

Score



The home of Scottish Orienteering

August 2021

Back
in
action

Inclusion in sport
Finishing line tips
Club news
Event calendar

Event reports
& results:
Scottish Champs
Scottish 6 days
Coasts & Islands



Welcome

Welcome to the August 2021 issue and the first thing I can say is that I am so happy to have been out and about orienteering at events ranging from the delights (nettles) of the ELO's Gosford event, a Reivers' evening scamper round my home patch - you will see a photo or two including the front cover taken from that event and the railway tunnel I have long wanted to run through at ESOC's Peebles Sprintelope (my first Sprintelope too I think). Let's hear it for our clubs who are bringing orienteering back to life and working out all the permutations of orienteering in Covid times. Let's also hear it for the events - champs. the 6 days and seeing our elite squad back in action on the global stage!

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. No takers yet - but we live in hope.

Looking forward to a great autumn of orienteering! Balmedie and Glen Tanar will do very nicely to start off with!

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 shows Scottish Champion John Tullie RR) at the final control at a sunny local O event in Darnick Scottish Borders; photo of Bridget on this page taken by Sam McKinnon (RR)

Contents

Coming up in this issue.....	4
SOA team updates.....	4
Colin says goodbye after Scottish 6 days.....	6
Performance, coaching and volunteering updates.....	7
LGBTQIA+ inclusion in sport	10
Ongoing learning in orienteering	15
WMOC2021 Hungary	16
What is the Orienteering Foundation?.....	17
Are you the next Editor of Score?	18
Scottish Orienteering Championships 2021.....	19
SOA Champs 2021 Individual.....	20
Scottish Success at British Middle Distance Championships	21
Coasts and Islands July 2021	22
Run like the wind! Last control run-in tips	23
President's Medal winner announced.....	24
Meet the clubs - KFO	25
Club news:.....	26
News and social media round up.....	27
Fort William Turf	27
Before we go	29
Upcoming events: selected major events calendar	31

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the national agency for sport

Putting sport first



Coming up in this issue

Enjoy your August **Score** - full of summer O action!

<p><i>ScotIOS are back!</i></p> 	 <p><i>Inclusion in sport</i></p>	<p><i>Live event action</i></p> 
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SOA team updates



From the SOA Board of Directors:

We are so glad to be looking forward to an autumn of action!

Thank you to everyone who attended our AGM on Friday 25th June and to those who participated through their submission of proxy votes in advance of the meeting. Summary of outcomes:

- All Junior (£2), Student (£2) and Senior (£10) SOA membership fees will remain the same for 2022
- SOA event levies will remain the same for 2022, £1 per senior and £0.40 per junior for all events where the entry fee for seniors is >£10.
- Ben Hartman re-instated as Finance Director.
- Should any member or club wish to put forward a proposal or a nomination for any vacant director positions please contact Fiona@Scottish-orienteering.org.



Fiona Keir Chief Operating Officer and Child Welfare & Protection Officer says: It has been amazing to hold a Scottish Champs, see clubs getting active again and now be getting ready for Autumn on the back of the success of the 6 Days. There are so many people to thank for making all the events happen, while we can't name them all here please know your efforts are appreciated. The summer

saw a host of developing partnerships evolve into activities, events and, importantly participation in Lochaber, Dundee and Aberdeenshire - thanks to the commitment and support provided by Fran Loots and Sarah Dunn. We are currently putting together a discussion paper on WOC 2024 legacy which we look forward to sharing with clubs and getting input on; there will be more on this in December SCORE.



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

WOC2024 preparations are underway and we will have a fuller report on activity in the December issue. 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:

It already seems a long time ago but Lochaber 2021, the 23rd in the Scottish Orienteering 6-Day event series, finally **took place after many ups and downs**. That we were able to put the event on at all **was a minor triumph**. There were several occasions when it appeared as if all the advance preparations would be in vain and it was only through the willingness of our main suppliers to let us place contracts at a late date that we were **able to make a decision at the last moment to go ahead**. We were obviously disappointed that a full 6-day

programme could not take place but the 2 × 3-day format seems to have **met with general approval** in the circumstances.

Huge thanks are due to the **coordinator, Richard Oxlade**, and his Central Organising Team and all the **planners, organisers and controllers** for putting in the considerable amount of work required for the staging of the event, often at short notice and with tight deadlines, and to make sure the event maintained the high standard set by previous events. Thanks are also due to **Colin Matheson**, who has acted as the **Assistant Event Coordinator over the last 10 years**, taking in six 6-day events as well as the World Championships in 2015, and who retires after this event.

The event is very dependent on landowners who give us permission to run on their land and are also part of their local community. We are **very grateful to them for keeping faith with us** during the months when lockdown meant we were unable to visit the area. We also had numerous discussions with the Scottish Government, **sportscotland**, Local Authorities, local councillors and the police to keep them advised of our plans and the measures put in place in respect of all the Covid issues.

The weather was generally kind to us being much better than forecast on most days. **Ben Nevis was visible every day** and for most of the day which is a minor miracle in itself!

Finally, a **big thank you is due to you, the competitors**, for bearing with us even though last minute decisions meant that you could have lost deposits on accommodation if the event had been cancelled. We **hope you had a great time in this beautiful part of Scotland** and look forward to welcoming you again in 2 years' time for **Moray 2023**. We will confirm the dates for Moray in mid-September. **We will be in touch soon to offer refunds** for the orienteering days that you lost because of the 2 × 3-day format. See you in 2023!

Colin says goodbye after Scottish 6 days

Richard Oxlade looks back and shares some photos:

After 10 years the inimitable Colin Matheson has decided to retire this year from his post as Events Manager for the SOA and Assistant Coordinator for the Scottish 6 Days. Over this time Colin has become a bit of an institution in Scottish Orienteering. In that time he has made a major contribution to all of our major events, notably the World Championships in 2015, the British Championships in 2017, securing the World Sprint Championships in 2024 and the biennial 6 days.

Post a good run at Creag Dhubh - Lochaber 2021

Over the years Colin has established great relationships with landowners and farmers across the country, a critical although often unseen requirement for putting on major events. The importance of this was very clear this summer in Lochaber and I have no doubt that we retained permissions due to Colin's hard work.



The famous pontoon bridge mid-course at Strathfarrar - Highland 2015



Another key part of Colin's job has been building event infrastructure and his enthusiasm for bridges is legendary. As an ex Royal Engineer he can always conjure up a good bridge (or find a squad of soldiers who can) and this was never more evident than at the 6 Days and World Championships in 2015 when a number appeared in different locations. Some still survive!

He is also renowned for his passion for photography and golf. Examples of the former adorn the Scottish 6 Days websites and reports. Hopefully we will continue to see Colin frequently at orienteering events and his camera will still be put to good use for the sport. His other sporting passion for golf knows no bounds and as a resident of St Andrews he'll have ample opportunity to make the most of it.

Colin often ends his emails with the Matheson clan motto: "Fac Et Spera (Do and hope)". I'm not sure this is always appropriate to bridges but Colin certainly does his best to live up to this can-do image. It's now up to us to find a replacement who can fill his shoes. Fac Et Spera!



Dave Kershaw adds: I but would like to say that Colin has put a huge amount of work into the 6-days over the last 10 (?) years ensuring that we had successful events enjoyed by everyone who took part in them.

In working attire Creag Dhubh - Lochaber 2021

I would like to wish him a happy retirement on the golf courses of Scotland!

Performance, coaching and volunteering updates

SEDS is back!

Many thanks to Scott Fraser for taking on the Scottish Elite Development Squad (SEDS) Manager role and to re-establish a SEDS programme to offer opportunities to Scottish based athletes. Details have been released on the SHI selection policy and there is an expression of interest form embedded for aspiring athletes. The Senior Home Internationals 2021 is due to be hosted by GRAMP and MAROC in Deeside on 4-5th September. The Scottish team will



comprise 9 men and 9 women (6 in M/W21 and 3 in M/W20). The selectors will use all recent known form from the following events:

- Lakes British Middles and Northern Champs
- Scottish Championships (Craig a Barns)
- Scottish 6 Days.

M/W20 selection depended on whether JWOC went ahead with

all 18/20's filling in their availability even if already selected for the JWOC team. The selectors are to include: Lorna Eades (INT), Jon Musgrave (MAROC), Jason Inman (FVO)

ScotJOS back and training in the forest

The Scottish Junior Orienteering Squad have enjoyed two days of training back in the forest since the beginning of May. In May they met at Dundurn at St Fillans to enjoy the technical challenge of this area - last used at the Six Days 2019. Thanks to SOA for the use of the map and TAY for the contacts.

Although we weren't on the Golf Course this time, thanks to the Golf Club for allowing us to use their parking. Many also made use of their café for pre-training bacon rolls and/or post-training cakes and coffee.



Training exercises demand attention!

Roger Goddard (FVO) planned a full set of training exercises, designed to get us back up to speed with our orienteering. Although the new ScotJOS squad was announced back in the autumn, this was the first time we had managed to all meet in person rather than on Zoom. Roger also provided some TD4 courses for the newcomers - to give them a gentle introduction to ScotJOS training. The day finished with a relay, complete with SI timing, and the results including Routegadget are available at <https://fvo.org.uk/events/2021/may/02/swat-and-scotjos-relays/> It was great to back in the forest with even the lunchtime showers and man-eating bogs seemed like fun.



Just 2 weeks later, on 16th May, ScotJOS met again, this time in the sunshine at Loch Vaa. Thanks to BASOC for planning the exercises and hanging the controls for us. The morning was spent on exercises focussing on contour interpretation and bearings using corridor exercises. At lunchtime, we moved to North Granish - with a slight detour due to a navigation failure on the walk there! There was then a line exercise and a Sudoku challenge.

Fun in the forest

Thanks to Hilary for coming along to explain the Sudoku challenge. This required some careful planning and tactics as well as orienteering skill. To allow these sessions to take place we are very grateful to all the parents who needed to chauffeur their offspring whilst shared transport is not possible, and to all the coaches who came to help and make the sessions happen with the added constraints of small groups/bubbles.

The results are given below.

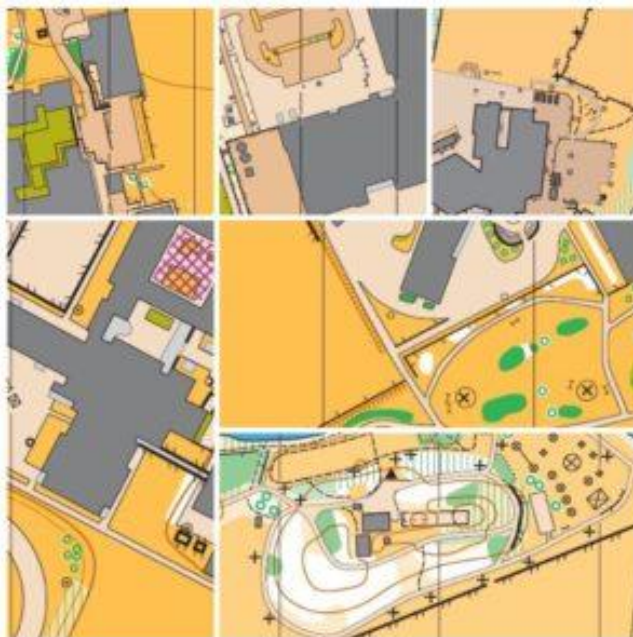
- Finlay, Alice K, James H
- Roger, Alice M, Mairi
- Kate, Matthew, Angus L
- Rachel, Laurence, Catriona
- Sam H, Adam, Fiona
- Colin, Dan, Paul (The Coaches!)
- Jamie C, Isobel, Iris
- Jonas, Angus I, Ellie
- Ewan, Ruth, Michael
- Ranolph, Jamie G, Daisy
- Lizzie, Yann, Faith

Hopefully the sessions will have blown off the cobwebs and helped prepare the juniors for the forthcoming competitions. Jon's top tips to the juniors in their race preparations are useful for us all to remember!

- Always have a plan for each leg.
- Always use compass AND map reading on each leg
- In a contour-rich area spot large features along the leg and use them to get close to the control circle, then...
- Always check the information inside the control circle carefully and have a good mental picture of this as you approach the control.

Orienteering at Aberdeenshire Summer Camps

This summer Scottish Orienteering has been working in partnership with Live Life Aberdeenshire to deliver orienteering as part of its multi-activity holiday camps.



The objective is to take the sport out to new venues across the shire, making it accessible to a much larger audience and at the same time educating regular camp delivery staff in orienteering.

- The sessions are being led by our next generation of coaches - John Getliff, Eilidh Campbell, Kathryn Barr and Jenny Ricketts - who are all great role models for the sport and have a huge amount of knowledge to pass on from their own junior experiences especially.

- Funding from Aberdeenshire Council has enabled new maps to be produced for Kemnay, Inverurie, Portlethen, Banff and Westhill Academies, as well as an extended

area in Huntly to include the Nordic Outdoor Centre, where in-house staff have also been delivering orienteering as part of their programme.

We hope that the youngsters are enjoying their first taster of orienteering and look forward to working further with Live Life Aberdeenshire to grow opportunities for future participation across the region.

LGBTQIA+ inclusion in sport

Lucy Haines (EUOC) (she, her) reports from the two-day conference on the inclusion of LGBTQIA+ individuals in Sport. “The first thing to mention is that the onus of making sporting communities more inclusive of LGBTQIA+ people should be on the communities themselves. Instead of waiting for LGBTQIA+ people to become openly visible before their needs are considered, communities should actively create an inclusive environment so that LGBTQIA+ people feel welcome enough to come along in the first place. It is essential that orienteers create an environment in which everyone’s rights, dignity and individual worth are respected, and in particular that they are able to enjoy the sport without the threat of intimidation, victimisation or harassment.”

Important terms to clarify

- **LGBTQIA+:** A common abbreviation for the Lesbian, Gay, Bisexual, Pansexual, Transgender, Genderqueer, Queer, Intersex, Agender, Asexual and other queer-identifying community.
- **Sex:** A medical term designating a certain combination of gonads, chromosomes, external gender organs, secondary sex characteristics and hormonal balances. Because usually subdivided into ‘male’ and ‘female’, this category does not recognise the existence of intersex bodies.
- **Gender:** A social construct used to classify a person as a woman, man, or some other identity. Fundamentally different from the sex one is assigned at birth.
- **Cisgender:** Describes someone who feels comfortable with the gender identity and gender expression expectations assigned to them based on their physical sex.
- **Ally:** Someone who confronts heterosexism, homophobia, biphobia, transphobia, heterosexual and genderstraight privilege in themselves and others; has a concern for the well-being of lesbian, gay, bisexual, trans, and intersex people; and a belief that heterosexism, homophobia, biphobia and transphobia are social justice issues.
- **Heterosexual Privilege:** Those benefits derived automatically by being heterosexual that are denied to homosexuals and bisexuals. Also, the benefits homosexuals and bisexuals receive as a result of claiming heterosexual identity or denying homosexual or bisexual identity.
- **Equality vs Equity:** Equality involves everyone receiving exactly the same treatment, whereas equity requires fair treatment according to each person’s needs and situation.
- **Non-binary:** An umbrella term for people whose gender identity doesn’t sit comfortably with ‘man’ or ‘woman’. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely.
- **Pronouns:** Linguistic tools used to refer to someone in the third person. Examples are she/her/hers, he/him/his, they/them/theirs, ze/hir/hirs (pronouns often used in the trans community instead of “he/she” or “him/her.”)

See the LGBTQIA+ Resource Center Glossary complete term list <https://lgbtqia.ucdavis.edu/educated/glossary>

Non-binary inclusion in orienteering

Orienteering is a very gendered activity (like many sports) where female and male categories are regulated and enforced. However, there are more non-binary people than is often realised: it’s just that they are forced into male or female categories. It’s important that people who identify as non-binary (neither male nor female) are not seen as a problem in orienteering.



How can people who do not identify as male or female be included in orienteering?

Non-binary can include people who have undergone medical treatments and procedures to change their body to fit their non-binary identity, as well as those who choose not to do this, or are unable to access these. It can also include: people who are androgynous; third gendered; intersex (people born with variations in sex characteristics); and those who have a mixed gender identity, or move between two or more genders, such as people who are gender fluid, or people who have no gender identity (such as people who are agender).

Introducing a non-binary gender category

A third, non-binary gender category could be introduced into orienteering competitions, to enable non-binary athletes to compete in their own gender category. Some sports organisations, such as Scottish Athletics and Edinburgh Frontrunners have already taken up this approach. However, just adding a non-binary category does not actually address the issue of gender segregation in sports, and it does not alter the different eligibility rules that currently apply to female and male sports categories. The effect can be that people who do not meet the testosterone rules for women's and men's sports, could be placed into the non-binary category, even if they do not identify as such. This could mean that some people (in this case, some women and men) may be forced to compete in a gender category they do not identify with, even though avoiding this is the whole reason for the existence of the non-binary category in the first place. For the meantime, it is encouraged that orienteering introduces a third non-gendered category in all competitions and events. Looking into the future it is suggested that we could reconsider the need for gendered categories all together, and what sports competitions should be about in the first place - for example, celebrating exceptional characteristics and performances, and valuing qualities such as determination, sociability and enjoyment instead of focusing on only celebrating men's and women's winners.

Rules regarding testosterone

Because of the many different rules about testosterone in sports, it can be very difficult for non-binary people to compete, even when they are willing to compete in either the female or male category. The rules are not only very complicated and confusing, but they also mean that to compete in sports, non-binary athletes may be required to disclose to their coaches and competition organisers sensitive and private medical information.



These issues can also impact on non-binary people's willingness to compete at lower level sports competitions, because anticipating scrutiny around testosterone can influence the choice to stop competing before reaching higher levels, or limit motivation to compete in the first place. Orienteers need to think what we can do about this.

Inclusive spaces

If there's an event with binary changing rooms, can we create additional safe spaces where everyone feels comfortable to change? It is recommended that sports events should have gender-neutral, single occupancy changing rooms that are accessible to everyone, can be locked for privacy, and a toilet incorporated into each room. These rooms could be made accessible for disabled people as well, thus removing the need for separate accessible facilities. In addition to facilitating non-binary and disabled people's inclusion, these changing rooms would enhance the body privacy of all facility users, irrespective of the reasons why privacy may be desired. At most orienteering events, toilets or portaloos are usually mixed, lockable and single occupancy which is encouraging, although changing facilities are limited. Removing or covering as many gendered doors as possible could be the next step. Taking these actions could not only help make sport more inclusive for non-binary people, but also for trans people and other individuals in the LGBTQIA+ community.

Amending the gendered structure of relay teams

Are the reasons for gendering of relay teams in orienteering good enough to really justify it? Can we alter the wording of our relay teams to be more inclusive of non-binary people? For example, where there are men's and women's teams, it is better to say 'People who run for the Men's Team' and 'People who run for the Women's Team'. This subtle distinction would open up binary teams to be more inclusive of non-binary and other gender-diverse people within orienteering.

Gender pronouns



It is important not to assume someone's gender identity, especially by how they look, or the name they use. Don't be afraid to ask what pronouns someone uses if you're not sure. Then people have the choice to tell you more about how they identify. However, people don't have to tell you their gender identity,

so it's important to respect their decision and their privacy. It is encouraged that pronouns are added to registration and membership documents, as well as email sign-offs, social media and website profiles.

Registration and membership

Registration for all orienteering events and local club, SOA, BOF membership should offer a non-binary gender option to choose, along with a sections to state gender identity and pronouns.

Coaching

LGBTQIA+ athletes aren't always visible, but they are there. Every coach is likely to have had or will have an LGBTQIA+ athlete under their guidance. Inclusion is about showing that LGBTQIA+ athletes are accepted in orienteering through intentional and inclusive behaviours. Coaches and leaders in orienteering must work to create environments that fulfil the basic psychological needs of LGBTQIA+ athletes that will help encourage them to enjoy the sport.

Providing LGBTQIA+ education to coaches to advise them on inclusive practices, use of gender-neutral language and how to address gender discrimination is a good place to start. Diversity training should also include ways for coaches and leaders to deal with the kinds of issues that LGBTQIA+ athletes face and learning to identify discriminatory behaviour to openly discourage it. Orienteering would be a more enjoyable environment for everyone if coaches were trained in LGBTQIA+ sensitivity and awareness, in being less gendered with their language, lessening sexist biases, and knowing how to support their athletes.



The language used by athletes and coaches

Unfortunately for some, months or years of thinking they're in a socially inclusive environment can be ruined by a single comment or a moment of ill-chosen humour. As orienteers, one of the easiest ways to prevent a damaging situation is to be resolute in your stance on discrimination and to lead by example. Always think before you speak and always speak up when you hear someone say something

discriminatory - 'silence is violence'. It is also encouraged that anyone who is ever at the receiving end of a harmful joke or has been offended by the language of another person in the orienteering community to report it to the SOA or their local club's committee.

Representation

Sporting communities should increase LGBTQIA+ representation, and diverse representation in general, in organisational roles, resources and promotional materials. This will allow for diverse ideas and solutions within planning, organising, and encouraging participation.

Celebration and support of LGBTQIA+ orienteers

It is important to celebrate LGBTQIA+ achievements and successes within local clubs. Clubs can show their support for LGBTQIA+ individuals by taking part in Stonewall's Rainbow Laces Campaign (November 26th to December 13th) and can include flags of the different LGBTQIA+ community on websites and social media pages. Orienteering clubs and organisations could also donate to LGBTQIA+ charities.



Final thoughts

Overall, we need to rethink who orienteering caters for. We have a responsibility to provide support for people of every sexual orientation, gender identity and gender expression in orienteering. LGBTQIA+ individuals should be welcomed and included in all levels of the orienteering community - from the participants to the board of directors making the decisions for the sport. Everyone should be heard and involved in the creation of initiatives to help shape their inclusion within orienteering settings. There is much to learn from the experiences of LGBTQIA+ people, and perhaps a frequent survey sent out via SOA to collect these experiences and suggestions for the sport could be a proactive idea. Finally, whilst thinking about diversity and inclusion within orienteering, it's important to not 'forget the whole person'. Certain individuals may be the only openly LGBTQIA+ person in your club, or age category. However, that doesn't mean they should be solely known as the 'LGBTQIA+ person'. Being LGBTQIA+ is only one part of their identity.

Dates for your diary

- Thursday 23th September 2021: Bi visibility day
- Friday November 26th to Monday December 13th 2021: Stonewall's Rainbow Laces Campaign.

Further information regarding LGBTQIA+ inclusion in sport

Pride sports

Pride Sports was founded in 2006 and works to challenge homophobia, biphobia and transphobia in sport and improve access to sport for LGBTQIA+ people. Their website has information on queer inclusion in sport and tips on making sports clubs more LGBTQIA+ friendly. Website: <https://pridesports.org.uk/>

Sport Allies

An organisation which aims to eradicate homophobia from sport. Provides resources and tips to help sports clubs become more queer friendly. Website: <http://www.sportallies.org/>

Ongoing learning in orienteering

Tim O'Donoghue (SOLWAY) reports:

Those who fail to learn from history are condemned to repeat it. Winston Churchill 1948.

Way back before the pandemic in early 2020 two runners in a Scottish night event collided on their way to their respective first controls. One of them retired and sought medical treatment. The event team investigated and provided a brief report along with the request to share it - which was promptly done.

Their response is an example of best practice - understand what happened, share information and focus on learning for others.

But for many years it has also been a rare practice.

British Orienteering have an injury and incident reporting scheme in place, for injuries that would, in the workplace, need to be reported to the HSE (RIDDOR compliance) and for incidents that might lead to an insurance claim: this is primarily reporting in case claims are made. British Orienteering do not routinely share any learning from the reports. CompassSport do report on some injuries and incidents at times: other sharing likely occurs through informal discussions and networks.

My conclusion is that sharing of learning from injuries, illnesses, incidents and learning events can be improved substantially, and needs to improve.

The Scottish Orienteering improvement plan contains a number of elements:

- Improve data collection, looking at likely orienteering related injuries, illnesses and incidents,
 - Share information regularly on the number of reports made and trends in them,
 - Share learning from reports, suitably anonymised, where appropriate so that people can learn from the experiences of others.
1. Data Collection
A new reporting form has been created that incorporates the British Orienteering reporting requirements and adds in injury types that are more likely in orienteering e.g. significant tendon/ligament damage, or a significant allergic reaction. It includes the option of reporting illnesses and is more specific about types of incidents to report. For SOA members it replaces the British Orienteering form: the relevant information for British Orienteering will be forwarded promptly.
 2. Summary reporting
A simple report on numbers of qualifying injuries, illnesses and incidents will be made available to the SOA Board and on the SOA website on a regular basis (probably at least every 6 months) and will be included in the AGM information pack.
 3. Sharing learning
Where there is useful learning from reports, this will be shared in an anonymised form, with the main focus being on the learning.

The Scottish Orienteering reporting form is available on the SOA website (look under Resources/Event Officials & Rules).

A Google form is used to collect the data: it can also be accessed by use of the link: <https://forms.gle/JsLW94x7zf15wpP19> and there is a pdf version in the Event Safety subfolder on the website. Anyone can complete and submit the form, e.g someone involved, an event organiser, or even a witness to the circumstances.

Should people wish to check on how the form works please feel free to add one or more test entries although it will be appreciated if the first line of the text for 'What happened' starts with the word Test.

Responses are held in a secure password protected folder on the SOA Google Drive: access is limited to the Operations Director, the Safety Director and the COO. Injury and illness reports will be held for a minimum of 5 years.

The Google form is set up to acknowledge submissions automatically and also to inform those with access that there is a new report. The form is now live.

WMOC2021 Hungary

We congratulate Janice Nisbet and Brian Yates - the only Scottish participants from 1700 runners from 37 countries. Well done to Janice was 5th in W65 Sprint!



What is the Orienteering Foundation?

Roger Scrutton (ESOC) explains:

The Orienteering Foundation is a charity established in 2006 with the residue of the Bertie and Elsie Ward Fund, itself a bequest to British Orienteering from two of its earliest Honorary members. Bertie and Elsie Ward generously donated funds to help support the participation of young people in orienteering, including support for the Ward JHI which was introduced in the late 1970's.

Today, through deeds of variation, the Foundation focuses on supporting projects in the areas of alleviation of hardship, innovation and enhancement with the aim of growing and securing the future of our sport, working alongside British Orienteering but independently of it. We have a Board of six Trustees and a growing number of Ambassadors in British Orienteering regions who promote the work of the Foundation and provide the Board with feedback on the interests and needs of their own region.



Roger Scrutton at Coasts & Islands photo courtesy of ESOC

We are lucky to have a modest but steady flow of donations with which to fund projects. Some funds come with restrictions on how they can be spent, for example funds raised in support of GB performance squad members, and one of these restricted funds is ring-fenced for spending in Scotland to support “the developing orienteer, preferably youth competitors up to around 25 years old”.

Although the areas the Foundation supports appear rather narrow, a quick look at what we have funded shows that they cover a wide spectrum of projects. There has recently been a marked increase in the number of clubs employing a Club Development Officer, which at least for now can be seen as an innovative way to grow the club. Technology and software developments also sit within the innovation area. Improving the volunteer experience, growing the coach complement or expanding the programme of club events obviously qualify under the banner of enhancements. Alleviation of hardship has commonly been in support of elite athletes attending important events overseas, e.g. World Cups, on a self-financing basis, but there is scope for broadening this area. A full list of projects funded is on our website, <https://www.orienteeringfoundation.org.uk/projects-funded>. Understandably, we have had fewer applications for support during the COVID19 restrictions.



Recently the Foundation decided to be proactive as well as reactive, identifying projects or areas of activity worthy of funding for which we would put out a call for applications.

Coaching at Lagganlia. In conjunction with the JROS, the Foundation supports a programme of coach education for GB squad athletes, which the squaddies put into practice at the annual Lagganlia M/W 14 training camp.

One of the awards in support of a Club Development Officer has materialised in this way, as well as the Aspiring Elites Project in collaboration with British Orienteering to provide additional support to young Senior elites who often struggle to maintain motivation as they move into the early years of Senior ranks. To help with the identification of worthy projects we also initiated a series of Think Tanks, the first of which is looking into newcomer or beginner orienteer retention through the enhancement of their early orienteering experiences.

Learn more

If you are considering a development project in your club and you think the Orienteering Foundation can help with financial support, do not hesitate to get in touch to discuss it with me. As with most funders, we like to see relevant and realistic outcomes from the project, a manageable timescale and, if appropriate, some parallel funding, from the club, Scottish Orienteering or other funding source. **Contact:** roger.scrutton@ed.ac.uk

The penultimate issue of Score?

Are you the next Editor of Score?

Without an Editor for 2022, the next issue of Score may be the last. Does that matter when SOA has other communications channels: a great website, social media and a monthly newsletter. Do we need a magazine that allows bigger issues space to be discussed, celebrates Scottish members achievement and our community?

Get in touch at score@scottish-orienteering.org if you think we need Score and you want to help.



Scottish Orienteering Championships 2021

On Sunday 13th June following months of uncertainty we were delighted to welcome participants across Scotland to Scottish Championships hosted by ESOC at Craig a Barns, Perthshire. The sun shone over this fabulous terrain and everyone was treated to a special return to championship orienteering.



View captured by controller, Sarah Dunn (MAROC)

A huge thank you to all the volunteers who made the event possible with special gratitude to Margaret Dalglish and Jayne MacGregor for their exemplary organising of the event under difficult circumstances, Roger Scrutton for his planning of courses and Sarah Dunn for controlling the event. As always there are a long list of volunteers who put in considerable efforts to make the event happen on the day but also behind the scenes before and after, we extend our

considerable thanks to you. NOTE FROM THE CONTROLLER, SARAH DUNN: Unfortunately, control 114 was incorrectly placed on a crag 20m to the north west of the boulder where it should have been sited. This affected competitors on the light green, blue and black courses. An official protest was made by a competitor on M60L. To make the results as fair as possible we have removed the split for the ingoing leg to 114 from each of these courses. The outgoing legs should not have been affected by the error, however, one competitor on M60L failed to find the control, so for that class only we have also removed the outgoing leg from 114. The results for M60L are now recorded as a separate course (BlueM60). Removal of the outgoing leg from other classes would have unfairly penalised runners who accurately navigated the following leg, compared with those that lost time there.

Full speed, captured by Sarah Dunn

Congratulations to all our Scottish Champions of 2021 and those receiving our Scottish Orienteering Championship medals. We

hope when restrictions allow we can present your trophies and give you the opportunity to stand on a podium. For now, a virtual applause is all we can do!



SOA Champs 2021 Individual

Scottish Champions

M10	Finley Hollinger	BASOC	W10	Hannah Inman	FVO
M12	Douglas McDonald	INVOC	W12	Lucy Ward	INT
M14	Finlay McLuckie	MOR	W14	Kate McLuckie	MOR
M16	James Hammond	FVO	W16	Alice Kemsley	BASOC
M18	Angus Ivory	INT	W18	Rachel Brown	ESOC
M20	Matthew Gooch	MAROC	W20	Kirsty Campbell	MAROC
M21E Overall	Alastair Thomas	EUOC	W21E Overall	Laura King	EUOC
M21E SOA	Alastair Thomas	EUOC	W21E SOA	Laura King	EUOC
M21E Native	Scott Fraser	INT	W21E Native	Emma Wilson	EUOC
M21L	Craig Leyland	ESOC	W21L	Velina Valova	STAG
M35	Fredrik Nordvall Forsberg	STAG	W35	Kirsten Strain	AROS
M40	Will Hensman	FVO	W40	Janine Inman	FVO
M45	David Godfree	FVO	W45	Mary Ross	INT
M50	Jon Cross	FVO	W50	Rona Molloy	FVO
M55	Jon Musgrave	MAROC	W55	Hazel Dean	FVO
M60	John Tullie	RR	W60	Vicky Thornton	FVO
M65	Eddie Harwood	MOR	W65	Gill Berrow	ECKO
M70	Robin Sloan	RR	W70	Joan Noble	INVOC
M75	Robert Philp	KFO	W75	Katharine Melville	TAY
M80	Bill Melville	TAY	W80		n/a
M90					n/a

Scottish Success at British Middle Distance Championships

The first national orienteering championships since early 2020 saw the British Middle Distance Championships being hosted by Lakeland Orienteering Club at Summerhouse Knott in the South Lakes on Saturday. The weekend was nominated as selection races for juniors and with the Northern Championships also being held in the area the following day, there was a very strong Scottish contingent that made the journey south. The terrain was tough and highly technical and on a hot day the best results were achieved by those that managed to hold their heads and execute good technique.

Graham Gristwood British Middle Distance Champion 2021



There were many top class Scottish results with 26 British Champs medals being won by Scottish runners. Special congratulations to Graham

Gristwood (FVO) on retaining the men's open title from 2019 and to Hollie Orr (LOC - formerly CLYDE) on winning the women's title. Other age class golds were won by Rachel Brown (W18, ESOC), Eilidh Campbell (W20, MAROC), James Hammond (M16, FVO), Matthew Gooch (M20, MAROC), Will Hensman (M40, FVO), Roger Goddard (M45, FVO) and Dave Coustick (M75, FVO). The following day saw Northern Championship long distance races being held on the adjacent area at High Dam. Once again the terrain was tough and conditions were hot. Matthew Gooch and Eilidh Campbell consolidated their claims for selection for the Junior World Champs later in the year by completing the double in the junior classes. Many other young Scottish runners also performed excellently to put themselves in the frame for British international and summer camp selections.



Full results are available on the respective event websites. Special thanks to Lakeland Orienteering Club and Manchester and District Orienteering Club for safely and successfully hosting such a big event; it was much appreciated by all the competitors.

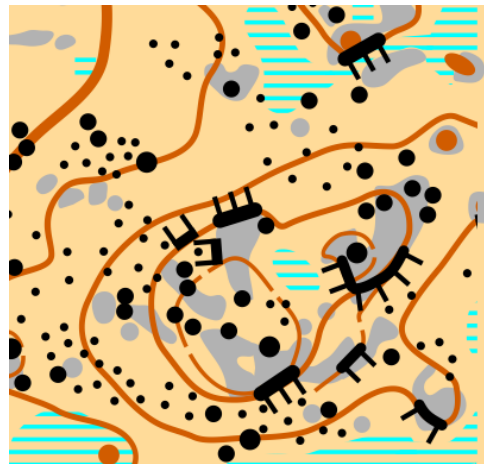
Hollie Orr British Middle Distance Champion

Coasts and Islands July 2021

Not all those who wander are lost. J. R. R. TOLKIEN

Many superlatives were extended on the various social media channels about Masterplan Adventure's Coasts and Islands event which we are delighted to hear will return next year. Results, videos and more are available on the website [Coast and Islands](#) and you can also buy paper maps.

Robin Sloane (RR) commented "Coasts and Islands: Coasts well named - on Lochinver course I waded through masses of seaweed on #13 to #14, as the tide was out! Great event, vast amount of work by Chris Smithard and Mike, deserve kudos +++ for fantastic locations. Shieldaig in Torridon my favourite so far - now off to the Plock (sounds like a nasty skin condition) at Kyle of Lochalsh."



Thanks to ESOC for this live action shot and a familiar face is topping up their tan



ESOC were another club sharing beautiful envy-provoking pictures - check out their Facebook page - including this exciting "not staged" shot from a beach control. Masterplan Adventure also kindly arranged beautiful weather

[Coast and Islands](#)



If you want to keep up to date on news on Coast and Islands 2022 please signup to get updates.

Run like the wind! Last control run-in tips

The thrill of being the fastest to finish at the last control is a special pleasure! Maybe you won't be winning any prizes but how can you improve your speed to the finish line!



On the finish line in Darnick June 2021

Here are seven tips that we hope will help you shave off a few seconds:

1. Prior to the event, during your runs - try setting a training point where you practice your faster run or sprint each time then try and match that pace on the run in - even if you are shattered - the prospect of being back in the arena or club tent is always a good incentive!
2. Check your route **before** you dib the last control so you can go straight to the Finish.
3. Use the orienteer ahead of you or just behind as a spur to keep going or go faster. *But don't overdo it like the editor has done by leaping down a bank and falling flat on your face - oops.*
4. Avoid getting into a tangle with other orienteers at the last control - note where other orienteers are dibbing or may be about to as you are reach the last few metres.
5. People shouldn't be chatting around the Finish - it is ok to warn them that you are coming in and remind them to get out of the way! As politely as you can.
6. And run **ALL THE WAY** to the line - it always helps if you have club members (or your own or other people's Juniors) to call you in!
7. And be proud - you finished - it is a great feeling 😊

President's Medal winner announced

As usual we received a number of very worthy nominations for the President's medal which is awarded for services to Scottish Orienteering and as usual the award was a difficult decision as all the nominations would have been worthy recipients. This year, as President, I have great pleasure in awarding it to Tim O'Donoghue. Tim probably needs little introduction as an active member of the Scottish Orienteering community owing to the number of roles he fulfills as SOLWAY club chairman, Safety Director on the SOA board and tireless supporter of Scottish Orienteering. Up Until recently he, along with his wife Helen, also carried out the role of Coaching Coordinators on a voluntary basis for a number of years greatly assisting the SOA staff team.

As we all know this has unfortunately been the year of COVID and it feels appropriate to award a volunteer who has really helped us keep the show on the road. On a regular basis we have had to deal with new government guidelines that have had to be translated into practical guidance for our clubs. This takes a lot of thought, time and effort and Tim has been at the heart of this, always ready to use his knowledge and experience to support Fiona Keir (COO) and the Board of Directors in the development of new risk assessments, procedures etc. I think it is safe to say that it would have been much harder to support and guide the clubs through this difficult period without Tim.



*President's Medal Recipient
2021, Tim O'Donoghue*

This was also the year that Tim and Helen stepped down as Coaching Coordinators and I would like to thank them for their many years of unwavering support, hard work and tireless attention to detail in this role. At the same time Tim has actively guided SOLWAY through the pandemic, organising events and activities, and attracting new orienteers to our sport.

In summary I have really appreciated Tim's support to Scottish Orienteering over the last few years and I think his tireless commitment and contributions make him a worthy recipient in this most difficult of years. Congratulations, Tim!

The President's Medal is awarded by Richard Oxlade, SOA President



Meet the clubs - KFO

Matthew Clark (KFO) fills us in on one of Scotland's smallest clubs and explains how it packs a might punch:

- **Name:** Kingdom of Fife Orienteers
- **Founded:** 1978 as West Fife Orienteers. We now cover the whole kingdom.
- **Membership:** About 25 but it's going up every month.
- **Age range:** The classic 8 to 80
- **Area:** Erm, Fife.
- **Best-known terrain:** Everyone loves Tentsmuir for the sand, sea and forest.
- **Most infamous terrain:** Devilla Forest (the clue's in the name) has a lot of fallen trees in marshes (swamps really). And it's coming back onto the schedule next year with a brand new map. (The Editor remembers well falling into one of those tree stump pools which Robin Sloane (RR) just ahead had leapt over the top of!).
- **Regular events:** A spring series and an autumn series plus special regional events. We made an effort for MapRun during lockdown and a postbox challenge near each of our member's homes.
- **Successes:** We had more competitors at the Scottish Championships this year than for a decade or more. And more than 100 people also took part in our spring series just finished.
- **Outreach:** Our club coach runs the hugely popular West Fife schools competition every year - 400 primary school children take part.
- **Social media:** Facebook has really improved our publicity for events. Lots of people try us out from it.
- **Coaching sessions:** We try to offer something around our events to develop new skills.
- **Social:** The AGM has a good turnout and good stories.
- **Best anecdote:** There is a suggestion - in the distant past - that a planning meeting at Tentsmuir was interrupted by the passage of naked people through the area!

"During the 1st lockdown, when we didn't have sight of how long 'O' events would be off, KFO MapRun gave me the opportunity to keep developing mapreading skills , and then became another exercise option , as I tried to improve my time on local courses " comment from a local Dunfermline orienteer.

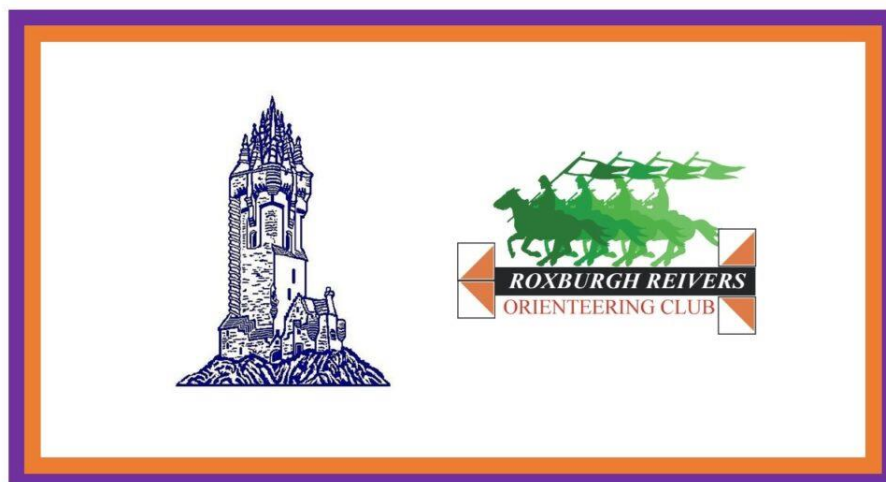


KFO event at Beveridge Park, Kirkcaldy June 2021

Club news:

Scottish Inter Club Champions Announced

The Scottish Inter Club Championships took place as part of the Scottish Championships at Craig a Barns on 13th June organised by ESOC. Congratulations to the Scottish Inter Club Champions of 2021, Forth Valley Orienteers and for smaller clubs, Roxburgh Reivers.



Scottish Inter Club Champions for 2021 are Forth Valley Orienteers:

RANKING	CLUB	ELIGIBLE RUNNERS	SCORE
1	FVO	46	1181
2	MAROC	22	1162
3	INT	38	1160
4	INVOC	31	1138
5	ESOC	33	1114
6	MOR	13	1107
7	GRAMP	8	714
8	CLYDE	8	684
9	ECKO	4	375
10	SOLWAY	1	97

Scottish Inter Club Champions for Smaller Clubs in 2021 are Roxburgh Reivers:

RANKING	CLUB	ELIGIBLE RUNNERS	SCORE
1	RR	17	599
2	BASOC	9	596
3	STAG	10	592
4	TAY	15	583
5	KFO	9	580
6	AYROC	6	568
7	ELO	5	473
8	TINTO	3	263

News and social media round up

Loch Eck Orienteers
15 August at 13:10 · 🌐

Congratulations to all #EckO members who took part in the recent S6D event at Lochaber. EckO would like to thank the Central Organising Team and all the volunteers for all their hard work to make this amazing event happen. See website for full report.



ECKO have fun at Scottish 6 days!

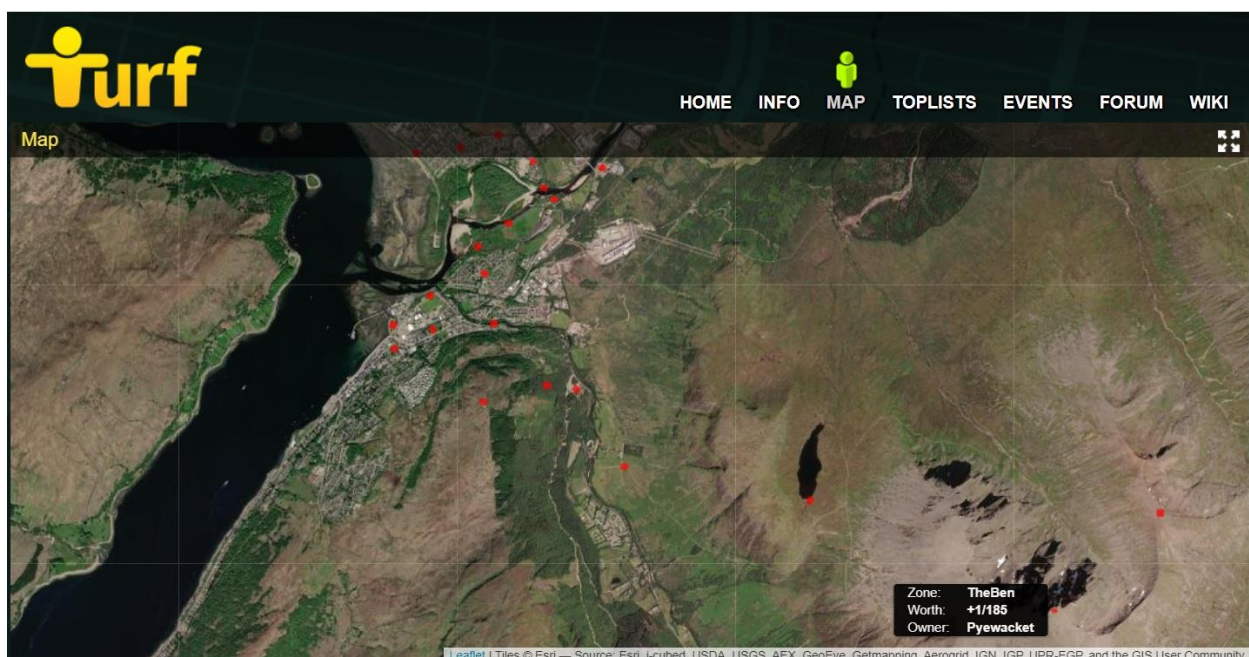
RR clear the bracken at the 6 days



Fort William Turf

What happens when a lot of orienteer turfers arrive in Fort William for the Scottish 6 days to find no zones! Kingslayer explains: “I happened to notice a lot of turfers gathering in Fort William as if they were flies drawn to a sugarbowl. Very strange indeed! After some scrutiny I noticed that Scotland’s highest peak Ben Nevis was in the vicinity. I swiftly concluded that all the people gathered there were Scottish turf pilgrims who had setup base camp at the foot of the mighty Ben while waiting for llamas (endangered species in UK we heard!) and sherpas to take them up to this holy place. Some of them (who shall remain anonymous, like ESOCWalter) seemed out of turf shape, fighting for survival in League 6 with embarrassingly low scores. So while waiting for climbing support I figured they should have a few extra zones to practise turf on and get into shape again.”

The new turf zones at Fort William including the awesome TheBen zone held at time of printing by Pyewacket



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Hilary Quick, BASOC

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Roo Hornby, Moravian

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Steve Smirthwaite, Trailmaps



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Before we go

Let's remember Alistair Lessells and Martin Hyman (with thanks to ESOC):

Obituary: Alastair Lessells (ESOC) 28th May 1947 - 16th May 2021

Alastair Lessells was known, admired and relied upon by many throughout the Scottish Orienteering community over many years. The SOA send our deepest condolences to Alastair's family, in particular Katy, Ruth and Richard as well as all his friends in orienteering across the country. Dave Kershaw (ESOC, Scottish 6 Days Chair) adds "Alastair was one of ESOC's long-standing members and contributed a huge amount to the club, and to Scottish orienteering generally, both as a competitor and as an official over nearly 40 years. He was one of a large group of 'baby boomers' in Scottish Orienteering and all members of my age, in particular, will remember him fondly for his competitive spirit and friendly post-event discussions. He will be sadly missed when we get back to orienteering together again. Our thoughts are with Katy and family."

Alastair died at home in Edinburgh after a very short illness. He is survived by wife Katy, children Ruth and Richard and four grandsons. It was in 1978 while in Aberdeen, Alastair was taken to his first event by Katy who had heard about orienteering before. They completed the event together but were surprised to see that most people were running! Shortly after this they moved to Manchester and joined MDOC and soon became involved as competitors, helpers and officials. They made a lot of good friends during their time in MDOC remaining in contact with many of them. In 1984 they moved to Edinburgh and joined ESOC. Ewart Scott recalls he first met Alastair and family in autumn 1984 at a social at their home. Many more socials and Hair of the Dogs were hosted there over the years usually with some thoughtful twist in processing the answers. Alastair quickly settled into ESOC, joined the committee and by 1990, ESOC's 25th birthday was Club President. Alastair was a very competent event official, with extremely good planning and controlling skills. Deeply involved with the Scottish 6 Days over the years: he was ESOC day organiser in 1987, back in the days when digging latrine trenches and validating wet and muddy control cards were essential tasks! He went on to plan at the 1989 S6D and thereafter was often called upon as controller. In 1995 Alastair was Day Co-ordinator on the Central Organisers Team and was very proud of his maroon Strathspey officials' sweatshirt which he wore ever since. The increasing use of computer technology in orienteering largely bypassed Alastair who viewed even a mobile phone as largely unnecessary but he continued to plan and control many SOLs and SoSOLs always having fairness and the competitor in mind. Although generally fit, Alastair never seemed to train, much to the frustration of his rivals, accuracy was his secret, along with his distinctive upright running style and an Otop carefully tucked into the waistband of his trousers (much to Katy's annoyance!). One of his rivals, Phil Smithard says - "I have great memories - and banter, of course, with Alastair as he was in my age group and we have competed with each other for years as well as been officials at the same events". Alastair was the 2019 winner of the Scottish Orienteering League M70 trophy, a hotly contested age group. He was also very pleased to get several podium places in the British Relays over the years. The family had many orienteering holidays at the S6D, JK, Welsh 6 Days and trips abroad to French multi day events and also the O'Ring meeting up with old friends from around the country.

Alastair's day job was as an NHS pathologist at the Western General Hospital. When he retired in 2012 he threw his energies into volunteering working with Lothian Conservation Volunteers, Edinburgh City Council Rangers on Corstorphine Hill and Cammo, National Trust Volunteers and Bawsinch Nature Reserve where he picked up many new skills. This was where his maroon sweatshirt was now worn gathering burn marks from bonfires and holes from brambles to show for it! As well as an orienteer, Alastair was a keen and extremely good golfer and bowler. He was Seniors Captain at his golf club and he was the Seniors Champion at the bowling club! But most of all Alastair was a family man and a very good friend.

Obituary: MARTIN HYMAN 1933 - 2021

SOA would like to join with others in expressing our sadness at the death of Martin Hyman. He contributed so much over many years to the development of runners and orienteers at all levels, as well as having been an outstanding Olympic athlete in his younger days. Scott Fraser, World Championship medallist and one of our most successful orienteers, describes the huge influence Martin had on his running career:

"Although Martin would never want anyone being sad for him, there's a huge feeling of emptiness in the running community knowing we will never see him around again. Everything felt better after a wee chat with him; he had unique sense of humour that would put a smile on anyone's face! I knew Martin for the last 20 years of his life both as a coach and as a friend. After meeting him through athletics as a 13 year old, he first taught me how to read a map and compass so I could go running in the hills and after I told him I quite enjoyed it, he told me about a sport called orienteering and that he knew some people I could tag along with if I was interested. A few months later, he took me to the Lochaber Scottish 6 Day event in 2001 and I was hooked ever since! Martin may be gone now but his philosophy of helping each other and running with a smile, will live on."

In 1979 Martin began his legendary Tuesday evening Meadows intervals training in Edinburgh, which continued until lockdown in March last year. Many members of ESOC, INT, ELO and EUOC attended at various times, as well people from local running clubs. In 2019, to celebrate 40 years on the Meadows, many of those who had taken part over the years contributed their thanks to Martin. These were presented to him in the form of a book of memories. Just a few of the tributes are below:

At the Meadows in summer and winter,/ In sunshine and rain,/ On still days and in the wind. *"THANK YOU MARTIN not just for running these sessions but all the years of guidance, advice and support you gave me. My successes in orienteering have enhanced my whole life. ... It is a tremendous institution and a reflection of Martin's empathy for anyone who wants to improve their fitness in a well-planned way."* *"The Meadows Intervals had arrived... every Tuesday come rain or shine, wind, rain, snow and even ice, he would drive from Livingston with his stopwatch and manage the trip. A sort of one man "park run". "I had calculated that he must have spent some twenty thousand pounds on fuel over the forty years. Typical Martin smiled, saying "but what better way to spend the money?" "Martin's continuing encouragement and dedication to supporting athletes is a phenomenal testament to his love of running."* *"I remember that even when Christmas Day or New Years Day fell on a Tuesday at least one or two people would turn up to do the intervals."* *"Martin is the embodiment of a great team player, always encouraging, always enthusiastic, with a vast knowledge which he is happy to share with others."* *"Thanks to Martin's approach, over time the Meadows have become a much safer place for all the community, not just runners. It in no small way has been instrumental in making running much more accessible for female athletes."* *"Back in the early days Martin used to set everyone off then run the 600m lap himself but getting back in time to time everyone in. He was very subtly coaching me by running about 20 m in front of me, if I sped up to narrow the gap he would speed up enough to maintain the gap"* Another friend said: *"It would be impossible to list all the other things that Martin and Margaret have done to promote running in Edinburgh and in Livingston, or all the people they helped, with advice or organisation or practicalities. Life changing for many, myself included."* *"Martin advised many amazing athletes but in me he managed to squeeze every bit of ability from a much less impressive specimen. Thank you Martin, you helped me reach levels I never imagined in 2005 I could do and have experiences I will treasure all my life."*

A full obituary of Martin's life and career can be found on the [British Orienteering website](#).

Upcoming events: selected major events calendar

A nice full calendar is beckoning us into an Autumn of orienteering.

September - December 2021

4 th /5 th September	MAROC/GRAMP	Balmedie/
25 th /26 th September	SHI and double SOL weekend	Glen Tanar
	AYROC/ STAG	Girvan/
2 nd October	Double SOUL weekend and Scottish	Kilmarnock
17 th October	Sprint Championships	
	British Orienteering Championships	Barnstaple
	(UKOL) - rearranged from 2022	
23 rd /24 th October	CompassSport Cup Final 2021	Cannock Chase
	(2020 finalists)	
7 th /8 th November	MOR Moray Mix weekend	Lossiemouth and
	(SOUL + SOL)	Lossie
21 st November	Grampian Mountain Challenge	TBC
	Scottish Score Championship	Dalkeith
	ESOC	
27 th November	British Night Championships	Cleeve Hill
5 th December	STAG's 22nd Glasgow Parks Champs	Glasgow

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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Next time

Expect a bumper December issue - and the last Score from your editor - will be coming your way just before the holidays - get in touch if you want to send us your story at score@scottish-orienteering.org.

Will December be the last Score ever from SOA? Watch this space 😊

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 and greater Glasgow area 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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