

# SCORE

THE HOME OF SCOTTISH ORIENTEERING

JUNE 2019

## Celebrating 31 Years of Tinto Twins

World  
Orienteering Week

Staging an  
Urban Event

A Brief History of  
Scotland O Mapping

World Schools  
Orienteering in Estonia



magazine of the  
**SCOTTISH  
ORIENTEERING  
ASSOCIATION**

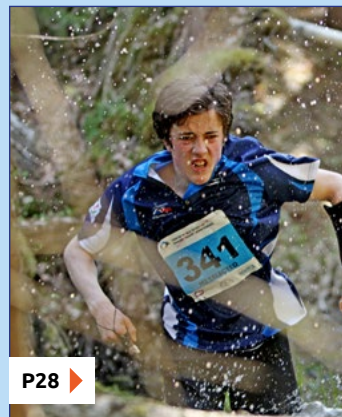
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**CHANGE COMES TO everyone, and everything – including SCORE. This issue looks a bit different from most, with several features that readers are used to not in evidence, and some that I hope will become a regular (ish!) feature in the future.**

Robin Sloan has written a piece about the changes to mapping which highlights some of the most dramatic changes that orienteering has undergone, and I hope that history-of-O pieces will become a regular feature within the pages of future issues of SCORE. Peter Hodgkinson has been kind enough to contribute a piece, at my request, that, while written by an elite orienteer, is relatable to orienteers all along the experience spectrum. Several Scottish junior orienteers have recently experienced their first international orienteering event at the World Schools Championships in Estonia, and you can read write-ups from two of them in this issue. The underlying theme for this issue, then, is growth and change – to the foundations of the sport, and personally. I hadn't planned it that way, but it worked out nicely in my opinion!

Which leads to another opportunity for growth and change: it's time for me to step down as SCORE Editor. After the September issue I'll have been doing this for three years, and SCORE could use some change in perspective and experience. I've always been quite vocal about the fact that I am not an orienteer, so clearly decades of orienteering experience aren't a requirement for the role. What could you bring to the position, and what could it bring to you? Please contact me if you are interested.

Finally, I would be remiss, with all of the discussions centred on SOA costs, raising levies and fees, budgets, etc., if I didn't acknowledge the fact that SCORE, provided to members free of charge, is considered by some to be a 'luxury,' and as such could consider pulling its own weight, even if only partially. What do you think? Would you be willing to pay a small fee to continue to receive a paper copy? Digital content is not free either; the only thing that is 'free' to members as regards SCORE is the time that myself and the contributors have invested. SCORE is for all SOA members, so I do hope that you'll be part of the conversation. Is it meeting your needs? Do you enjoy reading it? Are you learning? Does it help you feel connected to the larger SOA community? I welcome all comments and questions at [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org).



P28 ▶



P15 ▶



P20 ▶



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





P22 ▶



**Cover image:**  
Chris & Mike Pearson  
**Photo by**  
Steve Rush

## CONTENTS

### P4-6 ▶ **Board News**

In celebration of volunteers, introducing new SOA staff and volunteers.

### P7-8 ▶ **RDO News**

World Orienteering Week and Strathearn Schools.

### P11 ▶ **Event News**

btoSOUL Update, BUCS, Scottish Middle Distance, Individual & Relay Championships.

### P13 ▶ **Sprint WOC 2022**

Embargoes & Updates from Graham Gristwood, Technical Director.

### P15-16 ▶ **Athlete Profiles**

Meet TAY's Pearson family and FVO's Hammond family.

### P17-19 ▶

#### **What Works for Your Club?**

Rachel Scott of GRAMP provides a SOUL-staging primer.

### P20-21 ▶

#### **A Brief History of Mapping Scotland for Orienteering**

Robin Sloan reflects on the changes to O mapping since its UK inception in the 1960s.

### P22-25 ▶

#### **31 Years of Tinto Twins**

Thanks for the memories... Orienteers and the Carmichaels reflect on taking part in, and delivering, 31 years of Tinto Twin events.

### P28-30 ▶

#### **World Schools Orienteering**

Iris MacMillan & Angus Ivory share entertaining accounts of their time in Estonia.

### P34-35 ▶ **Elites in Action**

Peter Hodgkinson shares a bit about his O journey and process.

### P32-33 ▶

#### **Strength & Conditioning**

BASOC's Mehmet Karatay continues his series with a piece about exercises to strengthen your core.

### P37 ▶ **O-Pinion**

Terry O'Brien, MBE, Hon. STAG President, on the financial challenges facing clubs.

### P38 ▶

#### **Fixtures & Clubs**

Fixtures and Club details

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[secretary@scottish-orienteering.org](mailto:secretary@scottish-orienteering.org)

**Addresses of clubs, details of groups and a short guide to the sport are available from:**  
National Orienteering Centre  
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[info@scottish-orienteering.org](mailto:info@scottish-orienteering.org)

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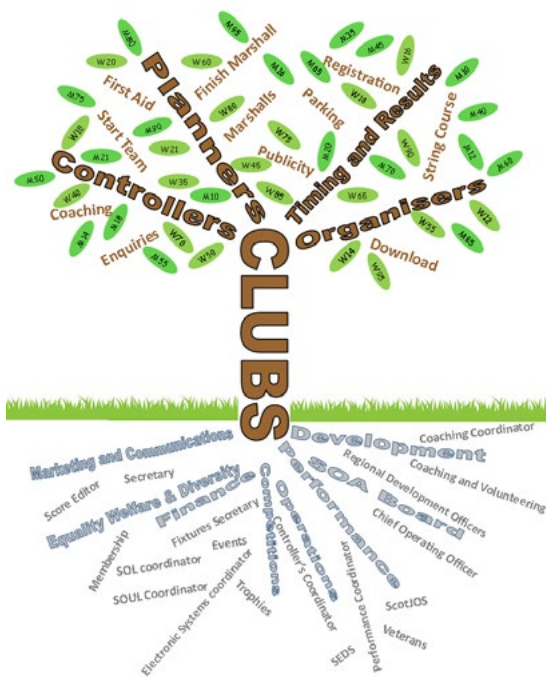
## In Celebration of... Volunteers

DO YOU EVER pause to think how many people have been involved in putting on your weekend orienteering fix? The organiser and the planner, of course, and the controller at larger events. The 'on-the-day' team – car parking, meet & greet, registration, start, download, results... And all the people who do the behind the scenes stuff – getting land permission, registering and advertising the event, setting up the entries system, looking after the money, putting the results and Routegadget up on the web, reporting on social media etc etc...

Why do we do it? There are many reasons – we just love orienteering, we want to contribute something to our club, we want to help people new to the sport, we know that doing some course planning can help improve our own performance. By helping at an event, we get to know others in the nearby clubs – working on registration or download is a great way of matching up names and faces. We also know that without volunteers our sport just wouldn't happen. It's important that everyone at an event has a great time – and that includes the volunteers as well as the runners. If we don't enjoy ourselves, we'll stop coming.

So, we need to value and appreciate our volunteers. A simple 'thank you' goes a long way. If you think something's been done particularly well, say so. If things don't go quite right, don't give the volunteers a hard time; we can't expect everything to run like clockwork every time. Take some time to reflect on what you're not happy about – when the heat dies down, constructive criticism may be well-received by the event officials.

Some clubs around the UK have 'reward' schemes for their volunteers, such as a free run at the next event or a t-shirt or similar for helping at 5, 10 or more events (like ParkRun). In SOA we're looking at ways to encourage and develop our volunteers, so we're



interested to hear from members what they think about reward schemes – would they encourage you to offer to help, and what form should they take? Send your views to me at

[development@scottish-orienteing.org](mailto:development@scottish-orienteing.org)

Thank you!



## Stephen Moffatt, SOA Equality, Welfare & Diversity Director

**HAVING BEEN IN post as Director of Welfare for almost a year, I feel I should introduce myself to the wider orienteering community.**

I have no experience of orienteering other than a very snowy few days of Outward Bound lessons at high school. These were great fun and really fired my imagination. Unfortunately, that's as far as it went. In those days there were no links with local clubs to allow an enthusiastic beginner to move to.

My sporting life started with swimming. Born in Edinburgh, I started swimming at a young age and while I enjoyed some success, reaching a top ten senior ranking in Scotland at my best, I was never going to reach the top of the sport, so when I left school I took up a commission in the Royal Navy and ended my swimming career. After leaving the Royal Navy I tried triathlon and became hooked on sport once more. Over the course of 21 years I have enjoyed competing, coaching, event organising and administering the sport. My competitive journey moved from local short distance 'sprint' events to three goes at the Ironman distance event. As a coach I started at club level but was quickly invited to help with the Scottish Youth squad. This led to working as an assistant coach and, occasionally, head coach on training camps and team manager at events.

As I have taken a lot of pleasure from sport the next logical move was to put time back into triathlon, so I put myself forward to the board of directors and was elected to the post of Director of Equity, before moving over to the position of Director of Performance, which I held in the build-up to the Commonwealth Games in Glasgow. To add to my work-load I also took on the role of the Scottish representative on the board of British Triathlon. As with all governing bodies, all board directors are time limited, and after 8 years I concluded my roles with Triathlon Scotland.



While my time as a competitive athlete reduced, I moved into event organising and have been part of the delivery team of local club events and major international events, including the Commonwealth Games in Glasgow, European Games in 2018, Edinburgh Ironman and the Keswick Mountain Festival, among others.

This brings me back to orienteering. When this post was advertised on the Sport Scotland website, I jumped at the opportunity to help out a sport which had fired my imagination as a youngster. My philosophy is sport is for all, regardless of age, ability, gender or any other measure you may wish to use. If my dodgy knees will let me have a go, I hope to experience orienteering again first-hand.

I look forward to learning more and helping the sport to grow and thrive. Please feel free to contact me with any questions, comments or concerns at

[welfare@scottish-orienteering.org](mailto:welfare@scottish-orienteering.org)

## Fran Loots (TAY), SOA RDO West

**I AM AN** active orienteer and have been involved in the sport since my teens. I started orienteering through school when I saw a poster about this 'new sport.' For some reason I thought I would be rummaging about in caves so I turned up to my first event at Lyme Park (MDOC area) with a torch, ready for action underground.

Despite discovering that it was a compass rather than a torch that was needed, I was hooked from the start and soon had persuaded my Dad to take myself and other classmates along to events. It didn't take long for him to realise that there was a chance for him to participate too – so that sorted out the transport problem. The social elements of the sport, along with having a degree of competency, kept me engaged, and it has been part of my life to varying degrees ever since.

I'm currently a member of Tayside Orienteers. After starting my orienteering life with MDOC, I joined St. Andrews Uni when it had a strong orienteering club, then McGonagall Orienteers for the short time it existed. After that it was GRAMP, then KFO when I also worked for FVO as their Junior Development Officer – so I've been around a few clubs!

I feel very privileged to share my passion for the sport with others, and have enjoyed tutoring over the years. I love seeing the enjoyment of faces from the very young to the more mature when they grasp what orienteering is about and enjoy gaining skills and completing a course.

I'm looking forward to my new role as Regional development Officer for the West. It is a large area covering TAY, FVO, ECKO, Clyde, STAG, TINTO, AYROC and Solway as well as the university



clubs at Glasgow, Strathclyde, Stirling and potentially the UHI (University of the Highlands and Islands). The initial priority is supporting TAY to maximise opportunities from Strathearn 6 Days 2019, and delivering a project currently underway with local schools (see report elsewhere).

Already I see some of the challenges around supporting clubs to recruit and retain members as well as support the volunteer effort without burning out those who give so generously of their time. It has been interesting even in the short time I've been with Scottish Orienteering to see how much work goes on behind the scenes. It's a great team we have supporting our sport and I'm delighted to be part of that now.

You can contact me at

[fran.loots@scottish-orienteering.org](mailto:fran.loots@scottish-orienteering.org)



Photos credit: @SEDS2017

My role as SOA Performance Coordinator is to help coordinate a programme of training opportunities for elite athletes based in Scotland. A large part of this involves re-energising the Scottish Elite Development Squad (SEDS), for orienteers competing in M/W18 up to M/W35. In the past, SEDS has organised an excellent range of training weekends and overseas trips. As a junior athlete, I improved greatly from joining SEDS training, and I'm keen to see this group return to offering high-quality and fun opportunities which are open and welcoming to all.

Ultimately this work feeds into Scottish Orienteering's goals to perform well at the Home Internationals and to maintain a high level of Scottish representation in the GB teams at major international races. I also hope that, by providing more opportunities for aspiring elites, we can help to retain orienteering participation in the 18-35 age group.



**SEDS ATHLETES  
TRAINING HARD**

With its awesome terrain, top quality races and welcoming community, I want to make sure Scotland remains the most attractive place for Britain's elite orienteers to be based.

### Interested in joining SEDS?

SEDS is an open group, and anyone is welcome to join. To benefit, you should be comfortable running full technical difficulty courses and ideally be aspiring to represent Scotland or GB at a senior level in the future. Training activities primarily take place in Scotland, but we occasionally venture further afield in the UK or Europe.

If you'd like to get involved, visit

[www.scottish-orienteering.org/about/seds](http://www.scottish-orienteering.org/about/seds)

or join our Facebook group at

[www.facebook.com/groups/SEDS.Orienteering](https://www.facebook.com/groups/SEDS.Orienteering).



# Strathearn Schools Project

LIKE MANY SMALLER clubs in Scotland, Tayside Orienteers covers a large geographic expanse with a relatively small population. This means it can be tricky to sustain activity across the area, however, the club have seen Strathearn 2019 as an opportunity to capitalise on the potential to increase participation and membership. TAY successfully applied to the Orienteering Foundation\* for funding to support orienteering development work with schools and local communities in the Strathearn area in the lead-up to the Scottish 6 Days this year.

Teachers from the Crieff schools cluster recently attended the Intro course over a couple of twilight sessions after school whilst 12 young people from S3/4 took part in the Scottish Orienteers Young Leaders Award. The teachers learned how to introduce a variety of indoor and outdoor activities within a school setting that instruct newcomers in the key skills of setting the map and thumbing, as well as understanding the particulars of an orienteering map, and how to use it.

Allan Downie, chairperson for Tayside Orienteers and a Crieff resident said:

*"We are very excited at the chance to get young people involved in orienteering. Training up teachers means more youngsters will gain the skills to take part in this sport. Having a group of young people to support them opens up opportunities to even more youngsters. Orienteering provides opportunities to improve not only physical but also mental well-being as well as being a sport in its own right. We are looking forward to welcoming people from around the world to Crieff and Strathearn at the end of July."*

Nick Keiller, Active Schools Coordinator for the Crieff Cluster, added:

*"Before the 6 Days we plan to support Crieff cluster schools set up a short block of Orienteering after Easter and encourage as many young people as possible to participate in a festival of our own for the school children in the area."*

*The festival will be part of World*

*Orienteering Week. After the festival we will support young people to participate in the Scottish Schools Championships then take part in a two-day non-residential 'training camp' just before the 6 Days. Thereafter, we hope they will enjoy joining in some of the Strathearn 6 Days events."*

TAY coaches Moira Laws and Alistair Duguid will also run sessions during this period that will continue to build the skills of club members old and new. They have had some success bringing new families on board from across the whole Tayside area, including Dunkeld, Perth, and as far afield as Dundee, who will also benefit from the 6 Days event.

One of the challenges will be engaging effectively with parents and guardians. We know that without that support it is difficult for young people to take up the sport so if you have an approach that has worked in your area or lessons to share, we'd be delighted to hear from you. Contact

[fran.loots@scottish-orienteering.org](mailto:fran.loots@scottish-orienteering.org)

\*The Orienteering Foundation is a charity that promotes and supports orienteering, to bring all the benefits the sport has to offer to the people of the UK, and to ensure that our sport is here for the enjoyment of generations to come. It is a registered charity, set up with a bequest from Bertie and Elsie Ward in 2006.

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

# Putting the WOW in World Orienteering Week

**WORLD ORIENTEERING DAY** has now expanded to **World Orienteering Week**, and this year ran from 15th to 21st May. Clubs from all over Scotland rose to the challenge and put on a whole range of fantastic events all over the country.

I was involved with ESOC, INT and EUOC in arranging a fun 'Orienteering in the Park' event at Holyrood Park to promote orienteering to a whole new audience. We planned orienteering mazes, games to teach basic map skills and some short star exercises and courses. There was an opportunity for anyone to drop in and try any of the activities or to rotate round them all – although the use of "magic finger beepers" in the maze and the challenge of recording the fastest time is always a highlight.

Invitations to local schools within walking distance resulted in 150 pupils coming along. We also had a group from the Active Scotland Division of the Scottish Government come along for some team-building, although seeing their competitive spirit rise to the fore whilst playing Musical-O and Naughty Numbers, I hope we didn't break the team. It also proved that there is an inner child in everyone and orienteering games aren't just for the young. On a gloriously sunny day, passers-by stopped to see what was happening

and some local orienteers out for a lunch-time run stopped to try out the maze in the hope that they could beat the school children.

At one stage of the preparations someone joked that as we were so close to the Parliament – we should get Nicola out to join in the fun. With the attitude of never venture, never gain, I fired off emails to the First Minister, the Cabin Secretary for Health and Sport and the Minister for Sport. I was delighted when Joe FitzPatrick MSP, the Minister for Public Health, Sport and Wellbeing responded that he would like to come along. This provided a great opportunity to showcase the benefits of orienteering for all ages (there was an age range of over 75 years in our helpers), the different ways that orienteering can be delivered, and to promote getting people active as we work towards WOC 2022 in Edinburgh. The list of advantages goes on – but there is no point in preaching to the converted here.

Overall it was a great day – the sun shone (but some of us forgot our sun screen and suffered for it the next day), the park provided a stunning backdrop with the Palace and Arthur's Seat, and the feedback from the schools and participants was fantastic.

Rather than packing up completely at the end of the day, ESOC moved the action



Photo credit: Paul Raynor

**ABOVE: JOE FITZPATRICK (MSP) CHATS TO PETER MOLLOY  
BELOW: OUR YOUNGEST HELPER ON THE DAY CHECKING OUT THE MAZE**



Photo credit: Paul Raynor

up to Dunsapie Loch for a local Come and Try It event on Whinny Hill. There were a range of courses, including white for a local Beaver colony and lots of other beginners, as well as a very challenging green course for the seasoned orienteers. This event provided plenty of action for the volunteers with one vandalised control (why???) but the positive side was we discovered that if someone breaks open the casing of an SI unit – you can slot the electronics back in and it still works!

As we packed up at the end of a very, very long day, the brilliant sunshine was disappearing into the ethereal mist creeping over Dunsapie Loch creating an atmospheric ending to a fantastic start of World Orienteering Week.

# Space4Sport – Exploring the Frontiers of Orienteering Technology

SOA was recently invited to participate in a conference centred on an initiative between the Scottish Centre of Excellence in Satellite Applications and the European Space Agency, a kick-start opportunity dubbed Space4Sport. Many of the technologies being developed in the space sector have a connection to sport, and I was invited to talk about the links with orienteering.

The invitation came about because of the Scottish 6 Days/SOA involvement with a company called Ecometrica who have an on-going project to establish a Scottish Earth Observation Service. Partners in the project include Scottish Forestry and the Woodland Trust, as well as more technical input from CarboMap and the University of Edinburgh. For the Scottish 6 Days the most important and immediate output is up-to-date LiDAR coverage for areas in Lochaber to support the event in 2021.

Three main areas of space technology impact

## Scottish Centre of Excellence in Satellite Applications

on orienteering: mapping, tracking and timing. Issues raised at the conference include the matter (and cost) of wider LiDAR coverage, as well as the problem of “urban canyons” for GPS. This latter problem manifests itself when viewing live tracking of orienteering – runners appear to run straight through buildings when the GPS signal is lost. This is an area of interest we may decide to take forward as a project for Sprint WOC 2022, and anyone who may have an interest in this topic is encouraged to contact Colin Matheson at

[colin.matheson@scottish-orienteering.org](mailto:colin.matheson@scottish-orienteering.org).

Further information about the organisation and its vision can be found at:

<http://dev.sacatapultcoe.org/>

## Scottish 6 Days Strathearn 2019 Update

Entries for Strathearn 2019 continue to come in with the next closing date the 30 June. There will be limited late entries as well as entry at the event - even if it is only for one day we really encourage all Scottish orienteers to come along to this fantastic biennial event and see why it is so highly regarded across the world.

Along with the O-Ringen in Sweden, and the Swiss 5 Days, the Scottish 6 Days is one of the few ‘reserved’ multi-day events in the International Orienteering Federation calendar and is regularly in the Top 10 orienteering bucket list.

Morrison’s Academy in Crieff is now confirmed for event registration on Saturday

27th July, with the first three events close by at Auchingarrich, Edinchip (new area) and Dundurn (new area and World Ranking Event. After the Wednesday Sprint Race in Crieff’s Macrosty Park and Trail O at Drummond Castle Day 4 moves to the scenic and runnable Culteuchar & Dron. Days 5 and 6 move a little further north up the the Tay rather than the River Earn, with a further WRE at Craig a Barns and the finale at Grandtully.

We also welcome volunteers along to help the day teams - with a mix of car parking, marshaling, enquiries, information, starts, download and finish there is plenty to keep occupied. We look forward to seeing you soon.

<https://www.scottish6days.com/2019/>



## btoSOUL News

WITH TWO EVENTS since the last report in SCORE, this year's btoSOUL series is now at the midway point. The KFO event in Dunfermline (btoSOUL 4) was a classic distance urban event which took participants around the heart of the town and offered route choice legs of varying length and in contrasting terrain. Weather on the day was rather inclement but probably did little to affect the challenge, satisfaction, frustration and enjoyment that was available on the day.

btoSOUL 5 was entirely different, a sprint format with short fast legs amongst the many controls in the grounds of Falkland Palace, for which

special access had been negotiated. Fast thinking, clear map contact and speedy running were the order of the day. After the mind-boggling antics within the Palace grounds all courses apart from the youngest juniors ventured out into the streets and alleyways of Falkland itself for equally challenging, if slightly less frantic, final legs.

Both of these events attracted good sized fields with just over 100 at Dunfermline and a huge 263 at Falkland. Clearly the multiple event format of the weekend proved to be very popular. The total number of participants in this year's series remains high and slightly in excess of the

equivalent for last year (961 compared to 949 in 2018).

The maximum score of 500 points (and thus an unassailable lead) has now been achieved by one person. Congratulations are due to Eleanor Pyrah (ESOC) who has won all 5 races in her category (WHV). Eight other competitors have won each of the events they have entered to date in their various categories but with 5 races still to be run there is likely to be much change in the top positions in most categories.

Look out for new promotional material from our sponsors, BTO Solicitors, at future events as well as in the pages of a future issue of SCORE.

## 2019 Scottish Middle Distance Championships Birnam Hill, 30th March

Class	Name	Club	Class	Name	Club
M10	Matthew Inman	FVO	W10	Rosie McNamara	AYROC
M12	Ranolph Whitehead	MAROC	W12	Kate McLuckie	MOR
M14	James Hammond	FVO	W14	Iris Macmillan	ECKO
M16	Ewan Musgrave	MAROC	W16	Hannah Kingham	MOR
M18	Peter Molloy	FVO	W18	Alice Wilson	CLYDE
M20	no award		W20	no award	
M Open	Douglas Tullie	RR	W Open	Claire Ward	INT
M Vet	Will Hensman	FVO	W Vet	Sarah Dunn	MAROC
M Supervet	Jon Musgrave	MAROC	W Supervet	Hazel Dean	FVO
M Ultravet	Eddie Harwood	MOR	W Ultravet	Mary Williams	ESOC
M Hypervet	Bill Melville	TAY	W Hypervet	Eleanor Pyrah	ESOC

**Many thanks to FVO for hosting the Middle Distance Championships.**

Full event results can be found at

<https://fvo.org.uk/events/2019/mar/30/middle-race-inc-bucs-relays>

A brief write-up about the event can be found at the SOA website at

<https://www.scottish-orienteering.org/news/first-scottish-middle-distance-champions-crowned>

and an interesting report on survey results regarding the Middle Distance Championships can also be found there at

<https://www.scottish-orienteering.org/news/what-you-thought-of-the-scottish-middle-distance-championships/#more-11821>

# 2019 Scottish Orienteering Champions

Name	Club	Class	Name	Club	Class
Seb Darlow	RR	M10	Lucy Ward	INT	W10
Ranolph Whitehead	MAROC	M12	Ellie Darlow	RR	W12
Adam Barrie	MAROC	M14	Catriona Chapman	MAROC	W14
Sam Griffin	GRAMP	M16	Rachel Brown	ESOC	W16
Matthew Gooch	MAROC	M18	Eilidh Campbell	MAROC	W18
Joe Wright	EUOC	M20	Laura King	EUOC	W20
Ben Mitchell	SBOC	M21E	Megan Carter-Davies (Overall)	MWOC	W21E
Jamie Stevenson (Native Scot)	FVO	M21E	Hollie Orr (Native Scot)	LOC	W21E
Jamie Stevenson (SOA)	FVO	M21E	Sarah Jones (SOA)	EUOC	W21E
Stephen Feltbower	FVO	M35	Gemma Karatay	BASOC	W35
Will Hensman	FVO	M40	Janine Inman	FVO	W40
Jason Inman	FVO	M45	Becky Osborn	FVO	W45
Jon Cross	FVO	M50	Sarah Dunn	MAROC	W50
Robert Lee	INT	M55	Ann Haley	INT	W55
Donald Petrie	CLYDE	M60	Christine Patterson	CLYDE	W60
Eddie Harwood	MOR	M65	Janice Nisbet	ESOC	W65
Robin Sloan	RR	M70	Anne Stevenson	ESOC	W70
Neil McLean	GRAMP	M75	Eleanor Pyrah	ESOC	W75

## Relay

Name	Club	Class	Name	Club	Class
EUOC Legends T. Lines, T. Wilson & A. Thomas	EUOC	Men's Open	EUOC Legendesses L. King, E. Wilson & F. Walsh	EUOC	Women's Open
FVO3 W. Hensman, R. McLennan & B. Stansfield	FVO	8+	MAROC Maestros M. Gooch, K. Campbell & E. Campbell	MAROC	11+
MAROC Maelstrom S. Dunn, J. Musgrave & E. Musgrave	MAROC	14+	ESOC Morlich E. Cunningham, H. Nolan & B. Brown	ESOC	17+
Moravian 1 E. Harwood, M. McLuckie & I. Howard	MOR	20+	FVO Junior Flyers J. Goddard, J. Connor & P. Lardet	FVO	44-
MAROC Minxes Y. Newey, R. Gooch & R. Whitehead	MAROC	36-			

Many thanks to Solway Orienteers for hosting the Scottish Championships.

Full results for the 2019 Scottish Individual and Relay Championships can be found at:

<https://www.scottish-orienteering.org/documents/results/soc2019/index.html>

and further information about the event can be found at:

<https://www.scottish-orienteering.org/news/2019-scottish-orienteering-championships/#more-12113>

Please note that the Scottish Championships 2020, due to be hosted by East Area will not be occurring at the traditional end-May weekend. Instead, we are anticipating it will occur August 22nd/23rd.  
More information, once the venue is confirmed, will appear in the fixtures listings.

# Sprint WOC 2022 Edinburgh Update and Embargoes

**THINGS ARE GRADUALLY** picking up speed for the organising team – mappers have been identified and interviews for the Event Director post will be taking place shortly. A number of people have put their names forward to be a part of the planning teams – if you haven't yet, but wish to be involved, please get in touch as soon as possible! We will be looking to allocate planning roles soon after the Event Director is in place.

## EMBARGOES

This is a tricky issue, and there has recently been an update, which will come into effect on 1st September 2019, on the rules regarding what is and isn't allowed inside the embargoed areas.

The full document is available on IOF Eventor (and soon on the WOC 2022 website), but here are the main points:

- Access is not allowed within the embargoed areas.
- It is allowed to use "Permissive routes" and enter certain permitted areas.
- It is allowed to enter buildings directly from 'Permissive routes,' so long as that building is directly adjacent to the 'Permissive Route.' It is not allowed to exit the building into an embargoed area.
- No orienteering of any kind may take place in the embargoed areas until after WOC 2022. This also applies to the special permitted areas.

- It is allowed to take trains through the embargoed area.
- There will be a full embargo (including the "Permissive routes" and permitted areas) from 2 weeks before the date of the first race, which will incorporate a larger area comprising of the existing embargoed areas plus a buffer zone around them.

Based on the IOF Rule 14.4 "Permission for access into embargoed terrain shall

be requested from the organiser if needed," you can contact the Technical Director to discuss said access and gain permission(s) if deemed necessary.

## IN SUMMARY:

A lot of people have asked who this is for, and what it means for them.

**The MOST IMPORTANT aspect for all this is that if you are an athlete who would like to compete at WOC 2022, then make sure you know and follow the rules!**

**If you are anybody else, please make sure that your actions cannot be considered to be giving any potential competitor any kind of advantage. The key phrase is FAIR PLAY - is your action fair for all WOC 2022 competitors?**

If you have any questions or concerns please contact me at

[technicaldirector@woc2022.org](mailto:technicaldirector@woc2022.org)

**THE WEBSITE FOR** the Sprint World Orienteering Championships 2022 has gone live, creating a base through which orienteering fans around the world can find information about the

event, which takes place in Edinburgh in July 2022.

The site has been commissioned by the Scottish Orienteering 6-Day Event Company, along with partners British

Orienteering, Scottish Orienteering Association, EventScotland, University of Edinburgh and the City of Edinburgh Council.

<https://www.woc2022.org/>



## British University & Colleges Sport Orienteering Championships 2019

Photo credit: M Fellbaum



**THIS YEAR EUOC had the honour of hosting the British University (BUCS) Champs, and boy did we do a good job! Spearheaded by coordinator Ewan McMillan with assistance from Forth Valley Orienteers, the event was a great success.**

180 competitors from 22 universities flocked to Edinburgh for two days of fine orienteering in fantastic weather on two famous Scottish hills. A 34-strong EUOC team performed excellently to destroy our competition, taking home the Men's, Women's and Overall trophies, making it 10 wins in the past 11 years.

The individual race was held at Birnam hill, made famous by William Shakespeare's Scottish play, Macbeth. The

terrain offered fast running with some intricate contours and some steep slopes, suiting EUOC perfectly. We had great performances in all the classes, with Zoe Harding taking the bronze medal and EUOC packing out 5-9 places in the Women's A, a fantastic 2nd and 4th for Alexander Chepelin and Thomas Wilson in the Men's A, Robbie Peal and Gregor Malcolm were 1st and 2nd in Men's C, and finally Holly Page and Sigrid Hellan were 1st and 2nd in Women's B.

The relays took place on Dumyat ill next to Stirling, with a stunning arena allowing viewing of much of the racing on the hillside above. Similar to the individual, this race was mainly a physical challenge with lots of climbing up to the

top of the hill, followed by some tricky controls on the way down where mistakes could be made. There were too many excellent runs from Edinburgh athletes to list here, with the stand-out being Gold and Silver medals for both the Men and Women! What a spectacular team performance!

We thank Ewan McMillan and Forth Valley Orienteers for organizing the weekend. We hope everyone enjoyed the racing and we will be back next year in Cambridge to attempt to retain our title as the UK's best university orienteering club!

Full results can be found here for the whole weekend:

[http://www.rstrain.ndtilda.co.uk/results\\_19/fvo\\_spring/index.html](http://www.rstrain.ndtilda.co.uk/results_19/fvo_spring/index.html)

## Introducing the Hammond Family

**THE HAMMOND FAMILY** from Linlithgow have shown that it's possible to be successful in orienteering despite no real background in the sport.



THE HAMMOND FAMILY

Since coming into the sport four years ago as 'something to keep the kids busy,' dad Paul, mum Jenny and children James (12) and Rebecca (10) have all gone from strength to strength in their performances, as all four featured on the podium in 2018 at major events.

Paul and Jenny were both 2nd in their 40 class at the Scottish Sprint Championships in Stirling, while James and Rebecca won a host of titles, including both winning their respective British Championship, at the first time of asking.

Paul explained 'Neither of our parents have ever been to an orienteering event, and I don't expect that to change. We did try orienteering during Freshers Week at university, but it was quite an elite club, and when they found out we weren't JWOC material, they weren't too interested in us.'

Instead, the pair headed for the hills, and were prominent in the Scottish climbing scene for many years, before a serious fall on Ben Nevis sustained by Paul, together with the birth of their first child, put the dampers on their outdoor aspirations for several years.

Paul went on 'We saw a flyer in the local newsagent advertising a local orienteering event at Beecraigs, and went along to give it a try. It was really for something to keep the kids busy, but we all liked it, and joined Forth Valley Orienteers for the 2015 season.'

At first, the family's orienteering experiences were limited to events in their local area, as they had a busy life away from the forest, but they were soon hooked

in, and were regularly seen at events further afield, including the Scottish Orienteering League.

'The real attraction of the sport for us, is that it's something we can all do,' explained Paul. 'I'd look a bit silly if I joined in Rebecca's ballet class, and there are few opportunities in football for a 43 year old but with orienteering we can all be involved, at a level that suits us, and it gives us solidity in our family life.'

Jenny interjected 'I'm probably the least competitive of the four of us, but I love just being out in the countryside, and the time I take isn't important to me. The kids have a laugh about 'Slowcoach Mum,' but I like the camaraderie of the sport, and the way it draws families into having an adventure that they can all take part in.'

The family has already tasted success in 2019, with James winning medals at both the Jan Kjellstrom Festival and the British Championships, including the JK Long title, while Rebecca won another medal in the British Champs. Paul, meanwhile, scored a top 10 finish at the JK Sprint.

Rebecca had the last word. 'I love orienteering because it's such a big challenge to find the controls, and I love it when I find one. It's such a great feeling when you do well. I love relays because you get to be part of a team, and it's great fun chasing people.'

Remember the name. This is a family that shows that, even if you don't have years of background in the sport, it's just possible to be the best you can be in a short space of time.

# Introducing the Pearson Family

THE PEARSON FAMILY, of Tayside Orienteers, have been collectively orienteering for over 100 years. Okay, it takes some creative maths to come up with that number, but with father Mike a convert at uni in 1968 after a foot-and-mouth outbreak put paid to pot-holing in Derbyshire for a year, mum Anne enticed by associated delights in her school days, and three children orienteering from their toddler years, they've had many years of orienteering enjoyment as a family, and plan to have many more. Next stop: the 2019 6 Days on their home turf.

## CHRIS (M21)

**Which clubs have you belonged to?**

GRAMP then Hamilton (NZ) and now TAY

**What are your earliest orienteering memories?**

Being carried around a forest on Mum's back either on the Moray coast or Deeside and later being thrown over fences.

**What do you like about orienteering?**

Going to a cafe afterwards (when I've done enough running to deserve it!).

**What training do you do?**

Football, swimming, cycling and yoga with Kevin, a friend at Camphill Blair Drummond.

**Which course do you run on and how do you manage?**

Yellow and sometimes Orange. Mum, Dad, Sis (Emily) or sometimes my brother, Tim, shadow me to make sure I don't go off the map as I once did at St. Magdalen's Hill in Perth and ended up on the other side of the motorway!

**What is the most shocking orienteering incident you remember?**

In New Zealand (where electric fences have a bigger 'kick') Dad was helping me get past a fence holding my hand and touching the wire when I grabbed the gate and we both got a big jolt!

## SIS (Emily) (W21)

**How did you get into orienteering?**

With Mum and Dad in GRAMP then later with school in New Zealand.



Photo credit: MPearson

**What is your earliest memory of orienteering?**

Going to the junior GRAMP training days and getting fried-egg sweets from Neil's stall after running.

**Do you do any other sports?**

Mountain biking and rowing.

## MUM (Anne) (W60)

**When did you first go orienteering?**

At school to the long grass where we could drink coffee and skive running. Clearly, we didn't take it seriously! Later with AUOC somewhere on Deeside.

**Can remember any outstanding orienteering incidents?**

Similar to Chris: trying to get through an NZ electric fence and getting an electric shock in a place a lady should definitely not get a shock. It literally brought tears to my eyes.

## DAD (Mike) (M70)

**Which clubs have you been in?**

Sheffield Shifters (later SHUOC), then AUOC, GRAMP, Hamilton and TAY.

**What was your first event?**

The first proper event I ran in was the 1968 British Champs at Cannock Chase where we were all given an original print of the 6" to the Mile OS map to mark our course onto.

**Have you had any unusual transport to an event?**

Well, in the '70s I was bundled into the back of a (friendly!) East German army lorry while trying to pass incognito as part of a local DDR orienteering club near Dresden.

**What is the strangest event you ever attended?**

It was a 3-D event somewhere in SW England, maybe associated with a JK or British - I can't remember exactly. It was in underground caverns excavated by miners on several levels and used during WWII for storage of explosives, I think. Very creepy!



## Staging a SOUL at Cove

**WHAT IS IT ABOUT urban events that grabs some folk and not others? It's not always the ones who can run like the wind that get the bug so I can only assume the rest of us were lab rats in a previous existence and associate negotiating a maze successfully with sugary rewards? Certainly cake stalls seem to be just as much a regular feature at SOULs as the 50:50 route choice decisions and the chance to get a good nosey around areas you'd never visit otherwise.**

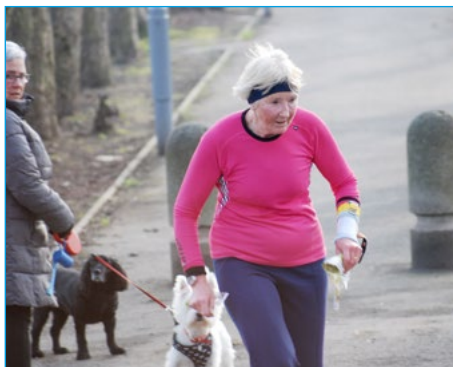
I was asked to do a quick write up from an Organiser's point of view to add to Pat Squire's SOUL round up but it sort of grew arms and legs as I decided to include a bit more of the behind the scenes stuff to give anyone considering volunteering as an Organiser for a SOUL/SOL for the first time a bit more of an idea of what's involved and the personal rewards.

GRAMP was asked to organise a Sprint event to round off the British Night Champs weekend and as Pete Lawrence and I have planned/organised a couple of SOUL/Sprint Championships together in the past the 'dream team' was reconvened once again in September. Graham Gristwood was contracted to map the new area for us and we ended up providing B&B and fish suppers for him and Chris Smithard when they came up to do the final ground-truthing.

**ORGANISER'S TIP No 1: It won't say as much in any Organiser's manual but be prepared to go the extra mile by sharing your tartare sauce with World Champions.**

Altens Community Centre was chosen as a base so I popped by in November to chat with the manager, Blair, about facilities and costs. A dance class uses the main hall and café on Saturdays so that left us with a couple of rooms upstairs, one with a massive screen, and limited parking so someone suggested asking the Altens Hotel for the use of part of their carpark rather than street parking in the competition area.

I hate asking people for things for free, especially strangers, so I had to gee myself up to pop into the hotel too and they were quite happy to allow us to do so.



**ORGANISER'S TIP No 2: Most people actually like to say "yes" and are a lot nicer than you think they're going to be providing you explain and are honest about what to expect. Go for it!**

Based on the entries for our previous SOUL (about 80) and still thinking this was going to be a low-key bit of fun I thought two rooms and a third of the hotel carpark would be OK. However, by January the event had started to grow arms and legs too as it was accepted as a SOUL. In the end we attracted over double my estimate and those two rooms were filled to bursting at times. Luckily, the dance class wasn't in residence after all so another opportunistic chat with Blair secured the use of the café area for overspill and vital brownie sales.

**ORGANISER'S TIP No 3: be optimistic, think big right from the word go and you won't get caught out. It's amazing how much space people actually take up inside a building.**

>>

MAROC and GRAMP decided to have a single combined entry system for the BNC Weekend. Lots of emails flew about before I finally sat down one November evening to fill in a form for Fabian 4 a bit like doing a gigantic logic problem as each leg of the BNC Weekend had different classes/categories and fee levels to be plugged in.

**ORGANISER'S TIP No 4: do not do this in a hurry and especially not with a large glass of red to hand unless you are the sort of person who can do Sudoku in your head. Or find your first volunteer, someone who likes that sort of thing, and delegate entries/start time allocations as they are the most time-consuming aspects of organising.**

GRAMP eagerly accepted Emit UK's offer to provide Emit Touch Free Punching system complete with timing team as part of a campaign to give as many folk as possible a taste of the system in advance of JK2019. The TFP controls are rectangular plastic plates about A5 size and 2 cm deep which have to be switched on and woken up. Competitors carry an EmiTag, about the size of the classic Casio digital watch, which flashes but doesn't beep. I'd hoped to get a keek at the timing software to see how that compared, but in the end didn't manage to mainly because of the squash of folk looking at the results on the big screen.

**ORGANISER'S TIP No 5: See Tip No 3. At least the results screen was big. Really BIG.**

I used both the Altens Community Centre and the Cove Community Council Facebooks and newsletter to try to inform the locals what was going on during the build up to the 23rd. Unfortunately, Pete had already tagged control sites with small, very bright, fluorescent pink stickers before the newsletter went out. Inevitably, although he'd chapped on lots of doors and spoken to most of the folk directly affected, there were one or two who slipped the net and were a bit concerned to find a



mysterious pink sticker on or close to their fence, some even suspecting criminal intent.

**ORGANISER'S TIP No 6: Build those bridges sooner rather than later especially for SOULs and make sure that if you give an email address or other method for folk to contact you/the club that you have someone monitoring it regularly to say soothing things and give explanations asap.**

Despite the bumper entry there was still plenty of wriggle room on even the most popular courses to run a more relaxed turn-up-and-go style Start rather than allocating Start times to everyone.

One or two competitors commented that this approach runs the risk of people getting cold in queues for popular courses. Had we had more like 300 entries or the forecast was particularly grim then I would have allocated start times but on the day everyone spread themselves out just right it seemed and more folk said they preferred the relaxed approach.

**ORGANISER'S TIP No 7: If not using Start times make sure you have an experienced team lead on the Start to space out runners as per SOL/SOUL guidelines.**

Because of the novelty, we provided practice controls and it was interesting watching everyone playing EmiTag Chicken to see just how far away/fast they dared go and still guarantee a punch.

Most took to it very quickly although a few got so caught up in the racing they didn't realise that their tag hadn't registered at a control and it was equally interesting watching how our Third-Party timing team, Phil and Louise Batts, dealt with pleas to be reinstated. It made me realise that although it's great to be part of the close knit Scottish orienteering community we do sometimes try to turn that to our advantage a wee bit too much and try to blag it or demand reinstatement non-too politely in some (thankfully rare) adrenaline-fuelled cases, rather than gracefully accepting our mistakes or carelessness.

**ORGANISER'S TIP No 8: Get yourself a Phil if you can't do 'firm' very well yourself.**

Disappointingly we only managed to get one local novice despite trying to summarise what it was all about and offering half price entry fee for adults/U16's go free. It didn't help that on the day there was a raw easterly blowing which may have put folk off as we had heard of potential interest from local Scouts and Community Centre users.

**ORGANISER'S TIP No 9: To be honest, the discount offer was made more in the spirit of inviting neighbours to a potentially rowdy house party than a serious attempt at advertising and I think maybe the locals saw through my gesture! I now don't think it a good idea to try to organise a 'Come and Try It' at the same time as a SOUL/SOL as there's likely not enough volunteers constantly around to be able to spot beginners and devote enough time to them. This isn't fair on the beginners and they won't feel they get value for money, even if it is half price.**



We still need to rethink our approach to advertising to non-orienteers though as that failed so spectacularly. I took part in a BOF webinar on using social media and picked up a few ideas which I've yet to try out but any other suggestions and examples gratefully accepted bearing in mind GRAMP don't have a Mike Rogers in-house.

By 4pm the races were run, some great photos taken, "Thank you!"s received from smiling competitors as they left for Deeside (always gives me a buzz when that happens), controls collected, SOUL banners packed up and taken down to KFO for SOUL 4, "Thank you!"s passed on to my helpers and both Pete and I started to look forward to getting back to the competing side of the urban maze thing again down in Dunfermline.

(Squeak! Squeak!)

All photos taken by Steve Rush (and carefully chosen to counterbalance the young bucks featured on the cover of the last issue of Score



## Early Days of Scottish Orienteering Maps

**FIFTY YEARS AGO**, Orienteering had already become an established sport in Scotland, but looking back, it is surprising how it flourished.

Two events in particular had a potentially adverse effect on Orienteering development at that time. There was a major outbreak of Foot and Mouth disease in England in 1967 to which the response of the SOA was to impose a voluntary ban during that year on all events on forestry or agricultural land; letters of thanks were received afterwards from the National Farmers Union for this responsible attitude. Then on January 15th 1968, Central Scotland was hit by a ferocious wind, and, being before the days of using boys' or girls' names, this one had the businesslike name 'Hurricane Low Q.' Low Q caused massive damage to property in Central Scotland, 250,000 houses said to have been damaged, and sadly 21 lives lost. 4% of all Scotland's commercial forest was flattened and eighteen months worth of timber lost. In the grand scheme

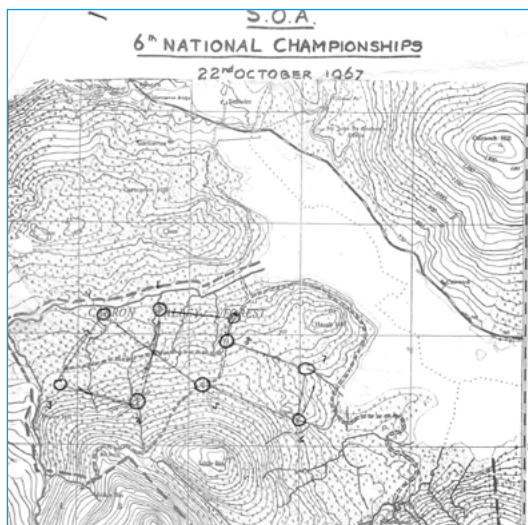
of things, therefore, inconvenience to orienteers was of little importance, but climbing through unmapped windblown trees became one of the unpleasant orienteering facts of life.

Another disincentive to orienteering might have been the equipment used. Things were basic, the self inking stamps placed at each control didn't work on cardboard control cards in wet weather, although bus conductor clippers were better – if somewhat hazardous to fingers – and maps were even more basic.

At that time the most common map used was the 1:25,000 version from the Ordnance Survey, and the competition maps were monochrome photocopies which could not pick up the colour blue, and so were unable to show any water features unless first overdrawn by a black pen. The paper used was plain foolscap, somewhat longer than A4, and not remotely waterproof. Blank maps were issued before the start to allow Map Corrections to be copied. These might include areas of felling, new forest roads or out of bounds areas. Being given the map before the race gave competitors a chance to protect the map either by a plastic map case or covering the map in transparent film. Grid lines were Grid North, at a time when magnetic deviation was quite substantial, at around 9° west.

After the timed start, competitors copied their course from a Master Map. There might be two or three master maps for each course, but persons copying slowly – and it had to be done with care – could cause a scrum around the master map which would be lying on the ground, possibly, if it was wet, under a tarpaulin. The circles themselves might be difficult to copy accurately if controls

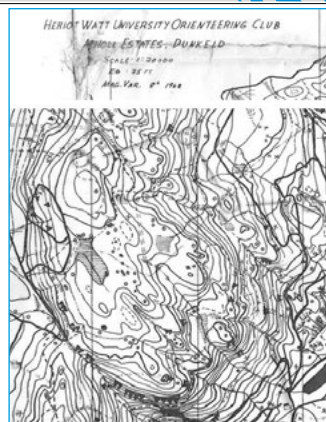
**CARRON VALLEY  
1967**





Control Card from 1968

	DESCRIPTION	CONTROL
1	N in Marsh	17
2	KNOLL	16
3	PASS	15
4	S to NE	14
5	MARSH	13
6	POND	12
7	W of MARSH	11
8	MARSH E of KNOLL	10
9	SE of MARSH	9
10	NICHE	8
11		7



were hung on a feature that didn't appear on the map. The description THE HILL was a feature on the map, A KNOLL was not.

From photocopied black and white maps, the first improvement came in June 1968 when the SE District Championships were held at Wauchope near Bonchester Bridge. Pete Simpson of Edinburgh University redrew the OS map in three colours: Black, Blue and Brown. The scale was still 1:25,000, but the tree symbols for woodland were removed, leaving the contours and line features much more visible. Pete also drew the grid lines to magnetic north, obviating the need to adjust the compass when taking a bearing.

The second development in 1968 was a map re-surveyed specifically for orienteering, ground survey we orienteers now take for granted. Heriot Watt had become a University two years earlier and attracted many Norwegians to its range of courses. Four Norwegian students were then given permission to map part of Atholl Estates at Craig a Barns near Dunkeld. This was an area which had been used for one of the first ever orienteering events in the UK in July 1962. That came about through the evangelical work of a Swede, Baron Rak Lagerfelt, and a demonstration event on the Saturday with a men's course of 9 miles was followed next day by the first Scottish Championships, combined with a match between Scotland, Sweden,

Germany and England.

Orienteering owes a lot to the Norwegians at Heriot Watt, who brought knowledge, enthusiasm and skill to the embryonic sport in Scotland. Arne Skiftenes took the initiative, and assisted by Tom Lunne, Sigurd Sørboen and Åge Årdal they carried out a ground survey of a large part of the Craig a Barns (Day 5 Strathearn 2019) and Crieff Hill woods, mapping features such as crags, boulders and marshes for the first time. The cartography was then sent to Oslo for printing. Geoff Peck, who had come to notice the year before by finishing 16th in an international event in south Sweden while still a pupil at Dunfermline High School, was one of the few Scots to have orienteered in Scandinavia and therefore knew the benefit of specialist orienteering maps. Geoff was very supportive of the Dunkeld mapping project, but remembers that in the first version of the map, a boulder had been inadvertently mapped at the top of a crag, not the bottom where it belonged. The students allegedly used some pinchbars to topple the boulder over the crag to its 'correct' position. This map used black only, but before a colour version appeared, Geoff was to map a new area for the 1969 British Championships which had both a ground survey and was printed in colour. Hopefully this and other developments of Scottish O maps can be described in future issues of SCORE.

**TOP LEFT:**  
WAUCHOPE 1968

**TOP CENTRE:**  
CONTROL CARD  
& DESCRIPTION  
CRAIG A BARNs

**TOP RIGHT:**  
CRAIG A BARNs  
1968



## Thirty-One Tinto Twins

**MOTIVATED BY ORIENTEERING event series delivery, Dick & Trish Carmichael retire from major O delivery this month, 45 years after their first O event in May 1974 in New Zealand.**

We were first captivated by the Australia-New Zealand annual challenge, and we made the maps and planned the courses for the Rotoehu Forest, Bay of Plenty, events in 1975, later this grew into the Asia Pacific Orienteering Challenge (APOC), and we competed in it in Australia at Easter 1980 and returned to plan and control it in Naseby, South Island, New Zealand in 1984.

APOC later changed into the World Masters Orienteering Championship, and was incorporated into the World Master Games every four years. I was IOF controller in 2005 in Edmonton, Alberta, Canada and we competed in the 2001, 2009, 2013 and 2017 editions in Australia, Italy and New Zealand. A spectacular series with the next stop 2021 in Japan.

Returning to the UK from NZ in 1980, after joining ESOC, John Colls got us involved in the Scottish Six Day event; he planned and I controlled at Kirroughtree Day 5 Galloway 1981 and this eventually led to my becoming one of the Three Wise Men with Sue Harvey and Donald Wallace in 1985. A corporate structure and a first SOA professional officer (Derek Allison) soon followed and sixteen years later in 2001, after successfully delivering the 1999 combination of S6D and World Champs, I retired as Chairman and Director. We have of course still been planning and sometimes controlling every second event ever since.

Meanwhile we dreamt up an annual



challenge of two night and day O events in 24 hours which we launched as The Tinto Twin, TINTO Orienteering Club's start up speciality event, in 1987. Together with Blair and Lorna Young and many others, we successfully delivered this for 32 years with a finale here at Carmichael Estate in late March 2019. If 16 years was sufficient for Six Day competition oversight, then 32 years is plenty for Tinto Twins. In addition, as of this month, my resignation as a grade A event controller has been accepted by both BOF and by the IOF.

In conclusion whatever turns your volunteering O button on is what works the best, and for us it was, and is, event series delivery.

Reading the Tinto Twin Recollections (provided to me ahead of print) reminds me that in the beginning we were inspired to create the event by the lack of Night O in the Scottish calendar. We couldn't understand how we had a

## Thirty-one Tinto Twins

1988	Harleyholm/Carmichael Estate	2004	Newcastleton
1989	Douglas & Happendon	2005	Altarstone
1990	Drumlanrig	2006	Stonehill Wood/Firpark
1991	Carmichael Estate/Douglas Estate	2007	Firpark/Altarstone
1992	Lanark Racecourse/Forest of Ae	2008	Lanark Racecourse/Rachan and Dreva
1993	Happendon/Stonehill Wood	2009	Beecraigs/Witch Craig Wood
1994	Dalmacallan	2010	Inshriach
1995	Firpark	2011	Altarstone
1996	Dalmacallan	2012	Carmichael Estate/Dreva and Mucklemuir
1997	Carmichael Estate	2013	Lanark Racecourse/New Lanark (urban)
1998	Newcastleton	2014	Carmichael Estate/Happendon
1999	Rachan and Dreva	2015	Firpark
2000	Newcastleton	2016	Eastend Carmichael Estate/Lanark (urban)
2001	Eastend/Carmichael Estate	2017	Lanark Racecourse/Biggar (urban)
2002	Drumlanrig	2018/19	Harleyholm/Carmichael Estate
2003	Inshriach		

Score Champs but no Night Champs in the early 1980s. It is after all the most challenging form of our sport, and we have many very dark nights in half the year and, particularly in the Central belt, lots of mediocre terrain that is more fun in the dark. I know not everyone agrees with this and that there are even ex-Professional officers who just don't do Night orienteering.

When planning a S6D event, it's first find a car park field, but with us in setting out for the night element of the TT we firstly need a village hall, we then need lots of soup, and our competitors brought it in all its glorious forms including vegetarian. They also often helped our small club deliver, and Paul Caban and the Lindsays often helped us control pick. Other notables over the years have been our controllers and planners, in particular John Biggar, Terry O'Brien, Blair Young, Ewart Scott, Ted Finch, and Derek Allison. Many others have done major shifts, and early club members like the Mike Foreman family, John & Nessie Graham, Pat & Lambert Allan, Hilary Quick and Marcella and Ross McLennan, and Gerry Thomson have all contributed greatly.

As regards Carmichael Estate itself, we have seen many changes over the 32 years, including a new EU-funded 100-acre wood on Carmichael Hill north side, and planting 200 acres of 'withies' as Janet calls it, actually Short Rotation

Coppice willow for energy production; it's harvested every four years at twenty feet tall, but as 2018 was a 100% harvest it was stubble and runnable in March 2019. Headless Chicken's 'spikey thing on the top of the hill' is The Hyndford Monument, after a famous ancestor who landscaped the 1000 acre policies. The 'small ruin near the start' was originally a 1058 church built by Queen Margaret dedicated to the Archangel, St Michael, and, with the 'caer' on which it stands, is the true source of our geographic name 'caer' 'michel.' Carmichael House, which replaced a 13th century tower, was finished in 1750, but ruined in 1950, and is the 'eerie house.' Special effects like snow were added to make it more memorable.

Anybody prepared to run both night and day deserves a medal or a cup, and to encourage donations we occasionally gave winners post it notes to ensure that as we all got older there were rewards. Jim and Janet Clark kept us on our toes. Equally, if necessary we invent a category for a finisher (e.g. Headless Chicken) and reinstate minor offences to get a bigger field of finishers.

The lavish lunch in our Carmichael Visitor centre Bistro, established half way through our 31 TT years, was indeed using our own farm produce, and was paid for by the Tinto O Club from entry fees proceeds from earlier events as a memorial gift.

## Recollections and Reflections on 31 Years of Tinto Twins

**I FIRST WENT to a full Tinto Twin in 1998, when it was held at Newcastleton.**

I didn't really know what night-o was about – I was borrowing a head-torch – but we had an INT Club night away to 'Will's Bothy,' so it was going to be good whatever happened. And it was .... unexpectedly fantastic. One of those breath-freezingly cold, clear nights, and for perhaps the only time ever, all the controls were where I expected them to be.

After that I was hooked. A shiny new high-powered head-torch was purchased, and I began my annual October-fest in southern Scotland. Particular memories include Alterstane in 2005, a great forest (although I mis-punched) and Rachan & Dreva in 1999, complete with roped stream crossing. There were also two trips north to Inshriach, including one where I didn't even find the first control ..... Oops. Oh, and a great friendship with the much-missed Marjory Foreman.

I haven't been to all the Twins since my first one, but I have certainly made an effort. In 2013 I combined Lanark Racecourse with an urban event in Cambridge, and this year, Carmichael Estate with an event in Sheffield. So, been there, and got the t-shirt, which is quite a fetching purple colour.

Thanks to Tinto OC for all the fun, all the challenges, and all the vegetarian soup that they've provided.

**Paul Caban (INT)**

**THE SNOW AT the final Tinto Twin was a couple inches deep in places but was fairly variable because it was also windy so it had been swept off certain areas and built up elsewhere. It was very very cold and there were occasional flurries of snow/sleet.**

Unfortunately, I had come up from uni on the train just the day before so not only am I still accustomed to the tropical weather down south, but I underestimated how cold it would be and left some of my warmer clothing behind!

I was on a longer course than everyone else in my family so I set off first. Early on in the course I ended up on the hilly area of the map and the wind and flurries of snow started to cause parts of my map to fade or disintegrate, which wasn't ideal! The second control was the longest leg of the course and it took me a long time because once I got to the right area (a rather steep hillside with not many features) I couldn't find the control and ended up backtracking a fair distance. The hillside was quite hard to run across because of the high contrast between the snow and the grass/

heather/stone poking out and it also made spotting controls difficult - I should have brought my sunglasses!

After eventually finding the control I had to go all the way up the biggest hill and there was a weird narrow strip of hillside that didn't have any snow on it. Everyone before me had obviously gone along this route because the other sets of footprints all joined it but why was there no snow there in the first place? I suppose some mysteries will forever remain unsolved!

There were a lot of interesting structures on the course - there was a spiky thing on top of a hill and a small ruin near the start. There was also a semi-abandoned looking farmhouse, and when I ran past there were the sounds of dogs barking. The creepiest building was definitely a ruined house in the later stages of the course. I was a bit lost in a forested section and emerged from the trees to see the remains of a house - only the walls remained and the snow was blowing everywhere so it looked very eerie!

When I finished there was some confusion about what course I was supposed to be running as when I reached download I was asked if I'd retired. I was rather taken aback at this and told them which course I had done and I somehow ended up on the



results in a category all on my own!!

### Headless Chicken

**THE PARTY TO mark the 31st and final Tinto Twin was a splendidly lavish lunch given by Dick and Trish Carmichael in their Estate Visitor Centre, followed by the prizegiving and an eloquent speech by Dick. The souvenir T-shirts awarded here listed the venues since its inception in 1988, and gave rise to many reminiscences.**

We started orienteering as a family in 1989 when Walter, then aged 13, discovered its existence, and hardly missed a Tinto Twin since. They were memorable weekends in the early days, often staying away in a village hall together with big University groups. These students were not good at night orienteering and would shout encouragement to each other throughout the forest. Only a very few people then had good head torches, so everyone found it hard, often using old 'Ever-Ready' cycle lamps.

At Rachan & Dreva in 1999 I met Bill Bruce (RR) among the

head-high bracken; we helped each other out and have been friends ever since. Inshriach was fiendishly difficult in the dark. At Newcastleton one year it was the most brilliantly moonlit and frosty night. The 'withies' planted on the Carmichael Estate were terrifying to run through in the dark; above your head and seemingly endless.

At the final prizegiving there was a full set of trophies, accumulated over the years. Many of these were provided by the Carmichael family and had much historical significance. Angela, Margot and I each donated one as we moved up through the age-groups, and we all made it to the final event. My W75 trophy this year was a glass etched with an eagle from the Eagle Gates to the Carmichael Estate. Jim was the first recipient, in 2015, of a very fine hand-made 'Night and Day' trophy for M75 donated by Dave McQuillen.

In 2006 there was no trophy for Jim in M70 so he was awarded a Post-it Note, shown in photo!

**Janet Clark (ESOC)**

**OUR FAMILY HAS been going to the Tinto Twin since 2005, and we've entered nearly every year since then.**

I enjoy night orienteering (mainly because it slows everyone down), and the night event has always been a very sociable occasion, with soup for all afterwards, accompanied by much animated discussion about route choice and mistakes. Our early, tentative forays into night orienteering were with ordinary headtorches, and I also carried a huge torch on a shoulder strap as backup. Eventually we invested in more powerful torches, which did make it much easier.

The format has varied - sometimes the day event has been a Scottish Orienteering League event, or a Scottish Orienteering Urban League event, and in 2008 it was the Scottish Score Championships, so the night event was a score event too, and the points were added together for the overall results. It's fun when the day event has been on the same area as the night one, as it gives a chance to see where we went wrong in the dark.

For us, particularly memorable experiences were:

- 2005 - Crawford's first Tinto Twin night event, at Altarstone, near Broughton. He got completely stuck in an area of fallen trees and could see torches going swiftly past not far away, but couldn't find the way out to join them.
- 2006 - My first Tinto Twin night event, at Stone Hill, near Lanark, where there were a lot of very green areas, and we were accompanied by a constant barrage of bangs from fireworks in the surrounding area.
- 2009 - The day event was at Beecraigs & Witchcraig, near Linlithgow, and it was so wet that everyone was soaked to the skin, there were huge puddles everywhere, and the prizegiving had to be postponed.
- 2010 - The Tinto Twin moved north to Speyside, with both night and day events in the tricky forest at Inshriach.
- 2011 - Both events were at Altarstone, and part of the forest had been felled so recently that courses had had to be replanned. There were some monster timber piles as a result.
- 2012 - This was the 25th Tinto Twin, and the night event was followed by a lavish buffet, with a

splendid 25th anniversary cake in the shape of Tinto Hill, and commemorative t-shirts for sale.

- The 2019 event, the 31st, was back at Carmichael Estate where it all began, and we were treated to lunch in the tearoom, which was very enjoyable. Thanks to the Tinto club for so many memorable events.

**Sally Lindsay (ESOC)**

**MY 1st EVER night orienteering event was at the Tinto Twin in 2016, as I had always taken the option of staying at home with the 'baby,' but as the 'baby' was away at Cub Camp, I had no excuses left.**

Joking with Keith and Rachel in the car, I said that I'd take my phone and call Rachel for help if I got too lost (Rachel, aged 13 at this stage had already completed several Tinto Twins). Setting off across an open field to control 1, I had one of those compass malfunctions which seem to happen to me frequently - must be a faulty compass - and spent a long time looking for the first control. The errors continued to accrue including going 90 degrees wrong down the side of another field. Meanwhile Keith and Rachel had happily finished - but were starting to get worried about me. Keith was worried about how long my headtorch would last and how grumpy I would be with him if it stopped. The pair even resorted to phoning

me - just in case I had taken my phone. Eventually, after almost two hours, I appeared - pleased with myself that I had completed the course, full of tales of my adventures, and I don't think Keith and Rachel have ever been so glad to see me.

**Judy Bell (ESOC)**

**TINTO WAS MY first orienteering club, I joined when I started orienteering back in 1990, and I have fond memories of the club's stalwarts from those days.**

Some have since moved away, some are, sadly, no longer alive. Although they aren't the main focus of this celebration, they colour my thoughts and I'm sure many others remember Mike and Marjory Foreman in particular.

As for the Tinto Twin, I struggle to separate individual events from the numerous mental images. Marjory organised many of the TTs in the 1990s, in the days before online entries she would have paper spreadsheets and lists, lists of lists... if you think that organising a 2-event weekend is difficult these days, you should think how much more exhausting it was before technology simplified everything.

Tinto has been a very small club for as long as I've known it, so to keep the Twin going for so long is a major achievement - very many congratulations to those responsible!

**Hilary Quick (BASOC)**



**THE SOA NEWS page is an excellent resource for keeping up to date with the current news and our member clubs.**

SOA is currently looking to fill several key voluntary roles within our organisation. Applications are being sought for SOA President, Board Chair, Secretary and Director of Performance, and are being accepted up until the 12th of June. Interested parties are invited to submit a note of interest or send in an application which outlines their suitability for the position. More information can be found at the SOA site:

<https://www.scottish-orienteering.org/news/president-board-chair-secretary-director-of-performance/#more-12036>

SOA are also looking for an individual for competition calendar review. In response to membership input and as part of the evolution of the SOA, the board is commissioning an SOA Competitions Calendar Review. This will be undertaken as a fixed period, paid, contracted work package.

The objective of the review is to ensure that the SOA Competitions Calendar is 'fit for purpose' in meeting the needs and expectations of the SOA membership in the future. More information about the role can be found here:

<https://www.scottish-orienteering.org/news/scottish-orienteering-seeks-individual-for-competition-calendar-review/>

The 2019 SOA AGM will take place at Bo'ness Academy, as part of the Sprint Scotland event on Saturday 22nd June, and you can now download minutes from the 2018 meeting plus the booklet for the 2019 meeting, which includes details on how members can vote.

<https://www.scottish-orienteering.org/news/soa-2019-agm-set-for-saturday-22nd-june/>

The AGM will be held at 13:30-14:30 – in between the sprint races, and a Youth AGM will also be run in parallel with the SOA AGM to ensure we hear the opinions of our junior members and give them a voice in the areas which matter to them.

We hope to see you there.

SOA will be offering a variety of courses over the summer, including during the 6 Days, catering to a variety of members and needs. There will be Scottish Orienteering Young Leader courses (SOYL), Coaching and Tutor Foundation courses, First Aid courses, and more. See the Upcoming Courses page on the SOA site for further information and to book your spot.

<https://www.scottish-orienteering.org/upcoming-courses/>

Did you know that British Orienteering offers a series

of webinars on their Youtube channel? Coaching for mixed abilities, Planning for Light Green course, Communication – social media vs. traditional media, and Coaching newcomers are just a few of the sessions available for viewing. More information here:

[https://www.britishorienteering.org.uk/?pg=news\\_archive&item=4716](https://www.britishorienteering.org.uk/?pg=news_archive&item=4716)

## SOA – Our Role and Vision

As a Sports Governing Body, we are responsible for the governance, development and promotion of the sport in Scotland, mainly through the network of clubs, support of junior and elite squads, the staging of events, the training of coaches and publication of our quarterly magazine, SCORE. We also publish many useful guides for clubs, event officials, beginners, teachers and coaches and work closely with schools, because orienteering is a great form of outdoor learning.

Our Vision is "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."

# World Schools Championships Orienteering 2019

## Otepää, Estonia

**TWO OF THE juniors who travelled to Estonia for the recent World Schools Championships in Orienteering have shared a bit about their adventures, excerpted here. For the full write-ups from Iris and Angus – highly entertaining and recommended! – see the SOA website.**

### Iris MacMillan (ECKO) W14

In April this year, I was given a once in a lifetime opportunity to travel to Estonia with the Scottish team and compete in the World Schools Orienteering Championships. Following my selection to the team I set to work fundraising. I baked cakes to sell at local orienteering events, babysat, worked at a café and also wrote to local organisations asking them if they would like to sponsor me. My hard work paid off, and by the end of the year I had raised enough money!

The trip started with a bleary-eyed arrival at Edinburgh airport at 5 a.m. Standing just inside the departures entrance was my team, I knew a few of the girls from a training weekend the month before, so was glad to see them. We flew in to Tallinn, and after dumping our bags at the hostel and going out for lunch, we all walked up to the 'old town' to admire the architecture, then walked to a park and did a short orienteering course to blow out the cobwebs.

On the morning of the second day we all climbed aboard a bus to a small village called Otepää, where the event would be held and where we would spend the week. All of the teams were staying in different places, and we were given the keys to a small chalet in the woods. In the evening we had dinner then set out to explore the wood around the resort, the area where the event was being held, and made friends with some of the New Zealand team.

The third day was dedicated to one thing: training. We got to know the area and also went through the start procedures. In the evening we had the opening ceremony at the athletics stadium, where the Scots made a grand entrance marching behind one of our teammates, Alastair McCartney, who was playing the bagpipes. We were all dressed in our kilts and even brought along our mascot, a pink inflatable flamingo dressed in a kilt and Scottish flags. At the

opening ceremony a couple of important people gave speeches and then introduced some amazing Estonian dancers. Finally, an Estonian competitor carried the torch of 'the ISF Schools Orienteering Championships' and lit the flame. All the dancers danced off behind him around the running track, and it was truly magical.

On day four I was running the long distance race around midday, so had quite a while to wait for my start. Me and Charlotte walked up to quarantine, and were only allowed to leave 45 minutes before our start in order to have a reasonable warm up and get to starts. I focused on keeping my mind clear. I had a reasonable run, made a small mistake at number 3 but recovered well, and in the end I came about 20th overall, first Scot! There were about 75 people in my class, so it was a pretty good result.

The fifth day was the rest and culture day. We started the day in a Science Centre, then followed an orienteering quiz around the city to get to the hall where the cultural ceremony was taking place. Our team set off gallantly, but it was chucking it down, and we became more and more miserable. We made it to the event centre and after wolfing down a quick lunch, we set about packing our table with 'a little taste of Scotland.' We poured out cups of Irn Bru, and set out samples of shortbread, toffee, oatcakes and tablet for people to try. My favourite table was probably the Belgians' as they had really good chocolate! Every team did a performance from their country, so Scotland did ceilidh dancing to Al's pipes!

On the sixth day we were all much more relaxed going into the middle distance race. I left quarantine about half an hour before my start time. It was freezing outside, and as it was so cold in the courtyard, all the teams were sharing a big gymnasium with radiators. Me and Charlotte had a lot of time to spare so



we decided to have a kick about with a couple of Belgians and Brazilians. Before long some Russians joined us and it ended up turning into quite a big game. I had a very fast race and ended up coming 12th!

The final day was the one I had been looking most forward to, as it was the friendship relay. I was on a team with a Spanish girl and Lithuanian boy. We were given a map with all the controls that we had to collect marked on it, as well as 'gates' which we all had to pass through together in order to continue with the course. At the final 'gate' we all had to wait, then run down the run-in together holding hands. It was an amazing feeling and a great experience.

In the evening we all piled into a big hall where we had the team prize-giving and the closing ceremony, followed by a party. The party was great, a massive rave with some good music. We ended up getting back quite late, and me and my friends ended up being taxied home by the ISF president who was very nice and told us some funny stories, he also asked if we had enjoyed our stay and what were our favourite parts.



We got back to the chalet around half 12 and then had to rise again at half 5 to get the 3-hour bus journey to the airport and then the plane back home. Looking back, it was probably the best week of my life. I can't thank you enough for giving me this opportunity.

### Angus Ivory (INT) M14

Getting up at 4am was maybe a bit early to fly to Tallinn, but it was worth it. I was excited to be going to Estonia for the World Schools Orienteering Championships! The Scotland team was quite small; there were five from my school (George Heriot's, Edinburgh) as the M2 School team, five individual boys and five individual girls from S2-3 for the M/W2 Select teams (S4-6s had exams so couldn't go).

My journey started long before that, though, at the Faskally qualifier, where my school won by 2 minutes over Aberdeen Grammar. Our team then began fundraising for the trip, holding a number of bake sales, and receiving some

generous support from Interlopers and the East of Scotland Orienteering Association (thanks guys, ur all legends).

We got to Tallinn at midday, with an afternoon in the city. That included Alastair piping in the popular squares, so naturally we had to do some highland dancing along with him. I hope we didn't terrify too many locals!

We arrived at Otepää, the event host town for the week, on Monday afternoon. There we had the run of a little lodge tucked away behind the trees, complete with a 'swimming pool' (a pond!) that a few of us braved and went swimming in, but not for long (brrrr).

Tuesday was our model event day, >>



Photo credit: Raigo Tõrnvald



Photo credit: Iris Mackillan

with the Opening Ceremony in the evening. The Scotland team, all clad in kilts, with Alastair piping, myself carrying the flag, and our team mascot (a pink flamingo dressed in kilts and Scottish flags) must have been quite a sight!

Wednesday was the first proper race: the long-distance event. This was my first experience of international starts, which involved a quarantine area so that we couldn't see others' maps. I managed to make it to 4th place on the M2 School, with Ewan Musgrave 6th in the M2 Select.

The rest day activities included an outing to the Tartu AHHA Science Centre, followed by a 2-hour landmark game – orienteering our way to the EMÜ University using an iPad and answering questions on the way. At the University there were cultural stalls and performances from each country, which included some Finnish dancing, Italian football, 40 English Morris dancers, and our excellent ceilidh dancing, amongst many others.

Much like typical Scottish weather, the weather changed from sun to snow on Friday, in

time for the middle-distance race, much to the Brazilians' initial delight and then horror. The middle was a slightly marshier area, but faster running, and finishing again in the Tehvandi Stadium. Ewan achieved 4th this time, a great result!

Saturday was the most important race of all – the friendship relay! I was grouped with a Belgian girl and a French boy, dividing up 49 controls and meeting up at three specific controls. It was also swapping day – most people traded their kit with other nations after the event – I swapped for a Russian and a Chinese top, and a Polish hoodie.

The closing ceremony and team awards followed, where an Estonian dance group came to perform, and then a band came to play. Great end-of-week party!

Going to Estonia was a great experience; I got to meet lots of international orienteers and compete in a world event. Thank you so much to Blair and Lorna Young and Jon Musgrave for organising it and looking after us while we were there!

Additional details and photos of the WSCO event can be found at the following links:

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

and

<http://www.isfsports.org/orienteering-world-schools-championship-600-young-athletes-gathered-otepaa-estonia>

## SOA Resources Supporting Schools, Outdoor Groups and New Orienteers

**SOA HAS A library of documents that are excellent for use in schools and with outdoor groups – many can be found here:**

<https://www.scottish-orienteering.org/resources/schoolteachers/>

These include orienteering exercises and games, Curriculum for Excellence details and outcomes, an Introducing Orienteering

leaflet, and much more.

There is also a resources page that is aimed at beginners and new members, whether in or out of a schools or outdoor group environment, here:

<https://www.scottish-orienteering.org/resources/beginners-new-members/>

One of the aims of the new SOA site is to ensure that supporting documents and

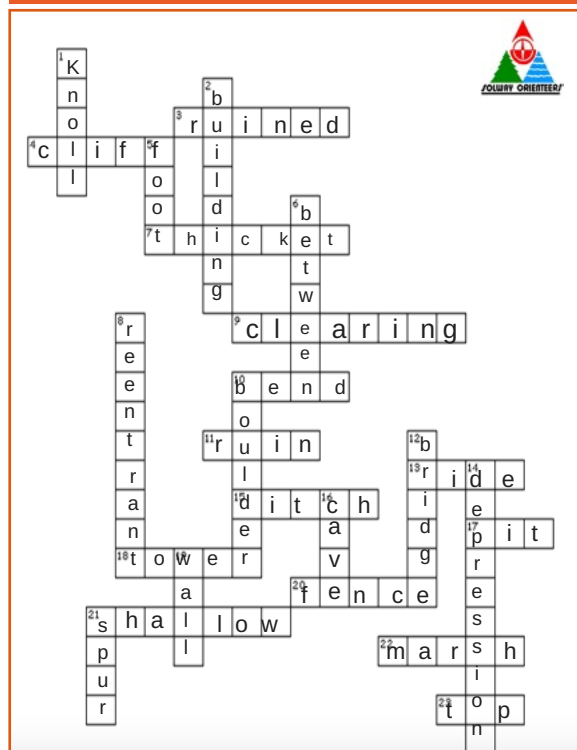
resources are easily found, including via a new document database searchable accessed through the resources page:

<https://www.scottish-orienteering.org/resources/search-resources/>

If you cannot find what you are looking for at the links, contact the SOA office at

[info@scottish-orienteering.org](mailto:info@scottish-orienteering.org)

## IOF pictorial descriptions crossword puzzle ANSWERS



**How well did you know your pictorial descriptions from the last issue?**

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
- 2
- 4
- 5
- 6
- 8
- 9
- 11
- 12
- 14
- 15
- 16
- 18
- 19
- 21
- 23



[www.solwayorienteers.co.uk](http://www.solwayorienteers.co.uk)

**WE HOPE YOU HAD FUN - LOOK OUT FOR MORE**



## Strength & Conditioning: Core Control

**WHEN I HAD** the challenge of planning a Strength and Conditioning session for BASOC the evening before a Northern Night Cup event I wanted to put on a session that would be fun and engaging, yet not tiring just before a competition; after a bit of thought, focusing on core control and balance seemed to be the answer.

A stable core is very important for all runners, but especially for orienteers, as we spend our time on soft unstable surfaces, with frequent changes in direction required to avoid obstacles. Good core stability translates to more speed for a given level of effort, and reduced 'energy leaks' which can lead to injury<sup>1</sup>.

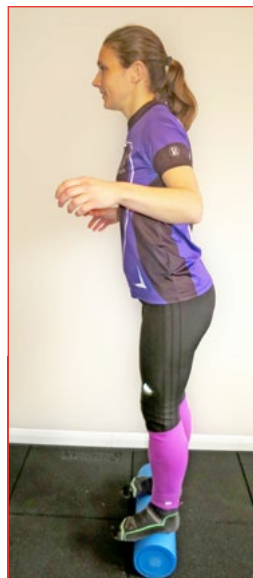
Jay Dicharry, in *Run Like an Athlete*<sup>2</sup>, gives the analogy of a canoe: canoes have good forward-backwards stability, but not side-to-side. You wouldn't fire a cannon from a canoe unless you prepared it first with an outrigger for more stability. Running is similar; runners often have good forward-backwards stability, but poor side-to-side stability. You can prepare for the sideways loading your body will take with appropriate strength & conditioning. Look for exercises that load you from the side or make you control a rotation to your torso.

Improving core stability has two components: improving control and improving strength. Control is about your brain sending and receiving the right signals, and your nerves getting better at transmitting those signals. Strength usually means developing muscles to be able to tolerate larger loads. Stronger muscles do not tire as easily, and

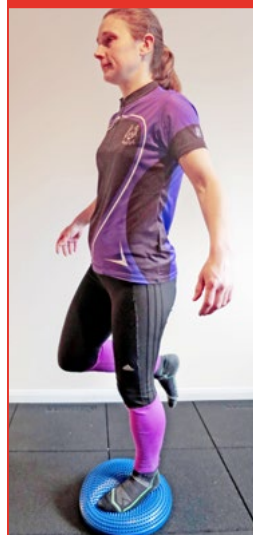
are better able to operate when tired. This article focuses on the control aspect and the next article will focus on improving strength.

The exercises that I've chosen here aim to be fun and challenging, but not too physical. They are best done on a club night as a circuit, with people going around in twos and threes to each station. Some equipment is needed, but not much; if you're struggling for equipment for one exercise, simply leave it out or see if you can come up with another fun exercise that uses what you have. Allow two to three minutes at each station to let everyone get into the exercises and go around the circuit twice, including a break to let brains and bodies recover.

Getting the participants to see their own form and comparing it with others during the break, possibly by videoing their performance, can add significantly to this session. Focus on identifying the traits that a person with good-looking form has. What are they doing differently compared to someone who looks like they are struggling more? What is their body position? Where are they looking? Simply increasing awareness of the differences can help your participants improve on their next attempt.



**WIBBLE WOBBLE:**  
BALANCE ON UNSTABLE SURFACES  
USING BOTH OR ONE LEG.



## EXERCISES

### Twister

Most people know this: the aim is to only have your feet and hands on the floor and not fall over in increasingly complicated body positions. Place four rows of four to six dots of the same colour in a grid, or an actual Twister board, on the floor. The two or three participants take it in turns to call the next move, e.g. "Right hand, blue." Making up each move is fine; you don't need a spinner.

### Wobble Wobble

Get some unstable surfaces and have participants balance on them, either on both legs or on one leg. These surfaces could be a foam roller, an air cushion, a few pillows piled up, or a wobble board.

### Leg Fencing

Two participants stand facing each other on one leg. They use the other leg as a 'sword' and try to score points by gently touching the other player's torso. Players try to block each other using their leg. This can be hilarious, and surprisingly hard work. Remember to keep things friendly and gentle, and remember to swap legs half-way through.

### Lateral Jumps

Set up two rows of dots, which are staggered left and right. An obstacle such as a foam roller in between the two rows works particularly well, but isn't essential. The participants take it in turns to jump over the obstacle, from dot to dot. Try

to minimise contact time on the ground. Start with two-footed hops. If the participants can land a single leg hop without their knees coming inwards, then they can progress to single-leg hops. If knees are coming inwards in a hop or squat, then there is a large injury risk and single leg hops should be avoided.

### Ball Kneel

Get two swiss balls. Once you get used to kneeling on them on your hands and knees, see who can stay on the longest. If this is getting easy try just using your knees or set up a square of four dots around the ball and try to touch each dot with the ball in turn.

### Single Leg Tennis

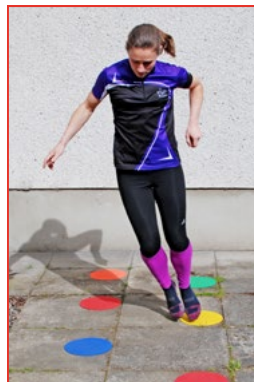
Participants stand two to four metres from each other, on one leg and pass a tennis ball to each other. Initially aim for easy throws but then make the person catching have to reach. Can you do this with two balls, with each participant throwing simultaneously?

### Balance Beam

Find sections of wood for the participants to balance along. They can initially walk, but as they get used to it jog, hop, or try to hop from section to section. Changes of direction are ideal, as you have to stabilise and balance with each twist and turn.

### SUGGESTED READING:

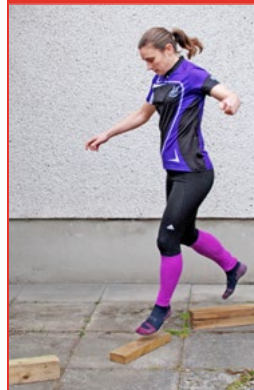
1. Why Strength & Conditioning? SCORE Magazine, June 2018.
2. Run Like an Athlete, Jay Dicharry. Lotus Press, 2013.



**LATERAL JUMPS:**  
JUMP FROM DOT TO DOT USING BOTH FEET. MINIMISE GROUND CONTACT TIME.



**BALL KNEEL:**  
ONCE YOU'VE MASTERED BEING ON THE BALL, TRY TO MANOEUVRE IT TO TOUCH EACH DOT IN TURN.



**BALANCE BEAM:**  
WALK OR JOG ACROSS STABLE BEAMS, WITH FREQUENT CHANGES OF DIRECTION.

# Nowhere Else I'd Rather Be

**Peter Hodgkinson (INT), M21E, kicks off what I hope will become an ongoing series from Team GB orienteers, writing a bit about themselves and their races from a personal perspective.**

I'm from Nottingham and have been orienteering nearly all my life. I have two older brothers, so I was competitive from a young age because I wanted to try and beat them! Eventually, as a teenager, this led to me getting picked for summer tours, the GB squad and the Junior World Championships (JWOC). I travelled to some cool places and met some great friends through these opportunities. I moved to Edinburgh in 2016, which is a great place for orienteering. It's the fun, social side of the sport as much as anything else that has kept me training hard and trying to keep improving.

I've been lucky over the past few years to run in many GB relay teams together with some of my best friends. My big dream is to win a relay medal at WOC.

The first major race for me this year was the JK Middle distance at Easter. This was the first selection race for WOC so I knew it was important to put in a good performance. In the weeks

beforehand, however, I was nervous and not very confident. I'd had lots of small injuries through the winter, so hadn't been able to train as hard as I'd like or to do much orienteering.

When the day came though, I tried to put these doubts out of my mind. Thinking about them wasn't going to help me perform – you can't control how the others run, so just do your own job as best as you can. I relaxed, listened to some music and ran through my strategy in my mind. In the week before, I'd looked at the map and identified that the runnable, spur-gully terrain was similar to last year's JK, so I decided to focus on the same techniques I'd used then.

When I'm racing, I know that I don't have a lot of mental capacity – it's much harder than usual to make any complicated decisions – so I crystallise my race plan down to a few simple trigger words that I recite in my head when I'm racing. I often write them on my hand too so I can remember them! >>

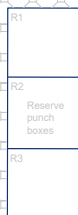


# Jan Kjellström April 20th 2019

## Windmill Hill, Surrey



Scale 1:10,000 Contours 5m



# 1 2

JK Day 2				
M21E				
1-2	6.9 km	270 m		
14 167				
15 146	→		L	
16 147			L	
17 115				
18 149			○	
19 150				
20 171				
21 151			T	
22 182				
23 152				
24 129			○	
25 100				
○ — 80 m — ⊗				

**Courses Close 15:15. You must report to download**  
**Emergency Phone 07597 055256**  
**Safety bearing: head NW. Follow fence N to gate 200m from finish**



Map produced by Peel Land Surveys spring 2018. Based on the previous map by SN. Based on the Ordnance Survey with the permission of The Controller of Her Majesty's Stationery Office. © Crown Copyright 2018 OS 100015287. © Environment Agency copyright 2018. All rights reserved. © BAOC, SN 2019. v190331a

Map credit: SCOA/Dave Peel



**Compass** – This tells me to run as straight as possible, and to check my direction regularly so that I don't run any extra metres.

**Contours** – This terrain had big hills and contour shapes. I should take time to picture these shapes in advance of each leg, so that I know exactly where in the landscape ahead of me the control flag will be hiding.

**Exit** – Before arriving at each control, I should look ahead to the next leg so that I know exactly which direction I'm going to exit in. This way, I can run through each control quickly without stopping.

Once I started racing, I was completely focussed on executing this race plan and I'd forgotten all about my nerves. In fact, I was so focussed in each moment on finding the next control that when the finish arrived, and the commentators said I'd had a good run, it came as a real surprise! I was really pleased to discover that I'd won, and it felt great to have put

together a strong performance in one of the biggest races of the year.

I think the mental side of orienteering is often overlooked. I've realised that the main reason I make mistakes is not that my technical skills (e.g. bearings, contour interpretation, etc.) are poor, but that I easily get distracted and forget to use the right skills at the right time. Using trigger words has helped me to stay on task and 'in the zone' more reliably. It sounds cheesy, but getting to know myself better has really improved my orienteering.

For me, one of the best things about orienteering is that, on the day, anyone can win. Even if you're not in great shape, the most important thing is finding the flags. Focus on that and you're only ever one good performance away from winning. When I get nervous before big races I try to remember this, and to remember why I'm turning up – racing is exciting and there's nowhere else I'd rather be.

**For more information about Team GB's adventures, training and tips, visit their athlete-centred site**

<https://www.ontheredline.org.uk/>, their twitter feed <https://twitter.com/OnTheRedLineO>

as well as

World of O at <http://worldofo.com/>

Don't forget to check out the O training video series discussed in the March issue, with videos hosted by GB team members, at

[https://www.youtube.com/watch?v=2LZpOZI94bU&list=PLWQxj0iaU\\_RfjWcf\\_sX-TgM2ylwbpWO2v&index=2](https://www.youtube.com/watch?v=2LZpOZI94bU&list=PLWQxj0iaU_RfjWcf_sX-TgM2ylwbpWO2v&index=2)



## 'Survival' or 'Extinction'?

**WE HEAR THAT SOA is struggling to cover overheads, particularly with staffing costs & that we might be asked to pay higher membership. Event levies are also on the agenda. What about the welfare of our Clubs?**

As a volunteer attempting to run an innovative and dynamic club, the thought that levies may be extended fills me with horror and worry! In my view, SOA is badly out of touch with the basic needs of our sport & has become too entangled in bureaucracy, red tape & luxuries which we, as a minority sport, just cannot afford or sustain.

In Scotland, there are only eighteen orienteering Open Clubs, all unique and with different objectives. Some are dormant and appear to be content doing what they do, but others are highly active, and as such do require funds to achieve their aims.

**Here are a couple of pertinent facts for you to ponder:**

- **Mapping** – the lifeblood of our sport, yet at events clubs struggle to cover the true costs. At the end of day it is the Club which carries the loss – not the toilet providers, the mappers and certainly not SOA or BOF, who charge levies for some/all events. Any shortfall in income means that volunteers either cut, or don't take, their entitled expenses, and a club doesn't benefit from all their effort. In 2012, STAG & ESOC invested £6000 in a remap of Linn of Tummel; to date both clubs have recouped less than £1000! Urban maps open up another can of worms!
- **Levies** – a tax to pay in return for insurance cover to run events and this is provided via BOF. I do struggle to see what services Clubs receive from SOA

that would justify an increase in SOA event levy.

The hosting Club must benefit financially from an event, or it's not viable. When almost 80% of income goes to suppliers the entry fee is clearly too low, and as such an increase for the benefit of the Club is justified.

Volunteers keep orienteering alive throughout Scotland. Would Orienteering survive without active Clubs? No. Would Orienteering survive with less bureaucracy? I think it would, no, I know it will.

Having served as a volunteer for over 40 years – at Club, Regional & National level – the evidence shows that the gap between the top to the base of the orienteering pyramid continues to manifest itself in that very little recognition of the needs of clubs is ever considered. I know I served on SOA Executive for many years, and there was 'never time' to discuss such – it was way down the SOA's agenda.

30 years ago, map production was cheaper, Control Cards & Clippers were the norm, and there was no electronic timing or pre-entering online. The Club was indeed at the heart of our sport, and didn't have the crippling costs of electronic units, replacement batteries, licenses, etc..

Today, in our changing world, unless the needs (particularly financial) of those Clubs who deliver Orienteering on a regular basis are truly recognised and appreciated, orienteering participation shall continue to fall and the sport that we enjoy may no longer be so accessible as it currently is.

My preference is 'Survival,' but 'Extinction' is on the cards unless the balance is redressed.

## 2019 Major & National Events – 3rd Quarter

7 June	TINTO – Scottish Schools Orienteering Festival	S. Queensferry
9 June	BASOC – Jamie Stevenson Trophy	Gynack
16 June	INVOC – Keppernach & Achagour Regional	Nairn
22-23 June	MA – Sprint Scotland Weekend incl. btoSOUL7	Bo'Ness
28 June	JOK – Chasing Sprint – Callendar Park	Falkirk
30 June	MAROC – Potarch Regional	Deeside
7 July	GRAMP – Balmedie Regional	Aberdeen
28 Jul – 3 Aug	2019 Scottish Six Days	Strathearn
25 August	MAROC – Glen Feardar Regional	Deeside
1 Sept	STAG – Scottish Score Championships	Pitlochry
8 Sept	INT – SOL4 Drummond Hill	Kenmore
14-15 Sept	British Sprint & Middle Distance Championships	Loughborough, England
21 Sept	ESOC – Veteran Home Internationals	Binning Wood
22 Sept	ESOC – Veteran Home Internationals & SOL5	N. Pentland Hills

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

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

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

### 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/abereenorienteering/>  
**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](http://www.scottish-orienteeing.org/sol)

[www.compasspoint-online.co.uk](http://www.compasspoint-online.co.uk)



## Classic Forest Orienteering in Scotland

All races Sundays.

Starts from 10:30 am.

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

<input checked="" type="checkbox"/>	<b>SOL1</b>	<b>24 Feb</b>	<b>MAROC</b>	<b>Birsemore</b>
<input checked="" type="checkbox"/>	<b>SOL2</b>	<b>31 Mar</b>	<b>FVO</b>	<b>Dumyat</b>
<input checked="" type="checkbox"/>	<b>SOL3</b>	<b>14 April</b>	<b>MA</b>	<b>Falkland Estate</b>
<input checked="" type="checkbox"/>	<b>SOL4</b>	<b>8 Sept</b>	<b>INT</b>	<b>Drummond Hill</b>
<input checked="" type="checkbox"/>	<b>SOL5</b>	<b>22 Sept</b>	<b>ESOC</b>	<b>Edinburgh</b>
<input checked="" type="checkbox"/>	<b>SOL6</b>	<b>13 Oct</b>	<b>RR</b>	<b>Teviothead</b>



## bto Scottish Orienteering Urban League 2019

[www.scottish-orienteeing.org/soul](http://www.scottish-orienteeing.org/soul)



## Quality Urban Orienteering in Scotland

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

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

## 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](mailto: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](mailto: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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