

The QuOnicle



The Newsletter of Quantock Orienteers No. 145 September 2012

Page	3:	Post from the President
	4:	Club News
	7:	Events
	17:	QO Long O
	18:	Caption Contest
	19:	JOG Events
	20:	Senior Fixtures

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EDITORIAL

Well that's summer over. Good wasn't it? At least we had the Olympics to distract us from a distinct lack of what is commonly referred to as 'barbecue weather'. Closer to home many QO members enjoyed a more active take on the 'Summer of Sport' theme. Witness articles in this edition on QO's magnificent efforts in the summer relays, and Jeff Pakes' report on the Welsh Six Days (I know Rosie Wych, Andy Rimes, Roger and Judy Craddock and Richie Hill also attended—and there were probably others!). I also bumped into Richard Sansbury the other day whilst out for a run on the Quantocks—I wonder how many of us have been getting a bit of 'pre-season' in before the start of orienteering? And what a start we have with just a week between QOFL 1 and the QO Long-O weekend. I'm sure any cobwebs will be well and truly blown out by the end of September!

—*Adrian Edwards*

POST FROM THE PRESIDENT

The Relay Season has now finished with Wessex once more winning the South West Inter Club Challenge. QO had a team in every event except one and finished in 4th place. It was good to see new faces in the team this year and from what I saw as a spectator in the delightful grounds of Canford school a week or so ago they thoroughly enjoyed the experience. I hear that QO might put on a relay of our own next year. It would be good to have one of the events on home ground.

As I write this the Olympics are over and the Paralympics are in full swing. One cannot help to be inspired by the dedication and effort put in by all the athletes. Let's hope that the "legacy" of the games will drift from the spectator sports of the games to minority sports like orienteering.

As one season finishes another begins. The traditional start of the new

season is the Caddihoe Chase. The previous season's prizes are distributed and then it's "all systems go". The Caddihoe took place last weekend and as you receive this we are into our new QOFL season. Next weekend is our now very popular Long O. There is still time to enter this but you must hurry. Added to this are the weekly JOG sessions on Saturday afternoons.

Your new committee are working hard behind the scenes to ensure that there is a varied programme suitable for all. Please give them your support and above all enjoy the new season. Good luck to you all.

—Mike Crockett

CLUB NEWS

Situation Vacant: Fixtures Secretary

Wanted: organiser of the club's fixtures calendar

Previous experience: none required

Useful skills: working with times and dates, places & people

Nature of job: computer-based, conducting email and phone conversations, present a bi-monthly fixtures summary

Reason for vacancy: after three year in post, Mark Maynard would like a more forest-based role as a planner/organiser

Support, training & benefits: full support of previous incumbents and a very experienced committee

Apply to: Richard Sansbury, club secretary or any committee member

New QO Tops

Several members have been asking about Orienteering tops and we have tried to do some research into the topic. Richie Hill sent a picture of a top he had designed on the Trimtex website. There is a design feature on the website so if you are interested Google Trimtex and have a go then email the finished design to jandr.craddock@gmail.com

Richie has a Trimtex top designed for BAOC and he says the quality is superb; comfortable and hardwearing. Also the cut/shape is really good, apparently the ladies cut is also good.



Crockett's Sporting Triumphs

QO President Mike Crockett has enjoyed a lot of sporting glory over the years, but now it's time for the rest of the family.

Bev and Dave (Mike's two youngest) have recently completed the Helvellyn Triathlon. This is known as one of the toughest in the calendar involving:

- 1 mile swim in Ullswater - England's most beautiful lake
- 38 miles cycle - including the Kirkstone Pass
- 9 miles run up Helvellyn - 3118 feet (England's 3rd highest peak)

It's the only UK based race in *Triathlete Europe's* Top 10 Toughest Races on the Planet (anyone want to argue?).

This is a very challenging race, but I think if you speak to anyone that has done it you will be told it is well worth the effort. However, I do recommend you check out the race route link before deciding.

Bev's done it twice as well as three Half Iron Mans. Apologies if the grammar is incorrect! Something from Dad must have rubbed off.

Meanwhile James Musa, Margaret's great nephew, has signed for the Fulham Soccer Academy. He had a last minute dash from New Zealand on Thursday to meet the transfer deadline of Friday midnight. That included a medical as well.

QOFL Trophies

For the last ten years or so I have been in charge of the QOFL scoring leagues, although I must acknowledge the help of Brian Pearson over the last couple of years, to supplement my lack of computer skills! At the end of each season the winner of each of the six Elite colour courses has been presented with a trophy for them to keep.

Each wooden trophy has been made in an individual style by Noel Gould, formerly of Devon Orienteering Club. Many of the older members of this club will remember that Noel and his wife Geraldine used to run the Ultrasport stall that was usually present at South-West Orienteering events. Sadly, when I rang them this summer with my usual request, Geraldine informed me that Noel's sight had deteriorated quite badly, and that this year's trophies would be the last that he would be able to make for us. On behalf of the Quantock Orienteers I have written to Noel and Geraldine thanking them for all their work for us over the last few years, and wishing them well for the future.

This means that we have to look around for a new source of trophies. If you feel that you could help by making some trophies for us, or you know someone who you think might be able to complete this task then I would be delighted to hear from you. Please do contact me if you feel that you can help – my phone number is on page 2.

One other matter that I need to inform you about. You may have noticed that some competitors have a score followed by the letter 'e'. (eg Joe Bloggs 974e). This is because the Committee decided that anyone who organised, planned or controlled a QOFL event should have an estimated score for that event, based on the average of their three most recent QOFL scores.

—*Tony Milroy*

EVENTS

Bicton College 08/07/2012

This relay was the most tactical relay I've been to, because each course had to be run twice and you had 4 people in a team and one map with a DEVON dibber tied on per course, however the green course had one map and two separate dibbers which belonged to QO members.

The terrain was the college campus and the surrounding parkland, also I discovered a shade of green that meant stick to the paths! For the difficulty of the orange course I'd give a whitey-yellow –white in distance (1.3Km) -yellow in navigation.

The three challenges were:

- Laminated map –impossible to fold
- The dibber was tied to the map with stubborn wool.
- The map scale-1:4000-Huh!

'Status QO' Tactics

Course	Runner 1	Runner 2
Green	Graham Hartley	Will Kromhout
Light Green	Will Kromhout	Roger Craddock
Orange	Thomas Hasler	Graham Hartley

'Status QO' Results

Our start time = 12 Noon – Total handicap. However everyone was delayed by 20 min+/-.

Club Relay Orange	00:42:46	5th	OK	5th Position, Finish time 12:33:45
Club Relay Lt.Green	00:40:21	12th	OK	
Green	00:22:33	5th	OK	
Green	00:31:23	17th	OK	

'QO Vadis' Results

Club Relay Orange	01:02:14	13th	OK	9th Position, Finish time 12:44:04
Club Relay Lt.Green	00:37:22	10th	OK	
Green	00:24:01	6th	OK	
Green	00:28:49	14th	OK	

—Tom Hasler

Summer of Orienteering—Croseo 2012

What summer I hear you ask? No sun, for a start. And orienteering? That's the last thing you'd want to do- overgrown forests, getting wet, or hot and sweaty in a tight, itchy nylon suit. Nah, put the TV on or for a glorious Summer of Sport, or maybe indulge in your 'other' sport... cycling, sailing, cricket or gardening, perhaps. But orienteering? Forget it.

Well, those of us who *did* have the urge to "keep going" after last season were starved of local events. Nearly three months between the club champs at Ham Hill and today's QOFL at Ramscombe. Even DEVON couldn't help- their equivalent of our QOFL usually runs into summer but not this year. Most summers, there tends to be only one blank month, coinciding with the "summer holidays". Oh, yes, and summer 'O' festivals- but I don't bother with those.

Joints aren't up to it, 'fraid, might not even make it past the first day. Then I'd be stuck, in a remote northern part of Britain, idle, sulking. Besides, these things are aimed at what I call the "O-ristrocracy", variously: the "household" names, the ranking point hunters and the Orienteering Family. That's the one where every member was conscripted to 'O' at birth and who's 12 year old can trounce my times at a canter.

Thank goodness then for the aptly named Creoso festival, Welsh for 'welcome' and a high quality 'six-dayer' hundreds of miles nearer than the usual venues of the Lake District, Scotland and France. My twin stars of Form and Fitness were aligned... I *had* to go. I only became aware of Creoso a fortnight or so in advance, luckily hitting on the website. Then with my permission slips at work and home duly returned and signed I was cleared to take off for... Planet Orienteering.

Erm, that's pretty much what it looked like approaching the event field from the Torrent Walk, nr Dolgellau on Day 1! A large gleaming white metal structure with multicoloured turrets dumped randomly on the side of a beautifully sunlit green Welsh mountainscape. Actually, my impressions might have had more to do with sleep deprivation after a

lousy night at the campsite (blame noisy neighbours and a 45 degree slope) than the reality. On closer inspection the "alien visitor" to this tranquil landscape was actually two very large white marquees atop a sloping field of hundreds of cars and dozens of vibrantly coloured club banners. Long banks of portaloos, stalls and burger vans completed the scene.

My pride at having arrived by foot soon faded into sheepishness caused by having to change into my O-gear in an open field containing half the entire orienteering-world (or at least 2000 members of it from 25 nations- check the website <http://www.croesomultiday.org.uk/>). Fortunately, I was soon after rescued by familiar faces...thank you, Andy and Rosie, up for the week in their campervan. They kindly let me store my kit in the van and I joined them for sandwiches. Pre-registered online to run at specified times, I now had just the formality of picking up my 'race pack'.

Provided: an A3 colour brochure with event location map, a complimentary slate coaster, a superb photo-O tour of Aberystwyth, a social events programme and numbered athletics-style bibs. But no safety pins? "they'll be in the grass," said Rosie, noticing that I'd "opened" my unsealed envelope upside down!

Next, retail therapy. Yes, orienteering traders firmly believe in taking the 'mountain to Mohammed'. After months waiting for a chance, I got to try on some size 12 Innov-8 shoes after my constantly crushed feet nagged me that I could no longer pretend I was a petit size 11.5. A patient young Norwegian father smiled philosophically as I approved the fit- he had also sought this particular size, the last in the shop. But that summed up the spirit of the festival for me. Friendly and not distressingly competitive.

The terrain? Absolutely great on this and all three days, pretty much like Dartmoor on days 1 and 2 (forest for day 3, my last) and with glorious weather. Navigation was tricky on long legs because everything looked samey (heathland with lots of rocks and crags), but the contours and dried up linear marshes with dark reedy grass were useful to navigate by. My only gripe is I wish had had the legs to run a

longer course. The walks to the start had wonderful views to compensate for their length- one hour on Day 2 for those like me doing the longer courses, though portaloos and water were provided near the start.

Highlight? Both runs on the 'Dartmoor days' momentarily had stunning, clear views of sandy estuaries twinkling below on the way down from the 500m plateaus we had climbed up to. First was Barmouth Bay, overlooked by Cadair Idris, at Gwanas, followed by the Dovey at Foel Goch. Each day had a 'finishing strait', along which you could either coast in or do a 'Hollywood' finish in front of the watching O-world, camped along the sides. I chose the former, until a puffing and panting late middle aged chap loomed into view on the final 100m...

Aberystwyth University, it's halls of residence and campsite provided official accommodation to 1,000 of the event-goers. Like some others, I based myself in the retro Borth Youth Hostel with its squeaky, slamming fire doors and heavy snorers. I used the festival's 'social programme' to fill my evenings. 'A Life in the Hills', a talk by a local farming character whose family had worked the nearby hills for generations, was humorous and very popular and a talk on the geology of the area in which we were running set the scene on Day 1. The folk music was a bit hit and miss. Though it beat listening to metal-detector wielding "Big Dave" and his endless stories of treasure troves and coin values back at the hostel.

After having safely guiding myself through the equivalent of three Blue courses in three days, I felt very pleased and rewarded myself with the slow road back home, passing the full length of the sun-kissed Brecon Beacons. My orienteering summer had been prolonged and ultimately rescued. Now where's next year's multi-dayer?

—*Jeff Pakes*

WIM Furrow Hoppers Relay – Canford, 18 August 2012

The final relay race of the summer series saw Roger Craddock, Tim Spenlove-Brown, Richard Sansbury, Jeff Pakes & I head over to Canford, Dorset, and the splendid sunlit grounds of the public school.

There were 4 courses heading out in different directions through the grounds and the school buildings, and each had to be completed three times by a team of five. This seems complicated, but just meant that each person had to run two or three of the courses. This maximised the chances of a baton-change fiasco, and any mis-punching would disqualify the team immediately!

Just to further complicate matters, one course was a 1.4km sprint (notionally, at least), two courses were 2.2km, and the last a 2.2km map memory course. Fortunately Richard had planned the legs and expected hand-over schedule far in advance – at least two minutes before the start.

Courses started outside the sports pavilion, and we were instructed to avoid the river and not to gurn the wedding party who had hired the school for their reception. What is wrong with having MAMILs* in the background of your wedding photographs?

Looking splendid in our QO shirts, we all ran our best and managed the third fastest time of the nine teams, but finished seventh due to the handicapping and being bumped down the order by multiple entries from the local clubs.

Afterwards there was a club barbecue and trophies were awarded by Mike Crockett to the summer series champions – Wessex Raiders – deserved winners of every race.



The Furrow Hoppers fellas

These were my first experiences of Orienteering relays, and excellent fun. They allowed me (a humble JOG Dad) to meet and run with some of the senior QO members, and it was particularly nice to be in a team with my son Tom for some of these events. Some of the formats were more strenuous than others, but I would encourage any club member young or old who runs at Orange level or above to consider joining in the fun next year.

*MAMIL = middle aged man in lycra

—Chris Hasler

BAOC Event 29th August 2012

I am writing this in glorious sunshine beside the Bridgwater and Taunton canal, waiting to transport Margaret and Toby home after a run. (Note Date 29th August, nearly the last day of summer). This is in total contrast to yesterday when Tim and I went to Sparshalt Agricultural College near Winchester.

The Army training events are good value at any time, and this was no exception. At this event they were trialling a new EMIT electronic timing system. There was no difficult dibbing, you just waved a wrist band close to the station and your time was recorded. A light flashed on your wrist unit for a few seconds to confirm that you had been successful. The controls that were used on Wednesday were fairly small flat plates with the orienteering symbol. These were difficult to spot in some places, but with a normal control flag nearby this should not cause too many problems. When the system will come into use I don't know but I look forward to using it.

Sparshalt has extensive grounds which, coupled with numerous buildings and footpaths, was ideal for "Urban Orienteering". Four different 2 Km courses were on offer –

- A Map Memory (Not many takers)
- B Cross Country
- C Line Course
- D Cross country with butterfly loops

You could opt for any of these but the recommended option was A followed by B, C and D or less as you felt inclined. Any course could be completed singly. Tim and I opted for A+B which we did with mixed success. I then did the D course as a separate item, making a total of 6km, the most I've done for a long time.

I understand that the Line Course was quite difficult, no doubt due to the small and flat controls. In fact no one spotted them all and some

well known BAOC members only got about half of them, a fact that was noted in the event comments on the website.

For those not familiar with the type of events mentioned, here is a brief glossary—

A. Map memory At each control there is a section of map showing the position of the next control. This is memorised and off you go. To make things a little more difficult on two occasions there were two controls to be memorised.

B. Cross Country Normal orienteering in a mostly Urban setting with small patches of woodland.

C. Line Event. There is a line on the map which you must follow as closely as possible. At various points on the line there are controls which you must punch and others just off the line which should be ignored.

D. Butterfly There is one common control to which you return after completing a loop of two or three controls. In this case we did three short loops before proceeding to the finish via a slightly longer loop. This is eminently suitable for small areas.

All these course were done in pouring rain which was thoroughly enjoyable especially when rounded off with a sausage bap from the refreshment van.

—*Mike Crockett*

Longrun Meadow Fun Day

The Longrun Meadow Fun Day was held on Sunday 5th September and the festivities were started by a Fun Run- 5K or 2K. There was plenty of support from QO with 15 of our members competing in the field of 104 starters: Tom and Chris Hasler, Spencer, Angela, Annabelle (Davies), Issy and Tate Modica, Jim, Graham, Brian and Nikki Pearson, Shardonday and Liz Pye, Vicky Page and Chris Philip. Well done everyone, some even ran in the QO strip. [Note from Ed: the 5K fun run is a monthly event at Longrun Meadow held on the first Sunday of every month and I know a few QO members will be using it as a fitness 'benchmark' - visit longrunmeadow.com for more details].

One of the many activities offered for the Fun day was a string course planned and drawn with Purple Pen by Tom Hasler. He then helped 'man' the event between 10.30am to 3.00pm, an amazing contribution, especially as he twisted his Dad Chris' arm to put out and take in the string and controls, with help from another family member Eleanor! An added excitement was that a Somerset Highway Official decided to close the main vehicle entrance on the Friday before the event, diverting all the stallholders through the middle of the course which had to be re-planned and re-printed!

Mark Maynard and his family ran a highly successful 'zorbing' activity, while Roger escorted the Mayor round the activities including Niamh O'Mahoney's electronic download at the end of the string course.

—*Judy Craddock*

Long O—Volunteers Needed!

Rosie Wych is still looking for volunteers to help out over the Long-O weekend (see opposite page). If you can perhaps turn up early/stay a bit later and help out please contact Rosie on 01823 451942 or email rwych@hotmail.co.uk

Quantock Long-O Weekend of Orienteering ***29/30 September 2012***

The annual Quantock Orienteering event continues the successful formula with two days of events:

Day 1 - Saturday – Croydon Hill, Dunster Woodlands.

A technical score event. Starts 12.00-13.00. Choose from 1, 2 or 3 hours. Seniors £7 (£2 BOF discount). EPS type SI – dibber hire available £1.

Day 2 - Sunday – Pinkery and Central Exmoor.

Course lengths short 8km, medium 14km and long 21km (provisional lengths subject to final planning). Seniors £11 med/long, £9 short (£2 BOF discount). Entry includes the traditional home-made soup, bread, cake and hot drinks. Start times early, middle and late from 9.30. EPS type SI – dibber hire available £1 (covers both days).

The long event is ideal training for the OMM. Participants may run as a pair. Different course lengths can be combined over the two days.

Small prizes are awarded for short, medium and long winners over the two days. The event is unsuitable for novices and unaccompanied juniors are restricted to the short courses.

For individuals wishing to stay in the area camping and other accommodation is available at Westermill Farm Campsite.

Entries may be made through Fabian4—
closing date 23rd September.
Late entries an additional £2 per day

Enquiries: Rosie Wych 01823 451942

QO Website://www.quantockorienteers.co.uk



Caption Contest

In the last edition I featured a photo of 'Jubilee Judy' and asked you to come up with witty captions. Thanks to those who sent some in— here are my favourite two:"



"Please welcome to the stage, Elton John's new backing singer...Dame Judy 'Crocodile Rock' Craddock" — Chris Hasler

"Sorry, no Orange course, only Red White and Blue." —Mike Crockett

If you have a photo you'd like to share please email me at adrian_edwards@btinternet.com

JOG FIXTURES—AUTUMN 2012

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

Sun 23rd Sept	Ramscombe (QOFL)	ST164377
Sat 29th Sept	Orchard Portman	ST 261191
Sat 6th Oct	Lydeard Hill	ST 183335
Sat 13th Oct	Vivary Park	ST225239
Sat 20th Oct	Longrun Meadow	ST217248
Sat 27th Oct	Cothelstone Hill	ST201327
Sat 3rd Nov	Broomfield Hill	ST212325
Sat 10th Nov	Kingscliff Wood	ST270320
Sun 18th Nov	Buckland Wood (QOFL)	ST182171
Sat 24th Nov	Culm Davy (+QOAD)	ST124166
Sat 1st Dec	Fyne Court	ST222322
Sat 8th Dec	Castle Neroche (+QOAD)	ST267158
Sun 16th Dec	Hart Hill (QOFL)	ST167365

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



