

# The QuOnicle



## **The Newsletter of Quantock Orienteers No. 144 July 2012**

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## **Quantock Orienteers Committee**

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	Mark Maynard	01823 251262	Fixtures
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## **Other Club Officials:**

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## **EDITORIAL**

I'm writing this having just returned from the Lake District where I was competing in the Saunders Lakeland Mountain Marathon (see page 19). If anyone ever catches me moaning about the amount of climb on a QOFL course ever again (come on, we all do it!), please just remind me of that event. There seemed to be very few 'southerners' doing the Saunders, and some of the locals found it quite amusing that two lads from Somerset were taking it on the mountains around Wasdale Head. 'Where do you train' they asked. 'Well, I do a bit of running out on the Quantock Hills'. Cue laughter...

There's a bit of a gap now between the recent Club Championships and start of the next QOFL season in September, but that doesn't put a stop to the orienteering. Some club members have been flying the QO flag in the summer relays, and Will Kromhaut has also organised a series of urban events to keep us going over the summer (see Fixtures on back page).

Last week I attended the first of Nick Fernandes' summer coaching sessions. A group of us met up with Nick at Longrun Meadow to go through some exercises on the theme of relocation, with a bit of fitness training thrown in for good measure (the 50m sprint relay in French Weir must have been quite a sight!). It was the first time I've had any sort of 'formal' orienteering coaching, so I'm keen to pick up some tips and make sure I haven't picked up too many bad habits. Many thanks to Nick for giving up his time.

—*Adrian Edwards*

## **POST FROM THE PRESIDENT**

It was a pleasure to spend most of Saturday with QO members and friends at Ham Hill. The weather was kind and after the endeavours of the club champs we were able to sit outside the Prince of Wales and enjoy a pint, or in my case a half, in the sunshine partaking of the buffet prior to the AGM.

I am pleased to report that the South West Relay Series is well underway with more support than in previous years. At the time of writing QO have been represented at three of the four events. The Adams Avery was missed because the stalwarts were competing at the Harvester All Night Relay at Bordon near Aldershot. They put in a very creditable performance. I am sure that Adrian will have managed to get a report from someone. Results can be seen on the BAOC website.

Four members of the Harvester team even found time to join us at the club championships and buffet before dashing off to Bordon. What dedication! In my Presidents report at the AGM I stated that QO was becoming more Parochial with very few members travelling to distant prestigious events. I hereby revoke that statement.

Night events do seem to be more popular at the moment and so I have a couple of thoughts for you stalwarts. The Southern Nights are at Esher in Surrey on 1<sup>st</sup> December – The British Nights are near Sheffield in February 2013 or Why not approach the SW Fixtures secretary and enquire about a South West Night Championship? Just a thought!

Now it's off for the "Summer Holidays", with perhaps some variation in activities. Whatever you do where ever you are, enjoy yourselves and come back refreshed and inspired ready for the new season.  
Best wishes

—*Mike Crockett*

## **CLUB NEWS**

### **New Club Champ**

Congratulations to Tom Hasler, QO's new club champ. Tom was the highest-scoring competitive club member at the Club Championship held at Ham Hill on 30th June with a score of 245 on the Orange course. Many thanks go to the Green family for planning and organising this year's event. It was a pleasure to witness the pride on Chris Hasler's face when his son was named Club Champ—and to watch his expression change somewhat when he realised that the champion is traditionally responsible for planning the following year's event!



*Tom Hasler is awarded the QO Club Champ trophy by President Mike Crockett*

## Subscriptions for 2013

For those Local members who do not receive FOCUS magazine from British Orienteering, I will try and explain what will happen next year to your subscription and entry fees.

1. Unlike this year, there will be a single tier of membership with two categories: Senior (21 or older on 31<sup>st</sup> December of membership year) and Junior (20 or younger on 31<sup>st</sup> December of membership year). No distinction will be made between National and Local members. QO will retain their family membership.

2. Fees: British Orienteering: Senior £5.00, Junior £2.00.  
SWOA have yet to decide at their AGM, but Committee will propose NO fees.  
QO: Senior £8.00, Family £12.00, Junior £2.00.

All subscriptions will be due on 1<sup>st</sup> January for one year.

3. To pay for these reduction in fees. B.O. (and probably SWOA) will increase their levies, charging ALL entries for events with larger levies. Individual clubs will have to decide how much of this increase (if any) to pass on to competitors.

4. No membership cards will be issued – only a membership number, preferably sent by e-mail (83% of members have e-mail)

5. Because of the change of communication with members, there is no need for Club/Associations to notify B.O. of subscription levels by the end of August. So our AGM/Financial year could revert to where it was two years ago! The Auditor and I would like the financial year to remain where it is, but your Committee will have to decide the timing of the Club Championships and AGM. Your views would be welcome!

—Roger Craddock (*Treasurer*)

## **QO On Facebook**

Quantock Orienteers now has a Facebook page where you can keep up to date with club news and 'chat' with other members. If you have a Facebook account login and search for 'Quantock Orienteers' then ask to join the group.

## **POCs Now Online**

The 'Permanent Courses' section on the website is now complete and will be kept up to date going forwards. The page at [www.quantockorienteers.co.uk/poc.php](http://www.quantockorienteers.co.uk/poc.php) now has details for all the Permanent Orienteering Courses (POCs) in our area.

## **Planner's Course**

Mike Crockett has kindly offered to run another planners' course covering white yellow and orange courses.

Although the course is primarily for JOG planners anyone interested is welcome. The dates available are:

July 18th, 20th, 21st

August 18th -26th (not including 23rd)

Please let me know if you are interested and give a guide to your availability on those dates.

—*Judy Craddock*

## **QO Goes 'Down Under'**

QO's distinctive green-and-yellow O-tops are a common sight in the hills of Somerset, but now one of our club tops can be found in the more exotic location of Newcastle—and that's Newcastle in New South Wales, Australia, not the city in Northern England!

Gayle Quantock is a keen orienteer and thanks to the World Wide Web her daughter Jess was able to find an unusual 50th birthday present that tied together her Mum's unusual surname and her love of the sport. Gayle is now a member of QO's Facebook page and is apparently considering a trip to the UK next year for the Scottish 6 Days. On behalf of the club I'd like to wish Gayle a belated happy 50th birthday, and an open invite to any QO event if you make it over to the UK!



*Gayle in her new O-top*

## **JOG Report—Summer Term 2012**

Kingscliff Wood was planned by John Trayler and, although the forecast was threatening, it was very well supported. Caroline Gaye the BOF Community Orienteering representative attended to see the sort of events we are providing. As with anyone who turns up to observe she was soon roped in to help!

Longrun Meadow is always a popular venue as it is so convenient. Sheila Braine planned interesting courses coping well with the challenge of a changing map as new paths are being added to the southern boundary with Castle school.

The event at Queens College was interesting as we had to change some of the courses at the last minute when we found out that there

was a wedding taking place at the same time and we would have been running through the drinks reception! A real novelty event! We had a disappointing 22 turn up for Adrian's well designed courses on this quite challenging site.

SCAT/Castle was another occasion that we were unavailable to man registration and Bev Fernandes took over. Tom Hasler with a bit of guidance from Nick planned the courses. As the site is quite intricate they took advantage and gave a training theme of change of direction using shortish legs and lots of controls. Again lots of JOG members turned up to have a go.

Previously at Fyne Court we have had wonderful weather but this time it was wet and windy so we were amazed when masses of folk came. Rachel Bussell had planned great courses that required some thought, especially at the start; the most difficult part of 2 of the courses was getting out of the car park in the right direction!

As usual Castle Neroche was a popular venue with courses being planned by Jim Nickolls. Several of our youngsters are getting brave enough to venture on white and yellow unaccompanied and this was a challenging and worthwhile area for them. At the time of writing this report we have Thurlbear Woods next weekend with Ian Husband planning the courses.

Many thanks to all of you who have planned events for JOG this term. Since the AGM a year ago we have had 30 events (not including QOFLs) and an average of 53 people attending each event, so it's well worth the effort. If you would like to join our group of planners you would be most welcome.



JOG White Course winners

**—Roger and Judy Craddock**

## **QOFL Teams 2012-13**

The back page of this edition has the next action packed list of QO events for next season. Of course these do not happen by themselves and not only do we have the planners and controllers for each event we also rely on a small army of helpers on the day to man the parking, registration, start and finishes, and download tents. We also have an 'organiser' for each event whose job it is to coordinate the above tasks and to try and make sure the day runs as smoothly as possible. We still have vacancies for people to volunteer to be organisers for next year. This is not a difficult task but does require someone with a sense of responsibility. Have a look at our website under the 'management' tab if you think that you would like to know more about the job. Remember that we do offer a small financial rewards for new organisers in the form of a half price dibber. (see QuOnicle 137).

If you feel you would not be able to offer your services as an Organiser, please consider making yourself available for duties for at least one QOFL per year. This is a very small amount of time and we always arrange it so that you will still have time for a run. Remember that helping on the day entitles you to half price entry!

This year's team QOFL team lists are on the opposite page. Please expect to be contacted by the organiser of the events you are allocated to, and please don't make his or her time too hard by unnecessarily turning his or her requests down. Thank you.

***—Mark Maynard, Fixtures Secretary***

**QOFL Team 1  
(QOFLs 1 and 4)**

Askers, Pete  
Anderson, Mike  
Bartlett, Ian  
Bussell family  
Clegg, Neil  
Craddock family  
Denton Chris  
Hancock Family x 5  
Harvey, Norman  
Hill, Richard  
Hopkins, Andrew  
Larcombe, Mark  
Llewellyn-Eaton family  
Mallinson, Jim  
Milroy family  
Pearson family x 4  
Pearson, Graham  
Pearson, Jim  
Spence-Brown, Tim  
Rimes / Wych family  
Sansbury, Richard  
Warren Parr family x 3  
Wilmott family

**QOFL Team 2  
(QOFLs 2 and 5)**

Baybutt, John  
Butcher, Peter  
Crockett family  
Cudmore, Chris  
Edwards, Adrian  
Fernandes family x 3  
Green family x 5  
Hext, Tony  
Holmes, Dave  
Johnn family  
Johnson family x 4  
Keogan family x 4  
Knipe, Matthew  
Kromhout, R  
Kromhout, W family x 4  
Longhurst, Martin  
Maynard family x 4  
Nickolls Jim  
Richardson Family x 4  
Tennant, Jenny  
Vigus/Hollingsworth  
Williams L family

**QOFL Team 3  
(QOFLs 3 and 6)**

Appleby, Adele  
Bolling, Keith  
Braine-Clarke family  
Fisher, John  
Gard, Sue  
Hands, Dave  
Hasler family x 4  
Hartley, Graham  
Husband, Ian  
Lloyd, Bob  
Modica family x 4  
O'Mahony Family x 5  
Page family  
Pakes, Jeff  
Philip, Chris  
Purchase family  
Pye family x 4  
Robertson Steve x 2  
Ryan family  
Sands Colin  
Trayler, John  
Vigar, Bill  
Windsor, Steve  
Williams, Steve

## EVENTS

### **QO Club Champs**

The 2012 Club Championships took place on 30<sup>th</sup> June at Ham Hill. Fortunately the timing of the event coincided nicely with a favourable weather window and the event was enjoyed in mild and dry conditions. This was to be only my fourth orienteering event and feeling confident (I read an orienteering book recently) I decided to take a step up and tackle my first green course. Roger had kindly explained the rules to me as I had never run in a score event before so was a little uncertain as to what was required. It sounded simple enough, run around and find all the controls of one colour, then switch to the other colour and find all of those within a 1 hour time limit.

After a briefing in the car park, we set off in a mass start at 11am. Due to the infrequency of my participation in orienteering, it always takes me a few minutes to 'tune in' to the map and as I trundled down the path leading out of the car park, trying to work out where I was, I



*Nick Johnn facing the inquisition!*

came upon my first control totally by chance. As it was a red control, fate decided that I would first round up the remaining reds. I now also knew where I was! Feeling reassured, I proceeded to collect two more red controls working my way towards The Prince of Wales pub.

Having now had a few more minutes to study the map I had decided upon a strategy. I was going to head out past the pub where the terrain was predominantly runnable open land with plenty of features which should make navigation easy. There was a loop of 4 more red controls here and I hoped to collect these before coming back past the pub and heading out in to a spur of woodland to the east. There was an even mix of red and blue controls in this section of forest and I would switch from red to blue controls here. I would then pass the pub again on to the open hill top and collect the loop of 5 blue controls. Once complete I would use whatever time I had left to collect the controls to the south of the car park where the start/finish was located.

With a seemingly unbeatable strategy in mind, off I set picking up control 113 with ease and heading out along the east flank of the hill top towards the eastern corner to pick up another control. At this stage I was making good progress with the controls seemingly coming quickly and easily. I picked up the remaining two red controls north of the pub before retracing my steps south and planning the next stage through the woodland. Before heading east I decided to pick up another red control, 112, which involved negotiating a section of knolls and depressions, getting lost and generally wasting time. I did manage to find the control and now headed in to the woodland to pick up three more red controls before switching to the blues.

This section of the course cost a lot more time than I had envisaged. The terrain was considerably muddier here and the cunning course designer had made sure that the hill would need to be climbed at least twice if you were to successfully collect all the controls in this area. I made good progress through the three reds and made the switch to blues. It was at this point that my navigational vulnerability and lack of fitness would be exposed. I did manage to find the first

blue I was hunting for, number 124, however 126 remained elusive and pursuing it sapped my energy. I decided to abandon this section of woods and head back out on to the hill top where I had experienced such great success at the start of the course. Here I had the opportunity pick up 5 blues in quick succession. This was not to be the case.

Having used up considerable time in the woods, I was now beginning to feel the pressure of the clock. This caused a simple navigational error which put me back on top of the hill north of the pub which made controls 123 and 131 unachievable. Correcting my mistake would use too much time and suddenly my plan of collecting the loop of five blues in this area switched to just two. Having made the decision to abandon the three other blue controls, I managed to refocus and ensure I did not make any further navigating errors as I began to make my way toward the finish. I managed to locate the well hidden controls 129, 133 and 120 whilst making my way back the car park and punched my dibber in at the finish having taken 59 mins and 59 seconds.

In total I had picked up 16 controls and had not incurred any time penalties and completed my first score event. Whilst not a flawless performance, as with every event I take part in, I had learnt a lot (the hard way) but had enjoyed a great event in a beautiful location. My fitness and navigating ability had been truly tested by this course. Many thanks to all those involved in organising the event. It was certainly enjoyed by myself and the rest of the Johnns as I'm sure it was by all who took part. Can't wait for the next event!

—*Nick Johnn*

## **Moonraker Relay**

With my O-brain still in gear from planning the white & yellow JOG courses at SCAT/Castle school the day before, I was ready for whatever the SARUM Moonraker relay might throw at me. Meeting in Hankridge Retail Park we took 1¾ hours to reach Collingbourne Wood

West in East Wiltshire, where we got into our teams, QO Vadis (Latin for where are you going?) (Spencer Modica, me and Chris), Status QO (Latin for back where we started!) (Richard & Will Kromhout, Jim Mallinson)

The actual relay was a Harris Relay, where every team member had to visit controls 1-6 and someone had to visit controls 7-30. I did 1-6,10, 16,17,20,28,11. Dad did 1-6, 24,25,9, 12,18, 21,15. Spencer did 1-6,7,14,8,30,26,27,13,19,22,23,29.

The terrain was mainly 'forest run', with some 'undergrowth run' and 'forest fight' but there were tracks and paths available. Between controls 28 and 11, the 'Forest run' was 'undergrowth run'.

Our sharing strategy worked well as we finished 13<sup>th</sup> out of 18 teams, beating 5 more experienced teams of mainly adults and with just 10 minutes between us. Not bad for novices and an M10. Status QO did even better, finishing 5<sup>th</sup> overall.

—Thomas Hasler M10



## **BOK Urban Series**

Last year, I did the first BoK urban event, but the next day met with a very unfortunate accident involving a garden implement and a very thin soled pair of trainers... so I didn't run again for a few weeks. This summer I was determined to make the most of it and cleared my Wednesday evenings for the next few weeks. I discovered that it was just possible to get from work, leaving at 6, to be in Bristol by 7 to start an event.

And what an escapism it was! I normally associate orienteering with windy autumn Sunday mornings on the Quantocks. Running in an urban event is completely different. I think that I appreciated more the utter absorption of running on a weekday evening, when it is normally harder to distance oneself from the day's events after a day at work than at the weekend.

So to the events themselves – there were 8 in all of which I competed in 7. The first 2 were classic urban terrain – Bath University and The University of the West of England - campus locations where there were 30 closely distributed controls. My times for both were just over 30 minutes so obviously many controls were less than a minute from the previous one. The skills needed are of course route planning – but in urban conditions this means avoiding dead ends and doing a bit of Pythagoras in your head to calculate the shortest distance. At this point I should mention that my age, or at least the condition of my eyes, has put me on the cusp of needing to have a change of prescription. I'm finding it increasingly difficult to switch from detailed map focus to long distance viewing. For these events, it was essential to be able to spot the tiny gap between buildings, or the staircase down to the next level, or the un-crossable wall/fence. Mostly it was okay, but often later in the evening reviewing the map at home with a beer, at close range, with my glasses off, the optimum route became far more obvious. There was also the significant matter of the weather – this was the rather cold and wet spell in late April, and reading through rainy spectacles is never easy.

I missed the third event – sadly the closest to home in Wrington, but the next was back to North Bristol to Bradley Stoke. This was longer and more of a mixture of urban (housing estates and crossing minor roads) and parkland, so there was the odd control in the woods. There was also more of a shape to the landscape, unlikely the previous ones which were effectively flat.

The fifth was undoubtedly my favourite – back to the centre of Bristol and a run round the university area. As a Bristol graduate, I was really looking forward to this one. I have lived in the area ever since, but I've never really spent much time in that precise area. Running past my old lecture theatres, past where I graduated, ticking off the all the pubs I used to go to (I counted 7) and finishing past the Maths block and into Royal Fort gardens where my graduation ceremony was held. I think there were one or two areas of local knowledge to my advantage but not a great deal. One part of the run covered a dense housing estate, with very few roads and I had a brief panic as I had just lost my place on the map forgetting where I was and running off in the wrong direction. I managed to relocate. This was a real highs and lows day. My map reading badly let me down at one point where I failed to spot a short cut down an alley way and through a narrow gap and I ran right round the block. I wasn't the only one. But I was considerably cheered up later when three of us were running together – a BoK runner, who was slightly older than me and clearly a good runner, and a much younger student runner. Half way up a steep bit of hill, I heard a gasp and long outbreath. The youngster wasn't fit enough, and we left him behind, not to be seen again until the finish – most satisfying!

One of the impressive facts about the events was how many younger competitors were attracted to the competitions – M21s and W21s with a student discount. Of course there were lots of students at the student events. I usually finished half way up the field, but to cheer my self up I count the number of people older than me who beat me. I am pleased to say there weren't too many.

The sixth and seventh events were both in areas of Bristol that I was completely unfamiliar with. They were also within a few days of each other, and in very hot conditions as the weather had completely switched by the time. St Georges and Troopers Hill turned out to have the most delightful parks and green spaces and I thought this course was particularly well designed. There were lovely runs along river banks, through allotments, up to the top of a hill with magnificent views and back through some streets with interesting back alleys and narrow paths. At least at this stage of the series, my fitness was getting better as the temperature was still high teens even around 8 pm.

I was hopeful of a decent result in the final event at Frenchay which was part of a regional urban series, since I felt I had been improving. The day was glorious, blue skies and a blazing sun, and even starting at 10 am it was already warm. There was a warning on the website to wear protective clothing, but I was envious of those who hadn't read it, since I would happily have exchanged the odd sting and scratch for the chance to run in shorts. I started well with a few close controls in the grounds of Frenchay Hospital. But I made a bad decision on the longest leg of the course, failing to spot a side exit from the hospital grounds and taking a longer route to get round. By the time I had got to the next control, I had been overtaken or at least caught up by several other runners. I was moving well though, but the course itself didn't have much in the way of route choices (not after my earlier mistake anyway). We were taken down to the river for one control and you could almost see the next control on the opposite bank, but we had been told clearly not to cross the river and had to take the obvious long detour. Some rural running took us back to an urban section, across more fields and finally into the grounds of the hospital again. This turned out to be fiendishly tricky as it was easy to mistake different buildings for each other – some were Nissen huts, other pre-fab buildings (the ones we used to call "terrapins" when I was at school) and some modern hospital buildings. Maybe I was getting tired by this time, but I always seemed to be going the wrong way round every single structure. My time for that one was an hour and 9 minutes (half way up the field again), but it was easily the

longest course. It was 4.5 km on the map, but the optimum route was advertised as well over 10km.

So how do I feel about urban events? Well I was interested before, but I'm hooked now. It's a long way to get to Bristol for most QO members for a Wednesday evening. It was quite a way even for me from Cheddar. But it is worth the drive if you can get there. What did I learn? It's worth taking a few extra seconds over route planning the longer legs of the course, as it can save a lot more in time and energy (yes but you knew that already, as it applies to any orienteering really). Look for the shortcuts. And not to beat myself up too much when I review my dodgy route planning later. Am I going to need bifocals for next season? Almost certainly! My vanity is winning at the moment, but it's sure to be overcome by cold logic sooner or later. The strategy of looking under my glasses isn't going to work forever.

I am very grateful to BoK for running the events, for creating a number of new maps just for this series and for providing me with some excellent entertainment and distractions every Wednesday evening since Easter. The organisers were very understanding when I pulled up at 6:59 with 7:00 as the last start.

—*Graham Hartley*

## **Saunders Lakeland Mountain Marathon—Wasdale Head, 7/8th July**

Friday afternoon, and Richie Hill and I were stuck in heavy traffic somewhere near Birmingham and even heavier rain. After surviving a couple of October OMMs I had thought the Saunders Lakeland Mountain Marathon sounded quite civilised — a mountain marathon in the middle of summer! Of course, British summer is quite capable of downpours of biblical proportions, and so it was proving today. And then I checked the weather forecast on my iPhone for the umpteenth time that day. The Met Office had posted an update and there was now a weather warning in place for the Lake District on Saturday for a

high risk of...Sunburn! At that precise moment the M6 resemble a river rather than a motorway—had the Met Office gone completely mad?!

Saturday morning, 9am, and we found ourselves at the event centre at Wasdale Head bathed in brilliant sunshine. The weather men hadn't lost the plot after all, and although Somerset was enduring another day of torrential rain (along with most of the UK) the Lake District had somehow escaped. We made a few last-minute kit changes (sun cream was a late addition!) and headed for the start some 2km up the valley.

The first control was a sheepfold that was visible from the start—simple. Control 2 was also fairly straightforward, contouring along to a stream running off the northern tip of West Water. Then came the first real route choice: control 3 was the opposite side of Yewbarrow, a 628m fell. We decided to bite the bullet and go up and over whilst most other teams we saw seemed to opt to contour round through a scree slope until they could pick up a bridleway round to the far side. Looking at the split times I don't think there was much in it, but the climb certainly took a lot out of me so early in the event!

The next few controls saw us descending and climbing a series of peaks to the east of West Water, the tallest of which was Seatallan at 693m. The views were breathtaking, as were the climbs!

We then had a very long leg to control 8 contouring around several fells to a control at the bottom of Lank Rigg fell. Although the distance was much greater than other legs the contours on the map looked pretty inviting, but of course the rainfall of the previous week had left the lower-lying ground resembling a swamp. I lost count of the number of times I managed to sink up to my waist, and we eventually reached our destination some 2hrs after leaving control 7.

Luckily the rest of the controls were on the run in to the overnight camp on farm to the east of West Water. We finished day 1 in 7hrs 5mins having covered some 16 miles—a bit further and a lot longer

than we were expecting! One nice touch about the Saunders was that you could order a few beers for the overnight camp in advance. What a welcome site a four-pack of Fosters made as we staggered up the road from the finish! The sun was still shining at that point so we enjoyed a well-earned 'cold one' each before we even bothered to put the tent up!

Sunday morning looked like more typical Lake District weather—overcast, although still with some patchy sunshine. The day 2 course took us down past the south east corner of Wast Water to a series of controls in the fells adjacent to Scafell Pike. Navigation was pretty easy—most of the time you could see the rough location of the next control on the next peak over, and all we had to worry about was how to descend and ascend the valleys in between! The weather closed in as we contoured round for the final controls and a steep descent towards the event centre at Wasdale Head—the only time in two days that the waterproof jackets came out.

Overall we covered around 31 miles in 13hrs 36mins over the two days, finishing 71st in the Carrock Fell class. It wasn't the result we'd hoped for, but it was certainly a memorable experience. And after we finished I realised that I'd just completed my 2012km 'Gold Challenge' whilst out on the course, although there would have been easier ways to do the final 40km!



*Richie Hill at the Event HQ. We didn't just go the pub (honest!)*

The only disappointment was what appeared to be some cheating

from some of our fellow competitors. On the whole they were a great bunch, but we did notice a few competitors ditching both their teammates and their rucksacks to go in search of controls, despite rules that competitors must “remain together, with all of their equipment, at all times”. We were also slightly aggrieved that some teams ignored an ‘out of bounds’ areas marked on the map to take a shorter route back to the finish through the event car park at the very end of the event, instead of following a taped route around the outside of the area. We seemed more bothered about this than the marshals at the finish, but by that point my legs were turning to jelly and the extra few hundred metres seemed like a marathon in themselves. Sour grapes perhaps, but rules are rules...

**—Adrian Edwards**

### **QO Caption Contest**

I notice caption contests are a popular feature in many other club magazines, so I thought we’d give one a go in the QuOnicle. On the opposite page is a ‘paparazzi’ snap from the JOG event at the aptly-named Queen’s College over the Jubilee weekend:

Please email your suggested caption to [adrian\\_edwards@btinternet.com](mailto:adrian_edwards@btinternet.com) or catch me at an event (although I may be in Musgrove Park Hospital after Judy gets hold of this!). And if you have a photo you’d like to share please drop me a line.



