

# Score



The home of Scottish Orienteering

April 2020

MapRun  
What?  
When?  
How?

Update on Covid-19  
Club Get Together

Scottish  
Champs

Night &  
Middle  
Distance

Events  
reports

&

Weather-ing it!

Could you  
O on  
Mars?





## Welcome

It is a real privilege to get to edit **Score** and to follow on from all the great work done by previous editors. My new role coincides with an unprecedented global shutdown for orienteering events and meetings except the virtual or solitary and close to home. Sadly this also means that there is only the option to print this issue at home. However I am glad to say there is still plenty of orienteering news and content for you to enjoy including all the action-packed events of the last three months.

I have been doing my orienteering over the past ten or so years with Roxburgh Reivers and you will notice I have made a special focus on my club this issue. I look forward to getting to know all about your club over the next ones! Once we are back out again, as I hope we soon will be, I will be continuing with my aim to get to as many events as I can - to get the feel of where orienteering is now. If you see me taking your photo please say hi!

Bridget Khursheed  
Score Editor  
[score@scottish-orienteering.org](mailto:score@scottish-orienteering.org)



### 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:

National Orienteering Centre  
Glenmore Lodge, Aviemore  
PH22 1QZ  
Tel 01479 861374  
[info@scottish-orienteering.org](mailto:info@scottish-orienteering.org)

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**Score** is your magazine so please share ideas for content (many of you already do) by sending articles and images. I am also combing our orienteering social media for ideas and stories.

The Editor takes full responsibility for any errors please let me know!

And junior orienteers remember doing some work on **Score** could help with your school DofE or Saltire Awards volunteering so get in touch if this is you at [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org)

*The front cover photo of a competitor in the Edinburgh Big Weekend sprint taken by Bridget Khursheed (RR); photo of Bridget on this page taken by Sam McKinnon (RR)*

## Contents

Coming up in this issue .....	4
SOA team updates .....	4
Club get together 29 <sup>th</sup> February 2020 Birnam.....	10
Whatever the weather? When is it too windy to orienteer? .....	11
Scottish Orienteering launches “Edinburgh-O Midday Map Runs” .....	12
Launch of Gold Club Accreditation, Student Scheme and Updates .....	14
Gift Aid comes up trumps .....	14
Ask not what your sport can do for you... ..	15
Coaching and volunteering - thank you to our amazing volunteers .....	16
SOA Coaches Continuing Professional Development (CPD).....	17
Committed to Equality .....	18
Event reports: Scottish Night Champs 2020 Findhorn .....	19
Results: Scottish Night Champs 2020.....	20
Event reports: CompassSport Cup & Trophy at Errochty .....	21
Event report: SOULs at Broxburn and Johnshaven .....	21
Event reports: Edinburgh Big Weekend.....	22
Event reports: SOL 1 Darnaway .....	23
Event report/results: Scottish Middle Distance Champs 2020 .....	24
Why do we orienteer? The Darlow family of RR.....	25
Meet the Clubs - Roxburgh Reivers .....	26
News and social media round up .....	27
RED PLANET O! by Walter Clark.....	28
Upcoming events: “Harvesters” Drumlanrig date TBC.....	30
Upcoming events: Scottish Orienteering Championships 2020.....	30
Upcoming events: major events calendar .....	31



## Coming up in this issue

Enjoy April **Score** - packed with lots of O goodies in spite of the Lockdown!

*Club Get Together*



*Map Run: when, why & how*

*Walter Clark goes orienteering on Mars*



## SOA team updates



For the SOA Board of Directors, the situation changed following a COBRA meeting on 16th March when Boris Johnston stated that 'now is the time for everyone to stop non-essential contact with others and to stop all unnecessary travel'; a requirement also stated by Nicola Sturgeon. Mass gatherings would no longer be supported using emergency workers. The UK government introduced emergency legislation.

Travel to attend orienteering events is not essential travel and on the 17th BOF suspended orienteering activities effective immediately and valid until these restrictions are relaxed. The SOA Board supports this and notes that activities include training/education courses and workshops organised by SOA staff or members. Particular mention has been made in the various government statements about protecting the vulnerable and we urge members to devote energy and support to all in the orienteering community who are in this category. While group events and activities are suspended we can exercise on our own, so long as this does not involve unnecessary travel.

Use of the MapRun app and even creation of MapRun courses may be one option and is discussed here in **Score**. Another option is to download the free mapping software Open Orienteering Mapper and start experimenting with the intricacies of mapping. Our June SOA AGM & Youth AGM date is under review with the Board of Directors hoping to make a decision in the coming weeks but this is still a good time to think about our call for any proposals and for members to be aware of Director vacancies for which we are seeking nominations. See the article on Ask not what the sport can do... for more information. We will keep updating so keep your eyes on the website. And a very special thanks to Judy Bell for her great work on the SOA orienteering online puzzles!



**Fiona Keir Chief Operating Officer and Child Welfare & Protection Officer says:**

While Covid-19 has cast a shadow over all our orienteering activities and daily life, there are still positives to take away from the last few months. We thank you for your great reactions to our newly launched monthly newsletter! We hope you enjoy the regular SOA newsletter updates we are trying this year and please do let us know if you want to share an item.

*The SOA staff team looking at home at snowy Glenmore*

The SOA staff team were able to meet up at our HQ at a snowy Glenmore Lodge in January for team building. February was a busy month with team meetings, the first 2020 SOA Board meeting to confirm budgets and set the annual plan, alongside the Club Get Together preparations ready to discuss Competition Calendar Review recommendations, Club Development 2020 and beyond, and WOC 2022 with club representatives. I love getting out to see events and loved my trip to Findhorn Scottish Night Champs to hand out the trophies - well done to all participants and volunteers! And another big thank you to all our members (a lovely 600 of you!): we reclaimed £3,531 in Gift Aid! A special mention to our Finance Director, Ben Hartman for doing all the paperwork on our behalf. And thanks to Bridget Khursheed for her help in creating the newsletter. Finally it was great to see everyone at the Club Get Together at the end of February; the collective voice of the orienteering community in Scotland is powerful, the event was a great foundation to build on and provided some valuable support as we look to launch our next 4 year strategy.

Although Covid-19 has now brought profound changes to orienteering 2020, there were a number of welcome announcements last month. We were delighted to receive confirmation if our Foundation level Equality Standard and are already looking ahead to gain our next level of the Equality Standard to ensure orienteering is a sport recognised for its inclusivity and its welcoming culture. Congratulations to everyone at the Middle Distance Champs at Gleneagles Arena, we hope all medal winners like our new medals as much as we do - well done to all participants and a sincere thank you to volunteers making the event a success!



I have been looking forward to seeing Edinburgh-O launched as the concept has been so well received; it is a great first step towards new approaches to get our sport recognised and appreciated ahead of WOC2022. In the meantime MapRun, the software behind it, may be one way of orienteering while maintaining social distance. More news on that soon.



SOA performance news from **Claire Ward (INT) SOA Performance Director** says:

I sit here to write a preview of the 2020 performance orienteering year in most unusual circumstances. with many events cancelled. Selection races for summer internationals and training camps have not happened, as we have seen country after country around Europe go into lockdown.

One of the best things about being an elite orienteer is the quality of races that you are privileged enough to compete in. Perfect maps, breath-taking terrain, exacting courses, and a little bit of showbizzy commentary / tracking. Getting yourself into prime shape over the winter then not having races to test yourself in is a blow but every athlete would acknowledge that the blow is insignificant in comparison to the disappointment suffered by the volunteers who have put in months and months of effort into making their orienteering races - from SOL's to WOC - that extra bit special. Our sympathy goes to all who have worked towards the races that have been affected.



The situation we find ourselves in is temporary - the races will return. In the meantime stay healthy, keep getting out into nature, appreciate the wind in your hair and the rain in your face.

*Lonely control at SOL at-Clunie  
January 2013 photo by Lindsay  
Crawford*

## Seeking A SEDS Coordinator

Scottish Orienteering is looking for a volunteer to lead the Scottish Elite Development Squad (SEDS). We are looking for a volunteer to coordinate a program of training weekends and team-manage the Scottish team for the Senior Home International. The SEDS ethos is to open training to all interested athletes, with a program designed to support athletes representing or aiming to represent Great Britain at an international level and Scotland at the Senior Home International.

Please contact Claire Ward, Performance Director at [performance@scottish-orienteering.org](mailto:performance@scottish-orienteering.org) if you are interested or have any queries.

Here's an update on ScotJOS Winter 2019/20 from Jon Musgrave (MAR), Judy Bell (ESOC) and Esther Gooch (MAR):

ScotJOS has had a very busy winter of training - 4 weekend camps (plus Hawkshead for the 16's) over the past 4 months.

November saw us visiting Taynuilt courtesy of Ecko. A brave choice to head to the west coast in November, you may say, but we were blessed with sunshine and dry weather over the weekend. The training started on Friday at Inverawe with a short night session that most



enjoyed. We were joined this weekend by a group of Scottish Hill Runners and they were taken for a group run (they weren't trusted not to get lost if they went on their own!). Saturday and Sunday morning sessions were based in Glen Nant - with parking in the middle of the area the courses could dive straight into the complex areas. The Hill Runners had a separate slightly easier set of courses - there may yet be some interest from some of them! Saturday afternoon was a first (we think) - a hill session in conjunction with the Scottish Hill Runners. Loops up and down a couple of hills were used and all had a great blast at it.

*Izzy Cox (BASOC) completes the Edinburgh SOUL in January*

December saw the squad meet in Findhorn: luxury accommodation with bunkrooms rather

than the usual floor space! Training was in Roseisle on Friday and then Culbin on Saturday - there was a long walk to a start area at the east of the map but this meant we were able to use a seldom visited part of the map with wonderful complex dunes and fast running. A multi-technique exercise started the day (line, corridor, blank map compass/distance, all on a map with line features removed). The afternoon had a set of "trains" - the juniors were split into groups of 5-6 and started on the same short course at random intervals, to simulate relay running. Much fun and fast running was had! Sunday we visited Keppernach for route choice on long legs. Good learning and plenty of shadowing by coaches over the weekend enabled much feedback to be given to the juniors. We finished off with an odds/evens pairs relay.

Both Saturday sessions were tracked using Loggator - see below for links

<https://events.loggator.com/LwhIHQ>

<https://events.loggator.com/xMm4Fw>

January was the annual ScotJOS sprint weekend (good preparation for the Big Weekend), based in Linlithgow. We had a short night session on Callendar Park, in the rain: Saturday saw a visit to scenic Bo'ness - a mix of housing types but all offering very challenging technical questions. Ian and Kirstin Maxwell provided a set of really interesting courses which took our minds off the rain! Luckily we had showers available in a local sports centre to let us warm up and clean up (amazing how muddy you can get when slipping on grass).

Sunday saw a visit to Dunfermline where Ian and Kirstin again set a series of great exercises - route choice and a wee pairs sprint to finish.

March was the turn of Deeside to host the squad and with a night session in Sluie and two Saturday session in Muir of Dinnet followed by a Maroc event at Birsemore the weekend was full of top quality technical challenges. The forests were at their best - dead undergrowth and flattened recently by the snow fall. Friday evening also had a talk about endurance training by Fraser Clyne (2-11 marathon runner who has done a lot of analysis and experimentation on speed work in training), a lot of useful tips and inspiring suggestions.

Saturday sessions used tracking:

[https://events.loggator.com/8-Sc\\_A](https://events.loggator.com/8-Sc_A)

<https://events.loggator.com/l17h7Q>

The ScotJOS weekends could not function without a huge network of parent helpers and others who arrange halls, sort access, plans sessions, drive vehicles, coach, cook - the four weekends listed had help from at least 40 individuals. Many thanks to you all - without your enthusiasm and commitment the squad would not be the great success that it is.



Here is the very latest **WOC 2022** news from **Paul McGreal (RR) Event Director:**

#### HLES

Several members of the Organising Committee and the whole course planning team (Graeme Ackland, Jon Cross, Ross McLennan) attended the recent IOF High Level Event Seminar held in Glasgow. It's a great opportunity to meet other

WOC and World Cup organisers, and senior members of the IOF team, and a fantastic forum for sharing of ideas and experience. Sessions included a view of WOC from an Athletes Perspective delivered by WOC2022 Technical Director Graham Gristwood, and a panel session on Marketing and Sponsorship that included WOC Event Director Paul McGreal. The team left enthused, motivated, and a bit better informed.

#### Edinburgh 2022 (WOC Tour)

Running alongside WOC2022 will be an extensive programme of spectator races focusing on Sprint and Urban formats. We hope to be able to offer a competitive Sprint Relay and also opportunities to run on the WOC courses. Keep your eyes on the website ([www.woc2022.org](http://www.woc2022.org)) for schedule announcements and start making plans to be in Edinburgh during WOC2022!

#### Sustainable WOC

One of the core principles of WOC2022 and Edinburgh 2022 will be sustainability (as far as the event industry can be) - for example, all races and venues will be easily accessible through public transport. It will absolutely be viable to arrive in Edinburgh by public transport and then not require a car to get to everything.



## Clubs

Anne Hickling recently led a session on WOC2022 with clubs. We plan to develop this once Lockdown is over or virtually; and I'm keen to visit as many clubs in person as I can to provide updates, talk about the event, discuss involvement and hopefully resolve any concerns. I'll be in touch.

## WOC Organising Committee Positions

We have two amazing opportunities to join the Organising Committee, be right at the heart of WOC, and to influence what it looks like and how it's managed. It's a great chance to be at the centre of what will most likely be the most exciting and biggest scale orienteering events ever held in the UK. Specifically we are looking for;

- **Volunteers Manager:** help us recruit, brief, train, manage and look after the small army of volunteers that WOC and Edinburgh 2022. We anticipate that many will be existing orienteers: but we really also want to cast our net wider to groups outwith the sport; and use WOC as an opportunity to introduce orienteering to more people, and harness their external skills and expertise. Administration, communication and training skills are likely to be useful in this role
- **Arenas Manager:** help us to design, build and manage the arenas for each WOC race. These will be complex set-ups with many user groups, landowners, suppliers and contractors, and often with conflicting requirements that will need to be managed. Project Management skills, and perhaps some understanding of sport presentation will be good to have.

If you'd like to discuss either of these, or are interested in coming on-board, please get in touch: [paul@woc2022.org](mailto:paul@woc2022.org)



Here's the latest news on the **2021 Scottish 6 Days** from **Colin Matheson**:

Final venues and programme for Lochaber 2021 are close to being agreed and there are some fantastic new areas being used.

Forget serried ranks of sitka spruce but think oak woods, birch forest and montane vegetation with a healthy mix of contour and rock detail along with stunning scenery. Watch the sunset over the Small Isles and Hebrides from Arisaig (but please be back from your courses by 1630 hrs) or enjoy the experience of being whisked up over 2000 feet by gondola to the start of your courses at Aonach Mor.

Other venues include Achnacarry, a famed Commando Training Facility; Fort William Golf Course and the Lochaber Smelter; Strathmashie & Ardverikie aka Glenbogle and Glen Creran. The event slips into August (1st to 7th) because of O-Ringen and we do of course want to welcome our Swedish friends and many others to Scotland after this major event.

## Club get together 29<sup>th</sup> February 2020 Birnam

We hosted a discussion forum to hear your opinions on key topics within our sport. There was excellent discussion and a great enthusiastic atmosphere at the Club Get Together held on 29th February in Birnam. At last an opportunity to discuss our sport and extend conversations beyond email. The discussion centred on the agenda items below:



*Club Get Together 2020*

- **Competitions Review** - Jon Musgrave's recommendations to change the calendar and provide more professional support for bigger events were discussed.
- **SOA Volunteer strategy** - this is work in progress and we were keen to find out what clubs think, share best practice and hear what tangible help clubs need (if any).
- **Club development** - this is where the bulk of the Sportscotland money (about £85,000 pa) gets spent and we wanted to make sure clubs are making the most of the help that the SOA can offer from the RDOs and Coaching & Volunteer Officer.
- **WOC** - this was an opportunity to hear about plans for WOC 2022 and think about how clubs can make the most of the event.
- **Communications** - last but not least our enthusiastic new **Score** editor (Bridget Khursheed) is also taking on a wider role to help us communicate better. We were able to hear in more detail what clubs think we should focus on

The day was a great success and we thank all club attendees for coming and sharing your opinions with us. We hope this will become a regular event.

**Next time:** A follow-up report of discussion outcomes from the day and progress since then follows in the August issue of **Score**.



## Whatever the weather? When is it too windy to orienteer?

With Covid-19 restrictions now in our minds and events postponed or cancelled, it may be hard to remember that orienteering these past few months has been also subject to stoppages due to extreme weather conditions. SOA has been following BOF guidance and it is great news that our new Safety Director Tim O'Donoghue will be leading on this going forwards. Here is a look over what previously raised a few questions on when orienteering can go ahead: the weather.

The recent very windy weather has led to many Scottish clubs addressing whether an event or activity should go ahead or are the risks of trees falling too high. A number of events were postponed which showed a good level of risk awareness in clubs. However in February Moravian beat Storm Dennis to award Championship Trophies when the Moray Coast proved to be the ideal location to host the 2020 Scottish Night Championships and the first Compass Point SOL event of the year. This is a good example of Moravian knowing their own local conditions; this left the club confident about the weather although the forecast looked concerning. While the rest of the country had battened down the hatches, the weather was fairly mild as expected to allow for successful racing at both Findhorn and Darnaway.



When to let members know? Early notification and a clear planning decision on when such action needs to be taken is essential. This needs assessing as part of the event.

*ESOC get the word out while also advertising their next event*

If you're an organiser or a coach looking to put on an event, you may find a new guidance SOA document helpful. This useful resource - "When is windy too windy?" is found in the incidents folder of the Support for Coaches section of the SOA website: [Support for Coaches - handling incidents](http://www.esoc.org.uk/support-for-coaches/handling-incidents).

Remember:

- Limits mentioned in the resource information arise from experience over many years for one area of Scotland around taking these decisions.
- Wind speed limits vary from region to region.

Score would be interested in hearing more on this subject from club experiences. let us know.

## Scottish Orienteering launches “Edinburgh-O Midday Map Runs”

A series of lunchtime events is planned to introduce new people to the sport of orienteering ahead of Edinburgh hosting the World Orienteering Championships in 2022. The series uses MapRun: a smartphone app which allows you to create and take part in orienteering “events” using GPS signals to identify control sites.

Urban orienteering will be coming to Edinburgh regularly on Wednesday lunchtimes. Fiona Keir our Chief Operating Officer describes the postponed event series:



“We really want to shatter the impression that orienteering is a rural sport and show how easy it is for anyone to enjoy O in our everyday urban locations.”

*Kirstin Maxwell dibbing in the more familiar urban sprint*

The planned six-week series of events in Edinburgh’s West End is designed to give people a new, fun way of enjoying their lunchtime exercise and help them discover new corners of the city. The weekly “Midday MapRuns” come under the banner of “Edinburgh-O” - an initiative created by SOA for the sport of orienteering to raise awareness and participation in orienteering ahead of the 2022 World Championships.

Accessible to tens of thousands of people on their lunch break, the series uses smartphones to make orienteering easy for everyone. Entrants simply sign up in advance and turn up between 12pm and 1:30pm each Wednesday where, for just £2, you’ll get a course map making the streets around you into a playground you can run, roll or walk at your own pace.

But can a GPS app work in Edinburgh’s winding streets? Paul Rayner the SOA Marketing & Communications Manager comments:

“GPS Strava and Google can be slow to find your position but this lag can be mitigated by clever control positioning, putting well away from walls etc. as our workshops advise; this will be a really fun training run for lunchtime.”

The series has had to be postponed for a while but here is the proposition:

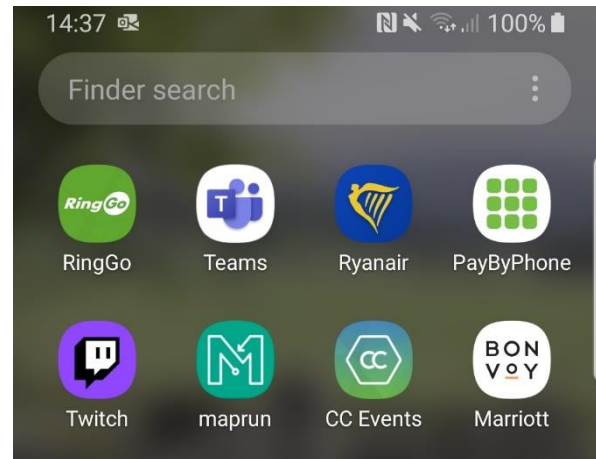
if you have ever wanted to get your Edinburgh friends and colleagues into orienteering, this is the chance!

As well as volunteers who can help on the day, we’d really love the orienteering community to promote MapRun to your friends and colleagues. Once we resume, please get as many friends and colleagues as you can to sign up, and you can still email [edinburgh@scottish-orienteering.org](mailto:edinburgh@scottish-orienteering.org) if you’d like a printable poster or leaflet you can share.



Fiona Keir adds:

“Ahead of the 2022 World Championships taking place right in the heart of Edinburgh, we want to bring people into orienteering and show them how much fun it can be for them and their families. We hope lots of people will enjoy these events and end up joining local orienteering clubs enjoying the same course as the elite runners in two and a half years’ time!”



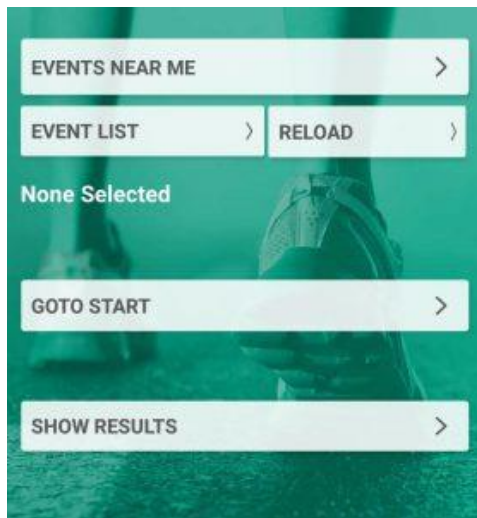
*MapRun icon on phone*

## Learn how to use MapRun - planned workshops

Following the success of the September MapRun workshop, we plan to run a further two at least when we are able to do so.

The app has many attractive features for offering simple opportunities to participate in orienteering, including:

- There's no effort in putting out / collecting controls
- Courses can be used at any time and are there “forever”
- No vulnerability to vandalism or upkeep required
- An ongoing results table to motivate participation



You may already be exploring MapRun's potential for use in the time of Lockdown but we believe it will also be great introducing new people to the sport, running orienteering sessions in schools, and setting up simple club training opportunities.

If you are interested in finding out how it works and how to create your own courses contact Sarah Dunn on [sarah@scottish-orienteering.org](mailto:sarah@scottish-orienteering.org); everyone is welcome to attend workshops when they resume (Juniors under 15 should be accompanied by a parent) and there's no fee to attend.

*MapRun interface*

**Next time:** MapRun at social distance, virtual racing with the Scottish Catching Features League and more. Learn how orienteers have been coping with the Covid-19 lockdown.

## Launch of Gold Club Accreditation, Student Scheme and Updates

The SOA club accreditation scheme was first launched 18 months ago at Bronze and Silver level and we are pleased now to be able to launch the Gold scheme. Nine Scottish clubs (BASOC, CLYDE, ECKO, ESOC, INT, MAROC, MOR, RR, TAY) have now achieved their bronze award with a further six currently very close to submission. Three clubs have also gone on to achieve their silver level (BASOC, ESOC and MAROC) award. RDOs are continuing to work with other clubs to help move them towards submission for their bronze accreditation.



- The Gold award will be a mark of excellence for any club to achieve and it is anticipated that most clubs may take some time to achieve the goal. It is hoped that it will help motivate clubs to aim high and we are confident that the rewards will be reaped by clubs that accept the challenge.
- In launching the Gold award we have also taken an opportunity to reflect on the criteria for the Bronze and Silver schemes, taking on board feedback from clubs. Clubs that are currently part way through their award submission may either choose to continue with the previous form up until end June 2020, or else submit using the revised versions.

Updated versions of each level are available on the [accreditation page on the SOA website](#).

We are also now launching a modified version of the Bronze accreditation scheme appropriate for University clubs, in recognition of their important contribution to supporting orienteering opportunities for young adults. We hope that several University clubs will work towards this mark of quality. Clubs that have already achieved Bronze or Silver accreditation will undertake a brief health check one year after the award is made, with a more comprehensive review after 3 years. This will be undertaken by the club's RDO.

## Gift Aid comes up trumps

Thank you to all the members (a lovely 600 of you!) who completed the Gift Aid declaration, in December we reclaimed £3,531! Many thanks to our Finance Director, Ben Hartman for doing all the paperwork on our behalf. Not too late for 2020! Are you a UK Taxpayer and have not yet signed the declaration? Register here for 2020 and we can claim retrospectively against membership fees for the past 5 years! The online declaration form can be completed on our website - but if you declared for 2019 there is no need to complete the form again!



## Ask not what your sport can do for you...

... but what you can do for your sport? With extra time on our hands due to lockdown and orienteering postponed, it is a good time to consider if you can give the gift of volunteering to help our sport flourish? We recognise the considerable time and energies that many of you give to your clubs and at events throughout the year - we are truly grateful to all those who make our sport happen on a weekly basis. However we at Scottish Orienteering NEED your input too.

Fiona Keir says:

“We are in the process of launching our next 4 year Strategic Plan and we have a number of key volunteer positions currently or becoming available.”

So please give it some thought - it would make a huge difference to us as a charity.



Richard Oxlade, Acting President tell us a bit more about standing for the SOA board:

“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.”

Bridget Khursheed our co-opted Communications Director adds:

“I was a bit unsure about what being on the SOA Board would entail but knew I could contribute. Now I have been to my first meeting I discover a friendly, dedicated and inspiring group of like-minded enthusiasts who all want our sport to thrive. I am really glad I volunteered!”

The follow positions are available now on the SOA Board:

- Communications Director
- Marketing Director
- Operations Director
- President

We are also seeking new volunteers in 2020 for the following:

- Fixtures Secretary
- SOL Score Coordinator

Get in touch with us to find out more about any of the SOA Board roles or to offer your time, expertise and energy if you feel your skills and experience could help us at SOA or if you would like an informal discussion about the opportunities, please drop [Fiona@Scottish-orienteering.org](mailto:Fiona@Scottish-orienteering.org) an email.

## Coaching and volunteering - thank you to our amazing volunteers

Denise Martin our Volunteering Officer for Scottish Orienteering wants to send a big thank you to all our coaches and volunteers for the great work you do for the sport in Scotland!



*Volunteers brave the cold at two chilly events: the classic Fight the night around Calton Hill at Edinburgh Big Weekend in January and February's ESOC epic Corstorphine Hill SoSOL*

You all make it happen - from parents, to event officials, to board members, to our dedicated athletes of all ages. THANK YOU for your continued dedication. You are what makes orienteering in Scotland Great!



Denise reflects:

"I was fortunate to spend my New Years' at the Geographic South Pole. The champagne was very chilled! We are now well into 2020 and I am most certain the year, although difficult at the moment, will ultimately be full of success stories. A quick reflection of 2019 shows a year full of well-run and equally well attended events."

*Denise goes to the ends of the earth to help SOA volunteers in this case the Geographic South Pole!*

Denise adds a few important acknowledgements:

- Well done to the newly certificates coaches and those working on Level 2.
- Thank you to our new members for joining!
- And a very special thank you to the clubs for keeping your momentum high and your members engaged.
- Contact Denise with your ideas and thoughts, she would love to hear from you!

## SOA Coaches Continuing Professional Development (CPD)

Tim & Helen O'Donoghue [coaching@scottish-orienteering.org](mailto:coaching@scottish-orienteering.org)

The previous system of CPD for coaches in SOA (and BOF) effectively ended at the beginning of 2019. We realised both that few people were keeping and submitting logs and also that there was no recording of log completion in British Orienteering for the logs that were checked and submitted to them. Some work has been in progress in SOA addressing how to replace that CPD system for Scottish UKCC or equivalent coaches. CPD days have been held in years past but generally the attendance of SOA coaches reached possibly 25% in a year if two such CPD days were held. While these days have been useful the coverage for SOA coaches is low.

# Coaching news

The system we are now putting into place is based around home learning (e-learning) with one specific topic identified per year for all active coaches in SOA. The materials will be released normally in Q1 of the year through the CPD sub-folder in the Resources/Coaches Support section of the SOA website. It will normally be stored as a pdf file. The expectation is that all active qualified coaches in Scotland will complete the CPD within the same calendar year as it is issued. Where possible there will be validation through use of Google forms.

There are significant benefits from getting coaches together periodically and enabling discussion on coaching topics among them. When appropriate opportunities arise for such face to face sessions they will be pursued, but for now will be additional to the above CPD system.

Please note that keeping a written log (possibly on the old CPD spreadsheet template) is a good practice and coaches are encouraged to do this so that they document what was covered in sessions and any learning for themselves from the coaching. But the points targets and the need for periodic submission and review are no longer required of SOA coaches.

The topic for 2020 is 'Safety for Coaches'. While some coaches will have attended an Event Safety Workshop, there is not a current requirement for coaches to do this, despite coaches designing short courses for use in the coaching sessions. The new coaching package naturally covers similar ground to the Event Safety Workshop, along with items more specific to coaching. You can download the document on the SOA website:

<https://www.scottish-orienteering.org/resources/coaches/#111-cpd>



## Committed to Equality

Some of the work the SOA staff have been working on 'behind the scenes' is our compliance as a Governing Body with the Equality Standard. This sits firmly with our commitment to ensuring our sport is welcoming and inclusive to all who wish to participate.

As part of our ongoing work and assessing how inclusive our sport is, we signed the LGBTI Sport Charter in 2019 and will be working with British Orienteering to evolve our membership to ensure our language is inclusive. Our Development Team along with some key volunteers and Directors hosted an initial plenary workshop for orienteering for people with additional support needs. We are committed to further our work on inclusion in 2020 and look forward to working with clubs to making orienteering welcoming to everyone.

### What is equality? & what is Scottish Orienteering's commitment?

Sports Equality is about fairness in sport; equality of access; recognising inequalities and taking steps to address them. It involves changing the culture and structure of sport to ensure it becomes equally accessible to all members of society and ensuring that everyone has the opportunity to enjoy their sport, use their talents, and realise their full potential.

As a Scottish Sport Governing Body the Scottish Orienteering Association has an obligation, both legal and moral, to ensure that it not only promotes an environment where all individuals can participate in and benefit from the sport of orienteering, but to ensure that all of its members; individual and club, do so too.

Scottish Orienteering is fully committed to the principles laid down in our Equality Policy and all Scottish Orienteering employees, members and volunteers will work together to embrace difference and diversity and respect the rights of all individuals wishing to orienteer in Scotland.

*Cheerful string course veteran at ESOC's Corstorphine Hill SoSOL*



## Event reports: Scottish Night Champs 2020 Findhorn

**Saturday 15 February** hosted by Moravian Orienteers

2020's Scottish Night Championships at Findhorn on the Moray Coast. Roo Hornby organiser said

“Findhorn is great fun and fast in the daylight, but come night time, it is a real challenge as the main contour features don't become apparent until very late; it also offers an excellent mix of Urban, Dune, Forest and the Caravan Site at the end”.

Time to don headtorches and set out to see who would be crowned Scottish Night Champions! A fun evening of racing through Findhorn and the dunes ensued.



*The coveted Championship Medals*

*Concentration at the start of the Night Champs*



The idea to combine the Night Champs with SOL 1 the following day as a Winter Warmer weekend encouraged people to give the Night event a run. Jen Leonard (FVO) commented,

“As a general rule, I try to avoid night orienteering. But Findhorn in the dark has made think again. I'll be back!”

A big thank you to Roo and Caroline Hornby (Organiser and Planner) and Hilary Quick (Controller) as well as the entire team of volunteers from Moravian who enabled this Championship event to be such a success. A full list of results is on the next page.



*Laura King (EUOC) lifts the Scottish Night Championships Open trophy*

*Mark Nixon (FVO) takes the Scottish Night Champion Open Trophy*



## Results: Scottish Night Champs 2020

Congratulations to all the medal and trophy winners. And especially those taking home to coveted title of Scottish Orienteering Night Champions! A fantastic representation from across all Scottish clubs for first Championship event of 2020 saw 194 competitors taking to the start line for this enjoyable and challenging event.

Gold medal class	Name	Club	Scottish champion trophy
M14	James Hammond	FVO	M Junior
M16	Adam Barrie	MAROC	
M18	Matthew Gooch	MAROC	M Intermediate
M20	Daniel Spencer	EUOC	
M21	Thomas Wilson	EUOC	
M35	Mark Nixon	FVO	M Open
M40	Ben Chesters	DEVON	
M45	Roger Goddard	FVO	M Veteran
M50	Ben Stansfield	FVO	
M55	Steve Wilson	CLYDE	M Supervet
M60	John Tullie	RR	
M65	Alan Halliday	MOR	M Ultravet
M70	Andrew Tivendale	MAROC	
M75	Neil McLean	GRAMP	
W14	Maja Robertson	ESOC	
W16	Isobel Howard	MOR	W Junior
W18	Lizzie Stansfield	FVO	W Intermediate
W20	Niamh Hunter	EUOC	
W21	Laura King	EUOC	W Open
W35	Gemma Karatay	BASOC	
W40	Janette Macleod	BASOC	
W45	Nikki Howard	MOR	W Veteran
W50	Jennifer Leonard	FVO	
W55	Marsela McLeod	INVOC	W Supervet
W60	Fran Loots	TAY	
W65	Margaret Dalglish	ESOC	W Ultravet
W70	Anne Stevenson	ESOC	
W75	Eleanor Pyrah	ESOC	

**Note:** Scottish Champion trophies, in the categories shown above, are only awarded to Scottish orienteers; Gold Medals are awarded in all age classes to winners from any club.

See Page 23 for the Darnaway SOL the second day of the Moravian Winter Warmer.



## Event reports: CompassSport Cup & Trophy at Errochty

Controller Colin Matheson (Moravian) said

“Well done to STAG for staging such a successful event. Errochty is a fantastic area and despite having had a large clear-felled area in the centre offered technical orienteering of a high standard in what was physically quite challenging terrain. I was most impressed with Graham Gristwood’s sub 53 minute run over a 8.6 km course with 325 metre climb and 31 controls! Others on the same course certainly had value for money in the time spent out in the forest. The conditions were actually the “easiest” I had known in the forest - all previous visits were hampered by snow on top of the bogs and fallen branches.”

The event went ahead despite concerns about Covid-19 for which precautions were taken to minimise crowd gatherings including letting runners start as soon as they reached the start lanes (but not advising them of this decision at the car park to prevent collusion) and doing away with results display. However this will have been the last orienteering event in Scotland for a while.

## Event report: SOULs at Broxburn and Johnshaven

A great run out used the length of Broxburn for ESOC’s SOUL 2 and map turns to test competitors. Controller Blair Young (TINTO) commented:

“I have to admit that Broxburn was a revelation to me. I didn’t expect it to provide such variety and route options. These were optimised by Katy’s excellent planning. The main talking point seemed to be the route choice around Broxburn Academy. The measured distance of the leg only varied by about 10m between the two routes, so as long as you made your decision quickly there was little difference.”



*Rain doesn't dampen competitor or volunteer spirits at the ESOC Broxburn SOUL*

The next SOUL event took place in the intricate streets and passageways and the grounds and gardens of Lathallan School for SOUL 3 from MAROC. A really great challenge with fascinating route choice on the different levels, steps and wynds of the town!



*Picture credit Duncan Birtwhistle of Alex Chepelin and Niamh Hunter from the UK Elite Orienteering League Johnshaven*



## Event reports: Edinburgh Big Weekend

January hosted by EUOC

Another excellent BIG Edinburgh Weekend has just passed with 3 great events. Fight with the Night took in a Calton Hill son-et-lumiere while SOUL was based for the first time at Pollock Halls (both cleverly working round the WOC 2022 embargo). This year, plenty of competitors turned up to Calton Hill to Fight with the Night. Callum White had planned various tricky courses that gave competitors the chance to see the lights of Edinburgh as well as running all over the hill and finding the occasional control.



*Fight with the night start competitor*

EUOC's Daniel Spencer and Thomas Laraia reported "The WOC 2022 embargo made us get creative with the city race, but this year we had another great set of technically challenging courses that took you to new parts of the city, previously unexplored by Big Weekend. Saturday's race assembly was based in Pollock Halls, a first for the urban, which allowed all the courses to take full advantage of the tricky campus-style sprint terrain in their final section. Lindsay Robertson strived to

produce great courses that managed to use some of the best (non-embargoed) bits in Edinburgh, even if it meant a map turnover and scale change, and we hope you appreciated the efforts put in to give you an enjoyable orienteering experience!"



The well attended and enjoyed Burns night Ceilidh was celebrated in the South Side Community Centre. No Big Weekend would be complete without a classic race in Holyrood Park which the visiting Polish club Harpagan described as a “rocky classic for dessert”! Alastair Thomas’ technically and physically challenging course set tested competitor endurance after a weekend of racing. The mass start options on the longest 3 courses led to some exciting head to head action. Thanks to EUOC for another fantastic orienteering weekend.

The organisers added “Thanks to club captain Laura King for passing on Big Weekend knowledge and helping at assembly every day. Thanks to the Matts for driving. Many thanks to ESOC, Interlopers and FVO for allowing us to borrow the kit needed to make the event. A huge thanks to Robin and Sheila Strain for sorting all things SI as always, they were absolutely vital to the event. Thanks, as well to the EUOC members who hung and collected controls, ran the start, pre-ran, marshalled, and answered everyone’s questions on enquiries.”

## Event reports: SOL 1 Darnaway

February’s SOL event on the 16<sup>th</sup> at Darnaway came as the second part of Moravian’s winter warmer weekend. Darnaway, familiar to orienteers who took part in the 2015 Scottish 6 days, didn’t disappoint and even treated us to the best weather than anywhere in Scotland. The idea for the Winter Warmer weekend had started 6 months before when the North Region began planning the Scottish Nights. Darnaway is a superb, varied forest on rolling terrain above the River Findhorn. However it hosts ground nesting birds from 1 Mar and is much more appealing in the late part of the winter than autumn due to undergrowth and leaves on saplings, so it has previously been a struggle to use for a SOL. There were a few dramas in the lead-up, the biggest of which was the Darnaway Planner encountering unexpected significant forestry activity 3 days before the event. Gentle negotiation halted this activity until the following week.



Roo Hornby commented: “As the usual assembly & parking for Darnaway (Conicavel Hall) was no longer available. The landowners were extremely helpful in letting us use the Darnaway Castle Walled Garden and the outbuildings within.

*The finish in the Darnaway walled garden basks in sunshine*

Roo added: “We didn’t realise how lucky we were until everyone was there in bright sunshine protected from the biting wind; not only that, but clubs from all over the UK had to

cancel events that weekend and the previous due to severe weather. A big thanks to Moray Estates for permission to use Darnaway Forest and the Walled Garden for Assembly. They were very patient and helpful regarding parking as well. For both days of the Winter Warmer, we had very understanding landowners/managers/local residents, we are very grateful for all our club volunteers and thank you all for coming and we hope you enjoyed yourselves.”



## Event report/results: Scottish Middle Distance Champs 2020

Saturday 14<sup>th</sup> March hosted by Masterplan Adventure

M10	Peter Atkinson	ELO
M12	Calum Robertson	ESOC
M14	James Hammond	FVO
M16	Sam Griffin	GRAMP
M18	Matthew Gooch	MAROC
M20	Julien Vuitton	EUOC
M Open	Kris Jones	FVO
M Vet	Roger Goddard	FVO
M Supervet	John Tullie	RR
M Ultravet	Rob Hickling	BASOC
M Hypervet	Dave Coustick	FVO
W10	Lucy Ward	INT
W12	Emily Atkinson	ELO
W14	Maja Robertson	ESOC
W16	Isobel Howard	MOR
W18	Rachel Brown	ESOC
W20	Eilidh Campbell	EUOC
W Open	Clare Stansfield	FVO
W Vet	Janine Inman	FVO
W Supervet	Alison Cunningham	ESOC
W Ultravet	Janice Nisbet	ESOC
W Hypervet	Eleanor Pyrah	ESOC

Congratulations to Middle Distance champs winners from at Gleneagles where Claire Stansfield FVO won the women's open by 9 seconds and Kris Jones FVO won the men's open with more of a lead. Thanks to Graham Gristwood and the team for putting on the event in fast-moving and challenging circumstances.



*Waiting to start at the Middle Distance Champs  
picture credit Ken Horne RR*

Thanks to all competitors for accepting changes with good grace in what may have been our last orienteering event for a while.



## Why do we orienteer? The Darlow family of RR

Let's meet Kate, Tim, Ellie and Seb Darlow who all orienteer with Roxburgh Reivers.



- **How long have you been orienteering?** We started orienteering when the kids were 7 and 5 years old.
- **How were you introduced to the sport?** We went along to some local ESOC events before we moved to the Borders.
- **How do you train?** As a family we go to track or interval training once a week and we do an event at the weekend, either cross country or orienteering.
- **What is your favourite orienteering area?** Ellie liked Costorphine Hill for its open forest (plus it's a bonus to see some of the zoo animals when you're running). We all really enjoyed the Scottish 6-days courses particularly Dundurn & Cnoc a'Mhadaidh starting on St Fillians golf course.
- **Successes?** Both Ellie and Seb won the Scottish Championships in 2019 and their parents are always just happy to make it round a course without getting really lost.

*Ellie and Seb Darlow at St Fillians at the 6 days 2019*

- **Most rewarding orienteering experience?** Roxburgh Reivers, and in particular the Maxwell family, have run an orienteering training weekend at Lagganlia for the last 2 years which has been fantastic - both for learning and some really exciting competitions at the end of the weekend.
- **Best kit tip?** Thumb compass always!
- **What are your orienteering goals and how do you aim to achieve them?** Ellie is keen to try her best to get into ScotJOS. We did have plans to go to all the major UK events this year..... if any of them happen.
- **Favourite orienteering moment to share?** It was a real family achievement when Ellie got round her first orienteering event without being shadowed and was made all the more special when a lady said 'Well done' to her mum at the finish line for trusting her 8 year old.
- **What would you say to a new orienteer?** Take it gradually - start with a yellow and don't run.



Are you next? Let us know or suggest a friend on the usual contact details!



## Meet the Clubs - Roxburgh Reivers

- **Name:** Roxburgh Reivers (RR)
  - Roxburgh from the county of its 3 original members; and Reivers from the cross-border cattle thieves who carried out night-time raids.
  - Andrew Hewat, Alex Taylor and Bob Climie were the founding members of RR; Andrew was responsible for the spread of O in the Borders in Outdoor Education role and his considerable efforts in mapping areas locally. RR could print off colour maps at a fairly early stage thanks to Andrew having access to the council printers although we still had to produce the drawings on 5 layers of drafting paper for the different colours! Bob Climie OBE (services to orienteering) is fondly remembered in the Borders for the same reasons and as one of those who advocated for BOF's creation later becoming its chairman.
- **Founded:** 1969 (50 years!)
- **Membership:** Total of 60; 47 Seniors, 13 Juniors.
- **Age range:** 6 - 72
- **Area:** Scottish Borders
- **Best-known terrain:** Major events have been held recently at Elibank, Teviothead, Tweedbank & Jedburgh for urban sprints, and Lanton
- **Most infamous terrain:** We love our Scottish Border lands. But the maze at Traquair and an unexpected flooded field drain by the Gordon Community Woodland old railway line that engulfed the Editor might be mentioned!
- **Regular events:** Sprint series, night series
- **Notable successes:**
  - RR have won the Scottish small clubs championship at least twice (if not more!) plus 2nd in the CompassSport Trophy final at the Forest of Dean 2013.
  - We've also won the Scottish Relays (John, Ian & Kirstin). Currently Robin Sloan current World Champion, and Scottish Champion along with Ellie Darlow and Seb Darlow, John Tullie is British and Night champ, Ian Maxwell is SOUL champion; Douglas Tullie was Men's Elite British Champion (aka King of the Forest) in 2011. And last but not least Kirstin Maxwell is in the current GB orienteering squad
- **Outreach:** Yes for example working with schools and scout groups



- **Social media:**  
@RRorienteers <https://www.facebook.com/roxburghreivers/>
- **Coaching sessions:** Yes including a long weekend training together at Lagganlia
- **Social:** Yes including summer runs, night runs and of course Christmas dinner!
- **Least known facts:** Still lots of Bowhill and Bowmont small stone piles known by older members as "Andrew Hewat Cairns"! The Scottish small clubs trophy was designed by Lindsey Knox & made by a Hawick silversmith using local wood.





## News and social media round up



Megan Keith, a very familiar face to orienteers this past year, also triumphed at the **Inter-Counties XC** wearing the red vest of the North of Scotland. 'I've never raced here before or in the Inter-Counties XC and was really just hoping to get myself in the hunt for a good position. As it is, I have surpassed all expectations.'

*Megan with her award Picture credits Neil Renton*

**Correction:** in the December issue, we mentioned that it was AROS' 10th birthday in fact as Gordon Ross pointed out AROS "was founded in 1978 by (amongst others) myself, Douglas McKeith, John Tullie & Roger Coombs. The name AROS was devised by myself & Douglas McKeith". Thanks to Gordon who remains the AROS honorary self-elected president.

SOA puzzles have been setting the social media world alight since starting at the beginning of the Covid-19 orienteering cancellation period.

*One of the fiendish SOA puzzles – and this was one of the easier ones!*

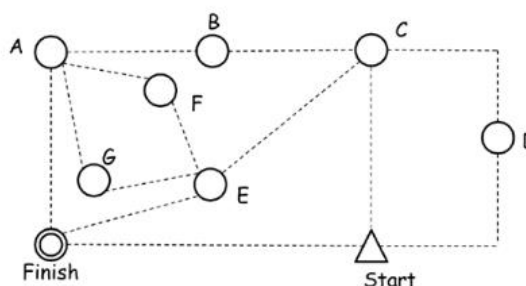
We will be hearing more about them from Judy Bell (ESOC) their creator in the next issue but here is a sample so you can see what the fuss is about; more on the SOA website.

Downloading [#catchingfeatures](#) let's go

### SOA Puzzle 9

#### Plan Your Route

The following orienteering course contains controls A to G connected by the routes shown. You must visit each control on the course, however you are not allowed to take a route which you have been down before. Starting and finishing in the places indicated, in what order would you visit the controls on the map? (Note: you are allowed to visit a control more than once, just not use the same route)



Over on Twitter we have been hearing about the Scottish Catching Features League a virtual orienteering game - more on this in the next issue.

*This is Holyrood Park*

Described as a "Super unofficial catching features league to keep everyone occupied" you can find more @CatchingLeague

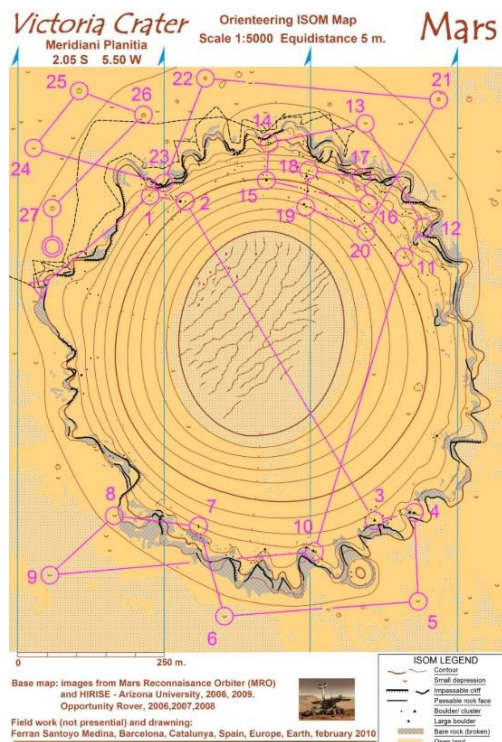


**O goals:** Score are looking to follow a group of orienteers over the next year or two and see how they set and meet their orienteering targets - beginner or long experienced get in touch; there will be some survey questions to start off with.

## RED PLANET O! by Walter Clark

*A longer version of this article first appeared in ESOC's club magazine Capital O*

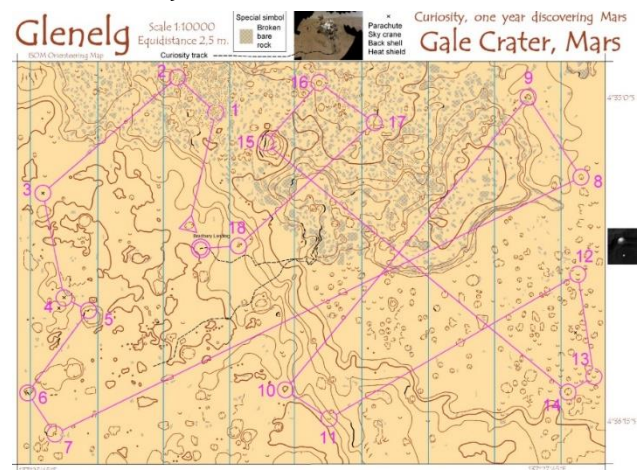
Could multi-day events be held on other planets in our solar system as our thirst for new terrain continues? As usual, the orienteering world is one step ahead of NASA here, and there are already maps of various craters on Mars ready for the first orienteers to get there! Quite how these maps were put together is unclear - but LIDAR data is getting increasingly powerful!



Victoria Crater is described by one SOA Grade A controller as “challenging rocky terrain which it out of this world!”. It is an impact crater which is located at 2.05°S, 5.50°W in the Meridiani Planum extraterrestrial plain, was first visited by the Mars Exploration Rover Opportunity and is roughly 730 metres wide. Along the edges of the crater are many outcrops within recessed alcoves, promontories, spurs, boulderfields and re-entrants.

*Victoria Crater o map/World of O Maps*

Glenelg (or Glenelg Intrigue) is near the Mars Science Laboratory (Curiosity rover) landing site (“Bradbury Landing” - see reference on the map itself below) in Gale Crater, marked by a natural intersection of three kinds of terrain. The location



was named Glenelg by NASA scientists for two reasons: all its features have names associated with Yellowknife in northern Canada. Glenelg in Scotland also maintains this NASA connection as it is twinned with Mars!

*Glenelg suggested Curiosity race o map/World of O Maps*

### Running conditions for orienteers on Mars

Gravity on Mars is 38% of what can be found on Earth so orienteers can’t “run” the same way: BOF elite coaches believe it will be “like a clumsy version of what we do here on Earth”. Some things would change for orienteers on Mars, according to the British Medical Journal:

- On Mars the “air-time” -feet off the ground - would increase.
- Effort to run and increase speed across the terrain is less due to reduced vertical forces.
- The gait, contact time on surface, surface area of contact will change due to this.

So, what effects would these changes have on the average orienteer?

- Orienteers will have to lean forward more to compensate for the change in “air-time”.
- O physiotherapists advise that landing on the heel or toe will not work well on Mars as the contact patch has to increase for safety.

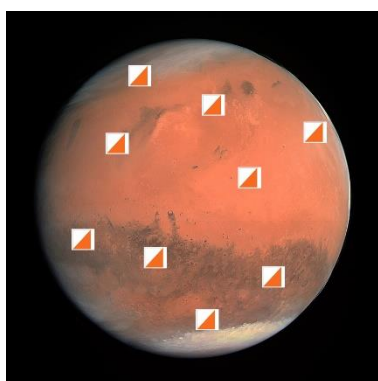


*Sprint finish at Gale Crater/The Mars Institute*

- Stride length of orienteers will increase due to increase in the “air-time”.

## Weather conditions on Mars

Mars’ thin atmosphere and its greater distance from the sun mean that Mars is much colder than Earth: average temperature = minus 60 degrees Celsius. O events on Mars are likely to have short start windows and compulsory full leg cover, as well as recommendations around use of cagoules. The atmosphere of Mars is roughly 100 times thinner than Earth’s, but thick enough to support weather. The dust storms of Mars are the largest in the solar system, capable of blanketing the entire planet and lasting for months. These usually take place in spring/summer and to put it mildly will be inconvenient to the staging of O events.



*O on Mars*

## Can you use a compass on Mars?

In a word, not really. Mars has a very weak, highly spatially variable magnetic field due to remnant magnetisation of some of its crust (from when it did have a field.). A compass would therefore not work on Mars, or at least not like it would on Earth. Some of our longstanding members may recall that Mars did have an Earth-like magnetic field in its past, and it has been discovered that many rocks on Mars remain magnetised as a result. Advice from the IOF is that while a traditional compass would not point north on Mars, it may still be possible to use a compass on a very local scale if that location’s magnetic polarities are mapped and well known.

## Timing your run on Mars

The average length of a Martian sidereal day is 24 h 37 m 22.663 s, and the length of its solar day or sol) is 24 h 39 m 35.244147 s. Mars’ solar day is only about 2.7% longer than Earth’s. Alternative clocks for Mars have been proposed, but no mission has chosen to use them and therefore my official recommendation is to use Earth timings. This has the added advantage that the SportIdent timing system can be used without modification!

## A Giant Leap for Orienteers?

In summary, there are some great orienteering maps available for use on Mars, but getting there is a complete nightmare, and as and when we do get there, our compasses won’t work and the weather conditions are not great. Running is going to be difficult, particularly because of the “No Space-Suit, No Go” rule!



## Upcoming events: “Harvesters” Drumlanrig date TBC

It's the stuff of legend! Niche appeal some say. Paul McGreal our WOC 2022 Event Director describes it as follows:



*Rye harvest on Gotland, Sweden*

*“It's a bit different as teams race through the night into the day, and it allows clubs to work together in larger groups than normal (5 or 7 in a team), so it can have a mix of experienced and less experienced in each team. It has a certain 'cult' appeal as a result. There's something magical about dawn breaking in the middle of the race.”*

The Harvester Trophy was established in the late 70's by the Combined Harvester Club. The event is based on similar events such as the Tio Mila (10 mile) in Sweden and Jukola in Finland. Some runners will be out in the dark/twilight with others running in the day. The event moves around the UK and was last held in Scotland in 2006 at Teviothead courtesy of the Tullie family and Roxburgh Reivers. (The Teviothead Harvester was notable for its midgies!!! John Tullie recalls). This year FVO are hoping to stage the event at Drumlanrig - a great chance to run in this unique event. Check the FVO website for the latest information.

Currently postponed the Harvesters may yet stay elusive this year but we dream on & dare to imagine. All being well, **Score** will be looking for teams to follow who are taking part.

## Upcoming events: Scottish Orienteering Championships 2020



A change of date for our big event this year perhaps although Covid-19 dependent. The Scottish Orienteering Championships is planned to take place at Tentsmuir - north of St. Andrews - on the weekend of 22<sup>nd</sup>-23<sup>rd</sup> August 2020. The weekend would feature the individual competition on Saturday 22<sup>nd</sup> and the relays on Sunday 23<sup>rd</sup>. The event was moved from May to August this year due to seasonal restrictions regarding the environment at Tentsmuir.

Links to events and their status can be found on our [Scottish Orienteering Championships page](#).

*Scottish Orienteering Championships in Dalbeattie 2019*

## Upcoming events: major events calendar

A grim picture for upcoming events: owing to the fast-moving changes due to Covid-19 we can only show event status at time of publishing.

### April-August 2020

10-13 April	Jan Kjellström Orienteering Festival	CANCELLED
9 May	British Middle Distance Championships	POSTPONED
24 May	Scottish Score Championships	POSTPONED
31 May	Jamie Stevenson Trophy	CANCELLED
4 June	Scottish Schools	CANCELLED
21 June	British Sprint Championships	POSTPONED
27-28 June	Harvester Relays	POSTPONED
6-11 July	Sprint World Orienteering Championships & WOC Tour	POSTPONED
25-31 July	Welsh 6 Days	CANCELLED
22-23 August	Scottish Championships & Scottish Relays	?

You can confirm dates and locations on the 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>

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Club • Area • Website	Club • Area • Website
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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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