

# SCORE

THE HOME OF SCOTTISH ORIENTEERING

SEPTEMBER 2019



JWOC 2019 Denmark  
Gold Medal Relay Team

Fiona Bunn, Megan Keith & Grace Molloy

# A note from the Editor

As I near the end of my time as SCORE Editor, I want to give a huge thank you to all who have helped me over the past three years. As I've said on more than one occasion, it takes a village to put out each issue of SCORE, a village of willing and helpful contributors. I couldn't have done it without all who have written pieces, answered questions (lots), been patient with me through the learning - about orienteering and editing SCORE - process, and being so warm and welcoming to me personally. Truly, it has been much appreciated.

If you're a regular reader, you'll notice that SCORE looks different this issue - I've taken the few pieces that I received and collated a primitive newsletter of sorts. Usually we have a layout guru, the excellent Derek Buchan at Mediarts, put together the layout of each issue for PDF and print; however, with this issue's sparse content it didn't make sense to spend money on professional layout, and this also explains why this issue is a little later than usual.

To make a very long story short, I didn't have many pieces submitted and pieces from clubs, members, organisers and the like are what SCORE is made of, not pieces from myself.

There will be a new SCORE Editor in 2020 but I'll be around for the December issue - drop a line if you have any questions, comments or concerns regarding SCORE, or, of course, if you wish to submit a piece!

Regards, and happy orienteering.

**Sheila Reynolds**

*Front Cover Photo Credit: JWOC 2019 Denmark - <https://www.jwoc2019.dk/>*

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## Contents credits from June issue of SCORE

We're sorry there were no photo credits placed in Table of Contents pages for the June issue of SCORE; here we give people their credit!



*Photo of Al McCartney at the Estonia WSCO was taken by Sander Lembra of [MiD7 Production](#)*



*Photo of James Hammond was taken by Wendy Carlyle (AIRE)*



*Map extract was provided by Robin Sloan (RR)*



*Photo of Tinto Twin finish banner was provided by Richard Carmichael (TINTO)*

## About Orienteering:

Information on orienteering including clubs, groups and a guide to the sport can be gained from the SOA: National Orienteering Centre, Glenmore Lodge, Aviemore, PH22 1QZ

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# Regional Development Officer News

## Development News - Strathearn Schools Project

Fran Loots (TAY), RDO West



*Photo Credit: Fran Loots*

As you read this - the Scottish 6 Days in Strathearn will have been and gone. For some local Strathearn youngsters, it has also been their first time taking part in a mainstream orienteering event, thanks to the Strathearn Schools Project.

The project came about as a result of the Physical Education and Physical Activity and Sport (PEPAS) group for the Crieff Schools Cluster deciding to promote orienteering as a school sport in the lead up to the 6 Day orienteering event being held in Strathearn in the summer of 2019. The group includes representatives from each of the local schools, Primary PE Specialists and Secondary PE staff, alongside the Active Schools Co-ordinator whose commitment has been pivotal to the success of the project.

The overall aim for the project was to increase the participation in orienteering in the run-up to the Scottish 6 Days.

### Key achievements:

- Teacher training for 10 teachers (7 certificated) representing 5 out of 7 schools
- Scottish Orienteering Young Leader course delivered to 12 youngsters
- 350 P5-P7 pupils participated in an orienteering festival
- 36 pupils took part in after school sessions
- 15 pupils took part in a summer camp
- 10 pupils enter the Sprint competition as part of the 6 Days orienteering event and 3 entered other days of the 6 Days.
- Tayside Orienteers membership increased as a result of the project

The summer camp worked really well to bridge the gap between the playground/school festival experience and the step up to mainstream orienteering. We held a practice competition in a conventional orienteering area, which the youngsters loved - much more exciting than running round a park! There has been enthusiastic feedback from parents too, and an interest in some in giving it a go themselves.

Nick Keiller, Active Schools Coordinator for the Crieff Schools Cluster said “The Crieff cluster schools Orienteering project has been a huge success. This success has been built on the partnership, which has been developed, between Tayside Orienteers, Scottish Orienteering and Active Schools Perth and Kinross. This project has seen local school volunteers and Secondary pupils trained and delivering Orienteering to local school children. As a result of the hard-work and dedication of the local club, NGB and Crieff cluster Primary PE Specialists, Orienteering has been re-established in the area within schools. I hope and envisage that Orienteering will continue to go from strength to-strength in this area as a direct result of this fantastic partnership and project.”

Tayside Orienteers are now looking at a way to sustain interest and build on the success of the project. Allan Downie, Chair for Tayside orienteers said “I am very pleased with progress we have made and it was great to see young people who had taken part in the project competing and doing well in a major orienteering event. The project is funded for another year and we are looking forward to building on this year’s success.”

The successes of the Strathearn project are a signal that little and often, locally, seems to be one way forward in growing the sport.

## Club Development Fund Ideas

**Sarah Dunn (MAROC), SOA Development Manager & RDO North**



**Learning & training  
together is more fun!**



Photo Credit: Sarah  
Dunn

The SOA has a small pot of money available for clubs to support the development of orienteering at a grassroots club level. The funds are part of an annual grant made by [sportscotland](https://www.sportscotland.gov.uk/) to orienteering, specifically for development purposes, and are designed to help clubs to make a tangible difference to their existing operations.

### Encouraging grassroots experiences

What do you need to put in place to get your local school or youth group started with orienteering? Getting the playground or local park mapped alongside running a training course for teachers and leaders should be enough to facilitate some initial activity. You might then need to think how you could encourage some of the youngsters to bring their parents along to a club event; the parent council for one small school in Aberdeenshire is organising a family orienteering day as a fund-raiser - what better way to spread the word!

A Moray Active Schools Co-ordinator recently pointed out that other sports are “cornering the market” in getting youngsters hooked on their sport at a very early age by doing some quite aggressive recruitment at nursery and early school year age. Perhaps we could formalise some really basic orienteering experiences to try and make inroads in this area. Time for a string course league?!

### Embracing new technology

As a sport we’re pretty good at keeping up to speed with technology to support race timing, etc., but there’s all sorts of other technology that we could potentially be taking advantage of, whether it’s for coaching, simplifying delivery of the sport, creating new recreational formats or other practical, vs. technical, features.

ScotJOS has recently purchased a set of GPS trackers that were used at the 6-Day event to help follow some of the races. The main purpose of investing in this kit is to facilitate a step-change in coaching practices, simplifying technique analysis for individual athletes as well as facilitating group discussion of training sessions. Several Scandinavian clubs have been using this equipment for some five years or more and it has helped professionalise their whole coaching set-up.

Smartphones are now part and parcel of many people’s daily lives and offer the capacity to support all manner of different activities. We have been promoting use of the MapRun app as a tool to help set up simple courses for club training and schools use, which can then be used at

any time, by anyone with no additional effort - and they're not subject to vandalism or maintenance in the same way that traditional permanent courses are. Do you have other ideas for ways of using technology that need a bit of development support either in terms of equipment, paid-for expertise, or time?

### Supporting club coaching

Do you have members who are new to the sport who would love to develop their technical skills further? Or older members who have never received any coaching advice? Most clubs now offer far more coaching opportunities than previously, but there are barriers to satisfying the market in this area, notably a need for more coaches in every club. With funding support, you could arrange for your club to organise a Coaching Foundation or Level 1 course in your area for your club members. That way you could get it set for a time and place convenient for members and it might be viewed as more fun and a less intimidating prospect for anyone to try. BASOC did just this last year in order to increase the pool of people who could help deliver their Tues=O sessions.

And, if the club really can't find members interested in training as coaches, then an alternative might be to buy in some professional expertise. This might apply not just to technical skills coaching but also other topics such as physical training, strength and conditioning, tactical racing, or mental health.

### Team building

Sometimes new activities and groups can benefit from kick-starting with a team building day or weekend. This might apply to a club junior squad, a new club committee, or to develop some inter-club collaborative activities, e.g. universities or regional squads. One-off funding to support activities of this nature can be easily justified where they are part of a bigger plan.

These are just a few ideas to provide some development inspiration.

As the funding that SOA has available is relatively small, and we would love to help support as many projects as possible, please think about where else you can look to source some match-funding; funding that we bring in from out-with the sport is particularly welcome and may be easier to get hold of than you imagine as orienteering hits so many criteria that funding bodies are looking for (e.g. youth, activity, outdoors, health and wellbeing to name just a few). Funds from local trusts and grant-awarding bodies can be particularly simple to access as long as you are looking for a relatively small amount. If you've identified a potential funding source but are short of time to put together the application, speak to your RDO, as they might well be able to help with some of the leg-work.

There is information and an application form for the SOA club development fund on the [Club Development Fund](#) page of the SOA website. We will shortly be opening the fund for further applications, so now is the time to get your heads together and think about how you could use some money to help develop orienteering in your area. And if your development idea doesn't work out as you expected - well at least you can say that you tried!



# Coaching

## May was Coaching Month (and the Scottish Orienteering Championships!)

### Tim and Helen O'Donoghue (SOLWAY), SOA Coaching Co-ordinators

In Solway Orienteers our coaching timetabling is simple - May is coaching month, and it has been so for the last four or five years. We pick one weekday and there are 75 - 90-minute coaching sessions for four consecutive weeks on that evening.

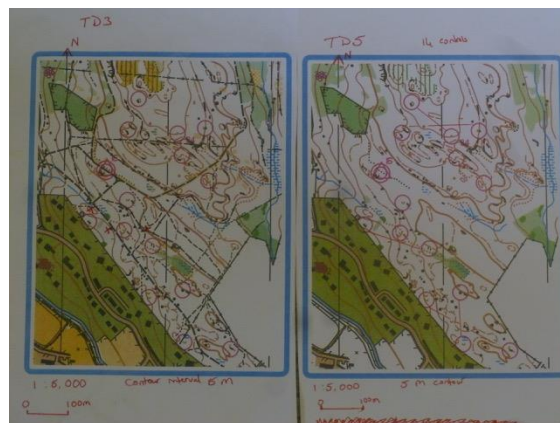
We can link sessions, get to know the people attending and assess what topics will provide the greatest improvement for the time available. We aim for three sub-groups aligned with TD levels: 1&2, 3&4 and 4&5, and need to get all four of our active coaches attending. Once people have received the coaching, we then have our evening summer series in June for them to try out their skills.

In recent years we've had around 20 people attending, ranging from complete novices to experienced orienteers looking to practice specific aspects of their technique. In recent years it has also been our primary route to recruiting new members (four joined this year) but this was not the case initially.


But May is also when the Scottish Championships (SOC) weekend happens, and in 2019 we recognised early on that the 2019 SOC Planner and Organiser also happened to make up half of the club's coaches. We considered not running the coaching in May 2019, but at an early 2019 meeting of the coaches we decided that as the continuity was too important to lose, we would find a way to deliver both. To accomplish both, the 4<sup>th</sup> coaching session was moved away from being two days before SOC, and the two SOC officials were paired to run the TD 3/4 sessions.

By the end of April our slightly-misplaced optimism was becoming apparent, as although the coaching plan for two TD groups was well in hand, the 'officials' had made little progress in their SOC duties. It was time for a different approach: we simplified by running the TD3/4 session using the controls put out for the other TD groups. The only additions made were to put up clearly identifiable tapes in certain locations and to mark up these points on the maps. An example was the week 1 plan:

- Briefing and warm up for all groups
- Distance pacing and judgement (all groups) using a measured 100m in the forest.
- TD3/4 focused on ticking off features and attack points. Many of the features to tick off were TD 1/2 controls, which were en route to the taped attack points. From the tapes they were able to use the set map to head for the controls that were placed for the TD4/5 group.
- Debrief and escape from the midges!



*Credit: Tim O'Donoghue*



It was great to see how our group quickly took on board the approach, and we were then able to get them to identify their own attack points (no tape on them) as the means of getting to some more challenging controls.

We, the coaches, were both very pleased and surprised at just how well the approach worked - it also reduced the amount of work involved with setting up before, and clearing up after, the sessions. It did not, though, reduce the amount of time that went into the planning.



# Event News

## 2019 btoSOUL Series Update

### Pat Squire (INT), btoSOUL Coordinator

Since the last report in SCORE the series has visited three more locations:

- SOUL6 in South Queensferry (organised by ESOC)
- SOUL7 at Bo'Ness (organised by Masterplan Adventure)
- SOUL8 also organised by Masterplan Adventure in Crieff as part of this year's 6 Day week.

As ever, the events provided different challenges in various terrains; Queensferry & Bo'Ness were classic suburban terrains, albeit with varying degrees of climb and architectural history. The Crieff event was mainly in Macrosty Park, with only the longer courses venturing out to the surrounding habitats.

SOUL7 consisted of two races in different parts of the town, cumulative times determining the overall positions, and thus league points, whilst the others were single race formats.

The events continue to attract a high number of participants, with just over 100 competitors at South Queensferry, 190 at Bo'Ness and a huge 656 at Crieff. The latter figure is of course due to the event being part of the Scottish 6 Days. Interestingly, it is higher than the equivalent of two years ago by around 80 persons.

After five events there was only one outright category winner, Eleanor Pyrah (ESOC) in Women's Hyper Vet, but now there are four other categories where the winner has already been finalised. Congratulations to Rachel Brown (ESOC) on winning the Junior Women's category, Will Hensman (FVO) on winning Men's Vet, Alison Cunningham (ESOC) takes the Women's Super Vet category, and Ian Pyrah (ESOC) makes it a family double by winning Men's Hyper Vet.

In all other categories, with two events to go there is still close competition and the overall league winners may not emerge until the final race has been completed.

I will be contacting clubs shortly to invite them to put forward events for the 2020 series, but early indications of intentions of Urban events are always welcome, as are comments and observations which will enhance the series.

## WOC 2022 News

### Race Director Appointed

Paul McGreal has been appointed to lead the delivery of WOC 2022. Paul was also the Race Director for WOC 2015 in Inverness.

### Maps

I can now announce that the map makers for WOC 2022 will be Dave Peel and myself. We will be producing first drafts of the race maps in time for May 2020 according to the new International Specification for Sprint Orienteering Maps (ISSprOM 2019). Steve Smirthwaite will act as the local map controller.

## Course planners

2 of the course planners have also been announced - Jon Cross (Forth Valley Orienteers) and Graeme Ackland (Interlopers). Both have a wealth of experience from planning high level events, including WOC 2015 where Graeme planned both the middle and the relay at Darnaway. We are still looking to appoint at least 1 more planner, and probably some assistant planners at some point as well.

## IOF Senior Event Advisor Visit

12-15th July saw a visit from the Senior Event Advisor Daniel Leibundgut, and his assistant Jari Kymäläinen. Daniel and Jari visited all the proposed race venues, met many of the core event team for the first time, and discussed the program for the races amongst other things.



# Scottish Orienteers Enjoy the Inaugural Scottish Mountain Marathon

Janie Oates, OUREA Marketing and Events Coordinator



Louis MacMillan



Jon & Oscar Shepherd

*Photo Credit: Steve Ashworth*

The Scottish Mountain Marathon™ is a new two-day mountain marathon that is carrying on the tradition of the LAMM after its last edition on the Isle of Harris in 2018.

A classic two-day hill running and navigation challenge held in the Scottish Highlands and Islands each year, the event is open to pairs who must compete as self-sufficient teams, and is suitable for novice participants and elite competitors alike. There are seven different courses, offering something for everyone who enjoys navigating through wild and challenging terrain.

The first edition took place on the weekend of June 8-9<sup>th</sup> 2019 and the event centre was the beautiful Attadale Gardens in the north-west highlands. Many Scottish orienteers were in attendance to enjoy the excellent courses over the rough and wild terrain in the Attadale forest, but also the friendly atmosphere at the event centre and the scenic overnight campsite. Louis MacMillan from Loch Eck Orienteers was on hand with his bagpipes to provide a very appropriate wake-up call on both mornings. It was a busy weekend for Louis as he also placed 1<sup>st</sup> overall on the C course with his partner Alex Toomey.

Father and son team Jon and Oscar Shepherd from Inverness Orienteering Club placed 2<sup>nd</sup> overall on the C course. This was their first Mountain Marathon together. Jon said: "It was great to leave the roads behind and get into wild territory and explore some new places." For Oscar, this was a new but very enjoyable challenge, "especially with the weight of the rucksack and a different map scale." However, Jon said his son was still dragging him along towards the end, was Oscar annoyed? "A wee bit" he added jokingly. When asked where the next edition of the Scottish Mountain Marathon™ should take place, Jon suggested Assynt or an island location, in the meantime they were off to the Saunders Mountain Marathon together in July.

Alistair Masson and Tim Morgan from Edinburgh University Orienteering Club were running their 4<sup>th</sup> Mountain Marathon together and took their first win in the Elite Class. On day one they

enjoyed some high ridge running and steep climbs. After some discussion on the optimal route choice, they pushed on to finish day one in 1<sup>st</sup> position, arriving into the overnight camp in high spirits. Day two brought some more runnable terrain after getting the big climbs out of the way early on in the day. A few bog swims later they arrived into camp very muddy but extremely happy with their win. The prize for the Elite winners of the Scottish Mountain Marathon™? A beautiful Scottish Claymore sword. We hope to see the pair return next year to defend their title!

Graham and Morag McIntyre from Interlopers Orienteering Club were the 1<sup>st</sup> mixed team on the short score course and 3<sup>rd</sup> overall. They enjoyed the good mix of rough and more runnable terrain combined with some great control setting. They described the map as “excellent quality, very clear with only the necessary detail and a suitable scale.” As for the location, they said: “It has to be remote and basic, the overnight camp really added to the experience, very atmospheric and a lovely location, but it was slightly wet and boggy due to the Saturday afternoon showers!”

It was Morag’s first Mountain Marathon and she observed: “This event was on a much bigger scale, you are totally on your own and must make big route choices, always thinking about your on-going journey, making adjustments where necessary, many of the controls were tucked away. Your running ability is also key.” Overall? Their skills complemented each other very well and good teamwork led to a very enjoyable and positive experience.

Many thanks to all the orienteers who came out to enjoy the first Scottish Mountain Marathon™ - we look forward to welcoming you back next year to a brand-new location somewhere in the Scottish Highlands and Islands!

### Sounds like an interesting adventure?

Come and join us for the ROC Mountain Marathon™ - also in Scotland!

- Dates: The weekend of 28-29th September 2019
- Location: The Lowther Hills in the Southern Uplands, Scotland

[www.rocmountainmarathon.com](http://www.rocmountainmarathon.com)

## Cracking the Scottish Mountain Marathon

### Oscar Shepherd (M16, INVOC)

When I was younger my dad would be away several weekends a year competing in mountain marathons all over the place. I really liked the sound of them, so when I heard I could take part in the new Scottish Mountain Marathon with him I was really excited.

I hadn’t done many long runs before and none of them carrying a rucksack. We did several training runs up hills, some of them in glorious weather but most of them in thick fog and rain, so we were prepared for anything. We were entered for the C course which was about 45km with 2000m climb over two days. Before the event the longest run I had done was 17km so I was pretty nervous to be running two half marathons in two days with over 2000m climb. Even with these worries, by the time we reached the halfway camp I had already decided I was going to do it again next year.

The event base was at Attadale Gardens near Lochcarron. The first few km were on a track, which gave us a chance to plan our route, from there we headed onto runnable heather with marshes and peat bogs. Our first control was in a re-entrant - I was so relieved when I found it

because it was quite hard getting used to the scale and the limited features on the map compared to orienteering. The rest of that day we covered 22km over heather, steep hills and more marshland.

At the overnight camp we got our tent up just before the rain. There we were amazed to discover we were in 2<sup>nd</sup> place behind Louis MacMillan and his partner Alex Twomey!

Day two was dry and cloudy, and we started straight up a Corbett, Beinn Dronaig; the rest of the day was steeper and rougher, and the navigation was harder than Day 1, covering about 20km. We ran as fast as we could to try to keep our second place (there was no way we would be able to catch Louis!). After our last control, we sprinted down the hill, the finish banner was such a good sight! The food at the end was so welcome, as I was starving!

I really enjoyed my first mountain marathon - the courses were very well planned and the stunning scenery and beautiful weather topped it off. I also completed the Saunders Lakeland Mountain Marathon four weeks later and am planning on entering others next year.



# Junior News

## ScotJOS News

### Jon Musgrave (MAROC), ScotJOS Lead Coach

The latest ScotJOS weekend was held on 28-30<sup>th</sup> June, and based at Cannich, using Achnasoul, Glen Affric, Glen Strathfarrar and Achtemarack - four absolute top-class areas.

The weekend also saw the first use by ScotJOS of GPS trackers for all juniors on the Saturday and Sunday sessions. The trackers (which SOA has passed on to ScotJOS for training and use at races) offer the possibility of much more intense coaching - 'virtual shadowing' for all juniors at every session, potentially the biggest step forward in coaching since split watches and personal GPS watches came in. The trackers gave some interesting tracks at Glen Affric...

<https://events.loggator.com/TywRuw> but a swift over-the-airwaves software upgrade done from Norway (thanks Lacho) meant they were working much better at Glen Strathfarrar - see link for tracks. <https://events.loggator.com/dugToQ#>!

The juniors really appreciated the group discussion in the evening and the tracking offers a great chance to study route choices and errors in great detail. Sunday was a trains exercise in small groups at Achtemarack and here the coaches were able to follow in real-time the progress of the juniors, again a first for a training exercise which meant that post session discussion could start immediately in great detail. <https://events.loggator.com/vXFwbQ>

The weekend was a great success which would not have been possible without the planners (Jon Shepherd, Sarah Dunn, Marsela McLeod and Alex Keith) and the cooks (Gilly Kirkwood, Alison Matheson & Susan Blackwood). Many thanks to all of them and also to the other helpers and coaches who made the weekend flow smoothly. Special mention should be made to Ben Brown who uploaded the maps for the training, oversaw the tracking system and sorted many of the glitches we encountered with the new project.

ScotJOS worked at the 6-Days with the GPS trackers - handing out vests and trackers, and following tracks on screen to provide legs/routes of interest to the live-stream TV team. In future the system will be available for events or squads to hire, and discussions are already underway with various interested events. GPS tracking will provide many benefits - coaching feedback can be based on reality not guesswork &/or questioning, and races can be made exciting for both orienteers and non-orienteers with live streaming and route comparison.

The 6-Days provided a chance for Scottish juniors to compete against the best from around the UK and also against many from outside the UK. The results did not disappoint, with many classes dominated by Scots (W18, first 6) and will also have given up-and-coming youngsters a chance to compare themselves against the best of the Scots. The strength in depth in Scottish junior orienteering is envied across the rest of the UK, and is the result of hard work from many individuals and clubs. Long may it continue!



# Meet the Members

## Introducing the McCartney Family of Clydeside Orienteers



*Photo credit: Sally Clarke*

This is the third year that the McCartney family have been orienteering. They are members of CLYDE and live in Helensburgh near Glasgow.

### Sally (W50)

#### What about orienteering has made you stick with it?

I find it really fun and it is a great way for me to get some exercise into my busy life. I also love to see my kids having fun and doing well.

#### What orienteering events are you looking forward to for the rest of this year?

I am really looking forward to the Scottish 6 Days, although it will have happened by the time this is printed.

#### How were you introduced to the sport?

My husband, Stuart, took me about 20 years ago. This was in the time before SI. I even had to draw the controls onto the map. I did it for a while but then stopped and didn't do it for another 18 years.

#### How did you get back into it?

We did a fixed course at Mugdock Park. I then looked into it a bit more and realised there was going to be a SOL in Mugdock in a couple of weeks. From there we joined Clyde and haven't looked back.

## Stuart (M50)

What clubs have you been a part of?

I was part of ECKO 20 years ago. That was when I introduced Sally to the sport. Since I restarted the sport, I have been a part of CLYDE.

When did you first experience orienteering?

I used to be an outdoor instructor and I taught orienteering when I worked at Garelochhead Outdoor Centre.

Do you do any other sports?

I enjoy hill walking, kayaking, mountain biking, climbing and sailing. I like being in the outdoors as often as I can and love it when we spend time away in the outdoors on holiday.

## Al (M16)

Where is your favourite area to orienteer in?

I like to orienteer around Deeside as I like how the forests are runnable but the terrain is still complex enough to prove challenging to my navigation.

What about orienteering has made you stick with it?

I like going to areas of the world that I have never been to before and probably would never have visited anyway. I also like the sense of achievement when I have a good run.

How do you train?

I run with my local athletics club 3-4 times a week for my fitness. This can involve interval sessions or a longer run. For my navigation I go to any training I can and I will look at my maps with more experienced orienteers to see what I could have done better.

What is your favourite event you have competed at?

My favourite event that I have competed at is the World Schools Orienteering Championships in Estonia this year, as it was great to orienteer in another country and make lots of new friends.

## Ewan (M14)

What has been your most memorable orienteering event?

When I won the first day of the Lakes weekend last year. I really enjoyed it as I knew where I was the whole time and was able to run fast.

What do you like about orienteering?

Orienteering is not my favourite sport but I do like the food afterwards!

Why don't you like orienteering?

I prefer to do other sports like skateboarding, cricket and athletics. I also don't like it because I am made to do it by mum even when I really don't want to. I don't like the uphill either as it is hard work!



## What I Learnt from JWOC 2019

Megan Keith (INVOC)



**Megan punches (well!) above her weight at the 2011 Jamie Stevenson**

*Photo Credit: Tom Matheson Flickr*



**Team GB, Megan Keith, Fiona Bunn and Grace Molloy, take Relay Gold at JWOC 2019**

*Photo Credit: JWOC 2019 Denmark,  
<https://www.jwoc2019.dk/>*

I was born in Inverness and have lived here all my life. My family has always been keen on the outdoors so I have grown up with a background of ongoing activity - running, skiing, rowing, hiking, orienteering, cycling - if it involved moving, we did it. Doing my best is something I've always enjoyed, and this has led me into competitive sports, particularly distance running and orienteering.

I have been a member of INVOC since I was six, and my first real competitions involved representing the club at the Jamie Stevenson Trophy in 2010 (against some much taller and older looking girls!). I became part of ScotJOS, then in 2017 I went to the World Schools Orienteering Championships in Palermo, and in 2018 I was selected for GB to go to the European Youth Orienteering Championships in Bulgaria. This year I am in the GB Junior squad, and was selected for the Junior World Orienteering Championship team in Denmark.

Denmark was a very exciting and nerve-wracking time! I knew as a first year W18 that it would be tough and that any errors would be costly, but I had high hopes to turn in a good performance in the Sprint. However, I made some disappointing mistakes in each of the individual races, coming 88th in the Sprint (where I also collided with someone running the other way round a corner!), 60th in the Long, and 23rd in the Middle Qualification (missing the final by three places). There were some good bits in each race, but at this level it is almost impossible to recover from the mistakes. The highlight of my week came at the very end, when our relay team won a Gold medal - while being with Grace Molloy (FVO) and Fiona Bunn (TVOC) we were a strong team and had hopes of getting onto the podium, this was unbelievable! As first leg

runner I was very aware of how important it was to get it right and come back with a solid position for the team and to set up Fiona and Grace. Very scary!

I thought I would share some of my key learning points from JWOC, as for me this year was about finding out as much as possible with a view to not making the same mistakes again.

### 1. You can't win a race on the first control...but you can lose it.

I was told this by a coach on the JROS Stockholm camp last summer, and generally this season I have been better at taking the first few controls steadily. However, it definitely rang true in the Middle Qualification where I threw away 3 minutes on #1, having run off from the Start without taking a proper bearing, and was soon caught by my 3-minute girl.

The commentator's words still ring in my ears "...Megan Keith...is a very fast runner...but she has made a TERRIBLE mistake....!" Although the remainder of the course was clean and quick, nothing could make up for that, and I missed qualification by three places and 48 seconds, so this one will definitely be with me next time!

### 2. How to move on from disappointing races.

I have quite a bit of experience of needing to learn to park bad races, which is particularly essential in multi-day events. During JWOC, I finally figured out the best way for me to do this - I discovered the Winsplits '*times without mistakes*' button! This was brilliant as it showed me how I could have done without my self-inflicted big time losses. Now I just have to work out how to get there.... My JWOC results after being laundered through this function were: Sprint = 12<sup>th</sup>, + 44 seconds; Long 2<sup>nd</sup>, + 7 seconds; Middle Qualification = 5<sup>th</sup>, + 21 seconds. Although this of course makes some heroic assumptions, I found it was a huge confidence boost after my initial disappointments.

### 3. Lower speed can equal higher placings.

I am well aware that as an orienteer I often outrun my navigational abilities, but as a runner I sometimes find at the end of an important race that I feel like I should have pushed harder. But, had I pushed harder, it may well not have resulted in the optimum outcome. Before the JWOC relay, I was told to keep the speed down to 70% in order to avoid big mistakes or running off the front - or the map! I was slightly unsure about this as I had never tried doing it in a relay, but it meant that I had much more time to navigate and wasn't in oxygen debt, so the mistakes were kept to a minimum and I ended up having one of my cleanest forest races ever, handing over to Fiona in 4<sup>th</sup> place and just 21 seconds off the lead!

So, much to learn; and so much to learn... but that is one of the challenges of orienteering, the knowledge that on the right day everything just might go perfectly and the result will be worth the hard work, while all the time it is only the finest of lines between that outcome and another school day!

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).



# Introducing Compass Point & Rom Stupelis

You've likely seen Compass Point in the field of most SOL events, British and Scottish Championships, and other large orienteering events throughout the UK.

In addition to being on hand at events to replace missing compasses, control description holders and the like for orienteers, SOA has benefitted from their sponsorship of the multi-event Scottish Orienteering League (SOL) for many years, as each year they donate vouchers to the class winners.



Compass Point is owned by Romualdas (Rom) Stupelis, who purchased the business in 2018, and based in the Midlands. It was established in 1991 by an active enthusiastic person who loved sport and the outdoors, and Rom carries on this enthusiasm and also brings his own expertise and experience especially in the orienteering sector and adventure sports.

Rom was an international junior orienteer, running in international competitions for Lithuania in JWOC and EYOC events; his best results were 3<sup>rd</sup> place in EYOC M16 relay, and 6<sup>th</sup> place EYOC Long Distance M18.

Rom's wife, Eleonora, is the smiling face in the O-Nosh van at orienteering events, and their son, Robertas, is testing his O skills, though so far seems more interested in meeting up with mates at events than in getting round quickly.

Rom and Robertas orienteer with the Harlequins Orienteering Club, and with things calming a bit after the business transition, you may see them both in the forests more often - perhaps Rom will make it back into the top-20 standings...

The first UK orienteering shop to have an online site, Compass Point can still be found on the internet at <https://www.compasspoint-online.co.uk/>. Rom is always happy to discuss any purchases you wish to make and offer his advice. He is regularly at orienteering events around the country with the mobile shop, or you can purchase online or by phone.



© Chris Bell, Deeside Camera Club

Rom and Robertas at the 2017 Scottish 6 Days

*Photo Credit: Chris Bell, Deeside Camera Club*



# SOA Club News

## More HistOry of Mapping in Scotland

Neil McLean (GRAMP/MOR)

I read with interest Robin Sloan's article in the last SCORE magazine about early O maps. I have a couple of those early maps produced by Robin when he worked in the Northeast in the late 60s. I even ran on one of them at Blackhall, SE of Banchory, in 1975 or 1976. Although I first ran at the West Area Championships at Aberfoyle in 1968, and at Minard near Inveraray in 1969, at that time I was too busy playing rugby and wasn't properly hooked until 1974 when Rob O'Brien, the Outdoor Education Organiser for Moray and Nairn, organised a trip for teachers to an event at Kinnoull Hill. That marked the start of Moravian Orienteers.

Grampian had been around for a few years by that date but may not have had a constitution. The arrival in the NE of Donald Wallace to Aboyne Academy, Bob Climie to Elgin and the Austs to Aberdeen certainly gave an impetus to NE orienteering.

Looking at results from that period, 1975 to 1977, I see that Rob O'Brien used his Outdoor Education role with Grampian Regional Council to promote our sport. Around that time, Aboyne Academy affiliated to Grampian OC, Geoff Peck conveniently moved to an RAF base in Moray for the year before WOC '76 and things started moving.

By a strange quirk of fate, four early Moravians, Rob O'Brien, Bob Climie, Peter Cromar and myself, were thrown together when the Elgin Education Offices were restructured. We were decanted to a closed Art School where we were given temporary offices together; I had access to the department minibus and I recall many trips with Bob Climie and Geoff Peck to events further south, usually with pupils from Moray schools. On Mondays back at the office Bob became my mentor, and I benefited greatly.

Those then were the early years of orienteering in the North and Northeast.

In part this article was prompted by a conversation with two young MAROCs recently; they wondered which club was older, FVO or MAROC, and which had stronger rights to blue and yellow club colours. Sadly, I had to tell them that FVO were around long before MAROC, who were founded in November 1977, about the same time as INVOC and Buchaneers. I can't remember how INVOC got going, but Buchaneers was started by a few Moravians who lived in Banff Buchan, including myself; however, there were too few forests and a lack of willing workers, and the club lasted six or seven years.

Back to maps. Initially Moravian had no mapped areas, but Bob Climie and Geoff Peck produced a couple of maps. Rob O'Brien knew that I had trained as a surveyor in the coal mines and he asked me to map an area near Lhanbryde called Sleepieshill. With some guidance from Bob, in autumn 1975 I got on with the survey. In March 1976 Rob rushed into my office - he had just learned that the budget for the map had to be spent immediately, thus my first five-colour O map was drawn up over a weekend. Sadly, Rob had failed to get permission to use the area and my map was never used for an event. Later, about 2001, permission was finally given, and a new map commissioned. Ken Hall, who did the map, told me my 1976 one was accurate but out of date.

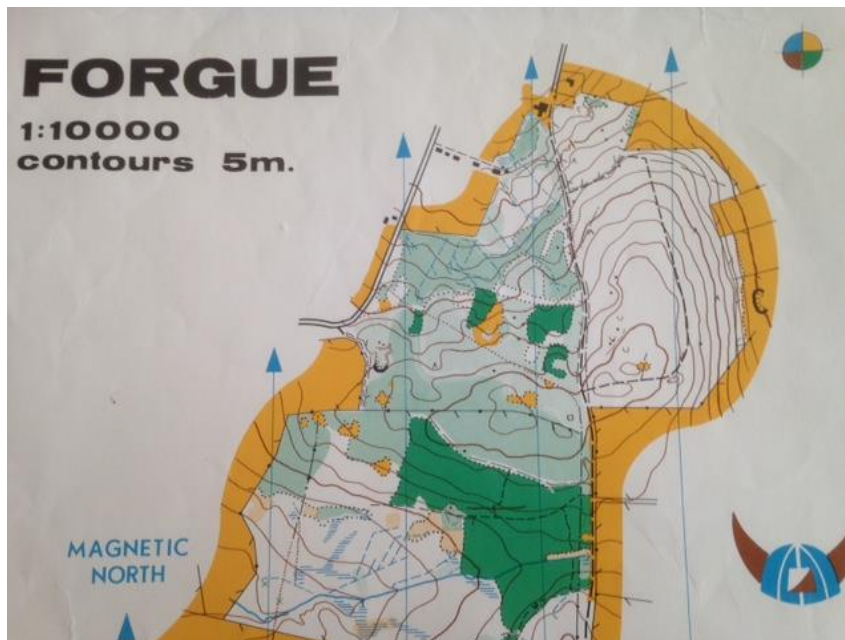
Back to 1975: the Harveys would have been busy with maps for WOC '76, and those maps, Cawdor, Darnaway, Roseisle, Culbin, Anagach and another area, provided an excellent base for the development of our sport in the North.

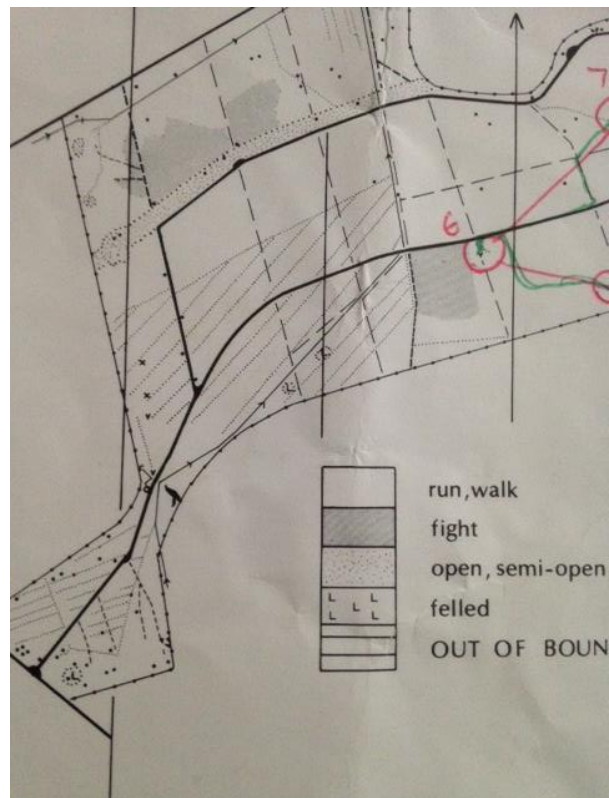
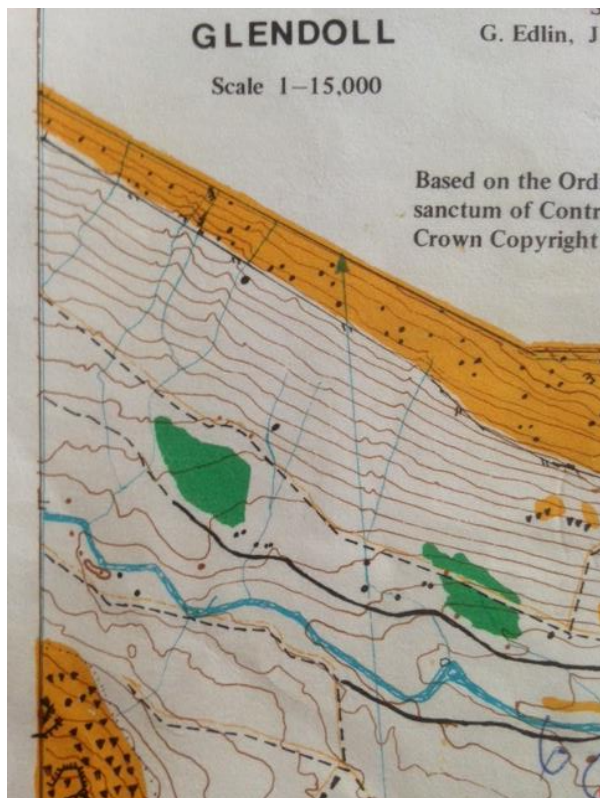
For the benefit of those used to Lidar and computer-generated maps, back then, that is in the 70s and 80s, maps were drawn by pen and ink. Each colour was drawn separately with register marks off the main body of the map. Each colour was then printed one on top of another using the registers to merge them accurately. Each colour was drawn in black on drafting film and then printed on an off-set litho printer.

Registering the colours was crucial. I recall a map of Glen Doll in Angus where the streams missed the valleys by a distinct margin. Some maps were simply drawn in black using shading to indicate ficht, dense vegetation areas.

Most maps were surveyed and drawn by active orienteers on a voluntary basis. The Harveys could help in a variety of ways, but soon other mapping firms came along. Perhaps in a future issue of SCORE someone could map the progress of mapping from then to the present day.

In terms of maps our sport has made great progress in the five decades I've been involved, but I did enjoy the survey work and drawing up of the ten or so maps that I've 'created.'





Map credits: Neil McLean (MOR/GRAMP)



## Club Details

Club • Area • Website	Club • Area • Website
AROS - Auld Reekie Orienteering Society • Edinburgh • <a href="http://www.aroslegends.com/">http://www.aroslegends.com/</a>	INT - Interløpers OC • Edinburgh • <a href="http://www.interlopers.org.uk/">http://www.interlopers.org.uk/</a>
AUOC - Aberdeen University OC • Aberdeen • <a href="http://www.facebook.com/aberdeenorienteering/">www.facebook.com/aberdeenorienteering/</a>	INVOC - Inverness OC • Inverness & Highlands • <a href="http://www.invoc.org.uk/">http://www.invoc.org.uk/</a>
AYROC - Ayr OC • Ayrshire • <a href="https://www.ayroc.co.uk/">https://www.ayroc.co.uk/</a>	KFO - Kingdom of Fife Orienteers • Fife • <a href="http://www.kfo.org.uk/">http://www.kfo.org.uk/</a>
BASOC - Badenoch & Strathspey OC • Speyside extending to Fort William • <a href="https://www.basoc.org.uk/">https://www.basoc.org.uk/</a>	MAROC - Mar OC • Aberdeenshire • <a href="https://www.marocscotland.org.uk/">https://www.marocscotland.org.uk/</a>
CLYDE - Clydeside Orienteers • Glasgow, Renfrewshire & Dunbartonshire • <a href="http://www.clydesideorienteers.org.uk/">http://www.clydesideorienteers.org.uk/</a>	MA - Masterplan Adventure <a href="http://www.masterplanadventure.uk/">http://www.masterplanadventure.uk/</a>
ECKO - Loch Eck Orienteers • Argyll • <a href="http://www.ecko.org.uk/">http://www.ecko.org.uk/</a>	MOR - Moravian Orienteers • Moray, Nairn & Banffshire • <a href="http://www.moravianorienteering.org/">http://www.moravianorienteering.org/</a>
ELO - East Lothian Orienteers • Edinburgh & the Lothians • <a href="http://www.elo.org.uk/">http://www.elo.org.uk/</a>	RR - Roxburgh Reivers • Scottish Borders • <a href="http://roxburghreivers.org.uk/">http://roxburghreivers.org.uk/</a>
ESOC - Edinburgh Southern OC • Edinburgh & the Lothians • <a href="https://www.esoc.org.uk/">https://www.esoc.org.uk/</a>	SOLWAY - Solway Orienteers • Dumfries & Galloway • <a href="http://www.solwayorienteers.co.uk">http://www.solwayorienteers.co.uk</a>
EUOC - Edinburgh University OC • Edinburgh University • <a href="https://euoc.wordpress.com/">https://euoc.wordpress.com/</a>	STAG - St Andrew's OC Glasgow • Glasgow • <a href="http://www.stag-orienteering.co.uk/">http://www.stag-orienteering.co.uk/</a>
FVO - Forth Valley Orienteers • Stirling & surrounding areas • <a href="https://fvo.org.uk/">https://fvo.org.uk/</a>	SUOC - Stirling University OC • Stirling University • <a href="http://www.facebook.com/StirUniOrienteering/">www.facebook.com/StirUniOrienteering/</a>
GUOC - Glasgow University OC • Edinburgh & the Lothians • <a href="http://www.facebook.com/groups/GUOC.Orienteering">www.facebook.com/groups/GUOC.Orienteering</a>	TAY - Tayside Orienteers • Dundee, Perthshire & Angus • <a href="https://www.taysideorienteers.org.uk/">https://www.taysideorienteers.org.uk/</a>
GRAMP - Grampian Orienteers • Aberdeenshire • <a href="https://grampoc.com/">https://grampoc.com/</a>	TINTO - Tinto OC • Lanarkshire • <a href="http://www.tintoorienteers.org/home/">http://www.tintoorienteers.org/home/</a>



# Events - September 2019

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5	6 Lochardil Urban (1 of 3)
7 FVO Newcomer Event Beecraigs Country Park 1  ELO Local Events in Edinburgh and the Lothians	8 CompassPoint Scottish Orienteering League 4	9	10 BASOC Tuesday training Tolquhonie	11 STAG NLC DoE Leaders Training 2  STAG Postbox O - No.11  FVO Sprint Coxet Hill Stirling  GRAMP Urban Sprint - Westhill	12 CLYDE Terrain Run	13 Kinmylies Urban (2 of 3)
				Freshers Sprintelope		
14 FVO Newcomer Event Beecraigs Country Park 2  British Sprint Championships (UKOL)  MOR Saturday and Schools League - Findhorn  KFO Local Event at Beveridge Park	15 STAG Coach & Train 2  Club Training Dess Woods  British Middle Distance Championships (UKOL)	16	17 BASOC Tuesday training Kingussie	18 STAG Coach & Train 3  GRAMP Urban Sprint - Duthie Park	19 CLYDE Urban Autumn Evening Series	20 Dalneigh Urban (3 of 3)
RR Autumn Series 1  British Sprint Championships Qualifiers  British Sprint Championships Finals						

21	22	23	24	25	26	27
<div>Veteran Home Internationals Relays</div> <div>FVO Local Event Beecraigs</div>	<div>CompassPoint Scottish Orienteering League 5 incorporating Veteran Home Internationals Individual</div>			<div>STAG Coach &amp; Train 4</div> <div>GRAMP Urban Sprint - Cove</div>	<div>STAG Bowling Champs</div> <div>CLYDE Terrain Run</div> <div>World Cup Round 3 26 - 29 Sept</div>	
28	29	30				
<div>STAG Sports Centre &amp; Park Initiative 1</div> <div>FVO Newcomer Event Beecraigs Country Park 3</div> <div>ELO Local Events in Edinburgh and the Lothians</div> <div>Solway - Autumn Series Score</div>	<div>INVOC bto SOUL9</div> <div>Maroc Local event - Corsedarder</div>					

Please consult the SOA Fixtures & Results page for comprehensive information about upcoming events: <https://www.scottish-orienteering.org/events/fixtures-results/>.

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