

Quantock Long-O Weekend of Orienteering

16/17 October 2010

The annual Quantock Orienteers event takes on a different format for 2010. From an event base on the eastern fringes of the Quantock Hills two days of events are planned:

1. Saturday – a technical score event in a complex forested area. Mass start 13.00. Choose from 1, 2 or 3 hours. Seniors £7 (£2 BOF discount). EPS type SI – dibber hire available £1.
2. Sunday – course lengths short 8km, medium 15km and long 23km (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 which is set in the south west this autumn. 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 some bunkhouse/camping accommodation is available at the event centre.

Entries may be made through Fabian4

Closing date 6 October

Enquiries: Rosie Wych 01823 451942

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

