**QOFL (6) - Ramscombe - Sunday 20 May 2007 -Provisional Results**

**Planners Comments**

This was my first attempt at planning at QFL event and despite one or two minor control issues I was very pleased with how it went. As with all events the weather played its part and on Sunday we had perfect conditions resulting in a very good turn out of about 85 participants.

It is worth mentioning just how attractive the whole Rams Combe area is, with 80 metres of height gain in places and interesting mixes of forest/woodland and views. My main aim for the blue and green courses was to take runners up and over both sides of the valley which nicely contrast each other in the type of forest planting. The old oak woods on the north side are particularly beautiful.

My apologies however, to blue runners who had a couple of 'Hokey Cokey' - in and out controls; 371 and 382. A combination of compromises I'm afraid, something for me to learn from! The only other 'problem' was the crossing from north to south. The amount of dense vegetation along the north side of the road meant that the long leg from 416 to 115 gave little choice of route, with most runners taking the eastern approach, although at least one runner did a bit of thrashing through the small 'clear' area halfway up the diagonal track.

I actually felt the green course was the nicer route, enough challenge with no real issues and many positive comments. Well done to Zoe by the way...a cracking time!

Controls 204 and 215 provided some interest. In fact, despite having visited them myself many times during the planning stage, I often ended up at 204 when trying to get to 215. Good to see the same navigational challenge was experienced by a few others.

The overall terrain meant that a good running rhythm was tricky except when traversing through the oak woods on the north side. As usual the forestry work makes for focussed foot placements and certainly added to the whole Rams Combe experience. The 53 min winning time on the blue reflected this to some extent.

The remaining courses were all on the south side and any excursion to the north would have caused difficulties on length, yet there was enough scope to give the L.Green and Orange sufficient challenge. The white and yellow course had limited scope due to being restricted from using the picnic area, so a loop around the main tracks above the start were all that could be used. However, the log crossing start provided some light entertainment!

Thanks must be given to Rosie who, as my controller, guided me through the whole process (I am a slow learner), tots of advice needed and accepted. Also to Bill, who did a major re -working of the map (how does he find the time?) and who also gave much valuable advice.

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Finally, many thanks to everyone who helped on the day and well done to all competitors. See you next time.

Cheers

Keith Boiling