



The Newsletter of Quantock Orienteers

Edition 119
May 2008

Some items have been omitted from this version. These are

- **Quantock Orienteers Committee**
- **The Club Fixture List**
- **The QOFL final results.**
-

They can be viewed elsewhere on this website.

Editorial

As I start thinking about this issue it is pouring with rain and there is no Army event tomorrow, or at least not one within reasonable driving distance. What have I got to look forward to? Well, there is a long trip to Yorkshire for the May Bank Holiday National Event. This will be followed by a return home via the Cotswolds for the NWO Galoppen on Bank holiday Monday. I hope to be able to report on both these before we go to press.

The trip will be saddened by the absence of Ivor Noot of EPOC who passed away recently after a long illness from which he appeared to be recovering. Ivor was a good friend to many in the orienteering world.

There has recently been a lot of comment regarding exorbitant fees

being charged for events. It was a pleasure last Sunday to visit Penhale. We were asked to contribute a pound for parking but were told that for this you were able to use the campsite facilities including hot showers. The entry fee was quite low (£5.00) for a run on a really good area. This compared to the previous galoppen where we paid £7.00 with no reduction for British orienteering membership and £1.00 parking with one portaloos in the car park and one near the start, and a much less prestigious area.

Enough moaning! What is there for you to look forward to? The Summer Relay series will soon be with us, unfortunately two coincide with the World Masters in Portugal so I will be unable to run in those, but after that look out! With the experienced gained and the warm weather training who will be able to match me? May be Clive and Ben. Ted's summer score events are also coming up. These are a good opportunity to meet and get to know your fellow club members and to socialise which is not always possible at the more formal events.

Whatever your plans for the summer may the sun shine and you enjoy yourselves. Come back with tales worthy of publication. I look forward to hearing from you.

Chairman's Chat

I was going to comment on event participation numbers in my last CC, but got diverted onto something else. Our QOFL series of events generally has 60-90, including about 10-20 from other clubs or Independents. Our more specialised events, like the summer scores, the Christmas event or the Club Champs attract rather less. Our one per season Galoppen, generally has 150-250, with most of the extras coming from other clubs. So what went wrong this year for the Galoppen to attract only 89 competitors, as far as I know, our lowest total ever?

Because we had postponed the event from last Autumn, due to permission problems, it was difficult to find an alternative date that

did not have competing club events. We felt that the supposed extra status of the Gallopen would overcome these rival attractions. Our venue was a good technical area, within about 10 minutes drive from the M5. It was not the best of weather on the day, but was presumably no better at the other events, which attracted more competitors. The short courses were the most depleted of all, one on Yellow and none on either the White or the string courses.

If we assume people 'vote with their feet', can we draw any conclusion from these numbers? With the increase in travel costs is this evidence that people will increasingly only go to events within a certain radius of where they live?

We can certainly conclude that the status of a SWOA Gallopen provides very little pulling power.

Club News

QO Tops

Our stock of QO Trimtex 'O' tops is now down to:

4 x Model 1 (for 'senior' members!). 3 x Large (one short sleeved),
1 x XXL (short sleeved).

1 x Model 2 (for 'go-faster' -CoolMax). Large.

These are still available at the subsidised price of £15 and £20.

The Committee has decided against ordering a bulk supply unless firm orders are received, so this is an invitation to order (or re-order) if you think you may require any in the next year.

There are two Trimtex styles. Model 1 (Senior) short or long sleeved, at approx £20, and Model 2 ('go faster' CoolMax) at approx £26. Both have QO colours, logo on the front, and QUANTOCK on the back.

If you would like to order, send your size (XXS to XXL), choice of style, preference of sleeve length, and I will invoice you when they arrive. I hope to put in an order after the next committee meeting in July if there is sufficient demand. You can e-mail your request to me at craddock@taunton13.freeserve.co.uk.

Roger Craddock

Committee matters

Points discussed at two committee meetings held since the last issue.

Committee meeting on 17th March 2008 - Points of note

Item 3: Club to fund 'O' coaching course for members

Item 4: First Aid Policy adopted

Item 6: Discussion on QO Policy and Planning

Item 6.1.3 Agreement to purchase OCAD overlay package

Item 6.3: Discussion on the way ahead for Electronic Punching.

Item 6.4.4: Club to pursue an Awards for All Grant

Committee Meeting on 15th April 2008 - Points of note

Item 4.1: Club finances in a healthy state

Item 5.1: Club Captain to advertise for volunteers to run Relays this summer

Item 6: JOG and Schools report lots of activities and request for volunteers

Item 7.2.2: Club to organise event for ASA South West

Item 7.4: New events structure for Orienteering reported. (A copy of the relevant Fixtures Group meeting can be obtained from the Secretary)

A complete copy of the minutes can be found on the club website.

News of people

Welcome to Caroline Fairweather, Richard Hill and the Kromhout brothers Richard and William who joined us earlier in the year.

My apologies for the late welcome but I'm afraid the new British Orienteering database experienced difficulty communicating with us and I only found out by accident that they were members. I hope that we as a club can rectify that by giving them a warm welcome when we meet them at events.

JOG takes a step forward

JOG is an initiative intended to support Brian Fletcher's work with schools.

It aims to provide youngsters interested in orienteering with a regular weekly training session at a local venue.

A group of young, vibrant and enthusiastic members of QO!...led by Brian Pearson have taken their first breath and completed 'phase 1' (see QuOnicle no117 'JOG draws its first breath!')

During the last school term they have been working alongside the Taunton Athletics Club coaches at Castle School Sports Hall on Thursday evenings, gaining experience in organisation, coaching, and techniques.

On 15th March a group of seven attended a level 1 coach education course at Ivybridge and on April 19th eight spent the day at King's Hall on a superb training day run by Frances Alexander. The weather couldn't have been worse but the feedback showed that the day was full of practical/fun activities and tailored to the needs of JOG!

With all of this under their belts, and a rota of coaches arranged by Brian, the first session was held on 24th April. Richie Hill led the activities and provided electronic punching with result feed-outs! Only a few came but (I think) it's best to grow slowly and build a firm base than be overwhelmed by great numbers of children initially.

Below is a copy of the programme of events for this term given to interested children. If you know any one who might like to come please show them this schedule.

Castle School Sessions: Thursday evenings 1825-1900

(Straight after the Taunton AC athletics session relays) contact Brian Pearson 07971497992 for details. If you want to do the athletics first, contact Charlotte Fisher on 01823 447128 for availability and fees.

Away options: (the usual athletics training will still be running from 1730-1830)

Thurs 22 nd May	King's Hall, Kingston Rd, Taunton	ST 223277	1730 - 1900	Beginners, families.	Brian Fletcher 07796156849
-------------------------------	--	--------------	-------------	-------------------------	-------------------------------

Directions: King's Hall is on the east side of the minor road from Taunton to Kingston St Mary. At the traffic light junction of the A358 at ST226258 just north of the Taunton railway station, take Kingston Road and follow for approx 1 km.

Weds 18th June	Dead Woman's Ditch	ST 163383	1600-1800	Beginners, families.	Brian Fletcher 07796-156849
-------------------	-----------------------	--------------	-----------	-------------------------	--------------------------------

Directions: between Crowcombe and Nether Stowey on Quantocks

Thurs 19 th June	King's College, South Road, Taunton	ST 235237	1730 - 1900	Beginners, families.	Richard Hill 01823 324044
--------------------------------	--	--------------	-------------	-------------------------	------------------------------

Directions: The college is on the east side of the B3170 (South Road), south east Taunton.

Thurs 26 th June	Castle Neroche, Taunton	ST 267159	1730 - 1900	Beginners, families.	Brian Fletcher 07796156849
--------------------------------	-----------------------------------	--------------	----------------	-------------------------	-------------------------------

Directions: From Taunton, take the B3170 (South Road). After passing the motorway bridge, take the first left at GR ST242222 and follow this road for approx 5km.

From the A303, about 6km west of Ilminster turn north west (towards Taunton) at the road cross roads at the Eagle Tavern pub at GR ST 282132. Follow this road for approx 2 km then turn right towards Staple Fitzpaine.

PARENTS ARE REQUESTED TO STAY PLEASE AND SHADOW OR ASSIST.

Equipment to bring: Whistle, cagoule, suitable footwear, change of clothes, full leg cover, water for hydration, compass if you have one.

Thur 10th July **Norton Manor Camp**, Taunton ST 193273 1730 - 1900 Beginners, families. Brian Fletcher 07796156849

Directions: The Camp is on the A358 Minehead road, approx 6km North West of Taunton.

PRE ENTRY IS REQUIRED FOR THIS EVENT. Details of make of car, colour, registration number as well of names of adults are required. On the day, adults have to provide photographic I.D.

Contact: Brian Fletcher, 13 Addlewell Lane BA20 1QN, 07796156849, Fletcherb1@talk21.com

PARENTS ARE WELCOME TO STAY.

If you feel that you could help in any way please give Brian Pearson a ring on his telephone number above.

Also, if you class yourself as an 'Oldie' and would like to offer some help, we are looking for people to put out and take in controls at the sessions both at Castle School and at away venues.

Judy Craddock

OOFL planners and organisers

We have chosen our dates for next season's forest league events and the dates are listed below.

Sunday Oct 19th	Sunday Jan 25th
Sunday Nov 16th	Sunday Jan 25th
Sunday Dec 7th	Sunday May 10th

I am now looking for volunteers to plan or organise these events. I would be very pleased to hear from anyone who is interested in having a go. For those who don't know what's involved, here is a brief description of the roles:

The Planner designs the courses and sets the controls out in advance. This is a challenging but highly rewarding activity and can really help with technique. Previous experience of planning is not essential, the informal spirit of a forest league event is an ideal opportunity to learn, and every Planner will have an experienced Controller who will check that everything is OK. Potential planners may be interested in the course being offered by Devon Orienteering Club, see separate article.

The Organiser is responsible for the remainder of the event. This involves a bit of ringing around to get a team of helpers and then sorting out the registration, start and finish on the day. Again it is a rewarding activity and there are experienced people around who will help with any problems.

Contact me for a fuller description of what's involved. I look forward to hearing from you!

Richard Sansbury 01823 288405 richard.sansbury@btinternet.com

Relays

The South West Relay series will be held on the following dates as listed below and we have the title of last year's winners to defend.

However this is not all about elite competition, they cater for all classes and abilities and are great fun. Club teams score points for each competition and it will be the best four results to count. We can have different team members for each relay so you are not committing yourself to the whole series. If we have more than one team, the top team will score the points but the following teams will be able to push other team's scores down. For a full set of series rules please contact Mike Crockett. For individual relay rules check out the websites.

As last year, we will be having relay captains to organise each team. Please be aware that these events all require pre-entry so early responses are required. Entry fees are half price, courtesy of QO. To register your interest to be in one or more teams email Brian Pearson brian@bjp.f2s.com

The provisional fixtures for the series are listed on the back page

News from the SWOA Committee Meeting 30th April

Items of particular interest to QO members

1. The region is hosting the JK in 2010. Areas likely to be Cookworthy and Braunton.
2. Training in Planning and Controlling is being offered in the region, see separate article.
3. SWOA intend to hold a "technical conference" around the end of the year. Details to follow.
4. Jeff Butt of SARUM is giving a strong enthusiastic lead to the South West Juniors Squad, and is keen to make sure it isn't just a SARUM squad! There is lots of encouragement and financial support available to support juniors in the region.
5. The events structure is being changed with new definitions of "National", "Regional" and "Local" events. Those who followed the debate about the future of Regional events which was reported in the QuOnicle a couple of years ago may be interested to follow what is going on - ask me for details.
6. Full minutes will be on the SWOA website.

Planners' and Controllers' training

Two courses are being offered in the region, both on Saturday 5th July.

Devon Orienteering Club is holding a "Planners' Workshop". This is aimed both at new and experienced planners to share ideas and techniques in course planning and to learn use of a particular piece of computer software for course planning (OCAD 9 CS). The course is all day and takes place in South Brent.

Further details from the Devon OC website or contact Alan Simpson on 01752 311367.

SWOA is holding a Grade 3 Controllers course. Grade 3 is the entry level qualification for Controllers and it is necessary to have this qualification to control a Galoppen, for example. To gain the qualification it is necessary to complete a one-day course. Courses in the local area are

rare so anyone interested in gaining the qualification would be well advised to take up this opportunity. The all day course takes place at Priddy and will involve an outdoor practical element.

Further details from the SWOA website or contact Arthur Vince on 01935 863429.

Richard Sansbury

The Bill Vigar Trophy 2X2 Relays are here again!

The venue this year is Neroche, with parking on the forest road next to the start (ST266159). Bill assures us that a fairer weighting of courses will enable those opting for more technical courses will not be given an unfair physical challenge!

Pick a partner (or let us do it for you) and choose two colour coded courses (from Orange to Brown standard) for your level of orienteering. Each person will be required to run, consecutively, two different courses at their level with expected leg times of 25-30 mins.

More information and entry details are given on the QO website, or you could ring me on 01823 323850. A massed start will be from 11.00 am for the first runner in each team and entry fee will be £8 per team (BOF members). Limited entry on the day, but it would help us to organize teams and maps if you could let Ted Heath know in advance.

The date is Sunday 18th May, and I'm assured the weather will be fine (like last year)!

Roger Craddock
Organiser

Lyme Disease

Late spring until autumn is peak season for Lyme disease. This is an infection that can be caught from tick bites, and is a particular risk in this part of the country. The disease initially causes fever like symptoms, but can become more serious if untreated and in extreme cases has been known to be fatal. The classic symptom is an expanding red ring shaped rash on the skin around a tick bite, looking rather like a target, appearing a few days after the bite.

Prevention is the best policy. Full leg cover is advisable but ticks can still find their way through somehow, so a full body inspection after being out in the woods or heathland is advisable, especially around the ankles and waist. Few tick bites lead to the disease anyway, but if you can remove the tick within 24 hours it is highly unlikely that you will get infected. If you find ticks pull them out using tweezers, or you could buy a simple tick removal tool from a pet shop. Some people say its easier to remove ticks if you twist anti-clockwise as you pull - just like undoing a screw. Picking at them with fingernails is not advised as you may end up cutting the creature in half leaving the head buried in your skin which increases the risk of infection.

If you suspect an infection your doctor can arrange a blood test. The disease is usually treatable by antibiotics if caught at an early stage.

Richard Sansbury



Ed.
The picture on the left is of rash around a tick bite. It was thought to be lyme disease but as I was abroad when it developed no tests were done. However a GP friend advised which antibiotics to use and it cleared quickly.
I see on the BOF website today that Tick infections are likely to increase with climate change.

Apologies for the photograph. The camera only takes over where nature left off!

Events

Grovely Woods West 13th April 2008

John Trayler

This event was the Sarum contribution to the SWOA Galoppen series. The flyer indicated a 1.6km walk to the start which was of a little concern since I have a knee problem which curtails the distance which I am able to walk but so far has not been a particular problem when orienteering. No I don't understand it either!

So on a fine spring day I arrived at the start, after a careful stroll with the aid of a walking pole and only a little discomfort, to see Mike Crockett disappearing down the path from the start. Roger Craddock was also at the start, so thinking I did not wish him to come roaring past me, I held back and let them go first, not expecting to see either of them again until the finish. Having collapsed my walking pole I started shortly.

The first leg on the Green course was a straightforward leg of a path run to an attack point of path junction and a bearing through about 75m of light green wood, the wood being of a coppiced type with limited visibility, and on to a pheasant feeder. This was the only part of the wood that I recognised from a previous event, the same control having been used but from the opposite direction. Control 2 was fairly straightforward which didn't offer much route choice to me. Control 3 seemed to be a case of straight or round and the use of the path round the light green area seeming preferable. Control 4 was a no choice bearing to a large clearing with the control actually on an earth bank away from the direction of approach. To control 5 I took the paths avoiding the light green areas. From an attack point of a path junction it was into white wood and a fairly clearly defined re-entrant.

It was around this area I saw two Quantock clad orienteers namely Mike and Roger. From this point on I became accustomed to seeing them near controls although we mainly seemed to take different route choices ie different paths or straight. The next few controls were in white areas and we vied for being in front. Leg 9-10 seemed to offer no clear-cut route so I took the safe path option. At this point both Roger and Mike had got slightly ahead of me but I took a straighter route towards 11 through light green to come onto a path slightly behind Roger and since I didn't see him,

presumably ahead of Mike. From this point it was a straight forward “run” along paths to the finish via control 11. There was however a steep re-entrant to traverse just for good measure. Although I could see Roger I closed on him, but couldn’t quite catch him and Mike did not come steaming past but finished just after me. I was pleased the knee gave me no problems. It was an enjoyable run round.

I walked back to the car park with Mike who regaled me with doggy stories. So here was the catch. Later I received an e-mail from Mr Editor asking me to write a piece as I had been smiling on the way back to the car park. I am not sure who he was looking at or whether I had to pay forfeit for having the cheek to get back to the finish before him!

Cothlestone: What happened to those 8 seconds? Ron Foord

After a bit of a disaster in the last event at Ham Hill, not realising there were more checkpoints on the other side of the map, I was determined to finish the QOFL season with a good run. The day started ominously with misty rain and a keen wind and as I was helping out with the start later that day I was the first runner away. Sue Gard started me on the Green course with a strange statement of ‘remember there is a backup punch on each control if the dibber doesn’t work’. What a strange thing to say, slightly unsettled I set off. The first control was straight forward and I could see that the weather was starting to improve so my spirits picked up. Running between controls 2 and 3 I really thought that spring had sprung with the birds singing, the smell of bluebells in the air, warm sunshine streaming through the trees. I was suddenly brought back down to earth with the new brambles attempting to sever both my legs just above the knees. Ow that’s going to sting in the bath later! On the next control I decided to take the much longer track option rather than brave the undergrowth again. I think it was the right decision; certainly less painful.

The next few controls were fairly straightforward apart from nearly running through someone’s back garden between controls 5 & 6. My bearing work was a bit off between controls 7 and 8 and I got dragged

across to the left Luckily I caught sight of the earth wall I was hoping to hit and was bought back on course. Again the next few controls were straight forward and I had no problems keeping on course. We had a fairly long leg between controls 11 and 12 where we were brought out onto the open moor, frightening ponies and families out for a Sunday walk along the way.

It was between controls 12 and 13 where things started to go wrong. After cutting across the open moor area and hitting the track junction I was aiming for spot on, I felt confident. I cut across to the gate to cross the fence and, using the fence as a handrail, paced along to where I thought the vegetation boundary was. No control. A quick lap of the thicket confirmed that one of us had got it wrong, either me or the planner. My money was on me. I carried on a little further and found the control next to a rather large fallen tree. Oh well, at least I’ve found it. Quick dib and then away, Dibber not flashing, try again and again and again. It was then that Sue’s words of wisdom filtered through ‘remember there is a backup punch on each control’. So I punched the map and realised that I needed to put in maximum effort and concentration to try to make up for the lost time.

The rest of the course was straight forward and I finished with no other major mishaps and enjoyed the long but peaceful walk back to download. It was confirmed that the dibber on control 13 was defective and that my run was complete and stood as being correct. After returning from my stint on the start I discovered that I had been beaten by Graham Hartley by 8 seconds. Where did I lose those 8 seconds?

I am already looking forward to next season when as long as my fitness levels remain good, I will move up to the Blue course.

P.S One thing I have noticed when looking at orienteering results is how few people use the excellent facility of routegadget. This piece of software, which is made available on our website, is ideal for mapping your route and analysing where you could have improved your route and time. You can also compare your route against other runners and run the animation program; which shows the route that each runner took.

The British Orienteering Championships

Mike Crockett

There were only two competitors from QO at these championships held near Inverness in April. We both took the opportunity for a spring break from the activities of life in Somerset. Matthew, we discovered, had already been there for a week when we met him in the Car park field. Margaret and I had taken the opportunity to visit Dave my son who lives near Middlesborough and also to return his dog Henry who had been staying with us for a while.

I had thoroughly enjoyed the challenges of Culbin West last year at the Scottish Six Days and Culbin East was promised to be even more technical and this proved to be the case. There had been quite a lot of high powered discussion as to whether the maps should be produced at the standard 15000 and 10000 Scales or enlarged to 10000 and 7500. In the end common sense prevailed and the larger maps were used. The reproduction opposite is actual size. Even that is a challenge for older eyes.

I had a good steady run and finished 3rd just 8 secs ahead of the 4th placed man. I imagine he is echoing Ron Foord's comment of the previous article.

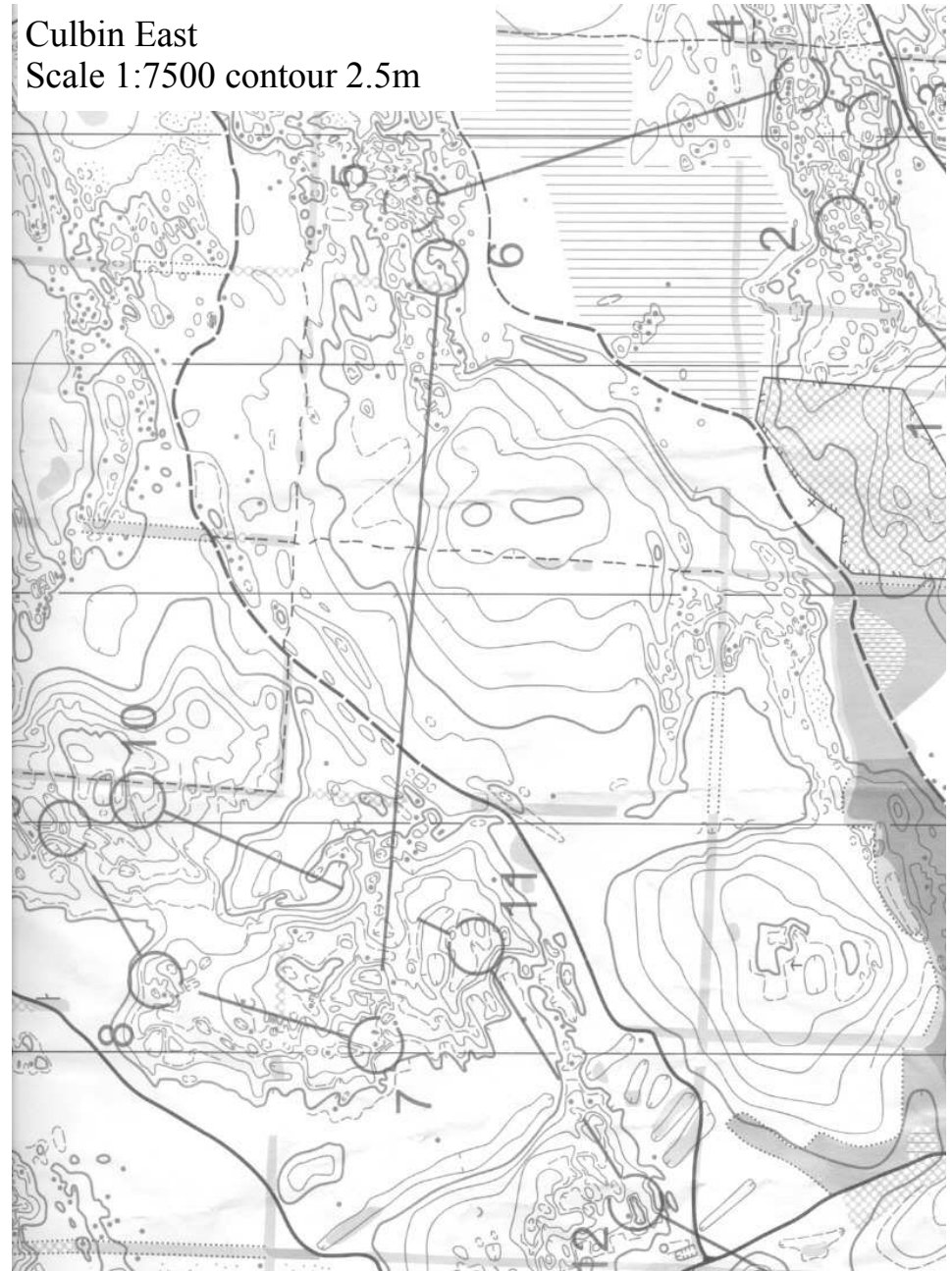
May weekend

As promised a brief report.

National Event at Cropton Forest near Pickering. Not a typical Yorkshire forest but still with plenty of deep stream valleys and hills. A very enjoyable event. I had a fairly early start and good run but only managed 4th and am left wondering if a later start may have been better.

Next morning (Bank Holiday Monday) an early start for the drive down to Rodborough Common where unusually start times were 1.30 to 3.30 and so we were running in the heat of the day. The Green course I thoroughly enjoyed, but I gather the Blue and Brown ventured onto Minchinhampton Common which was not so pleasant.

Culbin East
Scale 1:7500 contour 2.5m



A Section of the M70L map for British O Champs April 2008

Maps for Club Events (Part 5)

Bill Vigar

The technical aids I mentioned at the end of Part 4 are described below. To carry out the procedures in the previous articles there has been no expensive equipment needed, just a normal O compass. All the items below involve buying things, most of which have little application for other purposes. However I have several of these items, and if anyone becomes seriously interested in mapping, they can try them out. In some circumstances the club may also provide an item.

1/ Compasses. The normal orienteering compass can give acceptable results in most circumstances, but needs to be used with care. The main problem is that if it is not held horizontally the needle tends to stick and so give an erroneous reading. It is also sometimes difficult to align the needle with the distant object you are looking at, as you have to move the focus of your eyes from one to the other. Both these problems are overcome by a 'Sighting' compass. This looks much like an ordinary one, but, instead of a needle, has a floating circular disc graduated in degrees, this is observed, magnified, through a sighting hole along the axis of the compass. The result is that if you keep both eyes open you can see both the distant object, and the degree scale without having to move the focus of your eyes from one to the other. Easier to do than describe! There are also electronic compasses, but as I have no knowledge of these I cannot comment.

2/ Range Finders. These can be of two types, the old optical type which has two mirrors or prisms on a beam at right angles to the direction of view. This is the equivalent of having your eyes several feet apart! I have never used one of these, but they are said to be difficult in low light conditions, and also the accuracy is proportional to the distance being measured. The current 'electronic' types send a short pulse of energy, in the infra red range, and measure the time it takes to bounce back from the distant object. They give a direct reading in either yards or metres, so the accuracy is not dependent on the distance being measured. Like many technological wonders this is not the universal panacea it may at

first appear. There are several problems that reduce their usefulness. Firstly you need a definite object to sight onto. When looking along a straight track there may not be one. Secondly, when in a wood, there may be so many trees that you cannot get a clear view for any reasonable distance. Even if you think you have a clear view of, say a large tree, about 80 metres away, if there are some small branches that you cannot see, from another tree 60 metres away on the same line, you may record the distance of these and not the large tree you think you are looking at. A further problem is that the reflectivity of objects vary. Although your range finder may claim a range of 400 metres, this will be when viewing a good reflector, like the corner reflectors used at the mast heads of small boats. If you look at a moss covered tree trunk 50 metres away you may get no return signal, so no range. Thirdly, the fact that the readings are in metre increments, means that at a distance of, say 20 metres, you have a possible error of +/- 5%, in many cases you could pace the distance more accurately than that. Yet another problem is steeply sloping ground, the range you measure will be the distance along the slope, not the 'plan view' you need. One way to minimise this is to always work down hill on really steep ground. Then you can measure the distance to a point higher up on your selected tree, keeping the range finder horizontal. Provided you are aware of these various limitations however, it is very useful in many instances, and can save a lot of time. Pacing on rough ground or through brushings is difficult, and likely to be inaccurate, so a range finder can be useful in these circumstances.

A good example of range finder use was a group of bushes on Aisholt common. From one position I was able to get bearings and distances for about 10 bushes at distances of over 100 metres, without visiting any of them.

I will cover GPS and other technical aids in Part 6.

