

SCORE



THE HOME OF SCOTTISH ORIENTEERING

JUNE 2018

**2018 British & Scottish
Championships**

Volunteer's Day

Young Orienteer of the Year

- Urban Orienteering
- Strength & Conditioning Training
- After-school Orienteering Clubs

Plus lots more...



magazine of the
**SCOTTISH
ORIENTEERING
ASSOCIATION**

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scotland**
LOTTERY FUNDED

Welcome



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

SCOTTISH ORIENTEERING HAS had a busy and eventful spring and run-up to summer. Back-to-back British & Scottish Championships taxed the time and energy of many of our clubs and their members.

I was asked about results of Night, Sprint and CompassSport events, so, although they now seem a distant memory, those events led neatly right up to the Championships that were held recently, and therefore are found here. This issue is later than usual so that all events could be included.

Event write-ups read better when written by orienteers – you will notice the difference in the reporting of events written by myself, and those written by your fellow orienteers. With each issue I appeal for contributors – please contact me if you're willing to write about your club, events, or orienteering adventures. Profiles, map analysis, training, club news – I welcome all of it. Something for you to think about over your summer break – if you get one.

Wishing everyone a successful summer of orienteering if you choose to remain in competition mode, for others, enjoy the lull in the action. Best of luck, of course, to our Scottish orienteers racing throughout Europe for the GB team.

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Photo courtesy of Nigel Corby

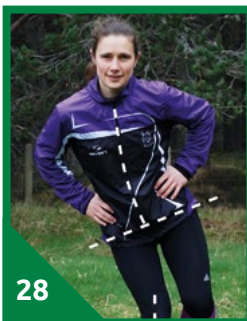
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Photo credit: C Lindsay



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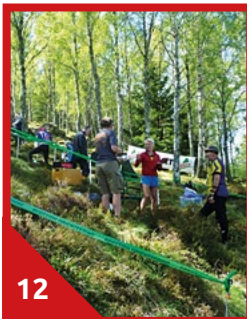
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3rd August



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Photo credit: S Reynolds



President's Piece

By **RICHARD OXLADE (ESOC)** SOA President

ANNE HICKLING (GRAMP) SOA Chair

IT'S BEEN A very busy few months for Scottish Orienteering. There have been quite a few changes to the Board, and some big events. So, without apology this piece includes a lot of thanks and some introductions to some new people and some new ways of working. We'll keep our opinions for future editions!

After nine years on the Board, and 6 years as President, Roger Scrutton stood down at the May AGM. His are big shoes to fill and his tremendous contribution was recognised at the AGM with an Honorary Lifetime Membership and a Distinguished Service Award. Scottish Orienteering relies heavily on volunteers but it is probably safe to say that Roger has gone above and beyond in his commitment to the sport and is a great example to all of us.

The AGM also approved changes to the Articles of Association that now separate what has historically been the role of SOA President into two; going forward we will have a Chair of the Board and a President (with responsibilities similar to a CEO in some organisations).

sportscotland consider this to be best practice for sports governing bodies and it also reduces the workload on one individual. Having said that nobody stood for either role, probably after seeing the work that Roger put in! Consequently, Anne has agreed to take on the role of Chair and Richard the role of President. We would like to reassure you that these are not temporary positions until someone else comes forward - we are fully committed to these roles and expect to fill them until this time next year at the very earliest. We will also continue our current roles of Development Director and Strategy Director respectively.

This AGM also saw some other departures from the Board with Marsela McLeod (Performance), Claire Macpherson (Partnership), Ross McLellan (Marketing & Communications), and Terry O'Brien (Operations) all stepping down as directors. We would like to thank all of them for their significant contributions over the years. In their place we welcome four new directors: Graham Gristwood (Performance), Stephen Moffat (Equality & Diversity), Nick Barr

(Marketing & Communications) and Keith Roberts (Operations). Stephen comes from the world of triathlon, so going forward we have a very strong and talented Board with two non-orienteeers, Stephen, and Pamela Carvell, our Independent Director, to bring external challenge and diversity.

The new SOA Board will be governing an organisation which is in great shape. You only need to look at the number of Scottish athletes and club members in the GBR selections to see that. However, we recognise that we cannot stand still and that there is always room for improvement. Many of you contributed your views to the survey on the "Future of Scottish Orienteering" and some of you attended the club conference/strategy workshop in late April. Thank you for doing this – we are using your feedback to focus our plans and targets.

Putting on the British Championships and the Scottish Championships on two subsequent weekends in May was a big ask for Scottish Orienteering. All four days were a great success and we'd like to thank everyone who contributed – too many to name individually. Hopefully we can all breathe a bit more easily now ahead of next year's Scottish 6 Days which is taking shape under Terry O'Brien's leadership. And looking even further ahead the bid for WOC 2022 is now being considered by the IOF who visited a sunlit Edinburgh a few weeks ago. The bid is strongly supported by EventScotland, the City Council and the Scottish Government and is a fantastic opportunity to raise the profile of the sport.

So, a busy but very rewarding few months for the sport, with quite a few changes. Any views or opinions? Then please come and talk to us. We're always keen to hear what you think. ☺

A Distinguished Service, Roger Scrutton

SATURDAY THE 26TH OF MAY not only marked our AGM but was also SOA President Roger Scrutton's last day 'in office.'

With the launch of Volunteers' Week from 1st -7th June, we thought it was a fitting time to recognise Roger's contribution to orienteering, having served his maximum 9-year tenure on the SOA Board of Directors as a volunteer.

Roger has been at the helm of Scottish Orienteering for six years, and overseen the transition of SOA to a registered charity as well as the expansion of our staffing complement to reflect the growth of the sport and our ambitions.

When not orienteering, Roger is an academic Geologist and can be found supporting students at the University of Edinburgh. He is a UKCC Level 3 qualified coach, staging regular winter training sessions for his club, ESOC, and this year supported the delivery of the inaugural Open Junior weekend, including as a volunteer coach.

Scottish Orienteering is hugely indebted to the time, energy and expertise Roger has put into our organisation, and the sport as a whole. In recognition of this, Roger was presented a Distinguished Service Award at the AGM on Saturday, and the members voted in favour of awarding him an Honourary Lifetime Membership of Scottish Orienteering.

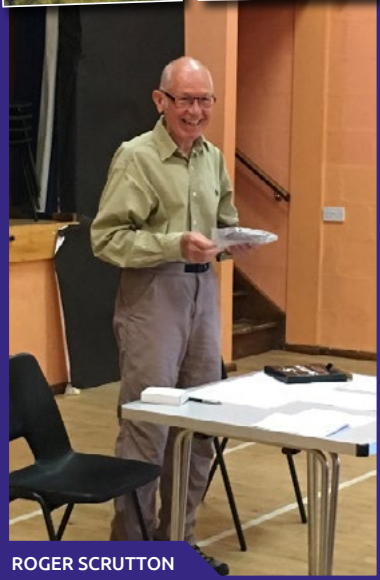
Thank you from us all Roger! ☺



Photo by: C Lindsay



Photo by: C Lindsay



ROGER SCRUTTON

Photo by: F. Keir

VOLUNTEERS' DAY – 22 September 2018

WE ALL KNOW that orienteering relies hugely on members as volunteers for so many aspects of the sport, so it's only right that we should acknowledge your dedication and commitment, and help you gain and develop the skills that particularly interest you.

Since 2013 we've been running Volunteers' Weekends roughly every couple of years, and feedback from each has helped us refine subsequent offerings.

Feedback from last year's Volunteers' Weekend indicated that it served an important social purpose as well as the opportunity for people to learn new skills and brush up on existing ones. However, enthusiasm was somewhat dampened by three significant factors:

1. Holding the weekend in a 6-Day year seemed to put extra pressure on volunteers' time and availability
2. The cost of a residential weekend at Glenmore put some people off
3. With the BASOC WOLF/SOL the following weekend, some people were not keen on making the same long journey on two consecutive weekends.

We will therefore move the main Volunteers' Weekend to even numbered years, and this year we will hold a single Volunteers' Day. This will be held at Kinnoull, near Perth, on Saturday 22 September, in the hope that many people can combine it with their journey to BASOC's SOL the next day.

Our initial intention is to offer 2 main workshops, each lasting 2-3 hours, covering

topics that will be particularly relevant for officials taking on 6-Day roles:

Organisers' Workshop chiefly for people with some experience of smaller events but who are new to organising larger events.

Planners/Controllers' Workshop again chiefly for people with experience of small events, but new to the 6-Day working environment, or indeed anyone who would like a refresher or update.

For both of these, we will invite along a few experienced people to share their learning and wisdom from large events.

We will also offer a Coach CPD session and the opportunity for a run and to receive some coaching.

There will be no charge for attendance at any of the workshops; tea/coffee and an informal buffet lunch will be provided.

For those unfamiliar with Kinnoull, it is a lovely area of woodland near Perth, used in the 6-Day Event in 2009. The FCS "classroom" provides an informal setting for workshops and has a covered outdoor space which is ideal as a coaching base. The indoor space is, however, limited so we can only have one workshop at a time.

Booking is essential, using the form available via the SOA website - <https://hilaryq.wufoo.com/forms/q1tz47bf03yfj2f/>. ©



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

What's Working for Our Club?

By **ALI WISEMAN (MOR)** Club Secretary

Members profile!

IN A SHAMELESS copy of SCORE's own excellent member profile feature we've started our own. Moravian has had a fantastic growth in membership in the past few years, and this is just one idea of having a bit of fun whilst connecting our wide-ranging members with each other.

In a shameless copy of SCORE's own excellent member profile feature we've started our own. Moravian has had a fantastic growth in membership in the past few years, and this is just one idea of having a bit of fun whilst connecting our wide-ranging members with each other. We think it's already been excellent for club atmosphere and we've been finding out some very interesting things about each other to boot! So far, the response has been excellent, with submissions ranging from the very young to quite old, and lots in between. We don't actually know if it's making a big difference to retaining members but it's certainly the most clicked on link from our weekly

newsletter and also creates some interesting discussions on the Moravian Facebook page, and also in real life (which is, after all, the whole point).

The surveys can be done by any member via a Survey Monkey page with 10 questions (so it's free to set up). Members can write as much or as little as they want and can add a photo/relevant image too (useful in a large club). New profiles are announced in our weekly newsletter and posted with the others on our website. So, if you like, you can binge-read our member profiles... everyone is different and all are superb.

The following is a compilation of highlights from the first few weeks:

Tell us about when/where/how you started orienteering.

In 1974 my colleague Rob O'Brien organised a minibus load of teachers to go to an orienteering event at Kinnoull Hill. That was the first time the name Moravian Orienteers was used. I think Kate and Finlay's McLuckie's grandpa, Donald was on the bus. I was hooked! There weren't too many events in the north for a while, but when Bob Climie moved he and Rob O'Brien got busy. About the same time Grampian Orienteers got going properly. North orienteering was on the move and I was hooked. **Neil McLean, M75**

Why do you like it?

Variety, intensity, the thrill of picking up a map and seeing where you have to go, particularly on a brand-new area. (I dislike modern geeking old maps and Google earth - the less foreknowledge I have the more exciting it is).

Eddie Harwood, M65

Your best orienteering memory?

I loved the Scottish 6 Days this year. It was exhausting and there were tears and tantrums. But climbing up the hill on Day 4, in the sunshine, with all these other people sharing the same passion ... the views were stunning ... it was the best feeling. **Fran Britain, W45**

Your favourite O area?

Culbin (where the Spooky Wood string course I helped organise was).
Hannah Wiseman, W8

Your worst (and/or funniest?) orienteering memory?

Probably being pursued by an enormous badger at Uath Lochans. Us RAF folk were always looking for excuses to explain away a bad run and this undoubtedly was my finest. **Mike Rodgers, M55**

A top O tip for others/favourite piece of kit?

Make a checklist for all your equipment (compass, brikke/dibber) if you are forgetful (like me at the 6-days). **Ida Oikonen, W12**

In your other life... what do you like doing when you're not orienteering?

I am mad about sport. I do lots of activities, such as badminton, tennis, running, playing the trumpet and piano. I also like climbing hills with my family and staying in the campervan is always a highlight! **Finlay McLuckie, M10**

What's your orienteering ambition for the next year?

To continue to love it as much as I do, and if that takes me to an international competition for GB I would be over the moon. Other than that, I'd like to have a summer like last year and race in more new terrain and make more memories with friends. **Kathryn Barr, W20**

Anything else you would like us to know?

I have really appreciated being part of Moravian and seeing it go from being on the brink of folding, to rising like a Phoenix to the vibrant lively friendly club it is now.

Margaret Dearman, W65

We've come to look forward to next week's...who will it be and what will they say?

Development News

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

Growing Orienteering Through After-School Clubs

Back to School

Just like the shops, as soon as the summer holidays start to approach it's worth thinking ahead to make some plans for the autumn term. The start of a new school year is a change point in family lives and is often a time when people will decide to have a go at something new. The weather is often quite pleasant and there is still some light in the afternoons. What better time to have a go at starting an after-school club and see if you can get some new interest in orienteering in your area?

Why an After-School Club?

The format and concept of an after-school club is familiar to parents and seen as an accessible route into a sport. It is less intimidating than joining up to a regular sports club and will be recognised as catering for genuine beginners. With an after-school club there is an opportunity to work with a smaller, self-selective, group who are likely to be more interested and motivated and hence more likely to take the sport up. In this context, I would recommend charging at least a small fee for attendance at the sessions to ensure that the sessions are not being used as free child-care.

The after-school club can be seen as an intermediate step towards participating in club activities. It opens up communication with parents and provides an opportunity to sell club training and events. Youngsters can be invited to join in events such as the Scottish Schools Festival and Jamie Stevenson Trophy and through joining in with these they will start to meet and socialise with other junior club members.

How to Go About It

First off, choose your school with thought. You are more likely to be successful working in an area where a higher proportion of families are outdoors-oriented and which has a suitable mapped area,



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

Photo by: SDunn

or areas, to use in the vicinity. The map doesn't need to be huge and it doesn't need to offer every orienteering challenge in order to be able to run regular sessions and practice different techniques. However, it does help to be easily accessible. In Aboyne we use a small piece of woodland 400 x 450m in size, on the edge of the village, which has a good path network through it and is only a 5' walk from the community centre. Even once the children have got very familiar with all of the mapped features you can still plan useful technique sessions taking different features off the map to practice compass work and other skills.

Once you have some idea of what you would like to do, speak to your local Active Schools Co-ordinator. They will likely be very excited at the prospect of someone starting up a new club and should help smooth the way with administration, also helping to advertise and promote the club within the school. If they don't already have a Memorandum of Understanding in place with your club then they may want to set this up. This will require some paper shuffling, but once it is

done the partnership should offer benefits in both directions.

The next tip is to keep it small. You will form better relationships and be able to work more closely with a small group compared with crowd-controlling a large group. I would recommend a ratio of children to adults of not more than 1:7, with a minimum of two adults running the club. You don't want to be in sole charge if someone gets lost and/or injured. If there are no other "orienteering" parents available, then try asking a non-orienteering parent. The P5-7 age-group works well as an introductory age; I would recommend not younger than P4, and it seems harder to get Academy age youngsters started if they have not already been introduced to the sport.

Start off with a short block of weekly sessions, e.g. 4-6 weeks. You will probably decide to run the club only at certain times of the year because of darkness limitations in the autumn and winter, but you will probably also enjoy it more if you haven't over-committed yourself. When you start out with a new group it will likely be a good plan to run the first couple of sessions in a school playground or similar, as it is easier to introduce the basic concepts in a relatively small and simple area.

In terms of which qualifications you need to run a club, I would recommend that the lead person should at minimum have attended either an "Introducing Orienteering" (or old "Teaching Orienteering") course or else the 1-day Coaching Foundation course. This should have equipped you with some basic ideas about both "what" to introduce to the children and "how" to introduce it. You may then be supported by other orienteers, teachers or competent parents whom you should be able to brief in terms of the session plans and objectives. You could also think about getting some older youngsters involved by running one of the new "Scottish Orienteering Youth Leader" courses in your club. All adults and helpers should also be members of the PVG (Protection of Vulnerable Groups) scheme. Hopefully, you will find that you enjoy the sessions you run and it might just inspire you to upgrade your coaching qualification to the next level and for your assistants to go away and attend a course!


Ensure Follow-Through to Your Club

In terms of the bigger picture of orienteering development, the key to success with an after-school club is to find a way in which it can link directly through to club activities and bring youngsters (and their parents) into the mainstream sport.

One idea is to plan your block of after-school sessions so that they are concurrent with some club weekend or night sessions which you can promote and advertise at the same time e.g. "In addition to the after-school sessions, youngsters will be encouraged to attend..." I like to send an email each week, ahead of the after-school session, outlining what we will be doing and where to meet, but also flagging up anything else that is happening that week. It's important to spoon-feed exactly what parents need to do to sign-up for, and when to arrive at, a club session. Once the youngsters come along to one or two of the club sessions it's time to start working on the parents (making sure they stay for the duration!) to see what interest you can stimulate there also.

On balance I would recommend signing-up after-school club members to your club. Annual junior fees are very small, regardless of which club you belong to, and shouldn't be a deterrent for anyone that is likely to commit to the sport in the longer term. Once children are in the club you will be able to add their parents to your club mailing list and newsletter distribution, which help with communication and getting the information out there. If you are not running the after-school club directly through Active Schools (or similar) then you will likely need to register your sessions with BOF for insurance purposes; participants in more than 3 sessions should be club members to be covered by this.

Give it a Try!

Finally, don't be scared to give it a try. You don't need to commit to anything long-term, and if it doesn't work nothing will have been lost. Often, it's only through trying ideas out that we can figure out better ways of doing things or come up with new ideas. If you would like to bounce any ideas off me then please feel free to get in touch at sarah@scottish-orienteering.org. 

How Can You Help Your Local University Orienteering Club?

UNIVERSITY ORIENTEERING CLUBS have so much to offer and are so important for keeping young people in our sport. They bridge the gap between orienteering in a junior squad or with parents, to travelling to events on your own or with your own children.

There is a drop off in participation in our sport after age 12 and the dip is around the late teens to early 20s, before beginning to rise again in the 30s. University orienteering opportunities sit right on that dip.

For existing orienteers university is a time when you can have a lot more freedom with your orienteering, which events do you want to go to? Who do you want to go with? Can you go abroad? There are so many opportunities to get involved in the sport however you want to: as a volunteer, a coach, recreationally, or as an elite. If there is not an orienteering club at your chosen institution I can imagine it's also a time when you may go and try something new and exciting offered by your uni – ultimate frisbee, skydiving, quidditch – and then let orienteering go... On the flip side, if there is a club, for those not already involved, orienteering could be that exciting new sport they have just heard of and want to try out. Either way, the existence (or not) of an orienteering club at a university is what makes the difference.

What does this have to do with our non-university clubs?

I won't sugar coat it – running any club is a lot of work and it can be difficult to get clubs going. University clubs in

particular can be very tricky as there is such a high turnover of members (people usually only attend uni for 4 years in Scotland) and being young, they usually haven't had much experience of running a club before. This is where an existing orienteering club can be very useful to provide support to the club as well as advice and guidance as they get going. As the Regional Development Officer covering the clubs in Scotland I am trying to do some of this work myself - passing on lessons I learnt while in EUOC, as well as sharing advice between the clubs, university or not.

The relationship between clubs and university clubs should be reciprocal. Advantages to the local club include individuals joining these clubs once they have left university if they stay in the area, increased numbers at local events, additional hands to help at events and more publicity for competitions. It also allows the students look outside the uni "bubble" and gain more awareness of the sport as a whole, making it easier to know where to look if they leave their university city. This is especially important for those who take up the sport while at university. In the end we'd like to make it as easy as possible for people to stay in our sport, they are the future after all!

Currently in Scotland we have orienteering clubs at Aberdeen University, Edinburgh University (also encompasses Heriot Watt and Edinburgh Napier), Glasgow University, Stirling University and Strathclyde University. There are also the beginnings of clubs



STUOC SCOTTISH STUDENT CHAMPS 2018

Photo by: Laura Hindle

at the University of the Highlands and Islands (both overall and in the satellite areas of Inverness, Perth and Fort William). There have been great partnerships already between the clubs: lending equipment, sharing manpower and using each other's maps.

Stirling University orienteering club is newly set up and has had a large amount of support from FVO and myself. The first key is passion, the students came forward themselves to start a club and we were there to answer questions and do some of the leg work. To take things forward, it's a lot easier if you know where to look for support. Laura Hindle, one of the students involved said: "Restarting the orienteering club at Stirling University has been a great way to make new friends. It has given us a challenge to focus on over the next

four years, whilst enjoying training and socialising together. Having the support and backing of Forth Valley Orienteers has been brilliant and we are so lucky to be able to draw on their expertise and enthusiasm as we re-establish the club."

So, what can you and your club do? Start thinking ahead to September when the universities will start back. If you have a club or university on your patch could you coordinate with them to run a local event on or near campus near the start of term for interested new people to attend? Might they need assistance with equipment for taster activities? Is there a coach who could help train new recruits? If you have any ideas, I'm sure the university clubs would love to hear from you. If you'd like to know more, please do get in touch with me at rona@scottish-orienteering.org. ©

British Championships

By SHEILA REYNOLDS SCORE editor

2018 British Orienteering Championships, Deeside 19th – 20th May

SUNNY SKIES AND peaceful forests greeted the orienteers and spectators that gathered at the Balmoral Estate for the first day of the 2018 British Orienteering Championships. Over the course of the 19th and 20th of May, over 1000 orienteers took part in the Individual, Relay & Trail-O events that were staged throughout Deeside, thanks to the efforts of BOF, SOA, Scottish clubs and an army of volunteers.

The Long Distance event, organised by ESOC, FVO and MAROC, with planners Steve Nicholson and Ian Hamilton, and controllers Brian Bullen and David Armitage, included a full set of age range courses from string to the W80 course, with distances of 2.55km for the MW10A to 13.9km for the M21E course. The Elite classes were also qualifying races for WOC 2018, and several World Cup races, and several Scottish orienteers have since been chosen for the GB team (find more information here: <https://www.scottish-orienteering.org/soa/page/scottish-seniors-selected-for-gbr-team-this-summer>). There were numerous good performances from Scottish orienteers with nearly 90 Scottish orienteers gaining podium places in the individual races.

Whilst the Distance event was taking place in Balmoral, the British Trail Orienteering Championships were taking place on the grounds of Crathes Castle. Twenty-eight trail orienteers took part in the course organised and

planned by Anne and Rob Hickling, with Helen Rowlands of GRAMP the overall winner.

The relay races at Torphantrick were not blessed with either the pastoral setting or kind weather – cool temperatures and rain were a dramatic (and unwelcome) – change from the day before. However, all 473 competitors had the chance to experience running in a fantastic area of mature pine forest over sub-glacial meltwater channels, kettle holes and eskers, finishing in a fast area of mature birch and oak. Planners Clive Masson and Chris Huthwaite, and controller Donald Grassie placed a total of 90 controls that were used for 78 courses, varying in length from 2.2km for the minis to 6.0km for the Men's Premier classes. Less than one minute separated the 1st and 2nd place teams in the M50, and just over a minute in the Men's Premier, W18 and M60 races.

I asked one participant for a brief reflection on their distance individual course and they have supplied the following:

Balmoral in the sunshine and with a 1:7500 map – great. There was even a separate start for 'more experienced' competitors – which sounded very civilised; possibly even an oasis of calm before the competing. Little did I know that it was to include a fitness test.

The start team were great: the business class – no, the first-class version of start teams, with personal attention to the fore, none of this calling out names – the lovely lady approached you several minutes in advance and asked if you were

you and informed you how many minutes were left until you needed to be in the first box. Serenity reigned until you then looked sharply up to see the map boxes a contour or two above you – and when you got there it was even steeper and further to the start kite - it reminded me of the Kinnoull Hill start in Tay 2009.

It certainly was an undertaking for someone recovering from a leg injury. Once the start was negotiated, though, the course was challenging and lots of fun, with some great cross-slope routes and

plenty of variety in the legs presented. Criss-crossing the higher ground looking for attack points and well-placed controls required care and concentration, with paying particular attention to the contours being a useful strategy. Eventually the course directed me to the paparazzi and the run in (complete with my first mention by a commentary team in 10 years!) to complete a very enjoyable event.

When my daughter finished she told me about the blue start – largely level and along a well made path!!

2018 British Distance Championships - Scottish Trophy Winners			
M10A	Finlay McLuckie (MOR)	W10A	Rebecca Hammond (FVO)
M12A	James Hammond (FVO)	W14A	Isobel Howard (MOR)
M14A	Ewan Musgrave (MAROC)	W16A	Rachel Brown (ESOC)
M16A	Peter Molloy (FVO)	W18E	Grace Molloy (FVO)
M18E	Joseph Wright (MAROC)	W21E	Jo Shepherd (INVOC)
M20E	Matthew Fellbaum (EUOC)	W35L	Gemma Karatay (BASOC)
M60L	Donald Petrie (CLYDE)	W50L	Sarah Dunn (MAROC)
M85	Bill Gauld (ESOC)	W55L	Hazel Dean (FVO)
M90	Adrian Hope (BASOC)		

2018 British Relay Championships - Scottish Trophy Winners	
Men's Premier	FVO – Chris Smithard, Mark Nixon, Kris Jones
Women's Premier	FVO – Grace Molloy, Anwen Darlington, Fanni Gyurko
Women's Short	ESOC – Rachel Brown, Gillian Martin, Rona Lindsay
W40	INT – Lorna Eades, Ann Haley, Claire Ward
W60	ESOC - Margaret Dalgleish, Sally Lindsay, Maggie Scrugham
W18	INT – Pippa Carcas, Leah Bartlett, Mairi Eades
M14	MAROC – Ewan Musgrave, Adam Barrie, Joel Gooch
W14	MOR – Hannah Kingham, Isobel Howard, Faith Kenyon
Junior Ad Hoc	INT – Matthew Ross, Thomas Ross, Ben Squire

Full results for British Championships can be found here:

<https://www.scottish-orienteering.org/soa/page/british-orienteering-championships-2018>.

Scottish Night Championships 2018

FOR MANY the Scottish Night Championships is a highlight of the winter season. It's a good opportunity to dust off the compass, charge up your favourite headtorch and voyage out into the dark to test your navigational mettle in often inclement weather.

This year the event was held in the popular Glasgow Pollok Park and hosted by the small-but-mighty club STAG. A well-known park to local orienteers, the planner, Simon Gardner of CLYDE, had the task of providing tricky courses to keep the canny locals on their toes and also utilise the full potential that this area can provide.

With a shiny new map created by Stirling Surveys, prior to the event there was much excitement and speculation on social media as to the possible changes and challenges this new map would provide - just how many boulders would be mapped? Duties of Controller were professionally performed by Trevor Hoey of FVO.

On the night the event was a great success with over 80 competitors braving the signature Glaswegian February rain. Winners of the W21 and M21 courses respectively, Rona Lindsay of ESOE and Joshua Dudley of MAROC/Strathclyde University both put in stonking and decisive runs on their courses for their wins.

The closest contested title of the event by far was for the W50 title and was battled out between two Interløper runners, Jane Ackland and Ann

Night O Champions	
M18 Ben Brown ESOE	W16 Alice Wilson CLYDE
M20 Tom Nichol AYROC	W21 Rona Lindsay ESOE
M21 Josh Dudley MAROC	W40 Heather Thomson ESOE
M40 Michael Atkinson ELO	W45 Hazel Dean FVO
M45 Fraser Purves FVO	W50 Jane Ackland INT
M50 Ben Stansfield FVO	W55 Christine Patterson CLYDE
M55 Keith Brown ESOE	W60 Sally Lindsay ESOE
M60 Martin Dean FVO	W65 Margaret Dalgleish ESOE
M65 Les Dalgleish ESOE	W70 Eleanor Pyrah ESOE
M70 Phil Smithard KFO	

Haley, with Ackland winning by a mere 15 seconds. Well done to all those who completed and ran their courses, a full list of results can be accessed via the STAG website.

To warm up competitors gratefully received post-race complimentary hot tea and coffee (provided by STAG) and were able to purchase baked goods provided by the kitchens of Glasgow University Orienteering Club and Ann Robertson, over £80 was raised to facilitate future trips to BUCS events for the ever-growing University club.

Never underestimate the ability of tasty baked goods to cheer up cold wet people after

a run!

The day after the night race, STAG successfully held a SoSOL at Pollok Park with greater numbers than the previous evening tempted out to run in the daylight. The event was very enjoyable with some unfamiliar areas of the park being used. It's only rumoured that Terry O'Brien and Gerry Thomson went out with a shovel the day before to dig a control site!

All in all, a very successful weekend of races which did not disappoint. Many thanks to all those who helped, in particular Robin and Sheila Strain for their SI-download wizardry. ☺

2018 CompassSport Cup & Trophy Qualifier

FORTH VALLEY ORIENTEERS beat the “beast” to put on a superlative CompassSport Cup & Trophy qualifying round at Beecraigs Country Park, Linlithgow, and still had time to post a record points haul in securing first place in the five-team Cup event.

The competition was placed in severe jeopardy earlier in the week as the Beast from the East snowstorm dumped nearly two feet of snow on Beecraigs, and snowdrifts more than five feet deep were spotted on the only access road. However, a West Lothian Council snowplough managed to cut a thin track up to the park, and planners Jen Leonard and Mark Johnston made use of skis to ensure the controls were correctly in place.

A heavy mist hung over the terrain as the early starters headed out, many of them having to rely on compass bearings alone to locate the first controls in near white-out conditions, but as the mist lifted things became a little easier, despite the considerable snow cover.

There was an early shock in the Elite Men's competition, as pre-race favourites Chris Smithard and Will Hensman were disqualified for mispunches at the same control. However, FVO's Lewis Taylor and Steve Feltbower settled the nerves with fine runs to take the top two places.

MAROC's Frances Wright took the honours in Elite Women, for one of just two class wins that didn't go to FVO, but Carolyn Hindle, on her debut, and the ever-dependable Fiona Berrow were close behind in 2nd and 3rd positions to add another 197 points to the local team's score.

FVO flexed its muscles in both Veteran Men's and Veteran Women's rounds, taking six of the first eight

Qualifying Status	
Large Club Cup	Small Club Trophy
FVO -- 2453 points	INT -- 1277 points
ESOC -- 2349 points	CLYDE -- 1250 points
INVOC -- 2079 points	BL -- 1241 points
MOR -- 1310 points	RR -- 1238 points
MAROC -- 920 points	TAY -- 1028 points

spots in both races. Dave Godfree won the men's race, with Jason Inman 3rd, and Hazel Dean and Cathy Tilbrook claimed a 1-2 in the women's race for maximum points.

The SuperVeteran men's competition brought another FVO win, through Ben Stansfield, and the UltraVet men backed this up with another 1-2, in the shape of Martin Dean and Mark Holliday.

In the past, FVO has struggled for points in the HyperVet (70+) class, but the formbook was turned on its head, as Geoffrey Hensman made mockery of his 9th ranking going into the event, snagging the win, ahead of teammate Dave Coustick.

There was a winning double in the Junior events, as Peter and Grace Molloy took maximum points, and the icing on the FVO cake was another class win, the ninth of the day, in the Young Junior men's event, as James Hammond had a seven-minute victory margin to secure the decisive points. Catriona Chapman (MAROC) won the final points of the Cup contest with a

seven-minute victory margin over Maja Robertson (ESOC) in the Young Junior Women's event.

ESOC claimed the second qualifying berth for the final, with a fine showing, particularly in the Elite Men's, Veteran Women's and Ultravet classes. Northern clubs INVOC, Moravian and MAROC were some way behind, but were shorn of some of their potential points scorers by doubts over the weather.

In the Trophy competition for smaller clubs, there was joy for Interlopers and Clyde, while Carlisle-based Border Liners fully justified their decision to compete in the Scottish heat, taking the third available qualification place. It was heartbreak however for Roxburgh Reivers, as, despite winning three of the classes, through Kirstin Maxwell, John Tullie and Robin Sloan, they finished 4th, and out of the running.

Best of luck to all of the clubs who will compete in the CompassSport Cup & Trophy Finals 21st October 2018 at Cannock Chase! 🍷

Scottish Sprint Championships 2018

FVO AND ESOC were the big winners at the Scottish Sprint Championships, claiming nearly half of the medals on offer, but there was a wide spread of success, with athletes from no fewer than 12 clubs on the winners' rostrum.

Last used at national level for the 2009 British Sprint Championships, Stirling University proved an excellent tester of the sprinters' ability to work round an enclosed space, and planner Ross McLennan's courses were widely praised by competitors.

With defending champion Jess Tullie not entered this time, there was an opportunity for a new name to go on the women's championship trophy, but instead it was a familiar face who topped the podium, as Interlopers' Claire Ward rolled back the years with an inspired performance to take the W21 crown, capped off by a 14.39 dash in the final. Grace Molloy was second overall but had the consolation of the W18 title for the second consecutive year.

Pre-event favourite Kris Jones was a non-starter in the M21 race, ending the prospect of a head-to-head with GB colleague Chris Smithard, and it was Chris who was able to dominate the class, with victories in both legs for a 90-second winning margin, and his first Scottish Men's Sprint title.

With the elite athletes running the same course for Scottish Urban League points, there was a long entry list, and Joseph Wright (MAROC - M18), Tom Lines (ECKO - M20) and Will Hensman (FVO - M35) topped the standings in their individual classes, while former AIRE athlete Lucy Haines took advantage of her newfound eligibility as an Edinburgh University runner to take the W20 crown.

Sprinters are a breed apart, and there were a number of athletes who successfully retained their Scottish Sprint crowns, including Gemma Karatay (BASOC - W35), Amelia Petrie (CLYDE - W60) and Finlay McLuckie (MOR - M10), while for Donald Petrie (CLYDE - M60) and Douglas Henderson (RR - M65), there was a third successive national sprint title.

The Veteran races featured a strong field, and there were gold medals for FVO duo Jason Inman (M45) and Ben Stansfield (M50), behind M40 winner Ray Ward (INT), while in the women's competition, the honours went to Heather Thomson (ESOC), Mary Ross (INT) and Cathy Tilbrook (FVO).

The SuperVet and UltraVet classes brought more success for ESOC, as Keith Brown (M55), Alison Cunningham (W55) and Margaret Dalglish (W60) all secured titles, and were joined in the winners' enclosure by Phil Smithard (KFO - M70) and Sheila Strain (ELO - W70).

Amongst the juniors, MAROC duo Ewan Musgrave and Matthew Gooch topped the podium in M14 and M16 respectively, while Maja Robertson (ESOC) and Alice Wilson (CLYDE) turned 2017 silver into 2018 gold in W12 and W16. The junior honours list was completed by Emily Atkinson (ELO - W10), James Hammond (FVO - M12) and Iris MacMillan (ECKO - W14).

The 2019 Scottish Sprint Championships are scheduled to take place in the east of Scotland, which has a number of excellent areas for sprint orienteering. ☉



Scottish Sprint Champions 2018

M10 Finlay McLuckie (MOR)	W10 Emily Atkinson (ELO)
M12 James Hammond(FVO)	W12 Maja Robertson (ESOC)
M14 Ewan Musgrave (MAROC)	W14 Iris MacMillan (ECKO)
M16 Matthew Gooch (MAROC)	W16 Alice Wilson (CLYDE)
M18 Joseph Wright (MAROC)	W18 Grace Molloy (FVO)
M20 Tom Lines (ECKO)	W20 Lucy Haines (EUOC)
M21 Chris Smithard (FVO)	W21 Claire Ward (INT)
M35 Will Hensman (FVO)	W35 Gemma Karatay (BASOC)
M40 Ray Ward (INT)	W40 Heather Thomson (ESOC)
M45 Jason Inman (FVO)	W45 Mary Ross (INT)
M50 Ben Stansfield (FVO)	W50 Cathy Tilbrook (FVO)
M55 Keith Brown (ESOC)	W55 Alison Cunningham (ESOC)
M60 Donald Petrie (CLYDE)	W60 Amelia Petrie (CLYDE)
M65 Douglas Henderson (RR)	W65 Margaret Dalglish (ESOC)
M70 Phil Smithard (KFO)	W70 Sheila Strain (ELO)

Note: Full results are available at FVO's website.

2018 Scottish Championships

By **SHEILA REYNOLDS** SCORE editor

Achagour, Nairn, 25th May Individuals

Orienteers gathered from all corners of the UK to take part in the Scottish Championships that took place in the North on the 25th & 26th of May. INVOC were the hosts for Saturday's Individual races staged at Achagour in the forests surrounding the trout fishery, an area not used for a large competition since Scottish 6 Days 2015. Organisers Kevin Holliday and Guy Seaman, planner Laurence Cload, and controller Richard Oxlade of GRAMP produced 18 courses for over 600 entrants, with lengths ranging from a 1.7km White to 12.6km for the M21E course.

Fortunately, the dry weather saved many orienteers from a serious soaking in the bogs

that were a common feature of the long courses.

Most found the deep heather and gorse (possibly why some have called it Ouchagour?) hard-going, with little opportunity to get up speed, and the relatively flat surrounds requiring patient navigating using challenging attack points and several map features simultaneously to navigate into a control. The challenging terrain led to some hard-fought runs and narrow margins for winners, particularly amongst the Men's classes. In the M21E race Mark Nixon (FVO) was first, with Jonathan Crickmore (EUOC) only seven seconds behind.

Roseisle, Moray, 26th May Relays

Sunday's Relay Championships, hosted by Moravian, and held at Roseisle, brought further sunshine, and easier terrain under foot in the mixed dunes and forests of that beautiful area of the North coast.

The jumbled nature of the dunes made for

a great challenge in finer navigating into the controls under the pressure of a team relay.

Nikki Howard and Elizabeth Furness organised an excellent day of relays, with Jon Hollingdale planning, and Hilary Quick controlling.

Inter-Club Championships

The Scottish Inter-Club Championships were again held in conjunction with the Scottish Championships, with points determined by Individual results.

The top three small clubs were evenly matched, with only five points separating them. Congratulations to BASOC, first with 599, Roxburgh Reivers with 595, and Ayrshire OC

with 594 points, as well as all other competing small clubs.

Relative to total numbers, the large clubs were as evenly matched as the small clubs. Congratulations to Forth Valley with 1194, MAROC with 1186, and Moravian with 1169 points, as well as the other large clubs competing.

Details of club totals can be found at

<https://www.scottish-orienteering.org/soa/page/scottish-inter-club-championships-results-2018>

2018 Individual Champions			
M10	Finlay McLuckie (MOR)	W10	Sophie Howard (MOR)
M12	David Ivory (INT)	W12	Kate McLuckie (MOR)
M14	Ewan Musgrave (MAROC)	W14	Hannah Kingham (MOR)
M16	Matthew Gooch (MAROC)	W16	Alice Wilson (CLYDE)
M18	Joseph Wright (MAROC)	W18E	Grace Molloy (FVO)
M20E	Tom Lines (ECKO/EUOC)	W20E	Emma Wilson (CLYDE)
M21E	Mark Nixon (FVO)	W21E	Claire Ward (INT) *SOA
M21E	Mark Nixon *SOA	W21 E	Claire Ward (INT) *Overall
M21E	Joshua Dudley *Native Scot	W21E	Kirsten Strain (AROS) *Native Scot
M21L	Colin McArthur (MOR)	W21L	Sarah McAdam (RR)
M35	Will Hensman (FVO)	W35	Gemma Karatay (BASOC)
M40	Ali Robertson (GRAMP)	W40	Iryna Bogachova (AYROC)
M45	Jason Inman (FVO)	W45	Beccy Osborn (FVO)
M50	Jon Cross (FVO)	W50	Sarah Dunn (MAROC)
M55	Jon Musgrave (MAROC)	W55	Hazel Dean (FVO)
M60	John Tullie (RR)	W60	Alison Simmons (BOK)
M65	Roger Garnett (ESOC)	W65	Ros Evans (GRAMP)
M70	Andy Tivendale (MAROC)	W70	Sheila Strain (ELO)
M75	Dave McQuillen (SOLWAY)	W75	Moirra Laws (TAY)
M90	Adrian Hope (BASOC)		

Full individual results can be found at:

<https://www.scottish-orienteering.org/championships/scottish-champs-2018-individual>

2018 Relay Champions	
Open	EUOC – Alistair Masson, Thomas Wilson, Tim Morgan
Women's Open	EUOC – Emma Wilson, Laura King, Sarah Jones
Junior 36 -	FVO – Matthew Inman, Rebecca Hammond, Stanley Flint
Junior 44 -	MAROC – Ewan Musgrave, Jonas Newey, Joel Gooch
Junior	MAROC – Matthew Gooch, Eilidh Campbell, Luke Graham
Age Class	FVO – Peter Molloy, Martin Dean, Jon Cross

Full relay results can be found at:

<https://www.scottish-orienteering.org/championships/scottish-champs-2018-relay>

Map Discussion

PETER MOLLOY (FVO), M16

Lakeland OC April Weekend

Long Distance Lingmoor, Chapel Stile, Ambleside

Blue 2 Length 5.9km, Climb 245m, Scale 1:7,500

THE LAKES WEEKEND over the 14th and 15th April formed part of the selection process for the GB teams for the European Youth Championships. Having finished second in the middle-distance selection race on the Saturday, I then ran the Blue course at Lingmoor, where I was up against many of my potential GB team-mates.

I was looking forward to this classic Lakes-style race on tricky terrain, with plenty of climb and technical orienteering in store. Although I was originally dismayed when I heard just how far up the hill the start was, it turned out to be an excellent location that allowed courses to experience the best of Lingmoor.

I made a tentative but safe start to #1, then decided to go north of the lake for #2. It was a slightly longer route but the re-entrant and marsh led me to think the running might be a bit smoother than over all of the spurs to the left. Looking at the splits of the other athletes post-race, however, I think both route choices were valid.

After a short route across the marshes, flanking some crags to #3, #4

appeared at first to be a more daunting prospect. Having originally planned to stay quite high, I was hesitant, ending up going much slower on a hillier, more direct route over the spurs. In reflection this was probably my single biggest time loss, losing over 40secs to Louis MacMillan through slow running.

I took a direct route over the top of the fell to #5, then #6 and #7 were all about setting the compass, looking up and weaving through the features. Looking up buys you so much time in a race and this was one of the smoothest sections of the course. I then headed up to the path for #8, keen on avoiding the steepest slopes of the fell, and in our post-race analysis, it seems most other runners did this as well.

Having been at height for the middle part of the course, #9 through #13 were all downhill, so my focus was having good compass work and staying in contact with the terrain, as you don't want to be that person running back up the hill again! This worked nicely and my compass was tested with a challenging slope leg to #14, which was taken cautiously and nailed. In my opinion this was the hardest leg, so it was great to get it right.

The end of the course was across a flat area, and I was in running mode for the last few easy legs through the fields, before completing a typically pathetic run-in effort – something that definitely needs work! Overall, it was a fantastic race, and I was pleased to get the win to cap a lovely weekend of fantastic orienteering in one of my favourite UK destinations. ☉

“My focus was having good compass work and staying in contact with the terrain, as you don't want to be that person running back up the hill again!”

LINGMOOR, BAYSBROWN WOOD AND FLETCHER'S WOOD

SCALE 1:10000 CONTOURS 5M

fell area surveyed 1980.
baysbrown wood and fletcher's wood re-mapped
using lidar and air photos 2015
magnetic north 2015 ISOM 2017
copyright LOC 2018

surveyed and drawn by
martinbagness@aol.com

Lakeland
Orienteering



300 metres

Year of Young People 2018

By **FIONA KEIR** SOA Chief Operating Officer

SOA's Young Orienteer of the Year

IN CELEBRATION OF the Year of Young People 2018, Scottish Orienteering launched our Young Orienteer of the Year award to recognise the significant contribution young people make to developing our sport, with the aim of selecting a young person who embodies the very best qualities and is a role model through their volunteering in their club.

The inaugural winner of the Young Orienteer Award, sponsored by Tulloch Homes, was presented to Ben Brown from ESOC.

Ben received the Young Orienteer of the Year quaid and a family pass to Landmark Adventure Park. Ben was selected for his considerable contribution to orienteering through his proven track record of volunteering at events, regularly being found behind the scenes helping with SI, and has taken on responsibility for organising events and even remapping areas.

Since completing his Coaching Foundation course, Ben has used his skills and enthusiasm

to introduce his local Cub group to the sport and can be found giving regular coaching to the group.

Ben was highlighted by several club members as an outstanding role

model to everyone within his club.

On behalf of Scottish Orienteering and Tulloch Homes we would like to congratulate Ben on his Young Orienteer of the Year Award!



Photo by: Crawford Lindsay

The decision-making panel were inspired by the quality of nominations and the outstanding level of service being delivered by young people across the sport. After much discussion four young people were shortlisted and recognised as amazing ambassadors for Orienteering, **here are their profiles:**

Name: Katrina McGougan
Club: BASOC Region: HIGHLANDS

Katrina has become the Junior representative on the club committee and taken responsibility for managing the club's social media accounts and traditional publicity. This year she has planned events and can regularly be found collecting in controls after training. Described as a regular and consistent volunteer she has also brought her mother into the sport and is further promoting orienteering in her school.



Name: Faith Kenyon
Club: MORAVIAN Region: MORAY

Faith regularly helps with various aspects of event organisation and is known for creating a positive atmosphere near assembly points. She offers advice to inexperienced orienteers and promotes the sport in a positive fashion with all her peers. She contributes hugely to team spirit and shares her love of orienteering with others in a supportive way which encourages participation.



Name: Felix Wilson
Club: MAROC Region: ABERDEENSHIRE

Felix is fairly new to orienteering, but it is clear his passion for the sport is growing. He can best be described as a 'self-starter,' often ensuring he can attend events by cycling there! He has taken on volunteering roles, including planning courses, helping with organising and on the computer. He regularly collects controls after training for his club and is an 'excellent role model!'



Self-Improvement in a Cold Climate A Weekend at an SOA Coaching Course

EXACTLY A YEAR ago I had an “athlete profile” published in SCORE. After a lifetime of sporting inactivity, it appeared that orienteering had allowed me to be dubbed an “athlete” in a respectable publication. Heady days. My mother still has a copy pinned to her wall.

But it was only the beginning. Scottish Orienteering education manager Hilary Quick had also noticed it. “You look like you believe in self-improvement,” she emailed, “Come on a coaching course next year.” I agreed and signed up for the one at the end of February, just a few days before we were expecting a blast of Siberian air. That seems a long time ago now but was big

at the time.

It occurred to me far too late that not only was I under an obligation to “improve” but I literally had to outrun the Beast from The East.

I had my doubts. Even on the drive to Kingussie, I feared coaching would involve a lot of traffic cones in a community centre car park.

I could not have been wrong. It was into the woods with us at -3 C°.

Eight of us plus Hilary met in the wilderness at Uath Lochans, venue for a SOL contest in 2016.

The first exercise was to navigate a course where everything on the map had been blanked out apart from the controls. How far could we go on just a compass bearing?

Not far it turned out. I

blamed the forest. All the trees were the same. There were none of the ones with funny twists that look like Richard Nixon which you find in other forests to sensibly aim at. So we had to have several goes at that.

At 12.30 we were handed the map for a second exercise. It was a 3.5km course. Just like that. An adventure of that length that, for me, normally needs at least three days of preparation and two Mars Bars.

The trick this time was that we went in pairs and had to discuss two routes for each leg and each run one of them to meet at the next control. What a refreshing change. Instead of a normal race - where you argue with yourself about the route choice and generally lose that argument - you got to discuss calmly with Gordon the options and discovered many more helpful features on the map than you had ever noticed before on your own.

And, as a bonus, one leg included ascending the same cliff I had done at the SOL, which had always reminded of the scene where the soldiers climb the waterfall in the 1986 film *The Mission*. So I was happily humming Ennio Morricone as we got to lunch.

In the afternoon we



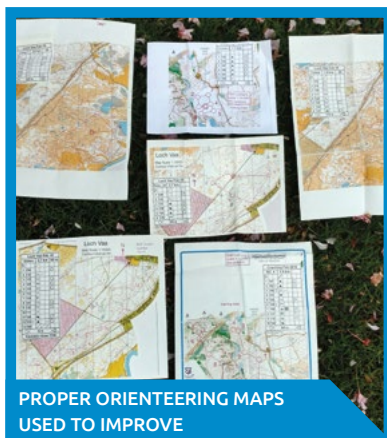
IN ACTION ON THE MOORLAND

Credit: M. Clark



COMMUNITY CENTRE CAR PARK - BUT ONLY TO DEPART

Credit: M. Clark



PROPER ORIENTEERING MAPS
USED TO IMPROVE

Credit: M. Clark

switched forest and looked at fine contour details, really opening up new options to run more directly to a control using previously overlooked features.

That ended day one. The hope of a night carousing in Aviemore after eight hours outdoors didn't happen and bedtime was 9.30.

Day two was at Loch Vaa which had also been a SOL venue. I remember it for the lingonberries that grow on the forest floor and can be turned into lingonberry gin if you have the patience to harvest them whilst running a September event.

First exercise was in pairs, but each person only had the odd or even controls marked. So the other person had to work out where they are. It's about error recovery. A very clever exercise. Cleverer than us it turned out as Thomas and

I struggled between us to find a single one.

On the plus side I saw a capercaillie up close.

Despite being the size of a Mini Metro, the capercaillie was harder to see on the forest floor than a lingonberry. Which is why I nearly trod on it. It wasn't on the map. Not my fault. Although it says a lot about my observation skills. Juliet on the course said people come from all over the UK to try to see capercaillie, stomping on them being rather frowned upon.

We relocated for the final session to a moorland and spent time on the way working as a group to find old control points on a previous competition map. This fostered the growth in all our understanding of the different features that we could use but might not have done on our own.

The final test was where we all started at the centre of a wheel-shaped course, all had to run out on a different spoke, round the circle and back in again. It pulled together what we had learned and added the extra competitive opportunity to perhaps overtake someone. That meant one eye on your control, one on the moorland behind you.

And that was that. We did end up in the Boat of Garten community centre car park but only to go home. No cones. In fact, every training route we had done had been painstakingly set out by Hilary with real kites adding to a real sense of quality about the weekend.

I think I have improved. I relied on features that I had never noticed before at the Auchengarrich SOL a month later. Happy days. ☺

Urban Orienteering

By LINDSEY KNOX (ROXBURGH REIVERS)

Android or Apple? Dogs or Cats? Baseplate or Thumb? Forest or Urban?

I WAS FOREST For the best part of 45 years (I started young!) but a series of niggly foot and calf problems over the past 3 years or so resulted in running on rough ground being quite painful, and as a consequence my performance in forest events quickly went downhill, as well as my enthusiasm.

I had already been doing some urban races, and, as they weren't a problem because my foot wasn't getting twisted, I've been doing a lot more of them. And I'm lovin' it (as a certain advert says).

So, what's the fascination with urban races? Making no attempt to be unbiased I would say that the underfoot conditions in a lot of forests are getting too tough to run for some of us older competitors and it's not much fun.

It's not for everyone, but I find the faster decision-making process favours my map-reading ability, and I can compete at a higher level than I've been able to do in Forest races. As a result, I've won the Scottish Urban League a few times, and after being 2nd for three years in a row finally won the UK Urban League in 2017 (Women Super Vet category).

Upsides:

1. You can often get there by train.
2. You can usually run all of it.
3. Registration and download are often inside somewhere warm and dry with toilets.
4. It's more sociable because we're generally all camped out in the Registration room.
5. Most people run in normal running gear, like proper athletes.

Downsides:

1. If you trip and land on tarmac it hurts, and I have the scars to prove it.
2. Controls get vandalised.
3. Shoppers get in the way.
4. Some competitors go into Out of Bounds areas (not always intentionally).
5. Some people still run in pyjama bottoms.

So, what's actually different about urban racing?

First of all, the maps are much more detailed than a forest map and usually at 1:4000 or 1:5000 scale. They're also often A3 because you can cover a fair distance if there isn't any undergrowth to slow you down. The symbols are basically the same, but special ones exist for not-to-be-crossed features.

Next, it's generally run at a much faster pace than forest races – forget about every training run being LSD (Long Slow Distance, that is) and incorporate some speedwork into your schedule.

Traffic! Under 16s aren't allowed to cross busy roads but for the rest of us you need a certain level of confidence and pre-planning if there's a busy road to cross and the Planner hasn't incorporated a time-out. A thankful wave and smile to any drivers who stop to let you cross is probably appreciated.

I'm lucky in that there are several members of my club also interested in urban races. We don't do any urban training together, mainly because we're spread about the Scottish Borders, but we have a



LINDSAY KNOX

Credit: L Knox

healthy rivalry pushing us on and we organise a few club urban races every year.

If you analyse any senior course it's actually only about Orange standard so doesn't necessarily need much technical training. However, with races often won by seconds I've had a bit of a learning curve, as it's all about shaving time by various means – running, thinking and punching faster, choosing routes to suit your style (avoiding stairs if possible in my case), wearing the right shoes for the conditions, to name a few.

If you've been considering attending an urban event, or wondering what they have to offer vs. Forest, stop thinking, start running – to your nearest urban. The btoSOUL calendar has much to offer whilst the SOL is on summer hiatus – hope to see you there. ☺

Fixtures & Clubs

Level A/B – National/Regional

8 July	TAY - Urban Event	Linn of Tummel
21-22 July	Sprint Scotland Race 1/2/3 + btoSOUL 6	Denny
26 Aug	STAG - btoSOUL 7	Glasgow
9 Sept	CLYDE - SoSOL	Clydeside
15 Sept	GRAMP - btoSOUL 8	Balgownie
23 Sept	BASOC - CompassPoint SOL 3	Dunachtonmore
6 Oct	STAG - CompassPoint SOL 4	Errochty

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-orienteeing.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/abderdeenorienteeing/>
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/>

O-Exercise

By MEHMET KARATAY (BASOC)

Why Strength & Conditioning Training?

Mehmet Karatay organises Strength & Conditioning training for his club, BASOC. He's kindly agreed to share some of the processes, and, to begin, why regular S & C training is a valuable use of club and member training time. Mehmet will provide a series of pieces covering S&C over the course of several issues.

What can clubs do to help members get fitter and increase their injury resilience? A basic movement screen followed by a strength and conditioning (S & C) programme to target the identified weaknesses is a great start. It's much easier than it sounds!

Running can be very repetitive and place high strain on the body. Our knees could be handling a force three times our body weight with each stride. Running through terrain reduces this pounding but increases instability as the surface is often soft and non-uniform. Faulty movement patterns, or a lack of general strength and control, lead to 'energy leaks.' Where does this leaked energy go? It's absorbed by our soft tissue and slowly builds up to an injury.

Appropriate S & C training can plug the leaks and increase injury resilience, as well as improve speed and endurance. In fact, a 2014 review published in the *British Journal of Sports Medicine*⁽¹⁾ looking at over 26,000 athletes showed that S & C training can reduce sport injuries by two thirds and can almost halve

overuse injuries, compared to the control groups with no S & C training. Stretching, on the other hand, had very little correlation with injury prevention.

Think about what we do when we run. Running can be described as a series of explosive single leg squats, repeated continually. What does doing an explosive single leg squat demand from the body?

- First, balance; how can you perform a single-leg movement well if you cannot stand on one leg?
- Second, the ability to do a good single-leg squat, which means being able to do a good two-leg squat with the required good hip stability that entails.
- Third, you need good stability through the remainder of your body. If your mid-section (i.e. core) is jelly, your explosive force will be lost by making you wobble instead of propelling you. This is especially relevant with the soft surfaces we run on.

The next time you're doing some training in the woods,

look at other runners. How many have a lack of upper-body control? At best this will be slowing them down, wasting their effort. At worst, they are already dealing with ongoing injuries. Where are you on this spectrum?

A movement screen is very helpful, as it gives you focus for your subsequent S & C sessions and means you're not asking your members to do more than their bodies can handle. A movement screen could be a dedicated session or part of a warm-up for a different activity. At the Badenoch and Strathspey Orienteering Club we've done both. Juniors, in particular, learn new movement patterns quickly as they don't have to unlearn decades of poor movement.

We can learn most from the Single Leg Squat movement screen. It covers balance, core stability, and movement patterns. This test is best done with a partner although a large mirror or video can also be used. Video also lets you monitor your improvement over time. Here is how to conduct a Single Leg Squat movement screen:

Once warmed up, remove your shoes and stand on one leg with your hands on your hips. Do six single leg squats on each leg, going as low as comfortable. Score yourself out of six on each side. Give yourself one point for each of the following criteria, if you manage them throughout all six repetitions:

1. Your knee stays behind your toes. This indicates good movement patterns, initiated from your hip.
2. Your knee stays over your foot. Proper alignment of knee and foot decreases knee injury risk.
3. Your hips stay level; this means both your hands, which are on your hips, are always the same distance from the floor. This indicates that your glutes are working properly.
4. Your trunk is steady, with no wobble or sideways movement. This indicates that your core is stable.
5. Your hands stay on your hips. This indicates good single leg stability.
6. Your foot stays in the starting position. This indicates good balance.

Fewer points imply more energy leaks and so more injury risk. Depending on how you performed you may need to work on two-legged

squats (if you failed points 1–3); single-leg balance (failed 4–6); improving your core-strength (failed 4 & 5); improving your glute strength (failed 3) or work on single leg squats (failed 2–6).

Once movement patterns are safer, the focus can shift to building strength, control and agility. As these develop, running will feel easier and injury risk will begin to reduce because energy leaks reduce and our bodies will be able to handle higher unexpected loads from the rough terrain. Endurance also increases as a given force takes less effort if you're stronger.

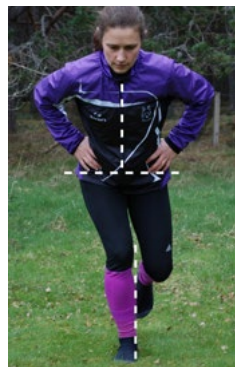
Running a movement screen and good S & C sessions is surprisingly straightforward. However, now that I've whetted your appetite you'll have to wait for the next issue of SCORE for a more detailed movement screen and more specific exercise ideas. ©

Suggested Reading

Run Like an Athlete, Jay Dicharry, Lotus Press, 2013

Citations:

1 Lauersen et al, British Journal of Sport Medicine, 2014 <http://bjsm.bmj.com/content/48/11/871>



GOOD FORM



LOSE POINTS FOR 2,3,4
INSET: LOSE POINTS FOR 6

Photo credit: Mehmet Karatay

Jason Inman (FVO), M45

Jason Inman was one of Britain's top juniors in the late 1980s before moving into coaching with the Great Britain Junior Squad. He is the current Scottish champion at M45, and is currently ranked 4th in Britain in this age class.

How did you get started in orienteering?

I was about 11, and one of my teachers in Leeds had set up an orienteering club at the school. One of my friends was a cross country runner, and he challenged me to come along. He absolutely murdered me, and my main motivation for the first two years was to beat him.

Did you win much as a junior?

Not in my early days. It was more a social thing for me, but I'd managed to get onto the Yorkshire squad by the time I was 16. I was beating my cross-country friend by then, so he'd packed it in, and I was happy doing my Red courses. Then when I was 17 or so, the penny dropped.

Derek Allison was in charge of the Yorkshire squad at the time, and he had me focusing on my technique and race preparation. I got a tour with the GB juniors to Scandinavia, and that was the breakthrough for me. Between my last year as an M18 and my two as an M20, I never lost a race to another British runner, and this was a time when there was some decent talent out there, and I won the Junior European Cup twice, in England in 1989 and Switzerland in 1990.

And then you progressed into coaching?

I'd always been interested in coaching. Even when I was a young junior I was coming back from Yorkshire training sessions and sharing what I'd learned with the other kids.

After university, Derek Allison got me involved coaching at Airienteers, and with the Yorkshire squad. It really progressed from there, as Derek was in charge of the GB juniors and invited me in as a technical coach, and then the squad got lottery-funded, and the involvement grew from there, and when Dave Gill moved on to coach the senior team, British Orienteering invited me to take charge of the juniors.

What stand out as your highlights from your time with the GB team?

From a purely personal point of view, it's making lifelong friendships with the likes of Chris Poole, who was my assistant coach, and Andy Monro, who was our doctor. We had a good set of results at major championships during my eight years with the team, a lot of top 10 places in the Junior European Cup and the Junior World Championships,



JASON INMAN

Photo credit: J. Inman

with the icing on the cake being Alison O'Neil's bronze medal at JWOC in Poland in 2004, which is Britain's only women's medal at JWOC, and one of only two we've won at that level (Kris Jones took silver in the Sprint in 2010).

But the real highlight for me was seeing the progress as people that our athletes made, from the time they came in as raw 17-year olds to leaving the squad at 21. We had many great athletes during my time on the squad, but the main emphasis was on ensuring they were great people too.

Compared to other sports like swimming and track athletics, there don't seem to be many orienteers who have personal coaches. I wonder if you can highlight why that may be?

Orienteering is very much an individual sport, compared to the likes of swimming and track. Orienteering coaches have



JASON INMAN

Photo credit: W. Carlyle

less opportunity to intervene in an athlete's competitive performance, because the athlete is out in the terrain, on their own, for most of their performance phase.

Our ethos with the junior team was that we would educate athletes and give them the knowledge of what was required for them to succeed, but it was very much up to them to self-coach. The squad coaches were always there to mentor and provide feedback, but there really isn't the numbers of coaches around with the depth of knowledge so that everyone at the elite level can work with their own coach.

How important then are the regional squads at producing talent that can progress to national level?

I have some concerns that the regional squads just now are becoming too exclusive. We had an open house

policy when I was coaching at Yorkshire – if someone wanted to come along to squad practice then they were welcome, whether they were at a competitive level or not.

I like the fact that in Scotland we have three sub-regional squads to pick up on this, at East, North and West levels, so no-one should be left out. As I said earlier, my main focus as a kid was having fun with my friends while orienteering. If someone's a late developer, and they haven't made the squad when they're 14, they shouldn't be written off – the important thing is to make them feel they're wanted, and they might come good when they're 16 or 18 or 20. Not everyone is going to get a run for GB at the World Championships, but they can be good club level orienteers if they stick at it.

Is there a challenge in getting people involved in coaching outside their club environment?

No, I don't think there is. There's a lot of ability out there in terms of raw coaching talent. I don't think a lot of arm-twisting would be needed to get people to sign up to do a little bit of coaching at a local level. The important thing again is to make people feel wanted.

For instance, my kid came home from school and said that he and his friends wanted to form an athletics club.

There's no qualified coaches at his school, so now I'm running a primary-age athletics club. We'll do a bit of cross country in the winter, a bit of track in the spring, and I'll drop in some orienteering and see if any of it sticks. A couple of parents have said they'll help, so all of a sudden, we have a coaching team. They may not come across to orienteering, either the kids or the parents, but if you don't ask the question, you won't find out.

Any tips you could pass on to juniors who might be looking to improve their performance?

I'd say practice regularly. Make time each week to do some orienteering, even if it's just running from point to point around your neighbourhood. Practice on a map, even if it's an old map, and practice in the sort of terrain you're going to be competing in.

If you're building up to an event in a wood, run in a wood. I'd also say, don't aim to progress too quickly. I've seen too many kids who think "I've run a few Orange courses, and I've done okay, I'll try a Green course next week" and they fail, and they get demoralised, and they pack it in. By all means try a longer course, but have absolutely solid technique at the level you're at before you move up the grades, and don't be afraid to drop down again if you don't get it right first time. ◎

Junior Orienteering News

SOA's Junior Training Weekend

By **SHEILA REYNOLDS** SCORE editor

AS PART OF SOA's follow-up to action items identified at last year's Junior Development Conference, the first Junior Training Weekend was held in Deeside over the weekend of March 17th and 18th. Juniors competent in TD4/5 were invited to attend, with the opportunity to receive training from a variety of coaches, in a variety of terrains, and to mix with their orienteering peers from across Scotland.

The weekend was organised by Suzanne Robins-Bird of INVOC, with coaching support and assistance provided by Roger Scrutton (SOA/ESOC), Andy Paterson (INT), Janne Heikkinen (AUOC), Katrina McLeod (BASOC) and Dave Robertson (CLYDE). Super-stars Alison Matheson and Jenny Hall provided food and transport as needed for the coaches and juniors who attended.

20+ juniors from eight clubs met on the Friday evening at Templar's Park in Deeside. The juniors dropped their bags, kitted up, and headed out into the cold to do some recce for the Night-O training exercise, followed up by a goal-setting discussion with Janne. Off-site training on Saturday was held at Glen Dye, and

covered a wide range of techniques: relocation, choosing attack points, contour interpretation, fine and rough compass work, and route choice. Back at Templar's there were some indoor talks, much-needed food, then back out into the elements for a bit of fun Night O competition. Sunday brought snow, and further training at Glen Dye, with the juniors heading home in the afternoon.

SOA hopes to draw from the experience to offer a similar weekend, likely further south, in 2019.

Some of the juniors have kindly agreed to share a bit about their weekend experiences for readers – read on:

Ida Oikkonen (W14) is a member of Moravian Orienteers, and has been orienteering for nearly 3 years. Ida's favourite orienteering adventure so far is the 2017 Scottish 6 Days.

Coaching weekend or couching weekend?

Overall, the coaching weekend was fun and useful. I was very excited on the two-hour car journey there because I was wondering what it was going to be like.

On the Friday, we looked at controls we could use for the night orienteering and discussed what we were doing for the weekend as well as choosing goals to set. The food was very tasty (not for Italians because pasta with tuna and sweetcorn is not an Italian thing to do!) and filling. I really liked the custard for some reason, especially for breakfast. My roommates and I had fun taking down the signs for

the rooms and decorating it with colourful pens, and then sticking them back on the doors.

On Saturday, the orienteering was slightly cold with snow, but it was much more fun to come out of your comfort zone in the house and do something exciting. We did fun warm-ups, and then ran individually or in pairs thinking about route choices. We also worked in pairs to practice relocating by one person taking the other to a place that is not a control on the other partner's map. I thought this was a good activity idea and it meant we could talk to people from other clubs. The night orienteering was cool

because we made courses for the other group. Sunday consisted of waking up by a loud alarm, more training and the fun race which was a team score. Coming back from the training meant we were all tired and didn't have the energy to talk to each other in the car.

We all learned new things such as pacing, rough compass and control visualisation. I think these are useful skills and they improve your orienteering experience. I would like to say thank you to the coaches and cooks for the amazing weekend. I would rather choose an orienteering coaching weekend like this over a couching weekend!

Angus Ivory (M14) is a member of Interlopers, and has been orienteering for 2-1/2 years. His favourite O-adventure is the Scottish 6 Days 2017, 'as it was my first major event and I got to meet lots of new people in my category from other parts of the country.'

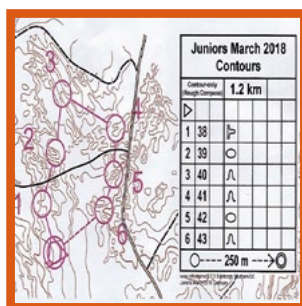
In March the SOA organised an open training camp for keen junior orienteers not in ScotJOS. It meant missing the part of school on Friday to have time to get the train up and got us a weekend of quality coaching in some lovely highland forests!

We stayed in the Scout Hut at Templar's Park campsite, the girls and coaches in dorms and all the 15 or so boys in a large room with a load of mattresses piled in the corner for us to sort out.

Saturday morning took us to a part of Glen Dye for our relocation practice and compass work. The idea was that if we knew how to relocate before we did anything else, then hopefully we would know what to do if we got lost on the other exercises! Our course proved interesting, as we were paired up with someone with a different map: we would go, not looking at our map, to their first control, then work out where we were and take them to our first control, and so on. Slightly confusing!

The afternoon consisted of two exercises on compass work, rough and fine. For the first one we worked around two different loops using bearings. Somehow, going around two different ways, we all agreed one control seemed to be in the wrong place... (not suggesting it was mapped wrongly!) We

then took part in an exercise on bearings and attack points afterwards, which was very enjoyable. Some of us even got to try the contours only map around the woods.



Obviously, these endeavours were the intervals between the regular cake eating sessions, from the home baking that all the orienteers brought along with them. That was a vital part of the weekend!

Saturday evening: Night-O time! On Friday evening we had set about planning our courses for the Night-O around the campsite, and that afternoon people had been frantically putting controls about the place. It was a chance to plan fiendish courses for the other team's members to try out in the dark!

The other team certainly used their area and controls as much as they could, cunningly placing a control with a very similar number right practically right in front of the correct

one. This led to the majority of our team mispunching...



The course planned by the Wolf Team around the campsite

On Sunday we woke up to a thin dusting of snow around the campsite and the rest of the Aberdeenshire landscape. Janne (mentioned in March SCORE) was one of our coaches for the weekend and he had planned a team score event for us to do around the forest.

It was great fun, with some people trekking up the steep south side of the map and others choosing to go North and battle the numerous marshes. My team was third in the end.

The training weekend was really enjoyable. It was a chance to meet new people and see friends from other areas, and a great way to improve orienteering skills with useful tips and training exercises. Thanks to Suzanne for organising it and to all the brilliant coaches and other helpers. ☺

Scottish Junior Orienteering Squad

Spring Training

By **ELIZABETH FURNESS (MOR)** ScotJOS Team Manager

WE'VE HAD A busy couple of months, finally managing to fit in our cancelled March weekend (thanks to the Beast from the East) at the beginning of April when we went to Faskally on Saturday and to the SOL at Linn of Tummel on Sunday. Faskally can appear an 'easy' area – not very big, large lochs, the river – so it lends itself to using Condes to remove some features and create more of a challenge for some of the exercises.

For one exercise, designed to focus on use of compass and height gain/loss, I used the 'Remove symbol' feature in Condes to remove the paths and the contours, except for the index and form line contours which showed the basic hill shapes more obviously. This generated some good discussion on how different people judge height gain/loss and what other features there may be to navigate by that might normally get overlooked.

The juniors' favourite exercise was The Flag Challenge. Here are the coaching notes:

Flag Challenges 1 and 2 Length: 1.8km and 1.7km - Note the map has been 'simplified'	
Aim	To accurately hang a control as marked on the map; there is no marker /tape to guide you!
How exercise works	You can do both these – they are in different parts of the area: With a partner take a set of maps (1a and 1b or 2a and 2b) and three small controls each You hang your controls and then go to collect your partners controls
Things to think about/discuss	How accurately did you/your partner hang the control? How much easier is it to collect than hang? What are you doing differently? What can you take from this exercise in to races?up, stretching and getting into the zone. Good luck!



**ALICE AND AMBER ON
TRAINS EXERCISE**

Photo by: Rona Lindsay

They all ended up in the correct places of course.... Well, there two people who went back out to find one!

Our accommodation overnight was at Bankfoot Church Centre (although thereby hangs a tale); we cannot praise them enough for making it available and the facilities are first class (still sleeping on the floor – but with shower!) so consider it if you ever need floor space for a couple of nights.

We all enjoyed the SOL and thought it really well planned and organised. Thanks, ESOC.

And thanks too, to the parents who helped over the weekend: Jane Carcas, Fran Getliff and Pat Graham (driving and catering).

Last weekend, 5th-6th May, there was a ScotJOS Development weekend. Several of our older juniors were tied to exams/revision and so it was an opportunity to invite others. There were 11 able to accept the invitation to come up to Inverness and join in the coaching at Creag Leach on Saturday and Littlemill on Sunday, staying overnight at Inverness Youth Hostel.



ON YOUR MARKS

Photo by: Max Carcas

An invitation was also extended to local L1/L2 coaches interested in coaching with a different group, and I'm pleased that we had 3 join us on Saturday, with one staying over for Sunday. Altogether there were 8 coaches, giving a good athlete-to-coach ratio, and in order to focus the support each coach was allocated to two of the exercises. This worked very well, with all the juniors having someone to brief/debrief with and many having the opportunity to be out in the forest with a coach.

All the juniors worked hard and made good use of the varied exercises on offer. We were on the 'best' bit of Creag Leach on the west end of the area and to make the most of this relatively small area I took paths off the map for the TD 5 exercises which made it much easier to plan meaningful challenges and was certainly appreciated by the older more

experienced juniors.

In the evening, Rona Lindsay ran a session on preparing for the British Champs at Balmoral which gave everyone an opportunity to look at past maps with courses, discuss different parts of the terrain and finally to trace the index contours to get a better idea of the shape of the hills.

[photo: Evening Session credit Phil Vokes]

Littlemill is another small but beautiful area south of Inverness. One coach who hadn't been before went to hang some controls came back with a grin saying he'd run through about 6 different types of terrain and some bits were quite Scandinavian. To make best use of the area I had planned a couple of fairly long exercises for the more experienced – the first was "trains" which many hadn't done before and the second was designed to go

through at least 3 of the different types of terrain, which required the athlete to adjust technique and/or speed. The TD4 exercises were shorter; one to recognise and use terrain/vegetation features as handrails, and one to practice taking quick rough bearings and judge distance. We finished with a shortened clock relay as several had trains to catch (real ones, not orienteering ones!). >>

Many thanks to Alec Keith and Jane Pottie for control hanging, Rona Lindsay, Phil Vokes, Roger Scrutton, Moira Laws, Ian Addis, Joyce Brunton, Susannah MacMillan and Nikki Howard (coaching), Sally McCartney (checking out/in), Alison Matheson and Jane Cox (shopping).

Scottish Junior Orienteering Squad

Congratulations to Scottish Juniors chosen to represent GB in upcoming international orienteering events:

European Youth Orienteering Championships 29 June – 1 July, Bulgaria

Megan Keith (INVOC)	Peter Molloy (FVO)
Eilidh Campbell (MAROC)	Matthew Gooch (MAROC)
Lizzie Stansfield (FVO)	

Junior World Orienteering Championships (JWOC) 9-14 July, Hungary

Alex Carcas (INT)	Grace Molloy (FVO)
Reserve: Freddie Carcas (INT)	Emma Wilson (CLYDE)
Reserve: Eilidh Campbell (MAROC)	

Junior European Cup 3-7 October, Switzerland

Freddie Carcas (INT)	Eilidh Campbell (MAROC)
Tom Lines (ECKO)	Lindsay Robertson (CLYDE)
Finlay Todd (INVOC)	Emma Wilson (CLYDE)

Many of our Scottish Juniors were selected to take part in training camps in Scotland, England, Denmark and Sweden, congratulations to all:

Freddie Carcas (INT)	Megan Keith (INVOC)
Tom Lines (ECKO)	Lindsay Robertson (CLYDE)
Finlay Todd (INVOC)	Emma Wilson (CLYDE)
Peter Molloy (FVO)	Alice Wilson (CLYDE)
Matthew Gooch (MAROC)	Grace Molloy (FVO)
Alistair Chapman (MAROC)	Kirsty Campbell (MAROC)
Luke Graham (MAROC)	Eilidh Campbell (MAROC)
Ewan Musgrave (MAROC)	Rachel Brown (ESOC)
Joel Gooch (MAROC)	Lizzie Stansfield (FVO)
Oscar Shepherd (INVOC)	Mairi Eades (INT)
Finlay Raynor (INVOC)	Pippa Carcas (INT)
Jamie Goddard (FVO)	Anna Cox (BASOC)
Angus Ivory (INT)	Hannah Kingham (MOR)
Daniel Campbell (MOR)	

More information can be found about Junior GB selections here:

<https://www.scottish-orienteering.org/scotjos/scottish-juniors-selected-for-gbr-teams-2018>

and about Junior training selections here:

<https://www.jros.org.uk/>

btoSOUL 2018 Series

By PAT SQUIRE (INT) Urban League Coordinator



DESPITE THE SETBACK of having the first event (EUOC's Edinburgh City Race) voided due to the weather conditions, the series was on schedule for the next 3 events at Broxburn, Tweedbank and Stirling University. All three had a two-race format with differing ways of determining how league points were allocated.

At the ESOC event in Broxburn it was the prologue time that counted. Roxburgh Reivers put on two races in different locations, Melrose and Tweedbank, and the combined times determined SOUL points.

For the Scottish Sprint Championships in early March, organised by FVO, there were two legs in different parts of the Stirling University campus with, again, overall time being

the determining factor for league points.

Although contenders are beginning to emerge in each category it is too early to predict any prize winners. There are 6 events still remaining in the series, so with the best 5 scores overall to count for final league placings, present standings are likely to change considerably.

The next event, SOUL 5, is

being organised by TAY in the Menzieshill area of Dundee.

Note that the date has been changed from that shown on the series flier. It will be on SUNDAY 8TH JULY when traffic will be lighter.

Approaches are already being made for events to be included in the 2019 series, so if your Club is thinking of offering an event, however provisionally, please do get in touch. ☺



SCOTTISH SPRING 2018 AT STIRLING

Photo by: Wendy Carlyle

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www.scottish-orienteering.org/sol

www.compasspoint-online.co.uk



Classic Forest Orienteering in Scotland

All races Sundays.

Starts from 10:30 am.

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-orienteering.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 (Menziesshill)
<input checked="" type="checkbox"/>	SOUL 6	21st July	Sprint Scotland	Denny Summerston
<input checked="" type="checkbox"/>	SOUL 7	26th Aug tbc	STAG	Glasgow
<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>

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