

Score



The home of Scottish Orienteering

April 2021

Restarting O



Resources,
coaching & club
conference
news

Yes events
are back!

Calling all orienteers!

What can stop us orienteering?
Green O



Welcome

Welcome to the April 2021 issue of Score and it is great to be competing again. Many clubs have had local events already as restrictions loosen. I was able to enjoy our first club event at RR -our postponed club champs - very recently and I can't wait to get out orienteering as much as possible this year and at the big events!

We have a focus on orienteering restarting in this issue: getting back to the sport we love but also how our enforced break has given us all the chance to reset how we think about, participate in and grow O for the future. Coming up in this issue, we look at plans for the restart, planned events but also consider green orienteering and youth dropout and how it can be prevented. Plus action-packed articles from Interlopers and the Wilson family. I have also added an article on Score itself explaining the SOA's different communication channels and how they all fit together. In other news, this will be my second and last year as editor of Score finishing on the December issue. So if you want to reset your own volunteering and edit a thriving magazine for our SOA community in 2022 (in the lead up to WOC2024) please get in touch.

Finally don't forget to enter our Score photo competition, keep in touch about those club events and enjoy the next few months of orienteering!

Bridget Khursheed

Score Editor

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:

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score@scottish-orienteering.org

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!

Studying for a career in journalism, marketing or comms? Interested in photography or making videos, there are opportunities for interning on the SOA comms team; junior orienteers still at school remember doing some work on **Score** could help with your DofE or Saltire Awards volunteering - get in touch if this is you at score@scottish-orienteering.org

The front cover photo is uses a great photo of the Pentland permanent O course taken by Walter Clark (ESOC); photo of Bridget on this page taken by Sam McKinnon (RR)

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sportscotland
the national agency for sport

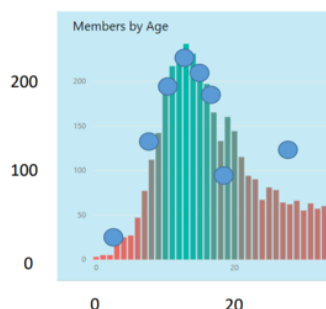
Putting sport first



Coming up in this issue

Enjoy your April **Score** - packed with spring O goodness!

Stop the drop – what O can do



The Wilson family share the joy!

O & the environment



SOA team updates



From the SOA Board of Directors:

We are beginning to see the light at the end of the tunnel and so glad to see so many clubs getting out and about as local events resume. The SOA are very pleased to be able to offer additional funding to support clubs as orienteering restarts across the country. We hope for a good response from clubs looking to build on the excitement of the restart and support their members in developing their

orienteering skills. We are looking forward to seeing good participation at the Club conference on topics ranging from participation, performance and events. We will also be relaunching our SOA strategy document which had to stay in the background last year for obvious reasons. We are still looking to fill vacancies in the Board in range of roles and would love to hear from you (or contact Fiona using the details below for an informal chat).

- **SOA AGM save the date: 25th June 2021:** We wish we could hold our 2021 AGM in person and allow for face to face discussions, the Board have taken the decision that it is necessary to host the 2021 AGM online to allow for planning to take place. Our AGM booklet is coming soon and as always we welcome your input! Should any member or club wish to put forward a proposal or a nomination for any of our vacant director positions please contact Fiona@Scottish-orienteering.org.



Fiona Keir Chief Operating Officer and Child Welfare & Protection Officer says: We are so glad to see clubs getting active again and I am looking forward to seeing good numbers at the club conference. As part of our commitment to reducing barriers to our sport restart the SOA has proudly launched resources and funding to support clubs and coaches. The staff team have worked

extremely hard behind the scenes to ensure we have opportunities to benefit every club regardless of size or capacity. We want to work with clubs to understand their challenges, so please contact your Regional Development Officer if you need any support. The SOA are passionate about ensuring our clubs reconnect with their members, rebuild confidence and enjoyment through developing skills through coaching and also get ready to open their doors to new members as we come out of lockdown.



Here is the very latest **WOC 2024** news from **Paul McGreal (RR) Event Director**:

WOC2024 preparations continue to move forward, albeit slowly as much of the organisation is in 'hibernation' for a few more months yet. Several members of our Local Organising Committee (LOC) attended the IOF High Level Event Seminar, and the WOC

Organisers Meeting, both in February. These are great forums for learning and sharing information and working direct with IOF.

Putting a WOC together is a curious thing - there are so many aspects (scale, TV, budget, marketing & communications) that are very different from organising a 'normal' orienteering event, or even many of the larger events such as World Cups - the demands are much greater. The opportunity to share experience across years of events, and across many countries is therefore really useful in helping us not have to reinvent the wheel for each WOC cycle. I also find it reassuring to have a peer group of fellow WOC organisers who know what it's like! A couple of updates that we gave to those meetings may also be interesting to Scottish orienteers:

- Dates for WOC2024 are confirmed as 12-16 July 2024
- Mapping for WOC (to 1st draft stage) is round 1/3rd complete already - this enables our course planners to begin their work. A longer lead time than would normally be expected is required, as once planning is approaching final drafts, we can start to work on how the televising and broadcast will work (camera positions, cable runs etc.).
- WOC is also working closely with EUOC to produce some maps that will have a dual Big Weekend/WOC Training use
- The WOC2024 team are hoping to host the Eurometing event in 2023, potentially in the Stirling area and working closely with FVO. There will be associated 'open' races for everyone to take part in.

We are still on the lookout for people to fill a couple of key roles at WOC2024 - particularly Volunteers Manager, and the Arenas Manager. Both are central to the success of the event and will be hugely interesting and rewarding. If you have any interest, or would like an informal chat through the roles, please do get in touch: paul@woc2024.org



Here's the latest news on the **2021 Scottish 6 Days** from Dave Kershaw and Richard Oxlade:

We're sure that amongst all of the mixed messages about summer holidays, travel restrictions and numerous other uncertainties you're probably keen to know the latest plans for this year's 6 Days. As you can imagine this is not proving to be the easiest event to organise, and while **we are doing everything possible to stage the event** some things are outside our control. First, the good news:

- We have **over 1300 entries** to date and are confident that we will be able to attract the 2000 needed for a viable event in August. Many many thanks to everyone who's entered so far - you're giving us a lot of confidence to keep going.

- The planning and controlling has been progressing despite travel restrictions since Christmas. The planners have created some great looking courses on the areas which will be complemented by some outstanding Highland scenery.
- We have received fantastic support from all of the landowners and are confident that we can organise every day safely and ensure everyone has a great time
- Secondly some things will inevitably be different this year. We're having to make these changes to put on the event safely as we still have to plan for COVID:
- We're going to post out your programmes and race numbers which means that we won't need an event centre or registration. Please make sure your address is correct!
- To reduce gathering we will only deal with urgent problems in the arena or assembly areas - we'll have an Event Control point but there won't be an Information/Enquiries tent. This means that competitors will have to turn up ready to run - sorry, no last minute changes will be possible on the day!
- To keep things simpler and safer we'll probably ask you to leave club tents at home and not gather along the run-in. We'll make sure there's **plenty of space to spread out**.
- Online late entries will be possible up to the night before - this is as close to EOD as we can manage. This will just need a bit more planning than in normal years.
- We won't be providing bussing to or from events - it has proved to be too complicated given COVID, especially as we will have fewer volunteers than usual.
- No rest day activities - but in an area like Lochaber who needs them anyway?
- For obvious reasons we can't run a programme of social activities - although if someone wants to volunteer to put on a virtual quiz night we'd be delighted.
- We're still going to offer pre-ordered merchandise for **collection** at the event - some great designs that will no doubt become collector's items. Orders will have to be placed by the end of May but we will refund you if we make a NO-GO decision. Unfortunately we can't manage returns or sell items at the event, but we're sure you'll understand why.
- We'll do our best to have traders but at the minute we can't make any guarantees. If nothing else don't forget your O shoes!

Hopefully the prospect of getting out into some **stunning highland forests and moors** after eighteen stressful and frustrating months excites you as much as it does us. It probably comes as no surprise that there are still a few hurdles to overcome:

- Since last September the Scottish Government has imposed a limit of 200 participants per day on outdoor sporting events like orienteering. We need to have at least 2000 participants for the event to be viable and we are in discussions with sportscotland about the conditions required to achieve this. It is possible that we will need to impose an entry limit - if this is the case it will be done on a first come first served basis.
- Competitors will have to be able to travel from the home nations, and ideally the Common Travel Area (i.e. including Ireland). We may not be able to accept overseas entries - we will refund the entries fees of foreign competitors entered to date if this is the case.
- We will have to get the Local Authorities (Highland Council and Argyll and Bute Council) to agree that our procedures are COVID safe.

Because of these remaining uncertainties we're going to make a "GO/NO-GO" **decision at the end of May**. Beyond that date we need a high degree of certainty that the event won't be cancelled to avoid being too exposed financially. Until then, like you, we'll be keeping our fingers crossed that everything continues to move in the right direction. Finally we'd like to say **thank you to the many volunteers** who have already committed their time to Lochaber 2021. The Scottish 6 Days is a massive undertaking in any year and this year it's especially difficult. Their commitment is really appreciated. Many thanks again for your support and understanding.



www.scottish6days.com



Performance, coaching and volunteering updates

ScotJOS update

Jon Musgrave (ScotJOS Lead Coach)

With many restrictions in place in 2020 and lockdown to start 2021, ScotJOS have used this opportunity to host a series of workshops (remotely). Recently we had a sports psychology presentation, Alban Dickson and Chris Hartley have done some work with us in the past (during the Scottish Spring weekend in Fife in April 2019). We felt it would be good to further expand the idea of sports psychology to the juniors as a way of helping them to improve their ability to handle stressful situations and critical races.

The presentation was very different to the previous session in many ways. Firstly it was totally digital and secondly it involved the juniors more; finally it was perhaps less directly sports related but more aimed at coping with stressful situations and accepting them as part of life's journey. We take our responsibility for the holistic growth of the athletes within ScotJOS very seriously and given the current circumstances this was a really useful session



ScotJOS Squad 2021

Everyone was asked to draw a simple graph showing their commitment to sport versus time. The image shown was drawn by Chris Hartley who described his involvement in sport through mountain biking and then progressing to rowing. This section was useful in showing the juniors that a sports career is unlikely to be a straight line of time vs success. Indeed many studies show that those who experience failure at an early stage of their sporting journey develop further than those who have an easy start. This is likely to be due to learning to develop ways of accepting failure as part of the learning process and using it as a way to relearn things and improve.

Secondly we did a slightly strange exercise initially taking a quick mouthful of a drink; and then after a short while were talked through a much longer process of holding the mug, thinking what it felt like, smelling the drink, tasting it, and eventually swallowing.



This aimed to develop the understanding of the difference of doing things unconsciously as opposed to thinking deeply about every little action and feeling. Finally Alban and Chris managed to introduce an aspect of orienteering with a compass 😊 that emphasises on many occasions we can make a choice of what to do, whether to drift though something or to focus on it and really work at it.

The hour long presentation flew past and hopefully all those participating learnt something. This session is the first in a series that we are holding over Zoom for ScotJOS members. We might not be able to train together in the forests but we can all learn about other aspects of performance in order to improve ourselves. The next Zoom meeting will be a session on Nutrition for sport with a first part aimed at bringing the newcomers to ScotJOS up to speed with what was covered by session in 2019 and a second session aimed at a more workshop style session in order to get the juniors more active and thinking. Many thanks for the engagement from everyone.

Coaching and Volunteering update

Denise Martin Coaching and Volunteer Coordinator shares the news:

More than ever, online learning has become a reality in our lives. Face to face workshops are most certainly missed but it is impressive to see how adaptive we have all been to this wider world of learning possibilities. Coaching courses are running well with Coaching Foundation course. Other courses include a Level 1 course; Intro type and Back to Basics. It was also very pleasing to see a Remote Terrain Workshop oversubscribed during the BOF coaching conference. So popular that SOA is running a bespoke, 'Training for Trainers', allowing more members to deliver the workshop. Behind the scenes, Planners courses have been running regularly. We are delighted to shout out about the success of excellent workshops series organised by Lynne Walker and delivered by a host of our members. A big round of thank you to: Lindsey Knox, Dave Robertson, Ian Maxwell, Donald Grassie, Mark Nixon, Anne Hickling, Richard Oxlade, Ade Chapman, Iain Embrey and of course Lynne Walker for their contributions to these five workshops.

Feedback from participants:

- **2DReRun:** "We are going to use 2DReRun on Zoom for some of our coaching sessions."
- **Taping control sites:** "Really enjoyed the session - lots of interesting and thought-provoking ideas and comments. The trainer did very well and is obviously very knowledgeable."; "it was a really useful session and very practical."
- **Getting Started in Planning:** "Very illuminating on the higher TD courses which I have never planned before. Homework will be very interesting."
- **Remote terrain workshop** "I enjoyed the remote area workshop". Instructor "was very knowledgeable and very well organised."; "I thought the breakout groups were really good for having the chance to discuss what we were learning in a manageable way, and that these were vital to making it a workshop rather than a presentation."
- **Other comments:** "I am really enjoying the workshops, learning so much. Also enjoying being with people from across Scotland. I am learning so much." (*this applies to 3 workshops*); "Enjoying the workshops - I think they really work well and are very well organised." (*applies to Middle vs Long as well*)

Lynne Walker (Planner Advocate) adds -I already have some ideas for the next 'menu' of workshops but I am looking for more. What topic/s would you like to know more about? What topics are you willing to be the 'trainer' for? We are also debating when to have them: for example early autumn? Please email Lynne Walker (planneradvocate@scottish-orienteering.org) with your ideas and thoughts and offers of being the workshop trainer.

Watch out for SOA restart resources

A special newsletter has gone out this April with special restart information:

- Restart funding support available from SOA
 - Restart Development Fund
 - Restart Coaching Support Fund 2021
- Award & Incentive Schemes
- Additional Child Wellbeing & Protection in Sport course organised
- Support for coaches: First Aid Training Course
- Scottish Orienteering Support to clubs to restart our sport
- Low effort coaching and activities for restarting

The deadline for fund applications is 30th Apr 2021. Check the newsletter for other dates.



**Scottish Orienteering -
Restarting Our Sport Newsletter**

Scottish sport central to Covid-19 recovery



Our Chief Operating Officer, Fiona Keir, joined 34 other CEOs of Scottish Sports Governing Bodies to connect with the Minister for Public Health and Sport, Mairi Gougeon, and Chief Executive of **sportscotland**, Stewart Harris, at the virtual meeting to discuss the role of Scottish Sport moving forward. Leading figures from across Scottish sport discussed the continued impact of Coronavirus

(COVID-19) and the role the sport sector will play in the nation's long-term recovery from the pandemic. The SGB CEO Forum represents 35 sports including athletics, badminton, cycling, fencing, golf, gymnastics, netball, swimming, triathlon and volleyball and was established to develop a greater collective approach across sports and to help shape a collaborative response to the pandemic. Some of the challenges faced by Scottish sport, such as financial viability, access to facilities and SGB membership levels, were discussed. The Forum expressed a firm commitment to using the #PowerOfSport and physical activity to assist in the recovery from COVID-19 and to help support the economy, health and wellbeing, education and social fabric of the nation. Scottish Government announced a £55million emergency funding package for spectator sports, to help them deal with the financial burden of lost ticket income. Across the financial year, a total of £32.4million has been accelerated to local and national partners by **sportscotland**, helping protect up to 1,600 jobs across the sector, while delivery targets were also relaxed. The national agency has also created a £1.5million Scottish Governing Body (SGB) COVID-19 Recovery Support Fund, which delivered with National Lottery funding.

What is a coach?

Denise Martin gives an overview the annual BOF Coaching Conference and SOA in February after a fully diverse offering of workshops and sessions. The attendance well surpassed expectations with 850 total registrations, 718 live views, 69 UK clubs represented, and 10 sessions. WOW! Nicely done BOF and SOA. SOA's contribution included:

- Introduction to Strength and Conditioning - Zoe Harding
- COVID-19 and Coaching - Tim and Helen O'Donoghue
- Safety for Coaching - Tim and Helen O'Donoghue
- Additional Support Needs in Orienteering Coaching - Sarah Dunn and panel
- What is a Coach? - Denise Martin and panel
- Remote Terrain Workshop lead by Iain Embrey

???What is a COACH???

Big Q!!

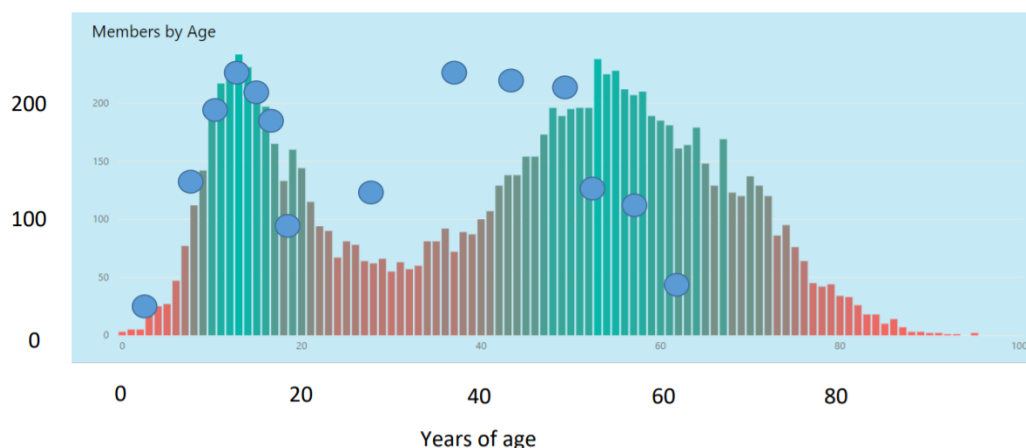
Each session uniquely identified the diversity of issues and elements within coaching. Having a wide breadth of panelist increased the depth of the sessions and the contributions from the attendees gave additional value. Peter Brooke and Hilary Palmer did a stellar job pulling this first virtual coaching conference together. And our team at SOA including the incredible efforts from our volunteer members gave a huge stimulus and vibrancy to the conference. Thank you, panelists, and staff, Sarah, Fran, Zoe H, Tim, Helen, Mark N, Jon M, Suzanne R-B, Kirsten S, Hilary Q, Iain E, David R, Lynne W, Jen Mc, Helen E, Fiona, and all supporting people. We do great things when we come together.

Why do young people stop orienteering?

Yousuf Khursheed RR writes:

Orienteering is often perceived as a family sport. A sport which both parents and kids can enjoy. However, there is a natural problem with this dynamic. What happens when children get older? For decades it has been observed that the British Orienteering Association's junior membership numbers fall as children progress through their teenage years. Factors like growing adolescent independence and rejection from selective squads are key reasons why membership figures slump as juniors get older. So how can the damage be limited? If orienteering is to see serious popularity growth then this age old issue must be tackled. To find solutions, the problem must be further examined. Across all sports growing teenage independence causes a decrease in participation. It is simply impossible to stop maturing teens from finding new and distinct interests. Another factor responsible is the individual success of the young person in the sport. In orienteering this depends on whether juniors place highly at events and gain selection to national squads. Roger Scrutton, orienteer and an academic at the University of Edinburgh, has conducted extensive research into why junior membership figures decline as children get older. He states that:

"Selection into a group, team or squad seems to be a major factor in whether a junior remains in orienteering - it's a feeling of being part of the sport or being rejected. Teams or squads have common interests and a social dimension, and through social media members of teams/squads have even more social cohesion and opportunities for technical orienteering discussion."



British Orienteering Membership per year, by age

Vertical bars 2018 Blue dots 2000

'Source Roger Scrutton and based on a graphic courtesy of British Orienteering

In his research Scrutton has also identified other key issues. Outside of the selective team setting in orienteering there is often a lack of regular opportunities to socialize. Teenagers enjoy getting together often, however orienteering events normally take place once a week at best. Consequently many juniors struggle to form similar bonds with their friends from orienteering in comparison to school friends. Additionally, despite occasional relay events, there is normally a lack of a strong team dynamic, particularly as juniors are in direct competition with each other. During all event types though, juniors have a heavy reliance on their parents for transport and encouragement. However, if parents become uninterested another problem arises. Without parental support children may be unable to get to events

and coaching sessions. The presence of dedicated coaches can similarly make a large impact on ensuring young people stay in the sport. The mentorship they provide in terms of sporting and personal development is something that young people find particularly significant. Unfortunately, due to availability, it can be difficult to find adults willing to give up their time. Lastly it is worth addressing university orienteering clubs. These clubs are already responsible for a small spike in junior membership, however the nature of universities means that students are always coming and going. The resulting unstable membership numbers can compromise the overall security and existence of these clubs.



An uphill struggle?

So how many of these problems can be resolved? Orienteering is a competitive sport where performance is paramount. Competitive selection to national squads is an intrinsic element regardless of whether it leaves some feeling disenfranchised. But to inhibit this aspect of orienteering would be to damage its very nature. So how can we work around this and address the other issues surrounding participation?

BOF's Every Junior Matters (EJM) strategy, an initiative aiming to increase junior membership to one third of overall membership by 2025, provides a number of answers. EJM emphasizes the key impact that sense of community and regular competition have on retaining juniors that are not at the elite level. Scrutton suggests that in Scotland a successful way of implementing this could be twofold: increasing the size of regional junior performance squads and ensuring more regular local events. The EJM itself also specifies youth targeted communications and recognition of achievement are crucial for

keeping juniors participating and enjoying the sport. According to Scrutton another key way to boost youth involvement is by creating closer ties with schools and universities. Regular school orienteering sessions plus strong affiliations between university orienteering and local clubs can be a great way to ensure sustained, active involvement as young people move through education. Incorporating clubs, schools, regional squads and universities into a robust competition structure will not only increase participation but also expand the talent pool. However this wider talent pool will not emerge unless two final issues are addressed: parental engagement and coaching. Ensuring parents remain interested in the sport is vital in allowing their children to attend events. Finding coaches who are willing to commit their time to developing the next generation within the sport is equally important.

The battle with the youth drop off rate in orienteering is likely one that will continue indefinitely. Mitigating a decades long trend is not an easy task. However, the orienteering community has come a long way by working out why young people drop out. And further yet by figuring out how to keep young people orienteering. Now as we witness initiatives being put into practise, the sheer amount of progress that has been made gives us hope before judging how successful these solutions will be. Upon reflection the future appears bright for junior membership. This is probably a rather good thing, because after all the junior members of today are the future of Scottish orienteering tomorrow.

Orienteering and the environment

Some unscientific thoughts from Hilary Quick BASOC:

Some major events require an environmental impact assessment to be carried out before the landowner grants permission - these seem to focus on the impact to flora and fauna, and the conclusion is usually that plants re-grow rapidly and because of the spread-out nature of the sport we don't cause serious harm. Some folk worry about the damage done to soil in a car parking field, but that's far too specialist for me! I'm interested in the big environmental crisis that we've all heard of - climate change.

Roughly 50 years ago, as an uninformed but vocal teenager (what, me?), I started being interested in environmental issues. "Global warming" was a bit niche but definitely entering the public consciousness, and for some reason I just knew it was important, though of course the term was too nice and cuddly, so in time it became the more realistic (doom-laden?) CLIMATE CHANGE. I've remained mindful of it for all of those decades, and I've tried to do my bit to minimise my impact.



Some 25 years later, in the mid-1990's, I started orienteering, and immediately I had pangs of conscience about the effect on the planet that my love of the sport might be having. OK, in absolute terms my personal impact was miniscule, but it's the old thing about lots of people

having small impact means huge impact. For the first 5-10 years I was orienteering almost every weekend and would often drive for 2-3 hours each way to get my fix of running round a forest. My personal circumstances meant that there were usually two of us in the car, we both needed escape from stressful jobs and money wasn't an issue, so I pushed my environmental conscience aside.

So, perhaps an average of 150 miles each weekend, in a car that might have got 40 miles to the gallon. A brief look at some figures seems to indicate that an average car will emit about 400g of CO₂ per mile, while another figure shows about 9000g per gallon of petrol used. (I should have warned you this is definitely not a scientific paper and sums aren't my forte!) So, let's say I did 150 miles each weekend for 45 weekends each year for 10 years...Goodness me, that's 67,500 miles. If we take the 400g of CO₂ per mile figure, that means that over those 10 years I was responsible for chucking 27 tonnes of CO₂ into the atmosphere purely in pursuit of orienteering. And of course I was only one of many people - a small event might have attracted 100 people, whereas the various Championships, JK and Six Day Events drew many more, and from further afield. I find it quite scary to think about the tonnage of CO₂ that we've generated. Now, 30+ years after I started orienteering, I have the privilege of living amongst arguably the best orienteering areas we have in the UK. I have many lovely forests within 10 miles of home, some not even needing me to use my car at all. Perhaps that has coloured my thinking - along with the acknowledgement that my knees wouldn't let me

orienteer every weekend! I've certainly thought a lot in recent years about what I want from orienteering, and how often and how far I want to travel for it.

It would be unfair and hypocritical of me to advocate radical differences now that I've had my decades of enjoyment of the sport, but I do wonder what each of us could do to reduce our impact? Perhaps personal changes in behaviour need to be accompanied by some structural changes?



The European Parliament website indicates that buses are currently a cleaner method of transport per person than private cars are. What adaptations - to the sport and to our mindset - would we have to make to implement bus transport for significant parts of everyone's journeys to events? Arrange private buses from major towns and pick-up points? Natter on the bus could replace natter in the car park, and folk would soon get used to the sight of this W65 struggling to change her damp clothing without upsetting anyone. OK, more work needed on that idea.

Electric cars might be part of the answer, but manufacture and disposal impacts have to be considered alongside the effect of running the vehicles, not to mention the matter of how that electricity is generated and how we are to obtain the materials required for the batteries.

We all know that every human activity has an impact on the environment and compared with other activities orienteering probably does a lot less damage than most. Maybe we should just all aim to halve our impact by accepting the minor inconvenience of sharing our car with a clubmate - as soon as the pandemic allows that, of course!

We would welcome more thoughts on this topic and especially if any clubs are already putting ideas into practice.



Further environment news

Manifesto for the outdoors

We are part of a collective group of outdoor organisations which have published the 'Manifesto for the Outdoors' ahead of the Scottish National elections in coming months. We have a strong desire to ensure the benefits of outdoor activity is appreciated and due consideration is given to the necessary resources to maximise this resource for everyone in Scotland in 2021 and beyond. The new cross-departmental role is one of several innovative ideas within a joint manifesto published today by Scottish Outdoor Recreation Alliance (SORA), aimed at supporting the booming demand for the outdoors.

SORA's Manifesto for the Outdoors also calls for:

- A guarantee that every primary and secondary school pupil has at least one week away at an outdoor centre
- Long-term strategic investment in infrastructure such as facilities, ranger services, education and skills training
- More support for BAME communities and people in deprived areas to engage with the outdoors
- The creation of a standalone fund for outdoor recreation, including paths and signage

The publication of the manifesto before the Holyrood elections in May is timely given a major independent survey published this month by the David Hume Institute (DHI) showed 36% of people in Scotland spent more time outside in nature last year than before, with 58% of people in Scotland intending to spend more time outside in future. Scottish Orienteering has worked in collaboration with ScotWays, Mountaineering Scotland, Cycling Scotland, The British Horse Society, Scottish Canoe Association, The Outward Bound Trust, Scottish Countryside Rangers' Association and Horse Scotland. The initiative and much of the leg work must be credited to Ramblers Scotland. It has been very positive working in partnership. The full manifesto can be downloaded on the website.

Ticked off



As we look forward to getting back out into some of our favourite areas when restrictions allow, it is important we are always mindful of ticks and the potential risks associated with Lyme Disease. Although we are currently in a cold snap, it is this time of year that ticks start to become more active. As the weather starts to warm up we are more at risk from tick bites and the associated conditions. Around 3,000 people a year are **infected with Lyme disease** as a result of a tick bite. You should protect

yourself using a repellent and wear leg and arm coverings when orienteering in likely tick infested areas. Be sure not to bring ticks home by checking your clothing, skin and your pets after visiting at risk locations. If a tick has attached itself to your skin then be sure to use a tick hook for removal. This helps you quickly and painlessly remove ticks whilst preventing parts of the tick being left behind and possibly causing further irritation or infection.

Calling all orienteers

Getting the SOA message out to orienteers in Scotland and beyond has never been more important. Bridget Khursheed (RR) our Marketing and Communications Director shares an overview of our communication channels and updates on the news that Score is looking for a new editor for 2022. Thanks for help with this article from Sally Lindsay (ESOC), Doug Tullie (RR), Robin Sloane (RR), Roger Scrutton (ESOC) and Anne Hickling (ESOC).

Score

SOA's Score magazine has been around in some form or another since Scottish orienteering started. Its regular 6 issues started life as an SOA newsletter which evolved into the Scottish Orienteer and ultimately the original Score. These would have started in the days of literal glue and paste and stencilling lettering to lay out the edition - I can remember this from my own early experience of laying out magazines. And the joy of the early word processors that did it for you! And the printer themselves who probably did most of all to tidy things up. These well-read early magazines provided perhaps the only way of sharing news to members and communicating with others outside events. Robin Sloan RR reflects that 6 issues allowed a very vigorous exchange of views in the letters page! A few years after this came a bit of a glitch in production. Sally Lindsay another former editor takes up the story:

"The frequency reduced to quarterly in 2012, then there was a period of uncertainty when there was no editor and just a couple of issues in 2013; Andy Paterson (who was then the SOA Marketing & Communications Director) and Doug Tullie jointly edited an issue in Spring 2013 with Andy producing another interim issue in summer. This one had a professional designer doing the layout, and the SOA liked that approach, so this arrangement continued when I took over at the end of 2013. (It was a mixed blessing: sometimes it made the process slower.) There wasn't time to get the winter issue out before Christmas, so it came out in January 2014. This was the final issue entirely on paper: SOA were keen to reduce printing costs and we changed to emailing out the pdf in March 2014; with a paper copy still available for anyone who wanted one. My final issue was in September 2016, and Sheila Reynolds took over from me for the December 2016 issue. The rest you know!"

*Score March 2014 the first PDF first issue
who's on the cover?*



As Sheila was ready to hand on the baton in 2019, there was further board level discussion as to Score's viability. With this in mind when I took on the Editor job, I made changes to production - removing the designer from the process and formalising the template and website news story approach initiated by Paul Rayner former SOA Communications and Marketing Manager - to make magazine layout and core content as quick and easy as possible. More significantly, and reflecting the variety of ways we now can share information with our members across various channels, the current format is now 3 times a year. Score is still prize winning and attracting advertising and for me it is a key part of the SOA offering in that it allows a place for longer and more permanent articles, reflection, event reports, celebrations of achievement and all the rest. No other channel is able to do what Score does for SOA members which explains its longevity. I am, as a result of COVID-19, the only editor I think to produce PDF only versions of Score. My single print edition so far was Christmas last year and thanks to David at A4 Design and Print for his invaluable support. 2020 was certainly a challenging year to start editing; with interesting editorial choices to be made when there was no action available to fill the pages. My tenure will finish at the end of this year after two enjoyable years at the helm. Score is seeking a new editor for 2022 and I look forward to new eyes and insight: what will they bring?

Former editors of Score (and earlier SOA publications)

This may be an incomplete list so please let us know if you can fill in any gaps.

Name	Dates	Issues per year	Publication
YOU?	2022 - ?	3 issues	Score
Bridget Khursheed (RR)	April 2020 - December 2021		
Sheila Reynolds (MAROC)	December 2016 - December 2019	4 issues	SCORE
Sally Lindsay (ESOC)	January 2014 - September 2016		
Andy Paterson CLYDE	Summer 2013	2 issues	
Doug Tullie & Andy Paterson	Spring 2013		
Doug Tullie RR	January 2012 -Autumn 2012	4 issues	
	January 2009 -December 2011		
Anne Hickling ESOC	March 2003 - December 2008		
Brad Connor FVO	February 2002 - January 2003		
Sandy Sinclair & family incl. Susan Hensman FVO	August 1999 - January 2002	6 issues!	The Scottish Orienteer
Ann Walder INVOC	September 1985 - July 1999		
Ken Davidson INVOC	August 1982 - August 1985		
David Ritchie MORAVIAN	March 1979 - 1982		
Gordon Ross FVO et al.	September 1977 - February 1979		
	1970 - August 1977		SOA Newsletter

- Talking about orienteering:** in addition to Score, we also communicate via our website, plus SOA are on Facebook, Twitter, Instagram and YouTube where we share videos; and our online meetings now take place on Zoom. Our regular newsletter is the latest edition to our communications line-up: it kicked off its current run in December 2019; in retrospect you couldn't get a more fortunate launch date so we were ready to go for COVID-19 latest news. Monthly with special updates on key topics most recently orienteering restart resources, the newsletter has been received very positively. It is currently edited by Yousuf Khursheed RR. We also use direct mailing to members where appropriate on key issues such as launching online surveys and sign ups using online forms.

Proposed events calendar 2021

Following the First Minister's statements this week we want to provide something to look forward to during these days in lockdown and to reassure our members that we are committed to hosting events in 2021, when restrictions allow. Our primary focus as the first step will be supporting and encouraging clubs to restart with local events and re-engage their



members. We will provide advice and support to clubs to ensure everyone has confidence that all measures have been taken to allow for the safe return of our sport. And looking beyond local events, we want to give our commitment to supporting the return of regional and national events when we are permitted to do so; more information will be released as it becomes available so keep checking the SOA website.

Our ambitions

- A Junior Series (mini SOL) coordinated by the Scottish Orienteering Development Team with support from ScotJOS and the Junior Regional Squads. As juniors will be able to participate in outdoor sports these events are expected to go ahead even if we can't put on regional or national events for adults
- A Scottish spring weekend in central Scotland at the end of May when there is a chance that travel from multiple areas will be possible
- An individual Scottish Championships on a quality area (Crag-a-Barns) in June when there is a chance that travel from all areas will be possible
- A short SOUL series starting once competitors can travel from all areas
- The Scottish 6 Days Event with competitors from the whole of the UK
- A small number of SOL events starting after the Scottish 6 Days in the Autumn.

As you will appreciate, this draft calendar will be subject to change and all events will only be able to take place in line with Scottish Government restrictions and subject to approval from sportscotland of sport specific guidance which is currently being updated. Discussions with clubs are ongoing; if any clubs wish to discuss a regional or national event please contact Richard Oxlade operations@scottish-orienteering.org. In the meantime, we'd like to say a huge thank you to everyone who is working hard to put on these events despite the uncertainty. It's very much appreciated. See our overview events calendar on Score's last page for more info.

Getting back to events



Scottish Junior Cup

Plans are now in place to host a Scottish Junior Cup league over three different races during the spring and summer of 2021. The league will offer a set of high quality, fun, and competitive races which will be open to all junior orienteers in Scotland with age classes from M/W12 to M/W18. The draft plan is as follows:

- Sun May 30th, Auchingarrich, Perthshire
- Sun Aug 29th, Tentsmuir North, Fife
- Sun Sep 19th, Anagach, Grantown on Spey

The series will be planned and organised by parents of juniors in the area squads and ScotJOS. The focus of each event will be on the junior races, but where possible there will be accompanying opportunities for adult participation, subject to Covid restrictions on the number of competitors and travel. Results from each race will count towards an overall league for each age class, with all 3 races to count for final positions.



Juniors will compete on their usual “Scottish O League” course with “B/S” class options also available for M/W14, 16 and 18. We hope this series will provide motivation for our juniors to stick with orienteering, giving them a realistic target which we believe there is a very good likelihood of being able to deliver. It is likely that results from the 3 races will be used as part of the selection policy for Scottish junior teams and the ScotJOS squad for 2022.

Join us for the Club Conference 2021



Club Get Together, February 2020

Last year prior to Covid we hosted a successful Club Get Together in February. It provided a useful platform to hear the voice of our clubs and discuss matters involving Scottish Orienteering. Unfortunately we cannot all gather in one room in person so we have adapted our plans to offer a virtual club conference. Building on the success of last year and offering a more flexible format we hope you will sign up to be part of our interactive sessions. We will open the Club Conference on Sunday 18th April at 7pm to set the scene for the discussions ahead, present on the successes of 2021 and outline our strategy moving forward.

■ Club Conference Outline

- 2020 Achievements and Our Forward Strategy Sunday 18th April 7-8pm
- Developing our event volunteers Monday 19th April 7-8pm
- Restarting events & leagues Tuesday 20th April 7-8pm
- Restarting our sport: Coaching ethos and focusing on fun Wednesday 21st April 7-8pm
- WOC2024 Legacy: How do we harness this opportunity? Thursday 22nd April 7-8pm
- Feedback, plenary and conclusions Friday 23rd April 7-8pm

Sign up for sessions

Unlike our face to face conferences, one advantage of Zoom is that we can fit in greater numbers. Most sessions (other than the opening session) will be interactive with breakout rooms for smaller group discussions. Sign up for as many sessions as you wish. You will be sent the Zoom link details on the day of the session but for any session which requires any preparation, the session lead will be in touch prior to the session. You can sign up sessions on the website.

Club news: life as a Club Development Officer

Jan Kersel (Club Development Officer - EckO)

Jan joined our SOA Team Meeting and provided a valuable update on all the developments taking place across Argyll & Bute. It was uplifting to hear the impact of the appointment of Jan on EckO and we felt compelled to share her story. Enjoy!



Getting started

I officially started as EckO CDO on 1st August, 2020 although prior to that, thanks to SOA funding and support, I was employed to formulate a robust business plan enabling EckO to apply to SportScotland DCI (Direct Club Investment) for a 14 hour/week, four year contract Club Development Officer Role. Running in parallel to this, as a starting point, I trained as an IntrO tutor and attended the UKCC Level 2 Orienteering coach training course to develop my own coaching skills. I successfully ran my first IntrO course for fourteen of our local cluster primary school teachers and parent volunteers with plans to role this out to the High School teachers later in the Spring but then came 'Lockdown'! The plan was to develop the junior section of the club and encourage young leaders so that we could all celebrate World Orienteering Day/Week with an orienteering extravaganza. Lockdown put paid to this but it is hoped to implement this as soon as it is safe to do so.

The benefits of a Club Development Officer

For EckO one of the main benefits of having a CDO has been to take the pressure away from the volunteer workforce and take time to formulate an overview of where EckO is at and where the club would like to be in four years' time. As CDO I was able to act as a coordinator/ facilitator with a general overview of what sort of commitment members were able to offer and utilise the skills and expertise within the club. So working on the philosophy of 'if everybody is encouraged to do a little then nobody becomes overloaded', I rolled up my sleeves and set to. The key objectives for the club are to grow the club membership, grow the workforce of volunteers and coaches within the community and schools aiming to establish regular club nights, training and coaching with a focus on recruiting and retaining girls. One of my first jobs was to look at our current development plan and update it. I produced a four year overview incorporating the objectives of the DCI business plan and then broke it down to a one year more detailed plan of what we hope to achieve in Year 1. This will be updated and developed for years 2,3 and 4. It was deliberately ambitious with activities designed to feed into the following years plans. It was also designed to be dynamic, regularly referred to and updated. I think it's safe to say that the biggest obstacle has been how to engage the club and achieve some of our objectives, given that we were in the midst of a global pandemic with many restrictions in place.

Monthly ROMP

Initially I made use of the many on-line orienteering activities on offer and cascaded the information to the membership. Several families engaged with this information for their 'home-schooling' activities. The situation provided us with a good opportunity to trial a monthly template of orienteering activities and events using one area at a time. We decided

to develop a ROMP providing a permanent set of courses available to the EckO members and the public for one month, try and offer a MapRun for each area, coaching for juniors at TD3+ level, coaching for adults at TD4/5 and finishing with an event open to club members only. Participants were encouraged to log their ROMP using Airtable which gave us an indication of usage. There has been a steady use of MapRun and each month the number of competitors at each event has increased (from 40 to 60). Communication and promotion was through the EckO website, social media, LiveArgyll and email (mailchimp). Club clothing is important to establish a club identity so the kit was upgraded to include a jacket and in December several of our members very proudly sported their jackets at the last event before Christmas.

We managed to run successfully for three months in three areas with other areas already planned and organised before this current lockdown. Through this model we were starting to see a significant increase in membership and volunteer development either through direct contact and mentoring or making use of the virtual courses offered by SOA and BOF. Through careful management we were encouraging and developing our volunteers during the monthly events giving our members an awareness of what goes on behind the scenes. We have now increased our planner base by one and have a junior starting out on her coaching journey through the coaching foundation course. Another coach is training to deliver a module in coaching in remote/ exposed terrain.

In order to achieve all of this, I have initially had to upskill myself in many areas particularly keeping up to date with COVID regulations and ensuring that we as a club were adhering to recommended safety guidelines. I have developed my coaching and will hopefully become a UKCC L2 coach this spring. I have attended most of the fantastic workshops/ sessions offered by the SOA/ BO over the last couple of months and encouraged other members to participate too. The recent coaching conference offered a wide variety of stimulating and informative workshops that has helped me to develop my own personal orienteering toolkit, my coaching toolkit as well as the opportunity to network and connect with other clubs.

One of the spinoffs of lockdown has been the necessity to become familiar and use technology in order to communicate. I see the potential to engage the club members through platforms like zoom and google hangouts and hope in the very near future to offer my very first 'refresher' Intro course through one of these platforms and re-engage with schools. During January and February as we are in the midst of another lockdown, ROMP's and MapRuns have been available to give club members their orienteering fix.

The future is unpredictable but as soon as it is safe to do so we hope to fully engage club members with a wealth of orienteering experiences and continue with the exciting progress already made.

Additional Support Needs in Orienteering Coaching

As part of the 2021 Virtual BOF Coaching Conference, the SOA organised and convened a session on Additional Support Needs in Orienteering.

The objective of the workshop was for coaches to share experiences of working with youngsters with ASN and to map out some simple tips for others to assimilate. It was heartening to see the session, attended by around 50 people from across the UK and Ireland, being over-subscribed. For anyone who was unable to attend on the night the workshop outputs are now available for download. These include a recording of the session, presenters' slides and a summary paper of the discussions.

Thanks to everyone who participated in the workshop for such enthusiastic and constructive engagement. Special thanks to those who made individual presentations and helped to chair the breakout rooms.

There are many useful suggestions which have been put forward and these will provide invaluable material as a first step towards developing coach education to better support additional needs in orienteering.



Well done to Graham Gristwood: IOF Foot Orienteering Commissioner

The SOA would like to extend its congratulations to FVO & Masterplan Adventure's Graham Gristwood on his appointment to the IOF Foot Orienteering Commission recently. It has

fantastic to see representation on an International body from a Scottish athlete.

Graham in action!



The role will be predominantly focused around the World Championships, World Cups, World Games and other high level events rather than with Rules, Event Advising, Development of the sport, or the many other things the Commission is tasked with (although all issues are discussed at our meetings).

In his own words Graham explains his motivation for taking on the role. "I am the

liaison to the Foot Orienteering Athletes Commission and to the Coaches Reference Group, and my goal is to give athletes more of a voice in the running of the sport - something which I felt has been lacking during my time as an international athlete over the last almost 20 years." An additional responsibility is Graham's involvement with the Working Group concerned with 'Fairness in Orienteering' and with assessing the national allocations for athletes for WOC 2023.

We are delighted to see Graham take this significant role on and wish him all the success as he takes forward the years of experience as an athlete and event organiser.

Focus on equality

As part of the SOA Equality Mark assessment we looked at gender within Scottish Orienteering under the measurements of % members across age groups by gender, % female coaches as part of the coaching workforce and also % women on our Board of Directors. Under each of these measurements, Scottish Orienteering fared well.

However, on the back of the recent **Run In** podcast on gender equality we started discussions internally about whether gender inequalities still exist within the sport. To further explore this we are keen to hear perceptions and opinions from within the Scottish Orienteering community to understand the experiences of female orienteers, of considerations from experienced race organisers and in what areas further progress could be made. Example areas include planned race winning times, developmental experiences from elite junior women, teams/squad selections and any factors which may influence 'drop out' of our sport.

Outcomes from Gender Equality discussion

After our Gender Equality discussion on Zoom, Scottish Orienteering will:

- Create and distribute a survey to female members to understand where the barriers to entering into or progressing in key volunteering positions such as planners and controllers exist,
- Organise a CPD session on 'How to coach female athletes' bringing in some outside expertise in this field,
- Establish an 'Equality' sub-committee who will work with our Welfare Director, Neil Rankin on exploring the areas of equality, diversity and inclusion within orienteering further and make recommendations to the SOA Board of Directors.

We will shortly be putting out a call for interested people to join our Equality sub-committee as a first action. We intimated that we would look to host community conversations on a monthly basis, in April we are hosting our virtual club conference so the plan is to host an interesting and engaging evening in May on the topic of 'How inclusive and welcoming is our sport?'. We are in the process of finalising our panel and will publish details as soon as they are available.

If you have any further comments on the Gender Equality in Orienteering community conversation please do share them with us.

Non-binary inclusion

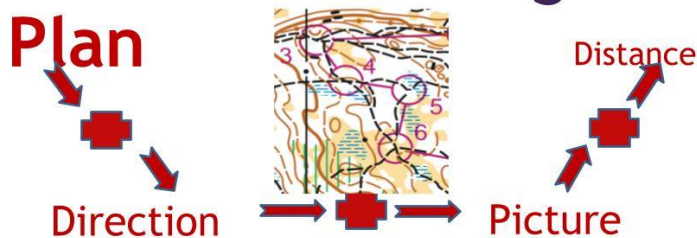
While our sport competition remains binary at competition level, there is now the opportunity to register for SOA membership as male, female or non-binary. The individual is required to participate in events in either a male or female class and we uphold the the IOF and BOF Transgender Policy. The SOA are forming a equality sub-committee and invite interested members to get in touch with our Welfare director, Neil Rankin to express their interest (welfare@scottish-orienteering.org) There will be a special focus on inclusion in May with the next community conversation taking place on the topic of 'how inclusive is our sport?' to consider all areas of inclusion with a panel of experts from disability sport and LGBTI sport. There will be a follow up on that in our August issue.

Virtually there

January found us back in lockdown but keen to keep juniors engaged. In order to do this, the SWAT(Scottish West Area Team) squad organised virtual coaching through a series of 5 online sessions. These ran over 5 Saturday mornings throughout February. Some 35 people including coaches signed up and kept coming back!

The sessions, headed up by Roger Goddard FVO, were structured so that we introduced the

Systematic Orienteering



concept of systematic orienteering. These were based around ideas shared during the BOF coaching conference: Plan, Direction, Picture and Distance.

We also had a weekly physical activity component led by Dawn Goddard FVO, ran a quiz then split into breakout groups according to levels (orange, light green, green).

Scottish Orienteering Association
Glenmore Lodge, Aviemore, PH22 1QZ



Workshop slides

Breakout groups allowed for more discussion and an opportunity to look at some practical examples of the element of systematic orienteering we had considered.

Feedback has been very positive and whilst no substitute for getting out there - it has given us a common language to use with the youngsters and we are now clearer about what the needs are.

SWAT Welcome



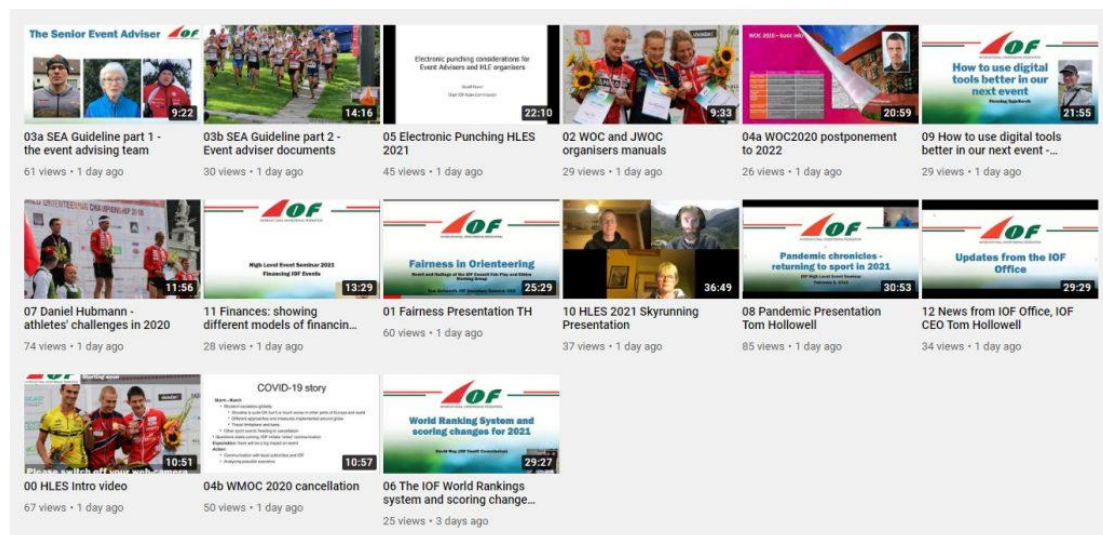
Scottish Orienteering Association
Glenmore Lodge, Aviemore, PH22 1QZ



As always, none of this would have been possible without the support and commitment from the team of volunteer coaches and the enthusiasm of the juniors and their parents. We are looking forward to being back putting skills into practice and taking part in the forthcoming Junior series.

IOF High Level Event Seminar

Report by Colin Matheson, Event Manager on behalf of Scottish Orienteering: For the first time the annual IOF High Level Event Seminar (HLES) was held online and saw a record attendance of over 100 from 5 Continents and covering all disciplines - FootO, SkiO, TrailO and MTBO. Videos of the event are publicly available [here](#) The focus of the event is very much on World Cup and World Orienteering Championship level events - Scotland is hosting the Sprint World Orienteering Championships 2024 so the HLES is very much part of the run-up to this.



The session opened with a presentation on Fairness in Orienteering - somewhat ironically given the probable origins of Coronavirus there was an incident at the World Military Games in Wuhan 2019 that sparked this review. IOF website resources <https://orienteering.sport/> were discussed before moving on to aspects of the Event Adviser team - this is like super-Controllers. Risk management on how to handle the cancellation and postponement of events was presented and the Danish team praised the Scots for allowing them to move their event to our 2022 slot. GB's own David Rosen (IOF Rules Commission) gave a very clear presentation on the two main punching systems. SPORTIdent has largely replaced EMIT here but still has a significant customer base in some other nations. David May (IOF FootO Commission) delved into the mysteries and mathematics behind the World Ranking System.

Virtual lunch was not provided and the afternoon started with the athletes' perspective presented by Swiss orienteering superstar Daniel Hubmann. Of perhaps broader importance was the session on the Pandemic Chronicles by IOF Chief Executive Tom Hollowell - how will or can we return to the sport in 2021. Henning Spjelkavik of the IOF IT Commission ran through the various digital tools that might help you including collaborative whiteboards and secure sharing of documents. Forth Valley Orienteers Graham Gristwood (Technical Director for WOC2024) working with his commercial Ourea Events hat on looked at the comparison of mountain running and sky running to orienteering - how do we attract our future customers/orienteers? There were final sessions on financing events - local authority/ governmental support is universally critical for staging WOC and we have been fortunate to have long-lasting support from EventScotland and in the case of 2024 this will include the City of Edinburgh Council. There was a final session by Tom Hollowell covering miscellaneous topics including a new IOF clothing partner and future events still seeking organisers. All-in-all a very interesting day and worth spending time going back through the various topics.

Farewell to Colin

Today we say a farewell to Colin Matheson from the Scottish Orienteering staff team after



over 10 years. Colin will be stepping away from his roll as Events Manager for SOA to focus on Lochaber 2021 and will continue to work on Scottish 6 Days on a 2 day a week basis. We are indebted to Colin for all his work on events, advancing data for clubs and creating crucial links to enable access in many areas. We are holding off on a big finale for Colin until we can meet in person and we can celebrate all of Colin's achievement on behalf of Scottish Orienteering.

Colin Matheson

If any clubs require assistance with areas previously under Colin's remit please contact Richard Oxlade on president@Scottish-orienteering.org

We will be looking to recruit into a new post of Events and Operations Coordinator, however this recruitment process is currently on hold while all events are suspended and until we are clearer about the way forward out of lockdown.

We will be profiling Colin more fully in our August issue after the 6 days - please share your memories.

New SOA directors

We are delighted to announce two new Directors after successful appointments to the SOA Board. We warmly welcome:

Neil Rankin Welfare Director

Neil brings to the role significant experience in the Scottish sporting system and professional insight into the areas of welfare, equity and inclusion.

Neil Rankin Welfare Director

In previous roles in sport Neil has worked with The Swiss Academy for Development, Beyond Neil is currently the South East Regional Development Coordinator for Scottish Student Sport, a diverse role working closely with some of Scotland's biggest academic institutions and governing bodies. Neil leads on delivering a series of best practice webinars which have covered topics including Disability Sport, Mental Health and Engaging the Inactive. He is also leading a project on developing safeguarding resources for student clubs. Sport, Commonwealth Games England and BUCS (British Universities and Colleges Sport). In these last two roles Neil enjoyed the opportunity to work as HQ staff at the Commonwealth Games on the Gold Coast and the World University Games in Naples. Neil is a keen footballer and runner, having completed half marathons and with a goal of running the Seven Hills of Edinburgh in 2021.



Peter Heffernan Independent Director

Peter is an actuary within PricewaterhouseCoopers PwC based in Edinburgh. We were delighted to discover that he also brings previous orienteering experience into the role - although he admits it has been a few years since his last event!

Peter Heffernan



Work placements at SOA

SOA have been joined this year by 2 4th year Stirling University BA Sports Studies students: Amy McCafferty and Euan Baird. We have enjoyed their enthusiasm and hard work at SOA. They have shared their profiles with us:

Hi everyone, my name is Euan Baird and I'm delighted to be completing a work placement with Scottish Orienteering as part of my undergraduate degree working with Scottish Orienteering with various grassroots projects they're running. I'm excited to get started and looking forward to this challenge.

Euan Baird, 4th year student



My background:

- HND Coaching & Developing Sport - Glasgow Clyde College
- On the International Sport Scholarship Programme for football at Stirling University balancing performance sport with my studies.
- Currently writing a dissertation on the views towards video technology use in sport.
- Recently applied to complete a PGDE (Professional Graduate Degree in Education) in physical education.
- Supervisor in the Cotswold Outdoor Stirling store with over 5 years of service.

My interests: football and coaching; hillwalking (over 20 Munros bagged) and cold water swimming.

Hello, my name is Amy McCafferty and I am excited to have gained SOA volunteer experience. I took the opportunity to do a workplace placement focusing on Safeguarding in sport. I worked alongside SOA team to coordinating the upcoming Child Wellbeing and Protection in Sport courses.

Amy McCafferty



My background:

- Attended The Glasgow School of Sport specialising in Athletics and completed my HND in sports Coaching with Sport
- Coaching for Glasgow-based UTD Sports for 4+ years in various sports. Based in local nursery /Primary/ Secondary and Additional Support Need schools.
- Applying for my (Professional Graduate Diploma in Education) PGDE in physical Education.
- Coached soccer for 2 years in 2015 in California.

My interests include keeping fit by going to the gym and going long walks. My favourite sport is football: although currently not playing previously played football for Hamilton Academical in the Scottish Women's Premier League (SWPL)

Jim Doig medal winner 2019: Megan Keith INVOC



The Jim Doig Medal 2019 for meritorious performance by a Scottish junior orienteer has been awarded to Megan Keith.

Megan Keith, Grace Molloy and Fiona Bunn took Britain's first ever JWOC gold medal

The Jim Doig medal is named after a Scottish orienteer who died at the age of 35 from meningitis. He was a top-class orienteer who ran for Scotland several times and also a top class marathoner with a pb of 2-16.

The medal is presented for the most meritorious performance by a Scottish junior orienteer. In

2019 Megan was a GB team World Championship Relay team member winning gold in Denmark. Megan ran the first leg and with a controlled race came back in touch with the leaders and set up her team mates to carry on a win the race. Megan is an athlete of real distinction with international victories in orienteering and cross-country running and a glittering future ahead of her.

Previous medal winners include Megan herself who also won in 2018 plus in 2017 Grace Molloy (FVO), 2016 Matthew Gooch (MAROC) in 2016 and in 2015 Sasha Chepelin (Halden SK)

Tech news: new MapRun version available



A new version of MapRun - MapRun6 has been released and is now available for download from your smartphone app Store. It has been released as a separate App, "MapRun6", so that it can co-exist with MapRunF as it is progressively adopted by users. If your club has been benefitting from using MapRun then please consider making a donation towards the development and operation of the app. To date, the development and operation of MapRun has been funded by Orienteering Australia (OA), but with increasing usage, OA are looking for Clubs to support the operation through donations. A donation of the order of 50c USD per run is being

suggested to cover costs. Donations can be made via the "Donate" button on the home page of the MapRunners website, or contact Peter Effenev to provide bank details.

- **MapRun6:** The latest version of the app includes several new features as well as improved performance in relation to its GPS tracking functionality. Further information about changes and upgrades available in MapRun6 are available [here](#)
- **MapRunG:** Alongside the MapRun6 release a new version of MapRunG for Garmin watches is also now available in the Garmin Connect IQ store. Version 1.2.0. In January 2021, 16% of all MapRun results uploaded were from MapRunG. If you haven't tried it yet and have the right kind of watch then why not give it a go?

Why we orienteer? The Wilson family

Let the Wilson family whet your appetite for action, events and beautiful forest as they talk to us about their shared love of orienteering

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

- **Names/competitive classes of orienteers:** Stephen (M55), Rachel (W55), Thomas (aka Tam) (M21), Emma (W21) and Alice (W20) Wilson
- **Club?** CLYDE, plus JOK (Stephen and Rachel), Club d'Orientació Catalunya and AROS (Thomas), and EUOC (Emma and Alice)
- **How long have you been orienteering?** **Stephen:** Since starting as an M17 some 38 years ago. **Rachel:** Since 15 years old, so 40 years ago. OMG! **Thomas:** 23 years. **Emma:** Before I could walk. **Alice:** For as long as I can remember.
- **How were you introduced to the sport?** **Stephen:** I was introduced to the sport by my then girlfriend while a student at Oxford and travelled to my first ever orienteering event in the same car as the woman who would later become my wife! **Rachel:** I did a little orienteering as teenager with HH after my brothers were introduced to orienteering at school, so my family joined the local club. Got into it in a more serious way at university. **Thomas:** Can't precisely remember, some point very soon after birth. **Emma:** Through my parents. **Alice:** Since before I could walk! I was one of those kids dragged around in a baby carrier.

Left: A very young Thomas and Emma (both almost hidden behind their huge numbers!) at their first ever international event in Sweden in 2002.



Right: Thomas, Emma and Alice before the Greenmantle Dash Hill Race in January 2017.

- **How do you train?** **Stephen:** Lockdown has allowed me up my training to the maximum my knees will allow, ideally two or three terrain runs, a couple of cycle trips, strength and conditioning via Zoom, and intervals once a week with the local running club when Covid restrictions permit. **Rachel:** Club training for technical training; weekly run(s) to keep fitness. **Thomas:** Currently it's mostly just a lot of running, trying to spend as much time as possible enjoying being in the hills. I will also do some intervals when I am sufficiently motivated/organised, and then will try and sprinkled in some orienteering whenever possible. **Emma:** Big mix of terrain/hill running and cycling with some strength and conditioning sessions thrown in twice a week. **Alice:** Running is definitely my main form of training. I also do strength and conditioning sessions with cycling popped in too.

- What is your favourite orienteering area? **Stephen:** The more technical the better, i.e. Deeside or the Lakes. The technical but gloriously runnable area used for the Jukola that was held up near the Arctic Circle in the mid-1990s sticks in my mind as a kind of perfect orienteering nirvana. **Rachel:** Inchriach. **Thomas:** I'm not sure exactly, but as long as the vegetation isn't too grotty probably somewhere in Moravian or Deeside or Speyside or the Lakes. Variety is the spice of life. **Emma:** Loch Vaa, Inchriach, Darnaway. **Alice:** There's nothing better than a day spent in Culbin.

The Wilsons getting ready to race at a DVOA event in New Jersey in 2011.

- Successes? **Stephen:** Most of my individual successes have come at night (!), including being Scottish Night Champion 1996, British and Scottish Age Class Champion several times, and Harvester Trophy victories in 1992, 1995 and 1996 when the Harvester was one of the "big four" relays each year. Running for Scotland in both Senior and Veteran Home Internationals has been a highlight, but finally winning my half-blue with a good run at the 1989 Varsity Match was a huge deal for me at the time. **Rachel:**



Occasionally. **Thomas:** Results speaking it's got to be my back-to-back Fight with the Night Champion in 2019 and 2020. However, I would say though that I feel that most of my "success" in orienteering is just enjoying being out there and finding some flags and all the social stuff that come with it along the way. **Emma:** Internationally: Representing GB at JWOC, EYOC and JEC. Best position was 15th in JEC Middle 2018. Domestically: JK 2019 W20E Middle 3rd, W20E Long 3rd. **Alice:** Probably the best thing for me has been getting selected to represent both Scotland and Great Britain abroad.

Stephen, Thomas and Emma before the start on day one of the West Point A Meet in 2011. Race face in evidence!



- Most rewarding orienteering experience?

Stephen: You can't beat spiking a control at top speed in technical terrain, but the extra pressure and excitement of relays is pretty good too. More generally, orienteering trips to so many places around Europe and the USA I would never have visited otherwise. **Rachel:** Orienteering across Europe and USA. **Thomas:** Finishing top 100 at Jukola with the Edinburgh University team in 2018. It

really meant a lot to finally achieve it with those boys and after so many years of trying and coming painfully close. **Emma:** Succeeding in selection races to get selected to GB teams. Traveling abroad with a team to compete internationally. Winning the JK

Women Open relay as part of a EUOC team. **Alice:** Just that feeling of having a race you are proud of. Also, I'd have to say being part of the youth teams like ScotJOS and GB Talent Squad is one of the best things for me; bringing together training and lovely people always makes it worth it.

- **Best kit tip?** **Stephen:** There is no shame in wearing gaiters (just not with tights). **Rachel:** Tie your shoelaces with "rabbit ear loops" for better shoe security. **Thomas:** If you can, become Kit Secretary for your club and the commission tartan trousers for everyone. **Emma:** Wear whatever you like. **Alice:** The less fashionable the better ... or so it seems that way to Dad.
- **What are your orienteering goals and how do you aim to achieve them?** **Stephen:** To be as competitive in my age class as my knees allow. To keep up my current level of training when lockdown finally ends. **Rachel:** To get back to orienteering post Covid! **Thomas:** My short term goal is go to a proper race. My longer term goal is probably just to assert myself at the Spanish League and Championships (if/when they happen). Mostly though, I just want to travel a bit and enjoy some spicy new terrain. **Emma:** Be injury free. To keep enjoying orienteering, continuing to compete internationally. **Alice:** I'd love to be selected to run internationally again. But probably more importantly, just to get back out into that lush Scottish terrain.
- **Favourite orienteering moment to share?** **Stephen:** All the friends and rivals I've run against over the years. Seeing all three kids starting off on string courses and end up representing GB, and all the good friends they have made along the way. **Rachel:** So many. It is real family sport for our family, and really great to see how well our kids do and still enjoy it (they had little choice when they were younger). Most of their and our close friends are through orienteering. **Thomas:** Pretty much any summer orienteering trip abroad with friends, even more so if I actually managed to orienteer well. **Emma:** Experiencing competition stuff that isn't the racing e.g. traveling to new places, socialising and meeting new people. **Alice:** Any team competition or training camps. Even though you are orienteering individually, the team spirit is unmatched.
- **What would you say to a new orienteer?** **Stephen:** It's the perfect family sport. The more you put into the sport, the more you get out of it. Travel as much as you can to big and/or top-quality events. Go orienteering in Scandinavia, it will blow your mind! **Rachel:** Give it a try - it is a great way to give yourself a physical and mental workout in fantastic terrain that you wouldn't normally discover. And great holiday potential too. **Thomas:** Stick at it: it may take a bit of time, but once you're in the orienteering niche, you'll love it. **Emma:** Orienteers are really friendly people, don't be afraid to ask for help or advice. **Alice:** Keep at it! Orienteering is definitely not a sport you can master overnight, but once you begin to get the hang of it, it's so rewarding. And also, enjoy the beautiful places it takes you.

Left to right the Wilson family in action: Alice running in the Junior European Championship Sprint Race in France in 2019; Emma at the Junior European Championship Relays in Scotland in 2016; Thomas running for EUOC at the Scottish Relays in 2017; Rachel on the run-in at the World Masters Championships in Germany in 2012; Stephen at the World Masters Championships in Germany in 2012.





Meet the clubs - Interløpers

- **Name:** Interløpers Orienteering Club



www.interlopers.org.uk

- **Founded:** 45 years ago, as the Edinburgh University alumni club, and some years later becoming an open club to recognise the growing number of family members. A friendly, relaxed but also very competitive club. Notable alumni include Carol McNeill, Geoff Peck, and numerous more recent GB Squad members.
- **Membership:** around 100
- **Age range:** 0 to 87(ish)
- **Area:** Edinburgh and Lothians
- **Best-known terrain:** Gullane Bents, a fabulous area of detailed sand dunes and lovely sea buckthorn, used for the Scottish Champs 2017 and many other great events. Further north, Drummond Hill.
- **Hidden Gems:** Calder wood, a beautiful bluebell wood set between two rivers; and Normans Law, one of the best viewpoints in the Kingdom of Fife.
- **Regular events:** We are a lead club on the SOA rota for hosting the Scottish 6-Day (biannually), Scottish Champs every 3-years and other Championships. We also host SOL and SoSOL events most years, and an INTrepid weekend when possible. Locally, we host a series of Saturday local-events coordinated with other local clubs across the Lothians. These are designed as come-and-try-it opportunities for beginners as well as training for local orienteers, and above all else, fun. 'Sprintelopes' are an informal summer urban series with neighbouring clubs, and 'Winterlopes' (a Night-O version of Sprintelopes) have been developed during lockdown using MapRun, complementing EUOC's Fight with the Night series.

- **Notable successes:** Currently 4th in Compass Sport club rankings which are based on the average score of all members on the BOF ranking list.
 - **Compass Sport Trophy** champions on four occasions: 1996 and then three in a row 2016-2018.
 - **JK Trophy Relay** champions five times in a row: 2011 - 2015.
 - **JK Women's Trophy Relay** champions on three occasions: 1978, 1980 & 1981.
 - **British Men's Open Relay** champions a total of seven times: 1972, 1991, 2002, 2008, 2012, 2014, and 2015.
 - **British Women's Open Relay** champions on two occasions: 1995 and 2003.



Club juniors

- **Outreach:** we welcome community/school/youth groups to our come-and-try-it events on Saturday afternoons, and have had quite a few Scouts as well as school pupils getting ready for the Scottish Schools Orienteering Festival. Interløpers hosted the Scottish Schools Orienteering Festival in 2015 at Dechmont Law. Club members have supported training for this for pupils at various schools, enabling participation by school teams (Firrhill and George Heriot's) as well as individuals at World Schools events.



- **Social media:** You can find us on Twitter (@Interlopers_OC), Facebook (<https://www.facebook.com/interlopersorienteering/>), Instagram and our website is <https://interlopers.org.uk/>
- **Coaching sessions:** in normal circumstances there is a club terrain run on Thursdays at 6.30pm (approx. 1hr running, all speeds catered for.) During lock-down, a weekly programme of Zoom sessions has been held, with a Monday mobility class, Wednesday strength and conditioning class and Friday stretching class. Quite a few members participate in the open-to-all Edinburgh Meadows intervals sessions run by Martin Hyman on Tuesday evenings at 7.55pm (surely one of the world's longest-running intervals session, at 42 years now!) 5 x rep with a 6 minute interval, most folk run approx. 1000m in a loop. Shorter options are available.
- **Social:** We hold Burn's Nights, Halloween and Christmas parties plus ad-hoc socials. The lockdown Zoom Strength and Conditioning sessions of course provide a chance to chat and catch up with gossip etc. Over the past year we've held a variety of Zoom quizzes, games and talks from club members on their adventures, as well as a Bake Off.
- **Best anecdote:** the 'Curse of INT'! Up to 2010 we had a bit of a reputation for coming second in club events, JK and BOC relays (especially when Graeme Ackland was on the team). In 1999 a team of six interlopers even took on the Fell Running Association relays and came ... second. As soon as Graeme A was safely off the team the new generation won in 2011 and stayed undefeated for five years, also bagging the British when the English hadn't manoeuvred it onto a working day in Scotland.



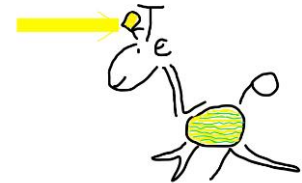
Photo - CST Cannock Chase 2017 credit: Ken Daly

Club news:

Winterlope final nailbiter

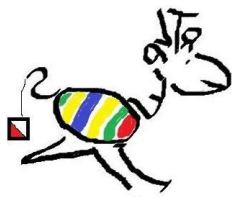
Katherine Ivory shares the news:

The final MapRun Winterlope was launched at Duddingston, and there was all to play for in the Winterlope league. At the end of the previous round, Oli Warlaw had a single point lead on the long course over Claire Ward, and James Fathers, just 5 points back with a dodgy score from Craigmillar to discard. As none of the Edinburgh-South election literature would say "it's a three-horse race.*" It was an all-INT contest on the short course, with Pat Bartlett holding a narrow lead over Mary Ross, who had a better potential discard. And lurking further down with only 5 scores, Sam Bartlett could still leap from 9th to 1st with a repeat of his Whinny Hill victory.



However it was Claire Ward who topped the Long league at the end of the day. Mary Ross claimed victory in the Short. Well done to both!

**All five parties always say "It's a 2 horse race between us and the party we hope you don't like"*



Helen Ockenden at EUOC is the Winterlope organiser, and Graeme Acland has planned all the Winterlope courses. Maps are still available on the SOA site. <https://www.scottish-orienteering.org/get-involved/pocs/> and you can even enjoy the previous Winterlopes; but please remember that golf courses are primarily for golfers, so only go there at night.

And if you have missed out, don't worry as Sprintelope is coming soon.

RR Club Champs 2021



A lovely return to competitive orienteering on a great forest course from Ian & Eileen Maxwell at Lanton Moor. They even organised great weather as the day before the snow was bright and sunny. There was a handicapped champs course plus an open Score course won by Peter O'Hara. There was a good showing of 2nd club rule orienteers who are based in the Borders making the most of the day

Congratulations to our Club Champions for 2021: Young Junior Seb Darlow and Senior Open Champ Cathy Rooney.

One member, outwith and unable to travel, asked plaintively on looking at the photos: "If I can see this from Glasgow does it count as trail-O?"

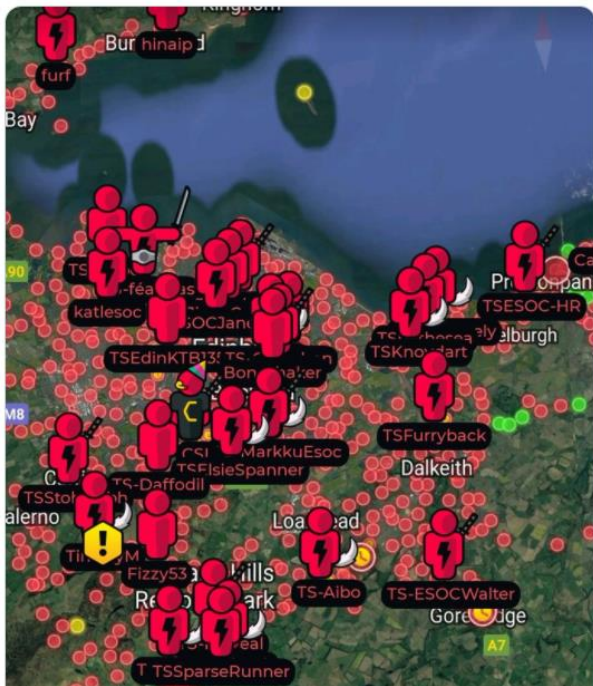
Cathy Rooney



News and social media round up



We did it! Team Scotland have won the month-long European @turf_game Challenge against Skåne in Sweden. Congratulations to the 119 team members and our upmost respect to Team Skåne who pushed for four weeks right to the last seconds. @scottish_o @Sportybilly  



Orienteers around the country and especially Edinburgh have been enjoying Turf

Scottish 6 days unveiled their slick and desirable new kit



Its time to have a look at the lovely event merchandise which we are producing for Lochaber 2021.

The range includes fantastic O-tops and buffs from Bryzos...



Scottish 6 Days: Merchandise Now on Sale

The 23rd Scottish 6 Days Orienteering event takes place in Lochaber between the 1st and 7th August 2021.

scottish6days.com

Score photo competition

After the success of last year's competition, we will be running another one this year and there is plenty of time to send your photos in before the deadline of July 15th. The winner will be announced in the August issue and their photo and others will appear in Score and feature on SOA social media channels. Can't wait to see your entries!

RS Morph & Chas Venice City Race 2010 Rachel Scott

Score wins award

We are delighted to share that Score magazine has won an award in the CompassSport Newsletter Awards 2020. You can see our award logo on the Table of Contents and we are proud to have won an award most years this millennium!



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Roo Hornby, Moravian

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Steve Smirthwaite, Trailmaps



design & print ltd

50 Seafeld Road, Inverness IV1 1SG tel: 01463 220287

email: omaps@a4inverness.com

Upcoming events: selected major events calendar

Owing to changes due to COVID-19 we can only show event status at time of print:

April - August 2021

April 19 th - 25 th	SOA Club Conference	
April 20 th & 27 th	Level 1 Coaching Course in two parts (£150)	
April 21 st	Event Safety Workshop (Free of charge)	
29 th May	Masterplan Sprint Event (Regional Event) (Sprint (or something) Event)	Perthshire (TBC)
30 th May	FVO Scottish Junior Cup Event 1 and FVO Regional event.	Auchingarrich (TBC)
6 th June	MAROC SOUL	
13 th June	ESOCCompassPoint Scottish Orienteering League, incorporating Scottish Orienteering Championships Individual only	Craig a Barns.
25 th June	SOA AGM	Zoom
25 th - 30 th July	Masterplan Adventure Coasts and Islands	Highland
5 th July	British Orienteering Middle Championships	
1 st - 7 th August	Scottish 6 Days entries available	Lochaber
4 th /5 th September	MAROC/GRAMP SHI and double SOL weekend	TBC
24 th /25 th September	AYROC/ STAG Double SOUL weekend and Scottish Sprint Championships	TBC
23 rd /24 th October	MOR Moray Mix weekend (SOUL + SOL)	TBC
7 th or 21 st November	Possible FVO SOUL and Scottish Score Championship weekends	TBC

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>

Image disclaimer: if we have missed your picture credit please let us know. We have checked all images included are free to use.

Next time

Score will be focusing - we very much hope - on Events and the Scottish 6 days in our August issue! Do let us know how your return to orienteering is going, be it club local events and learning as we get back to the forest and urban O trails or any other news - new kit, new tips or maybe you just want to keep turfing 😊 - at score@scottish-orienteering.org.

And finally: don't forget to send in your nominations for the President's Medal 2020 - full details on our website.

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

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