

The QuOnicle



The Newsletter of Quantock Orienteers

No. 133 September 2010

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EDITORIAL

So I've finally bitten the bullet and signed up for my first Mountain Marathon—the 2010 OMM on Dartmoor. I like orienteering and I like distance running, so I guess it was inevitable that I'd give the 'MM' scene a go at some point.

After looking at the required kit list I realised that I'd need to add a few items to my collection—some through absolute necessity (survival bag), and some through a desire to save a bit of weight (like the sleeping bag that's actually only half a sleeping bag—there's no fill in the bottom!). This all sent me into such a frenzy of research and eBay-scouring that I'm now banned from talking about the OMM at home until after the event. It also made me think how cheap orienteering is or certainly can be—a pair of O-shoes and a compass is about all you need to enjoy our sport.

Mike Crockett has volunteered as a marshal at the OMM, so keep an eye out for him if you're doing it. Especially as I've asked Mike to stuff his pockets full of chocolate. This brings us neatly onto the theme of this QuOnicle—volunteering. I know it's not the first time I've mentioned it in my brief tenure as editor, but the simple fact is that without volunteers the club wouldn't exist and we wouldn't have any orienteering events in Somerset. So this is a special 'volunteers' edition, with some info on the positions QO needs to fill and what's involved. If we all take on our fair share, we can all continue to enjoy our sport and our club.

—*Adrian Edwards*

CHAIRMAN'S CHAT

Our new Prime Minister is advocating an initiative called the "Big Society". There has been a bit of debate about what this means - I understand it means encouraging ordinary people to participate in running and improving the community. Coincidentally, the QO committee believes it would be great if more ordinary club members could assist with the ongoing activities of the club. Perhaps we could launch the "Big Club" initiative

Those of us that organise events noticed that over the last year or so it has become difficult to find volunteers even for small tasks and as a result too much of the work has fallen onto the usual suspects. Some of you might think the club is trying to take too much on. Perhaps this is

right, but my instinct is that we have far from exhausted our membership's willingness to take part. Hence this magazine has a volunteering theme.

Perhaps the case is that many of you are not aware of the jobs that are up for grabs, so within these pages we have listed a number of brief job descriptions. Perhaps many of you do not feel you have the skills, but please have a look through the list as there are a variety of skills we are looking for. Perhaps there is a daunting gap between club and committee, or between the novice and the expert, but some of the tasks are quite easy, and I can promise you that no volunteer will be left unsupported.

I know many of you will be thinking that you already have a full diary, and can't possibly take on any more. That's perfectly understandable. I am in the same position myself - changes with my work mean I am stepping down as chairman after only two years. However, even doing small jobs will help us out tremendously. Our forest league events need people to help out for simple tasks for only an hour or so at a time, and if the team system works properly everyone will only be asked to do a task twice a year.

When I first joined QO I was an irregular attendee for a few years. I enjoyed attending local events occasionally, but didn't contribute much. Then I realised I could be quite good at orienteering if I took it more seriously and I started doing more. At the same time I also threw myself into the background work, planning, organising and joining the committee. I can genuinely say that I have enjoyed that side of things as much as participating - there is a real satisfaction from volunteering.

—Richard Sansbury

CLUB NEWS

News of Members

Congratulations to our younger members. Callum Scott-Hartley had 2 A*s, 5 As and 3 Bs in his GCSEs. We wish him all the best for his A level studies, one of which will be photography. Now we know why he was busy with his camera at our Christmas event. I also hear that whilst taking part in a Pop Quiz on Radio 1 Callum managed to get in a plug for orienteering.

Joel Llewellyn-Eaton and Nathan Fernandes have gained the necessary A level results to go to their first choice Universities of Cardiff and University of the West of England. Joel will study Civil Engineering and Nathan Business Enterprise. We wish them both well in their new ventures.

Joel's elder brother Rhys has recently graduated with a degree in Geography and Geology.

John Pilkington celebrated his 90th birthday earlier this month with an informal get together of friends and family at the Sandford nursing home where he is now staying.



John blows out his candles

We received the following letter from John's daughter Ann:

On behalf of John Pilkington's family, I would like to say a huge thank you to QO and SWOA members who kindly sent cards in celebration of his 90th birthday. A special thank you too to Mike Crockett and David Parkin for coming along on the day and making it so special.

For Dad to know that fellow orienteers are thinking of him means a lot and hopefully helps to bring back some good memories, even though his memory is not too good these days. As a founding member of QO,

orienteering brought him a lot of pleasure and I am sure it has helped his physical health which he still enjoys.

Many thanks again.

Ann Pilkington

A plea from the Membership secretary!

Please re-new your membership when you get the reminder from BOF. It will save me having to email you in the New Year! *Remember that membership is for the calendar year.* If you renew by the 7th Dec you will receive your new membership card by Jan 1st.

—Judy Craddock

Club championships - Kings Cliff, 9th October

A reminder that one of the first events of the season is the club championships. This friendly competition is great fun, and is usually quite popular with club members and non-members alike. There are three levels of entry allowing all ages and abilities to compete, although you don't have to take it seriously if that's not your thing. Its a one hour score event with a mass start, but if that does not mean anything to you don't worry, a full explanation will be provided.

If you are quick you can still pre-enter at a reduced price. Pre-entry will be open until 3rd October at fabian4.co.uk or by post to me at Rose Cottage, Netherclay, Bishops Hull, Taunton, TA1 5ED.

Please also come and socialise at the pub afterwards. We are going to the Maypole Inn at Thurloxtton where you can have a buffet meal although you must pre-pay for that. After the buffet meal we will have our club AGM - please stay for that as well.

—Richard Sansbury

Club Shed Seeks New Home

QO may not have a swanky 'clubhouse', but the club does have its very own shed. The QO shed has resided in the garden of Jan and Dave Holmes for the past 20 years, but is now looking for pastures new. The shed is approximately 8' x 6' and in good condition, and is home to a selection of club items including signs, plastic netting and water carriers.

If you have some room for the QO shed and would be willing to become its new guardian, please contact Jan Holmes on (01823) 451 343, or email drholmes@btinternet.com. Alternatively if any club members have a bit of room to spare in an outhouse or existing shed, please let Jan know and we could arrange a new home for the contents and send the QO shed to the Timber Buildings Retirement Home. On behalf on the shed, many thanks.

Opening of Taunton's Newest Green Space

Project Taunton and Taunton Deane Borough Council have combined to put a successful bid to fund the purchase of the flood meadows along the Tone from Silk Mills Road to French Weir Park that was previously Long Run Farm.

The dedication of this area for various recreational uses includes Orienteering and QO have been invited to map it and plan a permanent course with 20 oak markers made and erected as part of the Project. This extension to the Castle/SCAT area will be ideal for JOG and small training events, and now the two (possibly three) bridges are added the use of other areas, rural and urban make for a variety of possible events between Wellington Road and Staplegrove Road.

The opening of the new bridge from French Weir Park on Saturday, 28th August provided Dave Holmes with the opportunity to map the site open so far. Judy Craddock and Jan Holmes registered for a score and a string event, generating interest from about 30 families as well as the Mayor and the Town Crier (shown overleaf being given some instruction by the Braine-Clarke family!).

Other facilities that will be on offer in the area will be an advanced BMX track, fishing, canoeing, an Oak Barn for shelter (assembly area?), a willow 'Cathedral' and numerous copses and new plantings for Forest and local Primary School activities. QO will advertise an opening of the permanent course so why not come and look around?

—*Roger Craddock*



Oyez, Oyez, Oyez! The Braine-Clarkes offer advice to Taunton's Town Crier

British Orienteering Roadshow

What does British Orienteering do for us? Why is my membership fee so high? What plans are there for future development?

If you have questions like this then you may be interested in

attending the British Orienteering Regional Roadshow. As part of a national tour, the Directors and staff of British Orienteering are doing a presentation in Taunton on the evening of Tuesday 12th October.



To find out more information about this either get on the British Orienteering website and search for Regional Roadshow or give the office a ring on 01629 734042.

Alternatively, if you have questions for them but can't go (or don't want to go!), let me know and I will ask on your behalf.

— *Richard Sansbury*

AGM Agenda

The AGM will be held after the buffet meal immediately following the Club Championships event and JOG activity to be held at King's Cliff Wood on Saturday 9th October. The buffet meal must be booked in advance by phoning the event planner/organiser (see the club website). By the coinciding of these arrangements, it is hoped that many of the Club will be able to attend the AGM.

Agenda for the Annual General Meeting of Quantock Orienteers to be held on Saturday 9th October 2010 at 2.30pm (venue – Maypole Inn, Thurloxton ST275274)

1. Apologies for absence
2. Minutes of the 2009 AGM
3. Matters arising from the 2009 AGM
4. Chairman's report
5. Treasurer's report
6. Accounts for the last twelve months ending 31 August 2010
7. Membership Secretary's report for 2010 and membership fees for 2011 / 2012
8. Fixtures Secretary's report
9. Schools/Juniors Report
10. Amendments to the constitution; see note 1 below.
11. Election of Officers (Chairman, Secretary and Treasurer) for 2010 / 2011; see note 2 below
12. Election of Committee for 2010 / 2011; see note 2 below
13. Any other business; see note 3 below

1) Proposed amendments to the Constitution

These must be received in writing by the Secretary at least 14 days before the meeting and must be signed by two voting members. The amendments proposed thus far are:

6.4 Membership fees shall be fixed at the Annual General Meeting immediately preceding the year in which they fall due.

-to be changed to:

(1st proposal put forward by Jeff Pakes and seconded by Richard Sansbury)

6.4 Membership fees shall be provisionally agreed at the Annual General Meeting preceding the BOF deadline date for setting those fees. The fee levels will be confirmed by the Committee at its last meeting before the fees fall due.

(2nd proposal put forward by Roger Craddock and seconded by Judy Craddock)

6.4 Membership fees shall be fixed at the Annual General Meeting.

2) Elected posts

- The elected posts are: Chairman, Secretary, Treasurer plus six other members.
- Nominations for elected posts must have the consent of the nominee and be proposed and seconded.
- Nominations should be sent in writing to the Secretary beforehand but may be made from the floor at the meeting (in which case, the nominee must either be present or their written permission be produced at the meeting).

3) Discussions and voting

- Members wishing to raise matters for discussion at the AGM are requested to notify the Secretary in writing and preferably 7 days before the meeting.
- Those entitled to vote at the AGM are: every Individual member; two members from each Family.
- The quorum for the AGM shall be 12 voting members including two from: Chairman, Secretary, Treasurer

Travel directions: The Inn is just off the A38 Taunton-Bridgwater road. There is a sign advertising the Inn on the 2nd turning into Thurloxtton from either direction.

—*Jeff Pakes, Secretary, Quantock Orienteers*
12 Pelham Court, Bridgwater, Somerset TA6 4UL

JOG Notebook

Saturday 11th September saw the start of JOG's new term. We decided to hold the first event at Vivary Park to keep in the public eye and encourage passing-by newcomers who might like to have a go, and the event attracted 34 children and their families.

There was a vibrant atmosphere and the children really seemed to enjoy themselves. Quite a lot of them have done orienteering before at their schools or have been to the Schools Festivals organised by Dave Bullock and were keen to do some more. But We DO need more people to help at the Start.

If you could spare an hour between 2.00-3.00pm on one or two Saturdays during term time you would be SO welcome.

You don't need to be a coach we just need people around to talk about the basics and set families off on their courses. Please think about it and if you can help give Roger or me a ring on 01823 323850.

One of the most exciting developments in the last few months has been the opening of Long Run Meadows just behind Castle /SCAT (see page 7). The luxury of another orienteering area centrally placed and adjacent to the SCAT/Castle site is excellent for JOG.

On the next page is fixture list for next term. When there is a QOFL on the same weekend we encourage JOG members to attend that instead of the Saturday event. We are also using the Club Champs at Kings Cliff, kindly planned by Callum Scott-Hartley.

Junior Orienteering Fixtures for Autumn Term 2010

Saturday events are from 2.00pm-3.00pm

Sunday events are from 11.00am-1.00pm

Sat Sept 11th	Vivary Park	ST 225 228
Sat Sept 18th	Lydeard Hill	ST 181 338
Sat Sept 25th	Fyne Court	ST 222 319
Sat Oct 2nd	Broomfield Hill	ST 212 326
Sat Oct 9th	Kings Cliff Wood	ST 270 320*
Sat Oct 16th	Great Woods	ST 165 378
Sat Oct 23rd	Queen's College	ST 218 233
Sat Oct 30th	King's Hall	ST 223 278
Sun Nov 7th	Blackborough N	ST 100 185
Sat Nov 13th	Kings Cliff Wood	ST 270 320
Sat Nov 20th	SCAT/Castle	ST 218 248
Sat Nov 27th	Long Run Meadow	ST 216 249
Sat Dec 4th	Wind Down	ST 221 342
Sun Dec 12th	Ramscombe	ST 166 377

** JOG will be at the same time (11.00am) and venue as the Club Championships*

—Judy and Roger Craddock

EVENTS

The SWOA Relay Series (The Chairman's Challenge)

QO had mixed fortunes in their attempt to wrestle the trophy back from Wessex in this year's series. The five events all with different formats were held on consecutive Sundays in June and July. The best four results of the five were to count.

We were unable to muster a team for NWO at Cherhill Down near Calne for the first event, and so were at a big disadvantage right from the start. This was a big personal disappointment to me as the area

was where I first started cross country running all those years ago whilst stationed at nearby Yatesbury. However we won the Adams Avery at Leigh Woods to put us back in contention (as reported in the last Quonicle).

The success however was short lived as a missing dib in the Furrow Hoppers at Kingston Maurward meant we were completely out of the running, and all that was available was pride and a possible second place. Will Kromhout did point out that if we scored 50 in both the remaining events and Wessex failed to score more than four points it was possible for us to win.

Three teams from QO travelled to Dartmoor for the Devon Relays which were of the Harris type (a score event spread between the three runners with some compulsory controls for all three). Suffice it to say that we did not fare well. A misplaced control did not favour us and highlighted the need for a controller at this type of event even though it is nominally a low key informal.

It was now down to the final event at Upton Park near Poole for a chance to redeem ourselves. A mixture of youth and age meant we had speed and a good handicap and so we set off with high hopes even though Wessex were on home ground and had used it many times before. A good plan, well executed, worked well for us and our last runner set off with a reasonable lead but with a very determined Dale Paget chasing him. Eventually Dale caught our man on the long run in from the last control to the finish.

Wessex retained the Trophy with QO second and Sarum third. These being the only teams to contest more than two of the five events was such a shame, especially as they are three of the smaller clubs in SWOA. Next year let's hope for more competition.

Thanks to all our members who ran in the various events (we used eleven in all).

—Mike Crockett, Acting Club Captain (and competition scorer)

World Masters Orienteering Championships

Tony Hext and Mike Crockett were the only QO members to venture to Switzerland for this event. They have split the reporting, Tony doing the Sprint and Mike the Long Distance races. They have their maps and will be pleased to show them at a convenient time and place. AGM?

World Masters Sprint Championship by Tony

Qualification at La Chaud-de-Fonds 31.07.2010

Final at Neuchatel 01.08.2010

Various emotions as Barb and I embarked upon the Easyjet flight to Geneva. As a holiday I knew it was going to be good - Switzerland, the Jura mountains, cow bells in pleasant meadows, Neuchatel with its lakes ...we always like boat trips.

As an orienteering experience I was not so sure - first event outside the UK, first time at this level, and surrounded by former world champions and medalists at the airport - should I be here ? Research of previous WMOC results showed that I would have to be at my very best to get into the middle order. In the forest for the classic long courses I was not and can sum up my performances as bad, bad and not so bad in the final (see Mike Crockett for more details).

So to the sprints which preceded the long races. The qualifier was in La Chaud-de-Fonds, a city in the canton of Neuchatel in the Jura mountains, altitude 1000 metres a few kilometres from the French border. The city is renowned for the manufacture of Swiss watches and after a fire in the 18th C is laid out mainly in a modern grid-like plan.

The assembly area was in a sports complex on the NE side of the city... the stadium was a sea of people preparing for battle in the Masters and subsequent Open races. The start was 1300 metres away up the hill opposite in an area of housing with open ground . I was well warmed up after the climb which included many steps. Nervous now....-4 minute call-up, clear dibber, check, pick up control descriptions, look at blank map, final check of the dibber, hand on the inverted race map, clock counting down and go....down across an open grass area into a

school complex to find the control under a shelter - nailed No 1 - relax not go to sleep as I did for No2. I ran along a road and alley before realizing there was olive green and black at the end - basic error and best part of a minute was lost. Next leg , twitchy now.... where was the crossroads shown on the map...cannot see it on the ground....Oops...it is above me...it's a bridge! Only a couple of seconds but an indication of how the previous error can upset concentration. After these trials the rest of the run was OK. A mixture of narrow streets, a small park with three controls, raised pavements and steps down from the old town into the more modern grid-like central area and the finish.

The next day we arrived in Neuchatel (literally 'new castle' in old French) to find the assembly on the steps and plaza in front of the ultra modern Stade de la Meladiere. The first priority was to find the qualifying results - I was in the M60 C final with a later start time which meant I was in the top half of that final and also overall thankfully.

So time for a relaxing boat trip around part of the lake and back for the pre-start at - 8 minutes. The same start procedure saw me on my way....nail No1....yes!...corner of the building across the park. No2 was more of a challenge however with a combination of streets then left into a car park, a covered walkway and right into an alley and the control. The next three were a mixture of gardens and yards - tricky, but OK. The eighth leg involved climbing many steps up to an avenue that followed the contour west then dropped into a garden for No8. A descent now down steps again into the old town with narrow shopping streets, covered alleys, small squares and pavement cafes onto the finish with no problems. A time of 16.04 and 22nd position...a finish in the top half.....a happy result. A very happy Mike Crockett gained a 7th place in the A final of M75 age group.

As an orienteering experience ? Yes - a mixed one it has to be said but not one to be missed!

—*Tony Hext*

It was sad to see a competitor being treated by ambulance personnel as we made our way to the start. Afterwards we discovered it was 92 year old Elizabeth Brown from SO who had slipped and broken her hip. My latest information is that Elizabeth is back in England, sad at missing the Lakes 5 days and keen to get started again. What a lady.

At the finish the biggest cheer of the day was for 96 year old Erkki Luntamo of Finland when he ran into the finish.

World Masters Classic

Margaret and I chose to drive to Neuchatel by way of the Channel tunnel and then Belgium, Luxembourg and France. We had chosen to stay at a campsite just over the border at Morteau and drove into Switzerland every day for the events.

The Classic Distance had two qualifying heats from which the times were aggregated to allocate heats and start times for the final. In the large classes the fastest eighty in each class were in the A final and the next 80 in the B etc. In the smaller classes (less than 160) the top half were in the A final and the others on the B.

Qualifying Heat 1 was held at Les Breuleux, about 40km East of the event centre at La Chaux de Fonds. It was suggested that we could use the railway to get there, but as this would have entailed leaving our campsite at 7 am and the uncertainty of finding suitable parking near the station we declined and drove. The parking was in an industrial estate near the sports centre which formed the assembly area, where traders of all sorts were located - a very colourful sight.

A 1.2 km walk to the start meant we had time to see the type of terrain and get nicely warmed up. There were also small maps with a few controls just to hone ones skills. The area was mainly open and semi-open, similar to the New Forest, with not too much intricate detail. The going was fast and small mistakes were costly.

Qualifying Heat 2 was at Les Cernets about 50km south west of the event centre. A train option was available, but this involved a long shuttle bus ride from the station to the assembly area. Many used this option, and not enough buses were available when the first train arrived. The normal vehicle parking also involved a shuttle bus service on



a single track road. Suffice it to say that “they” had got it wrong, and a massive queue greeted us as we walked round the corner. The inevitable queue-jumping started, to a chorus of disapproval led by the “Brits”. We know how to queue! Eventually it was announced that starts were delayed by an hour. At this stage several of us decided to walk, a pleasant, albeit uphill, walk of about half an hour. A haybale man with a Welcome WMOC on his chest similar to the creations that were once familiar on the A303 Sparkford bypass greeted us at assembly and brought a smile to our faces.

The area was vastly different from the previous day with intricate contour detail, which was rocky and overgrown with low vegetation. There were also many small paths which soon became indistinguishable from the many elephant tracks which developed, making navigation even more difficult. I had a pretty torrid time and was not at all happy with my run. As I remarked to some other SWOA members –if anyone complains about Quantock Forests – they should come out here.

The combined time of the two qualifying heats determined which final and your start time in that final (the fastest going last). My first day’s 12th place was sufficient to offset day 2 and get me to the A final, whilst Tony had had a pretty hard time but made the E final in M60, one of the most heavily subscribed classes with 445 competitors.

Next day was a rest day but it poured with rain and so it was shopping and a tour of a castle with a French speaking guide. We couldn't understand her, but it was entertaining to watch her facial expressions when describing some of the more gory details of castle life.

Parking for the final was the same as Q2 but the heavy rain had prevented use of a field and so it was linear parking on a road, closed to the public for the day. A pleasant walk down to a well organised bus queue and drive to a different assembly along better roads meant there was plenty of time to soak up the atmosphere before setting off for the start. The programme indicated that this day was not as intricate as Q2 but a loudspeaker announcement contradicted this and so it proved to be, to my cost!

My aim in these events is to be top Brit. There were only two of us in the A final and John Thompson was starting 4 mins behind me, having had a slightly better Q2 than me. I was confident that I could pull away from him and achieve my aim. 27 mins later I found control No 1. All hope gone, with the moral "always go carefully to the first control no matter what the pressures". 47th out of 59 was not what I had hoped, but I did have some good legs and will be back next year in Hungary. Tony had saved his best day to last and came 21st of 55 in his race.

All in all it was a memorable event which (apart from the transport arrangements on Q1) was well organised considering there were 4,600 competitors plus family supporters to cater for. It's a pity that there are no splits on the results website. However maybe it is just as well as there might be the inevitable "If Onlys"

—*Mike Crockett*

Mountain Bike Orienteering - Woodbury Common 11th September

Devon's orienteering season kicked off with a Mountain Bike Orienteering (MTBO) event near Exmouth. MTBO is a fairly new discipline, rapidly rising in popularity, and something we'll probably see much more of in the next few years. I have never orienteered on

Woodbury Common before - so for me it was a new area as well as a new discipline.

I did the longest course on offer, 12.9km. I had a good start out on open moorland. In MTBO you are required to stay on tracks, and although that might sound quite easy, the number of tracks on the moor meant you had to get your wits about you. It went well until about halfway round when the routes went into the woods. I arrived at a control site to find several other people on the point of giving up having failed to find the control. Either it had been vandalised or it was hung in the wrong place. We compared notes, then all decided to miss it and carry on. A great pity as momentum had been lost and I then went on to make several mistakes on the next few before regaining concentration for the last few. I'm not sure my route choice was always good, as I found myself pushing the bike through a marsh near the end.

The missing control was a shame, as it made a nonsense of the results. However it didn't spoil my day. It was a relaxed low-key event with 35 taking part, including five of us from QO - Chris Philip, Andy Rimes, Tony Hext, Rosie Wych and myself. For most of us this was an introduction to a new discipline, and we look forward to doing more.

—*Richard Sansbury*

South West Sprint Championships - Exeter University, 12th September

The first major event of the season was the South West Sprints, hosted by Devon. They have been keen to use the University as an event venue for some time, having been denied its use for the JK last Easter. It is an ideal site, on a hillside so lots of contour detail, little traffic, lots of open space and irregular shaped buildings.

Everybody did two runs, one in the morning one in the afternoon. The champion was decided on the aggregate time. In between there was plenty of time to sit around in the sunshine, watch the students play Hockey, and enjoy one of the last days of summer.



The contestants lined up for the 2010 Knobbly Knees contest

It had been decided to award a winner in each age class which meant that although there were about a hundred attending, we were spread quite thinly and some classes were very small. However this did mean you knew exactly who your competition was, and timed starts in the afternoon meant there was a bit of excitement keeping ahead.

The five of us from QO all had good results. I was chuffed to win M40 - although with only four in the class it wasn't a massive achievement, and I was soundly beaten by others doing the same course in different age classes. Mike Crockett won M75, although he was the only entrant, but he finished in a respectable time though. Jim Mallinson was leading M60 after the first run but was beaten into 2nd place overall. Also on M60, Tony Hext maintained a 3rd place in a class of 11 and Tim Spenlove-Brown came 5th out of 10 in M65.

—Richard Sansbury

Quantock Orienteers—Support Your Club



This year we have an ambitious set of events planned for the club, with six forest league events, five night league events, a Galoppen, Club Championships, Long-O weekend, Christmas novelty and numerous 'JOG' events. The calendar has been put together for all club members to enjoy a varied range of local orienteering events, but with that comes a huge amount of organisation and planning, together with the background committee work involved in keeping the club going.

We have found that we need to ask for more help from the club members to keep the club working, and to ensure that we do actually hold all of the planned events. We are still looking for some volunteers to 'organise' and 'plan' two of the QOFL events this year, so if you think that you could help please get in touch with Mark Maynard at mayn8599@btinternet.com or 01823 251262. Please don't be put off by the job as committee members will be more than happy to help and give advice on what is required for the job. A brief description is given below:

Planner

The Planner designs the courses, sets the controls out in advance and arranges for them to be collected in at the end of the event. Designing the courses 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.

Organiser

The Organiser is responsible for running the "front of house" activities. This involves a bit of ringing around to get a team of helpers, and then making sure the parking, registration, start and finish run

smoothly on the day. The Organiser needs to be willing to take overall responsibility for the event, although there are experienced people around who will help with any problems.

Club Vacancies

In addition to ensuring that the events happen this year, we are still appealing for help with the committee to support the club with the background committee work. If you think you could help with our committee work please contact Jeff Pakes, QO Secretary, on jeffpakes@hotmail.com. We are particularly keen to fill the following positions:

Equipment Officer

After many years of keeping our club equipment in a shed in his garden, Dave Holmes has decided to pass the equipment job onto someone else. The job is to look after the club's non-electronic equipment, and make recommendations to the committee on new purchases. Ideally the equipment officer would be able to store the kit at their house (possibly in the QO club shed—see page 6), but this is not essential.

Club Captain

The club captain organises entries to team competitions, such as the Compass Sport cup and the summer relays. The job involves contacting likely competitors and arranging them into teams. It is likely to appeal to someone who enjoys competition and likes encouraging others to do well.

Volunteer Coordinator

We have identified that we need someone to oversee volunteers. All events need people to help out with various jobs, from helping with parking to organising the whole event. It is hoped that we can find a Volunteer Coordinator to collate the lists of volunteers required for each event. These volunteers will be selected from the team lists that are in this magazine. The coordinator will make sure that tasks are allocated fairly, and we make the most of our volunteers skills.

Committee Member

The committee makes the ultimate decisions on all club matters. Decisions need to be made on expenditures, fixtures and club development among other things. Meetings take place approximately every 2 months, with email discussions in the interim. This will appeal to someone who cares about the direction the club takes.

Publicity Officer

A new post. We would like to find someone to try and get orienteering stories into the local press, and possibly also try other ways of promoting QO in the local area. This needs to be someone who is enthusiastic about the sport and is keen to promote it to new people in the local area. Ideally this would be someone with some knowledge of how the local press works.

If you can help with any of the above positions please do get in touch—we would love to hear from you.

QOFL Teams

On the following pages are the three current QOFL team lists. We also need three 'Team Leaders' to head up each of these teams.

As soon as Team Leaders have been allocated, each QOFL team will be assigned to two QOFLs. Individuals from within the relevant team may then be contacted and asked to help out at the event. This could be manning a start, helping out at registration, organising the car parking, or any of the other vital tasks that help ensure the smooth running of our events.

First Aid skills are also very useful to the club as some events require us to have a qualified first aider available at all times. If you have a first aid qualification and would be willing to lend a hand, please let Jeff know so we can add you to the rota.

QOFL TEAM 1

Bussell family x 5
Clegg, Neil
Craddock family x 2
Dunn family x 5
Edmonds, Marie
Elliston family x 2
Gray, Don
Harvey, Norman
Hill, Richard
Holmes, Dave
Hopkins, Andrew
Le Chapentier, Nicolas
Llewellyn-Eaton family x 2
Longhurst, Martin
Mallinson, Jim
Maynard family x 4
Milroy family x 2
Nicolson, John
Pearson family x 4
Pearson, Graham
Pearson, Jim
Pottage, Barrie
Rimes family x 3
Wych, Rosie
Wilmott family x 3
Went, John



*Names in italics are lapsed members
still on the QO radar!*

QOFL TEAM 2

Anderson, Mike
Bartlett, Ian
Baybutt, John
Butcher, Peter
Craythorne, Susan
Crockett family x 2
Cudmore, Chris
Daniels, Jan
Denton, Chris
Dunthorne, Luke
Edwards, Adrian
Fernandes family x 3
Fletcher, Brian
Hands, Dave
Hext, Tony
Hollingsworth family x 4
Keenan family x 3
Knipe, Matthew
Kromhout, W family x 4
Larcombe, Mark
Nicholls, Jim
Richardson, Geoff
Sansbury, Richard
Scott, Mary
Tennant, Jenny
Wakeling family x 4
Waite, Xanthe



QOFL Team 3

Appleby family x 2
Bolling, Keith
Braine-Clarke family x 4
Chesters family x 2
Fisher, John
Ford, Ron
Gard, Sue
Green family x 5
Hartley, Graham
Heath family x 2
Howell, Kate
Husband, Ian
Lloyd, Bob
Modica, Izzy
Pakes, Jeff
Purchase family x 2
Pye family x 2
Robertson, Ewan
Ryan family x 3
Scott-Hartley, Callum
Smith, Samuel
Spenlove-Brown, Tim
Traylor, John
Trembath, James
Vigar, Bill
Windsor, Steve
Williams family x 2



QOADS

NEW FOR 2010/2011: Quantock Orienteers After Dark Series

FORMAT

1hr Score (collect as many controls as you can within the hour) with a difference. The map will be double sided with 10 controls on each side. You can Start on either side and turn over at any point, but once you have punched a control on your 2nd side you can NOT then turn over and visit controls on your 1st side again.

SCORING

Controls will have different values dependant on their location/difficulty. Penalties will be incurred on a minutely basis for those who take longer than the hour. Best 3 results (after handicap) will count towards the series title.

EQUIPMENT REQUIRED

As for a standard day event, plus a torch/headlamp (preferably), the brighter the better, with enough battery power to last at least an hour and a bit more!!!

COURSES

The map contains controls for all levels. On each side of the map the first 4 controls will be of Yellow standard, and when run back to back will form a (longer than normal) Yellow style course.

STARTS & REGISTRATION

To minimize manpower and to maximize the social aspect of the series (see below) we will only be running a small Reg and Start window:

Registration:	1700 - 1745
Starts:	1800 – 1845

SOCIAL:

After each event we will retire to a local pub (named on the night) for food, drinks and to relive your runs.

SEE BACK PAGE FOR FIXTURES

