

SCORE

THE HOME OF SCOTTISH ORIENTEERING

MARCH 2018

SOL and btoSOUL Updates

ECKO Juniors in China

Tayside Orienteers' Legacy –
Re-mapping Kinnoull Hill

- Mentoring
- Planning with juniors
- Distance judgement training

Plus lots more...



magazine of the
**SCOTTISH
ORIENTEERING
ASSOCIATION**

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scotland**
LOTTERY FUNDED

Welcome

**SCORE Editor:**

Sheila Reynolds
SCORE@scottish-orienteing.org

About Orienteering:

Information on orienteering or any SOA activity can be obtained from the Association Secretary: secretary@scottish-orienteing.org

Addresses of clubs, details of groups and a short guide to the sport are available from:

National Orienteering Centre
Glenmore Lodge, Aviemore
PH22 1QZ
Tel 01479 861374
Sarah.Hobbs@scottish-orienteing.org

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Forth Valley Orienteers
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The views expressed by contributors to SCORE are not necessarily those of the SOA Board, nor of the Editor.

OFFICIAL EVENTS were thin on the ground between the December and March issues, so this issue contains a variety of pieces with no particular theme. I hope that all of our readers find something to interest them; as I begin to make contacts in the orienteering world the scope and variety of pieces in the pages of **SCORE** increases.

It's encouraging to have received unsolicited pieces, and to have had a positive response to my requests for pieces – progress! This issue is missing Steve Wilson's O-pinion piece, as he's decided to take a bit of a break, but hopefully he'll be back with o-pinions in the future.

Many thanks to members who took the **SCORE** survey, the response numbers were not bad at all, and a lot of helpful feedback was received. Most respondents seemed to feel that **SCORE** does a good job of reflecting their interests, with only a very few feeling that it is either aimed at elite or beginning orienteers – the numbers were nearly identical with those two, interestingly enough. I do try to include pieces that run the spectrum of orienteering experience and interests; however, as I've often said, I am entirely dependent upon the good will of our members to provide those pieces. If anyone is interested in seeing the results of the **SCORE** survey, I am happy to forward them. Similarly, if you would like to contact me about **SCORE** content, to provide feedback, suggestions or a piece for inclusion, please feel free to email me at score@scottish-orienteing.org. I am short a map discussion (race analysis) piece, and athlete profiles, for the next issue, if anyone cares to take a stab at either!

March through June is a busy time in the orienteering community, so the June issue of **SCORE** will be issued later than usual to accommodate pieces about the British Championships and Scottish Championships, both of which will be held near the end of May. Wishing you all many happy hours of orienteering.

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Photo courtesy of George Logan

Local leaders introduced their groups to the newly re-mapped Kinnoull Hill in January. Tayside Orienteers celebrated its 30th Anniversary by re-mapping the iconic Kinnoull Hill, leaving a legacy for future orienteers.

Correction to December 2017 Issue: Helen O'Donoghue is quite active within SOLWAY, but has not added SOA Events Manager to her list of orienteering roles, contrary to the title noted on her training piece; Colin Matheson is the SOA Events Manager. Apologies for any confusion!



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Photo credit: A McLeod



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Photo by: W Carlyle



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Picture credit: Headless Chicken

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**Copy deadline
for next edition**

4 May 2018



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Photo by: L Longhurst

President's Piece

By **ROGER SCRUTTON (ESOC)**

SOA President | email: president@scottish-orienteeing.org

THIS IS MY last President's Piece, so I've been given a bit more space to reflect on my nine years on the SOA Board of Directors.

In 2009 I joined as Development Director, and have been President from 2012. Nine years is not the maximum a Director can spend on the Board; I could have spent six years as Development Director before becoming President, 12 years altogether. As of 2018 this sort of extended stay will no longer be possible, assuming a change to our Articles of Association is adopted at the AGM in May. I have enjoyed this period immensely, but to tell the truth, I am ready to move on, and we need fresh blood round the table.

I'd like to take this opportunity to comment on some trends in our sport that have happened over the last five to ten years. Starting with SOA itself and Board business, a very clear trend has been the change in governance standards in sport. As a result of various disclosures, operating standards and requirements have risen sharply and cascaded down to all sports, large and small alike. At the very least, Scottish Orienteering is required to have in place policies and procedures to cope with these if any come our way, and investment from **sportscotland** depends on our meeting those requirements.

To manage this, we have increased our senior administrative staff working at the National Orienteering Centre at Glenmore Lodge, funding for said positions is required to be raised 'from within the sport.' We have also recruited our first Independent Director,



ROGER SCRUTTON

Photo by: Nigel Corby,
Deeside Camera Club

and, following the changes to our Articles last year, we will soon recruit a dedicated Chair of the Board, a position historically filled by the SOA President.

At the same time, trends in funding for sport have shifted towards investment to win medals at major international events – Commonwealth and Olympic Games – the justification being the positive psychological impact this has on the sense of national identity and success. Because orienteering is neither a CG nor OG sport, we lost our performance funding in 2010-2011. Now, any funding SOA provides for our elite athletes must also be raised 'from within the sport,' and, increasingly, our best athletes are having to self-fund their training and performances, including members of ScotJOS.

We are grateful that **sportscotland** continues to invest in SOA for the development of orienteering, Scottish clubs and Scottish members.

From 2012 onwards, this has allowed us to support Development Officers at club and regional levels, and, following on from the restructuring around governance, an Education Manager and an Events Manager.

There have been major successes associated with these appointments, such as the dramatic growth in the membership of the northern clubs at the time of the World Championships and Highland 2015, arriving at the point where we are marketing our education products outside Scotland, an increase in our coaching workforce, and maintaining our ability to host major events in Scotland.

However, these activities and successes need a platform on which to build, and in my opinion an important element of this lies in the promotion and marketing of orienteering at a local level, for example, raising awareness of local permanent orienteering courses through visitor centres (the Forestry Commission's initiative on forest tourism), inviting school and youth groups to local events (with parents), submitting event reports to local newspapers (requires perseverance), and using **sportscotland's** Community Sports Hub network to advertise local events, to name just a few.

There have also been significant trends on the technical side of orienteering in general. We are becoming quite good at exploiting digital technology, most obviously in the now universal use of electronic punching, including contactless, but less obviously in the improved acquisition and processing of geospatial data to produce higher quality maps. Event

"Activities and successes need a platform on which to build, and in my opinion an important element of this lies in the promotion and marketing of orienteering at a local level."

results are now available within hours, and tools such as Garmin, Route Gadget and Quickroute allow us to analyse our performances. Permanent Orienteering Courses are now making use of QR codes registered on an i-phone to prove a control has been visited, and a recent innovation called MapRun – take a look at the MAROC web site (<https://www.marocscotland.org.uk/virtual-orienteering-maprun-in-aboyne>) – doesn't need the placement of any physical controls at all.

I could go on with changes and trends, for example, the remarkable growth of urban orienteering, which along with other local events has brought our sport to the people. But there are also constants, such as the fact that orienteering can be an inexpensive sport in which to participate, our clubs and much-valued army of volunteers are still striving to attract new members and provide excellent events to all, and our love of the outdoors is undiminished.

May I wish you all a very long and happy association with orienteering. ☺

Launch of New SOA Website

We were hopeful that we would have been in a position to launch our new website early in 2018; however, despite the considerable work that has happened behind the scenes, the new site is still 'under review' and the subsequent launch has been delayed. We look forward to keeping you updated....it will be worth the wait!

Event Entries for Scottish Members

A reminder that Scottish members (who have joined their local club and the SOA only) receive the same discount member fee at events as British members.

All clubs and local events should offer this, as well as online pre-entry for larger events. We are currently working closely with Fabian4 to offer this discount facility.

Should any SOA members have difficulty in processing any of their discount for any races please do not hesitate to contact us and we will aim to resolve this.

Data Protection

The new EU data protection and privacy regulations, known as GDPR (General Data Protection Regulation), come into force in May.

The SOA is currently reviewing its own data and our compliance with the new regulations. Clubs should be aware of this change to data protection, and there will be guidance issued to clubs in due course.

Staff Changes

Our new Chief Operating Officer Fiona Keir joined us in early January, and is settling in well, taking a very active, enthusiastic and thoughtful role to help move the organisation forward.

She also holds the role of SOA's Child Protection Officer. Fiona joins us from Active Schools in Perth & Kinross, and also works for Cairngorm Ski Club. She has a background in sports development and management, and is an active participant of outdoor and adventure sports. She has already been out orienteering twice since she arrived!

Sarah Dunn has been appointed as the new Regional Development Officer (RDO) North at 2.5 days a week, replacing Johannes Petersen. Sarah

also runs the COPE Project (Community Orienteering and the Protection of the Environment), funded by Cairngorms LEADER, so is now full-time with orienteering!

The role of Sarah Hobbs has been reviewed and re-titled as Membership & Communications Officer, at three days a week.

She will be the key contact person for all members and clubs, and will be undertaking a review of all aspects of marketing and communications shortly, with support from the Board. She has also (finally) caught the orienteering bug and can be found at events in and around Badenoch and Strathspey!

New Director Positions

To achieve our goal of 'more smiling faces in the forest,' SOA are seeking to appoint a number of elected Directors to our Board at our AGM in May.

The Directors will also fill the role of Trustees of the SOA as a registered charity. These are voluntary positions.

More information can be found on the website: <https://www.scottish-orienteering.org/soa/page/join-our-board-to-achieve-our-goal-of-more-smiling-faces-in-the-forest>. ☺

SOA Support Survey

By RICHARD OXLADE (GRAMP)

SOA Strategy Director

What More Can Scottish Orienteering and the SOA Do for You?

SCOTTISH ORIENTEERING couldn't function without a team to co-ordinate competitions, to support major events, club and orienteer development through providing courses and training, and to help the sport comply with all of the regulations that protect individual participants. This team involves many of us, staff, co-ordinators, planners, controllers, organisers, members of the SOA Board or club committees, and those who give time to their local events.

To best support that level of dedication on the part of our members, it's important that SOA periodically take a step back and ask ourselves if we're doing the right things to achieve our aims to "foster, encourage, promote and develop" orienteering in Scotland. So, this year we want to find out what you think. This applies whether you are a Grade 1 controller who has been orienteering for decades, an elite competitor in one of the squads, an orienteer who just enjoys running through beautiful Scottish forests, or a newcomer to the sport who has been to one or two events.

We'll use your feedback to help shape our direction in the coming years.

We started the process by interviewing about 70 Scottish orienteers at the EUOC Big Weekend. We had some really valuable face to face conversations, with great feedback from a cross-section of Scottish Orienteering. There have been some very positive views about how we are doing, and some thoughtful ideas about areas where we could improve. Fortunately, very few said that asking is a waste of time! We will keep these conversations going by continuing to ask for feedback at events, and we would be delighted if you approach us to share your views – we should be easy to find, carrying a clipboard, or standing by a Scottish Orienteering banner. You can also share your thoughts via the survey now available on the SOA website (<https://www.scottish-orienteering.org/soa/page/what-more-can-scottish-orienteering-do-for-you>); if you haven't done so already we'd really appreciate it if you could fill it in.

We value the views of all orienteers, and as there is

always a risk that we won't get the views of less frequent orienteers, newcomers or youngsters in the sport, I'd like to make a request of our each of our members: if you get the chance, please strike up a conversation with newcomers using the survey as a basis. And if you are a parent, please ask your offspring what they think, and ask them to contribute – or fill it in for them (using their thoughts of course!).

Finally, on the 28th April we are planning a conference at Fordell Firs near Dunfermline. We will share the results of our survey and feedback received, try to get a couple of provocative speakers to challenge our thinking, and ultimately generate a set of recommended actions.

There is space for about 50 people, and the SOA is covering the cost of the venue and lunch. We have called it a club conference but you don't have to be invited through your club – if you have energy and interest that's enough. So, if you are willing to come along and contribute your opinions, experience and skills please pencil it in your diary and contact me at strategy@scottish-orienteering.org. ☺

Mentoring – As Discussed at the Volunteers' Weekend

A group of 15 volunteers opted to attend the Mentoring session run by Moira Laws and Hilary Quick at the Volunteers' Weekend in September last year. This article summarises the points made at that session, and offers suggestions for clubs to take further.

The group began by discussing what they thought was meant by mentoring, and brought out examples of what mentoring had already been done by their clubs:

- giving guidance and support
- encouraging, boosting confidence, reinforcement, help with application of stuff learnt elsewhere
- someone to ask, shortcut the learning
- overlap with coaching though that might tend to be more specific to a skill
- personal relationship – mentor's knowledge is only part of it, personalities and communication are key
- UKCC L2 & L3 coaches – learner coach asks licensed coach to mentor them through to completion. Some continue with a mentoring relationship after qualification.
- PLANNERS – tapered sharing of responsibilities and actions; mentor is the named individual but "apprentice" might do most of the actual planning tasks. Could be gradual shift from apprentice watching while the expert does tasks, to mentor keeping a watching brief while the new person does the tasks.
- CONTROLLERS especially at Level D events are largely working as mentors
- CLUB OFFICIALS – could be similar to planners, or shorter handover. Shadowing might be possible e.g. Vice Chair to Chair.
- ORGANISERS – similar to planners, someone to talk things through with, someone to ask.
- ORIENTEERS – help newcomers get into competition; might overlap with coaching.
- Great way of spreading knowledge & experience, boosting learner's confidence

We agreed that this kind of support for new event officials is ideal for people who haven't yet joined British Orienteering but want to have a go at organising or planning. All formal event officials must be British Orienteering members.

The group then went on to discuss what qualities, skills and knowledge a mentor should have:

- communications – good listener, effective questioning skills
- willingness to share info – no point if mentor is someone who wants to remain indispensable & important because of the knowledge they keep in their head
- open to change – no room for the "we've always done it this way" attitude; non-judgemental guide to what needs to be done, not how to do it
- give positive feedback
- able to get to the root of the problem – forensic, ask the right questions, know how far to go when, probing
- probably needs to have the technical knowledge (though a perceptive mind and good questioning can be as effective, e.g. rather than quoting the actual Rules, mentor might ask where this item might be specified)
- calm & patient – let apprentice work things out for him/herself, make mistakes and learn from them; counselling approach
- enthusiastic, genuinely keen to help, have the time to do it properly
- respectful of personality & approach of apprentice
- and in particular the ability to engender trust and respect confidentiality.

This led onto a role-playing exercise where Hilary and Moira each enjoyed taking on a new persona and 'morphed' into a trainee organiser and a mentor respectively. This exercise went down well with the 'audience' and highlighted how mentoring can easily go wrong and lead to volunteer turn-off if some basic principles are not adopted. 'Dumping' and 'delegation' were discussed energetically!

The importance of good communication and questioning techniques had become apparent during the role play, and the group then spent some time working through a series of questions which a mentor might use with an apprentice event organiser, selecting those which were appropriate and which could be seen as negative or threatening as well as those which could be construed differently depending on tone of voice.

There was then discussion about the potential benefits to clubs of mentoring. These included expanding the number of people willing to plan and organise events,

expanding people's knowledge base, being able to put on more local club events, expanding the number of people able to take on planning and organising larger events, e.g. British/Scottish Championships, SOLs, 6 Day Events, expanding volunteers' career development opportunities.

The session ended with discussion about what formalities might be required for a successful mentoring relationship, such as explicit agreement on expectations and task allocations, how and how often you communicate, timescales and deadlines, how to review the mentoring process. A mentor from a different club is often very effective if they introduce different ideas rather than just sticking with your club's usual ways.

Finally, mentors themselves also benefit from mentors of their own; if you'd like any support in getting things going, please talk to your Regional Development Officer or to Hilary (SOA Education Manager) and we'll put you in touch with someone who can help you. ☺



Would you like to receive future issues of SCORE on paper?

If you're reading the electronic version, and would prefer a paper copy of SCORE, please contact Sarah Hobbs at the National Orienteering Centre at Glenmore Lodge. Please provide your name, BOF or SOA membership number and address.

By email: sarah.hobbs@scottish-orienteering.org

By phone: 01479 861374 (has an answerphone)

By post: National Orienteering Centre, Glenmore Lodge, Aviemore PH22 1QZ

Thank you

By **SARAH DUNN (MAROC)**
SOA Regional Development Officer North

Helping Clubs Enhance the Orienteering Experience for Members

I AM VERY pleased to have taken over the role of Regional Development Officer for the North of Scotland at the beginning of December.

My remit is to:

- Work with clubs to increase participation and club membership in line with SOA targets;
- Support clubs to achieve a mark of accreditation;
- Promote, publicise and market the sport of orienteering.

The north area within my remit includes seven clubs: ECKO, TAY, BASOC, MAROC, GRAMP, MOR and INVOC, with the remaining clubs falling under Rona Lindsay's remit as Regional Development Officer for the Central/South area.

The experience that I am bringing to the post has been developed from a combination of almost 30 years of orienteering participation, 15 years of involvement in club coaching and development, and 3 years of professional work in club and regional development. I hope that I'll be able to pass on some of the experiences I've had during this time to help grow and enhance the sport across the region.

One question that often arises is how we can improve our retention rate of members once we have managed to recruit them into the sport. To me, this touches on a central issue of "what are clubs there for?" Historically, the culture in the sport has been very much about putting on and taking part in events, but I believe this is now a very outdated model. If we can revisit this and reassess the priorities for a club, then we may find that we address many of the difficulties surrounding recruitment and retention at the same time.

So, first off, why would you choose to join



**AFTER-SCHOOL -
HAVING FUN WITH PEERS**

Photo by: SDunn

an orienteering club? We can use the stick approach and tell people that they will only be covered by insurance if they join a club after competing in 3 events. Or we can offer the carrot approach by offering a range of member benefits and a social setting that is fun to be part of. The member benefits need to be structured around development opportunities showing how the club can help you get more from your orienteering. To me this implies training, coaching and mentoring in one form or another. As for the social setting, we need to ensure that we improve on the common event scenario of arrive in car, withdraw into yourself whilst warming-up on the way to the start, run, return to car before you get cold and drive off without having spoken to anyone. OK, so most of us will stop to chat to some friends too, but feedback from new members implies that they find it hard to get to know people just by going along to events.

Below are some of the approaches that I have had experience with and found to be of value.

Club training sessions

These can offer an opportunity for both development and socialising at the same time:

- Everyone arrives at the same time and can chat before, during and after the session
- Parents of new youngsters are asked to stay and help, giving an opportunity to chat to them too
- Once their off-spring are off on their own it's time to offer parents a map for themselves
- Breaking the group up into small coaching sub-groups brings youngsters of similar ages together
- Coaching is fun and rewarding too, and can be a great way to improve your own orienteering

After-school clubs

This might take on different forms depending on where you are based, but the benefits are likely to be similar:

- Parents are familiar with after-school clubs and recognise them as a good way for their child to try out a new activity
- Having a peer-group of youngsters taking part together makes these sociable from the outset
- You have started to build a development pathway through the club, demonstrating opportunities for progression to parents
- Participation in festivals such as the Scottish Schools can provide added motivation to compete together as a team.

Informal training and mentoring

Informal training in smaller groups can have many benefits both socially and developmentally. In MAROC we run regular mid-week training sessions with no controls out in the forest – this involves minimal organisation, meaning they can be held more frequently.

- Training regularly with a group helps with motivation
- Learning how to train without everything laid on will encourage self-help in the future
- Older juniors can be great role models for newcomers and younger athletes to aspire to
- Older juniors can enjoy mentoring younger athletes by shadowing and discussing routes



MAROC TALENT SQUAD
BONDING BALANCE SESSION

Photo by: SDunn

Team competitions

Taking part in team competitions such as the CompassSport Cup, Jamie Stevenson Trophy, Peter Palmer Relays, or other relay competitions can have many benefits too.

- Offer a sense of belonging to your club and give an opportunity to contribute and feel valued
- Provide another opportunity for socialising, especially if you arrange a bus

Soup and cakes!

Clearly there's also a role for more traditional social activities like barbeques, club weekends, ceilidhs, etc. too. Sometimes simple things like fund-raising with soup and cakes at events can make a surprisingly big difference:

- Acting as a social hub and reason to linger after your run
- Offering a focus for non-participating members of the family to come together, contribute and get more involved

There's plenty more that could be said about each of these activities on their own and over the next few issues of SCORE I hope to be able to expand on some of these and other ideas. ©

What can you do make familiar areas more interesting to experienced orienteers in your club?

EVENTS AIMED AT beginners are usually run in areas that are more accessible.

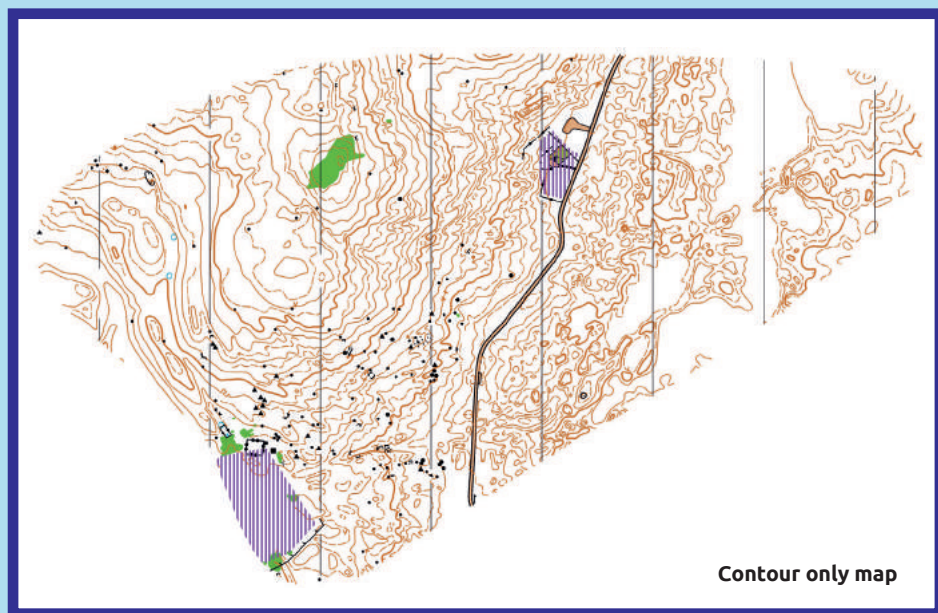
These are often small, or may be areas frequently visited, making them seem too easy or uninteresting to more experienced orienteers, who might decide not to attend. But it would be great to have them there, because they can:

- help spread the volunteering load, making job shifts shorter and allowing all a chance to compete;
- fill important roles such as welcoming people to the event or helping newcomers decide which course to run;
- help to make more of a buzz at the event and show how everyone can all attend the same events - beginner through to experienced or elite;

- improve their own navigation and gain benefit from practicing simple techniques on areas they are familiar with. Local events are a great opportunity for training.

So, what could we do to make these areas more appealing and encourage everyone to attend? Here are some ideas I've heard of being used around the country:

- Norwegian Course (map memory) – Give competitors a blank map to carry round (or for an extra challenge, don't!) and show them a small excerpt of map at the start with a few controls on it. They must remember where these are, and visit them before returning to a common control near the start/finish. There can then be further loops to complete in the



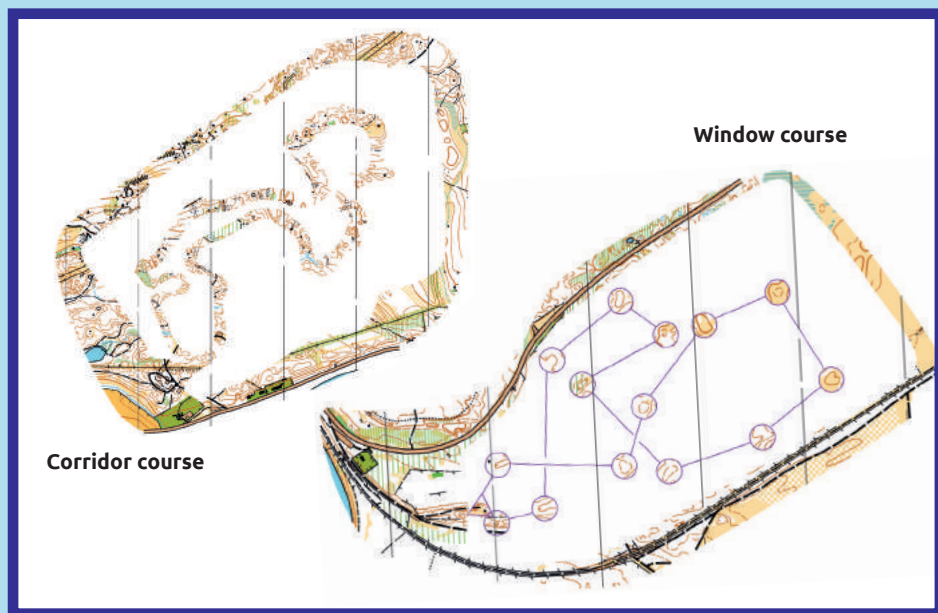
same manner. Another version is to have a small map segment at every control showing where the next control is.

- **Dog Bone Course** – A bit like a score course in that you can visit controls in any order, however dog-bone controls are joined in pairs e.g. 2A and 2B. Once you have visited one of a pair, you must visit the other before moving on to the next pair of your choice. You could set a time limit to see how many pairs could be completed in the time or run as normal with the challenge to see who can get them all the quickest.
- **Line or Corridor** – You could plot a line round the area which passes through some of the controls on other courses. Competitors have to count how many controls they see as well as remembering where they were. An extension of this is to make a corridor, where the line is the only part of the map that isn't blanked out.
- **Contour Only** – Change the way the familiar area looks by stripping off the detail (it is a

good idea to keep potential hazards such as roads, lakes or big crags on the map).

- **Draw your own map** – Give people a blank map with just the course outline and north lines on it. Then give them some time with the full map to draw the key features they would use to navigate on each leg onto their map. This is then what they use to complete the course!
- **Blank map** – A completely blank map with just the course and north lines on can also be used for a compass exercise absolutely anywhere, even a featureless playing field! A variation of this is to include a small "window" of map around the control site. If you want to make it trickier you can mark the points with small canes or pieces of tape or even do this at night.

Hope these ideas get your creativity going with ideas for your club's next local event. Do you have any more ideas, or have any questions about these? Don't hesitate to get in touch with Sarah Dunn or myself! ☺



Athlete Profile

Andy (M70), Drew (M40), and Dara Tivendale (W8) are members of Mar Orienteering Club. Andy and his son, Drew, have been members of MAROC since 1981. Drew's daughter, Dara, is now orienteering, which allows the Tivendales the unique opportunity of three generations competing in a sport together.

Name, Club, Where do you live?

We all live in Deeside and are members of MAROC.

**How long have you been orienteering?
How were you introduced to the sport?**

Drew: Around 34 years. I must have gone along with my Dad in the early years of Maroc OC.

Andy: Since 1981, Geo Graham, then the Head Teacher at Aboyne Primary gave a flyer for a local Maroc event to the kids.

Which clubs have you been a member of?

Andy: I think that's only Maroc for all of us.

What's your clearest early memory of orienteering?

Drew: Drawing courses by hand and pin punching. Have vague memories of an Irish Junior Home International and crossing the border with much nervousness in a squad minibus and JKs in North Wales and Northumberland.

Andy: My first local event, at what is now Glen Tanar, taking the controls in random order, and adding the magnetic deviation to my compass bearings.

Tell us about an event in which all three generations participated.

Andy: Scottish Championships at Balmoral in 2016 is probably the first one when we all competed competitively. Oldman Tiv won M65, Andy, Drew & Roger Coombs victors in one of the handicap relays.

Why do you feel that it's important to pass on orienteering, as sport &/or skill, to the next generation(s)?

Drew: Map reading and navigation is a life skill that will always prove useful, and encouraging an active, healthy lifestyle is very important in my view.

Andy: When their battery is flat, or they can't get a signal, the ability to look around and read a map can be a handy skill.

What do you hope younger generations of orienteers will learn from orienteering (how do you hope that it will benefit them, teach them, etc)?

Drew: I hope it will keep them away from their iPads etc and keep them a little fitter while meeting new friends and helping them socially.



DREW, DARA & ANDY

Photo credit: Silvia Fraser

Andy: An appreciation of the outdoors is important along with a healthy life style.

How do you encourage, or advise, each other?

Drew: Always debrief and compare notes afterwards. With Dara, encouraging can be difficult when the weather is poor.

Andy: Try to emphasise the positive, the fun and enjoyment.

Do you coach with your club?

Drew: Only shadowing Dara

Andy: A little, at club training.

What about orienteering has made you stick with it?

Drew: I enjoy the challenge and motivation of trying to stay reasonably fit and I enjoy new areas and the fact every course is always different.

Andy: Its challenging, physically and mentally, maps, and the quest for the perfect run.



DARA

Photo credit: Silvia Fraser

How long have you been orienteering?

Dara: 2 years, I went along with my Dad, doing white or string courses

What do you enjoy most about orienteering?

Dara: I like learning more about map reading and I like running.

Do you find orienteering difficult or easy?

Dara: The hardest bit is going uphill but I like running about and going downhill.

How do you practise orienteering with your family (outside of club events)?

Dara: I've done some club training events. Apart from that I run around the pavements with my friends.

What's your clearest early memory of orienteering?

Dara: I won a teddy bear trophy that was presented at club AGM. (big smile) ☺



Hello, we are Adam Murphy and Rhian Davies, and have been members of Solway Orienteers for two years.



RHIAN & ADAM

AFTER STARTING A new job Adam was encouraged by one of his new colleagues, a Solway member, to give orienteering a go, which we did back in 2015. We had a lovely welcome from one of the club members who, having seen our blank expressions, explained to us how it all worked.

Having pointed us in the right direction (literally!) we completed the course together in a respectable time and decided to come back the next month. Since then, we've competed in most of the club's winter series, and after a few heated discussions in the woods soon decided to run separately!

When it comes to orienteering, we are like two sides of a coin. I love map reading (that's the Geographer in me). The only bit I don't like is the running so

give me a short navigationally complicated woodland course any day. Adam enjoys the running to the point where he just keeps on going and sometimes forgets to consult his map! So, a long course with controls set far apart suits him. But the thing we both have in common is our enjoyment of orienteering.

Sunday mornings are spent in anticipation, waiting for the results to come up on the Solway Orienteers website. Once in, we compare splits and discuss tactics, and even though there is certainly competition between us we mainly focus on how we can do our best each week.

In the rest of our spare time we enjoy watching wildlife, especially on a day to day basis from our garden, and as we travel by foot and by bike. We're also involved in other

clubs, Adam having recently taken up archery with the Loreburn Archers and me as a member of Cycling Dumfries, a local campaign group for better walking and cycling infrastructure, we also organise led rides. Our house has an array of instruments, including bongo, cello, guitar, recorder and ocarina, with Adam's main instrument being harmonica and mine being piano.

Solway Orienteers offers a great balance as a club. There's a full programme of varied courses and activities, and as we both have other interests and hobbies it doesn't matter that we are not "serious" athletes wanting to compete across Scotland or the UK. Enjoying a trip out to a beautiful corner of Dumfries and Galloway every few weeks ensures we make the most of the winter months instead of hiding away inside. ☺

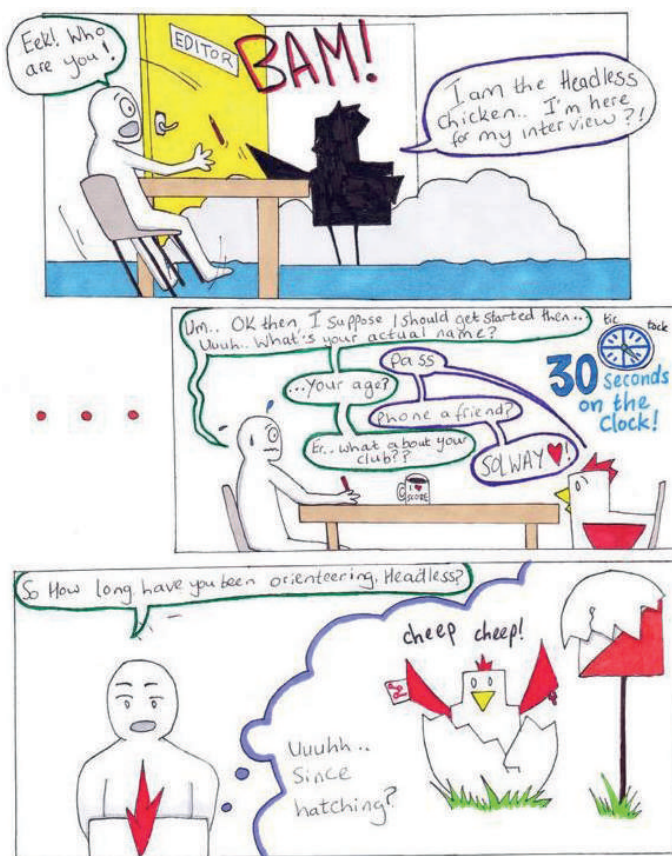
HIGHJACKED!! Athlete Profile



If you'd like to read more about the Headless Chicken's adventures and orienteering insights, check out his/her (???) blog.

I'll start you off with their Top 10 Tips on How Not to Be a Headless Chicken: <http://www.solwayorienteers.co.uk/top10.html>.

ALSO: Test yourself on page 33 with our wordsearch.



By **COLIN MATHESON (MOR)**
SOA Events Manager

180-Degree Errors and Rechargeable Battery Warnings

MANY OF US will have made the classic 180-degree error at some stage in our orienteering career – maybe the red part of the needle was pointing to the south or the map was upside down.

Recently there has been a warning about the possibilities of compass needles being affected by mobile phones or even magnetic fastenings used in technical clothing. These are normally

temporary proximity issues but cases have been known where the polarity of the needle flips (a permanent reversal) leading to sometimes disastrous consequences.

Nigel Williams, an orienteer and former Training Manager at Glenmore Lodge details the problems here: <https://www.glenmorelodge.org.uk/reverse-polarity-compasses-2/>. Anything with a strong magnetic field (including

HIGHJACKED!!


Athlete Profile



speakers) can cause this effect. Ensure that you are using best practises when storing your compass; most manufacturers will explicitly recommend that you not store compasses together or near any device with a magnetic field.

If you have questions about the care or storage of your compass, it is always best to refer to the manufacturer's manual. For orienteers reverse polarity is most likely to happen prior to crossing the start line – have a good look at your compass, compare with a

colleague or look at the direction of the sun, pole star or moss on the trees.

Orienteers should also take note of a recent safety issue related to a fire at Glenmore Lodge caused by exploding rechargeable headtorch batteries. You can find the story here, as well as recommendations from Glenmore Lodge, Scotland's National Outdoor Training Centre and the Fire Service: <https://www.mountaineering.scot/news/fire-warning-on-rechargeable-batteries>. 

Q&A with Alasdair McLeod (M21E), Clydeside Orienteers

How long have you been orienteering? How were you introduced to the sport?

I have been orienteering since I was 8 and was introduced to it by my family. My mum orienteered from an early age and encouraged the rest of the family along - with varying levels of success.

What's the most recent high-profile event that you've run in, and how did you do? Are you pleased with that result? What could you have done differently to change the outcome in terms of training & planning, execution?

I recently ran the Senior Home Internationals (Ireland v Wales v England v Scotland) and I came 2nd in the individual race and 2nd in the relay race. Unfortunately, Scotland team came 2nd overall ending a 9-year winning streak, so I was a bit disappointed. However, there is not much I think I could have changed, when you are part of a team sometimes it is easier to imagine that your individual contribution is more than it is. In all these cases all you can really do is the best that you can on that day.

Do you have a mentor?

I keep in contact with an experienced orienteer called Martin Dean. He helps me keep things in perspective and remain motivated, as well as reminding me which things are important to focus on and how to prepare well. It is very nice to know that you have someone in your corner who is helping you to try to do well.

Do you coach &/or volunteer with your local club(s) or any other groups?

I help organise the odd training weekend or race but I don't manage to do very much coaching. Unfortunately, I find I don't have much time around work and most of it seems to get spent training for orienteering instead of in the other areas of orienteering.

What has been your most rewarding orienteering experience?

Racing a home world champs or getting a good result at Tiomila are the experiences I am most proud of. But often my most rewarding experiences, and when I feel most happy, are when I go orienteering in Speyside terrain and there is snow on the ground and it is sunny.

What do you find most inspiring in regard to orienteering?

I love the experience of being out in the forest; the adventure and the thrill of being somewhere a little bit wild, remote and often quite beautiful. I also really enjoy the competition and pushing myself.

What is your favourite orienteering area?

Don't have one, as it changes all the time.

Which orienteering event(s) are you most looking forward to for the remainder of this year?

I have moved to Leeds recently so am enjoying discovering some new areas that I haven't orienteered on before.

What are your orienteering goals?



ALASDAIR MCLEOD

Photo credit: G. Murison
<http://garymurisonphotography.co.uk/>

How do you aim to achieve them?

At the moment, I am not sure what my goals are, lots of things are changing in elite orienteering right now so it is hard to commit yourself to definite plans. What I do know is that I would be disappointed if I didn't use the next few years of my life to see what other improvements I could make as an orienteer and where that might take me. Ultimately, I would love to produce a performance in a world champs race that I am really proud of.

What words of encouragement, or advice, would you give to the younger juniors coming up?

Everyone has the potential to be good, just keep trying and trying. You will constantly surprise yourself with how much you can change and improve, and as you do this your self-belief and your goals will change too. Just remember that it doesn't all happen at once - no matter how much you would like it to - so give yourself some time and keep trying to be better. ☺

John Colls Award

By EWART SCOTT, ELEANOR PYRAH, JENI & MARK ROWE (ESOC)

The 2017 John Colls Award

Edinburgh Southern Orienteering Club

ESOC'S JOHN COLLS AWARD was established in 2015 to recognise the significant contributions John made to the club as a competitor and an administrator. John will be remembered by many long-term orienteers, and was one of the driving forces behind Highland 77, now known as Scottish 6-Days.



ROGER SCRUTTON RECEIVES THE 2017 JOHN COLLS AWARD FROM ESOC CLUB PRESIDENT EWART SCOTT

Photo credit: C Lindsay

The 2017 John Colls Award was presented to Roger Scrutton for his enormous efforts dedicated to planning and organising club winter training sessions. Roger initiated ESOC indoor Club Nights early in 2010 and after a couple of years of having them on alternate weeks, started weekly sessions from September through to March. Roger stepped down in March 2017.

Except when absent, with another ESOC coach running the session, Roger planned and organised about 150 training sessions. Each

session was well set up and all equipment provided. He gave us the full benefit of his knowledge during warm up, drills, circuits and post-exercise stretching. Before the tea and coffee which Roger also supplied, he would have a suitable orienteering game or exercise.

All this while being SOA President, finding time to plan and control events, and acting as coach to individual orienteers. Roger's commitment, interest and enthusiasm have meant that many in ESOC benefited greatly from his time and efforts. ☺

Junior Orienteering News

Pre-race Mental Prep

SOME OF OUR ScotJOS athletes are kindly sharing their pre-race preparation with our readers. Hopefully you'll find the suggestions helpful, both in dispelling nerves and in improving performance. Many thanks to Grace, Peter and Matthew.

Grace Molloy (FVO), W18

My race preparation varies depending on the importance of the race, however there are a few things I do every time – I always go for a 5- to 10-minute jog on the way to the start, if suitable, and then do some dynamic stretches such as high knees. It's usually freezing so I don't like to arrive too early at the start. I am quite happy to chat to people before my start, whether before my warm up or right up until my start time, as I don't need to be alone to prepare myself.

With the exception of international races, I find that it is perfectly possible to get top results without a lot of complicated preparation. It is simply important that when you are standing on the start line you feel physically and mentally ready to race.

Peter Molloy (FVO), M16

My race prep is very fluid, and is naturally adjusted between different sizes or importance of races that I'm competing in. However, there are some staple things I always (attempt to) do beforehand. Prior to the event I like to spend some time looking at maps of the area, but also routes from previous competitors, to see how others have tackled the map.

On the day of the race I like to keep my eating reasonably light, and focus on drinking plenty of water before, but not too near my start time, as this causes the inevitable discomfort I'm sure we've all felt at some point! For me, there is a lot to be gained from having a good nosy around assembly, as there are usually many clues to what the courses will be like, if you know where to look.

As a warm up I always do an easy run of at least 1km or more, depending on how far away the start is. This is a good loosener, but also settles you before the race and usually dispels nerves. It's important to do this slowly, enough to get the blood flowing but not enough to make you anaerobic at the start line; however, this is primarily affected by leaving enough time to get to the start.

From then on, I like to keep to myself, doing some light running drills followed by some sprints before getting in the start box. This works for me, but I know people who love some start line chat, so it all depends. Once that is all done, I'm ready to race.

Matthew Gooch (MAROC), M16

Mental –

- Don't Listen or read any new

music/books before a major event, only stuff you know, otherwise it may go round and round your head during the race

- Enjoyment is the most important thing; the result doesn't matter as long as you have done your best and enjoyed it (my mum tells me this every time)
- Know the event info (search on internet yourself), distance to start, course number, etc., so that you're not relying on others.

Physical –

- Same warmup each time – 10 minutes minimum jog (to start), 5 minutes drills, 5 minutes leg swings or similar (dynamic), stretch during whatever time remains
- Sleep problems – Control the controllables, if you can't sleep don't get stressed, relax the muscles and just lay in bed (no listening to music or reading)
- No big meal the night before, normal training amount
- Breakfast/lunch must be more than 2 hours before the run
- Snack 1 hour before the run
- Water 45 minutes before the run. ☹

Junior Orienteering News

Scottish Junior Orienteering Squad

By **ELIZABETH FURNESS (MOR)**

ScotJOS Team Manager

WE HAVE JUST had a very successful Squad weekend based around Dunblane, into which we packed three orienteering sessions, a short evening talk, an opportunity to talk to a WOC athlete and lots of food and fun.

We started off at the small but perfectly formed Duncraggan/Little Druim Woods near Callander, making good use of the slopes and point features to practise contouring, rough and fine compass, and attacking point features 'over the hill.' As well as myself, the athletes were coached by Rona Lindsay (ESOC), Roger Goddard (FVO), Dave Robertson (CLYDE) and Craig Chapman (MAROC). The controls were put out for us by Graham Gristwood (as a short training exercise!).

The weather was better than expected – and thankfully NOT like the weekend before otherwise we would probably have been snowed off – but we were still very pleased to get to Ashfield Hall and have hot soup and a roll to warm us up. Many thanks to Josie and Ben Stansfield for organising the Hall and for the weekend catering.

On Saturday evening after dinner, I led a short session on Positive Self-Talk which was followed by a fun-filled challenge from Rona for teams of 5 or

6 to create an O kit (on a 'model') using only a roll of foil, a toilet roll and some old maps. We can certainly say that our juniors are very creative. The O kit had to withstand a 'sprint course' set by Dave Robertson around the dining area and there was a clear winner by the end with many of the outfits disintegrating during the sprint!



DUNBLANE O KITS

Photo by: Rona Lindsay

Sunday morning was damp but fortunately our spirits were not as we drove the short distance to Dunblane for a sprint exercise. A special guest appearance by Chris Smithard, who dropped in to have a quick chat to the athletes and go round the 16+ leg with some of them, was a great addition to the morning. Many juniors don't get the chance to practise urban sprints so this was a perfect opportunity for many of them and it generated some learning ... a few missed route choices and whether to go round rather than

negotiate steep steps, were just two examples.

Our final session made the most of the Ardoch Fort map at Braco. Graham Gristwood had planned a fiendish Head-to-Head relay with Legs 1 and 3 gaffled (in fact 8 gaffles on each!) and Roger Goddard had kindly put SI units out for us so we could check for mispunches. It was fast running and with a 1:5000 map scale, lots of controls in a small area and the rest of the squad watching, it needed full concentration to avoid mistakes.

Once again we had an enjoyable weekend with all the athletes making the most of the opportunities, which makes all the planning and organisation worthwhile. Many thanks to the coaches mentioned already and to Craig and Teresa Chapman and to Dave Robertson for minibus driving.



DUNCRAGGAN

Photo by: Rona Lindsay

ScotJOS Summer Camp 2018 - This year we are off to Gotland, Sweden on July 3rd – 14th

The organisation and travel arrangements are well advanced, thanks mainly to a local contact who has been a fantastic help. We do need at least 1 additional coach; expenses are paid (travel, accommodation, food) and it is a wonderful opportunity to work with an enthusiastic group of juniors, meet orienteers from Sweden and compete in a 3-Day competition. If you are a qualified coach and interested, do get in touch in the first instance via scotjos@scottish-orienteering.org.

Selection information for ALL juniors

Selection season will soon be upon us – both for coaching camps and for competitions – and the updated information for ALL juniors in Scotland has been posted on the SOA website. Please note the changes due to fewer SOL races and change of date of the SOL from March to April. The event in May (Glen Dye) has particularly been added for younger juniors (13s/14s) who wish to be considered for ScotJOS and are unlikely to be travelling to the GB selection race in the Lakes.

Please get in touch if you have any questions about selection for anything, and good luck to all juniors with whatever you are aiming for. ☺

Junior Orienteering News

Orienteering Adventures in China

By JURA MACMILLAN (ECKO), W18

PICTURE THIS: running through a vast bamboo forest in rural China, the hills rolling out either side of you into a land of towering skyscrapers and pointed temples. You search for your control in the endless trees that all look the same and remember five days before when China was just a name on a map.

On an unremarkable Thursday evening in December, six teenagers – Meg Sommers, Imogen Wilson, Nick Wilson, Louis MacMillan, Catherine Bloom and Jura MacMillan – met in Heathrow airport, full of anticipation for exploring the unknown, and began their journey to the One Belt One Road International Orienteering Training Camp in China.

The first morning's breakfast consisted of some deep-fried rice and a bit of soft bread, after which we hopped on a bus and made fast friends with our fellow orienteers from Sweden, Norway and China. On the outskirts of Nanjing, which contains 8 million people, we made our appearance on Chinese television for the

opening ceremony. We then set off for our first taste of Chinese orienteering in a surreal red forested parkland, spotting traditional temples scattered amongst the Chinese tourists. Control sites varied from rocks engraved with Chinese characters, to the top of mini temples. The course was technically easy, but running at 3 a.m. British time proved challenging for team UK.

Some team-building traditional games at a school filled our afternoon. In the evening, we were taken to a famous lantern-lit shopping street with the Nanjing wall majestically marking the end of the street, and tried our first Chinese meal including trying our hand at eating with chopsticks. We were served about 15 plates of weird and wonderful food ranging from jellyfish to snake/lizard (we weren't quite sure). Let's just say that the rice was the best part!

On day two of orienteering, we were taken to a scrubby mixed forest with thorn bushes waiting to ruin our legs, given a map which was mostly green and paired off with a younger Chinese orienteer. Some of the faster runners were by themselves and enjoyed the light green course when managing to avoid the thorns. After, we happily

explored the history of the area in the Nanjing Museum, which housed everything from shelves of pots to a fake street that stretched off under the museum. After having our pictures taken by half of China outside the museum, we were put into pairs and buddied with a Chinese orienteer similar in age with whom we spent the evening. Imogen and I went to Grace's house where we had a lovely home-made Chinese meal cooked by her parents, and learned about the Chinese school and home life.

The next day we went to a bamboo forest to do more technical orienteering. As contours were not obvious, and the features sparse, the concentration was on the compass as well as the amazing trees! After lunch we were taken to a park in the next town and paired with a young Chinese orienteer, coaching them on a course around a beautiful park next to a lake.

The following day's orienteering took place at a tea and orange plantation. The hillsides had been narrowly terraced, so we were running through an uneven forest whilst trying to navigate through the many little paths made by the locals, with a little bit of urban orienteering thrown in. Away from the smog of the cities, we had a



IMOGEN WILSON &
JURA MACMILLAN
ORIENTEERING IN THE
TOWN BESIDE THE
ORANGE PLANTATION

Photo by: J MacMillan



TEAMS BRITAIN AND CZECH REPUBLIC IN SHANGHAI

Photo by: J MacMillan

brilliant time running through the technical trees. After our course, there was a short spell of picking and eating the delicious oranges before we walked back through the town. As we wound our way through the narrow streets, we came across a street vendor making and selling honey from the comb to the pot – I'd never had honey that tasted like oranges but I hope I do again.

Our last day of orienteering, we set off up into the Chinese countryside looking forward to an urban sprint race in a small village up in the hills. We ran through a mixture of small houses, restaurants, over boardwalks and through a forest and really enjoyed comparing ourselves to our foreign friends. After lunch in the town, we headed back to the bus and drove to the official closing ceremony. At the Nanjing Bureau of Sport we were again greeted by the national press, relived the past few days, and thanked the sponsors of the wonderful

training camp.

An overnight train ride was followed by a bus ride that took us through bamboo- and tea-planted hills to the base of the National Park containing Huangshan Mountain (the Yellow Mountain). Here we had a healthy breakfast of KFC and Snickers and caught a bus that took us up to 800m high. We started the 1000m of climb up concrete steps through bamboo forest which quickly led us up the sides of the granite peaks that the park is famous for. As we climbed ever higher the forest thinned and we were able to see all the other mountains of the park rolling away beneath us. Many photos and Snickers bars later, we reached the top and the hotel where we were to stay for the night.

We woke to -10 degrees Celsius outside with beautiful sunshine, so we left the hotel and walked up the nearest peak to get the full view of the mountain plateaux. The air was misty and all the

moisture in the air froze into tiny ice crystals giving the air a sparkly touch as the mountains loomed. We stopped at Welcoming Pine for lunch on a platform overlooking the many mountains below us, then continued on to the bottom, and caught a bus to take us on to Shanghai.

We spent our final day in Shanghai, starting off in the old town and working our way into the centre where we were walking under huge skyscrapers and twisted buildings. We visited the famous Oriental Pearl and then crossed the river to the Bund street where we could see the skyline of Shanghai.

The next morning, we began what became a long trip home, complicated by poor weather in London. However, we all managed to eventually make it home safely to recount our experiences.

Thank you everyone for making this such a wonderful trip and I hope it continues for the next few years, sheh sheh! ©

Tayside Orienteers' Legacy – Re-Mapping Kinnoull Hill

TAYSIDE ORIENTEERS CELEBRATED its 30th Anniversary last year and we wanted to mark this with a project that would leave a legacy for the club to see it through at least the next 30 years. To this end we decided to have our iconic Kinnoull Hill map completely redrawn using Lidar data and to reinstate our very popular permanent course on the hill.

This was clearly going to be a very expensive project for the club; however, as luck would have it we were contacted by Tay Landscape Partnership, a 4-year lottery-funded organisation centred around our area, with the remit of encouraging people to engage with the outdoor. TayLP were looking for projects to fund, and, as our project met their criteria, we entered into a partnership with them.

The project had 3 main objectives:

- Redraw the Kinnoull Hill map using the latest Lidar data
- Reinstate the Permanent Orienteering Course on the Hill
- Train up local school, guide and scout leaders to deliver orienteering to their groups

The project commenced in October 2016 when we put out tenders to a few mapping companies, with the project ultimately being offered to Jon Musgrave at Deeside Outdoor Leisure. Jon carried out the survey work in February 2017, and we had a brand-new map by April 2017.

While this was going on we contacted Hilary Quick about running an 'Introducing

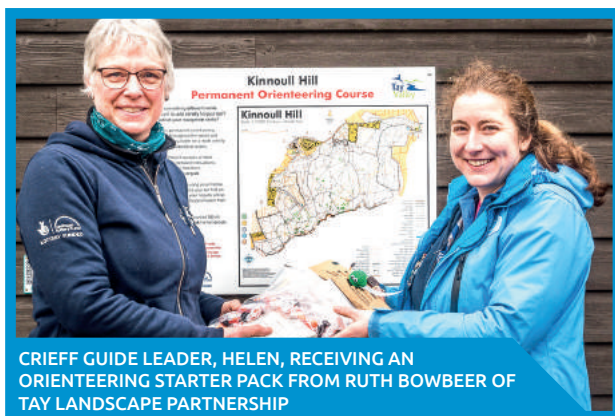


Photo by: George Logan

Orienteering' course for group leaders around the Perthshire area, and then set about identifying interested parties. We sent invitations out to Guide and Scout groups, as well as schools and outdoor centres. Seven leaders expressed an interest in the course, and it was delivered by Moira Laws in Autumn 2017. At the same time, we began reinstating our permanent course; Davie Frame was tasked with surveying the existing markers on the hill and re-planning and re-designing the courses. Davie has spent many, many hours out on the hill and must now know its every knoll and depression better even than

its foresters!

In thinking about the users of our permanent courses we decided to try to make the courses as attractive as possible, to as wide a population of different users as possible. To appeal to youngsters, and those who love technology, we have used i-orienteering markers on the posts so that they can use their mobile phones to scan the markers and record their run, before uploading their results to compare with other runners. We contacted the Centre for Inclusive Living as we were keen to include a wheelchair user's course. Elaine and Davie met with the Chairperson (who is a

wheelchair user) and their Access Officer, and spent an afternoon trying out various paths until we came up with a suitable course. Davie has also designed short and long courses for beginners, improvers and experienced orienteers, and we will offer an all-controls map which can be used to design your own course or for use as a Score course.

At the time of writing we are preparing to upload all of the courses to the BOF website where they will be freely available to download for personal use, and have uploaded the all-controls map to the i-orienteering website so that orienteers can do a 45-minute Score course, comparing their results with others.

In January an event was held at Kinnoull exclusively for the group leaders who completed the 'Introducing Orienteering' course. This gave them the chance to bring their groups to a 'live' event to let them see how it is done. We hope that this will give them the experience and confidence to come along to our local events in the future.

This has been a really exciting project for the club to be involved in, and came at just the right moment for us. It has required a huge amount of effort and many hours of meetings and legwork, but it has all come together and will certainly benefit the club and the sport of orienteering.



MARK, PITLOCHRY SCOUT LEADER, SHOWING HIS SCOUTS THE MAP BEFORE THEY SET OFF ON THE COURSE

Photo by: George Logan

On the whole the project has gone smoothly, but the original project officer left in May 2017 and a new person didn't come into post for a few months so our deadlines slipped by 4 months.

The one thing I would highly recommend people do at the outset of any project is draw up a memorandum of understanding (MUA). Initially we were quite casual and verbally agreed on how the project would be managed by both parties; however, one of our committee members had previous experience of a project that came to grief and highly recommended that we have a written agreement. While we didn't want to go down the line of a formal contract, we did write a document, signed by both parties, that outlined specific tasks, who would carry them out, and, importantly, who had agreed to pay for them. This proved to be crucial when the original project officer left and we had to begin anew, as some aspects of the project weren't known to the main Project Manager and hadn't

been conveyed to the new project officer when she took on the role.

Tay Landscape Partnership wanted to be involved in a project which would leave a legacy long after their four years was up. We have assured them that the map and courses will be well used not only by the people of Perthshire but by the whole orienteering community in Scotland. The map isn't a year old and so far we have had the Jamie Stevenson Trophy use the map for their June event, Moira and Alistair use it regularly for club coaching, we use it for our monthly club training, Perth College have used it with their outdoor education students and have now expressed an interest in becoming more involved in the club, and Tay celebrated their 30th anniversary with a SoSOL on it in November. A long legacy is certainly assured.

A big thanks to the TAY folk who helped make this project a great success - Davie Frame, Mel Nicoll, Aly Gillies, Moira Laws and John Lewis. ©

Scolty, Brown Course, 8.0 km/230 m, 5th November 2017

Due to the nature of the terrain and path networks at Scolty, I was pleased to see that the planner had decided on using a far start for the TD5 courses so that they were using the more interesting terrain from the go.

Throughout the forest there are swathes of fallen trees making micro route choice through an area tricky, I often find myself looping round these areas, only to be met with another!

From the start I decided to head for the path after traversing through the vegetation. This worked well and despite not hitting the path as early as I could have I spent about 1/3 of the leg running quickly on it. A brief pause in the circle at #2 due to not observing the vegetation boundaries, before contouring slightly on my way to #3. Heading to #5, I dropped slightly low, but used some of my route to #1 where I knew the running was relatively quick in an area with lots of fallen trees. This resulted in having to loop back slightly to reach the control but at least I didn't encounter any impassable bands of fallen trees.

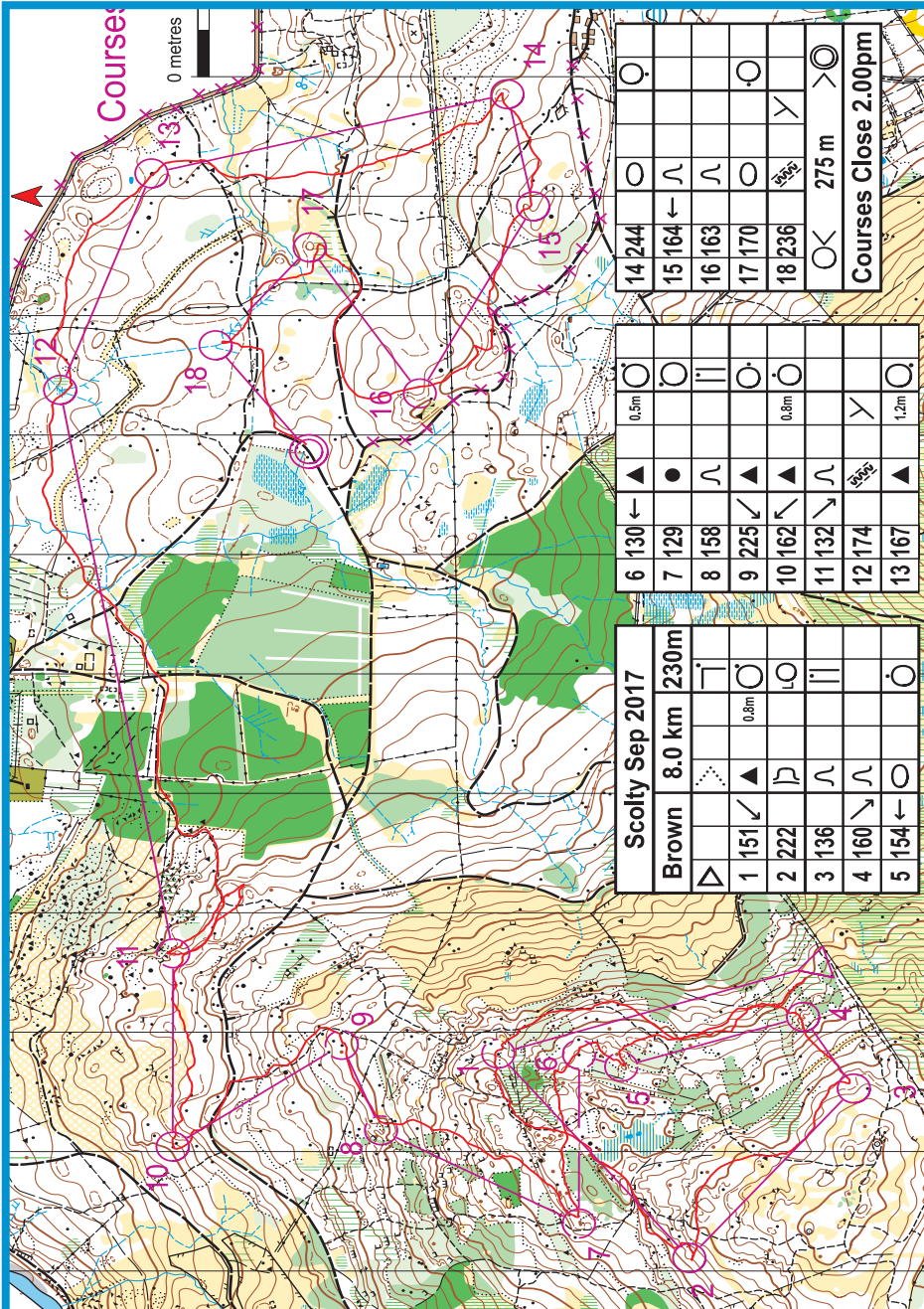
"#13 was a satisfying leg as I contoured round the bottom of a spur and could see the boulder from at least 150m off, so confidently spiked the control on its eastern side."

Not looking carefully at the map on the short leg to #6 meant I doglegged my way there. In hindsight I should have taken a few more seconds to really look at the map before heading out of #5. From #7 to #10 I navigated cleanly and enjoyed the downhill running, a result of the start up the hill. Confidently heading out of #10, I used an unmarked ride to quickly head towards #11 but not keeping good map contact, I ended up overshooting and having to double back, losing the best part of two minutes. There was little route choice on the long leg to #12, and I deviated slightly from my line in the last third, yet easily found the control. #13 was a satisfying leg as I contoured round the bottom of a spur and could see the boulder from at least 150m off, so confidently spiked the control on its eastern side. Briefly using a path to #14 seemed the best route although losing map contact before hitting the wall and fence meant a small pause before heading to the control.

At #16, I was tiring and stopped slightly early on a large re-entrant before relocating off a wall and realising I was still 100m off. Hitting the path too quickly out of #16 lost me time but at least the running was quick. #17 and #18 proved no problem and a brief short-cut through the terrain took me to the finish.

Overall, a good run with not too many mistakes, but certainly room for improvement.

Many thanks to Pete Lawrence (planner), Andrew McMurtrie (event controller) and Grampian OC for a great event. ☺



Preparing for the Big Race

I HAVE A long history with orienteering. I was introduced to the sport before I was able to walk by my mother, who literally carried me in forest while she did her course. I was an active member of our local club in Helsinki, Finland until we moved to Luxembourg in 2007 where orienteering was non-existent.

This is where my individual and independent training was very important. Following my mandatory four years of military service in Finland, and four years at Aberdeen University studying Geography, I am now gathering my strength for my Master's Degree back in Helsinki. So, apart from developing the university club, establishing new friendships with the local clubs and augmenting my personal orienteering skills in Scotland, before I go I would like to share with you a brief guide to an individual's competition preparation.

A tough winter season is coming to an end and you are browsing the orienteering events list for a race where you can show that hard work over the past months has paid off. And finally, bingo! The British Orienteering Individual Championships at the end of May – a world class orienteering race is the perfect



JANNE ORIENTEERING IN 2004 & 2014

Photo credit: J Heikkinen

venue for you to put your new skills and techniques to the test. You are at your physical best, thanks to the merciless training sessions with the club, and now you can make full use of all of it.

It is just as important to mentally prepare as it is to train hard for an orienteering race. So, let's break down the general mental side of orienteering race preparation from the moment you have submitted your entry:

Time before start	Preparation method
Approximately (≈) 1-2 months	Make realistic and idealistic goals for yourself (e.g. I want to have under 5 minutes of mistakes and I want to be in the top 10).
≈ 3 weeks	Make yourself familiar with older maps of the area. Slightly adjust your training plan according to the terrain and race type.
≈ 1 week	Read the competition information and take note of the most important items: start time, distance to start, course length.
2 days	Final race-specific training. In the evening, remind yourself about your goals, review the race descriptions and have a look at the old maps.
1 day	Resting, eating/hydrating and stretching. In the evening, prepare your orienteering bag and clothes, double check your starting time and plan your departure from home.
RACE!	This is it! You've done all you could. Now it is a matter of getting to the start, warming up, stretching and getting into the zone. Good luck!

Orienteering preparation needs can vary considerably between individuals, however, the general guidelines described above can apply to everyone. Let's dig deeper and use an individual example - me! So, I am preparing myself for the British Long-Distance Championships. This is what my mental preparation will roughly look like:

- **2 months prior to race:** I've entered myself in the race, and set my targets. My aim is to be in the top 15 and do less than 4 minutes of mistakes in total, with no single mistake greater than 1 minute. In terms of my physicality, I want to feel good throughout the race with my stamina, but still feel like I gave it my everything. If I fall over the finish line I'm happy!
- **3 weeks prior to race:** I found some old maps of the area. Awesome! Looks hilly... A lot of contour details. I usually replace an interval session with a hill session in this case. When I get home, I will study any maps with difficult contour details and do some route choices.
- **1 week prior to race:** Competition information and start times are up. My start time is at 11:22 a.m., and the start is 2km away from the assembly. I always also check who is starting before me and after me, so if I would meet them during the course I can use them as my own advantage. Company always gives me some extra boost - pressure! I also want to know if any of my friends are starting near my time so that I can warm up with them.
- **2 days prior to race:** Time for the last training. In this case a slow run of 15km maximum, as you do not want to tire yourself before the race, but you do want to get a good "flow" feeling. This is assuming that my course is between 10-15km. You want to aim your preparation run to be roughly your course distance. After the run I usually do short sprints to open my muscles a little bit more. In the evening I stretch while reading old maps.
- **24h before start:** Rest! This day is all about getting mentally ready. I usually drink about a pint of water every hour or so from midday until 6pm or until my urine is colourless (best advice ever!). Food-wise, something with carbohydrates is excellent - I usually have pasta and bread and little bit of sugars to keep me energized.
- **12h before start:** Before going to bed, I make sure that I have the most important things packed: Compass, Emit/SI/dibber, orienteering shoes and the kit I will run with. I make sure that I get 8 hours of sleep even when it's not competition day.
- **Morning of the race:** Drink. I grab my bottle and have again about a pint every hour. I always have porridge before a race, but I have to make sure I eat it 3 hours before my starting time, otherwise it's going to feel too heavy. I wake early to have enough time in the morning to relax before leaving, maybe watch some videos, play games or listen to music. Just a little bit of something else to think - resting the mind.
- **10:15am** at the competition centre: Roughly 1 hour before my start. I use this time to find the start, collect my race number, and change into my running kit. A small detail, but important - check the last control and finish. I always envision which direction I could be coming from so that on my second to last control I might already know the direction to the finish and can focus on my running form.
- **11:00am:** It is time to warm up to the start. With a long race ahead of me, I usually find that 10 minutes of warm up time per each kilometre to the start is perfect, as it gives enough time to get warm, stretch and relax before my start. During my run to the start I always observe the surrounding terrain and make a mental picture of a possible map.
- **11:15am:** It is almost time. Warm up and stretching are done. For the last few minutes I will have a look at the directions in which the previous starters are heading. I embrace this moment at the race. If at this point I have no butterflies in my stomach, I must be doing something wrong... which is why I allow the final minutes for relaxing, taking deep breaths and focusing so that I am good to go!
- **11:21am:** One minute to start. I always check my compass bearing before grabbing the map. My mother always told me to put 100% focus at this point to the first control, because that will determine your entire race. I close my eyes and take a final deep breath, visualize my first control and calm myself. It is now up to me and my training to show what I am made of!
- **11:22am:** START! ☉

What Works for Your Club? Drip, Drip, Drip: FVO's Secret Marketing Tool

THE NEWCOMERS' CIRCULATION list is our secret marketing tool. Newcomers – those willing to try orienteering, but not yet ready to join as a member – sometimes look a little nonplussed at FVO registration.

They thought they would get a map and maybe even borrow a compass, but find themselves instead confronted with a clipboard and pen. As well as capturing information for British Orienteering insurance purposes, our registration form also corners newcomers into giving us their email address - a golden piece of information for the membership secretary (me!).

Some folk do need a little extra encouragement to part with their email address, as they are wary of marketing ploys, but we are careful to explain that they will only receive the occasional email letting them know about forthcoming local events. After the event, I send newcomers a personalised email to thank them for attending, ask them what made them decide to come orienteering (valuable advertising feedback), provide information about the next suitable event and explain that I am indeed putting their address onto our non-members circulation list.

In the crucial early stages when newcomers are taking the first baby steps in their orienteering career, a regular email helps to keep them coming back for more tasters. We have found that many newcomers originally come along when they have a little bit of spare time (e.g. beginning of the school year) but then life (work/other sports) gets in the way and takes them away from orienteering.

We use Mailchimp for the newcomers' circulation list, which is a free marketing platform - it's easy to use and produces reasonably professional-looking marketing emails with enticing photos of the event location. All orienteering jargon is censored! We are careful not to bombard newcomers with too many emails, and it is easy for them to self-unsubscribe at any time.

Over the past three years, we have amassed over 250 email addresses of newcomers who have attended at least one FVO event. The open rate is generally around 30% with around 4% clicks through to our website.

Of course, a personal connection is also essential if we are to convert newcomers into members. At registration, we always have a dedicated coach/club member ready

to welcome newcomers at registration and guide them through the process with a friendly smile. Last year we began offering pre-course briefings for newcomers at all our local events – 20 minutes to give them some basic pointers for their chosen course, which means that we can engage them on a more individual level and they can identify with someone in the club. Once the newcomer has attended three taster events, we are now actively pushing them (by personalised email) to sign up for one of the membership options.

Combined with advertising effort on Facebook, more professionally produced paper leaflets, personal links to relevant local groups and more regular and very local events, all supported by the FVO Development Officer Chris Smithard, this approach has resulted in us recruiting increasing numbers of newcomers before they wander off and are lost to another sport. The Drip Drip Drip approach has thus helped swell FVO's membership - increasing from 129 in 2013 to 200* today. ☺

* increase includes inter-club transfers as well as newcomers. Transfer window open indefinitely!

TrailO at the British Championships

By ANNE HICKLING (GRAMP)
SOA Development Director

British TrailO Championships return to Scotland!

IT'S NOT ONLY the British Orienteering Championships which are taking place in Scotland this year – we are also hosting the British Trail Orienteering Championships. These will be held on Sunday 20 May following the BOC relay event, and will be staged at Crathes Castle, which previously hosted BTOC way back in 1993. The timing will be arranged so that it's possible to run in the relay and do the TrailO.

I know that TrailO is not everybody's cup of tea. There's no running, and no route choice. But it is a challenge which appeals particularly to people who are fascinated by maps (and that's many of us), and it is skills in reading the map and the ground which determine who will do best. A well-planned course will not have any 'trick controls' – they should all be solvable by good map and terrain interpretation. And everyone, whatever their level of fitness, can compete on an equal basis. It's not just for people with disabilities.

A lot of you may have got a taste of TrailO through the 'Pre-O' (before O) courses that Roger Scrutton and I have been running at SOLs over the last few years. So you'll know that a TrailO control involves viewing a group of kites

from a track and identifying which (if any) is in the correct position for the circle marked on the map. Sounds simple, but it can be quite the opposite!

BTOC will offer two courses – elite and standard. Both courses are open to anyone – both will include 'zero' controls (no kite correct) and a timed control station (as a tie-breaker to separate competitors with the same score on the course), but the standard course will be shorter and technically easier. On the elite course, the top TrailO people will be competing for ranking points and aiming for international selection. Why not test yourself against them? Entries are now open on SIEntries.

Roger and I will be running Pre-O again at SOLs this year where possible. It's not always easy for us to get around to all the events, so we would really welcome a few people coming forward to help with planning/running Pre-O at future SOLs. We will be happy to mentor you!

For more information on TrailO, see <https://www.britishorienteering.org.uk/site/trailo> and in particular, the document 'Introduction to TrailO for Experienced Foot Orienteers'. This gives a lot more examples of the type of problems you may find on a TrailO course. ☺



Here's an example: The red dots on the map show the positions of the kites and the red x marks the decision point. These are not shown on the competition map of course.) Note that the boulders beside kites C and E are too small to be mapped (less than 1m.

Including Juniors in your Event Planning

AS THE COMPLEXITY of planning and organising events increases, particularly with the electronic systems side, the initial barrier for getting members involved increases as well. Structured mentoring is one method of responding to the challenges of this dynamic, and can be applied to juniors and adults similarly.

Of the five local Solway events that I was involved with planning in 2017, it was the November local event at Cally Woods that gave me the greatest pleasure. What made this event stand out was the enthusiasm and input of our juniors – four of the six courses on offer were planned by three juniors, ages 11, 12 and 13.

The deal with them was simple: I retained responsibility for the courses planned but the detailed planning was delegated to them. The juniors were tasked with planning one or two courses up to their comfort Technical Difficulty

(TD) level, which also allowed them to run the course that was the next TD level up. The planning worked out well for the TD1 to 3 courses, but on inspection I realised that the TD4 course produced was actually a good TD5 course and it was left as the Green. The process followed was:

- Hold an initial meeting in a local café with the juniors plus parents, where over a hot chocolate the requirements of the courses were explained to the three juniors. We also agreed on where the start and finish would be.
- They produced their 'café

chair' courses on paper which was followed by just a few adjustments to avoid controls being too close together, and I sketched out the Light Green and Blue courses using as many of the existing controls as possible.

- We then headed into the wood for 90 minutes of touring control sites on the shorter courses, which naturally led to a few adjustments to control locations. Note that I checked the additional controls (Blue and Light Green) a few days later.
- I produced the Condes file and circulated the courses planned to the planner of each of them for approval: one control on the Green was moved to a more challenging nearby site in use on the Blue course. Once all was agreed then I looked after getting the pre-marked maps ordered.

However, our juniors still had work to do. While I put out the far-flung controls the day before the event, on the morning of the event they assisted with controls on the courses they had planned. They also ran the on-the-day



JUNIOR PLANNERS TOUR CONTROL SITES

Photo by: H. O'Donoghue



CAFE CHAIR COURSES IN PROGRESS

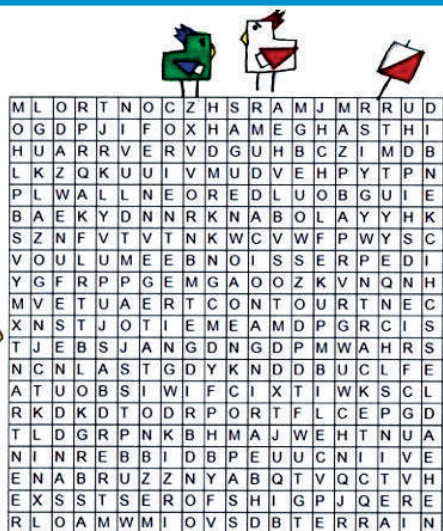
Photo by: H. O'Donoghue

organisation: taking entries, allocating dibbers, running the download and keeping track

of who was still in the forest, with someone available to help if difficulties arose.

The juniors were superb, stepping up readily to take on these tasks and delivering an effective service well – they even coped with someone retiring when feeling ill. Their own runs included more mistakes than normal but that just shows that helpers syndrome is not confined to adults.

More importantly, they gained a tremendous feeling of achievement and, while tired at the end, they had enormous smiles on display. They immediately volunteered to run another event and were delighted with the number of positive comments made about their courses. ©



Orienteering Word Search

By Headless Chicky (SOLWAY)

Find:

ORIENTEERING, CONTROL, TERRAIN, BEARING, FUN, DITCHES, CONTOUR, MUD, URBAN, SAND DUNES, FOREST, FELL, COMPASS, DIBBER, MARSH, RUN, RACE RE ENTRANT, PIT DEPRESSION, BANK, WALL, FENCE, BOULDER, BRIDGE, VEGETATION, TRACK, ADVENTURE, FRIENDSHIP, ADDICTIVE

There is also a hidden phrase:
(2 words with 8 & 7 letters in)

Distance Judgement. Part 1

By HELEN O'DONOGHUE (SOLWAY)

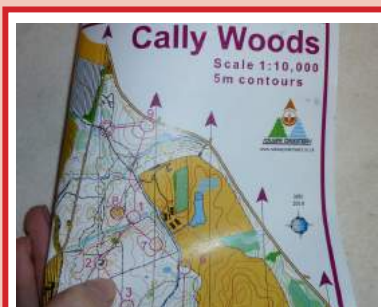
Now that you have been practising the art of setting the map and started to explore the subject of map symbols (the topics of the first two articles in this series) we turn our attention to techniques you can use to help you recognise how far you have gone and how to keep track of your location while on the move.

This topic will be dealt with in two articles: this one, which will look at the basics, and the second, which will cover a more advanced technique.

If you watch good orienteers they somehow seem to know when they have gone the correct distance. Few of us are born with this ability and it is only through hard work and practice that this 'sixth sense' is acquired.

So how to acquire it? Well, first of all, work on keeping track of where you are on the map; if you don't already 'fold' and 'thumb' the map, now is the time to start. There is no mystical art to either of these skills – maps tend to be larger than is comfortable to hold easily when running so it makes sense to fold it to show only the part that you need. You may have to do a spot of refolding as you progress round your course, with the idea being to have a manageable sized section of map in your hand. That's

the 'folding' bit. 'Thumbing' refers to using the thumb of the hand holding the map to keep track of your position while on the move. Knowing where you are on the map reduces time spent determining your position when you make navigational decisions.



With map folded and ready for thumbing, we can now consider methods of distance judgement:

Ticking off

Check each leg for distinctive and easily recognisable features which are along your route. In this case a junction of paths next to a steep sided knoll.

Identify these features and you know you are just over half way to your first control



This rather picturesquely named technique is not a telling off, but rather a method of keeping track of where you are. The idea is to identify features on the map which are along your planned route, mentally 'ticking off' each point as you pass it.

The features need to be large and distinctive, and easy to spot as you run along. Passing each one pinpoints your position and confirms you are going in the right direction. Combine this with 'thumbing' - as you reach each feature, moving your thumb to reflect your new position.

Catching features

Get into the habit of looking to see what is beyond the control – linear features are particularly useful, e.g. streams, paths, fences. In the example, it is a path. This chosen feature will act as a safety net, informing you that you've overshot the control. Any feature which is distinctive and forms a line will work well. As you become more experienced and run more technical courses you will find that the catching features, if there are any, will become more subtle, e.g. contour features, vegetation changes



Look for features beyond the control which form a line. In this case there is a path but a stream, wall, ride or fence would work equally well. They act as a safety net and tell the competitor when they have overshot the control



Here are some map sections to get you started. As you look at them, think about which features could be used in the ticking off method, and which could be used as a catching feature. At the end of this piece you'll find some suggestions – how many can you 'catch'?

Here are some things you can do to practice:

1. Look at maps from past courses and identify ticking off &/or catching features. They could be from courses which you have run, or you could look at Routegadget courses online – many clubs maintain Routegadget links on their websites as a separate page, or as a link on event pages.
2. Use local orienteering events or permanent orienteering courses specifically for practice – using the maps, identify ticking off &/or catching features, and visit them as additional controls.

Continued over page >>

Distance Judgement. Part 1

3. Review your route choices after events – you may be surprised at what information you missed while racing. This review could involve:
 - a. Chatting to other orienteers who ran the same course – most orienteers love to talk about how they tackled a particularly tricky navigational problem. It is also a great way to get to know other orienteers.
 - b. Filling in Routegadget (if one exists for the event). Don't forget to check out the routes other competitors took. If Routegadget isn't an option, use the 'old school' method of marking your route on your paper map. ©

Here are the map sections repeated – how did you do?



1. Track junction
2. Track junction followed by path bend
3. Ditch
4. The control is located at the point where the track splits into two rides



1. Track junction
2. Knolls on both sides of the track
3. The track junction is the catching feature

1. Use the ditch as a handrail.
2. Path
3. Path
4. Path
5. The catching features are the road and the path



The next topic will be Distance Judgment Part 2.

btoSOUL 2018 Series

By **PAT SQUIRE (INT)**

btoSOUL Coordinator

This year's series has had a slightly unsettled gestation period as previous versions of the series calendar will testify. However, most of the uncertainty now seems to have been removed and as of the end of January it is looking as though we will have a 10-event series, with the possibility of an 11th event being added in due course. Currently the programme is as follows:

RACE	DATE	CLUB	LOCATION
1	20th Jan	EUOC	Edinburgh (VOIDED)
2	4th Feb	ESOC	Broxburn
3	25th Feb	RR	Tweedbank
4	10th Mar	FVO	Stirling University
5	7th July	TAY	Dundee (Menzieshill)
6	21st July	Sprint Scotland	Denny Summerston
7	26th Aug tbc	STAG	Glasgow
8	15th Sept	GRAMP	Aberdeen
9	27th Oct	MOR	Forres
10	3rd Nov	INT	Livingston

Unfortunately, the first event in the series, the Edinburgh City Race, had to be voided due to the icy conditions on the day, which currently leaves 9

events for the 2018 series. Thus, in accordance with the Guidelines, 5 events will count toward the overall league standings.

The series will offer a variety

of geographical locations from Tweedbank in the South to Forres in the North, as well as different distances and formats to satisfy the tastes of all urban devotees. ☺

Scottish Orienteering League 2018 & 2019

By **TREVOR HOEY (FVO)**

SOL Scores Coordinator

There have been some adjustments to the SOL series for 2018 and the final line-up is confirmed as in table on the right.

Unfortunately, other commitments for clubs across Scotland mean that we will only have 5 SOLs this year, so it will be best 3 scores to count for the league. The series kicks off soon at Auchengarrich which will be at its best early in the season. ☺

RACE	DATE	CLUB	LOCATION
1	25th Mar	AROS/GB Squad	Auchengarrich
2	8th April	ESOC	Linn of Tummel
3	23rd Sept	BASOC	TBC
4	7th October	STAG	Errochty
5	28th October	MOR	Roseisle

For 2019, clubs have been putting in bids to host a full set of 7 SOL races on the following dates:

March 31st, April 14th, May 12th, June 23rd, September 8th, September 22nd and October 13th.

Fixtures & Clubs

Level A/B – National/Regional

10 March	FVO - Scottish Sprint Championships + btoSOUL 4	Stirling University
11 March	FVO - CompassSport Cup & Trophy Heat	Beechraigs CP
23 March	FVO - Scottish Spring Weekend - Night Middle Distance	Stirling
24 March	FVO - Scottish Spring Weekend - Middle Distance	Abbey Craig
24 March	AROS - Scottish Spring Weekend - Sprint Distance	Castlandhill
24 March	MPA/FVO - Scottish Spring Weekend - Mass Start Night Event	Stirling
25 March	AROS - Scottish Spring Weekend - CompassSport SOL1	Auchengarrich
8 April	ESOC - CompassSport SOL2	Linn of Tummel
19 May	MAROC - British Championships (UKOL)	Balmoral
20 May	MAROC - British Relay Championships	Torphantrick
20 May	GRAMP - British TrailO Championships	Crathes
26 May	INVOC - Scottish Championships - Individual (UKOL)	Achagour & Dulsie
27 May	MOR - Scottish Championships - Relays	Roseisle North
3 June	TAY - SoSOL1 - Hills	Moncrieff Hill
7 July	TAY - btoSOUL 5	Menzieshill
21-22 July	Sprint Scotland 1/2/3 + btoSOUL 6	Perth

Please confirm dates and locations prior to events at BOF Events page, SOA Events page, or at the club events page(s).

<https://www.scottish-orienteering.org/soa/category/fixtures-events>

<https://www.britishorienteering.org.uk/event>

Level C/D Local Events can be found at club events page(s).

Club information and links are provided below:

AROS - Auld Reekie Orienteering Society

• Edinburgh • <http://www.aroslegends.com/>

AUOC - Aberdeen University OC

• Aberdeen • <https://www.facebook.com/abderdeenorienteering/>

AYROC - Ayr OC • Ayrshire • <https://www.ayroc.co.uk/>

BASOC - Badenoch & Strathspey OC

• Speyside extending to Fort William

• <https://www.basoc.org.uk/>

CLYDE - Clydeside Orienteers

• Glasgow, Renfrewshire & Dunbartonshire

• <http://www.clydesideorienteers.org.uk/home/>

ECKO - Loch Eck Orienteers • Argyll • <http://www.ecko.org.uk/>

ELO - East Lothian Orienteers

• Edinburgh & the Lothians • <http://www.elo.org.uk/>

ESOC - Edinburgh Southern OC

• Edinburgh & the Lothians • <https://www.esoc.org.uk/>

EUOC - Edinburgh University OC

• Edinburgh University • <https://euoc.wordpress.com/>

FVO - Forth Valley Orienteers

• Stirling & surrounding areas • <https://fvo.org.uk/>

GUOC - Glasgow University OC

• Edinburgh & the Lothians

• <https://www.facebook.com/groups/GUOC.Orienteering>

GRAMP - Grampian Orienteers

• Aberdeenshire • <https://grampoc.com/>

INT - Interlopers OC • Edinburgh • <http://www.interlopers.org.uk/>

INVOC - Inverness OC

• Inverness & Highlands • <http://www.invoc.org.uk/>

KFO - Kingdom of Fife Orienteers

• Fife • <http://www.kfo.org.uk/>

MAROC - Mar OC

• Aberdeenshire • <https://www.marocscotland.org.uk/>

MOR - Moravian Orienteers

• Moray, Nairn & Banffshire • <http://www.moravianorienteering.org/>

RR - Roxburgh Reivers

• Scottish Borders • <http://roxburghreivers.org.uk/>

SOLWAY - Solway Orienteers

• Dumfries & Galloway • <http://www.solwayorienteers.co.uk/index.htm>

STAG - St Andrew's (Glasgow)

• Glasgow • <http://www.stag-orienteering.co.uk/>

SUOC - Stirling University OC

• Stirling University • <https://www.facebook.com/StirUniOrienteering/>

TAY - Tayside Orienteers

• Dundee, Perthshire & Angus • <https://www.taysideorienteers.org.uk/>

TINTO - Tinto OC

• Lanarkshire • <http://www.tintoorienteers.org/home/>



Compass Point Scottish Orienteering League 2018

www.scottish-orienteeing.org/sol

www.compasspoint-online.co.uk



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All races Sundays.

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Full range of colour-coded courses,
from string courses for under-5s to
10km+ Black courses for Elite orienteers.

<input checked="" type="checkbox"/>	SOL 1	25th Mar	AROS/GB Squad	Auchengarrich
<input checked="" type="checkbox"/>	SOL 2	8th Apr	ESOC	Linn of Tummel
<input checked="" type="checkbox"/>	SOL 3	23rd Sep	BASOC	TBC
<input checked="" type="checkbox"/>	SOL 4	7th Oct	STAG	Errochty
<input checked="" type="checkbox"/>	SOL 5	28th Oct	MOR	Roseisle



bto Scottish Orienteering Urban League 2018

www.scottish-orienteeing.org/soul



Quality Urban Orienteering in Scotland

Courses from under-12 to Ultravet
Check website for full details

<input checked="" type="checkbox"/>	SOUL 1	20th Jan	EUOC	Edinburgh (VOIDED)
<input checked="" type="checkbox"/>	SOUL 2	4th Feb	ESOC	Broxburn
<input checked="" type="checkbox"/>	SOUL 3	25th Feb	RR	Tweedbank
<input checked="" type="checkbox"/>	SOUL 4	10th Mar	FVO	Stirling University
<input checked="" type="checkbox"/>	SOUL 5	7th July	TAY	Dundee (Menzieshill)
<input checked="" type="checkbox"/>	SOUL 6	21st July	Sprint Scotland	Denny Summerston
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<input checked="" type="checkbox"/>	SOUL 8	15th Sept	GRAMP	Aberdeen
<input checked="" type="checkbox"/>	SOUL 9	27th Oct	MOR	Forres
<input checked="" type="checkbox"/>	SOUL 10	3rd Nov	INT	Livingston

COMMUNICATING WITH SOA MEMBERS

The SOA recently began offering a range of options for how members can receive news by email. The aim is to share information which is more tailored to member interests, as suggested in the Member Communications survey last year. As well as the quarterly SCORE magazine, we produce the following e-newsletters:

- **Weekly newsletter** (website news)
- **Monthly newsletter** (website and other news)
- **Coaching newsletter** (for those interested in coaching)

SOA members can specify which newsletters they want to receive by clicking 'Update subscription preferences' at the bottom of any e-newsletter received from us. It is sent from MailChimp, and clicking the link takes you directly to your own profile. Alternatively, you can email Sarah Hobbs, Membership & Communications Officer (sarah.hobbs@scottish-orienteering.org) with your preferences, and she will update this on your behalf.

See also the recent news item on the SOA website:

<http://www.scottish-orienteering.org/soa/page/email-newsletters>

HAPPY READING!

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