



The QuOnicle



No. 163 September 2015



The Newsletter of Quantock Orienteers

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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.
	Spencer Modica	01823 451674	

Other Club Officials:

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Jeff Pakes	01823 321900	Volunteer Coordinator
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Judy Craddock	01823 323850	JOG/ Membership
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Andy Rimes	01823 451942	SI & Equipment
Jim Mallinson	01278 784714	OCAD maps

Front cover: Kid Pro QO were victorious at the Devon Relays

EDITORIAL

Welcome to the penultimate edition of The QuOnicle under my editorship. We still need a replacement editor and so far nobody has come forward. Please see the new item on page 4 if you think you could help.

With summer now behind us (did we have one?) the orienteering season will soon be in full swing, with the always-excellent Long-O weekend providing a tasty first course. May I wish you all a successful season, except perhaps those I'm competing directly against. As Richard reminds up in the latest instalment of his rather excellent 'Skilling Up' series, it is a race—something I am often prone to forget mid-run! We also have some advice from Gavin Clegg in this edition, so with tips from two of the clubs most successful orienteers hopefully we will all see some improvements in the coming months.

—*Adrian Edwards*

POST FROM THE PRESIDENT

It's sometime since the last QuOnicle and quite a lot has happened. Your committee have been busy setting up a sub-committee to discuss communication within the club and beyond. This will cover all aspects including the website, Facebook and QuOnicle , both electronic and paper including distribution. I was disappointed to hear that there were very few responses to Bob's request for preferences that he placed in the last edition. If you have any thoughts please pass them to a committee member.

The relay season has now finished with the trophy being presented to Wimborne. QO were second in a very close finish. Congratulations to the teams and Captain Chris for a valiant effort.

A good crowd of members were at Fernworthy on the edge of Dartmoor this weekend. We were warned about the runnability with a multitude of brashings but did not expect them to be quite as bad as that. The weather was good which made it an enjoyable event. I am

not aware of any trophy winners among our contingent, but a big congratulations to all who completed their courses and came back smiling. Special mention must go to those newcomers to the sport at this level. No names but you know who you are.

There were a few notable absentees from our ranks. Tony Hext, one of our regulars, has recently undergone a major operation at Yeovil hospital. He is now at home recovering and hopes to be back with us in 2016. Tony we wish you a speedy and full recovery and look forward to seeing you in the new year.

Also missing were the Modica Family. Spencer has had a badly injured leg and has been totally incapacitated. He has some bending now and is able to walk slowly without crutches but it may be some time before he is fully fit. We wish him all the best for a full recovery.

Congratulations to Ruth Holmes, a former member of QO, who represented Great Britain at the World championships in Scotland recently. Our first introduction to Ruth was as a babe in arms at an event at Copley Wood (where QOFL 6 was held in April). Mum Jan was helping on the finish stapling cloakroom tickets to control cards (no high tech stuff in those days). When we marvelled at her dexterity at managing this task with the baby on one arm, Jan said it was no different than peeling potatoes at home. I recall that the event had a huge attendance. She must have been tired by the end.

SWOA celebrated 50 years of orienteering this weekend. QO were one of the early clubs and will be celebrating our Golden years in a 2019. Put you thinking caps on. It won't be long and I am sure the committee will welcome ideas for the celebrations.

And so at the start of this new season I wish you all the very best. May you achieve your ambitions but above all enjoy yourselves.

—*Mike Crockett*

CLUB NEWS

Job Vacancy - QuOnicle Editor

Just a reminder that we are still looking for a new QuOnicle editor to take the helm next year. If you think you may be able to help and would like to discuss what is involved please give me a call on 01823 325119 or drop me an email (adrian_edwards@btinternet.com)

— *Adrian Edwards*

Planning ahead and QOFL teams 2015-16

As our fixtures secretary Julia Robertson remarked in her report to the AGM, for a small club we put on an incredible number of events. The 2014-15 fixtures are worth repeating here: 28 JOGS, 6 QOFLs, 5 QOADs, a galoppen, a club champs, an Xmas novelty event and a collaboration with Devon OC for a Long-O weekend. That's something nearly every week. A big hand to everyone who helps the club do this!

As you might have gathered, the process of putting on orienteering events is very labour intensive, not least the work behind the scenes. Unfortunately, orienteering is also a sport at threat from the increasing diversification of folks' leisure activities and the absence of a "missing generation" of those in their 20s and 30s. Taking on these challenges adeptly, in recent years the club have developed the very successful JOG programme to run alongside the ever-popular QOFLs and given 'O' the profile it deserves.

Inevitably the biggest problem is finding sufficient people to put these events on without over-working the same individuals! At the time of writing, it is uncertain whether we will be able to find people to control the first QOFL and to plan and control the second one. Only QOFL3 has its officials fully in place at present. Although it is excellent that our QOFLs are so well-attended and so many members rally round to ensure the event day runs smoothly, we

need more people to get involved in officiating. Our group of officials- that is, the planners, controllers and organisers for senior events- is small and asking the same people to do more (as is often the case) would not be fair on them.

The QOFL series of six events per season is often seen to be untouchable, but surely that hard-working band of officials need greater support if the series is to continue in its present form. Do you feel we are taking on too big a burden with our heavy programme? Please let me or the committee know your views.

When are you ready to plan a QOFL? It depends on the individual. If you have run a dozen or so courses with probably at least half of those being Green and Blue, then you may well have the basic skills to plan a QOFL under an experienced course “controller”, who will help you at each stage and who is ultimately responsible for the courses on event day.

Planning can be surprisingly enjoyable and rewarding - it has a payback in terms of orienteering ability- and can be a chance to get to know a beautiful area very well. If you'd like company, why not collaborate as some have done? If a QOFL seems daunting planning a JOG can be a very good way to start. The free planning software Purple Pen is excellent and user-friendly. Help is always available and expenses claimable.

As for organising, you don't even need to have much orienteering ability at all. If none of the above appeals, there are plenty of background roles. Please register your interest with me for these and either myself or Julia Robertson for the event roles. Our contact details are on p2.

Finally, thank you to everyone who responded to my request for “guardians” for the permanent courses earlier in the summer. Please keep sending your observations through to me and I will pass them on to those maintaining the courses.

—*Jeff Pakes*

QOFL teams for 2015-16:

Team 1

(QOFLs 1 and 4)

Roger Craddock

Akers, Peter
Beck, Simon
Bussell family
Craddock family
Daniels, Jan
Dickey, Roger
Fernandes, Nick & Bev
Gard, Sue
Hartley, Graham
Harvey, Norman
Hyland, Phil
Larcombe, Mark
Lukes, Andrew
Mallinson, Jim
Maynard family
Nickolls, Jim
Page family
Pearson, Graham + Jim
Reay family
Rimes-Wych
Toomers, the
Vigar, Bill
Wood-Cattell family

Team 2

(QOFLs 2 and 5)

Chris Hasler

Andersen, Mike
Baybutt, John
Boyd, Fiona & Moore,
Oliver
Clegg, Neil
Crockett, Mike
Edmonds, Marie
Edwards, Adrian
Elliston, Steve
Fletcher, Brian
Hasler family
& Luke Shopland
Hopkins family
Husband, Ian
Knipe, Matthew
Longhurst, Martin
Milroy, Tony & Vanessa
Nevell family
O'Mahoney family
Philip, Chris
Purchase family
Pye family
Sansbury, Richard
Smith / Kromhaut family
Tennant, Jenny
Trayler, John

Team 3

(QOFLs 3 and 6)

Jeff Pakes

Abbott, John
Appleby, Adele
Bibby, Nevill
Bolling, Keith
Braine, Sheila & family
Clegg, Gavin
Cudmore, Chris
Fisher, John
Frost family
Green family
Hext, Tony
Hill, Richie
Lloyd, Bob
Mannari-Lowry family
Modica family
Pakes, Jeff
Pearson, Brian
Robertson, Steve & Julia
Sands, Colin
Spenlove-Brown
West-Wood family
Williams, Steve

Team leaders in bold type

CAPTAIN'S LOG

The SWOA Summer Relay series ended in July at the Devon event at Knightshayes Court and another great QO team effort. With two senior teams, a junior team and a women's team, QO competed hard. Andy Rimes and Adrian Edwards ran all three legs consecutively. Brutal. In the end we were narrowly beaten in the senior event by the four Grierson youngsters from Devon who have been pillaging QOFL trophies for the last few years. The eldest two are rated in the top 200 nationally, and the youngest two are members of the South West Junior Squad or even represent England Juniors in the home internationals.



The QO crew at the Devon Relays, apart from Judy who runs away from cameras!

Our women's team ran in the junior event and were narrowly beaten into second place by the Kid Pro QO junior team.

In the final tally after 6 events, the Wimborne team clinched first place with QO as runners up. However this tells only part of the story...

QO were the only club who attended all six events, with 26 different people running at one or more races and 17 teams in total. We were the fastest team at three events, second fastest at two more and third at the other. We entered senior and junior teams, another from Castle School plus a women's team.

Numerous people stepped up at short notice, including Simon Beck who joined the club again in order to complete a team for the WSX event, on the morning of the event! Thanks also to Roger Dickie who rearranged his social commitments in order to complete a team at that event, before being 'stood down' again.

Star moment of the series was perhaps Will Kromhout running so quickly at the Wessex event that the dibber tied to his map flew away. He returned to report it, allowing me to start my leg with another WSX dibber while he returned to the course and hunted for his. He returned a short while later with not one but two free-range dibbers in time to start his final leg! So a big thank-you to everyone who took part. Let's go one better next year!

— Chris Hasler



Cap'n Chris gave his all in the pursuit of glory

The QuOnicle Chronicles

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

Newsletter No. 63 May 1999

Editorial

I have had one response to my request for a name for the newsletter - the suggested title is "Quonicle". Has any one any other ideas?

Sarum Galloper

The final event of the 1998/99 galloper season was held at Collingbourne on Salisbury Plain. ... At the awards ceremony Quantock figured well with 3 winners one second and one third. John Went on Blue, Bill Vigar on Green, Ruth Holmes on Orange with Mike Crockett and John Round second and third on green.

Profile

This month I've asked Rachael Holmes, one of our young stars to tell us about herself.

Q. What do you do for a living?

I'm still at school, in my first year of A-levels.

Q. What other sports / pastimes do you have?

I enjoy running and playing hockey. I also play the oboe, and to relax I enjoy listening to music.

Q. When did you start orienteering?

I can't remember not orienteering! My parents brought me up to expect nothing more of a Sunday morning than a muddy field and a few hundred nutters running around a wet forest.

Q. What standard have you achieved?

Championship and GB U17 A-tour last year.

Ed - Rachael has also represented her country several times at junior level.

Q. What is your favourite area a) in the South West? b) elsewhere?

Although I love training in the Quantocks because I know them well, my favourite SW racing area is Penhale Sands in Cornwall.

Elsewhere I like Scottish forests like Deishar and Anagach, Southern Lakes, a forest called Lindtjern in Norway.

Q Is there anything you would like to say to other members of the club about yourself or Quantock Orienteers?

I'd like to thank the club, not only for the financial assistance it's given me for foreign training over the past few years, but for the support and advice lots of people have given me, and also for all the lifts to races!

JK Report Easter 1999

The JK this year was held near Dorking at Leith Hill and Winterfold, with relays at Hawley and Hornley.

The first day was dull, with the whole parking area clothed in low cloud ... The forest was tough, producing long times, which in their turn, produced the inevitable long faces and disconsolate looks. The second day was more pleasant all round - a kind forest, sunshine, and a chance to chat and wander around.

Notable QO performances.

W12A Ruth Holmes 1st M60L Bill Vigar 2nd M60L Mike Crockett 4th

W18A Rachael Holmes 4th W65L Jenny Tennant 6th M55L Ted Heath 8th

1998-1999 QOFL Final Results

GREEN Chris Philip 1st ORANGE Roger Durbin 1st
L. GREEN Ben Kenward 1st WHITE Nick Henton 1st

Stop Press

Our youngest and oldest competitors in the British Championships have won. Ruth Holmes and Jenny Tennant were placed first by substantial margins.

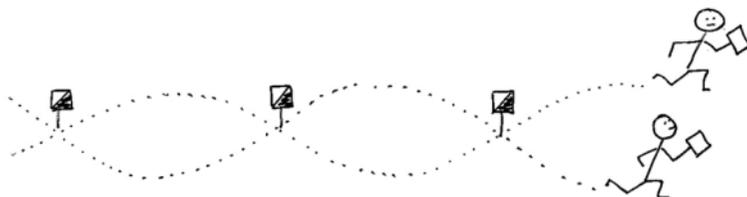
SKILLING UP: HINTS AND TIPS FOR IMPROVEMENT

Its early in a new season of orienteering and it feels good to be back in the woods once again. How seriously are you going to take it this year?

Tip #25—Racing

In an earlier edition I quoted Ben Maliphant of BOK: "I'd like to see the word 'event' banned, they are races!"

I went to the Caddihoe Chase recently for my first forest event, sorry race, for a few months. For the chasing start on the second day I had a pursuer - Toni O'Donovan was doing the same course as me and starting only 5 seconds later. When I started I picked up my map and while studying it saw her flash past me and sprint up the hill - in the wrong direction! I headed for the control and saw her coming in from the side only a few seconds behind. For a few controls we were racing head-to-head. Apart from the mistake at the start she was making better route choices but I was running faster. At last I got ahead, then I blundered and that was the last I saw of her. She beat me by nearly 10 minutes!



While mid-course I often find there's no-one else in sight. Although it is wonderful being out in the forest alone, I find it difficult to remember there is a race on. I definitely think the pressure is off, and I believe that's when many races are won and lost. In the first quarter you are still fresh and enthusiastic. In the last quarter the finish is so near you will race for the line. But in the middle half of the course motivation can be hard to find. If you can keep the concentration and the effort on during the middle half of the course then you should do well.

I have a technique which I'm going to call "clock-face" - but I'll save that for another time! [Ed: We're all curious now!]

Tip #25—Eliminating Luck

I did ok at the Caddihoe Chase, but not brilliantly - especially on the second day when I made a sequence of mistakes. I would have been well behind the winner anyway but I feel I didn't do quite as well as I could have done. So why was this?

I think I usually rely too much on luck. As I said when I first started this series, my early method was to point myself vaguely in the right direction, run hard, and hope to bump into the control. There's still a bit of that in my technique. At many of our local events the terrain is simple, the distances close and this is good enough. You can afford to take risks and get away with being lucky. But when the navigational difficulty is right up at a high level, such as at last year's QOFL1 at Buckland Wood, or at the recent Caddihoe, luck will no longer be enough.

I have re-read an article in CompassSport magazine from a few years ago called "In search of the perfect run every time". In this excellent piece the author reflects:

"I could see that in competition I was not doing all the thinking required for 'perfect orienteering' ... This 'risk-taking style' hadn't been punished often enough, as I could usually relocate quickly. I had sometimes won events despite making errors and then recovering. I

had been rewarded for having a poor style! In terrain where relocation was harder, though, risk-taking had been shown to be unsuccessful."

I need to work on this. I need to navigate better so I head straight for the control more often. There's no one thing for me to work on, I just need to concentrate more consistently, read the map better, check the compass more often, count paces, etc etc.

There are times when deliberate risk taking can pay off, but better to work on good skills. This means navigating properly. Don't rely on luck to find that *control!*

— *Richard Sansbury*

SECONDS COUNT

I first became aware of this way back around 1971 when competing in a badge event (as they were called in those days) on Exmoor run by QO! After a gruelling course which had me out for about 75 minutes, to my delight I discovered I had won by 1 second. In the intervening 44 years there have been a number of races where that solitary second has been crucial. Check out the M55 course at the 2010 Midland Championships. Colin Dixon beat me by that 1 second and that was on the run in!

Even if its not winning, just beating someone by that single second can be very satisfying (ask Ian Sayer (WSX) about the 2008 November Classic for instance). So how can you ensure you squeeze the most out of your run – here are a few tips:

- Make sure you have everything packed and ready to go the night before. Produce a written checklist for yourself and make sure you tick it off every time. If you forget something you won't be in the right frame of mind for your run.

- Aim to arrive at the event car park at least an hour before your intended start time, again to allow you time to get ready to run without panicking.
- On whichever hand you hold your map, draw an arrow on your thumb nail. Then when you are using your thumb to keep track of where you are on the map you are being far more specific and the eye gets there quicker.
- Get to the start at least 10 minutes before your run making sure you have warmed up sufficiently. **A warm up should be at least 15 minutes.** You are then starting off with the body in the right mode to run hard from the outset.
- During your 10 minutes at the start, identify two or three people running your course and, if possible, see which way they run off towards the first control. This allows you the luxury when you start off, of just glancing at your map then putting your head down and running. Not having to stand around looking at the map in the 'panic zone' where everyone can see you.
- Look at all of your control descriptions **before** you start to ensure you know what each one means. This particularly goes for the positioning of the kite. Where possible, memorise as many as you can, pay particular attention to memorising the first two, **including the codes** (I just use the last two digit's).
- In the start lane look at the blank map and work out where you are. You should now know where you are, which way your fellow competitors went and the description of the first control. From all this information you can make a very good stab at where the first control is, (prepare to be flexible on this – you could be wrong!).
- The first control must be a balance. Don't set off too fast, but with the confidence from g) you should be able to set a good pace.

- Always be planning ahead. Make sure you know which way you need to leave the control and try to be in a position to flow through the control rather than going in and out – and its certainly not a stopping point! Not only will this waste those seconds but it will also help your competitors to see the control.
- ‘Go with the flow’ Try and run **with** the forest rather than **against** it. Ok it may be taking you off line, but you can compensate for that later.
- Finally how do you run between the last control and the finish? Usually there is no navigation involved, so put the map away, put your head down and run like crazy. One way to make this more interesting is to find someone of about your own standard and have a private competition at each race to see who has the fastest split from last control to the finish.

So with each and every one of these seconds coming off your times I expect to see you all further up the results in 2016.

—*Gavin Clegg*

EVENT REPORTS

Saunders Lakeland Mountain Marathon - July 2015

After a five year rest I returned to the mountain marathon scene to introduce my 16 year old son Matt to the pleasure and pain of these adventure races across the highest, most remote areas on offer. The Saunders Lakeland Mountain Marathon is a good one to do, being held in the reasonably accessible Lake District in the summer, having the Bedafell class aimed to encourage juniors and not least providing beer and milk at the overnight campsite. The area was the Coniston fells and a return to where I teamed up with my father Jim before Matt was born so an apt choice indeed. Jim and Graham joined us for the trip and provided able support, especially with the best cooking facilities in the field bar the official catering.

The format of these races is pairs or solo runners navigating their own routes via checkpoints to an overnight camp and returning the next day. There are eight classes with seven different courses, I found out later that the Bedafell was sharing with the Wansfell which was aimed at seniors/vets.

All gear has to be carried including tent, sleeping bag, wet weather clothing, cooking gear and food. Saving weight is important and we started with our packs weighing 12lbs/5.4kg before weighing them down further with our Camelbaks. Having a look around the Pete Bland stall at the event centre in Torver revealed how the kit has become even lighter (and expensive) in recent years and I was glad to be able to borrow some gear, especially the tent.

We started at one minute intervals and the several hundred teams in eight classes were soon scattered across the fells ascending into the clouds. The map by Harveys at 1:25000 shows very clear contour detail at 15m intervals and the checkpoints are reasonably placed on obvious features but can still take good skills to locate

especially in the clouds. The kites are laid flat with SI units so you have to know they are there, though it didn't stop one from being stolen despite being away from any paths. An altimeter and compass are allowed but no GPS or mobile phones with GPS so it is good old school navigating including the plotting of controls via grid coordinates. The planner gave us plenty to think about by offering route choices for example either straight down a valley and up the other side or around the longer contouring path with easier going. The navigation requires an adjustment from usual orienteering techniques, for example a hill as tall as two houses could fall between two contours and not be mapped. I think overall we did okay with the routes and checkpoints and had no major time losses.

Other considerations for a quick time are eating and drinking on the run. On previous races I have relied on dipping a cup into streams, topping up water bottles but this time we opted for Camelbaks with energy drink. The weight penalty can be offset by not needing to detour and stop at streams and Matt preferred this, though when I topped up his Camelbak from a stream I got a few bits in and despite adding Chlorine tablets he lost his appetite for it :/ leg cramps soon followed and he downed our entire supply of jelly babies and energy bars to try and ward it off..

Despite the cramps we finished the first day in 4 hours 50' and 21st/48 teams then spent a leisurely afternoon eating and drinking in the sunshine at Tiberthwaite.

Next morning the cloud had lifted and we narrowly avoided a massive mistake before starting. With bleary eyes I plotted the northing 012 for the start as the first control which was supposed to be 022, so a kilometre out but worse than that, it put the first control bang on the summit of Wetherlam instead of the valley to the north – glad I checked that one! We started quite late at the back of the race, our progress was hindered a bit trying to overtake teams along a rocky contouring path to the first checkpoint but then we went well, after getting a big climb out of way passing Wetherlam and Grey Friar. Matt started to suffer with blisters that we patched

up and we were glad to get over Walner Scar for an exciting downhill blast back to Torver. We came in 19th in 3 hours 48' and pulled a position overall with 20 miles and 6100 feet of climb in our legs. It turned out if we had ran in the Wansfell class instead we would have finished 7th out of 82 so a pleasing result but more than that a great experience that I would recommend for any junior/parent.

—*Brian and Matt Pearson*

Caddioe Chase

Day 1

Early on Saturday the 5th September we set off down to Dartmoor for the Caddioe Chase. Met up with Roger and Judy and lots of other OO people. I had to be at the start at 12 o'clock to do the yellow course.

I easily found control 1 then turned right onto a very obvious indistinct path for control 2. All going well then at control 4 I had to go along a very boggy path and over a bridge built from a metal slab. Control 5 ok then went along another boggy path and found a control, but not the one I wanted. I realised my mistake, turned around and there it was—good job I checked the control number before I dibbed. Going to control 7 I went through a mini stone circle, interesting. Control 8 ok then going to control 9 I cut through the dense forest and found the control easily. Now this is where I went wrong, my map was not orientated properly so I turned left instead of going straight on, halfway to the end of the earth bank an angry pigeon flew down behind me and started squawking at me! I got to the end of the earth bank and realised I had gone the wrong way. So I went back to number 9 re orientated my map and set off in the right direction. I found 10 ok saw the finish and ran to it without checking my map. It was only after dibbing finish I realised I had missed out control 11...arghhhhh!

Day 2

A different starting place today further towards the car park. As I had missed a control yesterday I had to do a punching start and not join the timed queue like everyone else. I really enjoyed today's yellow course I didn't have any problems finding any of the controls I really liked from control 7 to 8 it was through thick forest but runnable which I really like. I beat yesterday's time by 2 minutes which was quite pleasing. Navigating from controls 2 to 3 was very fun too as I could cut through forest with lots of little streams to jump over but at one point here I was trying to get across one but fell and got a face full of mud, but it didn't bother me and I ran on. I came second today!

We stayed in a YHA on the Saturday night which I have never done before and everything was good apart from the chilly bedrooms. A bonus was there was a pool table and I played Ellie and beat her! Also there was a table tennis table which I played on too.

On the way home we visited Fernworthy reservoir and did some geocaching. A great weekend and lovely weather. I would like to do more events in Dartmoor as this one was very good.

—*Andrew Page*



Caddihoe Chase 5 / 9 / 2015 Fernworthy Forest 2015

Dartmoor

Scale 1:10000

Contours 5m

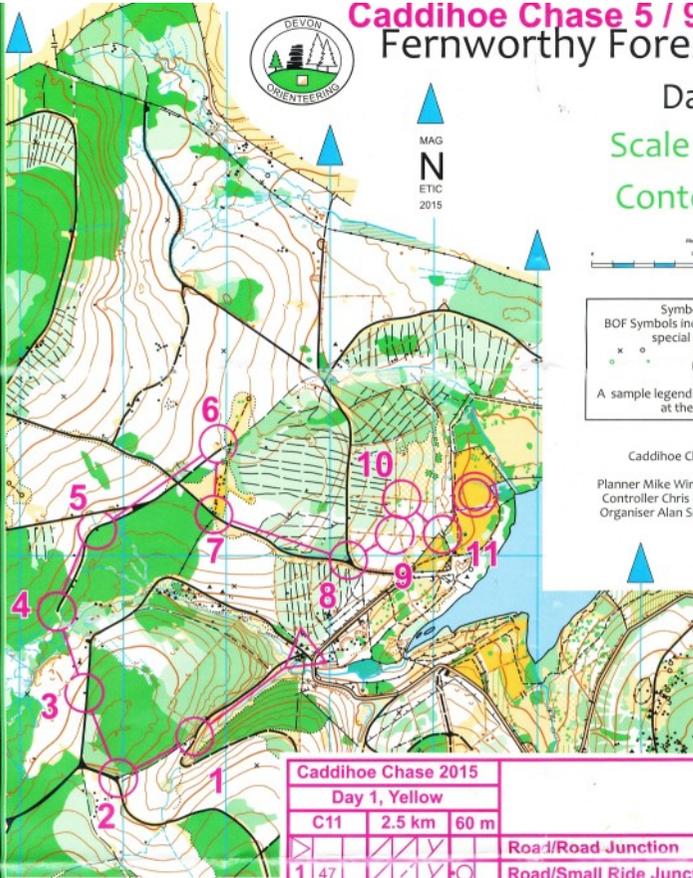
MAG
N
ETIC
2015



Symbols
BOF Symbols including these special ones
x Hide, hut circle
o Large, small tree
A sample legend will be available at the start

Caddihoe Chase 2015

Planner Mike Wimpenny Devon
Controller Chris Branford Wim
Organiser Alan Simpson Devon



Possession of this map gives no right of access, permission must be obtained from the landowners. Additionally this map must not be used without the approval of Devon O.C.

Survey and Cartography January 2014-April 2014 by Tom & Alison Booth Postlethwaite Risk Products Using Lidar data supplied by Environment Agency.
Further Survey and Cartography January 2015-July 2015 by Tom & Alison Booth Wimpenny, B & Peckart Using Lidar data supplied by Environment Agency.
Based upon the Ordnance Survey mapping with the permission of the Controller of Her Majesty's Stationery Office. Crown Copyright. License No. 900015287. OCR Registration No. 44934
Copyright printed map Devon OC 2015. © Fernworthy Dam is at SK 678040

Reserve punch boxes

1	2	3
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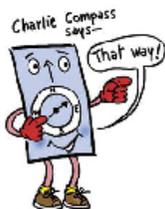
Caddihoe Chase 2015		Day 1, Yellow			
	C11	2.5 km	60 m		
					Road/Road Junction
1	47	▲	○	○	Road/Small Ride Junction, W side
2	32	▲	○	○	NW Road/Small Ride Junc, NW side
3	71	▲	○	○	Boulder, E side
4	55	▲	○	○	Large Ride/Road Junction, W side
5	73	▲	○	○	Boulder NW side
6	72	●	○	○	Knoll, SW side
7	38	▲	○	○	Road/Path Junction, NE side
8	39	▲	○	○	Road/Road Junction, N side
9	74	▲	○	○	W Earthbank/Earthbank Junc, E side
10	75	▲	○	○	E Earthbank/Thicket Junc, SE side
11	100	▲	○	○	Gate
					Follow Tapes 130 m to Finish
					Courses Close at 1700



Above: Some of the QO posse on day 2 of the Caddihoe Chase

Below: Luke and Tom chillin' out before their runs





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



Orienteering

Junior Orienteering Fixtures for Autumn Term 2015

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

Sat 12th Sept.	Vivary Park	ST 225238
Sat 19th Sept	Staplehill	ST 246159
Sat 26th Sept	Fyne Court	ST 221321
Sat 3rd Oct	Wilmott Pond	ST 152381
Sat 10th Oct	Lydeard Hill	ST 180338
Sun 18th Oct	Triscombe Stone QOFL	ST 163359
Sat 24th Oct	Somerset College	ST 216248
Sat 31st Oct	Orchard Portman + QOAD	ST 261190
Sat 7th Nov	Thurlbear Woods	ST 265210
Sat 14th Nov	Castle Neroche + QOAD	ST 277161
Sat 21st Nov	Taunton Town	ST 226246
Sat 28th Nov	Huish Woods	ST 283218
Sun 13th Dec	Ham Hill QOFL	ST 479164

JO6 would like to thank Somerset Community Foundation for their grant towards some new equipment.

For more information about the events please ring: 01823 323850



www.britishorienteering.org.uk



Fixtures

Senior Club Events

03.10.15	QO Long-O Day 1 (score event)	Quantock Hills	Grid ref: 156831
04.10.15	QO Long-O Day 2	Brendon	Grid ref: 765481
18.10.15	QOFL 1	Triscombe Stone	ST246159
31.10.15	QOAD 1	Orchard Port- man	ST261190
14.11.15	QOAD 2	Castle Neroche	ST261190
13.12.15	QOFL 2	Ham Hill	ST477167

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 164 will be 4th November. Please send all copy to adrian_edwards@btinternet.com .