



The QuOnicle



No. 162 July 2015



The Newsletter of Quantock Orienteers

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Quantock Orienteers Committee

Chairman	Bob Lloyd	01823 333251	Permissions
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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: 'Status QO' with the NWO Relay trophy

EDITORIAL

As some of you may already be aware I have decided to relinquish my role as The QuOnicle editor due to other commitments, so my days of writing this editorial are numbered. You're not quite rid of me yet though—I'm staying on until the end of 2015 so that one of you lovely dear readers can take my place.

There's a 'job ad' on page 4, but please do have a think about whether it is a role that you could fill for the club. It's been very satisfying presiding over our newsletter for the last six years, and when I was still quite new to QO (and orienteering in general) I found it a great way to meet people and engage with my fellow club-mates.

OK, that's enough of the 'soft sell' - let's get on with the newsletter...

—*Adrian Edwards*

POST FROM THE PRESIDENT

This newsletter will be distributed at the club Championships and A.G.M. I should be able to distribute a good number by hand which is always a bonus to the club and to myself as I am able to stop and chat to you and it saves the club money. No one has come forward to offer to take over the distribution yet. It isn't too onerous a task. I must admit that to me it is always a challenge as a former treasurer to post as few as possible.

At this year's AGM there will be several changes with committee members standing and changing positions. No doubt thanks will be expressed at the meeting but on your behalf I add my thanks to Richard and Roger for all their hard work over the years. Adrian is also standing down as editor at the end of the year. A very big thank you to him for bringing the QuOnicle to what it is today.

At the time of going to press we are midway through the South West Relay series. QO are currently leading with 139 points from three events. The full scores are on the SWOA website. The junior team did really well to win the junior race at the Sarum Moonraker relays. Well done to them.

My May P.P. was one of doom and gloom over my injury problems. For this I apologise. I am pleased to say that both my physical and mental state have now improved and I will be back to competition very soon. What the standard will be remains to be seen.

As of the time of writing the physical is OK but the mental !!! I have been to a BAOC summer series event today. The first one since my injury. I got round the course OK but 22 mins. on one simple control ! Simple if you go down the correct path. Perhaps next time.

And so on that slightly more cheerful note I wish you all Good Health, and best wishes for the future.

—Mike Crockett

CLUB NEWS

Job Vacancy - QuOnicle Editor

An excellent opportunity has arisen for a QO club member to become the next editor of The QuOnicle. The role involves sourcing material for The QuOnicle from fellow club members (occasionally with vague threats), proof reading articles (sic), and compiling the newsletter in MS Publisher.

Person requirements:

- Know how to switch on and use a computer
- Ability to ambush people and ask them for an event write-up when they are least expecting it

Hours:

- Approximately 5 hours every other month

Remuneration:

- Bags of kudos from your very grateful club-mates

Full training will be given to the selected applicant, and the outgoing editor is willing to 'hand-hold' for the first few editions.

The position will be available from January 2015 (or sooner if anyone comes forward!). To find out more about the job or to apply for the position please contact Adrian Edwards:

adrian_edwards@btinternet.com

Tel: 01823 325119

QuOnicle Paper Copies

Dear Member,

The Committee is considering whether or not it is necessary and/or desirable to send paper copies of The QuOnicle to all or a proportion of the membership in future and whether to print it in part/completely in colour.

In order to make a decision it would be good to know how many members actually want to receive a paper copy of the magazine.

Can you (preferably) email me at bob@boblloyd.plus.com or phone me on 01823 333251 (and leave a message if I am out) or cut out and complete the questionnaire on page 19 and post it to me.

— *Bob Lloyd*

Club Tops

Why not celebrate summer in style with a brand new QO top—the perfect addition to any wardrobe and (almost) guaranteed to make you run faster. The club has taken delivery of a new batch of QO tops, but they are going quickly. The subsidised cost of the new shirts is £30 for all sizes.



If you'd like to get your hands on one they will be available at the Club Championships, or give Judy a ring (01823 323850) and arrange a time to try one on.

— *Roger and Judy*

JOG REPORT: Summer Term 2015

Thurlbear Woods was the first event of the Summer Term, Adrian Edwards planned in an area that he is now beginning to know very well! Not many people came but those that did enjoyed the courses with some children and adults making similar mistakes in the same areas. Many people remarked on the amazing variety of wild flowers and the amazing birdsong.

Now that Netherclay Woods is maturing it's becoming a much more interesting area for JOG events. As Netherclay is on his doorstep Richard Sansbury offered to plan. It's a safe and relatively easy area for newcomers, but in order to make a more demanding course for the Fox course Richard "whited out" large chunks of the map, 9 people competed on this course with Andy Bussell JUST beating Luke Shopland into 2nd place!

Wind Down was on 16th May and was planned by Kieron Hopkins helped by his Dad, Stephen, with Spencer Modica the controller. Again, although it was a lovely day not many people came but the event went very well with courses that were well planned and satisfying for those competing.

Jim Nickolls planned at Culm Davy and it was a pleasant surprise that several of the fences had been removed as the cattle were not grazing there yet. It's an interesting spot for JOG as there are a variety of good line features and other areas where features are less distinct and the map has to be carefully read. The courses were fun and competitive with Ben, Thomasina, Joe and William finishing within a few minutes of each other on the Hare.



Joe on the Hare course at Kings Cliff



Adam on the run-in

It was a sunny and pleasant afternoon for King's College on 30th May. Lucy Bussell planned with some help from dad on the Badger and Fox courses which used the adjoining urban map. 40 people came and the urban courses certainly extended those that had a go, with Jenny Wood and Vikki Page fighting it out on the Badger and Chris Hasler just beating Deepak Mannari by 30 seconds on the Fox!

Chris Philip planned at Staplehill and again we were lucky with the weather. Chris' courses proved just the right level of difficulty, it's not an easy area with

much undergrowth at this time of year and route choice on the Badger proved key to success. Chris planned the first line course in a wooded area that we have had for Fox. It was hard but excellent, ensuring accurate map reading and re-enforcing the importance of looking out for parallel features. This weekend turned out to be a very busy one for Chris and thanks are due to him for finding ways around problems and keeping the event on the calendar!

Kings Cliff Wood was on 13th June and was planned by Jenny Wood. The Hare and Squirrel courses were a great success especially as they entailed crossing the stream! The undergrowth was again a problem with the off-path courses of Badger and Fox, especially the latter as this was on a whited-out map giving an advantage to those with "local knowledge". Thanks to Pete too who worked with Bill to produce large scale superb maps for Hare and Squirrel courses.

Yet another sunny and glorious afternoon for Brian Fletcher's event at Castle Neroche. As usual Brian's courses were well thought through and just hard enough to test the more adventurous. Bob arranged with the very obliging farmer for us to use a nearby field to set up a maze for the junior training, this proved so successful and competitive that almost all JOG competitors had a go, or even 2 or 3!



Ben at the finish

Tom Hasler and Luke Shopland planned the most recent event at Longrun Meadow. Although it looks like an easy area it can be confusing at this time of year with paths becoming overgrown and indistinct. However, with Bob out in the field helping now and then, everyone managed to get round and enjoy the Hare and Squirrel courses. The Badger made good use of the whole map including SCAT and Castle and the boys managed to find some good control sites. The Fox was a new concept. The map was divided into zones and the course visited controls in the different zones identifying the feature only by the IOF description (see the map on page 10). This proved a real challenge.

Thank you to the people who have planned so far this term (we still have 2 more events to go.) Thanks also to Jim and Bill who supply and up-date the maps. Bob, Graham and Jim deserve medals for the way they are always prepared to help and follow children and families, sometimes giving up their own runs. As we don't know who will turn up to events this is always a matter of last minutes requests and trying to give people confidence.

— *Judy and Roger Craddock*

Longrun Meadows

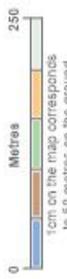
including Somerset College of Arts & Technology and Castle School



Cartography and survey by David Harvey based on aerial photographs and site visits by Bill Widge on 15th May 2012. Castle School site the previous survey by Bill Widge. Last updated: Jan Wallinson, May 2013.



Scale: 1:5000



Possession of this map does not imply right of access for orienteering or for any other purposes. Permission must be obtained from the landowner. This reproduction of a track or path does not constitute a right of way.

Longrun Meadows 27th June 2003		4.6 km	
1	108	E	A
2	104	C	I A
3	102	B	I A
4	106	F	I A
5	110	H	I A
6	116	H	I A
7	134	G	I A
8	133	E	I A
9	108	F	I A
10	107	F	I A
11	112	F	I A
12	107	F	I A

Number 11 Bonus Hint:
NE of Distinctive Tree

Zone D

Magnetic North

Zone F

Zone H

Zone G

Zone B

Zone C

- Track
- Path
- Tarmac / Gravel track
- Pipeline
- Powerline
- Fence with gate
- Wall / High wall
- Building / Steps
- Covered area / Canopy
- Vegetation boundary
- Quail / Ditch
- Hill / Knob
- Large depression
- Slip bank
- Earthwall
- Pond / Water feature
- Floodlight / Play meter
- Games pit / Boulder
- Trees - large > small
- Seat / Stump / Hollow
- Plants / fence / Other object
- Bridge - large / small
- Hedge
- Grass / Field
- Rough open
- Wooded area
- Thicket/Bushes
- Hard paved area
- Soft paved area
- Young trees
- Wild meadow
- CUT OF BOUNDARY

Grid reference at French War Bridge
ST 202 646

For information about orienteering locally, visit <http://www.quantockopeners.co.uk/>

CAPTAIN'S LOG

The QOFLs and Galoppens are but distant memories as we watch the nettles and brambles reach for the sky. Fortunately we have the SWOA Summer Relay series to keep us occupied on a Sunday. These are tremendous fun and come in a range of different formats to challenge and amuse, whilst accommodating a range of ages and abilities and engendering a strong team spirit.

The club entered three teams at the first event in Lydiard Park, Swindon on June 14th, hosted by North Wiltshire Orienteers:

1. Status QO – Richard Sansbury, Gavin Clegg and Brian Fletcher.
2. QO Vadis – Jeff Pakes, Jim Mallinson and Luke Shopland.
3. QO Familia – Chris & Thomas Hasler.

This was the first chance to see how Gavin would fit in with the established QO relay runners. In possibly the closest finish in the history of SWOA relays, Richard Sansbury running as 'anchor man' completed the final leg just a few seconds ahead of the last runner for the Wessex Raiders - the current long-reigning champions. These runners were on different courses, approaching the finish from different directions and would not have seen each other until the last 10 metres or so. The cover photo says it all - Gavin, you can stay!

The second relay was at Bulford Ridge South and Bulford Camp, on Salisbury Plain, hosted by SARUM on June 21st. For this race we entered three adult teams and one junior team.

1. Status QO – Will Kromhout, Gavin Clegg and Richard Sansbury.
2. QO Vadis – Brain Pearson, Tony Hext and Jim Mallinson.
3. QOTA – Spencer Modica, Chris Hasler and Graham Pearson.
4. Kid pro QO – Elliot Smith, Thomas Hasler and Luke Shopland.

This race was a Harris format event, with 6 spine controls that everyone must visit and the remaining controls shared between the team. The clock starts, maps are opened and frantic route planning follows before all three runners head off to do their bit. Just to make it

more interesting, the map was double sided with the urban map at 1:5000 turning over to the ridge map at 1:10000.

A well planned strategy will see all three runners returning in similar times, and Status QO did just that. They flew round the controls and finished

with a minute of each other, but oops, someone forgot to punch a spine control. This earned a 15 minute penalty which moved them from 1st place to 6th, with QO Vadis finishing in 4th place. The junior team restored club honour by winning their race – well done lads!



The SARUM relay boys

The latest in the series was the BOK Adams Avery/Avon Schools event, held at Stock Hill in the Mendips on Sunday 28th June. Again we had three adult teams and one junior, but this time the juniors were representing their secondary school – The Castle School, Taunton.

1. Status QO – Will Kromhout, Tony Hext and Richard Sansbury.
2. QO Vadis – Andy Rimes, Rosie Wych and Graham Hartley.
3. QOTA – Spencer Modica, Jim Mallinson and Chris Philip.
4. Castle School – Thomas Hasler, Harvey Merrifield and Luke Shopland.

Five members of the adult teams had warmed up by running in the Harvester relay event overnight at Tollard Royal just a few hours earlier – gluttons for punishment! Will Kromhout still managed to sprint around his blue course in just 35 minutes, with Andy and Richard running their Blue courses in 40 minutes each. The mighty



The 'AA' Team

BOK club usually dominate this event entering many strong teams and so it was this time, with the Hallet family team finishing in first place. Status QO managed a very creditable 3rd, with the other teams coming home in 6th and 9th places. Will already has plans for next year!

The boys finished in 5th place from 11 starters, a very creditable effort on their first outing as a school team. Well done to Harvey entering his first relay and largest event by far. Closer inspection of the split times on his yellow course show that he was leading the field for most of the race!

After the first three events, QO are leading the other clubs by a healthy margin, but three events remain in the series and it is all to run for! Thanks to everyone who has taken part so far. With ages ranging from early teens to late sixties, it is a great opportunity to mix and compete with other club members. There are still spaces in teams for the later events, so please contact me if you would like to join in.

— *Chris Hasler (01823 338 921)*

QOTS REPORT: Summer Term 2015

Our juniors have worked hard this term building on and refining the skills taught last term: pace counting, map interpretation and bearings.

At Culm Davy and in glorious sunshine we tackled contours, not forgetting to keep our thumb on the map! The juniors were in charge of identifying the contour features along a route towards Culmstock Beacon, skills that came in handy for some of the courses that day.



QO Training Squad in action

The challenging terrain at Kingscliff Woods and varied vegetation tested the juniors' map reading skills around our short course, finding specific features. Training was finished off with a fast and furious game of hunt and/or find the cone. Great fun, enjoyed by all!

The final session this term dealt with relocation. At Castle Neroche we split into 2 groups with Chis and myself taking turns to deliberately go the wrong way or take the wrong path. Once again our juniors excelled and none were lost. Well, not for long anyway!

Castle Neroche was also a perfect spot to test out the man made "maze" where you had to navigate and dib your way around one of 4 routes in the shortest time. A keenly fought battle between adults and children resulted in Brian being the quickest around route C and Andrew on routes A, B and D. Well done to all who took part. Watch out for the return of the maze next term!

—Vikki Page

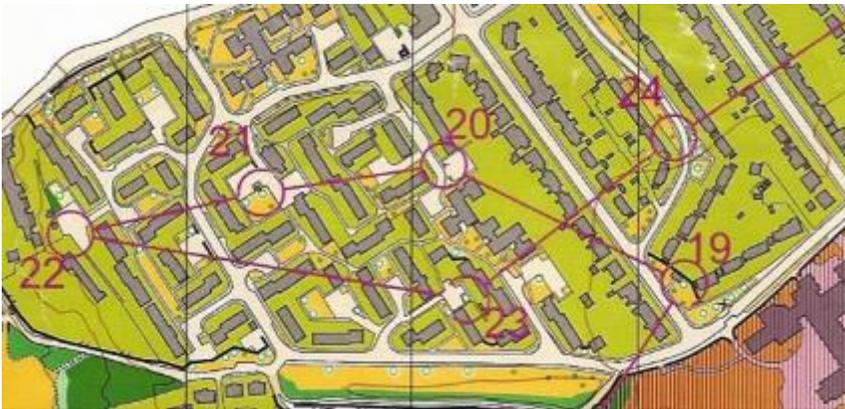
SKILLING UP: HINTS AND TIPS FOR IMPROVEMENT

This edition concentrates (significant word) on two particular errors that seem to come up from time to time. I hope you can avoid my mistakes!

Tip #23—Missing a Control

Anyone who has helped out at download might recognise the following scene. A sweaty competitor presents their dibber but no printout emerges. Computer says "no". Did you miss out control 8? Of course not! Short pause while the map is consulted. Ah, perhaps I did miss it, aaargh!

I've done it twice myself very recently. First at an urban race I simply missed out control 23, going straight from 22 to 24 (see the map). It's not an obvious mistake to make, and I find it hard to see how I made such a clumsy error.



At least that time I only disqualified myself. The second one was at a relay race where I missed my 3rd last control, effectively disqualifying the whole team, oops.

What did I get wrong? Well in both cases this happened on straightforward controls following on after more complicated areas, and they also took place about 35 minutes into a 40 minute race.

This is no coincidence. If you run hard you will be very tired in the last parts of the course. This tiredness applies to mind as well as body. If you know the difficult part of the race has passed you will naturally want to take it easy. In a sport like ours where brainwork is as important as legwork this is a danger.

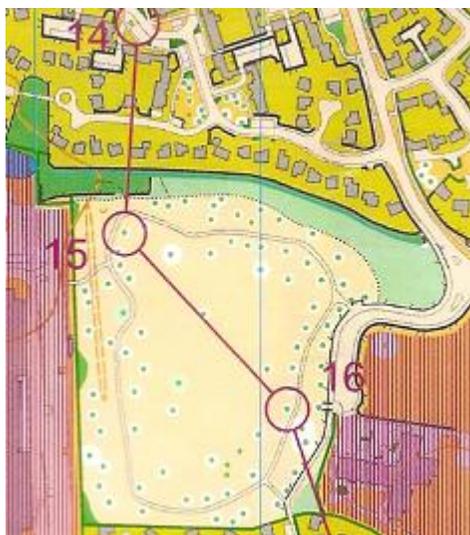
How to stop this happening. One word: concentrate. Try to avoid mentally easing up late into the race. Instead continue to look at the map properly, and continue to navigate. Don't start thinking about the finish until you get there!

Tip #24—180 Degree Error

It's not uncommon for someone to admit to the 180 degree error. Fortunately the mistake usually becomes obvious very quickly and simply retracing gets back on course. But time is lost.

This is not one I'm very prone to. I may have done this in the early days but not recently. However I did something similar only a few days ago.

This was also at an urban race (so many urbans - it is the summertime after all). Well planned challenging urbans require frequent direction changes and non-obvious route choices and in this case the only approach into control 15 was from the east and then come out heading south-east to 16.



My mistake was that while all this direction change was going on I didn't turn my map around and ended up with it upside down, 180 degrees out. If you try turning the page around you will see that the

map of the park looks very similar to a cursory glance upside down. I headed roughly in the right direction but with the map upside down I was trying to find the control on the wrong tree. After a minute or so, the penny dropped and I carried on. So not a major error, but this was a blot on an otherwise good run.

So what's the tip? Same as above: keep your concentration right up to the end of the course.

— *Richard Sansbury*

A LONG RUN - The Coleridge Way

I have always been impressed by those who have run huge distances. There are epic races such as the Lakeland 100 or the Ultra-Trail du Mont-Blanc (100 miles over mountain terrain in one or two days) and even longer multi-day races like the Dragon's Back (the length of Wales in five days over the major summits). I have been wondering if I could get anywhere near this level of distance running. So I decided to challenge myself to attempt running our closest long distance walking path - The Coleridge Way.

The Coleridge Way originally went from Porlock to Coleridge's Cottage at Nether Stowey. Last year it was extended to Lynmouth, but I decided not to be over ambitious and leave the extension. But that still left a 38 mile route. Spring Bank Holiday looked to be a good day for the attempt, with overcast, dry, calm weather forecast. My preparation was limited - the week before I had run about two-thirds the distance, but otherwise my only long distance exercise was cycling. I did my homework, making laminated route cards and deciding where to cache water bottles. I packed a small Camelback rucksack with my initial water, jelly babies, energy bars and a little emergency gear. And that was about it.

I had a slight false start in Porlock. I didn't know where to start but it seemed appropriate to start at the church. I had a slight embarrassment straight away by failing to find my way though Porlock alleyways, so stopped the clock and walked back for a second start. This time I found a Coleridge garden so started there instead.

And so the route began. It's a fantastic route - I think it has some of the best paths in the area. So I jogged along beautiful paths with great views which I did manage to appreciate. There were sections of bluebell woodland and heather covered moorland. There were some steep climbs and descents but much of the time was cruising along good paths enjoying the scenery.



Richard at Coleridge Cottage

I walked up the steepest parts of the route such as the initial climb from Porlock to Webbers Post, but for most of it I settled in to a steady pace. Occasionally I stopped to explain to people what I was up to, or to adjust my kit but generally I ran for perhaps 90% of the time.

How did I get on? It went very well actually. I reached my water points in my expected times. I had more than enough food and water and everything went to plan. The last quarter was tough - the route round the top end of the Quantocks seems to be relentlessly climbing and descending - but the end was near and I felt triumphant on the final climb from Holford. I reached the finish in 7 hours 40 minutes and the good people at Coleridge Cottage took my picture and let me have a look round before closing for the day. I'm now wondering what's next ...

— *Richard Sansbury*

Paper QuOnicle Questionnaire

The Committee is considering whether or not it is necessary and/or desirable to continue sending paper copies of The QuOnicle to club members (see the news article on page 5), or whether it should be an entirely 'electronic' publication emailed to members.

You can have your say on the matter by emailing bob@boblloyd.plus.com or phoning Bob on 01823 333251. If you prefer 'snail mail' please cut out the reply slip below and send it to:

Bob Lloyd, 3 Comeytrowe Rise, Taunton TA1 5HZ

Name:

Please indicate whether or not you want to be sent a paper copy of The QuOnicle by putting a tick next to the appropriate statement below:

I would like to receive a paper copy of The QuOnicle.

I do not want to receive a paper copy of The QuOnicle.

Please add any comments below:

Fixtures

Senior Club Events

03.10.15	QO Long-O Day 1 (score event)	Venue TBA
04.10.15	QO Long-O Day 2	Venue TBA

The Forest League (QOFL) is our series of regular events with colour coded courses, White to Blue to suit all abilities. Start times 11am to 1pm. Costs: Senior £8 (£5 BOF members), Junior £2, Families £12, Dibber Hire £1.

**PLEASE CHECK DETAILS BEFORE TRAVELLING:
www.quantockorienteers.co.uk**



Editorial deadline for edition 163 will be **23rd September**. Please send all copy to adrian_edwards@btinternet.com .