



# The QuOnicle



No. 161 May 2015



## The Newsletter of Quantock Orienteers

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

Tel 01823 325119 Email [adrian\\_edwards@btinternet.com](mailto:adrian_edwards@btinternet.com)

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

[www.facebook.com/quantockorienteers](https://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
	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
Jim Mallinson	01278 784714	OCAD maps

*Front cover: Richard in action, courtesy of Jim Pearson*

## **EDITORIAL**

I've been a bit 'out of the loop' lately having missed the last couple of QOFLs due to other commitments. I was a bit worried that my orienteering skills (for what they are worth!) would be getting a bit rusty, so I have invented my own form of training that I thought I'd share with you.

I've called it 'Phone-O', and to play it you just need a smartphone with some sort of navigation app and an urban environment. The idea is simple: you ask your phone to plot a walking route from A to B and it will suggest the 'quickest route'. You then look at the map and see if you can come up with a better 'route choice' that will cut your journey time.

Complex city environments are best for this—I first came up with the idea while walking between meetings in London's Embankment and Shaftesbury Avenue. The phone suggested I go via Charing Cross Road, but I had other ideas involving a more direct (but more navigationally challenging ) route. I arrived at my destination 5 minutes ahead of my phone's ETA with a sense of great satisfaction. Oh, there's one rule—you're not allowed to run in this particular form of orienteering (that would be cheating!).

So there we have it—an easy way to keep your O-skills sharp during the summer months. Or you could opt to keep your eye in by taking part in the SWOA summer relay series—more info on page 7. Really I would suggest the latter!

—*Adrian Edwards*

## **POST FROM THE PRESIDENT**

For some time now I have been giving some thought to my role as president of Quantock Orienteers. At the moment I don't think I can give the position the attention that the position deserves and have therefore reluctantly informed the committee that as from the AGM in July I will be standing down. It was pleasing to get messages of thanks and also persuasive messages to reconsider. Thanks for that.

I intend to continue orienteering but a potentially long term injury may have some input as to how much. 2015 was going to be my year. First year M80! What could go wrong? A dodgy right shoulder and a torn left hamstring have left my season in tatters. I am even typing this with one hand: and tying shoe laces is almost impossible when things are most painful first thing in the morning.

But enough of my troubles! Looking back it has been a good season. The weather has been reasonably kind. We had a glorious day for the last event of the QOFL season in contrast to the one held two weeks earlier. It was a pleasure to go back to Great Breach Wood even though we lost some of the area fairly late on in the planning phase. It seems to be the norm now for QO to have complicated parking arrangements but we certainly have the expertise to cope with such situations.

The results for the QOFL are now complete and on the website. Visitors from neighbouring clubs seem to dominate, but it shows that we do put on attractive events. We even have some regulars from Cardiff. The results for the galoppen are, or will shortly, be on the SWOA website. Here QO have a much better showing. Tony Hext and Luke Shopland gained first places and Brian Fletcher, Chris Hasler and Bill Vigar were in second place on their courses.

Congratulations to Bill who was third M80 at the British Championships held recently in the Forest of Dean. Incidentally the winner was a former QO member and chairman, Dave Parkin.

The competitive season has now come to an end with more relaxed events to come, although there are still some sprint and middle distance events during May and of course the relays later in the summer. Please give Chris your support and maybe this year we may be able to regain the trophy.

And so I bring to an end what is probably my penultimate President's Piece by wishing you all good health, good running and a very pleasant summer.

—*Mike Crockett*

## **CLUB NEWS**

### **QO Annual General Meeting**

The AGM will be held at 4.30pm on Saturday 11th July 2015 at West Bagborough Village Hall, TA4 3EQ.

The AGM will take place on the same day as the Club Championships at Cothelstone. Anyone whether a member or not is welcome to take part in the competition and to join us for free home-made cream tea at the Village Hall, but please tell us in advance so we know numbers\*. Prize giving for the Forest League and other competitions will also be done at the Village Hall at 4.00pm.

Agenda:

1. Apologies for absence
2. Minutes of the 2014 AGM, see note 1 below
3. Matters arising from the 2014 AGM
4. Chairman's report

5. Secretary's report
6. Treasurer's report including:
  - a) accounts for the year ended 31 May 2015
  - b) membership fees for 2016
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 (optional)
12. Any other business, see note 4 below

**Notes:**

1. Draft minutes of the 2014 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 26 June 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](mailto:richard.sansbury@btinternet.com)

\* To book your map and free cream tea, please let Judy know  
[jandr.craddock@googlemail.com](mailto:jandr.craddock@googlemail.com)

**SWOA Summer Relay Series 2015**

With the JK, British Championships, Galoppen and QOFL series out of the way, focus shifts to the most social orienteering series of the year – the Summer Relays.

QO came second in several of the races last year and finished runners-up to Wessex. This year we want to go one better - Trophies!

Maybe you enjoyed being part of the Compass Sport Trophy team with the banter from spectators along the finish straight, or the run in the sun at the (juniors) Yvette Baker Trophy or even both? Perhaps you missed out due to illness, injury or prior commitments? Either way, come and try these fun team events with interesting formats: the more, the merrier! The schedule is on the next page.

As you will be representing QO, the club will pay half the entry fee. Car sharing is also encouraged – it is far more social and lowers the cost of participation.

So please contact me by email or phone if you want to participate at one or more of these events - we can enter multiple teams so don't be shy - and we hope to have a junior team as well.

—Chris Hasler

[chris.hasler@gmail.com](mailto:chris.hasler@gmail.com)

01823 338921

Date	Relay	Organising Club	Venue	Handicap	Adults	Children
14 June	NWO Relays	NWO	Lydiard Park	NO	YES	<u>tbc</u>
21 June	<u>Moonraker</u> Relays	SARUM	<u>Bulford</u> Ridge	YES	YES	YES
28 June	Adams Avery	BOK	Stock Hill	YES	YES	YES
05 July	Furrow Hoppers	WIM	<u>Canford</u> School	YES	YES	YES
12 July	Hardy Relays	WSX	<u>Slades</u> Farm	YES	YES	YES
19 July	Devon Relays	DEVON	<u>Knighthaves</u>	YES	YES	YES

### Hardcore!

28 June	Harvester NIGHT event	WIM / WSX	Rushmore Estate	NO	YES	Orange+
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## POSITIONS (NOT-QUITE-YET) VACANT

In advance of the forthcoming AGM and after many combined years of service to the club, both Richard and Roger have indicated their desire to retire from the roles of secretary and treasurer respectively.

If you are interested in either of these two roles and what taking on the job would entail, please contact either Richard as secretary at [enquiries@quantockorienteers.co.uk](mailto:enquiries@quantockorienteers.co.uk) or myself as volunteer co-ordinator at [jeffpakes@hotmail.com](mailto:jeffpakes@hotmail.com).

### Gavin Clegg

Welcome to Gavin Clegg. Many of you will know or will have heard of Gavin who has now re-joined the club where he started his orienteering career as a school boy. I am sure that we will benefit from both his experience of orienteering world wide and his physical ability in the future. We may also get newsletter contributions from Lady Lycra!

—Mike Crockett

## End of Season Round-Up

With the QOFL and Galoppen leagues both over for another year, here's a quick round-up of results.

### QOFL 2014-15 Elite League—Top 3

**Blue:**

Name	Class	Points Buck	Points Aish	Points Staple	Points Croydon	Points Crow H	Points Copley	Total Points
G. Grierson	M18	1172	1142	1164	0	1100	1097	4578
P. Ward	M45	0	1161	1151	0	1119	1091	4522
W. Kromhout	M40	1161	1097	0	1044	1153	1099	4510

**Green:**

Name	Class	Points Buck	Points Aish	Points Staple	Points Croydon	Points Crow H	Points Copley	Total Points
J. Chesters	M60	1110	1078	1085	967	0	1112	4385
C. Iddles	W55	1140	0	1101	1034	1046	1045	4332
P. West	M40	0	1119	1076	1048	914	0	4157

**Light Green:**

Name	Class	Points Buck	Points Aish	Points Staple	Points Croydon	Points Crow H	Points Copley	Total Points
F. Grierson	M14	1187	1184	1184	0	1196	1218	4785
M. Somers	W14	0	1135	1114	1139	1080	0	4468
J. Wood	W45	0	985	998	1036	974	1047	4066

**Orange:**

Name	Class	Points Buck	Points Aish	Points Staple	Points Croydon	Points Crow H	Points Copley	Total Points
R. Owen	W12	0	1122	1078	1038	0	1157	4395
G. Owen	M10	0	1153	1136	1084	0	1018	4391
L. Shopland	M14	1061	1087	911	0	0	1135	4194

## Yellow:

Name	Class	Points Buck	Points Aish	Points Staple	Points Croydon	Points Crow H	Points Copley	Total Points
E. Maynard	W10	1154	875	1065	729	1014	0	4108
H. Green	W10	0	1097	1096	1194	0	0	3387
T. Perry	M10	0	1037	1169	0	0	0	2206

## White:

Name	Class	Points Buck	Points Aish	Points Staple	Points Croydon	Points Crow H	Points Copley	Total Points
B. West	M8	1117	1065	1134	1230	1011	943	4546
J. Ward	W10	0	1140	1057	0	989	1133	4319
L. Purchase	W7	1084	0	1007	0	0	0	2091

Full results tables for Elite and Handicap leagues are available on the QO website.

## Galoppen League

Congratulations to Brian Fletcher who finished runner-up on Blue with 4,728 points, 2nd to Rob Parkinson from Devon who scored the maximum 5,000 points.

On Green QO members landed 4 of the top 6 places, including Tony Hext winning the league with 4,607 points. Hard on his heels was Chris Hasler in 2nd place with 4,115 points, while John Trayler and Roger Craddock were 4th and 6th respectively.

On Short Green QO vets Bill Vigar and Mike Crockett claimed 2nd and 4th, and at the opposite end of the age spectrum was Tom Hasler in 7th place.

And saving the best until last, Luke Shopland had a tremendous season and ran away with the Orange league with the maximum 5,000 points. Luke scored maximum points in 5 out of the 7 Galoppen events he entered—a tremendous achievement!

## **JOG report for Spring Term from 7-21st March 2015**

Brian Fletcher was the planner at Castle Neroche on 7<sup>th</sup> March. We were lucky with the weather and 75 people came to enjoy the event, 38 children and 11 adults running with 26 adults accompanying their children around the courses.

Longrun Meadow, usually a very well attended venue attracted 44 people. Brian Pearson planned and used French Weir Park as well as the Meadow and SCAT/Castle. Brian had done a special map for the FOX course without paths marked and 11 adults came to have a go.

The last JOG of the Spring Term was at Broomfield Hill and was planned by Robert Green. We had a massive 81 people attending, which was pleasing as Robert travels so far to do an event! Again Robert planned an interesting FOX course where competitors were given a distance, bearing, control code and description only, afterwards I heard one competitor admit “ Hm... I didn't realise my orienteering was so sloppy!”

So many thanks to Brian Fletcher, Brian Pearson and Robert Green for their hard work and inventiveness!

We should also like to thank Bob Lloyd who has helped at most JOGs. Bill and Jim have continued to update maps and produce larger scale sections where needed and Bob still gains permissions on a regular basis. So thank you to those too.

— *Judy and Roger Craddock*

## **CAPTAIN'S LOG**

What an eventful two months it has been!

A large and powerful QO senior team – comprising nearly all of the non-injured active club members, including many of the best youngsters – finished second behind Wimborne in the Compass Sport Trophy heat on March 15<sup>th</sup> at Fonthill.

Just one week later, an incomplete junior team battled hard at the Yvette Baker Trophy heat, held at the Wessex Galoppen on the Rushmore Estate. They finished in a very respectable fourth place behind the mighty teams from Devon and Bristol (winners and runners up respectively at last year's national finals), and not far behind the Wimborne junior team, whom they outscored on a points per person basis. A tremendous result, with many first-time competitors alongside the more experienced juniors. An idyllic run in a sunlit forest.

The QOFL series finished with great events held in contrasting conditions. Foul wind and driving rain at Crowcombe Heathfield and warmer spring weather at Great Breach Wood near Street.

The Galoppen series finished at the North Wilts event held in Gloucestershire(!), at a windswept Rodborough & Minchinhampton Common outside Stroud. Top 5 overall QO results include Brian Fletcher in 3<sup>rd</sup> place on the Blue course, Tony Hext in 2<sup>nd</sup> on the Green table, with Chris Hasler and John Trayler in 4<sup>th</sup> and 5<sup>th</sup> respectively. Bill Vigar was runner up on the Short Green with Mike Crockett in 4<sup>th</sup> and Tom Hasler finishing as top junior. As expected, QO bragging rights go to Luke Shopland who lead the Orange table all season long and is a very worthy winner of the trophy.

QO members also participated in the JK over Easter, at the British Orienteering Championships later in April, and the Triple Gloucester/SW Championships held over the bank holiday weekend.

The next stop is the Saturday JOG league, which usually has a TD4 course of some description for those seniors getting restless. As a special bonus, JOG events are free for QO members. Not a lot of people know that!

And then there are the SWOA summer relays – described elsewhere. Do sign up and come along!

— *Chris Hasler*

## **THE QUONICLE CHRONICLES**

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

### **Newsletter No. 61, Jan 1999**

#### *Editorial*

Having volunteered to take over as editor, I was left wondering how to proceed. Should I carry on as before or should I try and do something completely different? Many years ago the newsletter was known as "The Lost One". Is this a good, or indeed relevant, title? Can you think of a better one?

#### *Compass Sport Trophy.*

A good number of QO members made the long journey to Longmoor Camp on Sunday 10th January to compete in this Trophy Match ..... Although Rachael, Ruth and Alex won their courses, back up from the more mature members was not forthcoming and we were unable to claim a place in the final.

#### *Profile*

One of my aims as editor of the magazine is to promote the awareness of club members to each other. With this in mind I have

drafted a questionnaire, which will probably be changed as time goes on, to enable members to tell us about themselves. For our first profile I have asked the retiring editor Arthur Vince to tell us a little about himself.

*Q. What do you do for a living.*

A. Stress Engineer working on helicopter rotor blades.

.....

*Q. Have you had any funny experiences while orienteering?*

A. My mind set is such that I can't answer this.

*Q. If you could change anything about the sport, or the way it is organised, what would you do?*

A. It needs presentation as a running sport, not a gentle leisure activity for which little effort is required. And the average age of committees is too high.

*Q. Is there anything you would like to say to other member about yourself or Quantock Orienteers?*

A- OO, The club works well together, but more people are needed to take on principal roles. We badly need someone to take on coaching, but I don't think anyone at the moment has the enthusiasm and ability to do this.

A- Me. I tend to say what I think. Don't ask me for an opinion if you can't accept an uncomfortable answer. But you may get the opinion anyway.

*Ed. I asked Arthur for a photo, but Arthur's last one hasn't got a beard. Which only goes to prove that Arthur is the one with the beard and an opinion!*

— *Bill Vigar*

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

### **Tip #21: Fine-O and Coarse-O**

Way back at the start of this series I talked about attack points. Attack points are distinctive features which are easily found and which help you navigate to the control. When the control is difficult to find then breaking the leg down into 2 stages can be useful. The first stage is finding the attack point and then the second is finding the control. I have heard this described as coarse-O and fine-O.

The advantage of thinking this way is that naturally coarse-O is easier to navigate than fine-O. So in coarse-O mode, relax concentration slightly, and just cover the ground as quick as you can. You still need to navigate a bit, but hopefully you are not slowed down too much. Then for the fine-O, switch on full concentration and maybe slow down a bit and make sure you navigate accurately when you need to.

Here's an example from the blue course at our recent forest league race at Great Breach Wood. My route choice from 9 to 10 is shown. I ran fast (coarse-O) for all the path running, simply looking out for the major track junctions, until I reached my attack point at the track junction. From there I navigated directly (fine-O) the short distance straight to the control.



There are other route choices which in hindsight might have been better, but this strategy worked for me.

**Tip #22: Play to your strengths—or maybe not?**

Orienteering is full of variety. Unlike the monotony of a running race, the terrain is variable and every control presents a different challenge, and requires different skills. Inevitably each of us has slightly different abilities and we will be better at some things than others.

For me, my best ability is that I can run fast on tracks. Despite writing all these articles I'm not actually that good at navigating, and I'm also instinctively cautious (i.e. slow) running over rough ground. But on tracks I'm not too bad. So if I want to do well in a race my best tactic is to select a route choice that uses paths even if this is longer than a more direct direction.

So my tip for you is to think about what your strengths are and make your route choices accordingly.

Or, let's twist that around. Think about what your weaknesses are. What about working on these, to improve your ability? Rather than racing every time, use some courses as training exercises. So, why not deliberately make route choices that don't suit you, and coach yourself to be a better orienteer. If it works you may find it more rewarding.

As someone said to me, the best training for orienteering ... is to go orienteering!

— *Richard Sansbury*

## **EVENTS**

### **QOFL6—ONCE MORE UNTO THE BREACH**

The club's return to Great Breach Wood and Coombe Hill was a little bit of a triumph against the odds. This was not least because it meant reviving an 'old' area. The area's decade-long absence from our fixture lists meant some areas of vegetation and hence the map, had inevitably become unrecognisable. A lot of hard work would go into reviving it.

Step forward the Street-based planner Mike Crockett, who was to graft determinedly to resurrect his home turf for orienteering. This process had already born fruit with last year's night event (QOAD) and the opening of a permanent course (POC) on Coombe Hill. But a forest league event (QOFL) would need a bigger area than a QOAD or a POC and permissions from various landowners needed to be secured as well as car parking sufficient for say 50 vehicles.



Mike (and controller Tony Hext) received much support from Bill in the task of bringing the map up to scratch. Not bad for a trio with a combined age of nearly 230, though Tony did cheat by using his trusty mountain bike to get around the forest.

There was a further challenge. Mike and Tony lost a fantastic section of wood to felling and planned felling not long before the event. This eliminated some quite complex contour detail and in all likelihood some short quite technical legs. More than one blue course was planned as a contingency against further felling.

The event's timing presented another 'hurdle', fittingly enough on a day of clashes which included the Grand National. Sandwiched between the Jan Kjellstrom (JK) weekend in the Lakes and the British Championships in the Forest of Dean, our last QOFL of the season could have been easy for many of the more competitive south west orienteers to overlook, especially with a bigger event in the New Forest on the same day. Unfortunately, the nature of our sport and the way it is organised means such clashes are to a large extent inevitable.

A further clash with the Taunton marathon and family holidays, falling on the last day of the school Easter holidays, contributed to there being insufficient members available from the team responsible for putting on the event. Thankfully, into the breach (groan) stepped almost all the club members (30) attending, following a desperate eleventh hour emailed plea from yours truly, the organiser. Thanks again all!

On the lovely warm, sunlit spring day that we were blessed with on the event day, the pull of a challenging 'new' area must have been strong because 100+ attended and made the hard work worthwhile.

What's it like? Great Breach Wood is a little like both Blackborough areas, with a central plateau partially surrounded by steep sides, each with numerous re-entrants and other contour 'squiggles'. The flatness can be confusing as can its samey blocks of woods. It also has a wealth of line features, with a network of gullies and plenty of

paths. Within its patchwork of vegetation features there is a real physical challenge in the form of marsh grass. Respite is offered on Coombe Hill, where there is scope for little else than path running.

The Blue course in which I ran turned out to be a fast and furious race, with Zac Hudd of Bristol's club a clear winner in 41 minutes, more than five minutes ahead of QO's Will Kromhaut, who headed a pack of five runners

separated by only a minute. Ben Chesters of Sarum who ran "down" and declared himself "non-competitive", won the Green course, registering just 27-minutes, an astonishing 15 minutes clear of nearest challenger Brian Fletcher. The second fastest QO runner was Robert Green on 57 minutes. Also well done to Elliott Smith and Luke Shopland, who amongst strong fields achieved 'podium positions' on the Light Green and Orange courses.



— *Jeff Pakes*

## **Not the JK Relay**

Many of you will know that the Easter weekend is the time for the JK series of events, the last event being the Relay on Easter Monday. Although we were at the event this year, we had not entered the relay, but were able to experience an alternative Relay event known as the AA Relay.

On leaving the Day 1 event our vehicle developed a fault for which an 'on site' fix was not possible. In view of it being the Easter weekend the prospect of any local fix was remote so, as Sue is a long term subscriber to the AA Relay service, this was the obvious solution.

It does have a few similarities with the Orienteering version of a Relay, but the rules are rather different. Firstly, although you know the total event length, you do not know how many legs there are, or what the start time is. Also you do not compete directly yourself but you, and your vehicle, accompany your unknown 'runner' . It worked like this.

You 'register' by phoning a special number and having to quote your membership details and explain your problem. You are then given an expected 'start time'. This is probably always rather vague, in this instance it 'could be up to 2 hrs'. After the 2hrs had passed, it was now 6:00 p.m. with no 'start' in sight, another phone call to 'enquiries' assured us it was 'on the way'.

It was, and by 6:30 we were loaded and on our way. Our first leg runner was a freelance, probably on a 'zero hours' contract, which restricted him to a 60 mile radius from his base. This meant he had to decant us just off the M6 J36. At this point the dread of all relay runners occurred, our 2nd leg runner was not there waiting, but we were assured he would be there in 'about 1/2 hr'. After rather more than this a 'real' AA person arrived and we were re-loaded. There was however a problem, due to 'working hours' regulations he only had about an hour left before having to have his 3/4 break, so could only take us to the Keele services, it was now 11:00 p.m.. He could

not have taken us any further, even if we waited for him to have his 3/4 hr break, as the system did not allow it. Again our 3rd leg runner was not at Keele and after 3/4 hr we saw our leg 2 runner depart still with no 3rd leg runner yet in view. Just as we were contemplating another call to 'enquiries' an AA vehicle was spotted in a different part of the empty car park. He turned out to be our leg 3 runner but he had bad news. He only had 10 mins of his shift left before his 3/4 hr break. He was most apologetic and we sat in his nice warm cab, he kept the engine running, for his 3/4 hr break and then we were off again, it was now 1:30 a.m.. I dozed off a bit after this and in no time, actually 2 1/2 hrs, we were at Gordano services by 4:00, real progress, and furthermore our last leg runner was already there waiting. Another 'freelance' this time, but he had a 100 mile radius centred on Oxford, so we just made it to Hemyock by 5:30 a.m.. and so to bed!

So how did we do in orienteering terms? Well 1.33 min/K, with a fuel consumption of about 2000 mpg sounds pretty good, no splits were taken due the poor handover techniques. However, as far as we know, we were the only competitor.

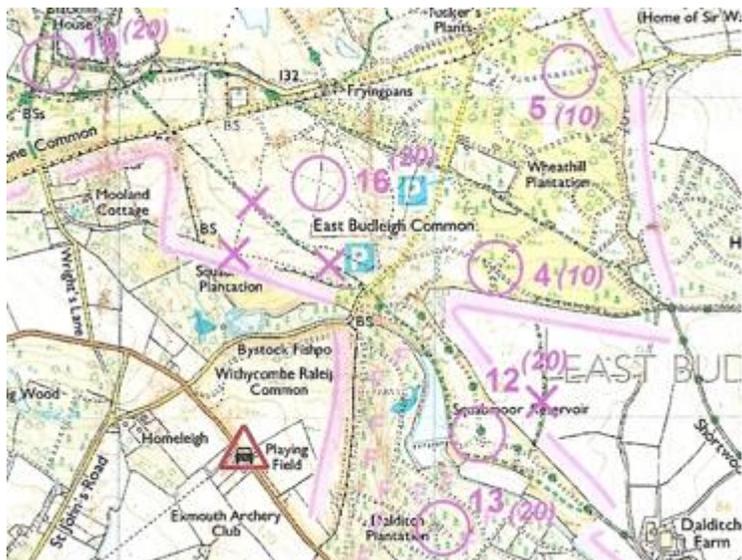
Can I recommend this alternative relay? All the runners were friendly and efficient, but the 'back room' section seemed a little lacking at times. I know there are others purporting to offer a similar service, but like changing bank accounts, or energy providers, can you be sure the change will be for the better? After all it was Easter Saturday, just as well the event was not at Oban.

—*Bill Vigar*

## Somerset Goes to Devon: Mountain Bike Orienteering on Woodbury Common

In case you didn't know, QO member Will Kromhout founded Somerset MBO a few years ago, and has been organising a series of about six Mountain Bike Orienteering events each year since. I went to one of these, based at East Budleigh one breezy Saturday morning in late March.

The event HQ was at the smart village hall in this quaint village - famous for being the birthplace of Sir Walter Raleigh - and from there the whole of Woodbury Common and beyond was accessible. The event format was, as usual for Somerset MBO, a 3 hour score event using a standard Ordnance Survey 1:25000 map. My grubby map shows a typical extract. In the time available it might just be possible to cover 50km and get all 27 controls.



My race started ambitiously. I planned a route that could potentially get all the controls but with the option of dropping some of these and heading for home if short of time. This meant that I spent much of my early time visiting some low scoring controls - if I thought

about it earlier it might have been wiser to do my loop in the opposite direction.

I rode up to the common under grey skies using minor roads and a surprisingly extensive network of old green lanes. I zig-zagged around these picking up several controls on the way and from there I descended from the Common heading west past Woodbury itself and down to the Exe estuary. There were several controls on the Exe Estuary Cycle Trail, which is a fantastic route following the railway line to Exmouth. I rode a long length of the trail, feeling rather over equipped to do this family cycle path on my high-spec carbon fibre full suspension bike and also feeling self-consciously muddy in the semi-urban environment. Eventually I left the trail at the outskirts of Budleigh Salterton and got back on to the Common again.

At this stage I realised I had been over ambitious. Time was running out and so I could only do a couple of controls before descending back to the village hall. At this stage perhaps tiredness struck because I made some silly mistakes, getting lost for the first time, and eventually clocking in to the finish a few minutes over my 3 hour time, with only 17 of the 27 controls visited.

So not the best result for me this time, but a good day out on the bike all the same.

If you are a mountain biker and fancy combining this with orienteering why not look up Somerset MBO and give it a try?

—*Richard Sansbury*

## **British Orienteering Championship Relays, Cannop Ponds**

Half a dozen club members got to rub shoulders with the crème de la crème at a major event at Cannop Ponds in the Forest of Dean in mid April. The prestigious British Orienteering Championships (BOC) and its even more prestigious entry fee of £22, rising to £30 for later entries, drew a smattering of QO entrants for the individual day on the Saturday. Then, after some lung-bustingly long courses some of these hardy souls hung around for the relays the next day.

In running order, we had Richard Sansbury and the two Brians, Fletcher and Pearson in the A team (Quid Pro QO) and in the B team (Bula QO!) we had myself, Adele Appleby and Graham Pearson. For practical reasons, I had entered two M40 teams at an early stage. Women could run in men's teams but not vice versa and the M40 course would not be overlong for any older or less consistent runners. Adele and Graham were the last to join up and were game enough to "run up" from their normal Green and complete a Blue calibre course of 6km, with 175m climb.

The teams entered the fray having narrowly averted a major defeat before the contest had even started. Somewhat ambiguous final details on the BOC website led me to believe, as organiser, that our race "bibs" (the runner numbers) could be picked up anytime from Saturday morning, including race day. Mindful of the rather harsh "no bib, no race" rule, veteran of previous BOC relays Brian Pearson saved the day by picking up the bibs not long before enquiries closed on Saturday. That meant the only red face I was to suffer was on the course itself.

Richard justified his selection as first A team runner out with a tremendous 46 minute run, only 9 minutes behind the M40 lap one leader, elite runner Nick Barrable. One thing that might not be mentioned in the CompassSport mag Barrable edits is his near-flooding by a springy branch as he hurtled back towards control one, having overshot. A tall chap in a green and yellow jersey was seen clumsily pulling back then releasing the branch, as he fought his way away from that control.



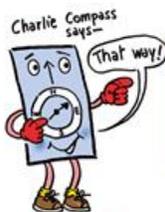
Besides beating a globe-trotting trophy bagger to control one, I also had a very good run, taking 55 minutes. In the last half of the course I was engaged in a titanic struggle with a young woman from a Scottish club, neither of us able to shake off the other, even on the finishing straight. The M40 teams were running the same race as the Women's Premier category. I was glad to hand over to Adele Appleby in good time. The later runners could basically take as long as they wanted and not have to worry about making anyone wait around because there would be a mass start for leg 3 runners before later leg 2 runners returned.

The pace was furious and because I didn't make any real mistakes, I didn't get a breather. Fitness told. Looking at some of the post-race photographs online (Mark Lockett's on flickr), and particularly the "photographer control" three quarters of the way round, I can only marvel at how fresh some of the better runners (e.g. Richard) still looked compared to me, with my breathless red face and thousand yard stare! You can also relive more of the action on our club Facebook page.

Overall, the A team were competitive and did themselves justice, finishing 6<sup>th</sup> out of 13 teams, with Brian Fletcher adding another strong run on 50 minutes. For the B team, it was more a chance to have another day out in some excellent orienteering terrain without taking it all too seriously. And for all, the chance to socialise by the club banner by the finishing straight, marvel at the sheer diversity of runners on view and shout encouragement. Not least Brian Fletcher's battle cry to Ruth Holmes, ex QO member and daughter of Dave, as she thundered down the homeward straight on lap 3 to achieve glory for Southern Navigators in the Women's Premier category.

If you think you'd enjoy this sort of action, don't forget to answer our captain Chris Hasler's call for the summer relay series- all ages and abilities are usually catered for.

— *Jeff Pakes*



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



# Orienteering

Junior Orienteering Fixtures for Summer Term 2015

Saturday events are from 2.00-3.00pm

Sat 2 <sup>nd</sup> May	Thurlbear Woods	ST 266210
Sat 9 <sup>th</sup> May	Netherclay Woods	ST 206251
Sat 16 <sup>th</sup> May	Wind Down	ST 221342
Sat 23 <sup>rd</sup> May	Culm Davy	ST 123165
Sat 30 <sup>th</sup> May	Kings College	ST 238234
Sat 6 <sup>th</sup> June	Staple Hill	ST 245159
Sat 13 <sup>th</sup> June	Kings Cliff Woods	ST 270320
Sat 20 <sup>th</sup> June	Castle Neroche	TBA
Sat 27 <sup>th</sup> June	SCAT/Castle	ST 220249
Sat 4 <sup>th</sup> July	Ash Priors	ST 150289
Sat 11 <sup>th</sup> July	Cotthelstone	ST 183318

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



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

  
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