramid symbols) and the other veg boundaries. I have decided these are not important to finding this particular control. They may be important on other parts of the course, but not here.

The main advantage of doing this simplification is that you can now quickly get on with the running without having to look out for all the unnecessary detail.

An advanced skill is to be able to memorise this simplified map so you do not have to look again at the map until reaching the cairn, which leads onto the next tip...

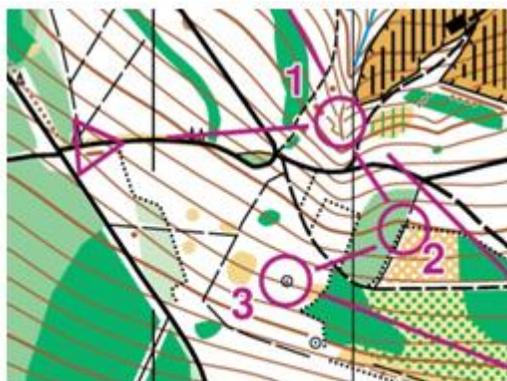
### **Tip #18 - Memorise**

A few editions ago I pondered how much of the course time is spent looking at the map. To look at the map properly you need to keep still, or at least slow down considerably. So minimising the number of looks can really reduce your course time.

The skill to work on is to memorise map detail. A great way to practice is at map memory courses which are sometimes on offer at JOG. On a map memory course the maps are attached to the controls so you can't take them with you. So you have to take one long look at the map and memorise the essential detail.

The only realistic way to do this is first to simplify the route (see the tip above). Then you memorise the sequence - in the case given in the previous tip: take the 3rd track on the right, turn immediately left, then it's a cairn on a veg boundary on the right after about 100m. To be fair, that's quite a lot to remember. So perhaps just remember: 3rd track on the right, immediately left, and only then look again at the map. At least that means you will not have to look again for the next 500m.

Here's a test - get pen and paper! Below is a map extract showing the first three controls from the Green course at Croydon Hill. These are fairly short distances so try to memorise a whole leg. Study the route from start to control 1 until you think you have memorised it, including distances. Now, turn this magazine over, count to 10, and draw your simplified route to the same scale. Compare back to the map to see how accurate you were. Try again for controls 1 to 2 and then 2 to 3.



— *Richard Sansbury*

## EVENTS

### **QOFL 2 – Aisholt Common and Cockercombe, 09/11/14**

This event saw our second highest QOFL attendance in a decade, and it certainly felt like as we played the automotive equivalent of ‘Tetris’ trying to park all the cars! After that I was glad to get going and head out onto the hillside.

This was a ‘new’ area, although it was actually made up of part from two old maps – Aisholt coming from the Triscombe map and Cockercombe from a Florey Down map used four years ago (thanks to Controller Jeff Pakes for this info). The new combination gave a great mix of open moorland and more technical areas, and unusually for this neck of the woods I don’t recall seeing a single mountain-biker on my run.

The walk to the start got some of the initial climb out of the way before the clock started ticking, meaning only a fairly gentle climb over the first few controls on the Green course. The first two went without a hitch, but then I got distracted talking to some dog walkers (I know – poor excuse! But why do people *stop* you to ask if you are in a *race*?!), and overshot my attack point for number 3. Luckily it was visible from a reasonable distance on the semi-open ground, as was the next control further along the hillside. After picking up the fourth control on a fence corner there was a climb up to cross the forest road and enter the woods for the next part of the course.

Controls five through seven were all in the woods, adding a nice contrast from the open hillside. I didn’t adjust too well and lost a bit of time looking for number five along the wrong ride before getting back into the flow for six and seven.

With the woods behind me it was time to head back down the hillside to the 8<sup>th</sup> control. Here I made the mistake of taking a relatively straight line towards the control site, making slow progress through the undergrowth. In hindsight (always such a

wonderful thing!) I would have been better off heading east a bit making use of a track and then dropping down to the control – Route Gadget shows that some more experienced competitors chose that route.

I really enjoyed the next leg, running on a bearing across the hillside to number 9. It didn't last though – after a stream crossing it was an uphill slog to number 10 in the south east corner of the map. The next leg was arguably the most interesting in terms of route choice, as we headed due north across the hilltop and back into the woods. It would have been pretty straightforward, had it not been for a large blob of dark green ruling out a straight-line approach. I decided to follow an earth bank cutting through the eastern side of the 'fight', but it was still a struggle. Others opted to divert further east along the main track and then come back into the control – that would certainly have been easier on the legs!

11 to 12 also presented an interesting route choice. The majority (including me) dropped down south back to a track, and followed this round east and then north to the control site at the end of an earth bank just off the track. It wasn't the shortest route, but probably the most runnable and easiest to navigate. Others chose to go north from control 11 to pick up a parallel track north of number 12, and then drop down into it. And I believe some chose to take a straight-line approach cutting through more technical terrain.

The last few controls stopped us taking the 'easy' route down the same track that we had walked up to the start. Instead we circled off round the north east corner of the map to pick up the final two controls, before descending down the wooded hillside to the finish. Even this last bit made me think – usually when I've bagged the last control it's a flat-out sprint to the finish!

Personally I felt this new combination of areas worked really well, affording a nice mix of open hillside and more technical wooded areas. This view seemed to be reflected amongst the other

competitors I spoke to, and there was a good buzz around the start/finish area. Thanks as always to the Planner (Brain Pearson), Controller (Jeff Pakes) and Organiser (Mark Maynard) for all the effort they put in.

— *Adrian Edwards*

### **QOFL 3—Staple Hill, 30/11/14**

I like to mentally prepare for each event during the drive to it. Thinking a little about strategy and tactics. But on this occasion I had my misbehaving car to think about, cold, damp weather is not what it does best. Anyway I have been to Staple Hill a few times before so don't need to worry too much, although it has to be said that I have never really orienteered very well there. The area is tricky to navigate on to say the least. Bill Vigar was the planner so the courses will be tough but fair. Apply caution and navigate accurately. There, my strategy was set.

Lots of friendly faces in the registration area and Andy Rimes wanting to unnerve me by telling me the time to beat – no chance! But I'll try anyway. Tom Hasler started me off on the Blue course and I was away to the first control, down the track for 10 metres and straight down a shallow re-entrant. What a short control and after punching it what do you know I am in the lead. Except that I didn't know it, not until later that same night when the results were posted on the web site. I must have fallen down the steep slope out of control faster than anyone else.

If only I had known I was in the lead I might have been more cautious (already my strategy is failing) on my way to number 2 where I was far from first. Just a little too low and not really sure how far I had moved from number 1. Must get back to the strategy.

The next few went really well. Bill had indeed planned a good course and was using areas that I had not been to or not orienteered well in before (most of the area) using control sites that were approached from different directions or were new ones so it



*The Start at Staple Hill. Yoga stretches optional!*

was like being in an area I had not been to before, lovely. Then the long control to number 6. The going was tough and my running speed was slow so this one took a while but I hit it accurately after choosing a far from optimal route.

Number 7 was also slow but I was gaining in confidence as I hit 8, 9 and 10 spot on. Looking at the map I can see that I am probably about half way around and already feeling as if I have been out for ages. Now planning number 11, oh yes I know where that one is, down to that 90 degree bend in the track, turn right and along to the stream where I turn left and follow it for a bit. Simple. No need to use the map now just keep going downhill until I reach the Herepath track bend.

What a fool I was. I am almost glad that Adrian asked me to write about this event because I can now explain why my time in the splits was so much slower than everyone else on the course. After an event that I have taken part in I love to use the splits and

Routegadget (until they upgraded to RG2 and my old computer now can't run it) to help me analyse my own performance and that of others. I often think “well they were slow on that one I wonder what happened”. Routegadget is very useful for that, and works just as well for working out who found the optimum route too. Well all you analysts out there, it was not an injury (I expect you had worked that out already as my time for the next control, number 12 was one of the fastest). I did not get lost..... as if!!! And I did not have a lie down for 10 minutes. I was on a parallel journey, not abducted by aliens or in a parallel universe...just a simple case of I (thought I) knew exactly where I was all the time. But I was wrong.

This was the only part of the course where I used my previous knowledge of the area to switch off and run to where I thought the control was instead of navigating. You see this was my undoing, I was making a 'parallel' error and running with great speed to the wrong area—although a glance at the map made me think I was going to the right place. Once in the vicinity of where I had expected the control to be I even found a way in through the brambles and gorse where another runner had gone in, so it must be right. Until a great big deer ran past me trying to get away from this mad runner seemingly chasing it, it was his track in and not a fellow Blue course runner. He looked scared, I must have looked like a lost sole at this point and a very annoyed one. So I shouted at myself and then worked out where I actually was and set a course for where number 11 really was, and a very nice route it was, led me straight to the control and then onwards to 12 in a hurry to make up for the time I had lost.

In reality after losing over 10 minutes on a single control I was not going to make that loss up. But I gave it a go and kept the pressure on from 12 to the end. The controls were again tricky and the climb up the scarp slope to 16 was tough, very tough, but I was navigating well and making good use of my compass, which is something I don't normally do very accurately. I hit the next few spot on until 18 where I took a risk and didn't take a bearing but tried to cut across the forest to go straight to it. But I missed it and now didn't know whether to go left or right. Of course I chose the wrong one and ran

left for about 50 metres before deciding it was the other way. I was now running at top speed to pick up the final few controls as quickly as possible and try to gain some self respect.

So to the positives: I really enjoyed the event, the weather was good, the planning was good, the area was challenging, I was in the lead after the first control and my speed in places was better than I had expected it to be considering my aches and pains. The negatives, what negatives?

Well done QO it was a lovely event.

—*Chis Philip*

### **QO Christmas Novelty—Blackborough, 27/12/14**

This year's Christmas Novelty event was held at Blackborough North (and South, for some of the distant controls), and planned by Bill Vigar and Sue Gard. We got lost on the way and arrived late which meant some of the other teams had to be rearranged and we had to run as a family team - the Hasler Hikers (Team 6).

The format was to have 7 blue controls each worth 3 points available for every team member, whereas the 14 red (1 point) controls could only be collected once per team. The blue controls were slightly easier than the reds,



*The Hasler Hikers*

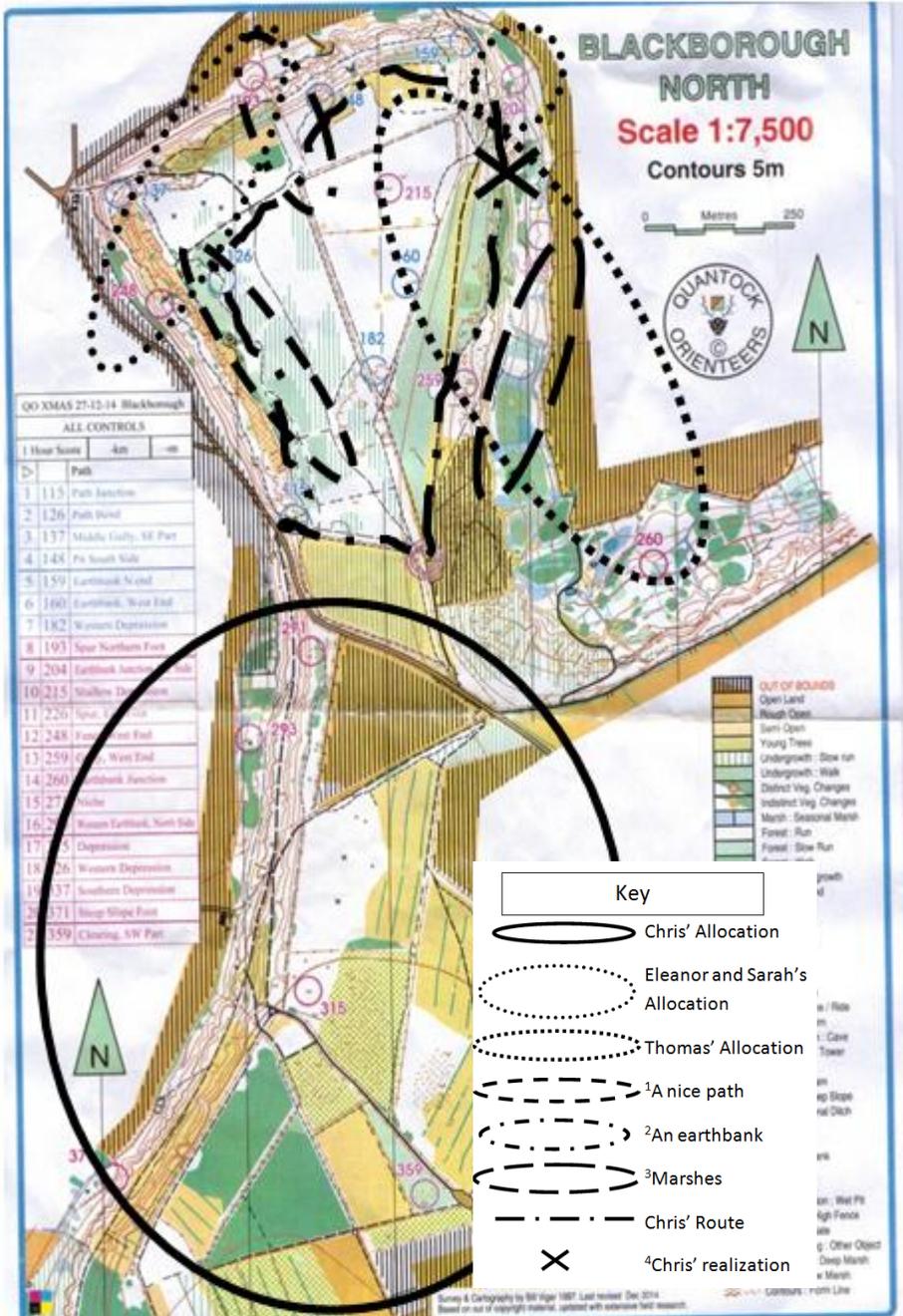
despite being higher scoring. We found that to be a good thing for family teams with young children. We thought that the format was excellent and very creative, as usually at team events everyone has to get the lower scoring controls and only one person can access the higher scoring ones!

As we stuck to the northern part of the woods we cannot write about the southern end. The terrain was mostly flat and level in the centre; however the edges were steep and muddy! There was a path going from 115 to 126 that was dry and firm for running on (1). Also, the earthbank going down a steep slope to 193 was hard to walk on due to sliding leaves (Sarah Hasler felt like sitting down and taking the quick way!) (2). The area between 226 and 259 was marshy, but by staying near (not in!) the Western thicket you could avoid the worst of it. (3)

Our family team strategy was to all go for all of the blues, and then split the red controls. This plan was two-thirds successful – Sarah and Eleanor got all of their allocated controls, apart from number 204, Thomas got all of his controls, except for 260. This scored 23 and 24 points respectively. However Dad didn't exactly have the run we wanted him to have... he only got 9 points (3 blues) i.e. a M45 green course runner was beaten two and a half times over by a W9 yellow course runner accompanied by her mother!

He spent 20 minutes hacking through forest to get on a "small path" without scoring any points. He said brambles closed the path behind him blocking his exit, and he half expected to find Sleeping Beauty and the seven dwarves by the control. He has never lost map contact so soon into a race!

If Chris had managed to get all 7 blue controls but no reds, he would have scored 21 points bringing our 56 points up to a respectable 68 points, raising our 20<sup>th</sup> out of 25 to 9<sup>th</sup> place. On a more positive note he did finish with 5 minutes to spare.



Also his performance was reassuring to Sarah and Eleanor Hasler as they were worried that they would let the team down, but instead they did really well with 23 points.

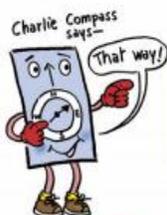
It was great to have 25 teams entered, and with many family teams having extra junior members, this meant there were 80+ participants at this fun event.

On the way to the Christmas Lunch we had an extra 'event' with the Maynards to see who would get there first using different routes. We both started at the same time and place – 12ish, car park gate. The Maynards turned left, taking an easterly route. We turned right, taking a westerly route towards the village of Blackborough, then heading North through *very* small country lanes. We reached the pub 10 minutes before the Maynards—the importance of route choice!

This year's lunch was held at the Beambridge Inn, near Wellington. At the lunch there was a buffet which had lots of tasty food like sandwiches, sausage rolls (the big ones), cheese rolls (the small ones), chips, chicken wings and some more things. Unfortunately there were no results read out, however the JOG league winners were read out and presented with certificates by Rodger Cradock and Mike Crockett. For those who don't come to JOG events we have 2 messages, the first being that the courses' names work like this, Hare=White, Squirrel=Yellow, Badger=Orange and the Fox is either a map memory or a all controls score or a mixture of both, or even something else entirely. The second message is that you should come along, even all the adults as the Fox presents a mixture of challenges.

— *By Thomas & Eleanor Hasler*

*[Ed: I would just like to apologise to Chris for making his embarrassment public. I had no idea when I asked Tom and Eleanor to do a write-up for QuOnicle!]*



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



# Orienteering

## Junior Orienteering Fixtures for Spring Term 2015

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

Sun, 4 <sup>th</sup> Jan	Croydon Hill QOFL	ST 973419
Sat 10 <sup>th</sup> Jan	Triscombe Stone	ST 163359
Sat 17 <sup>th</sup> Jan	Culm Davy/QOAD	SX 123165
Sat 24 <sup>th</sup> Jan	Netherclay Woods	ST 206251
Sun 1 <sup>st</sup> Feb	Ramscombe GALOPPEN	ST 165377
Sat 7 <sup>th</sup> Feb	Lydeard Hill/QOAD	ST 180338
Sat 14 <sup>th</sup> Feb	Blackborough North	ST 101084
Sun 21 <sup>st</sup> Feb	Queens College	ST 218232
Sat 28 <sup>th</sup> Feb	Cotthelstone Hill/QOAD	ST 201327
Sat 7 <sup>th</sup> March	Castle Neroche	ST 277161
Sat 14 <sup>th</sup> March	Longrun Meadow	ST 220249
Sat 21 <sup>st</sup> March	Broomfield Hill	ST 211326
Sun 29 <sup>th</sup> March	Crowcombe Heathfield QOFL	ST 127343

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



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



