

SCORE

THE HOME OF SCOTTISH ORIENTEERING

MARCH 2019

2019 British Night Championships

Scottish Sprint & Night Championships

Who's New at SOA?

2022 Sprint WOC Edinburgh



magazine of the
**SCOTTISH
ORIENTEERING
ASSOCIATION**

 **sport
scotland**
LOTTERY FUNDED

'NOT ALL WHO wander are lost' – you've likely heard that many times. It came to mind when reading Judy Bell's piece, in which she explained that one of the things she once most appreciated about orienteering was the solitude that it offered – a bit of child-free time in the forest – but now finds that being alone in the forest is likely to mean that she's lost.

Of course, as we are now the beneficiaries of Judy's experience and myriad talents, she has fortunately always found her way to the finish (or back to the start? I don't like to ask...). Here in this issue we meet Judy and some of our other new SOA staff members, and get a bit of insight into what draws them to the sport of orienteering, and what they bring to the organisation and the sport.

SOA is very lucky to have so many spectacular staff members, and a Board comprised of a huge number of dedicated volunteers, that keep the sport running smoothly – from the average member's perspective. However, it takes a village, and this issue sheds quite a bit of light on SOA's current status, development plans, and the changes needed to keep Scottish Orienteering Association, and the sport, functioning, dynamic, meeting necessary governance requirements and meeting the needs of its members. Further, there's a raft of event results shared in this issue that required Herculean efforts on the part of countless volunteers. We are all necessary to the success of orienteering and its events, in ways both large and small.

Just as SOA could not get by without the help of its staff and volunteers, SCORE requires the same support. The pieces that you read in SCORE do not write themselves (I certainly don't write them!), and SCORE does not show up on the website or in the post without the efforts of SOA staff. SCORE is written by your fellow orienteers, and I am immensely grateful for the time and care that they've taken to contribute. SCORE can only meet the needs of SOA members, and reflect their experiences, if you, our readers and members, take the time to contribute and share your thoughts and views. I'm quite willing to hear even the less-than-glowing feedback, I promise! If you would like to contribute to future issues of SCORE, or share your thoughts, please do contact me at score@scottish-orienteering.org.

To end on a positive note, many thanks to CompassSport for including SCORE in its list of 2018 Newsletter Award recipients. SCORE is, apparently, 'an unstoppable juggernaut,' something that is made possible only with the support of SOA and its members – many thanks to all of you.

Sheila



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



P27

Water and marsh (10-15m width) 3.3

Ref.	Symbol	Name	Description	Score
3.1	Water	Water	A large area of water, normally marked as a marsh.	100
3.2	Marsh	Marsh	A small area of water, dry or shallow or marshy.	100
3.3	Marsh	Marsh	A water-filled pit or depression.	100
3.4	Marsh	Marsh	A typical or artificial watercourse with either flowing or standing water.	100
3.5	Marsh	Marsh	A natural or man-made minor water course which flows or stands in a marshy area.	100
3.6	Marsh	Marsh	A natural or man-made minor water course which flows or stands in a marshy area.	100
3.7	Marsh	Marsh	A narrow marshy area, usually of water, too narrow to be marked on the map with the marsh symbol.	100
3.8	Marsh	Marsh	A permanently wet area with marsh vegetation.	100
3.9	Marsh	Marsh	A permanently wet area within a marsh, or between two marshes.	100
3.10	Marsh	Marsh	A small, temporary water or a shallow spring, clearly visible on the ground. Often with some form of man-made structure.	110

P34

scottish-orienteering.org/events/2019/march

March - 2019

Sunday	Monday	Tuesday	Wednesday
3	4	5	6
10	11	12	13
Newsletters Series Launches	BASIC Tuesday Training	ESOC Wednesday Training	OTAC Day 1
14	15	16	17
18	19	20	21

P18

**COPY DATE
FOR NEXT SCORE
3 May 2019**



Cover image:
2019 British Night Championships
Photo by
Chris Bell, Deeside Camera Club

CONTENTS

P4 ▶ President's Piece

Richard Oxlade on keeping up with the changes and challenges facing SOA

P6-9 ▶ SOA Financial Update

New SOA Financial Director Ben Hartman updates SOA members on the organisation's current status, and future plans and needs

P11 ▶ SOA Code of Conduct

SOA Chair and Development Director Anne Hickling shares the new Code of Conduct for SOA members

P12-13 ▶ SOA Development Plans

SOA RDO North & Development Manager, Sarah Dunn, discusses plans for strengthening club-school links, exploring O technology, and TAY's efforts ahead of the 2019 Strathearn 6 Days

P14 ▶ SOA's New Website Is Here

Nick Barr, SOA Marketing & Communications Director, announces the long-awaited arrival of the new SOA website

P15-17 ▶ Who's New at SOA?

Fiona Keir, SOA Chief Operating Officer, introduces new SOA staff, and provides an overview of staff roles

P18-19 ▶ SOA Event Explainer

Clare Ward, SOA Performance Director, explains the orienteering events and fixtures list

P20-27 ▶ Events

Championship Event Results and Reports, EUOC's Big Weekend, Masterplan Adventures' plans, and the Scottish Dark Mountain™

P28-30 ▶ Terry O'Brien, BEM

Blair Young shares a bit about Terry, a well-known face in Scottish orienteering circles, following his receiving the British Empire Medal for his contributions to the sport

P32-35 ▶ O Tips & Techniques

Sarah Brown (SLOW) introduces the 'Get Up to Speed' video series that introduces orienteering techniques to newcomers to the sport, and Helen O'Donoghue, SOA Coaching Co-Coordinator, shares her tips for deciphering IOF Control Descriptions

P38-41 ▶ Junior O News

Catching up with the Scottish Junior Orienteering Squad, World Schools & Scottish Schools Festival news, and Grace Molloy shares her adventures in Oz as an orienteering coach

P42 ▶ SOA 2nd Quarter

Events & Fixtures

P43 ▶ btoSOUL & SOL

Calendars

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

Addresses of clubs, details of groups and a short guide to the sport are available from:
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info@scottish-orienteering.org

SCORE Advertising:
Full page: £125
Half page: £65
Discounted rates available for multiple issues.
Contact us to discuss:
info@scottish-orienteering.org

Design by:
MediArtStudio
www.mediartstudio.co.uk
derek@mediartstudio.co.uk

Printed by:
Groverprint & Design,
Studio 2B1, Industrial Estate,
Newtonmore
PH20 1AL

ONE OF THE challenges of sports administration is keeping up with constant changes, from within the sport and without. Four years ago, the SOA Board recognised this when they implemented a four-year strategic plan that underpinned nearly £80,000 per annum of financial support from **sportscotland**.

At the time the board also created a new staff structure to handle the compliance requirements of the SOA as an incorporated charity, which included two new posts: Chief Operating Officer, and an Administrative Assistant to take some of the associated increased workload. The SOA is expected to have an effective organisation which meets compliance and governance requirements on an ongoing basis, and we are audited every 3 years by KPMG to ensure that we do this.

We have a long history of sports development, working with clubs, schools and communities at the grassroots level to develop skills and bring in new members. Our RDOs and our Coaching & Volunteering Officer are at the forefront of this, and their salaries are supported financially by **sportscotland** funding. The funds for the rest of the team largely come from income from the 6 Days Company and from membership fees and levies.

In this issue of SCORE our Finance Director, Ben Hartman, provides a snapshot of SOA's financial health. At the beginning of this year we had reserves available to the SOA of about £140,000, approximately £60,000 more than the £80,000 minimum that the Board agrees we should carry to cover unforeseen risks. As a charity we have been advised that we should not exceed this minimum level, and it is clearly difficult to attract sponsors when we appear to have too much money in the



bank. Therefore, we plan to invest the surplus in the sport this year, mainly in marketing & communications, in making sure our administration and compliance is on a sound footing and in a number of development projects.

This is going to be a busy year, and we have a clear plan to develop and grow Scottish orienteering. However, next year we cannot draw on our reserves – in other words our income and costs have to balance. Historically **sportscotland** have not given financial support to activities such as administration, compliance, event management, communications and performance. The biggest challenge SOA faces is that, development aside, we spend a lot more running the sport than we bring in from the members and sponsorship. In summary, these activities will cost us £90,000 this year, while we forecast £30,000 income from fees, levies and other sources.

So, although 2019 is a year of exciting activity, it is also one with some tough decisions. Firstly, we have to present a four-year Strategic Plan to **sportscotland** to secure development funding through to 2024. Secondly, we have to position ourselves for 2020. Looking to 2020 we have decided to initially focus on exploring additional sources of income. Ben is considering alternative levy and fee structures; he has already started sounding out club treasurers and explains more in this issue of Score. Ben has also identified other sources of funding that we have historically under-

utilised, e.g. gift aid. We will be making some requests about this. Please watch out for these – the sums may not seem significant to you as an individual but collectively can make a big difference to the SOA with 1500-2000 members. We will also be actively seeking other forms of sponsorship, and if you have any ideas about possible sponsors, we would love to hear from you.

Last year the Board decided to drop a proposal at the EGM to increase membership fees and levies, as we were aware that there were some members who disagreed with this and we didn't feel that we had spent enough time putting a clear case. This year we are making sure that we have given sufficient notice and are making sure that you have the opportunity to tell us what you think before we put forward a proposal at the AGM in June.

While some members may view levies and fees as taxes on the sport that that have no direct benefits for orienteers, they do support the things that we do, whether they are necessary or discretionary. Compliance falls in the first category; we have legal requirements that are extremely difficult to manage utilising volunteer efforts. Administration is another necessity – there is no doubt

that the core of it (administering the SOA only membership, bookkeeping, etc) is a thankless task and needs a large time commitment; we cannot expect a volunteer to do this. While marketing and communications is something we choose to do, managing a website and social media voluntarily week in week out is very demanding and time-consuming, and more than should be asked of a volunteer. The new website is a great example of what can be achieved with professional help – although the initial build was done by professionals, it will now need a lot of effort from staff and volunteers to keep it dynamic and meeting the needs of SOA members. Major events management, negotiating access agreements with bodies like FCS and SNH are further examples of things that we choose to do with professional help.

In summary, this is your sport, and the Board firmly believes that you should be involved in the choices that we have to make. So, as we bring forward proposals, or seek your opinions, please try to attend our AGMs, and please let us know what you think. I can be reached at

President@scottish-orienteering.org

SOA's vision:

"To be acting efficiently and effectively, in support of a network of healthy clubs to deliver a challenging outdoor adventure sport for all ages and all abilities in local communities and nationally, and to ensure the success of our athletes at international level."

For more information, go to
<https://www.scottish-orienteering.org/about-the-soa/>

sportscotland
the national agency for sport

SOA Financial Report 2019

FIRST FOR THOSE that don't know me - a little bit about me. I moved to Edinburgh in the early 90s and have been a member of Interlopers ever since. Before having kids I was quite active as both club committee member and event official (planning on Arisaig for Lochaber 2001 was a particular highlight) and after turning 35 I was a regular vets team member for a number of years. I have been less involved in the sport in the last few years as injuries, work and my kids' interests pulled in different directions, but when I do get out in the forest, I still get that buzz from finding the flags! I changed job a couple of years ago now and after a while found myself looking for opportunities to put my financial training to good use. The SOA Finance Director role fits the bill very nicely.

I have been in post around five months now and the time has flown by. I joined just as **sportscotland** concluded its mid-cycle funding review, and it immediately became clear that **sportscotland** is very supportive of orienteering but at the same time expects us to demonstrate very high standards of governance. Following the mid-cycle review, the Board then launched its annual budget exercise, from which the most significant issue arising is the need in the next year to address the gap that has grown between our non-grant-funded expenditure and the income we generate to fund it. More on that below.

When I first met with Richard Oxlade, our President, to discuss the role, he highlighted a number of other issues needing attention, including liaison with **sportscotland** over payroll as their monthly payroll reports had never seemed to quite square to the amounts we paid to them each month, and with the Cairngorms Park Authority over a withheld grant payment. Resolving both issues took a bit of time both for me and Fiona Keir, our Chief Operating Officer, but the outcome was payment of around £700 in Employment Allowance

due to us from **sportscotland** and a successful appeal against around £2,000 in disallowed grant payments, so time well spent.

Looking ahead, as Richard mentioned, I have gift aid in my sights. One of the benefits of the SOA's charitable status is that we can claim gift aid on our membership fees. Currently relatively few members have given us a gift aid declaration. On receipt of a gift aid declaration, we can claim against any membership fees paid in the last four years. So, there are potentially a few £000s currently in HMRC's accounts that I hope members would prefer the SOA to receive. More details will follow in due course.

You might wonder why I am giving so much detail about the finance role. Well, it is partly to provide a flavour of what I am involved in. But it is also a forerunner to expressing my thanks to Fiona and our Administrative Assistant, Fran Britain, on whom I rely to take care of day to day financial administration – the paying of expenses, invoices, billing National Centre users, bookkeeping, etc. I certainly would find the role unmanageable without this help.

In similar vein, I have now attended two full Board meetings. Data protection featured on the agenda of the first meeting, while the most recent meeting highlighted our Child Welfare and Protection responsibilities. In both cases the consequences for Board members if the SOA fails to comply with regulations are significant (there was mention of 6 years in jail!), and highlight for me how important it is for the SOA to have a professional resource to guide the Board through the compliance minefield. Running the SOA would, in my opinion, be a very daunting prospect for

volunteers working with no professional support.

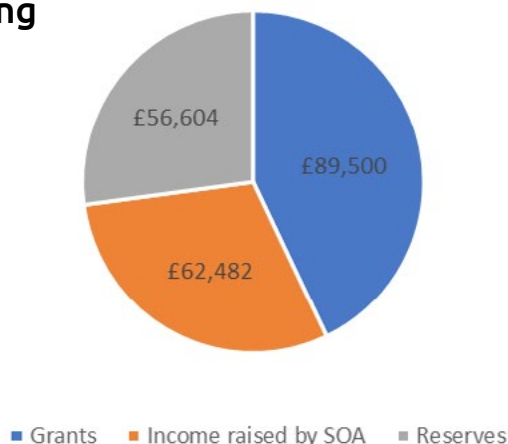
Turning to the 2019 budget, as Richard highlighted in the President's Piece, we have decided to use our surplus reserves in 2019 and, in particular, have increased our expenditure on Communications and Marketing, and Performance. We have also broken down the budget into five areas, with a Director taking responsibility for each. The areas, associated budgets and a breakdown of our funding are shown in the table and chart that follow:

Continued over page >>

Responsible Director	Area of Responsibility	Budget £000	Main Areas of Expenditure	Main sources of funding
Development Director	Development	91	Coaching & Volunteering Officer Regional Development Officers Coaching accreditation National Centre courses Development grants Development projects	sportscotland grant
President	Administering the SOA	44	Chief Operating Officer Administrative Assistant National Centre costs Insurance AGM & Annual Report Director expenses	Funds raised by SOA - Membership fees Scottish 6 Days Event levies Athlete contributions Reserves (in 2019 only)
Operations Director	Operations / Event management	40	Event Manager Equipment SOA maps Trophies	
Marketing and Communications Director	Communications and Marketing	22	Marketing Officer Web related costs Newsletter costs	
Performance Director	Performance	12	Performance Manager Contribution to ScotJOS SEDs training weekends Home Internationals	
Total		209		

SOA Financial Report 2019 - Continued

Our Funding in 2019



You will see from the previous charts that we have some choices to make to get income and expenditure back into balance next year either through raising additional money or cutting back on expenditure.

Over the coming months we will work hard to raise money from outside of the sport through sponsorship or more general fundraising, and we hope that many of you will be able to help with that. The Board has also agreed that we need to review how much we raise from the sport itself, through our membership fees, which are not high compared with many other sports, and from event levies; I have been tasked with developing options to raise an additional £20,000 per annum from these two sources. That is not to say that we think £20,000 is the right target – ultimately that will be a decision for you, the members, to take at our next AGM – but it is a sum that would make a significant contribution towards our funding gap.

With regard to event levies, I am gathering data on all Scottish events in 2019 and using this to model different levy options. Currently the SOA charges a levy of £1.00 for seniors and £0.40 for juniors on any event which charges more than £10 for an SOA member to enter (ignoring late entry fees or any other surcharges). The rate has remained unchanged since 2009, although the threshold has increased over time from £6 to the current £10. Principally, the current levy applies to Scottish Orienteering League and Championship races, and generally raises around £3,000 per annum (excluding the Scottish 6 Days, for which separate arrangements are in place).

In contrast, British Orienteering charges a levy of £1.50 for seniors and £0.50 for juniors on all events. I am waiting for British Orienteering to confirm how much it raises annually from Scottish events, but I would estimate that it is at least £25,000 (excluding the Scottish 6 Days).

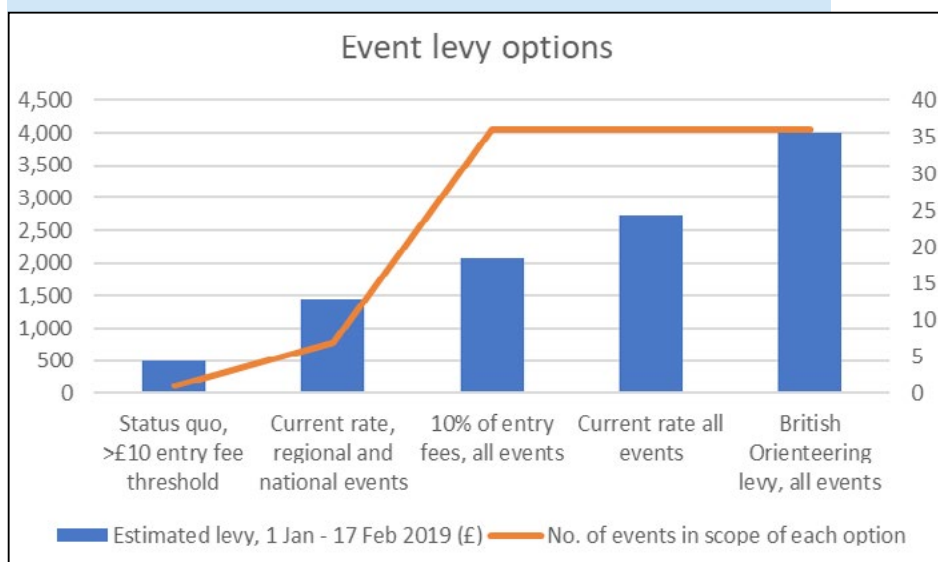
Currently I am modelling the options described below, but I would happily consider others:

- Maintaining the status quo
- Current rate, but applying to regional and national events only
- Current rates, applying to all events

- British Orienteering rates applied to all events

- A percentage of entry fees (modelled on 10% but could be more or less)

For the 35 Scottish events held between 1 Jan – 17 Feb 2019, the estimated amount that would be raised under each option is as follows:



The nature of our programme of events varies over the course of the year, and at this stage I do not have sufficient data to extrapolate full year figures with any accuracy.

That said, crudely multiplying the figures shown by a factor of about 8 might give a reasonable estimate, suggesting a range from around £4,000 per annum under for the SOA's current policy, up to around £30,000 under the British Orienteering policy.

Between now and the AGM in June I would welcome any feedback and suggestions you may have on the subject of levies or membership fees and we plan to send out a questionnaire on the matter in the near future.

In the meantime if you wish to contact me about this or indeed any other matter related to SOA finances, please email me at

finance@scottish-orienteeing.org

Developing Scottish Orienteering – Where Are We Going In 2019?

WE HAVE PUT together an ambitious plan for this year in the development team.

Our objectives have been shaped by the SOA's strategic themes of club and volunteer development:

- *Through a wide range of development initiatives, support Scottish clubs to achieve a mark of excellence, increase participation, convert participation into membership and retain members*
- *By providing development pathways for volunteers and rewarding their efforts, motivate members to volunteer at club and SOA level. Provide coaching and training opportunities for club members*

We are delighted now to have a full staff team – three RDOs (Sarah Dunn covering North, Judy Bell in the South and Fran Loots in the West), and Denise Martin covering Coaching & Volunteering. In addition, Sarah is now our Development Manager, providing coordination for the whole team.

Many of you will know that the funding for the development staff team comes from a grant from **sportscotland**; of course, such grants always come with targets which we have to meet. The targets set by **sportscotland** are around membership growth, clubs achieving accreditation, and growth in the number of coaches. These targets form the basis of the team's work, and over the course of this year we will be looking to continue the good progress we made with all of these in 2018.

However, we are also looking more widely than this. Membership growth

is only one measure of success in development – participation is another. We are looking to improve our data collection in this area, as there are a lot of orienteering activities going on in clubs, schools or communities which we don't have records of. So, we will be asking clubs and members for their support in recording this data and passing it through to us so we can build up a fuller picture of orienteering activity throughout the country, and how it is changing.

As well as the regular work of the RDOs in the clubs, we are also running a number of special projects this year. These projects are aimed at improving schools orienteering and club links, spreading the use of new technology in orienteering, and exploring how we could offer orienteering to children and young people with special needs. We are also running a special development project in schools in Strathearn around the 6-Day event, which provides such a good opportunity to spread interest in orienteering in the local area. We are also looking at creating a volunteer development and retention strategy, a volunteer reward scheme, and developing a 'club toolkit' to provide support to clubs. There's more on some of these in Sarah's article elsewhere in SCORE.

There are exciting times ahead for orienteering in Scotland. WOC2022 gives us a huge opportunity to present orienteering to a wide audience, and it's down to us to make the most of this. We are already in discussions with Edinburgh City Council and **sportscotland** about a local development project around the WOC.


Watch this space!

SOA Code of Conduct for Orienteers

ORIENTEERING HAS A good reputation as a sport, and it is essential that we do all we can to uphold this.

We depend on the goodwill of landowners, local residents and the general public to allow us to run events on their land or in their communities. We also depend on the volunteers in our clubs who give up their time to put on events for us all. And we have to meet current standards designed to protect the welfare of all those involved in the sport.

Sadly, over the last few years there have been a very small number of incidents where we have fallen short in one or other of these areas. As a result, the SOA Board has drawn up a Code of Conduct for all orienteers. This is designed to serve as a reminder of the standards of behaviour expected of us all which the Board believes are necessary to protect our reputation as a responsible, respectful, welcoming and inclusive sport. Please read it carefully.



CODE OF CONDUCT for Orienteers

This Code of Conduct defines what is considered good and correct behaviour by members of the SOA. Members are expected to uphold the values and policies of the SOA and to preserve the reputation of orienteering in Scotland as an inclusive sport showing respect for all participants, officials, landowners, local residents, members of the public and the environment.

SOA members are expected to:

- Compete within the rules of orienteering
- Show courtesy and respect to officials and the decisions they make
- Respect the spirit of the sport by showing encouragement and support to other participants and by volunteering at events.
- Not display or condone any inappropriate or abusive language, bullying, harassment, discrimination, physical or verbal violence or any conduct which could be construed as unethical, whether in person or on social media
- Ensure that any concern regarding the safeguarding of children or vulnerable adults is reported to SOA or club Child Welfare & Protection Officer
- Promote the good reputation of orienteering and not behave, or condone others' behaviour, in a manner liable to bring the sport or SOA into disrepute.

In particular, members should:

- Not behave in any way which could be deemed offensive by other participants or members of the public.
- Recognise that behaviour tolerated by regular orienteers may not be acceptable to new orienteers or members of the public
- Respect the property and privacy of local residents
- Respect the property and livelihood of landowners
- Show courtesy and respect towards members of the public, whether in a forest or urban setting
- Follow the principles of the Scottish Outdoor Access Code



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 Fran Britain at the National Orienteering Centre at Glenmore Lodge. Please provide your name, BOF or SOA membership number and address.

By email: info@scottish-orienteering.org

By phone: 01479 861374 (has an answerphone)

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

Thank you

I FIRST STARTED working part-time as the MAROC club development officer four years ago, and since then I have come across a few continuously recurring themes around interest and uptake of orienteering opportunities. There is no doubt that there is a lot of untapped interest in the sport, but we need to find different ways for more people to participate more frequently; we need to make good use of one-off opportunities that arise, and we need to remove some barriers to facilitate other opportunities.

In terms of opportunities, the 6-Days offers a hook that comes round every two years and is a great way of creating local interest in the sport. This time around the Strathearn school cluster have bought into the idea by selecting orienteering as one of their target sports through the local PEPAS (Physical Education, Physical Activity and Sport) group. Through this we have been able to put in place a programme of teacher and young leader training, plans for in-school curricular orienteering, a summer term festival and a planned summer camp linked with the 6-Day event itself.

But most importantly, a strong link has also been developed to Tayside Orienteers; the club will help support the schools' activities, and then offer follow-on club activities in the Strathearn area which it is hoped will lead to longer term interest and club membership growth. The project has been supported financially by a community grant for the schools, as well as funding from the Orienteering Foundation and SOA's development budget. We will be monitoring the project with a view to learning and building on the successful elements for Lochaber 2021.

One simple barrier that I have encountered all too frequently has been a lack of financial resources to support training for teachers and other leaders to deliver orienteering. As an organisation, the SOA has clearly got very limited staff resources to be able to deliver training "for free" and yet it seems ironic that we are discouraging uptake of the opportunity through the price structure that we set for running courses.

Orienteering in schools is a fantastic way of introducing the masses to what the sport is about, and is an open door for clubs to promote their events and recruit new members, providing that they take the time to develop a relationship with the schools. The clubs in Scotland that have developed strong links to schools in recent years are the ones that have seen the most growth in membership. In order to promote this pathway, and remove the barrier that funding presents, the development team plans to support up to five new club-school links in 2019, with funding available to cover costs for teacher training through the Introducing Orienteering course.

The main criteria for school selection will be how the club plans to build the link to the school and offer opportunities to bring the youngsters into the mainstream sport. A call for proposals for funding through this scheme will be announced shortly.

Another barrier to facilitating more frequent orienteering opportunities is the time and effort that it takes to organise, plan and run events and activities. The outcome of this has been increasingly more common signs of "volunteer fatigue" within the sport. Over the last year I have been exploring the MapRun app (see article in SCORE September 2018 issue) as a simple piece of technology that can be used to set up simple courses very quickly in open and accessible areas, such as parks or larger school campuses. MapRun courses can be set up without even visiting the area, and no equipment is needed on the ground.



LINKING SCHOOLS WITH CLUB EVENTS AHEAD OF DEESIDE 2017 6-DAYS

Whilst there are some niggles in the consistency of using the app (linked to smartphone specifics, strength of satellite GPS signals and user capability), technology of this type offers massive potential for setting up orienteering activities very simply and making them available to a wide sector of society. It might be used for any club training, setting up a session for the local running club, or offering a school campus experience for teenagers. Over the coming year we plan to explore the use of MapRun further through identifying two school areas where there is interest. We will then work with them to see how best it could be put to use, with a view to rolling ideas out more widely following this pilot study.

Another area that we have identified for some exploratory development work is how we can promote orienteering activities for children and adults with special needs. Anecdotal evidence from working with many youngsters in recent years has shown a real appeal and interest from children either with autism or ADHD traits. We believe that there is an opportunity to develop this, and that it could be of interest to a number of different special-needs



TRAINING SCOUT LEADERS AT LOCHGOILHEAD ANNUAL SCOUT LEADER CONFERENCE

groups. Our plan here is to tap in to the in-house orienteering expertise that SOA members have working with special-needs groups, and to bring them together with external specialists from disability sport. Our aim will be to host a workshop to explore suitable formats, situations and mechanisms for developing opportunities, with a view to seeking funding to support ideas further. Anyone who has knowledge, expertise and an interest in this area, please get in touch so that we can involve you in our plans.

Alongside these quite specific projects, the SOA development team will be aiming to have a presence at various public events including the Cairngorm Nature Big Weekend and the Scout Leaders' Outdoors and Adventure Conference, and will be aiming to get the whole community involved in World Orienteering Day. We'll also be working one to one with different clubs to support individual development priorities and the implementation of the club accreditation scheme.

Please get in touch if there's anything we can help with –

sarah@scottish-orienteering.org

Scottish Orienteering Launches New Website

THE SCOTTISH ORIENTEERING ASSOCIATION has launched a new website designed to help people new to the sport, and regular orienteers, find key information about our dynamic sport as easily as possible. The new site has updated features that aim to improve the visitor experience – especially for people using mobile devices and tablets – and to help bring new people into the sport.

SOA's focus with regard to the website remains as I stated in the September 2018 issue of SCORE: 'This new site will offer us a really good opportunity to be proactive with relevant information for existing members, whilst also hopefully be attractive to people looking to give orienteering a go for the first time. It's so important that we evolve with time and we ensure that we have a good influx of new people and new ideas.'

Since the process of creating the site began, there have been many discussions about the best approach and direction to take, and I'm hugely grateful to everyone who has helped with this. Ultimately, we've worked hard to combine what people liked about the old site with the requirement to modernise and develop.

We've also taken into account the way in which Google works with such sites, as it's vital for us to be able to understand how the site is being used. It's hugely important that we attract more beginners to orienteering – especially young people – so a lot of people have worked hard to create a positive, interesting site which is easy to read and navigate.

We've also strived to make it easier for experienced orienteers to find what they're looking for so they keep coming back for more! One such area we've developed is the events calendar, which now shows all orienteering activity across Scotland from training up to major events. Each event is colour-coded,

and we hope this will make it easier for orienteers to find events on dates, and in locations, which suit them.

Another key area is the new 'Resources' section. There we've created an area where people can find key technical information – such as rules, or guides for organising events – quickly and easily. Rather than remain static, we hope the new website will develop as the clubs and their orienteers do, and we'd like to hear from members about what you like and what more you'd like to see by emailing

website@scottish-orienteering.org

All in all, we believe the site is a big step forward, and one that will enhance the user experience. It's easier to interact with and should provide readily accessible, useful information for those trying orienteering for the first time. We will also be using the site as a tool to attract sponsors to our sport to help us grow in Scotland.

In closing, I'd like to thank Paul Frost for all the years hosting the original website on his own server. I'd also like to thank our Web Developer Olly Bowman, and all those SOA members who have contributed their time, and their ideas for improvement.

The site can be visited at

www.scottish-orienteering.org

SOA Staff – Who is Who?

WE REALISE THAT there have been quite a few new SOA staff announcements, so I want to ensure all our clubs and members know who to contact, with all our staff details in one place!

Fiona Keir - Chief Operating Officer and Child Welfare & Protection Officer for SOA. Based at Glenmore Lodge, I'm responsible for running the SOA business and ensuring that we are compliant with Companies House and Charity legal requirements. I'm also the person to contact if you wish to discuss any matters of child protection or are in need of a PVG.

Fiona@scottish-orienteeing.org

Colin Matheson - Events Manager. Colin works between home, event locations and Glenmore Lodge. A face and name familiar to most within orienteeing in Scotland, Colin is primarily responsible for high profile events above Scottish Championships level, and access rights. Should you need any assistance with access for any of your events, Colin can be contacted at

Colin.Matheson@scottish-orienteeing.org

Sarah Dunn - Development Manager and Regional Development Officer (RDO) North. Sarah supports clubs in our northern region with development-based projects and club accreditation. She provides additional support to RDO staff and Coaching & Volunteering roles.

Sarah@scottish-orienteeing.org

Fran Britain - Administrative Assistant. Fran is our membership and office administrator. If clubs have queries about membership, Fran can usually be found at Glenmore Lodge on Thursdays and Fridays.

Fran@scottish-orienteeing.org

Judy Bell - RDO (East). Judy joined us in December and works to support clubs in the East of Scotland with development projects,

improving club governance, securing funding in partnership with clubs and club accreditation. See p17.

Judy@scottish-orienteeing.org

Denise Martin - Coaching & Volunteering Officer. Denise coordinates all coach education workshops, liaises with tutors and continues to evolve our coach education and volunteer engagement. See p16.

Denise@scottish-orienteeing.org

Fran Loots - RDO West. Fran started with SOA on the 15th of February. She will be supporting clubs in the West region who wish to go through their SOA Club Accreditation, with development projects and also working on some special projects as part of the SOA Development Team. Fran will be working closely with TAY this year to promote orienteeing in schools, and within the local community, in the build up to 6-Days in Strathearn. Fran can be contacted at

Fran.Loots@scottish-orienteeing.org

Peter Hodgkinson - Performance Coordinator. Peter has recently been appointed, and will be working ½ day per week. The aim of the post is to create better performance pathways for our junior athletes, offer International training opportunities, and ensure the squads are adequately supported. Peter can be contacted at

Peter@scottish-orienteeing.org

If you are not sure who to contact with your query, then please do email info@scottish-orienteeing.org and we will ensure your question gets to the right person.

Our Glenmore Lodge office is usually manned Thursdays and Fridays, so you can always phone us on 01479 861374 if you would prefer to speak with us.

Denise Martin (MOR), SOA Coaching & Volunteer Officer

WORKING IN THE National Office these past weeks has reminded me of how active and diverse the larger Orienteering picture is. As a member of Moravian and an active orienteer for the past seven years, I am thrilled to be part of the 'behind the scenes' team to bring the sport to the front row. The SOA team is positive, fun, hardworking and the vibe in the office and outside is highly energetic and enthusiastic.

So far, I have been concentrating on the immediate needs and enquiries, course creation, stuffing Intro packs for upcoming courses, creating plans with RDOs, helping the coaching coordinators get things rolling and successfully completing my Level 1 coaching course.



What would you like the readers of SCORE to know about you?

My role is as Coaching and Volunteer Officer (CVO), working three days a week between SOA Glenmore Lodge and home. On the coaching side, I'm here to support the development of coaches and event officials, creating new, and supporting existing, learning opportunities. On the volunteer side, I'm here to acknowledge and support volunteers involved with their clubs. Recently I have sent an introductory letter by email to each club secretary to share with their club's lead coaching team.

Favourite Orienteering moment?

On an INVOC event at Keppernach, Nairn in the sleet and snow, getting around the course with Steve Smirthwaite nearby, equally cold and determined to see it through. It was motivating, if not a bit daft!

What are your most rewarding accomplishments to date?

Recent – winning women's B Highlander with Sarah Dunn – nailed it! Guiding expeditions to the South Pole, North Pole, across Greenland and hearing my children say they think their mom is cool.

Having children who love the outdoors and are eager learners.

Favourite piece of outdoor kit?

Nano puffball gilet and my old pair of VJ I-Rocks.

I love my Helsport tent & Fischer E99 skis too.

What else would you like the readers of SCORE to know about you?

I have twins who are 9 years old (already!), I live for fresh air and good coffee (Canadian standards please), I love challenges and a good night's sleep in a tent.

Please contact me with any questions or comments:

denise@scottish-orienteering.org

Judy Bell, SOA RDO East

This is a chance for me to introduce myself as the new regional Development Officer for the East of Scotland. So who am I? I'm Judy Bell – a middle-aged, unfit orienteer and mother of three (who all orienteer significantly better than I ever will). I'm married to Keith Brown, and the aforementioned three are Ben, Rachel and Megan. I have been orienteering for about 10 years and I am a member of ESOC.



Photo credit: Ben Brown

My first few years in the sport were spent mainly doing white courses and string courses with the kids, but at Tay 2009, Keith forced me out on an orange course – and I was bitten by the bug. I love the challenge of orienteering, and when the children were younger I loved the solitude and peace of being out in the forest alone! I still love being out alone, although now realise when there is no one else around that it probably means that I'm lost. I think my level of orienteering still lies at the string course level. Outside orienteering I love playing with different crafts and recently combined this with orienteering to crochet the Glen Tanar Aliens for the string course at the last 6-Days.

In my past life I was a lecturer in Engineering, but I took a break from work when Megan was born, supposedly only for a year or so (she's now 11). During this time I became more and more involved with orienteering and promoting this wonderful and weird sport we all enjoy. I have held various roles in ESOC including membership secretary, editor of the junior newsletter, member of the events committee, and now I am coordinator for training.

Having enjoyed helping introduce pupils at the local school to orienteering I undertook my Level 1 Coaching Certification, as I love working with newcomers to the sport. I have also recently taken on the role as Administrator for ScotJOS, and I marvel

at the ability and enthusiasm of the juniors in the team.

As the kids are growing rapidly, I decided it was time for this new challenge. So what am I trying to do in my new role? The main remit is to promote orienteering and grow club membership, which presents rather a large challenge. I will be working primarily with ELO, ESOC, EUOC, INT, KFO and RR, and at the moment I'm trying to establish links with these clubs and learn about all the wonderful work that clubs have already been doing in this area.

From my own experiences with local schools, there are staff interested but lack the confidence and skills to deliver orienteering. Although we can provide them with the skills through the Intro Course, I'm looking to start an Adopt-A-School project to get local orienteers to support these teachers and give them the confidence to deliver orienteering whilst also giving links to local clubs. I'm also trying to find ways to get newcomers more involved in the sport and make the step from local events to larger events. If anyone has any success stories in this area - I'd love to hear from you. I'm a great fan of sharing expertise and learning from others (or copying!).

I'm still settling in to my new role but I'm looking forward to the challenge and working with you to support and grow our sport. You can contact me at

judy@scottish-orienteering.org

A Beginners Guide to Deciphering the Scottish Orienteering Fixtures List

NEW TO ORIENTEERING, keen to try more but don't know where to start? Baffled by the fixtures list, not sure whether you'd find something suitable for your level? Read on, then plan your next challenge!

All orienteering events that happen in Scotland are listed on the Scottish Orienteering website here:

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

Some of the bigger events have age categories which you can choose to run, but you are also free to run a course more suitable to your current ability. All events are run by volunteers, newcomers are welcomed, and help given. But what do the 'levels' mean, and what sort of orienteering experience will I get at a 'Local' event compared with a 'National' event? A quick guide:

Activities

These are club training sessions, put on by clubs primarily for their members. Often including both a physical training element as well as a navigational training element, these are a good place for newcomers to start.

'Local' Events

'Local' events are informal orienteering events held by a club, with the aim of attracting members of local clubs and newcomers. The easiest orienteering courses are well catered for (white, yellow and orange) and there will be offerings for more experienced orienteers as well. The hosting club will have experienced orienteers on hand to explain how the event works and offer guidance. These events are often held on weekend mornings, or midweek during the summer. Typical terrain would be local parks, so are usually convenient to reach, and good for beginners as the parkland is easier to interpret, with more paths, tracks and open areas to navigate off.

Local Night Events

If a local event is held midweek during the winter months, it is likely to be a night event. Night events typically start 6:30-7pm, with orienteers running with the aid of a head torch (back up head torches are usually required to be carried). The reduced vision makes accurate navigation very tricky – it's an intense challenge and excellent fun, but perhaps not suitable for complete beginners!

Regional Events – Urban and Sprint

Two types of events that fall into the 'regional' event category are urban and sprint. Both urban and sprint events happen in town and city centres or university campuses, navigating an urban landscape. A 'sprint' event is very intense, with a winning time of approximately 15 minutes, and the longer 'urban' averages 40 minutes plus. The advantages of these events are that you can often get there via public transport, you don't get too muddy, the fast and furious racing of a 15-minute sprint is excellent fun and you are likely to be fairly close to a café for a post-run cuppa. The Scottish Orienteering Urban League (SOUL) runs throughout the year, incorporating many of the urban and sprint races on offer.

Regional Events – Forest

Another type of regional event is forest, which usually provides the competitor with a full range of 'colour coded' courses, from the short and easy white, to the long and tricky brown. >>

The forest event is likely to be held in a more remote location compared to a local event, but the longer drive is made worthwhile, especially for the more difficult courses, due to the more interesting navigational challenge posed by the trickier terrain – more contours, heather, mud, and fewer paths and parks. Competitors will come from further afield, and British Orienteering members will get ranking points for regional and national events.

National Events – CompassPoint Scottish Orienteering League

The CompassPoint Scottish Orienteering League (SOL) has been running for decades, and is the most prestigious orienteering league in the UK. The Scottish orienteering community (and often many from further afield) comes together at these events to compete over the toughest and trickiest terrain Scotland has to offer. SOLs offer a full range of colour coded courses, although, again, navigationally easier courses are always provided. Though competitors can choose to enter whichever course they like, those who wish to compete in the league must run the class stipulated for their gender and age. Most years there are seven races in the league series, of which the best four scores count. The sponsor, CompassPoint, is an orienteering trader, often attending the event, and the Scottish Junior Orienteering Squad often runs a fundraising cake stall too.

Other races that are held annually, and open to all orienteers, include the following:

Scottish Championships

The phrase the 'Scottish Championships' usually refers to the 'long distance' forest orienteering championships (winning time typically 60 mins) that usually take place on the last Saturday in May, followed the next day by the Scottish relay championships. Teams of three club members compete in the relays, which are run over a variety of distances according to the competitor's age. There is also a Scottish middle-distance championship (30 min winning time) that takes place in March in 2019, Sprint and Night championships that take place early in the year, and the Scottish Score championships which take place in Autumn. Score Orienteering is where you have a set time limit in which to visit as many controls as possible. Again, you can come along to the Scottish Champs and run out of your age class, but your results will not be considered for placing.

Inter-club competitions

The CompassSport Cup is an annual inter-club UK wide competition, sponsored by CompassSport Magazine. Clubs compete against each other in heats in March, with the clubs that do well qualifying for the UK final in October. There is also a Scottish junior inter-club competition - the Jamie Stevenson Trophy - held each year in June. Your club can provide you with further details of these.

The Junior Inter Areas

Scotland is divided up into three areas for junior development – East, West and North – and an inter area weekend long competition (relay and individual) is held every Autumn. Again, your club can provide future details of training and competing within your area.

The Scottish 6 Days

The Scottish 6 Days is a biennial week-long orienteering competition that takes place in early August in odd years. Thousands of people come from all over the world to compete (in a rather laid-back fashion), many staying in the specially arranged event campsite, and enjoying a variety of social activities during the evenings. The Scottish 6 Days 2019 will be based around the Perthshire village of Comrie on 28th July – 3rd August.

This is just a rough guide, but I hope it gives you a few ideas of where to let orienteering take you next. If you would like additional information about these, or any other, events, please speak with your club leaders. If you feel ready to expand your orienteering event horizons, you will find Scottish events here:

<http://www.scottish-orienteering.org/events/fixtures-results/>

2019 btoSOUL series

This year’s series is now in place and will consist of the following ten events. The best 5 scores will count toward the final league positions:

Once again, we are indebted to bto Solicitors for their ongoing support of the SOUL series.

The 2019 series commenced with what is now a rather traditional first event, EUOC’s Edinburgh City race, part of their Big Weekend series. Due to the 2022 WOC embargos, the race was held in the West of the City which gave many competitors the opportunity to visit some new areas, including the 3-dimensional Festival Square area and the twists and turns of Dean Village.

Date	Club	Event Venue
26th January	EUOC	Edinburgh West
3rd February	ESOC	Broxburn (Scottish Sprint Champs)
23rd February	GRAMP	Cove
24th March	KFO	Dunfermline
13th April	MA	Falkland (TBC)
2nd June	ESOC	S. Queensferry
22nd June	MA	Bo’Ness
31st July	MA	Crieff/Macrosty Park (6-Days Rest Day)
29th September	INVOC	Nairn
27th October	CLYDE	Ersuline

Although numbers were down on last year, the event still attracted a sizeable field of over 200 participants. In the afternoon the prizegiving for the 2018 series was held with JWOC Silver medallist Matt Fellbaum handing out the trophies and prizes.

A week later the series moved westwards with the ESOC event in Uphall,

held in conjunction with the Scottish Sprint Championships. The SOUL format was one of two separate sprint races, with the combined times from both legs determining positions for league points. Entry numbers this year were substantially up on the equivalent event last year. Will this be the pattern for this year’s btoSOUL series?



Photo credit: Steve Rush

2022 Sprint World Orienteering Championships Coming to Edinburgh

I AM DELIGHTED to be taking on the role of Technical Director for the Sprint World Orienteering Championships in Edinburgh in 2022. Having taken part in thirteen World Orienteering Championships (as well as countless other international and high-level races), and with a background in Sports Event Management, I feel I am well qualified to be a part of the organising team for this event.



My role will be concerned with making sure that the 'technical' aspects of the event - that is the 'on-course' aspects such as map and course quality - are at an appropriate level. I will work together with the Event Director, Assistant Event Director, Senior Event Advisers, National Controller and the planning team to ensure that the technical requirements are met and that the athletes are presented with some interesting, challenging and fair courses. I will also liaise with the IT team, the Arena team and the TV/Media team to ensure that the event can be presented in a way that is exciting, but that does not compromise the athlete experience.

So far, I have been involved with two visits by International Orienteering Federation representatives, the first as part of the bid evaluation process, and the second introducing Edinburgh to the Senior Event Adviser who will be responsible for representing the IOF organisation during the World Championships.. I also took part in the High Level Event Seminar in Prague in early February, where approximately seventy people, many involved with organising upcoming major orienteering events such as WOC 2019-2022, met to discuss the organisation of High Level orienteering events and to share best practices. This was a good opportunity to realise the scale of the task facing us, particularly with the increasing



requirements to present the sport in a suitable way for live television and streaming!

In the near future we will be looking to get new maps made of all the WOC 2022 terrains, as well as starting to get a team of course planners together.

Personally, I am now coordinating Scottish Spring and Sprint Scotland for Masterplan Adventure, although I have had to step down from my role as the SOA Performance Director.

Scottish Sprint Championships 2019

THE SCOTTISH SPRINT Championships were planned by ESOC for Sunday 3rd March to follow the Night Championships and provide a full weekend of orienteering. After the Night Championships, where we ran on frozen sand under the stars, listening to the crashing of the waves, Uphall provided a complete contrast of venue.

Uphall has had a varied history – from rural farming through mining as oil shale was discovered, and now as an Edinburgh commuter town – that is reflected in the terrain.

There were two separate races on the day: the morning race in Uphall North was the Scottish Sprint Championships, and an afternoon race in Uphall South. The times for the two races were added together to provide results for the SOUL series, but as there was a timed-out road crossing in the afternoon, it was felt that this race was not suitable for deciding the Scottish Championships.

The Uphall Community Centre provided a fantastic warm assembly, and the boys from Heriot's School offered hot drinks and cakes to help fund their forthcoming trip to the World Schools in Estonia. The start and finish were literally on the doorstep of the Centre, which had a playpark for those younger competitors who still had energy to burn – the top of the climbing frame was apparently a great viewing platform.

The Championship courses headed straight out into residential areas, with fast running and some complex areas. The area was bordered by woodland, and most courses ventured into the fringes of this to ensure competitors paid attention to the change of terrain. The planner, Roger Scrutton, commented that 'The area presented a challenge for classic sprint because of significant areas of urban as opposed to sprint terrain, so the focus was on route-choice legs.'

The last control was an interesting tripod constructed from green stakes with a kite hanging from it over the top

of a tree stump. For those who were paying attention, the control description was a tree! Roger had had to improvise on the morning of the event when he found the tree had been chopped down by the local Council immediately before the event. Well done to Roger for inspired last minute 'tree' building as well as great course planning.

The weather forecast for the Sunday had promised frost, but there were also some small patches of frozen snow and a light sleet flurry before the starts, meaning that the ground was slippery, particularly in some of the shady alleyways and stairs, although luckily no injuries were reported. A few hardy (foolish?) souls ventured out in shorts and vests – but gloves were the order of the day for most.

There were 172 orienteers competing from all over Scotland – as well as some from South of the border – and prizes were distributed across nine different clubs. Congratulations to Kirstin Maxwell (RR) and Jonny Crickmore (EUOC) who were awarded the Scottish Sprint Championship Trophies. There were certificates and rulers as mementos for all other class winners. There were some very close results, particularly in the M60 with Keith Tonkin (BL) and Gary Longhurst (FVO) drawing, with Gary taking the title as Keith could claim no Scottish links. It was great to see a full range of ages present with Jim Clark (ESOC) winning the M80 and Robbie Martin (age 7) winning the M10. Special mention has to go to Sheila Strain (ELO) who won the W70 – making it the third year in a row she has been Scottish Sprint Champion.

Scottish Night Championships 2019

THE SCOTTISH NIGHT Championships 2019, hosted by Interløpers, were held on 2nd February in the John Muir Country Park near Dunbar in East Lothian. The event had been brought forward a week from the original date in the fixture list so that timings would be around low tide – this allowed more straightforward access to the delights of Spike Island, a long ridge of dunes separated from the forested area of Hedderwick Hill Plantation by a salt marsh (out of bounds, except for crossing points at either end).

Named for the spiky marram grass covering the dunes, Spike Island was formed close to one hundred years ago. On top of the leg-tickling experience of running through marram grass and plentiful trip hazards in the form of rabbit burrows, its dunes offer orienteers intricate contour detail (mapped by Godfrey Beddard of ELO) to a background soundtrack of waves crashing on the shore.

The 130 competitors were treated to a perfect winter evening, with clear skies, crisp conditions underfoot, and, when out in the open areas, a bracing but not overly-strong breeze. All courses began in the forest, providing fast terrain (some bramble patches excepted) and relatively simple navigation as a warm-up. All courses except the Novice course then crossed over to Spike Island, before returning to the forest for the finale.

East Links Family Park kindly opened its café to provide soup and cakes, as well as shelter for the download, and while the results were analysed to

identify the Scottish 2019 Night Champions. The race for the M21 title proved closest, with the splits revealing that the lead changed hands many times over the course. In the end Jonathan Crickmore (EUOC) secured the win with an 11 second lead over Mark Nixon (FVO). Other particularly close finishes included W55, where Hazel Dean (FVO) won by 19 seconds over Ann Haley (INT); and M50, where 37 seconds separated the winner Steve Wilson (CLYDE) from Ben Stansfield (FVO).

Fastest female overall and W20 champion was Laura King (EUOC), with EUOC team-mate Sarah Jones taking the W21 trophy. Janine Inman (FVO) marked her return to competition by taking the W40 title, with a strong 4th place finish overall on course 3, the fastest time for which was recorded by Ben Brown (M18, ESOC). Maja Robertson (W14, ESOC) made short work of the Novice course in 10 mins 38 seconds, and looks more than ready for a step up for next year's event.

The full set of class winners are shown in the following table, and full results and splits can be found at

http://www.rstrain.ndtilda.co.uk/results_19/int_snc/

Thanks from the Organiser, Paul Caban, and myself as Planner, go to our Interløpers club-mates who helped with duties on the day including some late-night control collection; thanks, also, to Godfrey Beddard, Trina Rogerson and Robin Strain from ELO for substantial help with map updates, permissions and results respectively, as well as much helpful advice regarding the area.

Class	Name	Club	Trophy	Class	Name	Club	Trophy
M16	Jamie Goddard	FVO	M Junior	W16	Rachel Brown	ESOC	W Junior
M18	Ben Brown	ESOC	M Intermediate	W18	Eilidh Campbell	MAROC	W Intermediate
M20	Alastair Thomas	EUOC		W20	Laura King	EUOC	W Open
M21	Jonathan Crickmore	EUOC	M Open	W21	Sarah Jones	ESOC	
M35	<i>no award</i>			W35	Jane Chisholm	BASOC	
M40	Will Hensman	FVO		W40	Janine Inman	FVO	W Veteran
M45	Roger Goddard	FVO	M Veteran	W45	Rachel Kirkland	INT	
M50	Steve Wilson	CLYDE		W50	Judy Bell	ESOC	
M55	Dave Robertson	CLYDE	M Supervet	W55	Hazel Dean	FVO	W Supervet
M60	Gary Longhurst	FVO		W60	Christine Patterson	CLYDE	
M65	Alan Halliday	MOR	M Ultravet	W65	<i>no award</i>		
M70	Phil Smithard	KFO		W70	Trish Carmichael	TINTO	
M75	Ian Pyrah	ESOC		W75	Eleanor Pyrah	ESOC	W Ultravet

2019 British Night Orienteering Championships, Muir of Dinnet, Deeside

RECORD TEMPERATURES and a beautiful clear evening greeted some 300 competitors at the **British Night Orienteering Championships** at Muir of Dinnet. With courses between 10.9km to 2.9km, all but one course was shorter than the previous year's championships – however, it was always going to be the testing terrain, rather than distance, that would challenge the orienteering ability of even the most experienced of orienteers.

The terrain and size of the Muir of Dinnet area meant most courses were able to incorporate a mix of steep slopes, fast runnable forest, slower heather-clad hillside, large rock and intricate contour detail. The sheer variety of terrain surely makes the area one of the best and most challenging areas in the country, with all courses crossing the 'Muir,' the lower lying moorland east of the B9119, which can be bewildering at night and very difficult to relocate on if focus is lost.

In the end, Graham Gristwood showed an amazing return to fitness by navigating round the men's elite course in 70 minutes while Fay Walsh took women's elite in 1 hour 21 – the best still rising to the top on most courses. Some competitors were out for a long time, as I expected given the complexities of night orienteering in this area, but I do hope on reflection that all found it an enjoyable challenge on a lovely evening.

I very much appreciate those who have posted routes on Routegadget, showing a wide variation in routes, particularly on some of the long legs; it really was a pleasure to plan here. Still a relatively new area and not overused, I had free reign to plan some devious courses, only kept in check by the guidelines and Controller Richard Oxlade. Muir of Dinnet also has some sensitive areas due to fragile marshes and capercaillie, meaning some areas had to be marked out-of-bounds in consultation with SNH, and it's unlikely that anything larger than a British Night Champs would ever be allowed to be held here. So, it was a real treat indeed to be able to use it on this occasion with dry, warm conditions, and bracken and undergrowth mostly down.

Very civilised indoor registration meant a 2km(ish) walk/jog to the start, which I hope most found worth the effort, and a pleasant venue for pizza, hot drinks and prizegiving afterwards. Thanks as ever to all volunteers who allowed this to happen, as well as Richard and organiser Jon Musgrave.

2019 British Night Orienteering Championships Winners

Saturday 23 March
Hosted by MAROC

Class	Name	Club
M16	Adam Conway	GO
M18	Matthew Gooch	MAROC
M20	Joe Wright	EUOC
M21	Graham Gristwood	FVO
M35	Duncan Grassie	AROS
M40	Will Hensman	FVO
M45	Roger Goddard	FVO
M50	Ben Stansfield	FVO
M55	David Robertson	CLYDE
M60	Roger Coombs	MAROC
M65	Michael Napier	NOC
M70	Andy Tivendale	MAROC
M75	Ian Pyrah	ESOC
M80	Arthur Boyt	DEVON
W16	Anna Harris	DEE
W18	Eilidh Campbell	MAROC
W20	Niamh Hunter	WCOC
W21	Fay Walsh	EUOC
W35	Jane Chisholm	BASOC
W40	Janine Inman	FVO
W45	Amanda Crawshaw	SYO
W50	Sarah Dunn	MAROC
W55	Charlotte Somers-Cocks	LOC
W60	Maggie Scrugham	ESOC
W65	Janice Nisbet	ESOC
W70	Miriam Rosen	SROC
W75	Eleanor Pyrah	ESOC

Edinburgh University Orienteering Club's Big Weekend 2019

EUOC'S BIG WEEKEND 2019 was another great success! Over 600 of you flocked to the city of Edinburgh for three fantastic days of racing. The WOC 2022 embargo did not stop us putting on some great, technically challenging courses that took you into some parts of Edinburgh that the Big Weekend had never visited before.

Friday evening saw many competitors fighting with the night around Calton Hill thanks to Sasha Chepelin's devious planning. I hope you all got the chance to take in the city's lights from this fantastic vantage point as well as the light display that was conveniently being held on the columns of The National Monument of Scotland.

Saturday's assembly was based in a new venue, The Dean, which I'm sure you'll all agree was a fabulous building. Thanks again to Jonathan Molloy and Erskine Stewart's Melville Schools for giving us access. This put us in the perfect location to get the best out of the Dean Village and West End area. Callum White did a stellar job of trying to disorientate runners in the labyrinth that is Dean Village, with some courses visiting it twice at two different map scales, then there were the different levels at the exchange! Those who assumed they knew it too well, and didn't pay attention to the map extracts carefully put together in the final details, fell into the trap of the building works that added another dimension to the already complex levels. Thanks also go to The National

Gallery of Scotland for allowing us to locate the start in their grounds, which was essential to planning junior courses that avoided main roads but still got to experience the complexity of Dean Village.

Burns Night was celebrated the only way we know how, with a lively ceilidh courtesy of Kylestrom Ceilidh Band and a fudge-filled prize-giving thanks to our sponsors, Fudge Kitchen Edinburgh. The Haggis was addressed by EUOC's very own Daniel Stansfield before being shared with all our hungry guests.

We returned to Holyrood Park for the last day of racing. Emma Wilson put on some fantastic courses that made the most of the very enjoyable but windy Arthur's Seat. Competitors were challenged by some cracking route choices which were interspersed with sections of weaving in and out of the gorse on Whinny Hill, as well as some good healthy doses of climb.

Thanks go to our captain Tim Morgan for helping out with anything and everything, our big white van man, Mr. Ali Masson, for driving around Edinburgh all weekend with a semi-swollen knee. Thank you to ESOC and Interlopers for



Photo credit: Lindsey King

allowing us to borrow all the necessary equipment to run the event, and of course, Robin and Sheila Strain for all their SI wizardry and help year after year. We really couldn't put on an event like this without you. I'd also like to mention all the members of Edinburgh University Orienteering Club who braved the cold to hang controls, help Robin with download, man the enquiries tent or run the start. You all helped make this event happen and I'm sure you'll benefit from the weekend's profits through our all our training trips.

Thank you to everyone who came to support EUOC's Big Weekend. We hope you had a wonderful weekend in what is probably the best city in Britain, and have already begun planning next year's trip!

Scottish Spring 13th-14th April 2019



MASTERPLAN ADVENTURE IS delighted to welcome everyone to a weekend of high-quality orienteering in Fife this spring as part of the UK Elite Orienteering League. The races will include a middle distance on an updated Tenstmuir South map, a sprint race on a new map of Falkland with courses going into the National Trust-owned Falkland Palace and Gardens, and a Scottish Orienteering League event on a never-before-used area called Falkland Estate, which includes part of ESOC's West Lomond map.

The weekend of events is being put on by members and friends of Scottish Elite Development Squad (SEDS), Scottish Junior Orienteering Squad (ScotJOS) and Masterplan Adventure, and we are grateful to Kingdom of Fife Orienteers and Edinburgh Southern Orienteering Club for the use of their maps and terrains. Proceeds from the events will go toward supporting ScotJOS and SEDS activities. We would appreciate any offers to help at the weekend – this could be as little as doing a shift on the start or car parking. Please email info@scottishspring.uk if you are able to help on any of the events, but especially at the SOL. Full details and entries at

www.scottishspring.uk

We are pleased to announce that these events are being supported by both the Orienteering Foundation and The National Lottery Community Fund.

Masterplan Adventure have recently received funding from both towards (amongst other things) orienteering map production in Fife.

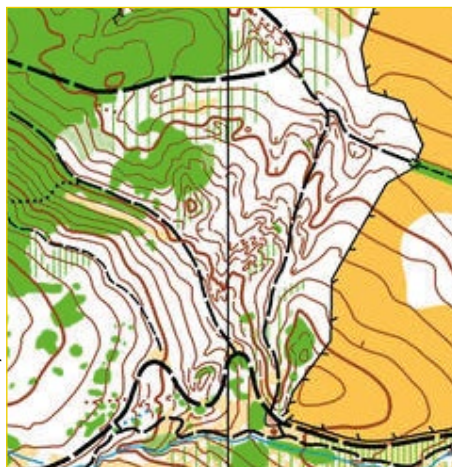


Photo credit: KFO/ESOC



Photo credit: MA

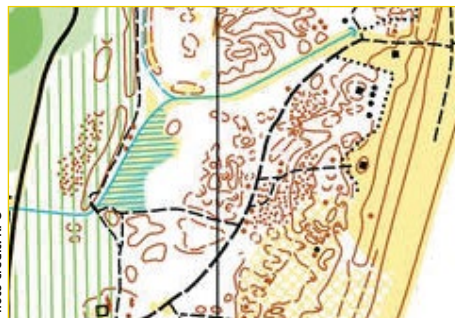


Photo credit: KFO

Scottish Orienteers Take On Marmot Dark Mountains™

Marmot Dark Mountains™ takes the classic two-day mountain marathon format and gives it a dark twist: rather than two days of running with an overnight camp in between, we pack everything into one winter's night!

This challenging event takes place on the last weekend of January each year (25-26th January in 2020) and, like most regular mountain marathons, is a pairs event. The event is based on a mountain marathon format, with Elite, A, B, C, Long and Short Score courses. In 2019, Marmot Dark Mountains took place in the Eastern fells of the Lake District with the stunning Lowther Castle as the event centre.

Starting on the Saturday evening, the longest courses set off first for dusk-to-dawn racing. The shorter courses set off later in the evening with the aim of most competitors finishing within an hour or so of each other the following Sunday morning. This makes for an exciting finale as all the competitors converge on the finish as dawn breaks.

Scottish orienteers Elaine Gillies and Davie Frame from Perthshire, both members of the Tayside Orienteering Club, took part in the new medium score course. We caught up with them the morning after to find out what they thought.

'It is the ultimate challenge. There were so many different factors involved: the winter, the darkness, the uncertain conditions. Your navigation has to be spot on; pacing, timings, accurate bearings, thinking all the time and planning the route, you use different senses, feeling the terrain. If you think your navigation is good, then come and find out! It will push you out of your comfort zone.'

'We were quite happy to plod around at a steady pace, focusing on making our navigation as accurate as possible. The score courses are great as you can do as much or as little as you like.'

Nerves and the excitement at the start meant that Elaine and Davie set off a little too fast and it took them a few controls to settle down. The conditions were tough, with rain and snow throughout the night, however, a highlight

moment was when the blizzard conditions lifted, the skies cleared, the stars came out and they spotted two big planets high up in the sky, with the sun coming up some time after.

They enjoyed the lovely atmosphere at the event centre with a team of friendly volunteers cheering on the participants as they departed and returned from their night of adventure. The hot breakfast served upon finishing was also really appreciated.

Other factors which added to the experience were the high quality and durable maps supplied which they found to be clear, easy to read and lasted the night well. The GPS tracking was also great for friends and family to follow them on their adventure.

Jon Musgrave and Sarah Dunn from Deeside, and members of the Mar Orienteering Club, were the overall winners of the B course. They first attended Marmot Dark Mountains in 2018 as a 50th birthday challenge for Sarah. They weren't sure what to expect as their last mountain marathon 10 years previously hadn't gone quite so well, but three hours in Jon realised, 'Actually I'm quite enjoying this!' When asked why, he suggested that it was down to trying something new, a different and challenging experience.

Full results for the 2019 Dark Mountain race can be found here:

<http://www.marmot-dark-mountains.com/results/2019-results/>

The next events in the 2019 British Mountain Marathon Championship: the all new Scottish Mountain Marathon & ROC Mountain Marathon.

If you're keen to take on a new mountain challenge, more information can be found here:

<http://www.oureaevents.com/events/>

A Tribute to Terry O'Brien, 2019 Medallist of the Order of the British Empire

WHEN THE QUEEN'S New Years Honours List was published at the end of December, a name familiar to most, if not all, in Scottish Orienteering, as well as many further afield, appeared.

Some may not have instantly recognised the 'Sunday' name – an ironic phrase, really, considering when most orienteers meet him – of Terence John O'Brien. However, Terry's dedication and hard work over nearly 40 years certainly make him a most deserving recipient of this token of recognition.

Where to begin and what to include in this short resume?

Terry was born in the East End of Glasgow and has never really moved that far from his very grounded roots, which goes a long way to explaining his passion for his City and those who live there.

On leaving St. Gregory's Secondary School for the Scottish School of Physical Education at Jordanhill College as a volleyball player, he was soon to discover the new activity of Orienteering. As chance would have it, WOC '76 was held in Scotland the week before he began his PE course and lecturers Jim Rand (then chair of BOF coaching) and Tom Renfrew, who would go on to hold the same post in the late 80's, persuaded the College to commit every Tuesday in the first term to Orienteering. These early exposures to Pollok, Erskine and Mugdock piqued Terry's interest, then, in his third year, Orienteering was offered as a minor choice along with the Hill Craft he had selected as his major. How different Scottish Orienteering might have been if they had allowed him his first option of Skiing. Prior to his final exams in 1980, Terry found himself as general helper to the planner of the JK Relays, Jim Rand.

On leaving College with his BEd (Hons) in Physical Education and Human Movement, Terry settled into St Andrew's Secondary School



in Carntyne – a stone's throw from home, and yes, that's where the name STAG stems from! Terry quickly established a thriving school club that travelled to the few local events on offer, but, as you can imagine, growing a previously unknown sport where people get lost in the woods wearing their pyjamas to the good folk of the East End of Glasgow was no easy task.

There were plenty of people who said he was wasting his time, and that changing from a School Club to a Sports Club for purely pragmatic reasons wouldn't work. Not for the last time Terry proved the doubters wrong! In those early days helpers were few and far between, and Terry began to develop leadership amongst the pupils, and roped in his long suffering parents and siblings, for although they were totally baffled by his 'obsession,' they were always supportive as the growing amount of O gear

appeared in their hallway. One honourable exception was another teacher in the school who Terry helped to organise the Duke of Edinburgh group - Ann Davidson. For several years Ann was 'Transport Manager in Chief' as SAOC (Glasgow) began going further afield to JK and British Champs.

Progress was swift as Tollcross Park became the first map in 1982, Gareth Bryan-Jones controlled the first open event at Glencryan in 1984, and the fledgling club helped with the event centre for Tayside '85 based at Glasgow's Faskally Outdoor Centre at Pitlochry. Over the years Terry has been responsible for the mapping of Glasgow's primary and secondary schools and West Dunbartonshire's primaries, creating in excess of 200 maps.

In the middle of this began a little event for Glasgow schools. May 1983 at Tollcross a couple of hundred pupils were brought along by their teachers. No one could have predicted that from this small acorn would grow the great oak of the Glasgow ZOORIENTEERING, masterminded by Jimmy Reid and Terry. In 1996 possibly the largest single-day orienteering event ever held in the UK saw 3,600 pupils compete around the camels and tigers, organised by Terry and STAG's junior membership. Over the years there were over 40,000 zoo runs!

Another year of note was 1987. In February, SAOC Glasgow hosted the first event at Lanark Country Park attended by 600 competitors, on a map drawn by Terry, and was later the basis for founding TINTO; in March they hosted the Scottish Schools Championships, then in late autumn the club's abbreviation changed to the now-very-familiar STAG. Since then STAG have hosted thirteen SOLs, two VHIs, two JHIs, two BSOCs and hundreds of local events.

In 1994 Terry became Hon President of STAG with ongoing responsibility for development and mapping.

Innovation has always been the name of the game for Terry – how else do you have a countryside sport flourish in an urban setting – remember Urban O is a very recent development. The Zoo O was a perfect example. Here are some others:

No shelter for an event? No problem, get your Dad (who worked for SPTE) to hire a double-decker bus, drive it to Strathclyde Country Park,

and register downstairs and do results on the top deck.

Club nights have been integral to the success of STAG, and these have used schools, sports centres, very small mapped areas and an annual week at an outdoor centre to keep interest and build a team.

How to utilise the success of the World Park Tour race at Kelvingrove Park (controlled by Terry): start the three events in one day. Glasgow Parks Championships 2018 saw the 20th Anniversary of this event.

Embrace Urban O – map the whole of Cumbernauld, Strathaven, Glasgow City Centre and soon Kirkintilloch and East Kilbride – not a bad start.

Nowhere to store the club equipment? When the family move house bag the room with the hatch to the loft, when that's too small clear the garden and get a shed, and when you finally move into your own home make sure that the garage is huge and never put your car in it. Simple!

Need to raise your profile? Wholeheartedly support the various Glasgow promotion campaigns. Those who have been around for a while will remember all those Mr. Happys of the Glasgow Smiles Better Campaign on the O suits.

No chance of hosting major forest events in your home area? Utilise Glasgow's links with Perthshire via Faskally Outdoor Centre to map and use Faskally, Leachdann Tom Na Croich, Errochty, Dalnamein.

Making orienteering available as and when needed – after years of protracted negotiations with sportscotland, Terry secured a Lottery grant of £75,000 to put in place Glasgow's permanent course network.

Terry has done the lot. On top of his STAG commitments, he has held nearly every SOA post apart from President, remains West Area Co-ordinator and Secretary, Scottish Schools' Secretary, Technical Co-ordinator for the World Schools in 2008 and is currently Co-ordinator for Strathearn 2019. Not bad for a guy who is happiest out in the field planning, controlling, mapping, organising, coaching, and, when these commitments allow, competing (Terry won the M45S at the British Championships at Simonside in 2004).

He would be the first to tell you that it has >>

been a team effort and name Bernie Lafferty, Jackie Riley, Neil Black, Jimmy Reid, Graham McFadyen, Pauline McAdam, Gerry Thomson, John McKendrick and many others as major influences/workers in his many projects. But they, along with myself, would have to credit Terry for us ever being involved in the sport at all!

This has only been a sampling of the work Terry has done on behalf of orienteering. From bottom to top, very little of what we do today in Scottish Orienteering has not been

influenced by him for the better. Until now the only tangible recognition he has received from within our sport was in 1994 when he accepted the Silva Award in recognition of his work in grassroots orienteering, and it's a pleasure to see that he's now being recognised with a well-deserved British Empire Medal.

Look out world, all of this has been achieved while holding down a full-time job – by the time you read this Terry will have retired, and heaven knows what he has planned for all the extra time!

Tick Project Update

Rita Ribeiro, PhD student, Scotland's Rural College and Royal (Dick) School of Veterinary Studies, University of Edinburgh, and Dr. Harriet Auty, Veterinary Epidemiologist, Scotland's Rural College.

Greetings to the orienteering community!

After a winter break, the TickApp project is starting again! Starting from 1st March 2019 the TickApp website will be active for data reporting.

TickApp is a citizen science project that aims to estimate people's risk of exposure to ticks in Scotland. The TickApp project would like to again thank the orienteering community for your dedication and effort last year in submitting reports on your outdoor activities, and recording whether you saw ticks or not. Between June and October 2018 the TickApp website received a total of 808 reports. The reports cover a range of activities, including running, walking, biking, camping, and of course, orienteering; this included activities reported by individuals, as well as outdoor centres reporting on group activities. Out of a total of 808 reports, 16% of reports included ticks, with a reported total of 446 ticks. Out of these, orienteers made 169 reports, with a total of 215 ticks reported. Preliminary results of the Tick Project 2018 are now online and can be seen at:

https://epidemiology.sruc.ac.uk/projects/lyme_disease_risk/results

(please note that it is best launched with something other than Explorer).

At this stage, the results should be interpreted with caution because they have not undergone any analyses to disentangle the multiple factors that influence tick exposure. Definitive results will be only presented at the end of the project.

Last year the TickApp project also collected tick data at several orienteering events. The objective was to compare the number of ticks collected using survey transects with the number of ticks reported by people after running in the same area, and the data will be used to assess whether citizen science can give robust information on the risk of ticks and tick bites. We attended three competitions in 2018, so the results are only preliminary, but this year we will be attending more events. We are looking forward to seeing you again!

Finally, we hope to count on your help in 2019 too – if you have already registered with TickApp, please use your current login details and begin submitting your activities after 1st March.

If you are a new volunteer who would like to participate, you can contact the project at

tick.project@sruc.ac.uk

for a username and password for the website for recording activities and tick sightings or for more information.

Scottish Schools' Orienteering Festival 2019

WE ARE DELIGHTED to confirm the details for the Scottish Schools' Orienteering Festival in 2019.

The Festival will make a very welcome return to Hopetoun House, South Queensferry on Friday 7th June, with start times being offered from 1015-1215 pm.

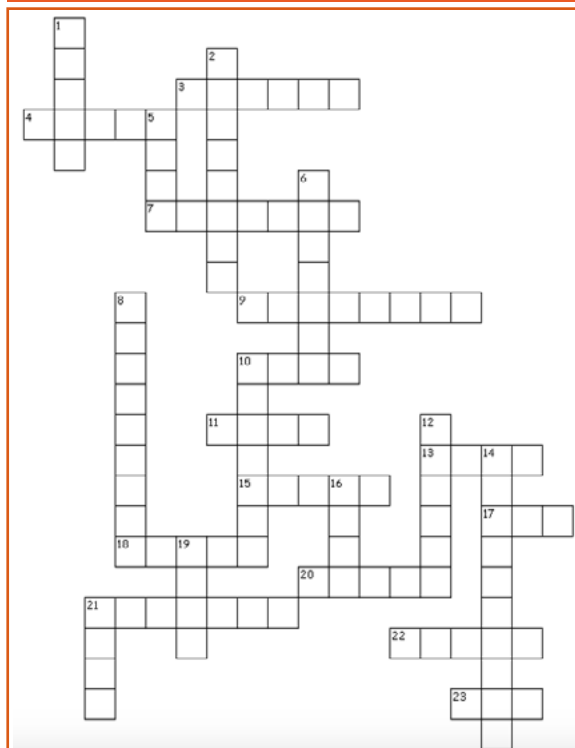
This area was last used for the Festival in 2013, when we enjoyed both excellent weather and competition. We are also delighted to have the same planner and

organiser - Katy Lessells and new organiser Ann Thom, both from ESOC. Hopetoun proved to be a very user-friendly area overlooking the Forth estuary and bridges when it was last used.

Hopetoun has a tearoom and plenty of space for picnics. Further information and entry details will be posted on the SSOA website in April. In the meantime, any urgent enquiries should be made to

info@ssoa.org.uk

IOF pictorial descriptions crossword puzzle



How well do you know your pictorial descriptions?

The clues for the puzzle are the symbols which are used in IOF pictorial descriptions. Some tell you about the feature and others describe where the control kite would be located.

ACROSS

3

7

10

13

17

20

22

DOWN

1

5

8

12

15

18

21



www.solwayorienteers.co.uk

SEE NEXT ISSUE OF SCORE FOR ANSWERS

Get Up to Speed

'GET UP TO SPEED' is a series of five-minute videos designed to help new orienteers progress successfully onto more technical courses. The videos are produced by my club, South London Orienteers (SLOW), with each presented by a different GB team orienteer. The series is hosted on the SLOW YouTube channel, and can also be found on our Facebook page.

Planning and making the films took several months, however, the starting point for the project was early in 2017 in the assembly field for the British Relay Championships. I had begun to take an unofficial interest in how the funding changes might affect an athlete's ability to take part in GB teams (my son Ralph Street is in the GB team, so I was aware of considerable costs involved in competing at International level). I spent time talking to people to see what they thought about the GB team; I found there was a lot of goodwill and interest but one point frequently made was that we could make more use of their expertise to help develop orienteering.

One of the seeds sown there grew into the independent 'On the Red Line' website, launched a year later, aiming to make it easier to 'follow the GB orienteers,' to get to know them as athletes and to understand some of the commitment and work that goes into any world class performance. A second seed, how we could involve GB athletes in the development of orienteering, fitted well with my own development role within SLOW.

As with many orienteering clubs, SLOW are continually looking at ways to encourage people, particularly juniors, to try our sport. We put on many urban events, the London City race, a great summer park series, and map lots of London schools. However, if someone's experience is mainly parkland and

streets, orienteering in a forest is a bigger step. As a general trend, juniors do the yellow courses, but seemingly when they try orange and light green, there is a falling away.

I felt we could bring the experience of forest orienteering to the junior or the newcomer with short films presented by GB athletes, with each film focussing on one orienteering technique. We could then run simple 'coaching at the event' sessions, showing the film to juniors prior to the race, (or ask them to come having already watched it) and then get feedback afterwards. The films could reinforce coaching they'd already, or introduce a new technique.

To finance the project, I got a small grant from Sport England. To deliver the project, I created a small team from SLOW, and recruited two experienced coaches, Angela Darley (Guildford) and Mel Elkington (Octavian Droobers). We agreed eight key topics, and the sort of coaching points to include. I was fortunate that Katherine Bett (Southern Navigators) was able to be involved; her filming and editing skills – Katherine edited all the films - were a wonderful help.

The plan initially was for athletes to film in and around South East England, and share in the overall planning. But as we started, it seemed much better to involve each athlete in 'their' topic, to devise content around their expertise, and for them to plan how this might

work where they had access to a local map. The advantage of this was that we could show a wider selection of terrain in the films. This worked very well for the video on contours, as we were able to film at Tentsmuir, an ideal area, thanks to Kingdom of Fife Orienteers for access.

I was very keen that the videos show orienteering as a competitive sport, and also something at which we can all do better. The coaching advice and vocabulary is about seeing where time can be saved with a good route choice, or by using an attack point, finding controls cleanly with strong use of compass and orientating the map, executing plans such as aiming off on a line feature or picking out key features. I also wanted to show what the athletes might be thinking about as they ran and what are they looking for in the terrain. So, when the athlete is on the route, we either have a map insert to see the route taken, or their commentary, so we understand how they are approaching each part of the leg – what do they ignore, what features do they pick up, and so on.

We also wanted to keep the films to about five minutes, short enough to watch on a phone or tablet. Generally, there was time to cover up to three examples as well as do the introduction and wrap up.

All of this meant the content was quite packed and the approach pacey, so there wasn't much time to stop and explain all the terminology. The solution was to create a companion film covering the basics, and we were delighted to have Graham Gristwood front this one. It is a stand-alone video, but also one that complements the 'Get Up to Speed' series. SLOW have already had some newcomers at events as a result of



Photo credit: Sarah Brown



KRIS JONES

watching this film.

I came to Scotland to film Kris Jones and Graham Gristwood, luckily finding a December weekend when they were both free. I crossed my fingers about the weather, thinking it can't possibly rain solidly for two days, but I did have quite a panic as we landed in thick low cloud in Edinburgh. The skies cleared as we drove north, and we had a wonderful still day for Kris explaining intricate contours at Tentsmuir. On the following day, Graham met us at Barr Wood and, ironically, the main problem was too much sun!

I hope the 'Get Up to Speed' series of eight videos, along with Graham's introductory film, will be used widely for coaching sessions and to encourage juniors, as well as helping us appreciate the skills within the GB team. As a bonus, Scottish woodland bathed in winter sunshine is a great advertisement for getting out into terrain and attracting new orienteers into our wonderful sport.

The video series can be found here:

<https://www.youtube.com/channel/UCvu61kqsjMF9AiQKzNZB0iw>

If you would like further information about this, please feel free to contact me at

sarah@slow.org.uk

International Orienteering Federation (IOF) Control Descriptions

YOU DON'T HAVE to have done much orienteering before you encounter an IOF control description. On first contact they look incomprehensible, but with a little time, practice and experience, all soon becomes clear.

What are course descriptions and why do orienteers need them? Course descriptions are useful as they provide orienteers with essential course information in a succinct and standardised format.

Most events use the pictorial version of a course description, so it is worth starting to get to grips with the system as early as possible as they contain information which clarifies the control location and enables competitors to check that they are at the correct control. Typically course descriptions consist of control number for that course (1, 2, 3 ...), control code (a higher number specific to the control location – see photo where the code is 159) and kite location. Course Descriptions also inform of any crossing points and/or taped routes which may form part of the course.



Written control descriptions tend only to be used at small local events (level D) on shorter courses. Bigger events (level C and upwards) will only use the pictorial system, so learn them now and rest assured that when orienteering abroad you will still be able to understand this useful information.

You can see two examples of course descriptions below – they both contain the same information, but one uses words, and the other the standardised IOF pictorial format. They are usually printed on the map (on a portion not used for the course); however, as most orienteers fold the map when competing to aid navigation, the portion of the map which contains this information may not be readily visible. To overcome this, loose control descriptions are usually also made available, particularly at bigger events. The following is taken from IOF's document 'International Specification for Control Descriptions'

<https://orienteering.sport/iof/resources/mapping/>

Be aware that in some other countries control descriptions are not printed on the maps, so if you are planning overseas orienteering get used to using the separate slips of paper.

IOF Event Example	
M45 M50 W21	
5	7.6 km 210 m
150 m	
1 101	[Pictorial symbols]
2 212	[Pictorial symbols]
3 135	[Pictorial symbols]
4 246	[Pictorial symbols]
5 164	[Pictorial symbols]
120 m	
6 185	[Pictorial symbols]
7 178	[Pictorial symbols]
8 147	[Pictorial symbols]
9 149	[Pictorial symbols]
250 m	

IOF Event Example	
Classes M45 M50 W21	
Course number 5	Length 7.6 km Height climb 210 m
Distance to Start Triangle 150 m	
Start	Road, wall junction
1 101	Narrow marsh bend
2 212	North western boulder, 1m high, east side
3 135	Between thickets
4 246	Middle depression, east part
5 164	Eastern ruin, west side
Follow taped route 120 m away from control	
6 185	Stone wall, ruined, south east corner (outside)
7 178	Spur, north west foot
8 147	Upper cliff, 2m high
9 149	Path crossing
Follow taped route 250 m from last control to finish	

The example to the left contains five different categories of information: the header, location of the start kite, information about each control site, taped routes, if there are any, and the distance from the last control to the finish.

These categories are colour coded over page

- 1) Event name
- 2) Age class
- 3) Course number, length & climb
- 4) Distance from the start box to the start kite

Start kite location

Control descriptions

Taped route

Distance from the last control to the finish.

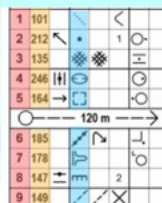
Four of the sections are self evident, while more details for the more complex Control Descriptions section are provided here:

The number order in which controls are to be visited.

Control code

Control feature

Information which helps to describe the location of the control or the feature it is on



To start learning what all those funny little hieroglyphs mean, I suggest that you download a handy list of map symbols and pictorial descriptions which are all on one sheet. You will find this on the Maprunner website, using the middle link 'Control Descriptions' at the following link:

<https://www.maprunner.co.uk/resources/Maprunner-IOF-control-descriptions-2018.pdf>

Initially, concentrate your efforts on learning the feature symbols, e.g. path, knoll, fence, crag wall, re-entrant – as shown in the blue column in the example above (column D on the Maprunner sheet). Please note that while most, but not all, pictorial symbols are similar to the ones on maps, some of them are downright confusing – look at dot knoll and boulder and you will see what I mean.

Some further resources that will help you in your efforts to solve the mystery of IOF pictorial descriptions:

• Pelmanism flashcards:

<http://www.solwayorienteers.co.uk/score/iof.pdf>

The set covers some of the more commonly used feature symbols. When you print them out note that the cards with the symbol and the printed description are the map symbol and the others are the pictorial description. Use them to test your knowledge against your peers.

Online quizzes are an excellent way of developing and testing your knowledge:

• **The Octavian Droobers** have a quiz on their site that offers the option of focussing on different types of features, e.g. land forms, water and marsh features:

<http://www.octavian-droobers.org/index.php/coaching/on-line-quizzes/280-control-description-training>

• **This quiz found on the link below is available in a number of languages:**

<http://www.richtig-orientieren.de/icd/>

Smart Phone resources are an effective way of engaging orienteers who prefer to learn online vs. old-school printed media:

• **Control Aide**, from Wellington Orienteering Club, and available at Google Play '... is made for both emerging orienteers and long-time veterans ... also has a useful index to look up any symbol.' Find it here:

<https://play.google.com/store/apps/developer?id=Wellington+Orienteering+Club>

Now it is time to put your new knowledge to use. Inevitably there will be times when you come across a symbol you are unsure of.

When this happens, don't panic. Just remember that courses are drawn so that the control location is in the centre of the circle. Navigate there and you will find the control.

Introducing the Eades Family

Tell us a bit about yourselves.

We're Lorna, David (Colin), Mairi and Fiona Eades, we are members of Interlopers, and live near Heriot, Scottish Borders.

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

Lorna: 35 years, School orienteering club (Liberton High School, Edinburgh), plus had tried it at school camp in primary school (Dounans Centre, Aberfoyle).

David: 40 years, My Mother taught at Aboyne Academy and was persuaded by other members of staff and enthusiasm of the schoolkids, to try orienteering.

Mairi: 17 years, through parents.

Fiona: 14 years, through parents.

Which clubs have you been a part of?

Lorna: Interlopers, EUOC, Kolding Orienteering Klub (Denmark).

David: MAROC, EUOC, Interlopers.

Mairi: Interlopers, OK Ravinen (Sweden).

Fiona: Interlopers.

What's your clearest early memory of orienteering?

Lorna: Wayfarers course at Glenearn and Berryknowe (now known as Culteuchar-and-Dron which will be Day 4 at this year's Scottish 6 Days).

David: First day of Scottish 6 days Trossachs 79 on Touch, bracken was about a foot above my head, eventually found a girl on the same course who was a lot taller, and who could see above the bracken, and teamed up to get to the finish.

Mairi: 'Small Troll' course at O-Ringen (Salen, Sweden) when I was about 7 years old.

Fiona: Colouring in a Charlie and Lola picture on a string course, plus running ahead of Dad when spotting a control.

What about orienteering has made you stick with it?

Lorna: I love that it takes you to places that you would never get to otherwise (and that most other members of the public will never see).

David: That it's an immensely frustrating but fascinating combination of mental and physical activity, meaning that there's never a perfect run.

Mairi: Friends all over the world, opportunities to

travel – in the last year I have had the opportunity to orienteer in South Africa, Sweden (JROS Stockholm Camp), Finland (Venla, Jukola), China (International Youth Orienteering Training Camp), Australia and New Zealand (with the NZ U23 Development Squad), and the challenging combination of mental and physical.

Fiona: A bit of peer pressure, but I also enjoy learning new things and life skills, and find orienteering does this in a fun way (just as long as it's not too cold or too hot).

How do you train?

Lorna: 3-4 runs weekly including a mixture of Tuesday evening Meadows intervals (the infamous Martin Hyman session), Interloper Thursday evening run (~1 hour/10km) or EUOC's FWTN, some cardio either at home or gym (core and flexibility), Parkrun, Borders XC in the winter, technique training whenever its available but sometimes do my own sessions with map in the spring before the main races.

David: Daily 10 km running or equivalent, mostly at lunch time as an escape from work but also club training. Swimming, Tuesday evening Meadows intervals, Wednesday evening summer events, occasionally the Interloper Thursday evening run, Parkruns.

Mairi: Currently 4-5 runs weekly including Tuesday Martin Hyman interval session, Interloper Thursday club run/EUOC FWTN, Parkrun, Borders XC, 2-hour Lothian springers Trampoline session (good for core and flexibility). Technique sessions at either ScotJOS weekends or other junior training sessions plus if Mum and Dad organise something as part of a weekend run.

Fiona: Not doing much running training as I am growing just now and find running is making my legs sore. However, I do general school PE, Dance (a school subject and a lunchtime club), hockey, occasional cross country and orienteering events.

Have you had any orienteering experiences that made you consider quitting, or do you feel that orienteering challenges have made you more resolved to stick with orienteering?

David: At university, EUOC had a policy that if you 'jacked in your course' for no other reason than you were having a bad day (i.e. throw the towel in/toys out the pram etc.) then you had to buy the rest of the club



THE EADES FAMILY

a pint that evening. My philosophy is that no matter how bad a day you are having (injury/illness apart), you should finish and allow your fellow competitors to have beaten you that day.

What is the most interesting area in which you've orienteered?

Lorna: Probably a toss up between Mount Fuji (Japan, World Cup 2000), forested lava flows with awe inspiring glimpses of Mount Fuji, and Australia (2000 World Cup and 2002 WMOC), crazy rock-strewn maps and wallabies bouncing past.

David: Jicin, Czech Republic. Sandstone pillar terrain, a bit like Urban orienteering in a forest due to the 'street like' nature of the rock formations.

Mairi: South African Nature reserve near Polkwane with giraffes running past, and Chinese Bamboo forests near Nanjing on the 2018 'Belt and Road (B&R) International Youth Orienteering Training Camp,' (organised by Ben Windsor).

Fiona: Must be having a giraffe run behind me in South Africa on Day 1 of the Big 5 O last year.

Do you mentor anyone in your club? Do you coach &/or plan?

David: Due to inability to say "no" I end up planning and controlling two or three times a year.

Lorna: I plan or organise at a couple of local events for Interlopers each year, and do some coaching at ScotJOS and East Area juniors when I can. In the past I have undertaken major roles at WOC2015 (TV liaison) and Scottish 6 Days 2017 (Merchandising).

What is your favourite orienteering area?

Lorna: Czech Sandstone terrain (North of Prague Novy Bohr/Dosky region). They hold an annual Easter 3-Days which is well worth a visit to if you fancy a change from the JK (just remember to pick up your control descriptions from the event arena as they are not on the map!). Closer to home Anagach and Roseisle.

David: France, Bombannes area, pine forested sand dunes (similar to Culbin/Roseisle but with bigger dunes). We both also like some of the Danish Beech forest to the north of Copenhagen (in the spring though before the nettles get growing). UK: Culbin.

If you could sum up, in a few sentences, the benefits that taking part in orienteering has brought to you, what would you say?

As a family we love the lifestyle, and, despite it being essentially an 'individual' sport, it has a great family-friendly social scene. Because of orienteering we have made a global network of lifelong friendships. It's a sport that's very good for your general health and wellbeing; outdoors, green spaces, social, can take it at whatever pace/level of competitiveness/age and many other advantages.

What words of encouragement, or advice, would you give to other orienteers?

If you have only ever orienteered in Scotland or the UK do try to go further afield, you will get to parts of the country well off the tourist track and will meet a friendly group of like-minded people wherever you go. Ask around your club for ideas of where to go, maybe organise a club trip.

THE FIRST TWO ScotJOS training weekends for the 2019 squad took place in November and December 2018.

November's training weekend saw ScotJOS back in Ballater, taking over large parts of the village hall complex and enjoying the technical (and physical) challenges of Deeside – a short MapRun round Ballater on the Friday night was followed by training in Balmoral on Saturday morning, Cambus O'May in the afternoon and then on Sunday morning, after a series of running drills by local sprint super-coach Willie Russell, a quick whiz round and down parts of Pannanich.

GRAMP, EUOC & GB team member Sasha Chapelin joined us and gave an interesting and thought-provoking talk about winter training. Sasha's JWOC results in 2017 were the most consistent ever from a British junior – 5th in the Sprint, 7th in the middle and 7th in the long. His comments and suggestions gave many helpful tips on the sort of training to do over the winter to improve.

In December we again revisited old haunts – Ashfield Village Hall in Dunblane – for a weekend of sprint training in the Central belt. The Friday night-O was an interesting short course round Minewoods, and then Saturday morning was a visit to Hallglen, Falkirk, for a multi-loop exercise planned by Roxburgh Reivers' father-daughter

orienteering duo, Ian and Kirstin Maxwell, that challenged the juniors to focus on their course rather than others. In the afternoon we went to Stirling University for a series of four separate exercises planned by Lewis Taylor, GB elite orienteer and member of Harvey Map Services staff. Each loop challenged different aspects of campus-style sprints.

The groups (14, 16 & 18) all enjoyed this exercise and learnt that there can be a lot of challenge in a TD3 course on open parkland... Sunday was a session in the middle of Stirling City centre which utilised some of the challenges of the 2014 Race-the-Castles event – the route choices were many and formidable, and generated much discussion between the juniors and coaches.

Both weekends could not have happened without help from many people – planners and control hangers, providers of delicious soup, parents helping to cater (for upwards of 40 hungry stomachs), coaches for providing advice and encouragement to the juniors, drivers of minibuses and cars who delivered the juniors to the weekends and transported them to and from each session. The strength of ScotJOS is in this huge support network – many thanks to all.

News in Brief...

ScotJOS encourages juniors and seniors from local clubs to take part in our training weekends, provided they bring their own coaches. This is a way of saying 'thank you' to the clubs for use of their areas and maps by sharing our courses with local club members, and also letting them see ScotJOS in action. It is hoped this will help inspire younger juniors,

and also provide ideas and encouragement to clubs and their coaches to increase the number of training sessions they put on for all club members.

The area junior training schemes that are being developed across Scotland are also part of the plan to increase the amount and variety of training available to orienteers in Scotland.

2019 ISF World Schools Championship Orienteering – Otepää, Estonia

THIS YEAR'S WORLD Schools' Championships in Orienteering (WSCO) will be held between 29 April - 5 May in Estonia. Scotland will be represented by a team of 15 athletes from throughout the country and three coaches. Due to the clash with the start of the SQA exam schedule we have been unable to send any athletes in the older age category and therefore for the first time in many years we will have a complete team of first-time competitors.

The Championships have attracted record interest with 30 countries completing stage 1 and 2 of the ever-more-complicated registration process, and the potential of a start list of around 700 athletes. We will have a bonus day this year, as due to Ryanair schedules, we will fly out to Tallin from Edinburgh on Sunday 28 April and hopefully have the opportunity for a light training session as well as some sightseeing in this Medieval City.

On the Monday we will be transported to the Event Centre at Otepää, which looks to have terrific facilities, to complete our accreditation and settle into our accommodation. The Tuesday offers the opportunity of a model event in terrain similar to the two main competition areas, and then later in the day we will participate in the Opening Ceremony accompanied by our piper Alastair McCartney from Lomond School.

We will have three days of competition,



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with the Long and Middle Distance races being followed by the Friendship Team Event. The Friendship event sees teams of three being selected following the Long races, with a range of abilities and Nationalities being combined to complete what is, in effect, a team score event. Over the years this has been held on a variety of terrains from woodland to urban, and of course in 2008 this race was hosted in Holyrood Park.

In previous years participation in the World Schools has led to further and greater success for our young athletes, and hopefully one or two of this year's crop will go on to compete at a high level as they move through the age groups. What can be guaranteed is that everyone will have a great experience of international competition, and will return home with some great stories and hopefully new friendships.

The Team will have their first opportunity to get together for training on Saturday 16 March, followed by some competitive action at the CompassSport Cup event the following day. Our preparation work for WSCO is being supported by a grant from the Orienteering Foundation.

TEAM SCOTLAND - WSCO 2019

M2 Champion School - George Heriot's School

Angus Ivory
Amius Marshall De'ath
Tomas McDonald
Eunus Rehman
Thomas Thin

W2 Scotland Select

Catriona Chapman, Banchory Academy
Iris MacMillan, Lochgilphead High School
Daisy McNamara, Arran High School
Charlotte Reynolds, Aboyne Academy
Kirsten Robertson, Bearsden Academy

M2 Scotland Select

Adam Barrie, Mearns Academy
Sam Griffin, Aberdeen Grammar
Alastair McCartney, Lomond School
Ewan Musgrave, Aboyne Academy
Jonas Newey, Banchory Academy

Coaching Down Under



I FIRST HEARD about the opportunity to be an orienteering coach in Australia in December 2016, through a Facebook link. I remember deciding instantly that this was exactly what I wanted to do when I finished school. I applied in September 2017, and was offered a scholarship by New South Wales later that month. The application process involves submitting a CV, writing a letter of application, answering a questionnaire and, finally, Skype interviews.

A year later I waved goodbye to my family, pretended to look upset that I was leaving, and boarded my flight. I started my coaching adventure in Adelaide, where I stayed with the NSW schools team for the Australian Champs. I helped coach, transport, feed and generally look after the team whilst also competing for the first time as a W21. It was an exhausting week, but my orienteering

was tested in varied terrain and it was lovely to meet so many people from the Australian orienteering community.

I then drove 1100km to Orange for my first placement. I was kept busy organising and running events for the local club Goldseekers, coaching in schools and scoping out potential new orienteering areas. My other main task whilst there was to map Orange High School; I had never done any mapping before so this was a steep learning curve, but I managed to produce a very useable map. Four lovely families hosted me over the course of my 5-week stay, which meant a lot of moving around but it also meant I got to know lots of the club members well.

My next stop was Sydney, which was a stark contrast to the country town of Orange. I was tasked with organising a weekly training session for competent-advanced orienteers and delivering a



4-week Sporting Schools programme in two schools. In addition to this, I did a bit of mapping, and organised a chasing start sprint event which required a big improvement in my SI knowledge. I had a lot more free time in Sydney, which was fantastic, as it gave me the opportunity to explore the city and spend plenty of time at the beach. The Sydney Xmas 5-Days was on whilst I was there, and I had fun racing a range of urban formats. I was again made to feel very welcome by my three host families, with whom I spent about a month each.

I also made trips to Ballarat in Victoria, and Adelaide in South Australia. The first of these was for a national junior development training camp with 100 people from all over Australia. Although I was coaching on the camp, I also had the chance to do lots of my own training in challenging terrains. The trip to Adelaide was to race Sprint Adelaide which

comprised seven sprint races in four days. I especially enjoyed the knockout sprint as this was my first experience of this format.

After three months in Sydney, it was time for me to travel north to the beach town of Coffs Harbour to spend the final six weeks of my trip. Overall it was an amazing experience, and I've had enough to do without being bored, but also had time to do my own training and explore many different parts of Australia. I would really recommend that any young orienteer apply, and I am happy to speak to anyone who is interested; the official website for the scheme is

<https://scholar.orienteeing.asn.au/>

I have written in more detail about the competitions and training on my blog

<https://gracemolloyorienteeing.wordpress.com/>

2019 Major & National Events – 2nd Quarter

13 April	MA – Scottish Spring Middle Distance & btoSOUL5	Tentsmuir South
13 April	MA – btoSOUL5	Falkland
14 April	MA – CompassPoint SOL3	Falkland
12 May	KFO – CompassPoint SOL4	Aberfoyle
21 May	World Orienteering Day!	Look for an event near you!
25 May	SOLWAY – Scottish Championships – Individuals	Dalbeattie
26 May	SOLWAY – Scottish Championships - Relays	Drumlanrig
2 June	ESOC – btoSOUL6	S. Queensferry
2 June	MOR – Regional & Highland Junior Championships	Culbin
7 June	TINTO – Scottish Schools Orienteering Festival	S. Queensferry
9 June	BASOC – Jamie Stevenson Trophy	Gynack
22-23 June	MA – Sprint Scotland Weekend incl. btoSOUL7	Bo'Ness
28 Jul-3 Aug	Scottish Six Days	Strathearn

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

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

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

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/aberddeenorienteering/>
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/>
MA - MasterPlan Adventure
 • <http://www.masterplanadventure.uk/>
MOR - Moravian Orienteers • Moray, Nairn & Banffshire
 • <http://www.moravianorienteering.org/>
RR - Roxburgh Reivers
 • Scottish Borders • <http://roxburghreivers.org.uk/>
SOLWAY - Solway Orienteers • Dumfries & Galloway
 • <http://www.solwayorienteers.co.uk/index.htm>
STAG - St Andrew's (Glasgow)
 • Glasgow • <http://www.stag-orienteering.co.uk/>
SUOC - Stirling University OC • Stirling University
 • <https://www.facebook.com/StirUniOrienteering/>
TAY - Tayside Orienteers • Dundee, Perthshire & Angus
 • <https://www.taysideorienteers.org.uk/>
TINTO - Tinto OC • Lanarkshire
 • <http://www.tintoorienteers.org/home/>



Compass Point Scottish Orienteering League 2019

www.scottish-orienteeing.org/sol

www.compasspoint-online.co.uk



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✓	SOL1	24 Feb	MAROC	Birsemore
✓	SOL2	31 Mar	FVO	Dumyat
✓	SOL3	14 April	MA	Falkland Estate
✓	SOL4	12 May	tbc	tbc (Central Scotland)
✓	SOL5	8 Sept	INT	Drummond Hill
✓	SOL6	22 Sept	ESOC	Edinburgh
✓	SOL7	13 Oct	RR	Teviothead



bto Scottish Orienteering Urban League 2019

www.scottish-orienteeing.org/soul



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✓	btoSOUL1	26 Jan	EUOC	Edinburgh
✓	btoSOUL2	3 Feb	ESOC	Broxburn
✓	btoSOUL3	23 Feb	GRAMP	Cove
✓	btoSOUL4	24 Mar	KFO	Dunfermline
✓	btoSOUL5	13 Apr	MA	Falkland
✓	btoSOUL6	2 June	ESOC	South Queensferry
✓	btoSOUL7	22 June	MA	Bo'Ness
✓	btoSOUL8	31 July	MA	Crieff
✓	btoSOUL9	29 Sept	INVOC	Nairn
✓	btoSOUL10	27 Oct	CLYDE	Erskine

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 most recent Member Communications survey. 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 SOA offices at info@scottish-orienteering.org to update your preferences.

If you're reading the electronic version, and would prefer a paper copy of SCORE, please contact Fran Britain at the National Orienteering Centre at Glenmore Lodge.

Please provide your name, BOF or SOA membership number and address.

By email: info@scottish-orienteering.org | By phone: 01479 861374 (has an answerphone)

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

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