



The Newsletter of Quantock Orienteers No. 143 May 2012

- Page 3: From the President
- Page 4: Club News
- Page 8: QuOnicle/Sins distribution
- Page 10: Low-tech QOFL Planning
- Page 11: Badge Schemes
- Page 13: Events
- Page 23: JOG Fixtures
- Page 24: Senior Fixtures

Editor—Adrian Edwards, 35 Clover Mead, Taunton TA1 3XD
Tel 01823 325119 Email adrian_edwards@btinternet.com

www.quantockorienteers.co.uk



Quantock Orienteers Committee

Secretary	Jeff Pakes	01823 321900	
Treasurer	Roger Craddock	01823 323850	
Committee	Bob Lloyd	01823 333251	Permissions
	Rosie Wych	01823 451942	
	Mark Maynard	01823 251262	Fixtures
	Bill Vigar	01823 680679	Mapping
	Robert Green	01749 840769	
	Jim Mallinson	01278 784714	
	Richard Sansbury	01823 288405	

Other Club Officials:

Mike Crockett	01458 445540	President
Tony Milroy	01278 662535	QOFL
Judy Craddock	01823 323850	Membership
Nathan Fernandes	01823 338472	Webmaster
Adrian Edwards	01823 325119	QuOnicle
Andy Rimes	01823 451942	SI

EDITORIAL

Usually I end up sending a few gentle 'reminders' as we near QuOnicle deadline day, and occasionally a few less gentle reminders. This month all the contributors beat me to it and pre-empted my pleas for content—thank you, it gives me a bit more time to put the newsletter together and means I don't have to sound like a nag!

I'm writing this on the eve of the final QOFL of the season. I organised the first QOFL of the season at St Audries back in November and to be honest it seems like five minutes ago! We've had another great season of events thanks to the dedication and hard work of QO's volunteers, and it's not over yet—we've got the Club Champs to look forward to at Ham Hill on Saturday 30 June together with the AGM and of course the accompanying buffet. I hope to see you there.

—Adrian Edwards

POST FROM THE PRESIDENT

Those of us who are of mature years and long term members of the orienteering fraternity can remember when the clubs ran BOF. Now however we have a board of directors and a chief executive who are deciding the way British Orienteering is structured. The membership did have the final say at the AGM which is held at Easter. This year the proposal from the board radically changed the membership structure and membership fees. The motion was carried by a relatively small majority, but then legal advice had to be sought as to what majority was required in this case. A straight majority was enough and so we can expect radical changes later this year. Whether this will be for the good of the clubs remains to be seen.

The recent increase in postal charges has set us thinking about distribution of the Quonicle and SINS. Adrian has some proposals detailed on page 8—please give them some thought.

The weather has not been really encouraging to orienteers of late, but we were lucky at Croydon Hill and the JOG event at Vivary Park. I gather that the following day the park and adjacent cricket ground were flooded and at the time that I write the park remains closed. Summer is fast approaching which should bring warmer if not completely fine weather. Hopefully there will be some good weather for the novelty and come and try it events put on by clubs in the South West . This is also the relay season. Please make an effort for QO to be represented at each of them. As scorer for the series I hope to see QO near the top at each event.

Many of you will know that Adrian Edwards, the Quonicle Editor, is taking part in a fund raising challenge in aid of Bliss, a charity which supports parents with premature babies. He will be travelling 2012 kms by Running Walking Kayaking and swimming and cycling. A week or so ago he had 600 km to go and hopes to complete it while taking part in the Saunders Mountain Marathon in July. Good luck Adrian. And may I wish you all Good luck in the coming months.

—Mike Crockett

CLUB NEWS

Membership News

A warm welcome to the Johnn family (Nick, Jade and their two children Jared and Tea) from Taunton. The whole family were in attendance at the QO Galoppen last month where Nick set the fastest competitive time on the Orange course.

QO Annual General Meeting

Ham Hill Country Park will be the scene of our end of year "extravaganza" on Saturday 30 June. Organiser Robert Green has gone one better than last year's successful idea of combining club champs, buffet and AGM on the same date. He's created a "one-stop shop", with all three things taking place on the Hill!

The event itself is a handicapped one hour score to suit all standards from Yellow upwards, though handicapping will be probably less favourable than last year for juniors, who filled all the top places back then. Register between 10.00 and 10.45 for the 11.00 mass Start. If you would like to join us for the cold buffet afterwards, served at the Prince of Wales at 1.15pm, please phone Robert on 01749 840769 or email him at rgreen@cffarming.co.uk to book your place by Saturday 23 June. The pub is 300m from the Finish, just in case the organiser's car breaks down, says Robert.

It is hoped that the new club champion will be announced during the meal, which will last approximately an hour. The AGM will get under way in the same room by 2.30pm. Please check the club website over the coming weeks for further details and confirmation of the arrangements.

Remember you have the chance to raise matters for discussion at the AGM or propose an amendment to the constitution but must do so in writing to the secretary at least 7 and 14 days respectively before the meeting.

The buffet charges are £5.50 for adults and £2.75 for children aged 12 & under and there is space for 30. Score event charges will be the same as for a QOFL. The venue location is TA14 6RW or ST480165. See you there!

—*Jeff Pakes*

Coaching sessions in Taunton

Having completed my level 2 coaching course in February I need to undertake 6 mentored coaching sessions at level 4/5 (Light Green and beyond) before I can be assessed and qualify and I would like your assistance. As level 2 coaching is all about progressive development I intend holding fortnightly coaching sessions in the Taunton area over the summer period; June-September on a Thursday. Each session will have some fitness training, some technique coaching and the

opportunity to develop that skill through exercises to reinforce the coaching.

The sessions will be suitable for all ages currently running orange, light green, green or blue. There is no cost associated with these sessions and I will plan each session to last approx. 2 hours starting at 1830. If you are interested please contact me by e-mail: nick.fernandes@btinternet.com and let me know what you feel you need to develop to be more competitive next season. As I will be coaching on my own I will limit the group size to 12 to ensure I can provide all with feedback.

—*Nick Fernandes*

Combine for the Harvester

Will Kromhaut is looking for ambitious, adventurous, orienteers (male or female) to compete for QO in the Harvester Relays on 1st July at Bourdon Heath, HANTS. This is an overnight competition for teams of 7 or 5 competitors from the same Club. A camping area is provided and QO will pay 50% of the entry. More details are on the BAOC website www.baoc.org.uk but expression of interest should be made to Will at willdebeast72@hotmail.com as soon as possible as cheaper entries close on 4th June.

JOG Report—Summer Term 2012

There have been only two events so far this term. The first was held in Vivary Park on 28th April and was to mark the opening of the (much improved) permanent orienteering course (POC). Mark Maynard has been responsible for working with Emma Sharp (TDBC) to up-grade all the sites and produce map packs available to the public at TIC. (It is also possible to download a map from the QO website.) The Deputy Mayor welcomed everyone at a short opening ceremony (see the photo taken by Nathan Fernandes).



The Vivary Park JOG was preceded by the official opening of the new POC

.....A day later the whole of Vivary Park was flooded!

Tom, Eleanor, Sarah and Chris Hasler kindly agreed to be the organisers of the 20 Acre Wood event on 5th May. Jeff Pakes had planned the courses and Nick Fernandes hung the controls on the day. Luckily the weather was fine and there was not too much mud. However the bluebells provided an extra slippery challenge for those running off the paths, Amy had great difficulty extricating herself from a massive depression in the north of the map, fortunately rescued by Chris, we believe!

We have included the JOG fixtures for this term on page 23, do come if you're free.

—Roger and Judy Craddock

QuOnicle/SINS Distribution

The distribution of QuOnicle has always been linked to the distribution of SINS, with the rationale that it was easier to distribute both newsletters to club members at the same time. However, a decrease in club members attending non-QO events and an increase in postage costs means this is no longer a practical solution.

Logistically someone had to collect SINS and try and distribute them along with QuOnicle at an event somewhere in the South West. That 'someone' has been Mike Crockett, who until his recent knee surgery attended about 365 events a year (and that's only a slight exaggeration!). It's been fantastic to see Mike back competing again following his operation, but he can no longer attend all the events required to collect and distribute SINS and QuOnicle. Mike was already finding that there were relatively few QO members attending those events, so the majority of copies ended up being posted.

Which brings us to the second factor—rising postal costs. As many of you know postal prices have increased by over 30% this year, which adds a significant amount to the cost of posting out hard copies of QuOnicle and SINS.

After much deliberation, we have decided that from July onwards QO will cease synchronising the distribution of SINS and QuOnicle. Here's the plan:

- We will aim to distribute hardcopies of QuOnicle at QO club events, where we are guaranteed to have a lot of club members in attendance.
- If you are unable to collect your hardcopy of QuOnicle at the nominated event we will post it to you afterwards, unless you have opted to receive QuOnicle electronically.
- We will distribute SINS electronically as PDFs to the majority of club members, unless you 'opt in' to continue receiving paper

copies of SINS using the form below.

- You may also opt to receive QuOnicle electronically if you prefer. Some club members already receive both publications by email—if that's you, you don't need to do anything!

This will put us in line with other clubs in the SWOA region as it turns out QO was the only club where the majority of members received hard copies of SINS—our neighbours went 'electronic' some time ago. So here's what we need you to do...

To Receive SINS by email...

Please send an email to me (adrian_edwards@btinternet.com) with the subject 'SINS' so that I have your email address by 17th June. If you would also like to opt to receive QuOnicle electronically please state this in your email.

To Receive SINS by post:

You can either send me an email (adrian_edwards@btinternet.com) asking to be put on the postal distribution list for SINS (please include your full name) or complete the form below and post it to:

Adrian Edwards
35 Clover Mead
Taunton
Somerset TA1 3XD

We need your reply by 17th June to coordinate numbers with SWOA.
Thanks,

—*Adrian Edwards*

Please send me SINS by post

Name:

Address:

LOW TECH QOFL PLANNING

The club is always interested in getting more people to have a go at planning a QOFL, but I wonder if the recent emphasis on 'High Tech' is deterring some people from offering. Here are a few things to think about.

1/ People were successfully planning orienteering courses years before computers came into use. If you are not a 'computer person' you may spend more time playing with the software than thinking about the task at hand of planning courses.

2/ Some people, me included, find it easier to plan courses with a map, a pencil, an eraser, and a piece of string (to check the course length). There will be plenty of time to turn it into a computer file when you have got it right. You will not need to do this yourself anyway.

3/ Software will not plan a good course for you. It will not even, like a spell checker, tell you what is wrong with your efforts, it will just reproduce it on paper. You are unlikely to plan good courses just by sitting in front of a monitor. You will have to visit the area, probably several times. It may also be a good idea to do a timed run of one of your proposed courses, preferably the one you run at events. Compare your time with that at other events.

4/ Competitors use paper maps with mauve lines, circles and numbers on them. They do not, as yet, carry tablet displays. The sooner you see your efforts in this form, the sooner you will see their shortcomings.

—*Bill Vigar*

BADGE SCHEMES

Judy Craddock has compiled the following information on the various badge schemes available to QO members.

SWOA Colour Coded badges

To qualify you must be within the first 50% of all starters or within 1½ times the winner's time in the results on the same colour course, 3 times in any 2 years.

For WHITE courses you only need to complete the course 3 times.

To obtain a colour coded badge award please let me have the 3 dates on which you qualified (anywhere in Britain) and £1 for Juniors (20 & under) or £2 for Seniors (21 & over). These prices are subsidised by S.W.O.A. If applying by post please make cheques payable to S.W.O.A. and enclose a stamped addressed envelope. My address is: Anne Donnell, 6 York Gardens, Clifton, Bristol BS8 4LL. Sorry no E-mail.

—Anne Donnell, BOK

British Orienteering Badges

The navigation challenge:

Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5.

TD	Colour Coded Courses
1	White
2	Yellow
3	Orange, Long Orange
4	Light Green
5	Very Short Green, Short Green, Green, Short Blue, Blue, Short Brown, Brown, Black

The Racing Challenge:

Members are eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same TD) within the following times:

- Gold Award. Participants time < Course Length (KM) x 12.5mins
- Silver Award. Participants time < Course Length (KM) x 15mins
- Bronze Award. Participants time < Course Length (KM) x 20mins

Receiving Your Certificate:

The certificates will be automatically generated via the results that clubs have uploaded into the website. Results uploaded from the 1st January 2012 will count towards the incentive schemes.

Your certificates will be available for you to download via the members area of the website. If we hold an email address for you in our database we will also send you an email informing you of your success.

Your Club Secretary will also be notified of your achievement.

JOG Badges

JOG award a series of 5 badges for gaining specific orienteering skills ranging from using a clip-on compass to planning white yellow and orange courses.



EVENTS

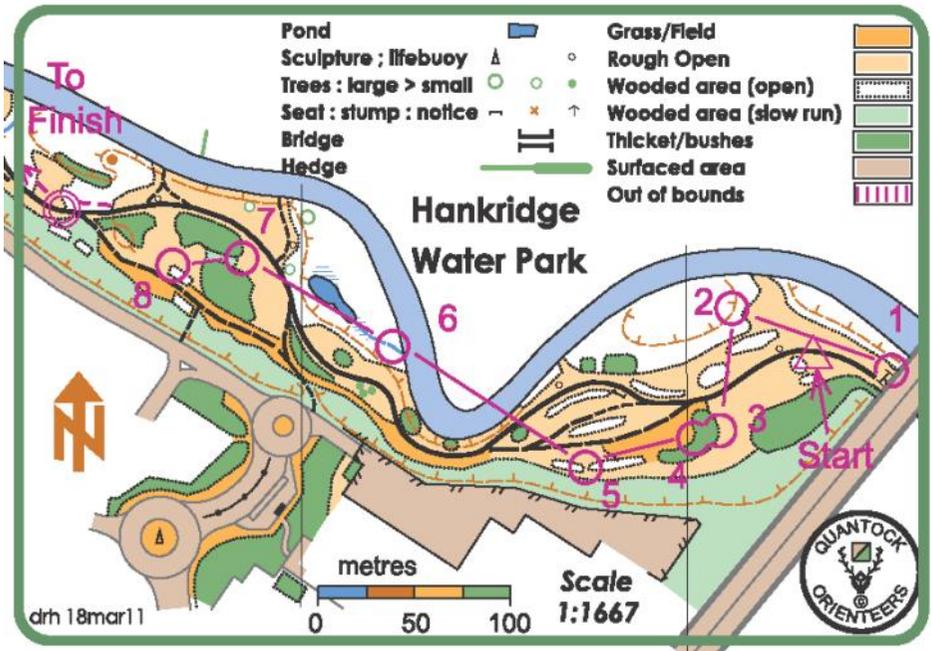
Trail-O at JOG—Hankridge, 24/03/2012

You may recall from an article I wrote recently that there are four recognised orienteering disciplines*. One of them is trail orienteering, so-called because competitors are forbidden from leaving the track, or trail, from where they must identify the controls. The discipline was originally devised as a platform for those with physical disabilities to orienteer, and competitively at that. Trail-O's appeal has since grown beyond its initial cohort and the able-bodied now reportedly form the majority of those who take part, even including world champion foot orienteers.

Nethertheless, trail-O remains a niche form of orienteering and opportunities to try it are rare, especially locally. That is until the inspired idea arose to incorporate it into a JOG session at Hankridge Water Park. Hankridge, a thin strip of Taunton parkland bounded by the River Tone, the M5 and a retail park, doesn't particularly suit colour-coded courses. Instead, distinct clusters of vegetation, streams and earthwork, all visible from the path, make it ideal Trail-O territory.

The planner, Adrian, was tasked with swotting up on the rules and placing the kites (easier said than done; precision is the key in trail-O), while Nick did the controlling as well as briefing and coaching participants. [Ed—I'd like to clarify that Nick actually planned the Trail-O course, for which I'm very grateful!]. Nick knows the discipline well - son Nath (our club webmaster) has been active and successful in it.

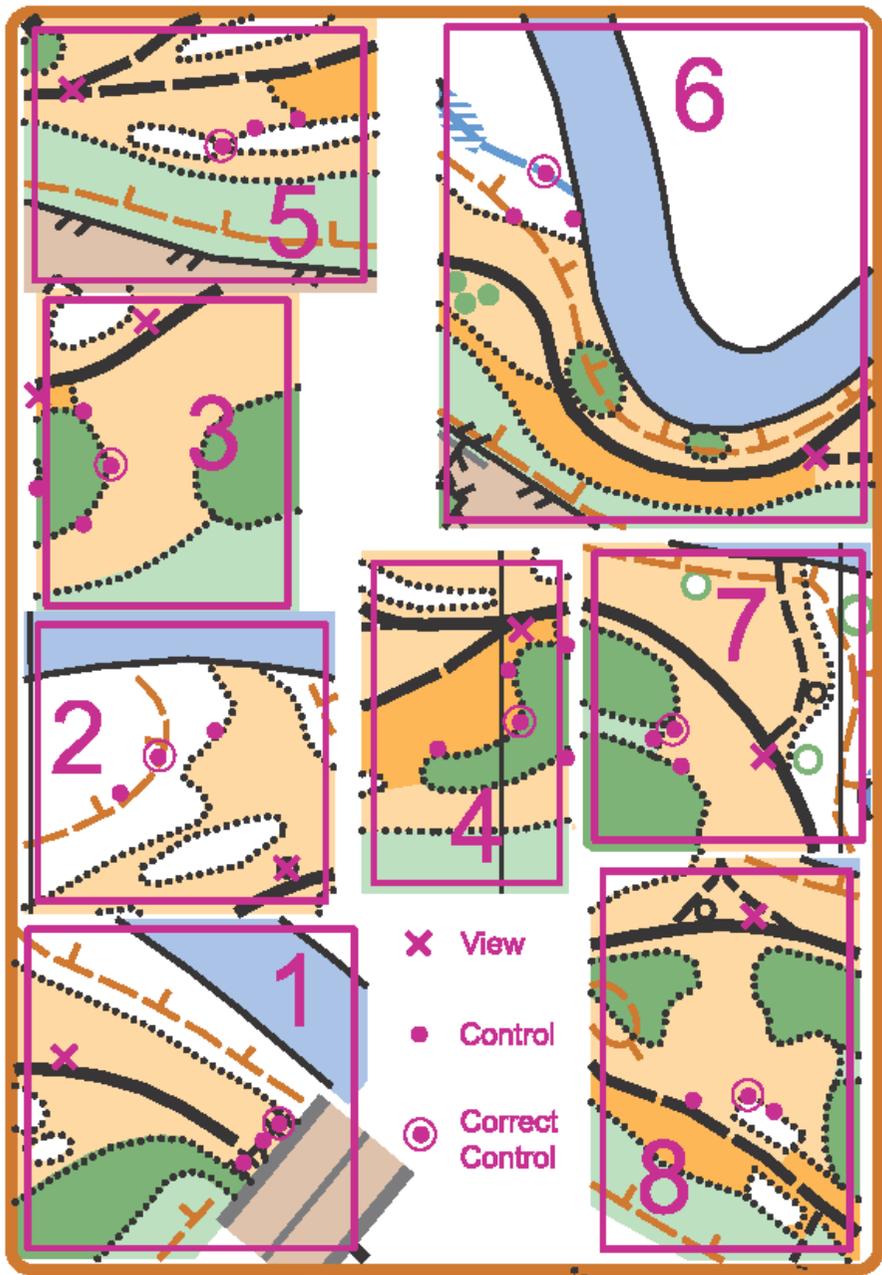
To get to the Start, it was necessary to traverse the entire length of the course in reverse (see pic 1) towards the M5. The impression I got was of Christmas trees, there being so many kites 'decorating' the trees. This is because Trail-O makes use of decoy controls. Typically numbering at least two per mapped control, these decoys are to distract competitors trying to identify that mapped control (see pic 2).



Pic 1: Hankridge Trail-O course

Each control has a viewing point (with a punch) but you're allowed to walk up and down the path for a better angle. You then punch A,B or C on your control card dependent on whether you think the mapped control is on the left, centre or the right respectively (see pic 3), as seen from the viewing point. Selecting A, B or C based on your view of the controls from any other place would distort the perspective and hence perhaps the order the controls appear in. You're can't omit a control then return to it later. Good eyesight is required- controls at Hankridge were between 15m and 75m from the path.

A compass would probably have been useful too, though I made do with the M5, running NW, as a rough and increasingly distant navigational aid. Combined with not giving the puzzles the respect they deserved, this led to me mispunching on three of the first four controls. No-one managed to get all eight answers right (I got five).



Pic 2: Hankridge Trail-O answers

For me the value in the exercise is slowing down to appreciate and interpret fine detail. Here I'm reminded of the advice coaches give in foot-O: follow the 'traffic lights'...Green after you head off from the control in the right direction (full pelt), Amber near the control (slow down and choose your attack point, become aware of detail) and finally Red very near the control (apply the brakes and take in all the detail). The traffic lights in Trail-O are effectively stuck at 'Red'. That's because navigation and speed between controls isn't so important. I believe this factor is good for development as juniors / family groups would probably have benefited in interpreting and tracing vegetation boundaries and earthworks with less time pressure.

Nick tells me he's thinking of putting on another Trail-O in the current JOG season, with a harder course for seniors. You might like to prepare via a Photo-O exercise, appearing in the February 2012 issue of CompassSport, which many club members subscribe to. You can tackle the trail-O 'course' via photos and map excerpts constructed by trail-O stalwart Brian Parker (Devon) as part of a comprehensive article on the subject. Unfortunately I didn't take any photos of the control clusters like Brian did but maybe you could "visualise" how they looked from the superb answer sheet (pic 2 again) produced by Dave Holmes.

**Foot-O, MTB-O, Ski-O and Trail-O make up the quartet. Note to Ed: Radi-O isn't recognised but does exist- see CompassSport Dec 2008 or http://en.wikipedia.org/wiki/Radio_orienteeering*

—Jeff Pakes

First Name <input type="text"/>		Family Name <input type="text"/>		QUANTOCK		
Year of Birth <input type="text"/>		Competitive? <input type="text"/>		ORIENTEERS		
Control		Description		A	B	C
1	A-C	North West Gate				
2	A-C	Earthbank top, Eastern end				
3	A-C	Veg boundary, East side				
4	A-C	Veg boundary, East side				
5	A-C	Between copse				
6	A-C	Stream bend				
7	A-C	Veg boundary, North end				
8	A-C	Veg boundary, North corner				

First & Family Name <input type="text"/>
Course <input type="text"/>
Finish <input type="text"/>
Start <input type="text"/>
Time <input type="text"/>

Pic 3: Hankridge Trail-O Control Card

QO Galoppen—Croydon Hill, 15/04/2012

First of all I must say how good it was to see Mike Crockett back in action again. Following knee surgery 'bionic' Mike had an encouraging 4th place on the Short Green. Talking of Mike, in the 'old' days when he was Quonicle editor, one used to be very wary of talking to him, because he would invariably nab you to write a report of the event for the Quonicle! Well there I was idly talking after the event when a voice says 'Would you write an article on this event for the Quonicle?' Not knowing Adrian Edwards, (our paths had never crossed – if you'll excuse the orienteering pun,) I had been lulled into a false sense of security and he pounced.

Interestingly this is my initial season as a fully-retired person and for the first time for years I have not had to balance the demands of job/home/training etc, with the result that I am fitter than I have been for years. Still not fit or fast enough to challenge the good runners but I can dream!

The day started off nicely for me as I was on car parking duty. What could be nicer than standing in a sun-lit forest, out of the wind, greeting people as they arrived to take up the challenge! My first thought when I saw the details of the Green course was that there was not the usual Quantock Orienteers combination of long distance and steep climb that is feared throughout the South-West. We must be mellowing!

The Green course of 3.4 kilometres with 150 metres climb was fairly straightforward, with two points where route choice was important. For once I went on Routegadget to compare how other competitors tackled the choices, something that I rarely do. The first point was the route from No. 1 to No. 2. The direct way led over the ridge (hill?), through some slightly dodgy vegetation, over a track and then down to the east side of a thicket. Some people did that route, although more seemed to use a path just south of a direct line and then veer off north later. I did neither! Instead I went on north from No. 1 and used paths round to the control, finding two 'dummy' thickets beforehand. Safe, but the extra distance undoubtedly cost me some time.

The other point at which decisions differed was going from 8 to 9. Some people took a curving route along paths, coming into the control from the east, whilst more, including myself, took the more direct route which passed a control on a cairn (Blue course?) before coming down the slope into 9.

For me some time was lost when twice I dived off paths too early to find controls (4 and 7), when better contact with the map could have resulted in going off the path at a more opportune moment. Nevertheless I finished with a half-decent time and the satisfying

feeling that I do when completing another course. However three minutes behind my most deadly rival so I'll have to do better!

Congratulations must go to the Planner, Richard Sansbury, and the Organiser, Rosie Wych, for putting in the hard work to ensure a successful event. Well done!

— *Tony Milroy*

Avon Schools Individual Championships

At the end of April we went to New Beechenhurst in the Forest of Dean for the Avon Schools Individual Championships. It was an horrendous day, gales and torrential rain but the children were pre-entered so we thought we had better go! As luck would have it, Rob and I had overlooked entering ourselves, phew! So we stood at the Finish line clutching children's coats (as wet as the children by the time they got back). Anyway, it was a very successful day. Chris came 1ST in the Year 6 Boys and Heather 1st in the Year 5 and Under Girls. James was 4th in the Year 7 Boys race.



The picture shows the children with Geoff Ellis, current RAF orienteering champion who started his Orienteering career with Avon Schools.

— *Elaine Green*

QOFL 6—Staple Hill, 13/05/12

I thought I'd better write this one myself, since the event was the day before this edition of QuOnicle was due for the printers.

As many of you noticed I decided to cycle up to Staple Hill from my home in Taunton, and 'up' was the right word! Usually when I drive to events I don't pay too much attention to the gradient, but I must admit that by the time I'd made the final ascent to Staple Hill up past Blackwater I was quite tempted to keep on going and freewheel down the hill the other side!

I'm glad I didn't as I thoroughly enjoyed the final event in the 2011-12 QOFL season. The sun was shining bright, which is always a nice start for an event. In fact with the sun shining down it was easy to forget the torrential rain and flooding that had blighted the preceding weeks—until you got out on the course. The map includes quite a few areas of marsh/seasonal marsh, and it was readily apparent on the ground. On the Green course I kept my feet dry until control 7 when I made up for it by disappearing up to my knees in bog. After that I gave up trying to avoid those blue lines on the map and ploughed through a few marshy areas where it made navigational sense—after all, once you're wet you can't get any wetter!

In a nice symmetry for the season the courses were planned by Richard Sansbury with Graham Hartley as controller—the opposite arrangement from QOFL 1 back in November. I thought the Green course was spot on—some longer legs to get the blood pumping, and some shorter and more technical legs to get the brain working. Control 12 was my favourite—coming up hill in the east side of the map, angling off a large thicket and ploughing through a marsh and crossing a track to find the control in a gully right under my nose. It's quite rare for me to find a control like that straight away, so I'll enjoy it while I can!

—*Adrian Edwards*



Longrun Meadow
Duathlon Challenge 2012
and Family Fun-day
Sponsored by HSBC



Sunday 1st July 2012 10am,
Indoor Row & Outdoor Run
Longrun Meadow
The Castle School Sports Centre
Wellington Road, Taunton, Somerset, TA1 5AU

Course description

The Indoor row will take place in the Castle School Sports centre followed by a run around the fields of Longrun Meadow. The run will follow the paths around the Meadows and will follow the River Tone and passes by the UK's first living willow Green Cathedral. Planned courses for all age categories; more categories may be included depending on entries. The course will be marshalled.

Prize Categories

The top Male and Female in each age category to be awarded
All junior finishers will be awarded medals and all adults will receive an event T-shirt*.

Family Fun-day

Why not make a day of it, have a picnic and join in with the family fun day.

Activities for all the family to include: Canoeing, Rowing, Raft Building, Power kiting, Orienteering, Climbing wall, Fencing, Archery, Cyclo-cross, Cyclo-gym, Wildlife walks, Craft stalls, survival skills

There will also be a Hog Roast, draft beer and cider, soft drinks

For more details, check out our website www.longrunmeadow.com

Entrants will be advised of the different start times 2 weeks before the event when the numbers of entrants are known. This is due to only having 20 Concept2 Indoor rowers. Entries will therefore be in batches of 20

Apply online at www.fabian4.co.uk

Last online entry – Sunday 17th June 2012

Raceday registration between 9:30 and 10am

*(any entries later than 17/06/12 will not receive a T-shirt)



Parking at Somerset College



Longrun Meadow Duathlon Challenge

2012

Entry Form



Please complete all sections

First name:

Surname:

Gender: Male / Female (Please Delete) Date of Birth (DD/MM/YYYY):

Address Line 1:

Address Line 2:

Town/City:

Postcode:

Contact number:

Emergency Contact: Number:

Email:

Do you have any medical conditions that we should know about? (please specify)

Which race category would you like to enter? (please tick)

Category	Row	Run	Entry Fee	Tick
Age 8-11	500m	1km	£4.00 (Inc. medal)	
Age 12-15	1250m	2.75km	£4.00 (Inc. medal)	
Age 16-18	2012m	5km	£4.00 (Inc. medal)	
Age 19-35	2012m	5km	£12.00 (Inc. T-shirt)	
Age 36-50	2012m	5km	£12.00 (Inc. T-shirt)	
Age 51+	2012m	5km	£12.00 (Inc. T-shirt)	

Family Discount 2 adults & 2 Children (Under 16) = £25 Additional Children U16 = £2

Adult T-shirt size (please circle) Small Medium Large XL XXL

Optional/additional T-shirts available at £5

Size (please circle) : Medium Child Large Child Youth XL Small Medium Large XL XXL

Please return this form by Sunday 17th June to Dave Bullock at: SASP, First Floor Offices, Castle Business Centre, Castle Road, Chelston Business Park, Wellington, Somerset, TA21 9JQ.

All cheques made payable to Friends of Longrun Meadow

Online entry form available at: www.fabian4.co.uk

Fee enclosed: £.....

Signed: Date:

Unsigned entry forms cannot be accepted. I declare that I am of good health & fit to compete in a duathlon & do so at my own risk. I will abide by the rules of the organisers and agree to their terms & conditions. I accept that the organisers & their friends & associates are not liable for any loss, damage, claim, injury (including fatal) or expense that may arise in consequence of my participation in any of the above events.

JOG FIXTURES—SUMMER 2012

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

Sat 26th May	Longrun Meadows	GR 220250
Sat 2nd June	Queens College	GR 217231
Sat 9th June	SCAT/Castle	GR217248
Sat 16th June	Fyne Court	GR 222319
Sat 23rd June	Castle Neroche	GR 267158
Sat 30th June	Ham Hill. (Club Champs)	GR 480165
Sun 1st July	Longrun Meadows Duathlon (see page 21)	
Sat 7th July	Thurlbear Woods	GR265211
Sat 14th July	Blackbrook Pavilion	GR250240

Please confirm fixtures at
<http://www.quantockorienteers.co.uk>



