

The QuOnicle



The Newsletter of Quantock Orienteers

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EDITORIAL

It's turned out to be a golden time for our 'golden oldies' with Mike Crockett and Bill Vigar both getting on the podium at the JKs, and Bill winning the M75 category at the British Champs. I'm encouraged by this for two reasons. Firstly, neither look old enough to be competing in the M75 class, thereby demonstrating that the secret to eternal youth is obviously regular orienteering (that's £10 each chaps...). Secondly, as someone who hadn't even glimpsed an orienteering map until I was in my 30s, I look at them and think that (all being well) I should have plenty of years to hone my orienteering skills!

There's not many sports that I could 'get into' at a (relatively) late stage, and yet look forward to many years of participation. And with the age class system plus the benefits that years of experience can bring I'm pretty sure my orienteering will continue to improve long after my half marathon times have started to escalate.

Adrian

CHAIRMAN'S CHAT

There's an interesting article in the February edition of Compass Sport magazine regarding trends in membership and participation at major events. The article compares the numbers of orienteers over the last 30 years. There are two notable observations in the change in age profile since then and now. First, there has been a substantial reduction in competitors in the 21-35 age range (currently it is only one third of what it used to be), and the second is a huge increase in those at the older range of the spectrum.

There is an obvious reason for the second statistic. Many of the orienteers who were in their 20s in 1980 are still orienteering, they have just moved up several age classes. But the first indicates that there are very few young adults coming into the sport. The article notes that there are still lots of children taking part in orienteering, but the drop out rate as they grow up has changed. It used to be the case that about half of those taken to events by their parents would continue in the sport after becoming seniors, but now that has reduced to only one in four.

The national pattern of ageing participants matches our own club experience - a look at results from any of our events will confirm this. However, this is not necessarily a problem, and there are lots of reasons to be very positive about the future. Our club has a very stable membership, and attendance at our events increases year on year. We have held successful new initiatives over the last few years and the club continues to develop. But it would be nice to see more young adults taking part. - *Richard*

CLUB NEWS

News of Members

Former members of QO, Ian and Jo Williams, now living in the North of England have a daughter. Proud grandfather Steve was seen at Cookworthy with 2 month old Rosalind in a papoose on his back, while Jo and Ian were out in the forest. Your reporter saw Jo running well and very quickly out in the forest. Maybe she was in a hurry to get back to check that her daughter was being well cared for!

Will Kromhout's family Eden Smith (6), Elliot (9) and Sandra Smith have joined us as local family members. The family are already great supporters of JOG events and attended the JKs, where Sandra stepped in to the relay team.

Committee News

The last committee meeting was held on 10th March, with the following points arising:

- Ted Heath is organising an inventory of club kit. If you do have any kit lying around that Ted may not know about please get in touch.
- Discussed the possibility of an "MTB" (Mountain Bike) Orienteering event. Bill Vigar offered to produce a purpose-made map of Croydon Hill. If you are interested in trying an MTB event please let Richard know.
- Richard has agreed six dates with SWOA for next season's QOFLs—please see back page.
- Brian Pearson asked whether QOFL scoring could be amended to prevent occasional visits to QOFLs by top runners skewing the results. This is being investigated—more to follow in next QuOnicle.

- Mark Maynard has agreed to take over from Richard as fixtures secretary.

News from SWOA

Jeff Pakes attended the SWOA meeting on 28th April and reported the following:

- Sudden Oak Death. Authorities are trying to be seen to contain this fungi. It may affect the usage of Forestry Commission areas in SW and Wales.
- Event Structure. Formally changed to 4-tier by BOF. Earlier indications that Level 2 events will split into two tiers.
- Risk assessment form. New style, apparently easier to fill in, now on BOF website.
- 2011 Harvester relay. No club interested in staging this. Youth grants. £500 grant given to Emily Benham (Sarum) for MTB (she applied for £1,300).
- JK2010. Praise from BOF who acknowledged difficulties for organisers, e.g. competitor's death, last-minute permissions problems. Surplus probably less than anticipated.
- Eden event cheating (see Kerno website). Errant competitors not formally disciplined.
- Galoppens. No problems with appointing internal controllers apparently for Level 2 events.

South Molton Community College

As many of you will no doubt have noticed, a group of Year 11 students from South Molton Community College joined us for two events (Croydon Hill Regional and QOFL5 at West Quantoxhead) as part of their GCSE PE course. Two of the students wrote the following thank you note:

"As part of our GCSE PE course we were given the opportunity to take part in two orienteering sessions organised by Quantock Orienteers in order to increase our GCSE practical grades. On our first visit to Minehead, few people had an idea on what we were doing so a few of the instructors were really helpful and taught us the basics of orienteering techniques. At our second event at West Quantoxhead, we were able to take part in the more advanced courses which gave us higher grades. Most of the students achieved high grades for our performances. As a school we really enjoyed each of the events and would like to thank everybody for all their help and support."

- Emma Kingdon and Erica Boyles (Year 11 GCSE PE students at South Molton Community College)

EVENTS

JK Relays

We were beset with injuries and illness at the JK relays. However QO managed to field three out of the four teams entered, thanks to Sandra Smith, Dave Holmes and Margaret Crockett stepping in at the last minute and to the other members putting up with the continual tinkering of running order to accommodate these changes. And in addition a special thanks is due to Jan, our ally in the camp, who allowed me make these late changes at Relay Registration.

SWOA Relay Series (The Chairman's Challenge)

Early to mid summer is the relay season in the South West. An inter club competition, The Chairman's Challenge is a series of relays, each with a different format, starting on 27th June. At the moment there are five events registered which means that the best four from each club will count towards the final result.

The provisional events are:

27th June — NWO venue TBA

4th July — BOK Adams Avery at Bathwick.

11th July — Wimborne Furrow Hoppers Near Dorchester.

18th July — Devon Relays at Princetown.

25th July — Wessex Hardy Relays at Upton Park

Clubs may enter as many teams as they wish. The position of the highest placed team from each club is used for scoring.

Traditionally QO have done well at these events and this year should be no exception. Relays are great fun and the atmosphere is very relaxed. Most have a handicap system so age is no barrier.

May I suggest that you think about it talk to other members and form a team or teams. I won't be available for every event, but will make up numbers if required using my great age to boost handicap.

Mike Crockett

JK2010

JK 2010 started well for QO with Mike Crockett finishing 2nd in the M75 class in the Day 1 Sprint event, with Bill Vigar just two places behind.

On Day 2 the action moved on to Cookworthy, and the dynamic duo were once again at the front of the pack. Mike and Bill finished 4th and 6th respectively in the M75L class.

Day 3 was at Braunton Burrows, and the pair showed no signs of slowing down in the sand and sunshine. Mike put in another splendid

run to finish 2nd in M75L (less than a minute behind the winner, Andrew Gregory of MDOC), and Bill wasn't far behind with a 4th place finish.

Their consistency put Mike and Bill second and third in the overall results for Days 2 and 3, and made them familiar faces on the podium.



Mike Crockett at the JK prize giving (photo courtesy of Dave McCann, BDOC)

The Great Bear Hunts - JK2010

JOG families rallied to help as QO requested offers to run the rather ambitious target of 4 days of JK String Events. We needed 8 families, 2 for each day. One family would set up and run the event for half a day and then the other family would complete the event, dismantle everything and pack it to be transported to the next venue. Andy Rimes, Ted Heath and Jim Mallinson were responsible on different days for the dibbing and computer downloads, and Mike Crockett was the first ever Grade 1 controller of a string event - he did the Cookworthy one, must be a first!

We used maps drawn by Dave Holmes, attractive and simple-to-read, they were ideal for youngsters. We knew that by designing the courses carefully we could encourage children to follow the string AND read the map so that they could take short cuts and collect extra controls which lay off the string as they went.

Day 1 was at Bicton and the Greens had kindly agreed to set out and run the first session with the Applebys relieving them for the afternoon. Although this was the least exciting area, parents could let their children go by themselves and, from a central vantage point, see them going around both sections of the course.



What's the control picture for 'Crocodile'?

Day 2 at Cookworthy dawned wet and miserable so I'm sure the Bussell family were thrilled that I'd allocated the first session to them! They assured me that the rain had stopped by the time the first children arrived. This area bore a striking resemblance to The Three Bears' deep dark wood and as our theme was Hunting Bears, was a great venue. The forest was planted in precise rectangles and marked with wooden posts so it provided a superb opportunity for off string 'short cuts' and more adventurous 'off string' controls.

Simon Davidson and his family took over for the 2nd session and he continued to extend the warm welcome suggesting to some that they might find a bowl of porridge at some of the controls!



We moved to Braunton Burrows for Days 3 and 4, actually using the same site for both days. (500 bullocks prevented the use of our previously allocated area, we didn't argue!) Day 3 went anticlockwise and Day 4 clockwise! The Maynards set up the string and controls with all of them well tested by Evelyn's diligent dibber. This was a brilliant area with plenty of loops and short cuts as the string wound through the dunes.

The Evans' (all the way from Southport) took over for the afternoon, and at the end of the session packed everything away except the string. The following morning the Craddocks laid the course in reverse and were soon inundated by customers, this was the first time a string course had been provided on the Relay Day and many of the parents made a point of saying how much they appreciated it. Certainly makes it worth while when people bother to offer their thanks!

Each day we had about 100 competitors and all received a completed certificate (on the back of their map), a logo-bug and chocolate mini-eggs. Our best Bear Hunters returned for their cumulative certificate on



the last day! Our thanks must go to the many QO and JOG members who gave their time so generously to help make these events so enjoyable.

Judy and Roger Craddock

Opposite page (Top) Elaine, James and Chris Green at Bicton, (bottom) Where's that punch?

British Orienteering Championships 2010

The championships were held on Cannock Chase on May 1st. The forecast was for a pretty bleak weekend but the Saturday turned out to be quite pleasant for the majority of the day but I imagine that the storms encountered whilst travelling home would have impeded the reorganisation needed for the relays on the following day.

The Chase is an area of spur and re entrants with mixed trees and some forest plantations with the inevitable open areas of cleared forest. There were very few brambles and the only impediment to fast running were the brashings and the steepness of some of the hills. There has also been a lot of mining activity but the shorter courses didn't encounter much evidence of this.

Very few QO members were there but we had a star. Bill Vigar won the M75 trophy with a time of 51.59 in a closely contested class. Six and a half minutes covered the first eight competitors.

There was also a good performance from Tony Hext 5th in the M60S class less than 2 minutes behind the winner.

I'm sorry we didn't get a photo of Bill receiving his trophy. I was tied up on Jury Duty during the prize giving.

Full results can be seen on the Walton Chasers website.

Mike Crockett

Know your Ling-O!

At a recent QO Committee meeting discussion about POCs we veered off track somewhat (obviously we could have done with a 'catching feature') and got on to the subject of TLAs (OK, Three Letter Acronyms) and orienteering jargon in general. Like most sports orienteering has its fair share of terminology that can catch out the uninitiated and even trip up some of the pros, so we decided to put together this handy reference guide to orienteering terms for our club members. Please let me know if we've missed any—a version will be going on the QO website.

Adrian

Age class: Your age class is determined by your sex and year of birth, e.g. M21, W35.

Aiming off: Technique where you deliberately aim not to hit the control straight on, but instead to approach it from a certain direction, usually from either the left or the right.

Attack point: When the route to a control is not along a line feature, an attack point is somewhere from where the competitor will head on a compass bearing to the control or a catching feature.

Badge event: The old name for a Regional event.

Bingo control: Not a good thing! A bingo control is a hidden control which is likely to be found by accident rather than by navigational expertise.

BO: An incorrect abbreviation for British Orienteering, the national body which sets the rules and provides the framework for the sport.

BOF: British Orienteering Federation. Now prefers to be known as British Orienteering, but BOF when abbreviated.

Cairn: A stack of stones.

Catching feature: A prominent feature (usually a line feature) which stops the competitor overshooting a control by too far.

Clear Station: A special control usually prominently positioned on the way to the start that clears all previously stored information from a dibber.

Collecting features: The act of taking note of mapped features while you navigate, especially when you are keeping in contact with the map.

Colour Coded: Colour coded courses use a colour to indicate length and technical difficulty, ranging from White (easy and short—all on tracks) to Black (long and technically difficult).

Compass Sport: An independent magazine dedicated to orienteering.

Compass Sport Cup: An annual inter-club competition sponsored by Compass Sport magazine. Each region holds a heat, the winners qualify to attend the national final.

Contouring: A navigation technique involving staying at roughly the same height while navigating across a slope.

Control: Each point marked with a circle on the map, which a competitor is required to visit. Controls are usually marked by a flag, and have a punch.

Control descriptions: A list of controls on the course with a set of symbols describing their positions.

Controller: The person who ensures the competition is fair, appropriately challenging, and conducted according to the rules.

Decision point: A place where the competitor needs to decide which way to go, e.g. a path junction.

Depression: An indentation in the ground (not the state of mind when unable to find it!).

Dibber: When an electronic punching system is used each competitor is given an electronic card. This is a small device which docks with the controls to prove the time at which the control was visited. Dibber is colloquial for the SI version.

DNF: Did Not Finish.

Dogleg: A pair of legs forming a v-shape such that competitors running towards a control will see other competitors running away

from that control but towards them

Download: The process of reading a dibber at the end of the event.

Emit: An electronic punching system used by some orienteering clubs. An Emit "brick" is held in the hand which docks into the control to register the punch. As a backup a pattern of pins will mark a card attached to the brick. In some models the brick has a digital display.

EOD: Entry On The Day. Means it is not necessary to pre-enter.

EPS: Electronic Punching System. A way of recording when competitors reach a control.

Foot-O: Normal orienteering, i.e. running or walking between controls.

Forest league: The local league which takes place every year. Six events take place between Autumn and Spring. There are trophies for the winners in each course.

Gaiters: Like a sleeve that fits to the lower leg. Often padded to provide protection against brushings.

Gaffled courses: A technique of making courses slightly different by shuffling some of the controls so they are not the same. Often done in large scale relay events.

Galoppen: The regional league which takes place every year from the Autumn until the Spring. Each of the nine clubs in the South West puts on one event. Galoppen is the Swedish word for league.

Handrailing: Navigating by following a line feature.

Harris Relay: A relay event but in which all team members run simultaneously. Some controls must be visited by all in the team, the rest are to be visited by one of the team. The time for the team is when the last team member finishes. The technique is to divide up the controls equally within the team according to ability.

JK: The Jan Kjellstrom Festival of Orienteering is a national event that takes place over the Easter weekend each year. Jan Kjellström helped establish orienteering in the UK.

Joe Lee: An electronic punching system in which a small green e-card makes electrical contact with the top of a control which then flashes.

JOG: Junior Orienteering Group. Weekly low key events are held in term-time. These are suitable for juniors and seniors alike.

Kite: The orange and white fabric triangle which marks a control.

Knoll: A small earth mound, possibly only 1 metre high.

Leg: The journey from one control to the next.

Leg cover: Means wearing long trousers. Reduces scratches and the chance of catching ticks. Mandatory!

Level 1 event: See "national event".

Level 2 event: See "regional event"

Level 3 event: See "local event"

Levy: Part of the entry fee that the club pays to BOF and SWOA.

Line feature: A long narrow feature such as a track, path, river, earthbank.

Linear course: The most common type of course. In a linear course all the controls on the map must be visited in the order shown.

Local event: Most events are local events. Most competitors will be club members and it will form part of a local competition. Colour coded courses will be available.

Local member: A member of the club and a member of BOF. Can often claim a reduced entry fee at events but only within the region.

Long-O: A much longer distance event than normal. A course probably takes several hours. Not recommended for novices.

Map contact: As in, 'keeping in contact with the map', or knowing where you are at all times.

Map memory: An advanced form of the sport in which competitors are not allowed to carry a map. Maps are hung at controls and the competitor has to memorise sufficient detail to find the next control. A real challenge for experienced adults only. Usually used as a training technique.

MBO: Mountain Bike Orienteering. Competitors must stay on tracks and paths but otherwise quite similar to normal orienteering.

Mispunch (mp): Not completing a linear course correctly, either by missing one or more control out or by taking controls out of order. Unfortunately means disqualification.

National event: A rare and very large scale event which will attract competitors from all over the country and even from overseas.

National events include the British Championships and the JK. Courses will be arranged by age class

National member: A member of the club and a full member of BOF. Can often claim a reduced entry fee at events nationwide.

Niche: A smaller version of a reentrant. Usually visible in one contour.

Night event: Normal orienteering, but in the dark. Orienteers usually use powerful head-torches. Very difficult!

Nopesport: An online community of orienteers, including people who take the sport and their own performances very seriously.

Novelty: A less serious event often with an unusual format.

OMM: The Original Mountain Marathon. A two-day event held in a different region of the UK each year and designed to test orienteering skills in extreme circumstances. There are 4 linear courses and 2 score courses.

Organiser: The person who organises all aspects of the event except that directly affecting the courses being run.

Overshooting: Going past a control or attack point either i) accidentally (usually by running too fast and not concentrating) or ii) deliberately, to hit an attack point beyond the control.

Pace counting: Working out the distance between two points by counting number of paces. Distance calculated with reference to the number of footsteps it takes to reach a certain distance e.g. 125 paces to 100m.

Permissions: The role of getting permission to use a piece of land for orienteering.

Pin punch: When no electronic punching system is used, each control has a clip attached which acts like a stapler to punch a pattern of holes in your control card.

Planner: The person who plans the courses at an event.

Platform: A flat area, usually a couple of metres across, surrounded by sloping ground. Formerly used for charcoal burning.

POC: A Permanent Orienteering Course - there are over 350 in the UK.

Pre-entry: When competitors have to send in an entry in advance of

the day of the event. Usually can be done on-line.

Punch: The act of registering your presence at a control. What you depends on the punching system being used - see pin punching, SportIdent, Emit or Joe Lee.

QO: Surely you know who we are by now!

QOFL: Our Forest League.

Quonicle: You're reading it!

Reentrant: An indent within a slope, like a small valley.

Regional event: Occasional large scale events that will attract competitors from across the region. Competitors can score points for the national ranking scheme. Colour coded courses will be available.

Rough bearing: As in 'running on a rough bearing'; running in the general direction of the needle rather than taking an exact reading.

Route choice: Making a decision about which route to take between controls.

Routegadget: A web-based system in which competitors can record their route after the event, in order to compare their speed and route choices with others.

Score event: As an alternative to a linear course, as many controls as possible are visited in any order within a time period

Setting the map: Also known as orientating the map, to hold the map so that it reflects the direction in which you are running

Shadowing: When a junior is followed by an adult as a safety measure, but the adult does not help with the navigation

SINS: The magazine of SWOA

Ski-O: Orienteering on cross country skis. Popular in Scandinavia

SI: Short for SportIdent, see below

Spanish Score: A variant of a score event in which all the controls are visited in any order but in the shortest time possible

Spike: Nice when it happens! When you navigate straight to a control.

SportIdent: An electronic punching system widely used by orienteering clubs. A dibber attached to one finger is docked into a

hole in the control which bleeps and flashes.

Sprint event: A short distance event, possibly only taking around 20 minutes. Almost always in urban areas.

Spur: When a piece of land projects out from a slope

Stake: The pole that the control flag and unit is attached to.

Start Control: Where the start triangle is shown on the map, a control flag is placed. In some events with electronic punching, you will punch the start control.

String course: For the very young. A long string is laid on the ground. Follow the string to find the controls.

SWOA: South West Orienteering Association. Our regional organisation.

Technical difficulty: One of five levels 1= White, 2= Yellow, 3= Orange, 4= Light Green, 5= Green and above.

Thumb compass: Compass held to the thumb with a elasticated band.

Thumbing: Technique involving placing a thumb on the map at the point of current location, and moving the thumb as progress is made.

Tick: A small 8 legged creature found in forests in summer that will attach itself to bare skin and suck blood. In extreme cases this can lead to Lyme disease.

Track run: A route choice option, usually referred to in comparison with a direct but more difficult route.

Trail-O: A variant of orienteering in which the competitor stays on tracks and has to identify control positions from a distance. Can be done by anyone but is particularly popular among disabled.

Vegetation boundary: When areas of different vegetation meet.

Whole Sport Plan: British Orienteering strategy for promoting and continuing the sport.

Yvette Baker: An annual inter-club competition for juniors. Each region holds a heat, the winners qualify to attend the national final. Yvette was a regular for GB for many year, and also a World Champion.

JOG Fixtures Summer 2010

Please note that Saturday JOG events will be between 2-3pm for the summer term. Sunday events are 11am-1pm.

For more information contact Judy Craddock on 01823 323850

Sat May 8 th	King's Cliff Wood	ST 270 320	Jim Nickolls
Sun May 16 th	Castle Neroche	ST 267 158	Part of QOFL
Sat May 22 nd	Fyne Court	ST 222 319	Jim Mallinson
Sat May 29 th	King's College	ST 237 236	Joel Llewellyn-E
Sat June 5 th	King's Hall	ST 223 278	Rosie Wych
Sat June 12 th	Blackbrook	ST 250 240	Jeff Pakes
Sat June 19 th	Castle Neroche	ST 267 158	Mike Crockett
Sat June 26 th	Broomfield Hill	ST 212 326	Richard Sansbury

Selected Other Events

23.05.10	NGOC Galoppen	Cleeve Hill, Cheltenham	SO 989276
29.05.10— 31.05.10	Tamar Triple Regional Event	Penhale Sands	SW 766586
05.06.10	NGOC End of Season Score	Minchinhampton, Stroud	
20.06.10	KERNO Forest League	Trelissick, Nr. Truro	SW 837396
18.07.10	Devon Relays	King Tor	SX 561749
25.07.10	Wessex Hardy Relay	Upton Country Park, Poole	SY 993930

