



The Newsletter of Quantock Orienteers

No. 124 March 2009

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Editor—Mike Crockett, 50 Elmhurst Lane, Street, BA16 0HH
Tel 01458-445540 E Mail mjcsquared@talktalk.net
QO Website <http://www.quantockorienteers.co.uk/>

Quantock Orienteers Committee

Chairman	Richard Sansbury	Fixtures
Secretary	Ted Heath	Website
Treasurer	Roger Craddock	
Committee	Bob Lloyd	Permissions
	Brian Pearson	
	Jeff Pakes	
	Brian Fletcher	Youth
	Bill Vigar	Mapping
	Nick Fernandes	

Other Club Officials

Judy Craddock	Membership Sec
Ian Bartlett	Club Captain
Tony Milroy	QOFL
Mike Crockett	Quonicle
Nathan Fernandes	Webmaster

Editorial

Normally I write my editorial without much material to hand for the newsletter and then wait for things to come flooding in at the last minute. This month I have the material and so my comments can be a little more factual than usual.

Your Chairman has been busy beavering away in the background as well as producing articles for Quonicle and even managing to run in the odd event or two.

It is good to see that the club officials list on page 2 is growing. This indicates that the work load is being spread around the club and not falling on the few members of the committee.

However the committee are doing an enormous amount of work for your benefit and for this we thank them.

I went along to one of the JOG sessions yesterday and was really impressed with a) the number there and b) the enthusiasm of the youngsters and their parents. It is planned to have an informal adult session running alongside these in the future (see Roger Craddock's article on page 8) Why not go along and give it a try.

This edition will be distributed at the Compass Sport Cup and Trophy event at Bullers Hill. This was a good opportunity to represent your club. If you missed out for some reason, the summer relay season will soon be with us, and with it the chance to enjoy inter club rivalry in a more informal way.

In the meantime enjoy all your activities whatever and wherever they are.

Chairman's Chat

This edition brings some exciting news - we have been awarded a large sum of money to do a series of orienteering events on the streets of Taunton this summer. The details are given in a separate article, but essentially we are going to offer a busy summer schedule such as we have not had before and we are also going to be able to get a new electronic punching system for club use.

I often find myself asking for volunteers for helpers and organisers

etc, and rarely am I overwhelmed by the response! Of course I realise people have many other things they need to be doing and we all have limited spare time. However, in connection with the summer events referred to above, there are going to be many new opportunities for people to help. So please do consider volunteering even if you are not usually in the habit of doing so.

It was good to see several Quantock people running at the British Championships recently. Actually I didn't see all of you on the day but I see from the results that 15 of us went which is not a bad turnout. Unfortunately there were no podium places for QO this time but the high profile of the event drew a very competitive field of entries and it was expected that the standard would be higher than the average local run. Well done to all who went, hope you felt the trip was worthwhile.

There is a possibility that with increasing cost of fuel and environmental awareness we will be less enthusiastic about travelling to far away events in the future. A simple solution is to do a bit more car sharing. I'm not quite sure how we can encourage this - does anyone have any bright ideas?

Club News

Welcome to new member, Andrew Appleby (Adele's son) who joins us as a National member.

We were sorry to see Ruth Chesters with her arm in plaster at the British Championships. On the weekend that all events were cancelled Ruth was offered a ride on a toboggan but declined as it was too dangerous. However she still managed to fall over and break her arm anyway. We hope it heals quickly Ruth so that you can get back into the forest where it is less dangerous.



Membership Renewals— Most members have now renewed. If you have already done so, thank you. If not please do so now, or if you have chosen not to do so, please let the Membership Secretary know.

Notes from Committee Meeting held 10th February

Some initiatives proposed for JOG and Schools Groups.

Galopen status within new Event structure discussed.

Nathan Fernandes has taken over as Webmaster.

Judy Craddock has taken over as Membership Secretary.

Awards for All grant application has been submitted and a decision is awaited. Expected by 10 March.

Type of Electronic System we would buy if the AfA application is successful. Emit or SI?!

Short Green Course to be included in future Gallopens.

Next Meeting—30th March 2009.

From SWOA

The double galopen weekend which was cancelled due to the snow in early February has been re scheduled but with different venues

18th April Kerno Galopen at Penhale

19th April Devon Galopen at Smallhangar Waste

Note the Welsh Championship weekend has also been rescheduled for the 10th –11th October.

From BOF (an extract from a recent board Meeting)

The Chief Executive reported that there had been a technical problem with providing membership information and financial returns to clubs. This had now been resolved but he proposed in due course to consult clubs on the nature and timing of information provision and financial payments and to try to minimise the number of different club reports and recipients.

An automatic e-mail to clubs when new members join will be implemented soon.

Ed This is good news and should help clubs.

A summary of the minutes can be seen on the BO Website.

Coaching

There are a series of coaching courses, both UKCC Level 1 and Level 1 Bridging, available during March and April. Details and application forms are available on the coaching calendar of the BO Website.

<http://www.britishorienteering.org.uk/developing/coaching.php>

All these courses have significant available funding!!

Clubmark

The committee agreed in November that QO will start working towards Clubmark. This needs some explanation:

What is Clubmark?

Clubmark is an accreditation scheme for clubs with junior sections. The scheme is designed to encourage high standards of safety, coaching and child welfare among amateur sports clubs. It is run by Sport England which is the organisation commissioned by the government to encourage more people, especially young people, to take part in sport. It is not specific to orienteering but applies to all sports.

Why are we doing this?

For the last few years QO has been doing a lot of work to promote orienteering in schools. This has involved mapping school grounds and organising orienteering events in school time to give children an experience of orienteering. Recently there has been a threat that we will find it more difficult to get access to schools to do this if we do not have Clubmark. This is because schools feel they need to demonstrate that the people they work with are safe, and Clubmark is an easy way for them to do this. So although we are not forced to do this, if we continue not to have Clubmark we risk losing our schools contacts.

Do other clubs have Clubmark?

Yes, many do. Nationally there are nearly 5000 sports clubs with Clubmark. In Taunton alone there are at least 12 clubs with Clubmark including Rugby, Tennis, Hockey, Basketball and Cricket. Taunton Athletics club, who we have links with, have Clubmark. Over 30 orienteering clubs already have Clubmark, including Bristol, Wimborne, Wessex and Sarum, and I believe several other clubs are working towards it.

What difference will I notice?

I expect most of you will not see any difference. Our public events will continue just the same as before. However for those involved in JOG and schools there will be more trained coaches, more attention to safety and child protection issues, and generally more structure to our activities.

If you would like to know more please feel free to ask me

Richard

JOG Notebook

Jog now meets for training events between 2.00-3.00 pm on eight Saturdays during each term. This is beginning to develop quite well and we have now had 29 families attend one or more of the four events we have held this term.

An important turning point came at the Wellington School event which was organised by Rachel Bussell, I think she put out a 'three line whip' on all of the children in her son James's class and we had a very busy afternoon! Quite a few of these children and their parents enjoyed it and have continued to come.

The weather has been in our favour and twenty one children (twelve families) came to Joel's event at King's College and thirty children (fifteen families and 6 Sea Cadets) attended the session at Wind Down run by Jeff Pakes.

We are looking forward to Lydeard Hill on 7th March (Brian Fletcher) and Broomfield Hill March 14th (Joel Llewellyn-Eaton). If you would like to come to any JOG sessions you are very welcome!

Judy Craddock

Ed. I estimated that between 20 and 30 youngsters were at Lydeard Hill

How about some training, QO?

Would you like more local orienteering events in your calendar?

Do you feel you would like to take regular map-related exercise to improve skills as well as fitness?

Would you like to meet other members of the club and put faces to names?

The Junior Orienteering Group (JOG), which has about twenty families involved now, meet every week during term time for 1 hour on a Saturday afternoon at a venue close to Taunton. Recently we have set out courses, and devised exercises for Seniors to use the permissions and the maps (sometimes extended) as the basis for some training, exercise, and socialising.

We would like to extend an invitation to any member of QO to join us (the JOG programme is on the club website under fixtures). We would like to feel that those interested might help occasionally (say a couple of times a year) to devise challenges for others and even take an interest in the Juniors!

Roger and Judy Craddock

01823 323850

Great News

Quantock wins the Lottery!

On March 11th we heard that QO has been awarded a Lottery grant of £8350. This represents a fantastic one-off boost to our club funds and enables us to do things we have not done before. Here is the story:

The committee decided to apply for a grant last year for some National Lottery money. Grants of up to £10000 have been given out to a wide range of organisations under the "Awards for All" banner but this scheme is shortly coming to an end, and will be replaced by a different system. We sensed we had an opportunity to do something, and that opportunity might not be around much longer.

At the same time we also felt we needed to look into getting a new electronic punching system. We have had our unique Joe Lee system for several years and it shows no sign of reaching the end of its life. However the Joe Lee system has been an ongoing cause of difficulty for the club precisely because it is not standard, and because some people, particularly visitors from other clubs, perceive it to be awkward to use and prone to error. Personally I don't agree with them, and have had no problem with it myself, but this ongoing difficulty has been a big distraction for the club and some of us feel it is time to move on.

We spent some time carefully putting together a grant application. It became clear that if we just asked for cash to buy a new punching system we would not be given the money. Grants are only available for activities benefiting the community that otherwise wouldn't happen. So we came up with the idea that we would organise a series of five street orienteering events in the Taunton area. Street or urban orienteering is a new popular variation on our usual forest races and other clubs have found this to be a highly successful way of bringing new people into the sport.

So following our successful grant application this is now going to happen. We will hold a series of street orienteering events this summer in or close to Taunton, and we will purchase a new electronic punching system to use in that series which will then be ours to keep. As we have only just been given the news of our win, there are no firm details of the summer events yet. But keep in touch as I expect things will develop quickly.

I hope you are enthused by the prospect of some summer street orienteering, but I expect there may be greater interest in the new electronic system so I will describe that a bit further. There is a choice of two systems: Sportident (SI) and Emit. Many of you will be familiar with SI as it is the system used by both our neighbours: Bristol and Devon. The dibber is attached to your finger using an elastic finger loop, and you dib it into a hole in the control box whereupon it gives a satisfying bleep and flashes a light. It is very reliable and easy to use, but the controls are expensive. Emit is less common here in the southwest but is a more affordable system. The dibber is much larger but still held using a finger loop. The dibber slots into the control to register the "punch" although it is possible to register a punch by waving the dibber close to the control. Both systems have their advantages and disadvantages and we will have to make our choice between them.



Sport Ident



Emit

I hope you will be interested in this project and will show your support by coming along and enjoying some summer running. But I also hope some of you will be able and willing to assist. I'd like to hear from anyone willing to help with

- (1) Deciding on the locations and formats of events
- (2) Choosing the electronic punching system
- (3) Publicity
- (4) Helping on the day. I hope to hear from you soon.



You go ahead — I'm not running in these conditions"

Thanks to David Holmes for this very appropriate cartoon at this time of year.

Events

Lydeard Hill QOFL 4

John Traylor

Driving up onto the Quantocks for the latest QOFL, on Lydeard Hill there was time to contemplate what challenge lay ahead on the green course. It seemed likely there would be plenty of climb, but over what distance? The weather was a little milder and there was sunshine about so I anticipated a pleasant run.

Arriving a bit later than most I found that the parking was on the road due to a wet field: so the slopes were likely to be slippery. Walking up the road to registration it was apparent that the wind increased with altitude. At registration the green course was found to be 4.7Km with 260m of climb so a realistic target time for me would be 73 minutes.

I returned to the car and decided a cagoule would be appropriate, as I don't appreciate the wind chill. Then the walk to the start; where I noticed more climb than I remembered on the entrance to the wood. I was soon off into the wood for the first two controls. No 2 was also 15 so I would be coming back this way. It was then out into the open for controls 3,4 and 5 with no real problems although 4 to 5 gave a taste of the climb with seven contour lines. Control 6 was another dual number to guide one through the gate. Control 7 was a stream source in a re-entrant. It should not have been difficult as I could follow the curve of the fence for about 200 metres until a northerly facing spur was apparent which could be followed down to a small re-entrant. However, getting over confident I found a very nice stream source in a re-entrant but did not see this one marked on the map higher up the slope, so did not realise I needed to go lower down. Eventually the penny dropped. The next control, No8, was up and over a hill with lots of contours on the straight route so this was rather slow. No8 to 9 was straight forward but all up hill. The next leg was over another steep hill. I left the control and worked my way round to the west of a green area and zigzagged

up the hill to lessen the gradient but still needed to take breaks. Eventually I hit a path but not on the brow of the hill. Something's wrong! No wonder the climb seemed too far, I had managed to go in the wrong direction. Fortunately relocation at the large pond restored a little confidence but now I had to go down again. The steep gully was a strong feature that led down to the thicket. Then there was yet more climb back to the dual control by the gate. Three controls in the open were fairly straight forward although with No 14 I wasted time as I drifted round the hill and was guided to the control by being able to see 15 first. Then back into the wood and eventually the finish. The course certainly met the earlier expectation of being physically challenging with this causing mental blockages.

Where did I go wrong? I should have paced down the spur to the stream source. It may have helped if I had actually seen the other source on the map. For leg 7 to 8 going round the hill looks like a good choice particularly as I know stamina is one of my problems on hills. Again having climbed from 8 to 9 contouring to 10 may well have been the sensible option. I would certainly not have made the mistake of concentrating on the climb and ignoring direction.

The course was challenging with some interesting contouring options which eluded me at the time. Did anyone make these route choices?

South West Middle Distance Champs at Gore Heath Tony Hext(M60)

Gore Heath was a familiar name but I could not remember anything about the area - usually something, some feature stands out in the mind. Yes I knew the school and car park and even the beginning of the walk/jog to the start across a wet tussocky grass area but after the climb over a stile nothing seemed familiar.

All this was probably just as well as this competition format – shorter distance with many controls requires that the runner needs to be right on the map throughout.

At the start looking north up at the scrubby slope with scattered pines at the top I was hoping that my first control was not in that immediate area. Number One on course 4 (M16, M55, M60) fortunately was over the top

and down into a runnable wood. A bit of adjustment was required to get No.2.....a bit of a run up the side of some open rough and back into the trees for 3.....4,5 & 6 all followed rapidly (rapidly refers to the planning rather than my speed).... and then track and path to No.7. There was very little track and path before or after this as the short legs keep us going cross-country for much of the course.

Controls 8 to 11 involved a good bit of furrow-hopping (in my case running down one side and up the other) . The exit from 14 was a bit vague but managed to locate crosspaths and thence onto the gully on a hill-side.....over the top and down to a re-entrant at 16.....quick ups and downs to a thicket at 17. That was a good little sequence of controls! Cross-country to 18 using 2 as a checking feature. A slight miss at No.20 ending up in the re-entrant to the left requiring a 50 metre adjustment and then a nice run down to 21 and the finish.

Overall it was a enjoyable run with a couple of small errors. The shortness of the legs required such concentration that major errors should not have occurred and makes this format a very satisfying form of competition.

I was pleased to manage 5th place behind a cheetah and a few gazelles. Well done to Mike Crockett with a win in the M70 class and Brian Fletcher who was 2nd in M35. Other top ten finishes included Ian Bartlett M40 (8th) Jeffrey Pakes M35 (7th) Brian Pearson M45 (8th) Roger Craddock M65 (9th) Joanna Evans W40 (7th).

PS During writing this I did find a map of Gore Heath from 2004 on which I did a Brown Course which involved two laps of the area AND I wrote a piece for M.C. about it ...I still don't remember any of it.... Don't ask me to do map memory!

Meldon Hill Race – Feb 22nd

Ian Bartlett

Slightly different from the normal format, the Meldon Hill Race constitutes a mass start with all competitors pursuing the same controls at the beginning, regardless of how masochistic they were feeling as they entered. The choices were between short, medium and long distance with a lot of running on paths if desired although the shortest routes were invariably the ones that necessitated a scramble over the highest tors of Dartmoor and with some heavy mist thrown in, this represented quite a challenge.

14km seemed plenty to tackle, with conditions as they were so I opted for a medium course. With just 6 controls to find there were plenty of long legs and some decent route choices to decide upon. Maps were issued at registration, giving you plenty of time to decide the best places to avoid but at a scale of 1:25000 I found my OS map of Dartmoor contained more information although some field boundaries had worryingly changed places!

Having done this race a few years back in snowdrifts and blizzard conditions, the damp start and hill mist weren't too much of a handicap and the running was generally good considering how marshy Dartmoor can be.

One hour fifty two minutes later, I finished, tired but pleased to have made only a few small errors and just the one big one where I'd surprised a whole host of runners by running in the opposite direction to them (needless to say they were exiting the control whilst I was just realising that I'd overshot it by half a mile).

I was also totally honest in having touched every control kite. No SI/EMIT or even pin punches in this race, the latter being an oversight by the organiser but a thoroughly enjoyable experience and recommended to anyone who fancies a longer than normal run. Several QO members took part and maybe some more of us could be taking on the tors next year.

QO Results

Long race	3rd Richard Sansbury	152.45 mins
Medium Race	4th Ian Bartlett	113.00
	14th Martin Longhurst	135.00

The Southern Championships National Event Mike Crockett

This event was coupled with Interland and various other prestigious events to make this a very popular event. Why then was I the only QO member there? The fact that it was the Southern Championships was one of the year's best kept secrets, or should I say it was to me. Sorry Fixtures! It was in SInS last time and I missed it.

Interland is an International event between teams of various ages, one from England, two from Belgium (Flemish and Walloon) and one from the Netherlands. England won this convincingly.

The venue, Burnham Beeches and Egypt Wood, a few miles north of Slough, is as one would expect mainly runnable mature Beech wood with small thickets of holly and the odd rhododendron but there was much more green at the southern end of the map.

I had a very late start on one of the more heavily populated courses, so much so that the only folk around when I started were all on the same course. However this didn't seem to help on the 500 metre run to the first control across an almost featureless flat bit of forest. I overshot and wasted 2 minutes sorting myself out. Another mistake later on cost me even more and I finished further down than I would have liked and outside championship time.

Arthur Boyt won by three minutes from Roger Maher. Both these gentlemen are going extremely well at the moment and so it only remains for me to say "Roll on next year and M75."

British Orienteering Champs- Hampton Ridge, 28.2.09 R.Sansbury

Although the 2009 British Champs were taking place in the New Forest, there wasn't in fact much forest to be seen, the area was mostly open heathland which turned out to be quite wet and boggy. However, it was a bright day as we filed in to the car park some distance from the event centre. Although it wasn't needed, the organisers had laid down a

plastic grid across the entrance to stop cars ripping into the grass - I noted we could have done with something like that at Lydeard Hill. Anyway the helpers issued the Emit cards with suitable efficiency and I set off towards the start.

I have now moved up into the M40 class which for some reason means there are almost twice as many competitors. I had an Army runner 2 minutes in front of me and someone in NGOC colours starting 2 minutes behind. Being a high profile national competition the best orienteers from around the country were there as well as a local crowd, so I wasn't expecting a place on the podium, but it would be good to be able to keep up with the others on my course.

And things started well. I was fairly close to being straight on to the first two controls, although perhaps my routes across the bogs might have been chosen better. I passed my Army man clearly lost at control no 2, so I knew I was ahead of him. However between controls 3 and 4 he came back past me together with my NGOC follower, both of them were simply faster at running over the heather. I noticed the latter was puffing heavily although we were less than one quarter of the way round the course and I doubted if he would be able to keep it up. However, as we went on both became further and further ahead and eventually I lost sight of both.

I continued alone. Navigating was quite easy in the open heath, and although I was perhaps a bit hesitant at times I made no serious mistakes and I kept moving. I occasionally dipped into the forest but even this was straightforward. I had a long section at the far end of the course where I didn't see anyone else at all. It made me wonder if the event had been called off and everyone had gone home but when I came out of the trees back into the open suddenly there was a whole landscape full of brightly coloured runners all going in different directions. Things were going reasonably well and I set myself a target of finishing in under 90 minutes

Eventually I came to the finish just under my target time. The finish straight was lined with people so I gave them a good sprint finish - but I don't suppose many noticed. I realised I could have gone round a bit quicker than I did - I should have followed the example set by my NGOC competitor. In the final results I was 20th, just above average but my course winner was significantly quicker and I could have never got near their speed.

Of the others from QO the best performances were from Sue Gard in a good 7th place on W60 Long and Tony Hext in 8th place on M60 Short, both of which happen to be the same course as was the M70 class in which Mike Crockett just beat Bill Vigar by a few seconds on M70 Long. Well done all for attending.

Full results for QO:

M35L	14/29	Brian Fletcher	101:09
M40L	20/49	Richard Sansbury	87:56
	37/49	Ian Bartlett	108:56
M45L	46/97	Andy Rimes	85:56
M45S	25/28	Matthew Knipe	90:01
M55L	90/107	John Chesters	98:42
M60L	33/95	Jim Mallinson	69:19
	59/95	David Holmes	79:50
M60S	8/32	Tony Hext	54:48
M70L	11/42	Mike Crockett	56:12
	12/42	Bill Vigar	56:58
W40S	15/22	Adele Appleby	91:21
W50L	26/62	Rosie Wych	73:39
W55S	13/20	Ruth Chesters	84:13
W60L	7/44	Sue Gard	57:35

The British Relay Championships

Mike Crockett

Another fine day and pleasant venue at the Beaulieu estate near Lyndhurst. The car park was the Western part of the museum car park and quickly filled with a large number of competitors. A short walk uphill and we were in a large flat field area with a multitude of tents and banners all adding to the atmosphere for what promised to be an exciting day.

Quantock had entered two teams, both in the Add hoc class which meant that there were options on the composition of the teams. Ian based his team selection on *relatively young* (Ian Bartlett, Richard Sansbury and Joel Llewellyn Eaton) and *relatively old* (John Chesters, Mike Crockett and David Holmes).



Each Team had to run legs of 5.5(green) 3.5 (green) and 2.8 (orange) but not necessarily in that order. The forest had a multitude of paths and plenty of brashings, but still enjoyable running until the run in to the changeover which was quite steep up hill at the beginning and in full view of the spectators and your waiting team member. It did flatten out for the last 50 metres or so and so a sprint in was an option if you had any energy left.



The young ones were 8th overall and the oldies 20th of the 66 teams competing. A very creditable performance.

Five of the members pose. David Holmes had to rush away

Fixtures

29.3.09	QOFL 5 Team 1	Crowcombe Heathfield	ST127343	A.Rimes 01823 451942
10.5.09	QOFL 6 Team 2	Staple Hill	ST 246159	Ted Heath 01823 251985
31.5.08	QO 2X2 Relay	Buckland Wood	ST 184172	TBA

Club Events

Start Times for QOFLs (QO Forest League) 11.00 to 13.00

Selected Other Events in the South West

22.3.09	Sarum Saunter	Fonthill	ST 909307	D & D Mullins 01963 33579
5.4.09	Wessex galop- pen	Rempstone	SY 994836	Foxie Loxie 07733 135688
18.4.09	Kerno Galoppen	Penhale	SW 772568	Jeannie Bown 01726 843491
19.4.09	Devon Galop- pen	Smallhangar Waste	SX 562592	N&V Maxwell 01752 739040
26.4.09	Sarum Galop- pen	Collingbourne	SU 271528	Heather Haskins 01980 600879
2—4-.5.09	Triple 07 Severn Incl BOK Trot	Forest of Dean	Various	See BO website for details

Edition 125 of Quonicle will be distributed at
The BOK Trot– 2nd May
Copy to me by 25th April please.