

The QuOnicle



The Newsletter of Quantock Orienteers

No. 137 May 2011

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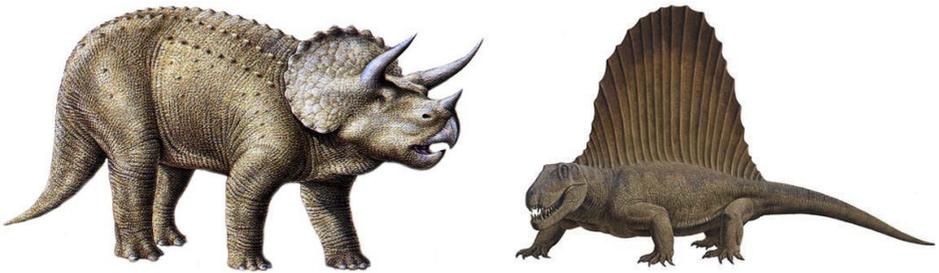
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EDITORIAL

Welcome to another edition of your award-winning club newsletter. Just days after the March edition went to press it was brought to my attention that The QuOnicle had come up trumps in the Compass Sport Newsletter Awards 2010.

So, a big 'thank you' to all of you who have made a contribution to the newsletter over the past year, and please keep the articles coming. This is particularly important over the summer months, as (aside from the Club Champs—see page 16) there are relatively few Orienteering events. Which means relatively few event write-ups, and a relatively short QuOnicle. It also means we don't see each other as much, which makes it harder to 'coerce' content from you! If you're up to something interesting over the summer, spare us a thought—other club members might like to share in your experiences.

I feel a special mention must go to Jeff Pakes' excellent write-up of the Crowcombe Heathfield QOFL. To save the rest of you reaching for the encyclopaedia when you get to that page, here's a triceratops and a dimetrodon for you!



—*Adrian Edwards*

CHAIRMAN'S CHAT

Although the QOFL series is now finished for the year, there are still several orienteering opportunities in the local area. The JOG summer term is just starting, we have our club champs and there are a number of other events in the region through May to July if you are prepared to travel.

I particularly recommend the SWOA summer relay series (see the next page for more details). This is the one regional competition which QO has often seen success - we won in 2007 and again in 2008. For the un-initiated, the series contains 6 events through June and July at which clubs field teams. The events have varying interesting formats, such as the Harris Relay, and are often arranged so that a team of varying ages and abilities can do well. I have always enjoyed these events - look back at last years newsletters and read the reports.

Apart from that, however, the summer is usually low season for experienced orienteers. The explosion of vegetation means that woods which are runnable in the winter can be impenetrable in the summer. So what can an orienteer do to keep their skills sharp during the summer. Here are some ideas:

1. Cross country running. Plenty of events around our area through the summer with varying degrees of navigation required. So the South of us the dynamic Axe Valley Runners have events such as the Talaton Trotter on 4th June or Every Which Way on 24th July. On Mendip there is the Cheddar Lions Rugged Challenge on 12th June or on Dartmoor there is the Haytor Heller on 16th July.
2. Permanent Courses. QO has permanent courses at Vivary Park, Longrun Farm and Ham Hill with several more being worked on. Devon have three courses in the Exeter area and there are four more in Bristol.
3. Mountain Bike orienteering. Sarum are organising an event at Longleat on 26th June.
4. Adventure Racing and Mountain Marathons. Orienteering on a larger scale! These are generally held in Northern England or Scotland, but there is a Questars adventure race in Wiltshire on 16th July.
5. Or for a less energetic option, play the computer game Catching Features for a virtual orienteering experience. You can download a free demo.

Whatever you get up to this summer, enjoy yourselves.

—Richard Sansbury

CLUB NEWS

News of People

Welcome to Ben White from Holford who joined the club in March, boosting QO's M21 ranks.

JOG regulars the O'Mahony family from Taunton also joined QO in March—welcome to Finbarr and Rebecca and their three children Niamh, Fionnuala and Cormac.

Bill Vigar Wins M75 British Champs

Just as QuOnicle was going to press, I got news that Bill Vigar had won the M75 British Championship by about four minutes. Congratulations Bill.

QO Annual General Meeting

The AGM will be held at the Eagle Tavern, Main A303, Buckland St Mary, Nr. Chard, Somerset, TA20 3JE on Sat 2nd July at 2:30pm—please come along and have your say. The AGM will be preceded by the Club Champs and a buffet—see page 16 for more details.

Summer Relays—Team Members Needed

It is that time of year again when QO members rally together to have a splendid day's exciting, tactical sport and camaraderie in beautiful, sun-kissed settings.

Now you are nearly sold, there are courses for all ages and abilities at these events, whether it is a yellow on Dartmoor paths, a green through an amazingly runnable beech wood or a dash around the grounds of a stately home.

Best four of six to count. Team places can fill quickly so don't delay and contact Brian Pearson via bjeuph@gmail.com or 01823 252407. Latest dates as of 11th May are over the page:

SUMMER RELAYS

5th June	Moonraker Relays in Collingbourne Woods, SARUM
26th June	West Woods Relays, NWO
3rd July	Adams Avery Relay at Dyrham Park, BOK
10th July	Hardy Relays, WSX
17th July	Devon Relays at Five Tors, Tavistock, DEVON
24th July	Furrow Hoppers, WIM

JOG NOTEBOOK

We have had only 2 JOG events since the last QuOnicle, Thurlbear Woods on March 12th and Netherclay Woods on 26th March, both were at new venues. Jim Mallinson was the first person to plan courses at Thurlbear Woods and many thanks must go to Bill Vigar for mapping the area so efficiently. We were lucky to have a fair if not sunny Saturday afternoon and Nick Fernandes had arranged some training activities for a groups of junior and then older JOG members. The event was well supported and I have included some photos of the participants, some families start them young!

Netherclay Woods saw an amazing turn out. As it's a small, enclosed area it's ideal for young orienteers wanting to have a go by themselves. Nick did some more coaching which was much appreciated by some of our younger members, see the picture!

Here is the JOG fixture list for this Summer Term:

Sat May 14th	Longrun/Castle/SCAT ST21 248
Sat May 21st	Fyne Court ST 222 319
Sat May 28th	Queen's College ST 218 233
Sat June 4th	Broomfield Hill ST 212 3
Sat June 11th	Kingscliff Wood ST 270320
Sat June 18th	Cothelstone Hill ST 201 328
Sat June 25th	Thurlbear Woods ST 26213
Sat July 2nd	Castle Neroche ST 267 158 (11:30)
Sat July 9th	Lydeard Hill ST181 338

All events are 2-3pm except Castle Neroche on July 2nd, which is at 11:30am to coincide with the Club Champs (see page 16).

—Roger and Judy Craddock



Thurlbear (clockwise from top right): Charlie, Jess and Dave Bullock; Lucy Bussell shows the new Thurlbear map; I guess it MUST be that way thinks Oliver Wilmott; But now where??





Netherclay JOG event



EVENTS

QOFL 6—Crowcombe Heathfield, 20/03/2011

"*Green! Why are you doing Green?*" Will, limbering up at the Start where I was posted, could barely contain his incredulity. Had to explain. As a regular event organiser who likes to "get a run in", I feel I can't be away from my duties for more than an hour. Green fits the bill and is still at the highest level of technical difficulty, so I choose to compete at that level in the Forest League.

"*Whatttt?*" exclaims Will, teasing. Besides, I mutter in my head, I might get a certificate or even a trophy. With impending fatherhood, maybe my last chance for a while?

Crowcombe's a gorgeous sunlit setting, the Quantocks are close-up and steam trains puff and toot en route to Crowcombe station. My fourth and final scoring run on Green this season has also arrived. Funnily enough 'run' is not something competitors on Green necessarily do. Take Robert Green (no pun intended), who I enjoy several light-hearted exchanges with today and who headed the league table as it stood. Robert tells me injury prevents him running much but he still returns good times. Sometimes the technical ability bit counts a lot more than running speed, more so with Green than Blue.

As if to prove the point, I fluff no.4 and let Robert, who started two minutes ahead of me, steam ahead. Distraction was the enemy. Mark Maynard, concentrating and looking purposeful would surely "lead me in" to no.4. A frustrating few minutes followed, going up and down a gully. Mark's soon gone. But this is Crowcombe, an area where I planned two years ago and supposedly know well! I've made a parallel error. I need another gully further on, and the ride bounding it was actually a path.

Serious catching up required now. Mark's traversing a hill but he hasn't spotted that the control is equidistant via a flat track run, the route I choose. But soon the track ends and it's either undergrowth or a nice

path across a field. Split second decision required. Is the path within bounds? The hatched area denotes 'out of bounds' and isn't obscuring the path. If I'm wrong, hopefully no-one will see me and I won't get disqualified. I buckle and 'confess' all to Robert later anyway. Robert and Bill put me out of my misery and confirm my decision as correct.

Got up a head of steam now. Recognise the spur at no.7 which eluded other competitors. The editor tells me he had to relocate by climbing up the hill to the fence. Now at the 'head' of the wood. Is it my imagination, or does the northern wood look like a dinosaur on its side (a triceratops / dimetrodon hybrid, perhaps)? Plenty of line features to work with here, gullies, streams, vegetation boundaries, re-entrants, earth banks. Robert's relishing it too. "A brilliant area, an orienteers' paradise", he enthuses as I finally catch him at no.9, "I wondered where you'd gone though".

Enjoying these brief encounters but after my miserable effort at no.4, I task myself with "burning off" my newest rival. A bit like 'real' overtaking – you have to put your foot down and concentrate (though on the map). I "simplify" the leg and run straight for the re-entrant 250m away to bag no.10. Soon after I begin to flag and get confused by all the line features.

A chest-busting path-run next and the going is tough. Could use a lift from one of those 4x4s. They're going slowly but having loads of fun. One vehicle ploughs through a pond, narrowly missing a control. Motors now gone, I arrive in a messy semi-open area. Sun is beating down and I get disorientated emerging from a control behind the rhododendron, with all those vehicle tracks criss-crossing. Final leg uphill, switch between fast walking and a trot. Collapse in a joyous heap.

Join the throng around the tent, parents standing around while the children chase each other and play with branches. Wasn't so idyllic in roughly the same spot two years ago, when I planned. I'd arrived at 10am with lots of controls still to put out. Cheated an hour by the clocks going forward, my excuse of 'no one told me' didn't wash with the restless hordes gathered there!

I glimpse the 'live' results. Brian Fletcher's times were similar to mine but without the hiccup. He took 47 minutes overall to my 51; Robert did 60, poor Mark did 91 but still short of the 110 I took last time I ran here, Green in 2005. In what was my 6th event, I got lost in the maze-like thickets south of the road in Rexton Gorse. Only Blue revisited that area this time. Winning Blue was Will on 42 mins, clear of Richard by a full 10 minutes. Now you see why I don't do Blue, Will!

— *Jeff Pakes*

QOFL 7—Cockercombe, 08/05/2011

The weather-Gods were smiling on QO once more – after a period of heavy showers, the sun came out to welcome entrants to the final QOFL of the 2010/11 season. This made for a very sociable registration area and I wasn't alone in making the most of the fine conditions to mooch about and enjoy a chat with my fellow orienteers--not something I tend to indulge in mid-November when the rain is whipping around my ears!

Eventually I did remember that I was here to run and not natter, and made my way the short distance up the road to the start. The start team really were spoiling us – instead of grabbing a map from the box, a map had been placed under the box and sticking out at the front ready for a quick 'grab'. Such service! So I scooped up my map (Light Green) and started dashing for...oh, a steep climb. The planner had wasted no time in getting the heart pounding as the route to the first control took us directly north up the side of the valley. I was pleased to hit my attack point at the end of an earth bank in good time, but my joy was short-lived as I breezed past the first control in a denser patch of woodland. I can't have missed it by more than a few yards, but I lost too much time searching around on a second circuit. 12 minutes gone and one control in the bag – not the start I was looking for.

No time to get too riled with myself, there's another nine controls to go. Number two went ok as I headed west through the middle of the wood, but then I mistook a minor track (probably the result of mountain bike activity) for a path marked on the map – more time wasted clambering

up the wrong part of the re-entrant before realising the error of my ways. After this I was quite pleased to head out of the woods for a while and stretch my legs on a sprint down a forest road before cutting back in through a clearing to find a cairn and control number four.

I was going to 'straight-line' across to five, but chickened out and headed back through the clearing to the forest road again. Sitting here now looking at the map I think it was probably a good decision as there were quite a few patches of 'fight' to filter around. Will have to check RouteGadget to see if anyone else posts there routes.

The area of control number six looked a bit familiar –I must admit my memory is not 100% reliable (or even 50% sometimes), but I've a feeling there was a control around here on the last QO Long-O event. I then dropped down south and crossed the road to descend down to number seven, a platform halfway down the hill. Jeff was controlling this event, and he did mention as I was heading for the start that the course would give me a bit of practice in contouring. He wasn't lying - controls eight and nine were further along the hillside at approximately the same altitude. I remembered to add a few steps uphill now and again to counter the inevitable creep downhill, but I had to add quite a few more after losing my footing and careering straight down the slope at one point.

After control nine I descended down the slope (intentionally this time!) to a forest road and a decent run east towards the final control. It was a nice hard surface, and it was flat – I picked up the pace a bit to try and make up some of the time I'd lost stumbling around in the woods and got into a decent strider. But of course, there was a sting in the tail – I had to leave my nice road and follow an earth-bank up a final steep climb to reach number ten. By the time I reached the finish I felt like I'd had a decent workout, and was looking forward to a nice cold drink. It seemed like an excellent finish to the 2010/11 QOFL season - nice course, nice weather, and of course nice people. Now roll on next season – I've got some improving to do!

— *Adrian Edwards*

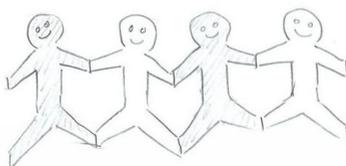
VOLUNTEERING: NOW EVEN MORE REWARDING!

As if the reward of helping your club and putting something back in to the sport you love wasn't enough, QO has put together a reward scheme to thank volunteers for their commitment.

QO depends on volunteers to keep the club going. We really appreciate the assistance given by club members. We hope that club members enjoy the volunteer experience but sometimes a token of appreciation is appropriate. Therefore we are launching this volunteer reward scheme for the orienteering season starting September 2011. Some of these are existing incentives, some are new:

Helper Discount

Anyone helping at a "forest league" or "galoppen" event is entitled to half price entry as a competitor for that event. (Note: this reduction does not extend to any car parking fee or dibber hire fees).



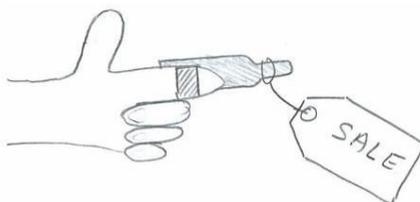
Expenses



The planner, controller and organiser for any event are entitled to claim expenses. This includes a mileage allowance (currently 25p/mile) for travel in connection with the event.

Organiser discount

Anyone organising a forest league event or Galoppen is entitled to purchase an SI "dibber" from the club at a cost of only £15 (about half the current retail price) or an equivalent discount on either event entries or a club top.



NEW: Season Ticket



Anyone planning or controlling one forest league event and organising another forest league event in the same season is entitled to a season ticket giving free entry as a competitor to all forest league events in that season.

NEW: Fair score

Anyone planning, controlling or organising and not competing at a forest league event will not be disadvantaged in the league as they will be given a score equal to their average of their other forest league events in the year.



[Editor: Who knew our chairman was such a talented artist?]

TO ALL PLANNERS: EQUIPMENT STORED IN THE QO SHED

After many years residence in the rear garden of the Holmes' bungalow, the club shed has recently been stripped down, moved and re-built at a new address, that of Andy and Rosie at Cushuish, only a mile or so from its previous home.

All the hardware listed below used for any typical event is now sorted and available for collection by the event's planner and organiser from here at any time. There is an electric light inside. The shed is locked, and I will advise the key's location to the persons collecting before you come to collect, so we do not need to be here when you do choose to come—all I ask is that following the event, the gear taken is returned dry and stored tidily (as you found it!) as soon as practically possible so that it is readily available for the next event.

All the electronic equipment for our SI timing system is also stored here, but this equipment is obviously stored inside the house to keep it dry and for security. The planner would not normally be responsible for

this kit anyway- this would be the responsibility of whoever is running the SI equipment on the day (normally me!).

For reference, the following items are stored in the shed (other equipment used regularly for our JOG events is stored at the home of Roger and Judy Craddock—they can advise what they have at any given time).

Equipment stored in the club shed:

- SI stakes (55) plus spike for easy insertion into hard ground
- Kites (approx 60)
- Large valise type bag for stakes transportation
- Loose stakes (plastic/nylon) various- about 15 total
- Road signs- various- too many to describe. Every size, shape, signage imaginable.
- 1x tunnel tent
- 1x start banner
- 1x finish banner
- 2x wooden collapsible tables
- 1x first aid kit
- 1x 'courses today' board plus inserts set
- 2x string course reels
- 4x car park matting
- 1x tarpaulin sheet
- 1x set of pegged streamers (for marking routes to start/taped routes etc)
- 6x junior map boards (A5 size)
- Map boxes 6xA3 size, 6xA4 size
- 4x water containers
- Bottled water (as available from previous events)
- Fluorescent jackets various (parking/helper/ask me etc)
- 1x bucket
- 4x walkie-talkie radios plus charger
- Various items- string, rope, cable ties, elastic wrist bands etc

To arrange collection of items please email andyr.qo@hotmail.co.uk
—*Andy Rimes*



QO CLUB CHAMPIONSHIPS



2nd July 2011, Castle Neroche— ST 267 159

Registration from 1030, Mass Start 1130

FORMAT

1 hour score event, 20 controls.

Collect as many controls as you can within the hour. Controls can be collected in any order, with the exception of Blue course competitors (see below).

Controls will be of differing values dependant on their physical and technical difficulties.

All competitors will use the same map, but differing handicap factors will be applied to their score dependant on which course they normally run in the QOFL:

WHITE & YELLOW course competitors, Score * 3

ORANGE course competitors, Score*2

LIGHT GREEN, GREEN & BLUE course competitors, Score*1

Additional rule for BLUE course competitors ONLY, as used in the Club Champs last year and in the QOAD series: *Controls are numbered 1 - 20 , You must start by collecting only even numbered controls or odd numbered controls. At any point you may switch from collecting odds to evens, or vice versa, but once you have switched you may not then collect anymore of the former type.*

Penalties of 10pts/min will be applied to those taking longer than the Hour.

TROPHY

The QO member with the highest score after applying handicap will be awarded the Club Championship Trophy. This will take place in the assembly area as soon as the final results have been collated.

POST EVENT MEAL

A finger buffet will be held at the Eagle Tavern (Main A303, Buckland St Mary, Near Chard, Somerset, TA20 3JE) from 1:30pm, priced £6.95 per head. You can pay on the day, but we do need to know numbers in advance so if you plan to join us for the buffet please contact Jeff Pakes on 01823 321900 or jeffpakes@hotmail.com before 27th June 2011.

AGM

And finally, after a good run and some hearty food, don't forget to stick around for the QO Annual General Meeting which will also be held at the Eagle Tavern. The AGM will start at 2:30pm and typically lasts an hour.

HOT TO TROT!



This picture of QO queen Judy finishing the BOKTrot event at Stour-head arrived in the QuOnicle inbox anonymously (thanks Robert). If you have any pictures to share with your club members please email them to adrian_edwards@btinternet.com

SELECTED OTHER EVENTS IN THE SOUTH WEST

QO Fixture are on the back page, and summer term JOG fixtures are on page 6, but here's a selection of other events taking place across the South West in the coming months:

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Grid Ref.</u>
05/06/11	BOK 40th Anniversary Score, Klub Champs and Party	Bathampton	ST775663
12/06/11	Devon League	Chudleigh	SX884848
25/06/11	WSX Summer Series	Kings Park, Boscombe	SZ115927
26/06/11	NWO Relay	West Woods	SU153663
03/07/11	BOK Adams Avery Re-lays	Dyrham Park	
09/07/11	Canford and Merley Urban Event	Canford	SZ035989
09/07/11	WSX Summer Series	Kings Park, Boscombe	SZ115927
10/07/11	Hardy Relay	Upton Country Park	SY993930
16/07/11	WSX Summer Series Final	Littledown Centre	SZ124939

Full details for these events (and more) are available on the British Orienteering website—go to www.britishorienteering.org.uk and click on 'Events'.

Fixtures Senior Club Events

02.07.11	Club Champs	Neroche
01.10.11- 02.10.11	Long-O Weekend	Holinicote/Allerford/Selworthy Wood
20.11.2011	QOFL1	St Audries
26.11.2011	QOAD1	Dead Women's Ditch, Quantocks
10.12.2011	QOAD2	St Audries
18.12.2011	QOFL2	Lydeard Hill, Middle Hill, Aisholt Common etc.
01.01.2012	Xmas Novelty	Sheldon
14.01.2012	QOAD3	Holway (Taunton streets)
29.01.2012	QOFL3	Culm Davey
12.02.2012	QOFL4	Cothelstone Hill and Twenty Acre Plantation
18.02.2012	QOAD4	Triscombe Stone
03.03.2012	QOAD5	Castle Neroche
25.03.2012	QOFL5	Priors Park Wood
15.04.2012	Galoppen	TBC
13.05.2012	QOFL6	Staple Hill

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 £7.00 (£5 BOF members), Junior £1.00, Families £12, Dibber Hire £1. Please see page 23 for a list of JOG fixtures.

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

Edition 138 of QuOnicle will be distributed at the Devon Relays
on 17th July. Copy to me by 7th July please.