

## Volunteers' Weekend, 13 – 15 May 2016

### Glenmore Lodge



#### Quiz No.1 – Orienteering and Local Knowledge

All questions relate to activities available this weekend.

Answer as many questions as you can – we don't expect anyone to get them all right!  
There are questions on both sides of this sheet.

**Prizes:** 2 x £10 CompassPoint vouchers, one each to the 2 entries with the most correct answers. In the event of a tie, we'll pull names out of the proverbial hat.

**HAND IN YOUR COMPLETED ANSWER SHEET BY 13:30 ON SUNDAY!**

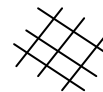
#### Trail-O

1. What was the correct answer for no.3?

B

#### Controller's Conundrums

1. What's the IOF pictorial control description symbol for a thicket?



2. In the Controller's Conundrums, what feature is control no.43 on?

"semi open land" – but nothing specific on map

#### Local knowledge

1. What temperature was Loch Morlich 10m in from the beach at 14:40 on Friday 13 May 2016? (in degrees C please – "Baltic" is not an acceptable answer).

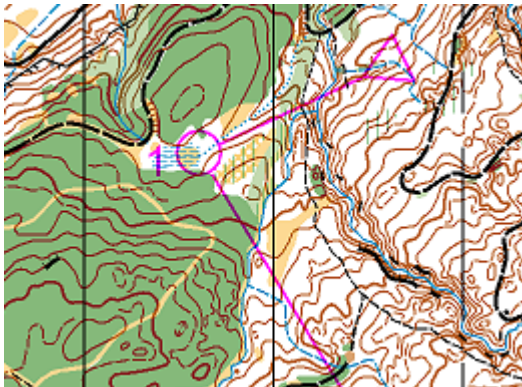
11 (air temp was 9)

2. How old is the oldest reindeer in the Cairngorm Reindeer Herd?

17 years

#### Map knowledge

1. This map segment is from an area that was used for the 2015 6 Day Event. Name the area.



Affric South (day 5)

2. On the Loch Nell & Shenavallie map for course 21 (6 Day 2011), what is the straight line distance from no. 7 to no. 8?

460m (answers within 20m were accepted)

### Speakers

1. Giles is leading the gym (S&C) session – what is his surname?
2. What club is Colin Matheson in?

Trussell

Moravian

### Local maps

Give either name of the area where this photo was taken. Extra points if you can name the dog and who he was named after too.

Uath Lochans or Inshriach West (the clues are the backdrop of the Glen Feshie hills and ponds – the map was in the collection available for perusal). Dog is Wiggy, named after Sir Bradley Wiggins.



### Course Planning

1. How many levels of Technical Difficulty are there?

5

2. What level of Technical Difficulty should an ORANGE course be?

3

### Strength & Conditioning

1. What part of you is referred to as your glutes?

backside, bottom, buttocks...

2. Name an exercise that would help you strengthen your glutes.

squats, lunges

Your name: