

# SCORE

HOME OF SCOTTISH ORIENTEERING

DECEMBER 2019



JHI Scottish Squad Members  
Peter Molloy & James Hammond



## A Note from the Editor

As this is my final issue as Editor, I'd like to take this opportunity to thank those of you who have contributed over the years, and to those who have offered their kindness and support - it has been appreciated more than you can know. Although it's probably been a bit more challenging for me than other Editors, as I'm not an orienteer, I do hope that I've managed to put together issues that have informed and entertained you. Bridget Khursheed of Roxburgh Reivers will step into the position in 2020, bringing both orienteering and editing experience to the position.

Please remember that SCORE welcomes contributions from all members and SOA member clubs, and at times we have pieces from outside of the orienteering community if it feels like a good fit for our readers. Please feel free to contact SCORE with any suggestions, comments, feedback or queries at [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org) - I'm certain that Bridget will welcome it as much as I have.

Bring on 2020! Happy holidays - and orienteering - everyone!

Sheila Reynolds  
SCORE Editor

### About Orienteering:

Information on orienteering or any SOA activity, as well as addresses of clubs, details of groups and a short guide to the sport are available from:

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& Peter Molloy taken by Rona Molloy  
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## President's Piece - A View from the Board

Richard Oxlade (ESOC), SOA President

A few weeks ago, we reviewed our 2020-2024 strategic plan with **sportscotland**, and I'd really like to thank you for your help with this over the last 18 months through attending workshops, answering questionnaires, or simply telling us what you think. Developing a strategy can feel quite disconnected from running in the forest or making quick decisions in an urban area, but it is extremely important, as it helps us:

- Clearly communicate our goals to stakeholders (clubs, you, **sportscotland**, local authorities, etc.)
- Decide how we should use our limited resources (funds, staff and volunteer time).

I think the effort has been worthwhile. We have made some clear decisions, and have made a good case to **sportscotland** for £400,000 of financial support over the next 4 years. At the end of the day it's this support that underpins the SOA's development work that you told us is valued by you and your clubs. I don't want to make this a lengthy article on strategy but I'd like to summarise where we've got to.

Firstly, we've taken the opportunity to update our vision for orienteering in Scotland:

"Orienteering is a thriving sport for all, for life, in Scotland" which we (the SOA) aim to achieve by "supporting and developing a healthy and sustainable network of clubs to host fun, inclusive and high-quality events."

Secondly, we've tried to be clear about how we're going to do this under the following headings:

- Events - we will co-ordinate and support a balanced calendar of fun, inclusive and high-quality events
- Development - we will support and develop our clubs and volunteers who host these events
- Performance - we will support and develop our elite athletes so that they can perform on the world stage
- Communications & Marketing - we will support high-quality event presentation and effective communication with our members, new orienteers and prospective orienteers
- Strong Partnerships - we will continue to work proactively with our key partners, including British Orienteering & **sportscotland**
- Effective Organisation - we will continue to help our board, staff and volunteers operate efficiently to deliver our vision.

One question I have been asked more than once during the consultation is "What exactly does the SOA do?" Hopefully this goes some way to answering the question, and shows where we plan to focus our efforts.

Of course, we live in the real world so we have to make sure that we can deliver these objectives both financially and without overloading our staff and volunteers. The good news is that **sportscotland** are very supportive of our proposed strategy, and although they cannot

confirm our funding until early next year, we are feeling optimistic. **sportscotland's** support will underpin the work of our RDOs (Sarah Dunn, Fran Loots and Judy Bell), our Coach and Volunteer Officer (Denise Martin), and support development projects. In return we have to meet a number of targets, including 12% membership growth. We are also expected to run an effective organisation that has suitable policies and processes for an organisation of our size. In my view these are perfectly reasonable given the amount of taxpayers' money that we are seeking (equivalent to about £100 per adult member each year).

We are also hopeful that **sportscotland** will provide some support to manage the SOA. Unfortunately, this will not be enough to cover most of our non-development costs, which include employing our Chief Operating Office (Fiona Keir) who leads the team and supports the board, our Admin Assistant (Fran Britain), our Events Manager (Colin Matheson), and our Communications & Marketing Manager (Paul Rayner). We have therefore prioritised the things that we have to do - running the SOA efficiently to meet the standards required of a Scottish Governing Body, and supporting our competitions. We have decided, reluctantly, that we can no longer afford professional support for communications and marketing, and will be sad to see Paul leave the organisation at the end of the year, as he has made a number of important contributions in this area.

We have heard a wide variety of opinions about the cost of our sport - from it's too expensive to it's too cheap. Expectations of events continue to increase, as Terry O'Brien and Ben Hartman have outlined elsewhere in SCORE, and we are very aware that the costs of the SOA are a further burden. The decisions outlined above mean that we will almost certainly propose increases at the AGM, probably in the form of event levies which will push event costs even higher. This is not an easy choice but I hope that it is evident that there is a clear basis for this.

Unsurprisingly we also heard some areas for improvement during the consultation. A couple stood out:

- Clearer explanation of the function, activities and aims of SOA is needed
- We could improve communications with the clubs.

After reading this I hope you have a better idea of our objectives for the next few years. One request I have is please make sure that your clubs make use of the RDO and coaching support: it's there for you. Communications is tough - I recognise the need but often struggle to find the time, and cutting back the amount of money spent this area won't help. We have a couple of ideas that may help: a regular newsletter to clubs from the President and COO, and secondly an annual club conference. Please let us know what you think.

Helping to run a Scottish Governing Body is a rewarding and interesting challenge with its fair share of difficult decisions. However, in my view the SOA is critical to the success of the sport. If you have the passion and time to support Scottish Orienteering please consider volunteer roles both on and off the board.

And finally, talking of volunteers who act as the glue for our sport in Scotland I must thank Sheila Reynolds who is standing down as SCORE Editor. Sheila does not orienteer but has still made a massive contribution over the past three years, bringing her professional skills as a technical editor to our sport. It shows and all I can say is thank you!

## WOC2022 - What's in it for Orienteering in Scotland?

Anne Hickling, SOA Development Director

With the World Orienteering Championships coming to Scotland in 2022, the world's top sprint orienteers will be facing the challenges of Edinburgh's streets. It will be an exciting spectacle for Edinburgh visitors and residents as well as the many home and overseas orienteers who will come to watch and support their team and to take part in the varied programme of spectator events around the city and beyond. We're all confident that Scotland will live up to its high reputation for quality World Championship events, and we all hope that Scotland will be well represented in the GBR team and that our support will help to spur them on to some great results.

But looking more widely, what benefits can Scottish orienteering take from the WOC? We often hear about a legacy from major sporting events; sadly, this is usually because the aspirations of the organisers, in terms of greater participation in their sport through new facilities, are not met. Of course, in orienteering the facilities issue does not apply - for us, the legacy should be more people orienteering, not just trying it out once or twice, but joining their local club, developing their skills and gradually becoming part of the core of their local orienteering community.

These are lofty ambitions, so how can we make it happen?

- **Before WOC** - raise awareness, give people plenty of opportunity to have a go at orienteering. Look for new ways of offering orienteering to different groups. Make use of any potential GBR team members to inspire people (adults and juniors) locally. Maximise media coverage, generate a sense of anticipation and excitement about WOC.
- **During WOC** - encourage people to attend, support our team, tell club members about it, take part in the spectator events, volunteer to help.
- **After WOC** - often after a big event there's a tendency to sit back with a sigh of relief that it's over. But this is the most important stage, to convert the interest generated by the WOC into sustained activity. This means a coherent programme of events/activities to get people started, coaching and training to develop their skills, and encouragement to get them involved in their local club and to move on to regional and national events.

Although the WOC is being held in Edinburgh and street sprint orienteering is not suitable for younger juniors, this doesn't mean that WOC is not relevant to orienteering in the rest of Scotland. Sprint-style events can take place in traffic-free areas like parks or campuses, and this can be a good place for people to start before moving on to the greater complexity of forest orienteering. We hope to see all clubs getting involved and taking advantage of WOC2022 to bring on a new generation of orienteers. What will your club be doing?



## WOC2022 News & Updates

**Graham Gristwood (MA/FVO), WOC2022 Technical Director**

While 2022 may seem a long way off, time is flying for those of us organising the WOC2022 Sprint Championships in Edinburgh.

Our Organising Committee is comprised of many who will be familiar to SCORE readers. Recent additions to the Committee are Rob Hickling (ESOC), as Assistant National Controller, and Ross McLellan (FVO), who joins Planners Graeme Ackland (INT) and Jon Cross (FVO).

Graham Gristwood (ggmaps.co.uk) and Dave Peel (peellandsurveys.co.uk) have been awarded the contract to map the event. Both Graham and Dave were winners of the British Orienteering Mapping Awards 2018, and have also enjoyed success at top-level competitions. They look forward to bringing both areas of expertise to meet the challenges of mapping the WOC2022 events. Steve Smirthwaite, acclaimed mapper for the Sprint areas used in WOC2015, will act as an adviser, ensuring consistency in mapping styles.

### Organising Committee

Paul McGreal  
Colin Matheson  
Graham Gristwood  
Bob Dredge  
Graeme Ackland • Anne Hoy  
Graeme Ackland • Jon Cross • Ross McLennan  
Graham Gristwood • Dave Peel  
Elizabeth Furness  
Lorna Eades

Event Director  
Assistant Event Director  
Technical Director  
Finance Director  
Open Race Coordinator  
Planners  
Mappers  
Athlete Services Manager  
TV Liaison

### Event Advising Team

Tony Thornley  
Rob Hickling  
Daniel Leibundgut SUI  
Jari Kymäläinen FIN

National Controller  
Assistant National Controller  
IOF Project Manager/Senior Event Advisor  
Assistant Senior Event Adviser

In addition to those already moving the event forward as part of the organising committee, we welcome anyone willing and able to take part as a volunteer. In addition to helping out with the more technical roles such as start and finish, volunteers will be needed as marshals, to assist with Arena tasks as well as for many other functions.

Further details will be published in due course but if you would like to register an interest at this stage please complete the form at <https://www.woc2022.org/volunteering/>.

News and information about WOC2022 can be found at our website, <https://www.woc2022.org/>.



## SOA Performance News

Claire Ward (INT), SOA Performance Director

Last weekend's Scottish University Championships and Junior Inter Area competition marked the end of the Scottish autumn performance season. There have been a number of successes to report on since the summer. The Senior and Veteran Home International teams were both 2nd to England - many thanks to those that helped host the Veterans Home Internationals in Edinburgh. The Juniors went one better, with another victory in the Junior Inter Regional Championships in a very wet South Yorkshire in September, followed by winning the Junior Home Internationals in Northern Ireland in October. These consistently excellent performances are testament to the work of ScotJOS leads Jon Musgrave (Lead Coach), Esther Gooch (Manager), Judy Bell (Administrator), Marjorie Mason (Treasurer) and all helpers throughout the year, not to mention all of the juniors who keep putting the work in to improve their own personal performance and build a strong team spirit.

The World Cup season finished with races in Switzerland in September, and China in October. EUOC's Jonny Crickmore showed great late-season form with consistently good results, with FVO's Chris Smithard and INT's Peter Hodgkinson both running strongly too. FVO's Kris Jones made a return to International Orienteering with a silver in the World Cup sprint race in Switzerland, as well as making the final of the Knock-out Sprint race, the exciting new format that will make its WOC debut next year. Jo Shepard and Kirstin Maxwell also had some good performances.

The final junior international of 2019 - the Junior European Cup in France - added to Megan Keith's (INVOC) and Grace Molloy's (FVO) incredible 2019 medal tally. Megan took W18 sprint gold, and Grace W20 sprint silver and bronze in the long race. Megan won the Scottish Women in Sport - Young Sportswoman 2019 award, and Grace won a Sport Aid Foundation Merit award, fitting recognition for their excellent performances.



Photo credit: Alec Keith

And so, to last weekend's races in freezing Royal Deeside, hosted by GRAMP and MAROC. Relatively new university orienteering club Stirling won the Scottish University Championships relay on Saturday in Scolty, and Edinburgh University the overall weekend win following the individual race in Cambus O'May. This was coupled with the weekend young juniors get most excited about - the Junior Inter Areas. The competition is over 30 years old, and sees the West, East and North of Scotland teams compete against each other, in first a relay then individual event, for overall victory. The North team won the overall event, with West in second and East proudly winning the wooden spoon, though only by a narrow margin. It's the overnight stay in the youth hostel with friends that is the biggest draw of the weekend, and it is those friendships that keep juniors orienteering year after year, making this my favourite weekend of the year too.



## SOA RDO News - People Make the Orienteering World Go Round!

Judy Bell (ESOC), SOA RDO East

It's not money but people who make the world go round - and in orienteering this is especially true, as without our fantastic volunteers our sport would not exist. So this is just to say a huge THANK YOU to everyone - it doesn't matter what role you play, however big or small, we need and appreciate you all.

A recent highlight of my work was provided thanks to a volunteer at an outdoor education event. We were running mazes to introduce school pupils to orienteering. One boy who obviously had some challenges, was becoming frustrated that he couldn't successfully complete the course. Katy, who was volunteering, gently helped him, and his utter joy and exuberance as he danced around happily at download when he had successfully completed the course was just a joy to watch and completely made his day (and mine!). Thanks Katy - a helping hand and a willing volunteer can make a huge difference. We don't all provide such a visible response when we have enjoyed something, but please remember if you've enjoyed something to let the people who made it happen know. It makes a huge difference to them.

At a recent competition, one junior returned cursing about the course, the map, the sport, the world.... At the time, it actually seemed funny, but his mum was there as a volunteer and took him aside afterwards. He was given a stern talking to, and reminded that it was volunteers who had freely given of their own time to plan and run the event. He may have been unhappy, but he should never behave like that at the end of an event, the planner and other helpers could have been within earshot. He could curse all he wanted in private later but not in public. As anyone who has ever planned or helped at download can attest, there are orienteers out there who could use this mum to remind them that we are all volunteers and trying our best. You may not have had an ideal experience and we are sorry about that, but you don't know about any compromises and issues behind the planning and organisation. So please, stop and think before you rush into a series of complaints and remember what your mum taught you - always say "*Thank You*" to those who have given of their time and energy to make the event happen.

I now wear many hats when orienteering - employee, volunteer, orienteer and not forgetting mum! Being a paid part-time employee can at times make me feel awkward, but I am still also a volunteer like the rest of you. (My recent holiday included 3 days away with ScotJOS as well as helping at a local event.) As employees and part of the Development Team, we RDOs are trying to develop the sport by providing support to clubs and opportunities to develop the sport that clubs may not have the volunteer manpower to make happen. So please make use of us and get in touch - we are here to help you. We also love to hear about successes clubs have had with different promotional ideas and initiatives, as the best ideas are often borrowed from others.

So finally - a huge thank you to everyone - you are all fantastic, and remember a smile and a thank you costs nothing but makes a tremendous difference to volunteers.

## SOA RDO News - University Challenge!

Fran Loots (TAY), SOA RDO West

There are lots of different ways that people get involved with our sport or keep going with it. One route can be through university. However, university can be a challenge these days in a way it certainly wasn't 'in my day'.... We easily got hold of a minibus, loaded it up then headed off to events, ran our own events, joined in with others and had a great social life.



Glasgow-area university students Kirsty Campbell, John Getliff & Luke Graham

Today, however, to drive a minibus you need to be at least 21, with two years driving experience, before you can get access to one, and to hire a car you need to be at least 23 for most companies, so getting to an event is now a huge challenge for some university students. Some universities also require two drivers to one minibus making it even tougher to get one. As a consequence, apart from Edinburgh University, which has a strong club that has built up over the years, most of the university orienteering clubs in Scotland now struggle to function.

It is in everyone's interest in our sport to keep people actively orienteering at university and also to recruit fresh blood in to the sport. How many of you started through a university club or enhanced your experiences of orienteering whilst at uni?

I recently asked students at universities outside of Edinburgh about their challenges and put four questions to them. Here are some responses:

1. What are the challenges of continuing to orienteer whilst at university?

I think one of the hardest things for me was getting to events and orienteering training. Also knowing what was on was something which I've found pretty tricky (although this could be countered with a little more pro-activeness from me...!).

2. What would encourage more students to continue or to get involved in orienteering?

I think clubs putting their weekly trainings on Facebook (instead of email, where my previous club did it) would be very helpful as it gives very quick access to information to a wider range of people. For example, I've just been looking at the local clubs Facebook page (in the hope of going along to some weekly training with them) and didn't see anything about what training was going on. On further looking at their website I found a hill run with a time attached but no location (might be for privacy reasons....).

I think it's important that for new orienteers they are shown the excitement of a real competition relatively early in their orienteering 'journey'. I think that this exposes them to the real orienteering atmosphere and the excitement of it while showing the sport in its best light! It also shows them that the sport isn't just about the running but about the social and technical feedback aspect before and after their runs.

### 3. What support from clubs could help?

I think that for clubs it's just making sure information is readily available without having to sign up for anything (like emails or a newsletter) as this sometimes scares some students off!

### 4. What could students offer to clubs by way of support?

In my opinion, students on the whole are also really keen and up to help at things once they get more involved. They would also be more than keen to promote the sport once involved themselves!

Some clubs have worked with university clubs so that when they organise an event jointly, the proceeds have gone to the university club. CLYDE have recently set up a WhatsApp groups for transport/lifts to events in the Glasgow area, FVO have supported Stirling University to apply for a Development Grant for equipment, and INVOC, ECKO, BASOC, and TAY are exploring options to support establishing orienteering within the University of the Highlands and Islands (UHI). Can your club reach out to students and offer transport or support in other ways? I'm sure they would be really grateful to return the favour with help at events and make this a win-win situation. We all benefit from a thriving university sector.

Save these  
dates in your  
January  
calendar!





## SOA Board News - 2020 Fixtures

Paul Caban (INT), SOA Fixtures Secretary

The Scottish fixtures programme of major events for next year is almost finalised. The most important change from convention is that the Scottish Championships weekend will be held in August, in Tentsmuir, near Leuchars. After 2019's truncated SOL series, we're back to seven events in 2020, spread from February to October, and hosted by Moravian (MOR), Loch Eck Orienteers (ECKO), Solway Orienteers (SOLWAY), Forth Valley Orienteers (FVO), Mar Orienteering (MAROC), Inverness Orienteering Club (INVOC) and Clydeside Orienteers (CLYDE). Dates for all seven events are in the fixture list.

The Scottish Night Champs will be organised by Moravian, and the Scottish Sprints will also be held in the North Area (date and host Club as yet undecided), the Scottish Middle Distance Championships with Masterplan Adventure (date a choice of two in March), and the Scottish Score with ESOC. The CompassSport Cup eliminator will be hosted by STAG, while the final will be in Birmingham. Finally, the SOUL programme is under preparation, under the brief of co-ordinator Pat Squire.

And with a UK-wide view, chronologically, the British Nights will be held in Berkshire, the British Champs in Hampshire, the JK in Cleveland and North Yorkshire, the British Middles in the Lake District, the British Sprints in Lancashire, and the Harvester Relays, hosted by our very own FVO, in Galloway.

Full details of all of these events, and more, available from the British Orienteering fixtures list, with a Scottish extract also on the SOA web site. Caveat: stuff happens, and events sometimes have to be rescheduled (or even cancelled); always check the fixtures listing for definitive scheduling.

And finally... after fifteen or so years of being the SOA's Fixtures Secretary, admittedly with a small hiatus in the middle, I will be standing down at next year's AGM; the role is interesting and manageable, it's simply that I think it important that someone else has the opportunity to fill the role, and also ensure that all knowledge of how fixtures 'work' isn't simply with me. Anyone interested in knowing more, please do get in touch with me at [fixtures@scottish-orienteering.org](mailto:fixtures@scottish-orienteering.org). The principal attributes needed are fairly frequent/regular use of the (dedicated) email address, and attendance at (at least) one of the two British Orienteering fixtures meetings in central Birmingham.

## SOA Board News - 2019 Scottish 6 Days Injury Report Learning Outcomes

Tim O'Donoghue (SOLWAY), SOA Coaching Co-Coordinator

Some readers of both CompassSport and SCORE may have seen the brief article in the last edition of CompassSport that dealt with an analysis of visits to the First Aid Support crew during the 2019 Scottish 6 Days. The table is reproduced here:

2019 Scottish 6 Days Injuries										
Day	Total First Aid Treatments	Cuts	Strains /Twists	Other	More Significant Injuries	Reportable to British Orienteering*	Runner Numbers	Course Distance Covered (km)	First Aid Treatment /1000km	Significant Injuries /1000km
1	14	6	3	5	2	0	2,407	10,651	1.3	0.19
2	24	18	5	1	2	0	2,426	10,894	2.2	0.18
3	35	22	9	4	1	0	2,566	6,456	5.4	0.15
Sprint /Rest	4	1	1	2	0	0	655	1,981	2.0	0.00
4	32	18	12	2	1	1	2,351	12,958	2.5	0.08
5	29	17	9	6	2	0	2,431	11,651	2.5	0.17
6	3	1	2	0	1	0	2,261	6,689	0.4	0.15
Total	141	83	41	20	9	1	15,907	61,280	2.3	0.15

While some treatments were for aggravation of injuries incurred before the event, there is little or no evidence that first aid was required or requested for any pre-existing health conditions over the week.

\*Not known if specific injuries are reportable as it depends on the diagnosis (and the injured person reporting back what it is). One is likely to be BO reportable and two others are possible.

The information provided provokes a few questions:

1. **Why was the number of people treated by the First Aid service so low on day 6, while the rate for more serious injuries that day is similar to numbers on the other days?** Was the terrain kinder to orienteers or was there some other factor which reduced the number of visits, e.g. people were heading home at the end of the week and decided to treat minor injuries once they got home?
2. **Are the criteria for reporting injuries to British Orienteering appropriate for the sport?** It is likely that only one injury over the week qualified, as the BO criteria are whether the injury would be entered in 'The Accident Book' in a work environment, and these injuries types are specified by the RIDDOR Regulations. It should not be a surprise that injuries that may occur at work are different to those that might arise while orienteering. RIDDOR focuses on broken bones, amputations, crush injury, loss of consciousness, burns, serious eye injuries, while, when orienteering, likely injuries are cuts, sprains and strains. Developing and using more

relevant injury categories for reporting is only of significant use, though, if learning can be gained from the information.

3. **Would learning from injuries and incidents be useful within orienteering, or are issues associated with sharing such information too problematic to justify such an approach?** Currently there is not a robust route to sharing such information within British Orienteering. In the 18 months from the beginning of 2018 there were 31 injury or incident reports made to British Orienteering, and of these possibly 5 met the RIDDOR criteria (the uncertainty is because confirmation to the organising club for an event of the diagnosed severity of injuries will likely be rare). Any spread of learning from injuries happens informally (or occasionally if an incident is described in CompassSport). Hence the spreading of potentially useful information which may be of relevance to risk control at future events is a haphazard process; future organisers and controllers (who sign off risk assessments) may or may not benefit from ongoing learning provided by the experiences of others. Some other sports organisations, e.g. Mountaineering Scotland, use a web-based incident reporting system which focusses on spreading learning - it is moderated and anonymised. Perhaps a similar system might be of use in orienteering?

If you have any questions or comments about the injury reporting process, or your club has a process that is worth sharing or discussing, please feel free to contact Helen and myself at [coaching@scottish-orienteering.org](mailto:coaching@scottish-orienteering.org).

## SOA - Our Role and Vision

As a Sports Governing Body, we are responsible for the governance, development and promotion of the sport of orienteering in Scotland, mainly through the network of clubs, supporting 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."

## **Our History**

Scottish Orienteering was established over 50 years ago, in 1964. The Scottish Orienteering Association was incorporated in 2007, and established as a charity in 2012. We have wonderful and talented [Patrons](#), and have received a number of award and accolades for our work in sport.



## 2019 btoSOUL & SOL Final Reports

Pat Squire (INT), SOA btoSOUL Coordinator

Trevor Hoey (FVO), SOA SOL Scores Coordinator

### btoSOUL 2019

With the final event in Erskine at the end of October the 2019 series is now concluded. Congratulations to all of the prize winners in the various categories:

Class	Place	Names	Club	Points	Class	Place	Name	Club	Points
Young Junior	1	Jamie Connor	FVO	500	Young Junior	1	Rebecca Hammond	FVO	488
Junior	1	James Hammond	FVO	482	Junior	1	Rachel Brown	ESOC	500
Open	1	Ben Brown	ESOC	450	Open	1	Rachel Kirkland	INT	478
Veteran	1	Will Hensman	FVO	500	Veteran	1	Tereza May Rush	BOK	496
Super Vet	1	Ian Maxwell	RR	496	Super Vet	1	Alison Cunningham	ESOC	500
Ultra Vet	1	Martin Caldwell	ESOC	493	Ultra Vet	1	Sheila Strain	ELO	488
Hyper Vet	1	Ian Pyrah	ESOC	500	Hyper Vet	1	Eleanor Pyrah	ESOC	500

Several people retained their titles from 2018 - Ben Brown on Men's Open, Ian Maxwell in Men's Super Vet, Rachel Brown in Junior Women, Alison Cunningham in Women's Super Vet, and for a remarkable 5<sup>th</sup> time in succession, Sheila Strain in Women's Ultra Vet.

The prizegiving for the 2019 series will take place at the first event in next year's series, which will be the Edinburgh City Race (part of EUOC's Big Weekend) on Saturday 25<sup>th</sup> January 2020. As the table shows ESOC & FVO dominate the list with 24 of the 42 prize-winners coming from these two clubs. They also account for all of the winners who scored a maximum 500 points during the series.

This year there were 10 events with a similar geographical distribution to previous years, with the majority of the series being held in relatively central locations. There was a varied mix of architectural and historical styles evident across the series, and selection of the best routes through the maze of streets and alleyways was always a significant feature.

Thanks, as ever, go out to the Organisers, Planners, Controllers and Mappers who enable these events to take place and to all of the various helpers, without whom our sport could not exist.

As regards numbers there was a total of 2100 'runs' recorded throughout the 2019 series, with a huge 656 (the largest ever SOUL event) being at the Crieff event during this year's 6 Days week. If the inflationary effect of this event is ignored, the average number of participants per event was 160 which is a on a par with the equivalent 2018 figure of 157, but down on 2017 when 177 ran each event on average (again ignoring the effect of that year's 6 Day event).

For 2020 the series is already shaping up, with seven events pencilled in and two others in the 'possibility' category. Other events can easily be added at this stage, so if any club is thinking, however tentatively, of offering an Urban event which could be included in the series I would urge them to contact me soon. A draft programme for the forthcoming series should be available on the SOA website in the near future.

Currently there are no arrangements in place for any financial support in the form of sponsorship for the 2020 series. If anyone should know of any company or organisation who might be interested in supporting the SOUL series, I would be most grateful if you could get in touch so that possible avenues could be explored.

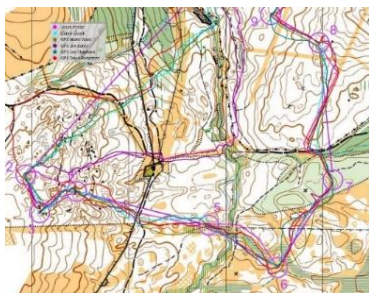
As ever, if there are any comments about the SOUL series or suggestions for modifications to any aspect please do get in touch with me at [soul@scottish-orienteering.org](mailto:soul@scottish-orienteering.org).

Full results can be found here: <https://www.scottish-orienteering.org/soul>.

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## SOL 2019

The SOL series this year had only six races, but the league tables are still based on the best four scores. For 2020 there will be a return to a full programme of seven races. 2019 began in the tricky rocky terrain of Birsemore Hill in ideal winter conditions, and attracted a large entry due to being combined with the British Night Championships on the previous evening. Another double-header followed in March, with the inaugural Scottish Middle Distance Championships followed by the open hillside of Dumyat for the SOL. This was another weekend of great, if cold, weather, and demanding courses with great views for anyone who took the time to look. In late Spring, the series moved east to Falkland where again there was steep hillside combined with some forest that was new terrain to nearly all competitors. SOL4 was one of only two forest areas, this time at Drummond Hill which remains amongst the best terrain in the UK despite some new windblow. Open terrain again took over for the two final autumn races in the Pentlands and at Teviothead.



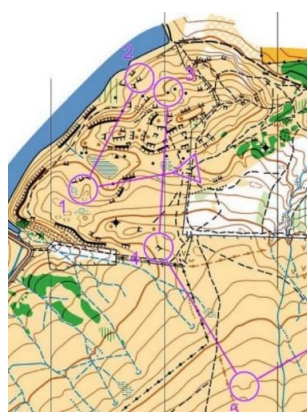
**2019 SOL1 - Part of the Short Brown course with routes.**

**Map credit: Mar Orienteering Club**

The SOL competition continues to be popular and it encourages clubs to seek new terrain or to re-map old favourites. Congratulations to all of the class winners, and to FVO and ESOC for each collecting over 200,000 points. The best overall score (4 races) was Matthew Gooch (MAROC, M18) only 3 points ahead of Janice Nisbet (ESOC, W65L).

The full programme for 2020 shows that clubs remain committed to these events, in amongst an increasingly crowded schedule. Thanks, as always, to the organisers, planners, controllers and helpers who ensure the success of the races. Finding controllers in particular is never easy, and particular thanks to the controllers of these races, especially to Rob Hickling who has the unenviable task of trying to identify people to do this. For 2020 the schedule is:

16 <sup>th</sup> February	Darnaway (MOR)
29 <sup>th</sup> March	tbc (ECKO)
5 <sup>th</sup> April	tbc (SOLWAY)
3 <sup>rd</sup> May	tbc (FVO)
6 <sup>th</sup> September	Balfour (MAROC)
27 <sup>th</sup> September	tbc (INVOC)
25 <sup>th</sup> October	tbc (CLYDE)



2019 SOL5 - Start of the Green course.

Map credit: Edinburgh Southern Orienteering Club

Club	N	Total points	Mean points / runner	# class winners	Club	N	Total points	Mean points / runner	# class winners
AIRE	10	10659	1066		INT	56	148587	2653	2
AROS	1	1105	1105		INVOC	44	88475	2011	1
AUOC	3	4826	1609		KFO	10	22096	2210	2
AYROC	8	10566	1321	1	MAROC	72	151771	2108	4
BASOC	16	39160	2448		MOR	39	114333	2932	6
CLYDE	24	66339	2764	3	RR	29	65767	2268	2
ECKO	18	39612	2201	1	SOLWAY	9	18436	2048	
ESOC	88	221341	2515	12	STAG	18	42654	2370	3
EUOC	37	66003	1784	1	TAY	26	68252	2625	4
FVO	90	234804	2609	9	TINTO	2	8274	4137	1
GRAMP	40	84592	2115	4					

Table 1: Summary of Scottish club scores.

Table 2 shows the trends in SOL attendance over this time - the influence of WOC2015 on attendance on Black and Brown courses is clear. Other events, such as the VHL at the Pentlands race this year, can cause spikes in numbers. Perhaps the most obvious trend is a decrease in runners on White-Light Green courses since 2016. This might reflect issues of timing of races and their locations, but is notable given that attendance at local events has risen significantly for many clubs in the past few years.



Number of runners	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Black	52	84	41	50	37	101	104	54	47	48	53
Brown	69	82	66	64	70	149	95	105	95	69	93
Short Brown	111	128	91	106	90	116	89	107	88	69	102
Blue	162	179	138	144	157	172	148	173	172	134	198
Short Blue	127	133	94	87	117	116	113	141	128	92	112
Green	140	123	111	110	118	146	125	167	164	117	169
Short Green	73	59	70	59	65	91	95	111	95	88	110
Light Green	86	50	73	75	73	85	80	100	92	66	55
Orange	60	47	75	59	72	71	78	108	83	58	52
Yellow	55	50	74	53	44	41	41	85	65	40	39
White	59	43	73	34	35	31	53	67	37	31	23
<b>TOTAL number of runners</b>	<b>994</b>	<b>978</b>	<b>906</b>	<b>841</b>	<b>878</b>	<b>1119</b>	<b>1050</b>	<b>1346</b>	<b>1066</b>	<b>812</b>	<b>904</b>
Number of unique runs	2351	1897	2347	1802	2091	2428	2495	2640	2157	1570	1975
Mean number of SOLs per runner	2.4	1.9	2.6	2.1	2.4	2.2	2.4	2.0	2.0	1.9	2.2
Number of SOLs	7	7	7	7	7	7	7	7	7	5	6

**Table 2: Number of competitors scoring points in SOL races (dnf & mispunches not included) are included. Runners scoring points on more than one course are included in both courses.**

## SOL Scoring

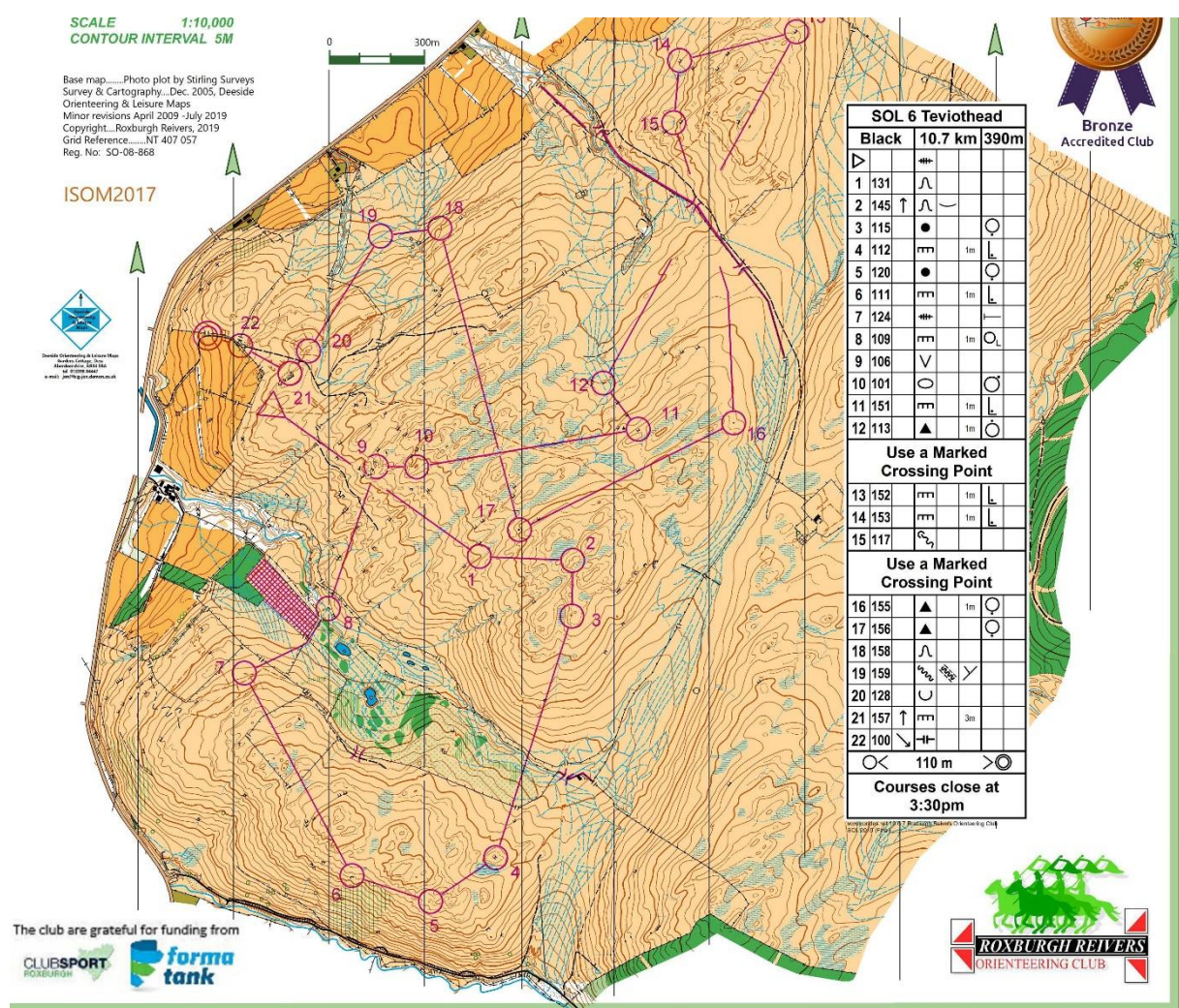
We have had some enquiries about the SOL scoring system. Until about 10 years ago, the scores were based on a percentage of the winner's time with the winner scoring 1000 points. This was changed to the present formula (which was also used for the 6-Days, but that system has been changed too). The new calculation has the advantage of not being too influenced by small numbers of runners at some events. Similarly, by calculating scores for each course, rather than age class, the scores are more stable for small classes. This does mean that some courses (for example, Green) are heavily influenced by speedy juniors being paired with seniors on the same course. This occasionally causes issues if, for example, the best juniors miss a SOL due to the Home Internationals or JIRCs. Finally, non-competitive runners and pairs do not affect the scoring for any competitive runners.

The formula is based on what statisticians refer to as a z-score [for the statistical geeks, as the distribution of times is skewed it would be preferable to use log-transformed data, but that is getting too complicated!], and is:

$$N = 1000 + 200([T^- - Tr]/s)$$

where N is the number of points for runner r,  $T^-$  is the average time taken on the course (by all competitive runners), s is the standard deviation of those times, and Tr is the time taken by runner r. In other words, for every standard deviation that you are faster than the average you will score an extra 200 points, and 200 points less for every standard deviation slower than the average. As a result, where times are more spread out (maybe because the terrain or weather is very tough) the leading runners tend to score slightly more points than when the times are more compressed.

After 11 years, this is my final time collating the SOL scores - a change in work commitments means that it is time for someone else to take this over. Thanks to everyone who has helped over the years, pointing out mistakes and clarifying the people who have multiple aliases. If you have any questions or comments - or would like to take on the role of SOL Scores Coordinator - please contact [SOL@scottish-orienteeing.org](mailto:SOL@scottish-orienteeing.org). More information about SOL, and further results, can be found at: <https://www.scottish-orienteeing.org/sol/>.



**SOL6 (RR) Teviothead Black Course. Map provided by Roxburgh Reivers.**

## Event Financing - Time for a Reality Check?

Terry O'Brien, BEM (STAG)

Ben Hartman (INT), SOA Finance Director

Over the years, the cost to set up Orienteering Races has increased dramatically. Once access was free, toilets were mere holes in the ground, equipment was basic & the maps printed once with a minimum of 2000 copies (unit cost then much lower).

Today, we usually need to pay access charges, toilet cubicles are hired (double transporting costs apply), equipment is advanced (SI & EMIT) and maps (OCAD) are digitally printed on demand. Clubs also need to hold licenses to use computer systems for planning purposes, map production or timing at an event. Further, the costs of running the sport at National level have also increased, as professional staff are required to help navigate the ever more complex regulation the sport faces and meet the high expectations placed on us as a condition of grant funding. So, both British Orienteering and the SOA seek to recover a portion of these costs through increased event levies. It all mounts up!

Most of us wear appropriate footwear, we have our own electronic finger & compass, we tend to drive to races but then some baulk at what is considered as excessive entry fees.

Competitors pay a fee to the Organising Club but if this only barely covers the event costs when the turnout is good, then any drop in the number of entrants leaves the Organising Club facing a loss. And that's before making any provision to meet volunteer expenses or stimulate future Club development.

The crux of our sport, i.e. the map, is most likely to have cost a few thousand pounds at a minimum as professional mapping has become the norm, and in most cases this investment can only be recouped by hosting events over a number of years. Even when using an 'old' area, entry fees need to contribute to the mapping costs, otherwise clubs may find they have no funds the next time a map needs a professional update.

It seems to us that our sport has survived due to the generosity of many but at the end of the day it is these volunteers who can easily end up out of pocket (as well as the Organising Club), and this is simply not sustainable. Our Scottish stoicism just to carry on regardless is a recipe for disaster for both Clubs & SOA and something needs to change. As a starting point we suggest that we must support entry fees at all levels of event to allow Clubs to develop and continue to invest in the sport. Our philanthropic approach is to be applauded, but in all honesty isn't helping increase life-long involvement in our wonderful sport.

So, next time you enter an event try to appreciate the work and costs involved and all the hours of unpaid preparation that goes into making your experience the best the Club can provide.

We'd be interested in hearing your views about this issue, so please feel free to contact us at [finance@scottish-orienteering.org](mailto:finance@scottish-orienteering.org) and/or [info@stag-orienteering.co.uk](mailto:info@stag-orienteering.co.uk).



## You Can Help Scottish Orienteering Gain Up to £10,000 with Just 2 Minutes of Your Time

At the Scottish Orienteering Association we need your help - and that of every member from the past four years - to help us raise funds from Gift Aid.

As the SOA is a registered charity, Gift Aid allows us to claim extra funds from HMRC on any donations made to us - including your SOA membership fees - AS LONG AS the person donating the funds completes a declaration that they are a UK tax payer.

Every single declaration completed helps us gain extra funds and, if every adult member does this, we could claim £10,000 which would otherwise just be lost in tax.

Therefore, if you've been a member of the SOA in any year since 2015, PLEASE complete the form at this link:

<http://bit.ly/SOAGiftAid2019>

OR download and complete the form, found as a Word Document at the SOA site (<http://bit.ly/SOAGiftAidNews>) before emailing it to [finance@scottish-orienteeing.org](mailto:finance@scottish-orienteeing.org) with the subject "Gift Aid Declaration."

The deadline for this year's submissions is the end of December, so please complete this as soon as possible, to ensure that we can process your declaration in time.

If you have any questions, please email [finance@scottish-orienteeing.org](mailto:finance@scottish-orienteeing.org).

All information you provide will only be used in relation to us claiming for Gift Aid.

**If you think that you've made a Gift Aid declaration to the SOA in the past, do you really need to complete this?**

- If you've joined or renewed Scottish membership with British Orienteering, the BO membership system gives no option to make a Gift Aid declaration to the SOA, so please complete the form now.
- If you used SI Entries to join the SOA only, you would have been given the option to make a declaration when joining but - sadly - some people didn't select this option.

**If you're in ANY doubt please complete the form - we'll happily receive a second declaration, rather than none at all!**

## 2019 Strathearn Scottish 6 Days

Colin Matheson (MOR), SOA Events Manager

Germany's Volker Ender summarised this year's Scottish 6 Days well - This was really a great spektakulum. In my opinion (and many others) it was six days of excellent competition (seven if you throw in a Sprint and Trail O) in areas that some dissenters had thought were not up to the usual high standards they expect from Scotland.

The Scottish Orienteering 6-Day Event Co Ltd (or S6D for short) includes within its Strategy and Business Plan that "... the Scottish 6 Days must offer competitive orienteering, but the event must also offer a great holiday experience including social activities and opportunities to visit the many attractions Scotland has to offer". The S6D also aims to raise the profile of the event and orienteering across Scotland, and this in turn has led the Company to visit lesser known orienteering terrain. Who could have guessed that Strathearn would yield one of the most spectacular race arenas and the tremendous few square kilometres of orienteering terrain in the shape of Dundurn & Cnoc a Mhadaidh?

The often-rocky road to planning and organising this event started in September 2015 at the S6D Board meeting when it was reported that options in the Borders and/or Galloway (including a possible border incursion) were not viable. The central belt was deemed the preferred option, with the event to be centred in the area called Strathearn.

Strathearn's Auchingarrich was known to have matured into a usable orienteering area, with some legacy from the late Dave Prentice of TAY who single-handedly connected up parts of the forest armed only with a pair of secateurs and a bow saw. If you discount Culteuchar & Dron (which was counted back in later), Auchingarrich was indeed one of the few known bits of suitable orienteering terrain in Strathearn. Thanks to some early forays into the woods by Event Coordinator Terry O'Brien and Tayside orienteer Allan Downie, a number of areas were discovered (and soon rejected thanks to a range of reasons including unhelpful Factors, bracken and other dense vegetation). The prospect of around 3,000 orienteers and perhaps 1,000 cars didn't always make negotiations by the Events Manager easy.

Out of this darkness came light: Edinchip and Dundurn. The former had a receptive land manager in the shape of Alex Bowers (and owner Jane Simpson of Lunderston Bay Ltd.), and the latter was under the control of Drummond Estates. My confirmatory wanderings in Dundurn found a) deer fences, b) really boggy bits, and c) windblow, but I went along with the rave reviews and the S6D agreed to go down the path (or more specifically the flightline) of having a bespoke LiDAR survey carried out at some considerable expense.

Grandtully had been the subject of a successful funding application by STAG in October 2016 under the pretext of "The area is a wonderful mix of deciduous & coniferous forest interspersed with rough open areas which we hope to use for STAG's 35th Anniversary Event in 2017 & Scottish Champs 2022." Little did we know that it would prove a great venue for the Day 6 Middle Distance, but was also being lined up at the last minute as a reserve area as permissions for Craig a Barns could have been withdrawn by the Atholl Estates at short notice if there had been a further discovery of *Phytophthora ramorum*. Larch is very much at risk from this disease, and it is a little-

known fact that the 4th Duke of Atholl (died 1830) introduced Japanese Larch into Great Britain, planting the trees at Dunkeld, where they hybridized with the first European Larch in Britain, planted by his uncle, the second duke, and gave rise to the Dunkeld Larch.

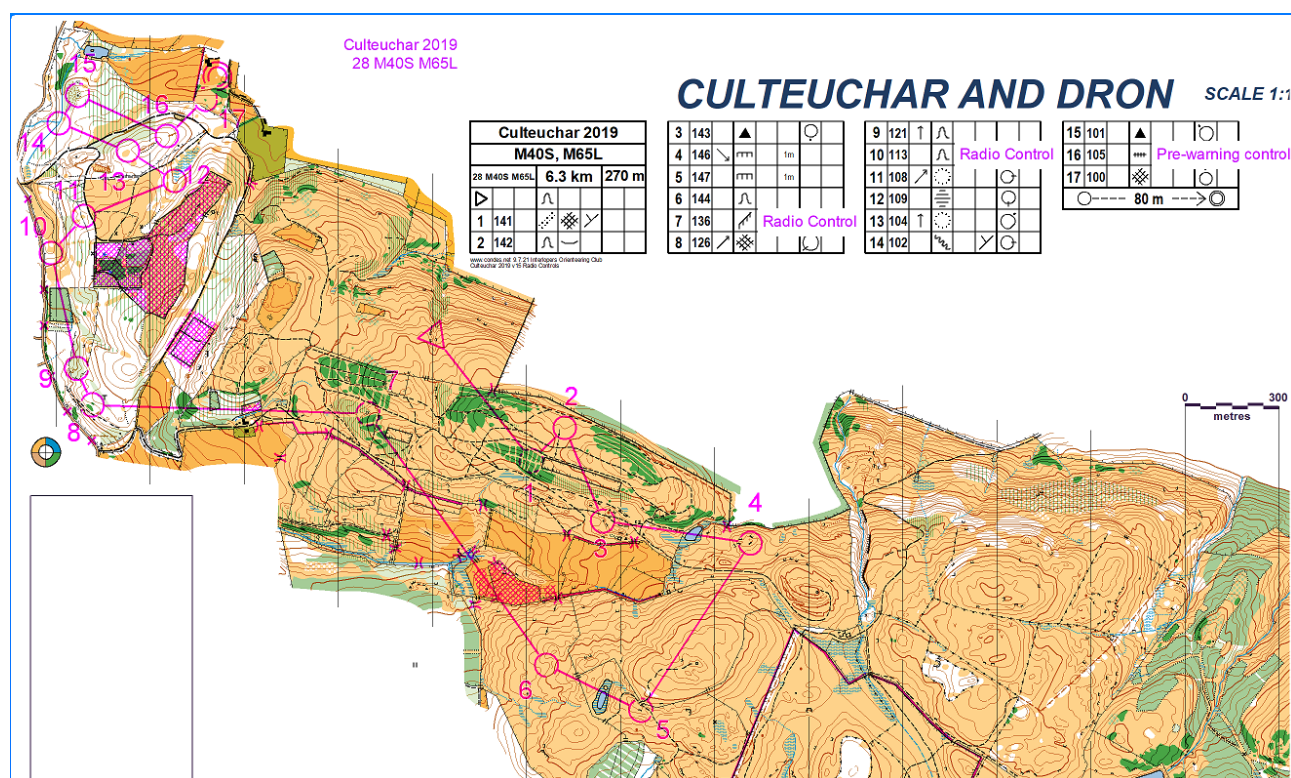
Culteuchar & Dron came back into the reckoning after all other possible options were explored and discarded and by dint of proximity to Bridge of Earn and the River Earn, qualified unambiguously as Strathearn. Some Forth Valley Orienteer (FVO) areas were also under consideration but they are too strong and successful a club in any case, so it was best to deny their runners any further advantage on home turf. FVO supplied the bulk of the volunteers in the Central Organising Team and despite the extra demands still managed to win medals across all classes. The time and effort put in by volunteers is very much appreciated and as the only person actually paid to help deliver this event, my hat goes off to everyone who makes the S6D such a spektakulum every time. Special mentions go to right-hand man David Nicol who acted as Entries Secretary and Day Coordinator, the Molloyes for managing registration, information and enquiries (and producing a world-class orienteering daughter), map mover and do-whatever-when-asked Andy Llewellyn, and Will Hensman and his IT team, who effectively dealt with moving goalposts (or more literally moving race arenas).

Thanks go to the various sponsors including Perth & Kinross Council, Stirling Council, Silva and, once again, EventScotland. The latter are a team within VisitScotland's Events Directorate, and the strapline 'Scotland The Perfect Stage' refers to Scotland's national events strategy, which, amongst other things, will be helping us bring you the Sprint World Orienteering Championships 2022 in Edinburgh. EventScotland funding brought you the livestreaming of the event (available on Vimeo or the Scottish 6 Days YouTube channel) as well as the oh-so-controversial live GPS tracking.

Stories behind many issues will not be committed to print including the dead sheep and a "difficult" ex-Olympic wrestler; hostile natives (limited numbers) having knock-on effects at Day 2, Day 3 and Day 4; the wandering W80s, etc.. Lots of positives, including the only dry week in the whole summer, meeting most of EventScotland's Key Performance Indicators, the event making a small surplus to be re-invested into the development of the sport, and a number of volunteers coming forward to do it all again for Lochaber 2021. In the words of Andy Stewart and The White Heather Club: Haste Ye Back.

A survey was conducted regarding the 6 Day experiences via an email was sent out to all registered competitors. This was undertaken to provide us with feedback that will allow us to improve our delivery and the services that we provide, and to underscore the benefits of funding and sponsorships provided by EventScotland and others. There were 713 responses to an in-house online survey which is a very high return rate. The percentage of visitors from different parts of UK, Europe and other countries is similar to previous events, but with a small drop in percentage of overseas competitors. Travel to the event (and during the event) was predominantly by car or other motor vehicle, with under 10% using the event shuttle bus service. Typically, there were 1,000 cars, campervans and motorhomes at each parking area. Almost 60% stayed in self-catering accommodation, with 20% camping, while only 10% stayed in catered accommodation such as guest houses, B&B or hotels.

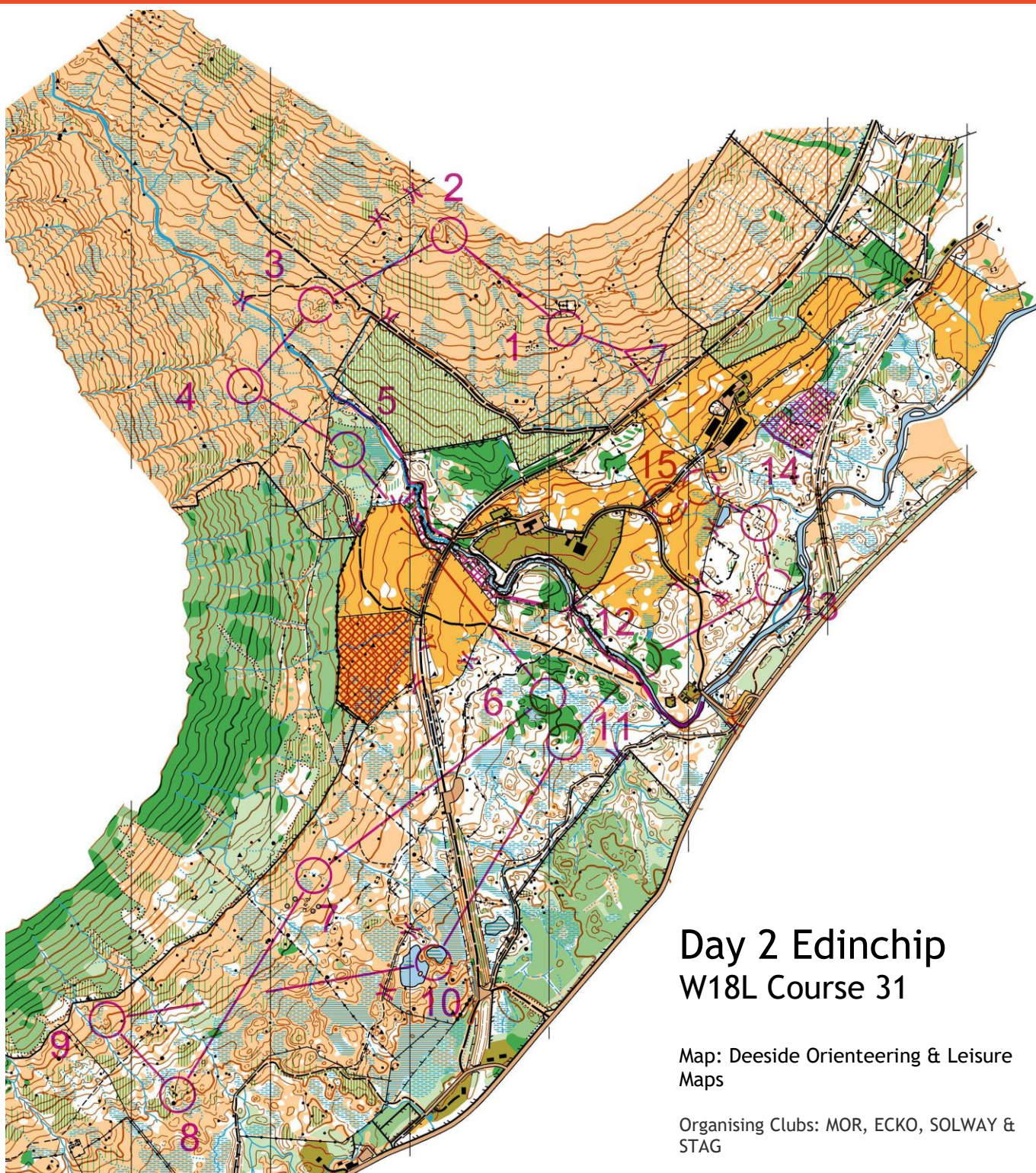
In addition to the orienteering event itself participants visited many tourist attractions during the 6 Day week and their visit to Scotland. Most popular in Perth and Kinross was Drummond Castle, with Scone Palace and Stirling Castle also featuring high on the list. A significant number of visitors also spent time visiting tourist attractions in Edinburgh. Other popular activities included visits in the countryside e.g. to the Falls of Dochart, Loch Tay, Loch Earn and wildlife/bird reserves. 55% of visitors responded that they would be more likely to visit Perth and Kinross again following their experiences at the Scottish 6 Days. Separating out figures for Stirling Council was not possible. The estimated daily spend per competitor was just over £45, reflecting the accommodation choices including camping and self-catering. Note that the daily entry fees (around £21 for seniors and £8 for juniors) are not included in the daily spend. Over 97% of participants thought the quality of event organisation was excellent or good, and the main negative comments related to some of the long walk-ins to competition areas. There were a huge number of positive comments about all aspects of the event and its organisation.



Map: Deeside Orienteering & Leisure Maps; Tayside Orienteers & Interlopers 2019.

Organising Clubs: CLYDE, INT, EUOC & AROS  
 Organiser: Rachel Wilson (CLYDE)  
 Planners: Max Carcas & Robin Galloway (INT)  
 Controller: Brian Porteous (FVO)  
 Asst.Controller: Paul Caban (INT)





## Day 2 Edinchip W18L Course 31

Map: Deeside Orienteering & Leisure  
Maps

Organising Clubs: MOR, ECKO, SOLWAY &  
STAG

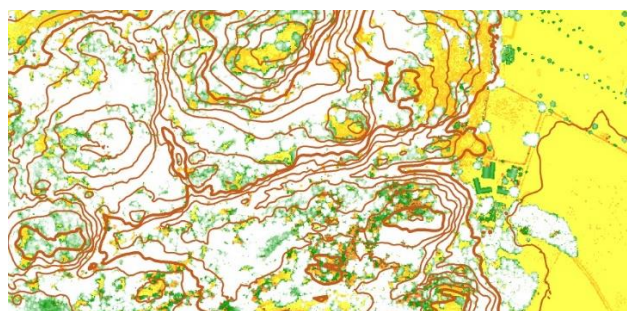
Organiser: Carol Burnapp (ECKO)  
Asst. Organiser: Jan Kersel (ECKO)  
Planners: Roo Hornby & Ade Chapman  
(MOR)  
Controller: Richard Oxlade (ESOC)  
Asst. Controller: Fredrik Nordvall Forsberg  
(STAG)



## Data Provision, Maps & Imagery for Orienteering

Colin Matheson (MOR), SOA Events Manager

Many orienteers are now familiar with the word LiDAR, which is essentially a cloud of millions of highly accurate x, y and z points that, when processed, can create a Digital Elevation Model (DEM) and Digital Surface Model (DSM). This data can be processed within packages such as OCAD and provide a great starting point for orienteering mapping, including derivation of contours and vegetation boundaries. Data can be downloaded directly from the website <https://remotesensingdata.gov.scot> (data now in the public domain), a process that I can assist with, in particular through cutting out specific small areas. Additional data can be found on <https://data.gov.uk/search?q=lidar>. Specialist software is required to process the data, something that I am also able to assist with. Discussions are ongoing with the Scottish Government regarding further LiDAR availability, and there is an initiative with Ecometrica and other partners that has led to LiDAR capture for Lochaber 2021 Scottish 6 Days areas. Examples of the base map derived from LiDAR, and the final map, of Dundurn are show here.



Dundurn base map derived from LiDAR



Dundurn surveyed map

For those curious to look at maps and satellite/aerial imagery of Scotland sites, <https://www.bing.com/maps> and <https://www.google.com/maps> are well-known, along with <http://www.streetmap.co.uk/>, which is very good for deriving grid reference (click at the bottom to convert coordinates). Also worth exploring is <https://www.environment.gov.scot/maps/scotlands-environment-map/>, which has some of the best and most up-to-date aerial photography, as well as detailed urban data. The site includes useful and interesting view-only layers such as Sites of Special Scientific Interest, Habitat Mapping, and many others. For data downloads, Ordnance Survey OpenData is the place to go, but the detail falls short of what is required for orienteering maps. Representation has been made to

sportscotland to try to access OS MasterMap data free of charge, and discussions with the OS are progressing. The latest useful source of information to appear is <https://forestry.gov.scot/support-regulations/scottish-forestry-map-viewer>, which contains some great base mapping and layers of interest, but curiously no aerial photography, which used to exist in the previous version. Forestry and Land Scotland has, of course, replaced what we previously knew as the Forestry Commission Scotland.

For more information, or any data queries, please feel free to contact me at [colin.matheson@scottish-orienteering.org](mailto:colin.matheson@scottish-orienteering.org).

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## Tracking & Mapping Ticks - TickApp Project Update

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

Greetings to the orienteering community!

The TickApp project data collection closed on 31st October 2019. The project has received 2165 reports from all over Scotland, and 1764 ticks were recorded. Out of these, orienteers made 517 reports and 943 ticks were reported.

During this period the TickApp project collected data from 11 orienteering events (at local, regional national and international levels). The objective was to compare the number of ticks collected using survey transects - known as the 'gold standard' technique - with the number of ticks reported by people after running in the same area, and assess whether citizen science can give robust information on the risk of ticks and tick bites. This information could not have been achieved without your contributions; the results so far indicate a positive and strong correlation between the number of ticks collected using survey transects and the number of ticks reported by people after running across the same area. This association is particularly strong for the number of tick bites reported and therefore helps support the hypothesis that citizen science can be used to inform both citizens and scientists about the risk of tick bites in a specific area.

Future analysis will include complex statistical models for the rate of human-tick contact which will be corrected for errors and bias including volunteer variability and effort, and seasonal and temporal effects.

Overall, the results of this project will help to provide better and more up to date information on tick-human encounters and how they vary with different geographical areas, habitats and times of year. These and other detailed results will be uploaded to [https://epidemiology.sruc.ac.uk/projects/lyme\\_disease\\_risk](https://epidemiology.sruc.ac.uk/projects/lyme_disease_risk) over the next year as my analysis progresses.

Finally, the TickApp project would like to send a huge "thank you" to the orienteering community for all the dedication and effort associated with submitting reports on your outdoor activities. We really appreciate your help, contributions and effort on data reporting. Just imagine... the data you have submitted is a unique data point in space and time with information about tick risk! Thank you so much!

Scotland's Rural College has recently launched a new initiative designed to track the occurrences of Lyme in the Northern Hemisphere. LymeApp, a website and linked app, will use satellite data to highlight where ticks and Lyme have been detected, with the aim of reducing the instances of Lyme Disease in Scotland.

Its 2019 launch is partly-funded through the European Space Agency, and it is being developed by International Disease Mapping Apps (ID MAPPS) Ltd, a new company formed by Scotland's Rural College, a representative company Highland Health Ventures Ltd (a collaborative partner for NHS Highland), ERGO (Environmental Research Group Limited) and Belgium-based Avia GIS NV.

If you'd like to find out more about the aims and applications of this dynamic use of citizen science technology, email [info@idmapps.com](mailto:info@idmapps.com).

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Feeling like there are gaps in your tick knowledge? The Highland Council have put together an excellent leaflet that can be yours, along with a tick removal tool, for the cost of a self-addressed stamped envelope. See their website for more information:  
[https://www.highland.gov.uk/info/1211/animal\\_welfare\\_and\\_pest\\_control/640/ticks](https://www.highland.gov.uk/info/1211/animal_welfare_and_pest_control/640/ticks).

## **The Political Life of Borrelia: On the Knowledge Production of Lyme Disease in Scotland**

**Ritti Soncco, PhD candidate (University of Edinburgh) and Carnegie Trust Scholar**

My name is Ritti Soncco; I am a medical anthropologist researching how knowledge on Lyme disease is being produced by different communities for my PhD thesis. For this I am very interested in meeting the different groups in Scotland who have come into contact with ticks or Lyme disease, to hear how Lyme disease is spoken about, what preventative methods are taken with ticks, and how knowledge of Lyme disease is changing. At the moment I divide my time between Inverness and Edinburgh, speaking to advocacy groups, medical researchers, ecologists and patients to develop a better understanding of who is involved in Lyme disease research and what goals each group has to help advance the knowledge of the illness.



I am also a passionate hillwalker and woodland rambler with a fascination for the histories and stories of Scottish landscapes, so if you would like to speak to me about your experiences, I am always happy to combine it with a walk outdoors. I warmly welcome interested individuals or groups who would like to be involved in my research to contact me: [ritti.soncco@ed.ac.uk](mailto:ritti.soncco@ed.ac.uk).



## 2019 ROC Mountain Marathon Takes place in the Lowther Hills of the Southern Uplands

Janie Oates, OUREA Marketing & Events Coordinator



Freya Shepherd and Arianne Holland on the B Course.

Photo: ©Steve Ashworth

Standing for Running, Orienteering, & Camping, the ROC Mountain Marathon™ is a two-day fell running and navigation challenge for solos and pairs with an overnight camp.

It takes place in a different mountainous destination in the UK each year and promotes self-sufficiency, adventure, and mountain craft. In 2019 the event came to Scotland, with an event centre in the village of Durisdeer and courses that explored the beautiful Lowther hills.

Participants collected their map at the start of day one to begin their exploration of this fantastic mountain running area. What was in store for them? Steep climbs, long runnable ridges, areas of complex contour detail, some rough tussock and heather areas, and plenty of river crossings. Each of the 7 courses on offer would eventually take participants to a secret and remote overnight campsite tucked away in a hidden valley. The perfect way to spend a Saturday evening!

Given the convenient location, many Scottish orienteers came along to enjoy the event which was also the third and final counter in the 2019 British Mountain Marathon Championship, following on from the Scottish Mountain Marathon in June and the Marmot Dark Mountains in January.

Freya Shepherd, from Inverness Orienteering Club and Edinburgh University Orienteering Club, along with partner Arianne Holland, were the 1st Ladies team on the B course. They enjoyed working well as a team, getting stuck into some tough but exciting courses and hanging out with friends from other teams at the overnight campsite. Friends from Edinburgh University, they had both enjoyed a busy September with Freya taking part in the Mourne Mountain Marathon the weekend before and Arianne racing at the Salomon Ring of Steall Skyrace. A seasoned Mountain Marathoner already, Freya also received the trophy for Female B course British Mountain Marathon Champion following on from her 1st position at the Scottish Mountain Marathon earlier in the year. Any tips for success? ... packing plenty of your favourite food and also thinking your equipment through carefully. Freya's rucksack, along with all her camping equipment, food and clothing was less than 5kg!

Robbie Peal and Gregor Malcolm from Edinburgh University had an excellent run to finish 4th overall on the A course in what turned out to be a tightly fought category with only minutes separating some of the leading teams at the end of day one! After their 2nd place at the Scottish

Mountain Marathon earlier in the year, they were crowned Under 20 British Mountain Marathon Champions.

Father and daughter team Nick and Gemma Collins from Stonehaven were 5th overall on the C course. Gemma is only 14 but already full of ambition and enthusiasm for Mountain Marathons with plans to run the Elite category one day. Gemma is a member of the Mar Orienteering Club. She says that she enjoys Mountain Marathons for the challenge and because it is something different. Gemma described the courses as steeper, longer and harder than what she had previously done but overall the pair were in high spirits and enjoyed working well together as a team. It is their second Mountain Marathon running together after having completed the Saunders earlier in the year.



Overnight campsite. Photo: ©Steve Ashworth

By the Sunday afternoon, the final checkpoints had been found, many satisfied Mountain Marathoners were enjoying their finishers meal, and the Championship trophies had been handed out.

The 2019 ROC Mountain Marathon was a success with perfect running conditions, lots of smiling faces on the finish line, and some excellent feedback on the quality of the courses thanks to lots of exciting route choice for the linear courses and plenty of choice on the score courses with so many controls.

Keen to give it a go? We look forward to seeing more Scottish Orienteers at our [2020 Mountain Marathons](#):

Event	Location	Dates
Marmot Dark Mountains™	Snowdonia	25-26 <sup>th</sup> January 2020
SILVA Great Lakeland 3Day™	The Lake District	8-10 <sup>th</sup> May 2020
Scottish Mountain Marathon™	Location TBC	13-14 <sup>th</sup> June 2020
ROC Mountain Marathon™	Location TBC	26-27 <sup>th</sup> September 2020



Participants setting off for two days of running, orienteering & camping fun. Photo: ©Steve Ashworth

## 2019 Salomon Ring of Steall Skyrace

Fran Britain (MOR), SOA Administrative Assistant



Fran Britain

Photo: [MyBibNumber Ltd.](https://www.mybibnumber.co.uk/)

The Skyrace is just one of a series of races that make up the Salomon Skyline weekend. With Kinlochleven as a hub, there is something for all from shorter trail races, vertical kms to lengthier, rockier options. Orienteers can be found in almost all of the races and on the podiums too.

For me, seven weeks of school summer holidays have been survived (just) - my kids may disagree - with some training snuck in there somewhere. Driving down Loch Ness on Friday evening was stunning, and we bumped our way carefully into the parking area behind the Ice Factor, Kinlochleven, to park up the van for the weekend. Race-fueling commenced washed down with a large G&T and by 9.30 pm the registration queues are quiet and I collect my number and a tracker to attach to my run pack.

10.00 am is my leisurely start time, this and blue skies mean I'm feeling relaxed compared to the state I got into last year before the Skyline race, but soon it's time to head to the start and nerves kick in. A simple kit check, and I'm through into the main pen where I try and locate at the middle of the pack, difficult to tell when you're short! Bagpipes play (Louis MacMillan, who also woke us at the Scottish Mountain Marathon), a 1-2-3 and we're off.

Pause, shuffle, a stretch of road, and then off onto the path up to the West Highland Way (WHW). It narrows with boulders, tree roots and stream crossings, and people seem keen to keep feet dry and clean - not for long! It's warm, not a cloud in the sky. Jog a bit, hike a bit, random stop; leap round someone where the path widens, and so it continues. Approaching the WHW crossing I spot Jon my partner, cheerleader and motivator, along with other spectators, and the marshals. Up, up, up we go. It's hard to pass anyone, but there is space on the grass if you're keen. Rock becomes sloppy bog, finally we're onto the first ridge, and Sgorr an Lubhair, 1001m.

Navigation is easy, Skyraces are marked by little red flags, fluttering in the breeze or flattened into the ground by the hundreds of passing feet. Quick pause to tighten shoelaces, next is Devils Ridge, a simple scramble. A path avoids the most exposed scrambles should you choose, but there

is an impressive drop either side to boost the adrenaline. The wind is gusting, but I'm hitting the parts of the route that bring me joy - rock, scrambles. I'm undoubtedly a fairy on technical descents and my climbing days seem far away but confident here, I pass a few people.



Descend to the col and a sharp climb onto Sgurr a' Mhaim, 1099m. Now it's one hell of a descent to the checkpoint at Polldubh, dropping just shy of 1000m over 2km. It's brutal and exhilarating in the sunshine, with the wind at your back. On Quartz white scree, flailing, flying and skipping our way down, picking your best line; but soon we are on a more defined path and I'm trying to stay relaxed on the relentless small switchbacks. Someone behind loses their footing and you hope they won't take you out too. Faster runners pass me, I mutter 'just relax, just breathe,' preserving my quads for what lies ahead. I reach the bottom buzzing but not broken.

After the scree and switchbacks it's a bit of a shock to hit the bog again, but I pick my way joyfully knowing I've reached the nominal half(ish - not quite) way point. Running along the path I look for Jon, hoping he's not late! But he's there, and I refill my bottles, grab more fuel and move on. Past the checkpoint and onto the riverside path.

Flat riverside path feels great and some of it's in the shade, but as we cross the bridge and hit the road to Glen Nevis, I feel weary, my legs are not too keen on this continuous running thing! Walk/running the next bit, we are soon sent up a thankless boggy path rising above the valley. I feel hot, sticky, and rubbish. A restoring head-dunk in a waterfall and then I slither down, re-joining the main track to cross the river beyond the Steall Falls.

The river feels lush on overheated muddy feet, I can't help but laugh, boosted by views and blue sky. The banana kicked in and I lobbed another Mountain Fuel Jelly down for good measure, heading toward The Next Big Climb - An Gearanach, 982m, straight up from the valley. It's epic but I join a couple of others and we find a steady groove amongst breathless chat. The endless zig-zags are deceptive but eventually An Gearanach is nailed. Views again, but no time to pause, a traverse/scramble that's way more entertaining than the infamous Devils Traverse, again I overtake a few. Dropping to the col, the call of bagpipes swirl in the wind, from the summit of Stob Coire a' Chairn. You could be fooled for thinking this was the last climb, but no.

A grassy slope leaves the summit, lush, begging to be skipped down. Too soon, it's time to climb again. The sun is slipping down the horizon and I'm climbing in cold shadows; strengthening wind blowing gritty dust into my eyes as I grasp the last rocky holds, Am Bodach, 1032m.

I shovel down what remaining fuel I've got hoping it's enough, time to run again, re-tracing this morning's climb. Down through the bogs, it's never-ending but eventually I see the WHW. My hopes of 6:30hrs are dashed but I'm still determined to beat 6:45hrs and I pass a few more people.

Finally tarmac, cruelly it's uphill and my legs are done. Summoning a shuffle/run the wonderful marshals assure me it's 'just around the corner' so I dig in and run, it feels like 8-minute-miling but it's definitely not!! Finished! It was awesome!!



## Meet the Members

### Rita Ribeiro & David Cerioli of INVOC

**Rita and David are relative newcomers to the sport of orienteering, and live in Inverness.**

**How long have you been orienteering?**

**We started orienteering in November 2018, beginning with some training sessions but only registered with our club in February 2019.**



Photo: S. Reynolds

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

**Rita:** I was introduced to the sport through a PhD colleague who does orienteering. It was perfect for my current circumstances. I'm in the middle of a PhD, one objective of which is to understand if citizen science can help improve the knowledge of tick distribution and tick bite risk. A colleague of mine suggested that I ask for help from orienteers as they are at risk of collecting ticks when participating in events or practising. They also have a solid understanding of ticks and on tick bite risk. I started attending orienteering events with the TickApp project and sought to encourage the runners to get involved with my research and to report the ticks they found (or in case of finding no ticks, report tick absence) on themselves after running that day. It was during the events and speaking with people about my research, that I was myself encouraged to participate in orienteering itself. The atmosphere at orienteering events is so friendly, in such beautiful locations, that I pushed aside my fear of getting lost, plucked up the courage to go out on a course, try it out for myself and found that I loved it. David always helps me during with my work at these events and he decided to give it a try.

**How do you train?**

During the week we train 4 to 5 days in our local gym. We run, do cross-fit and Rita does spinning too. At the weekends we try to go to orienteering training sessions and events that are held either by our club or other events held by other clubs. If there are no planned events happening at a weekend, we'll train at permanent courses or courses which have been left out by clubs around the north of Scotland.

**Rita:** Training for orienteering is one of my favourite weekend activities because it is so relaxing. David and I normally train together; one does one control and the other does the next one. We help each other and the time flies by because we are focussed on solving the "puzzle" and not getting lost. It is a good activity after a challenging working week!

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

**David:** I have done courses and competitions which have left me completely questioning my ability to do orienteering, moments where I've panicked. Afterwards, when I get back to the car I think, "yes I've made mistakes today - but it just really shows that I do need to train a bit more and I also know that this is a long-term sport, so I just need time and training". Then I feel better and I try to learn from the mistakes that I made. No quitting for me.

**Rita:** I had some bad experiences during some events - mostly associated with getting lost, and I've panicked and got upset with my performance and I think that I will never learn. However at the end, people are so friendly, they speak to me and calm me down, reassuring me that this happens or has happened to everyone and it is just a matter of time, learning and practising. In fact, practising this sport is challenging but then you have so many gains; you learn how to read a map, how to orienteer, how to make rapid, good decisions, how to learn from your mistakes. During a run both your body and your brain are in action!

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

**David:** I decided to stick with orienteering because I am enjoying it! I'm seeing myself getting fitter and I'm also getting to see parts of the country which I wouldn't normally go to. At the same time it is an activity that Rita and I do together which we both enjoy. After any event we like to call in to towns or villages that we're not familiar with for a bite to eat and to explore.

**Rita:** I agree, but for me orienteering is also teaching me the valuable skill of map reading which is of particular help when I'm doing field work alone in remote parts of Scotland.

**What has been your most rewarding orienteering experience?**

**David:** Getting completely lost in the snow (waist deep) but still getting back home.

**Rita:** For me it is just completing each course.

**What/who do you find most inspiring in regard to orienteering?**

**Rita:** I really enjoy seeing so many people, of different age groups doing the same activity. I really like to see the really young kids starting off doing the string course, or seeing families with babies on their backs. Seeing people aged 70 or more orienteering so well is inspirational. It makes me think I can enjoy orienteering for many years to come.

**David:** I enjoy the orienteering community and the help and support from everyone. At the end of an event everyone talks about it and they support and congratulate each other. People help us explaining what we did well or what we did wrong. There is a bit of competition as we see in all sports but there is lots of support and friendship.

**What are your orienteering goals, and how do you aim to achieve them?**

**David:** My orienteering goal is to be able to do the blue courses within a year. I will need more confidence, lots of practice and I need to continue to feel the fun of an event.

Rita: Within a year I'd like to pass to green level, do it well and continue enjoying it. I'd like to continue to do lots of training with David and also attend as many training sessions as possible. I do need to get more confident and practise more -particularly when it comes to land contours, decision making, distance and pace counting.

**What is your favourite orienteering area?**

Quite simply Scotland Woodlands!

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

Improving health and fitness whilst enjoying an experience out and about! What else do you really need in life!



## Meet the Clubs

### Auld Reekie Orienteering Society

Fay Walsh (MWOC/AROS), AROS Secretary

Calling all Edinburgh University Alumni! SAVE THE DATE 18th & 19th April 2020. AROS welcomes all EUOC graduates to a weekend of orienteering, ceilidh dancing & celebrations in Edinburgh for AROS's 10th and EUOC's 55th anniversaries.

Orienteering started at Edinburgh University in 1964, and EUOC is now the largest British university orienteering club, with over 50 years of graduated alumni. AROS, the Alumni club for Edinburgh University Orienteering Club, takes its name from Auld Reekie, 'a popular nickname for the City of Edinburgh.' A new AROS committee of Edinburgh 2019 graduates were elected in September of this year, and they would like to invite all alumni to become members of AROS and join them for the 2020 AROS/EUOC Alumni Weekend!

The committee and the EUOC Alumni Officer, Thomas Wilson, are working together to organise an Alumni weekend on the 18th- 19th April in Edinburgh. Current plans include Saturday orienteering relays on Arthur's Seat, followed by a black-tie Ball in the evening and a Pentlands run & pub on Sunday. Please get in touch if you have any suggestions to put forward.

Follow updates on becoming an AROS member and the Alumni Weekend on our website: <http://www.aroslegends.com/>, the Auld Reekie Orienteering Society (AROS) Facebook page, or email <mailto:AROSsecretary@hotmail.co.uk> to be added to the AROS mailing list.

#### AROS Committee:

Fay Walsh (Secretary), Alistair Masson (Captain), Will Rigg (Events Organiser) and Madara Brice (Treasurer)



Photo credit: Lucia Parga Basanta

## Junior News - On Tour to Ireland with the Scottish Junior Team

Rona Molloy (FVO) & James Hammond (M14, FVO)

Every four years the Ward JHIs are held in Northern Ireland, and this year it was time for a trip across the water to see if we could defend the titles won last year on home turf. There was much excitement as the 24 athletes gathered at the airport, checking that the essentials were packed, namely bagpipes and face paint. Party outfits for the ceilidh were also discussed - a kilt into hand luggage is tricky but not impossible!

The individual races were suitably challenging, with tough, marshy, rocky terrain keeping everyone focused till the very last control. Our W14 girls were the toast of the team, taking 1st, 2nd and 3rd places; in fact, Scotland won all three girls age classes, with Rachel Brown (W16) and Eilidh Campbell (W18) also recording fine victories. For the boys, Matthew Gooch led the M18 field with an emphatic win, while other strong results meant we had the slimmest of leads over England at the end of Day 1. Only 1 point in it, and all to play for in the relays!

No matter what sport, it's never easy being a Scotland supporter and so it proved on the Sunday. Fired up by the skirl of Louis MacMillan's bagpipes and the lusty counter-singing of Swing Low Sweet Chariot, the first-leg runners tumbled towards the start kite, dropping maps and face-planting on the wet, grassy slope. Chaotic scenes - was this a forewarning of things to come? Sure enough, as one after another English runner finished, Scottish hopes sagged a little. Where were our reliable W16s? Yes, this question had been asked many times over the weekend, and the answer was invariably 'with the Irish boys.' But surely they hadn't been distracted in the middle of the race?! England sent waves of W14s off on leg 2 before we got our first sighting of a blue top - hooray for Hannah Kingham! She handed over to Faith Kenyon, whose familiar colourful hair had been enhanced for the weekend with a bold saltire cut into one side. Statement hair calls for a statement run and Faith stormed round to pass all the England girls and arrive home with a slender lead - sensational running! Isobel Howard produced a similar performance, meaning two of our teams were right back in it. Taking over from Faith, Alice Wilson then set off on last leg with England's leading team nano-seconds behind her. An experienced competitor with a cool head, Alice ran her heart out and punched the last control in first place to general Scottish euphoria. However, she also had the look of someone who had given every ounce of energy and wasn't fancying her chances on the run-in against the legendary speed of Anika Schwarze. Somewhat inevitably, Anika shifted up a gear in the last 80 metres and took the win for England, with Alice left devastated, but a true hero in the eyes of her coaches and team-mates.

To more Scottish cheers, Eilidh Campbell then appeared, recording the fastest leg of the day, to give Scotland 2nd and 3rd place in the girls' relays. Could we still be in with a chance? Over to you, boys!

Once again, the English teams were dominant on first leg. A surprise twist occurred though, when one of their runners failed to punch the last control, despite all spectators (yes, even Scottish ones!) urging him to turn back. The Scottish M16s set their younger team-mates off with some work to do, to catch up on England. No doubt the pre-match inspirational words of Peter and



Louis were ringing in their ears as they scampered off into the forest and scampered out again in super-fast times to hand over to the M18s. And the rest, as they say, is history. The Scotland boys romped home for a clean sweep of the top three places, their evident delight shared by spectators from all four countries.



Scottish W16s (from left): Anna Cox (BASOC), Hannah Kingham (MOR), Pippa Carcas (INT), Rachel Brown (ESOC)

Photo credit: Will Heap

It was weekend of big wins, great team spirit and lots of fun. We even got a shout-out and a round of applause on the flight back to Edinburgh!

### James Hammond (M14, FVO) writes:

On a seemingly average Friday, 24 Scottish junior orienteers met up in the busy Edinburgh airport, hyped up and ready to go to the JHIs. I was slightly nervous as this was only my third time flying and first without family! But after a short flight we were in Belfast International and as soon as we had our vehicles we were on the move to the YMCA. However, when we stopped for food in Lisburn, a 1-½ hour wait for pizza was the last thing we wanted! At least the food was good. Eventually we arrived at the hostel and got to sleep fairly quickly.

Eluid Kipchoge was the main talking point in the morning, everyone was huddled round phones watching the live broadcast. Unfortunately, there was barely any signal in the event car park but luckily we got to watch him finish and see history be made. After the excitement was over, it was time for racing. Personally, I didn't have a clean run but I really enjoyed running through the Irish hills, especially in the wonderful sunshine. Back at the hostel we got a nice rest, dinner and a good team talk. The last bit of the day was the ceilidh, which was a bit cramped but very enjoyable and had some intriguing dances.

Sunday brought an early start but fortunately the arena was just outside our accommodation. My race was better today and I picked up some places for the team. Afterwards we had hot chocolate and toast whilst watching the Scotland v Japan Rugby World Cup. We were pretty gutted when Japan won.

Overall I had great fun and would love to go again. My favourite moment was when Matthew, Peter and Louis all came over the line and won us the JHI's. Let's go Scotland!!!

## Well Done Juniors!

In addition to the recognition received by Megan Keith and Grace Molloy mentioned in Claire Ward's Performance News piece, recently other SOA juniors have been recognised for their accomplishments.

Oscar Shepherd (M16, INVOC) has won High Life Highland and **sportscotland** 2019 Young Volunteer of the Year Award for his volunteer work coaching students at Culboken Primary. The awards recognise the contributions and impact of coaches and volunteers within their communities. Congratulations, Oscar, and thank you for introducing the Culboken students to orienteering!

Kate McLuckie has won the Active Schools Sport in Moray Junior Athlete Award for her orienteering accomplishments. Kate has had an excellent 2019 season, including - but not limited to - winning her W12 class in the SOL series. Great job, Kate!



Oscar Shepherd receiving his Young Volunteer of the Year award.

Photo: High Life Highland



Kate receiving her award from Rachel Corsie.

Photo: sportMoray

## What Works for Your Club? A Junior Planner's View

Faith Kenyon (W14, MOR)

*Moravian Orienteers has a strong nucleus of juniors who are bursting with enthusiasm. Several have now completed the SOA Young Leaders course and subsequently supported the introduction of orienteering at after-school clubs in the region, and many have also completed Planning/Condes courses and Event Safety Workshops. This is the 3rd year we have held one of our Saturday/Schools league events with the officials and volunteer roles primarily filled by juniors, whilst appropriately supervised at all times. This really helps build the confidence and wider sense of responsibility of the juniors. Faith Kenyon writes here about her experience planning this year's autumn event at Findhorn. We are looking forward to hosting the Scottish Night Champs at Findhorn on Sunday the 15th of February, followed by the first SOL of the year in Darnaway the following day. Roo Hornby, Moravian Orienteers*

**Ben Coutts (M14) and I were asked to plan the courses for our event at Findhorn on Saturday. I had done a little planning before but not a 'proper' event.**

Interestingly I found the yellow course the hardest to do. This was because I had to think about every decision point, the placing of controls so they were all on paths, or visible from them. Also, the children may not be very tall, or the paths very clear for them.

The orange course was really good fun to plan. It had to be different from the yellow, and I did not want to rely on paths for the control sites. I was really pleased that only one control was directly on a path; I used 1 hills, depressions, thickets, distinctive trees and even a re-entrant. So, well done to everybody who got around the orange course!



Faith hanging around Findhorn

Photo: Lil Kenyon

We tried to make the light green course different from previous courses at Findhorn and use different control sites. We planned to use some technical control sites, direction changes and some slightly longer legs.

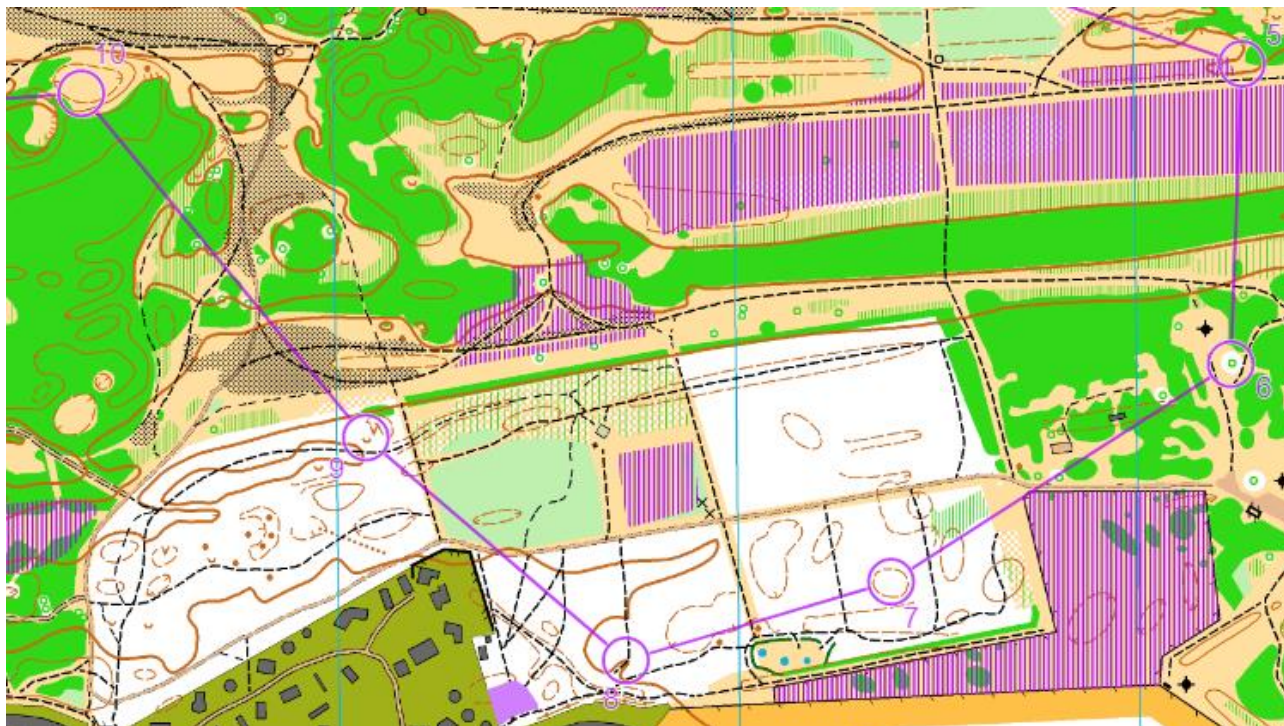
Thanks to Allan Halliday's course on the use of Condes, because it made the job of planning it on the computer so much easier and I picked up lots of tips. I'll now be able to help my mum with the Roseisle North planning, so don't worry guys!

It was great working with other club members because we all pulled together when it was too windy for the tent. We saved it from blowing away by having registration and download in our vans. (I think Ian and Rosie actually enjoyed having comfy seats for once!)



I have learned lots by planning this event. It's so important to visit the area a few times because one site we wanted to use had a load of dumped oil drums overgrown with grass by it. Another site we wanted to use was by a building, but when we checked the building wasn't there anymore.

I really enjoyed this planning, everybody in the club is so helpful and I was grateful for the feedback on the courses. I can highly recommend planning.



Orange course planned by Faith & Ben.

Map Credit: Moravian Orienteers



Ian Welsh & Rosie Pye on registration & download duty in the comfort of the van.

Photo: Lil Kenyon



## Snippets from the Past

Dave McQuillen (SOLWAY)

In the days before emails, the Internet and electronic punching, the club newsletter was the main means of communication with the membership. The 'editor' was responsible for production and distribution and usually had to write most of the content. I had the dubious honour of being editor of the SOLWAY newsletter from July 1988 until September 1997 and while searching for the date of a particular event the other day I found myself re-reading some of the articles that I had quite forgotten. I noticed too that the newsletter had a few phantom staff reporters including Cliff Foot, Rhoda Dendron and Drew McCoursin as well as occasional strip cartoons featuring a little character called Kevin Control. Most issues carried snippets of amusing conversations overheard at events, a few examples of which are reproduced below.

Orienteer in blood stained O-suit, "I've never seen a bramble like it. I stopped running when it started working its way up my body - going for the jugular I think - and there was still twelve feet of it to go!"

Heather (W15): "Does Tom McGowan think that my name is Harry? Mr Carmichael and I were punching together when he ran in and said, "Every Tom, Dick and Harry seems to have this control!"

Father: "See how worn my new O-shoe studs are already." "I suppose it shows how fast I run."

Daughter: "No Dad, it just shows how much you drag your feet."

O-tip: If ever you find yourself locked out of your car at an event, just call on Solway's Joyce who is also a champion shot putter. She will put a rock through your side window, no bother!

Overheard in thick mist on a Lakeland Fell:

1st woman's voice, "Can you tell us where we are?"

Man's voice, "No, you are supposed to be orienteering!"

2nd woman's voice, "That wasn't very nice."

1st woman, "It's all right, he gets to say that, he's my husband."

Two lady orienteers at an event where the controls had two letter codes. "Are you looking for WC?" "Yes. You can never find one when you want one, can you."

Planner to Young Yellow Course Competitor, "Do you know you did your course the wrong way round?" YYCC, "Yes, but I thought it looked shorter backwards."

Overheard at pre-start, "Think you'll do well today Geoff?"

"I should do all right as long as nobody's been CHEATING by staying fit over the winter."

Overheard post-race analysis: "So you can see that my navigation was alright. I was just in the wrong place."

Mary at the finish (in her best Reggie Perrin voice), "Thirty minutes late - leaves on the track at Drumlanrig."

Question, "Why did Julian run in trainers when he owns two pairs of O-shoes and brought one pair with him?" Answer: "The pair he brought was two right feet."

"I think I am more confident about my orienteering. When I pick up the map, the first thing I look at now isn't the course closing time."

"I finished way back in 6th place, wallowing in a sea of lactic acid."

"Orienteering is supposed to be a leisure activity." said my wife. "Leisure?" said I, "Let me look that up..." (reaches for the dictionary). "Ah, here it is, quote, "(Med) any morbid change in the structure or functioning of the living tissue of the body; injury; from the Latin Laedere, Laesum, to hurt." "Well that fits orienteering. No, wait a minute, pass my new specs. Yes, I've just looked up LESION!"

## Communicating with SOA Members

The SOA has a variety of options for communicating with members via email. The aim is to share information which is more tailored to member interests, as suggested by our members. As well as the quarterly SCORE magazine, we produce the following e-newsletters:

- **Weekly newsletter** (website news)
- **Monthly newsletter** (website & 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. They are sent using MailChimp, and clicking the link takes you directly to your own profile.

Alternatively, you can email the SOA offices at [infor@scottish-orienteering.org](mailto:infor@scottish-orienteering.org) to update your preferences.

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

### Contact SOA

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

By phone: 01479861374 (has an answerphone)

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

## December-February Major, National & Regional Scottish Events

1 Jan	MA - Resolution Sprint 2020	Bo'Ness
5 Jan	MAROC - Glen O' Dee Regional	Deeside
24-26 <sup>th</sup> Jan	EUOC - Big Weekend	Edinburgh
2 Feb	ESOC - SOUL	Broxburn & Uphall
15 Feb	MOR - Scottish Night Champs	Moray
16 Feb	MOR - SOL1	Darnaway
22 Feb	TVOC - British Night Champs	Hambleden
23 Feb	ESOC - SoSOL	Penicuik

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 • Area • Website	Club • Area • Website
AROS - Auld Reekie Orienteering Society • Edinburgh • <a href="http://www.aroslegends.com/">http://www.aroslegends.com/</a>	INT - Interlopers OC • Edinburgh • <a href="http://www.interlopers.org.uk/">http://www.interlopers.org.uk/</a>
AUOC - Aberdeen University OC • Aberdeen • <a href="https://www.facebook.com/aberdeenorienteering/">https://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/home/">http://www.clydesideorienteers.org.uk/home/</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/index.htm">http://www.solwayorienteers.co.uk/index.htm</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="https://www.facebook.com/StirUniOrienteering/">https://www.facebook.com/StirUniOrienteering/</a>
GUOC - Glasgow University OC • Edinburgh & the Lothians • <a href="https://www.facebook.com/groups/GUOC.Orienteering">https://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>

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