

# SCORE

The Home of Scottish Orienteering

March 2014



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magazine of the  
**SCOTTISH ORIENTEERING  
ASSOCIATION**



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# editor's intro

Scottish Orienteers,

**HELLO again - that was a quick 2 months! I'm pleased to say this issue covers a wide variety of topics, with more than enough material to fill it; thanks again to all contributors.**

As well as all the usual news, there's an interesting article about colour blindness and orienteering, an account of what's involved in gaining the UKCC Level 2 coaching qualification, and pieces giving insight into planning and mapping. Some articles request your thoughts and suggestions; please do take the time to read them and respond. For those reading this electronically, I hope this medium lives up to expectations and that you'll find it easy to use.

This time I'm including a photo of me in orienteering mode, so that you can recognise me at events. Do come and let me know what you think of SCORE, and what you'd like it to cover. And your contributions are always welcome, especially if you let me know they're coming. The next issue will appear in 3 months' time, in late June.

Best wishes for all the spring events!

Sally Lindsay  
Editor



Picture: Crawford Lindsay

At SoSOL1, Nov 2013

**COPY DATE FOR NEXT ISSUE: 28 MAY 2014**

**Cover pic** - Jon Hollingdale (JOK/MOR) at the Scottish Sprint Championships.  
Pic courtesy Crawford Lindsay, ESOC.

## ABOUT ORIENTEERING

Information on orienteering or any SOA activity can be obtained from the Association Secretary: [secretary@scottishorienteering.org](mailto:secretary@scottishorienteering.org)

Addresses of clubs, details of groups and a short guide to the sport are available from the: National Orienteering Centre Glenmore Lodge, Aviemore PH22 1QU.

Tel 01479 861374  
fax 01479 861375  
[NationalOCentre@scottish-orienteering.org](mailto:NationalOCentre@scottish-orienteering.org)

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## SCORE Editor

Sally Lindsay  
[SCORE@scottish-orienteering.org](mailto:SCORE@scottish-orienteering.org)

## Design

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*The views expressed by contributors to SCORE are not necessarily those of the SOA Executive, nor of the Editor.*

# president's piece

by Roger Scrutton (ESOC)

SOA President

Picture: Crawford Lindsay, ESOC



**I am pleased to say that we have recently had notification of the investment we will receive from sportscotland for 2014 and that this will be in line with what we have been receiving in recent years.**

The investment goes towards paying staff salaries, governance activities, and the development of clubs, coaches and event officials. Our other activities are funded from membership fees, event levies, recharges for the time our Professional Officer (Colin Matheson) spends supporting major events - the Scottish 6-Days and the World Orienteering Championships (WOC 2015) - and from grants, awards and sponsorship. We are very pleased that sportscotland has continued to show confidence in us, in the wake of the changes to membership structure in 2013, which led to a 9.5% drop in membership UK-wide and an 8.5% drop in Scotland. The SOA Board is now looking at a number of different ways in which we can increase membership over and above our current annual growth rate of about 2.5%.

Following on from this, a basic question is, "Why should we aim to grow our membership?" There are several good reasons: as a sport governing body and charity, we are committed to improving the health and wellbeing of the nation through exercise, and to strengthening community structure; an increased membership will make it easier to maintain (and possibly expand) the

programme of activities and events clubs currently deliver; by recruiting members across the age range we will be building a better future for our sport; the social fabric of the sport is strengthened through a large and diverse membership; and, importantly, we must demonstrate to policy makers and our funders that orienteering is a sport worth developing in Scotland (see <http://www.scottish-orienteering.org/soa/page/orienteering-at-the-scottish-parliament>).

We see a number of key elements to this 'membership drive'. First, there is generating greater publicity and public awareness of orienteering. We have a golden opportunity to do this, using WOC 2015 and the likely participation of the top Scottish orienteers as a vehicle for publicity. Our various Scottish Championships and the much-respected Scottish Leagues (SOL and SOUL) are also good vehicles. There are many media channels through which we should aim to raise awareness, not least, for individual clubs, the local newspaper channel for both reporting and advertising events.

I know there are mixed feelings about the amount of time and effort clubs and individuals put into delivering orienteering for schools, but in terms of orienteering awareness, working with school is not such a bad idea. We reach a very large number of people through work in schools and we hope that some of the pupils will go home and tell their parents that they had fun doing orienteering

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and want to do more. When I ask young families why they have come along to an ESOC Come-And-Try-It event (CATI), it's often because one or both of the parents did orienteering at school. The latter is a legacy from work with schools 25 years ago. For the long-term future of orienteering, this kind of legacy is invaluable.

Research shows that the principal driver of new and continued participation in sport is the availability of opportunities to participate. This is why local series of regular and accessible CATIs are such an important part of membership growth. The SOA is very keen indeed to help clubs maintain their local event series and welcomes applications for support through its Development Fund and new 6-Days Mapping Fund. However, we all know that the next step in a membership drive is the hardest. How do we convert participants into members? Many sports are facing this challenge, even the big and well-publicised ones, such as athletics.

There is a lot written and speculated upon as far as converting participants into members is concerned. Many of us have gone over this ground

before. Essentially, we want to make it as easy as possible for people to join a club and to enjoy the benefits that come from joining, be they the social aspects of club activities, club coaching, reduction in entry fees, or the development courses offered by the National Centre.

We should make it easy for potential members to obtain the information they need about membership, and then make it easy for them to take the first step to membership. To this end, it is the club that is at the forefront of membership.

A common membership structure amongst sports in Scotland is a tiered one, in which the basic level is club membership, followed by club plus national governing body (SOA, in our case), and then club plus national governing body plus British governing body (British Orienteering, in our case); each level with its associated privileges and benefits. However, this is not how it is for us at present. I would like to see the membership structure in orienteering moving to something more like it is in other sports, in which members have more freedom to choose the level at which they want to be involved. 

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or tweet: @roscomcl for more info.



**H**ard on the heels of the various festive events (which seem a long time ago now) came some excellent local events and night events.

An unexpected addition to the fixture list was the Mixed Sprint Relay presented by TAY and FVO at Perth College on Sunday 19 January. This was a trial of the new format that will be used at the World Orienteering Championships, and used touch-free SI punching. It was a cold, wet day, but a good crowd assembled and more teams than expected tried out the new format. See Dave Robertson's article on page 8 for a full account.

The first of the eagerly-awaited weekends of orienteering, on 24-26 January, was EUOC's Big Weekend, a favourite with many from all over the UK. This was unfortunately wet and windy, but was a great success regardless. EUOC's Jack Baker reports:

*"Due to the success of the event addition last year, the weekend once again kicked off with EUOC's Fight with the Night event,*

*a night event around King's Buildings university campus. The planner, Andrew Lindsay, made full use of the technicality of the campus. One runner from Devon mentioned it was worth driving all the way to Edinburgh just for this event.*

*Jessica Orr had the difficult job of planning the city race. This was made even trickier due to an embargo encompassing some of the city in anticipation of 'Race the Castles' this October. The embargo allowed Jet to experiment with some of the technical areas of Edinburgh less touched by the Big Weekend in previous years. It certainly paid off. Courses generally headed towards Pollock, the large university accommodation facility, before heading North and finishing off in the spectacular area near the Scottish Parliament and Dynamic Earth. Defending champion Murray Strain led the field comfortably once again during the city race, with a time of 43:11, followed 2 minutes later by Will Hensman. Notable runs were made by M20 and M18 Chris Galloway*



Picture: Crawford Lindsay, ESOC

Old Tolbooth Wynd, Edinburgh

and Alexander Chepelin who came in 3rd and 4th respectively. 1st for the women's title went to Tessa Hill in 43:03, followed closely by Claire Ward just 13 seconds down. Given the weather many made the comment that the event had gone: "swimmingly... quite literally!"

The Sunday event was held on Holyrood Park, with starts close to Dunsapie Loch. Once again there was torrential rain and wind so strong that the tent and banners could not be put up. While the weather could not be changed, planner Rona Lindsay kept the orienteers



**Scottish Sprint Championships**

*distracted from the weather with some very challenging tough and physical courses. This year's twist was a score section at the start of the longer courses, on the detailed contour area of Whinney Hill. The score section seemed to be a hit with most, having caught lots of people out when choosing a route and there were lots of compliments on the quality of the map."*

Mid-February saw another great weekend. TAY's "Perfect Day Out" in Perth on Saturday 15 February enjoyed sunny weather, to the

relief of all after a long spell of wet and windy conditions. The Scottish Sprint Championships (incorporating bto SOUL 2) was well-organised, and well-attended, with testing courses in a complex urban area keeping competitors on their toes from start to finish.

Many stayed on for the Scottish Night Championships that evening on Kinnoull Hill, starting from the Kinnoull monastery and with the comfortable event centre in the splendid surroundings of the crypt. The fine weather continued, giving a clear starry night with an almost-full moon and lovely views to the lights of Perth below. Soup, cakes and chat completed a sociable evening.

The Scottish CompassSport Cup/Trophy heat was the very next day on Sunday 16 February, organised by FVO in the rough, tough terrain of South Achray, which was wet underfoot and had some deep rope-assisted stream crossings for the longer courses. This event was also the 5th in this

season's South of Scotland Orienteering League. In the Trophy competition (for small clubs), FVO won the heat; as the previous year's Trophy winners, they automatically go through to the final in any case. CLYDE came 2nd and Borderliners 3rd; both qualify for the Trophy final. In the Cup competition (for large clubs), MAROC qualified for the final. The CompassSport Cup and Trophy final will be in Aldershot, Hampshire, in November. (Neither ESOC nor Interlopers entered the competition this year, because both felt they would have difficulty raising a team for the final.)

By the time you read this, the INTrepid weekend in Livingston will have taken place, including the first event in this year's Nopesport Urban League (which is also the 3rd bto SOUL event of 2014), in yet another different part of Livingston, which promises to be brilliant. And the new Scottish Orienteering League season will have started, with SOL1 at Devilla Forest in Fife. ▀

## The Perth Sprint Relay



Picture: Crawford Lindsay, ESOC

Murray Strain crossing the finish line, wearing his SI card on his headband. The touch-free finish unit is on the left.

**S**print Relay Races are being introduced to the World Orienteering Championships this year, and will be included in WOC 2015 in Scotland. We wanted to trial the format and also to try the new SI touch-free punching system in a 'real' race. The race was held as a late add-on to a TAY local Urban event, with the decision to go ahead taken 3 weeks before the event. This left about 2 weeks for planning and a few days for map printing. To add to the excitement, the new SI kit arrived on the Monday before the race.

For a proper traffic-free sprint race, the courses were kept within the Perth College Campus. I tried to keep the race fair but as technical as could be achieved in the area, with close head-to-head racing and as much gaffling as could be squeezed in. For this area, the main difficulty was in route choices rather than particularly technical navigation. In practice, the small area made a two-loop course inevitable, so the course was printed back to back on one piece of paper, with the 'turn-over' point at a spectator control half way round. The spectator control and other spectating points hopefully added to the pressure on the athletes and the entertainment of the audience.

We were delighted to have

a much bigger field than we expected, with 18 teams starting. Competitors ranged from WOC runners to those significantly slower through age or lack of training. This meant that the field spread out relatively quickly and there was less head-to-head racing than I would have wanted. I aimed for a winning time of 15 minutes for world class women running at peak form. A combination of very greasy underfoot conditions and athletes not peaking for this race(!) meant that the courses were probably slightly long, and definitely too long for those who are a little less swift than our top athletes.

The touch-free system worked well, with many fewer problems than I would have expected when introducing a new punching system in a new relay format. We had set up a small practice course to allow people to practice with the system before the race, which probably helped.

Many thanks to all who helped make this work at such short notice, and to all the competitors who waited patiently for a slightly delayed start due to a minor technical hitch (we'd forgotten to switch the controls on!).

Routegadget for this event is available at:

<http://www.clyde.routegadget.co.uk/clyde/reitti.cgi> 



by **Hilary Quick (BASOC)**

SOA Development Officer

Email: [Hilary@scottish-orienteing.org](mailto:Hilary@scottish-orienteing.org)

## SOA Development Conference 2014

**The 2014 SOA Development Conference will take place on Saturday 17 May, at Fordell Firs Scout Centre near Dunfermline. Initially, 2 places per club will be allocated, and club secretaries are asked simply to confirm by e-mail to me that they will take those places. In April, clubs will be asked to confirm names of participants, and additional places may be allocated to clubs where more than 2 people want to attend.**

We're still working on the conference programme, but we will include discussion of

development opportunities sparked by WOC2015, as well as a review of what has worked for some clubs and for other sports. One topic that we'd like to explore is the idea of developing the skills of event officials – how best to extract the expertise from the folk with creaking knees and inject it into the fit young people. Is it indeed realistic to expect someone under 35 to want to plan or control an event?

There will be no charge for attendance at the conference, thanks to generous support from sportscotland.



### Would you like to receive future issues of SCORE on paper?

If you're reading the electronic version, and would prefer a paper copy of SCORE, please contact Hilary Quick at the National Orienteering Centre at Glenmore Lodge. Please state your name, BOF membership number and address.

By email [natcen@scottish-orienteing.org](mailto:natcen@scottish-orienteing.org)

By phone 01479 861374 (has an answerphone)

By post National Orienteering Centre, Glenmore Lodge, Aviemore PH22 1QU

**Thank you**

## Can you help?

One of Switzerland's most talented junior orienteers is coming to Scotland in Autumn 2014 to live and improve her English. Marion Abei is studying English at the University of Berne, and will take a year out to live in Britain as part of her course. She is looking for suggestions of somewhere to stay (preferably somewhere with an active orienteering scene, such as Edinburgh, Moray, Deeside or Aviemore) and work that would fit in with her training. If anyone has any suggestions, please email me on [claire.r.ward@outlook.com](mailto:claire.r.ward@outlook.com) and I will pass on your details.

## Who Should Control the Use of Larger Scale Maps at Major Events?

Maps left to right:  
Bigland Map Sample  
1 to 15,000

Bigland Map Sample  
1 to 10,000

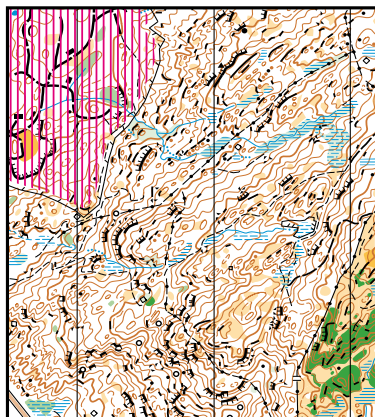
Bigland Map Sample  
1 to 7,500

**W**ho should be responsible for deciding whether map enlargements should be used at major events in intricately contoured terrain: the planners and the controllers or, as at present, the Map Advisory Group? We set out below a case for a transfer of the current responsibility.

This issue is not a new one. The controllers and planners of many major events have beaten a path to the door of Map Group, now Map Advisory Group (MAG), usually to be rebuffed, occasionally to get a grudging approval after lots of argument.

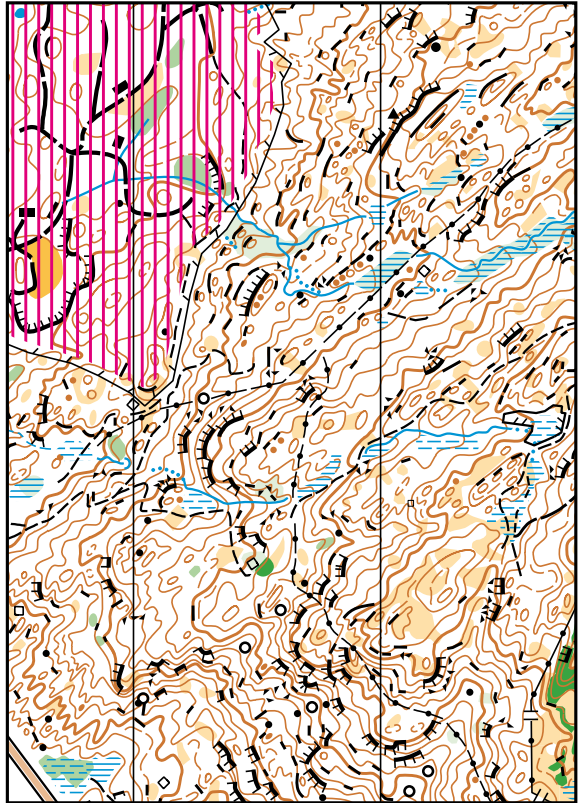
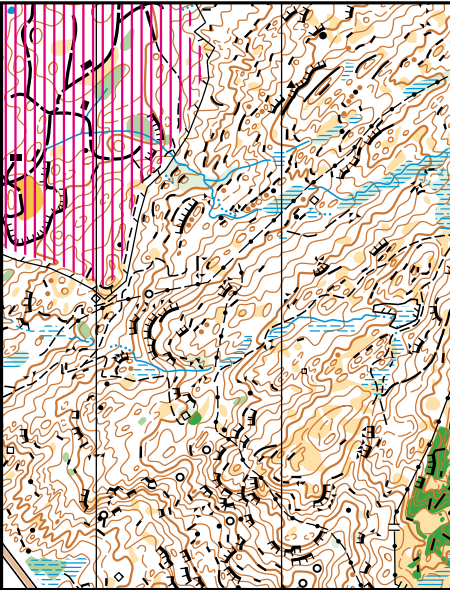
For the 2008 British Long Distance Championships at Culbin, the then Events Committee eventually allowed the event officials to take the final decision. The planners of the 2010 British Middle Distance Championships on Haverthwaite Heights in the Lake District were finally allowed to give the older runners map enlargements, after initially being advised by Map Group that they should avoid placing controls for these runners in more intricately contoured locations.

Following the 2010 Middle Distance Championships, Lakeland OC attempted to get the issue of map scales in complex terrain on to the agenda for the first Association



and Club Conference in 2011, but was not successful, even though this was the only issue raised by a Club or Association. The British Orienteering Board offered, instead, to set up a Working Party, but has since taken no further action on this matter.

Day 2 of the 2015 JK (the first individual day) is to be on a new map in the Duddon Valley. At the suggestion of Martin Bagness, a very successful elite in his day and now a much respected professional mapper, who is both preparing the new map and planning the elite courses on Day 2, the controller and planners have requested that all runners should be permitted to use map enlargements, as well as the elite 18s, 20s and 21s, who use 1:10,000 scale maps for their Middle Distance races on Day 2



anyway. A similar application has been made for Day 3, which is on Bigland, near Newby Bridge. These proposals are summarised in the table below.

Unfortunately, MAG has already turned down both requests, without any discussions or visits to either area.

Samples of the Bigland map are presented here, at the standard scale of 1:15,000, at the usual enlargement scale (whatever the terrain) of 1:10,000 and at our preferred enlargement scale for older runners in intricately contoured terrain of 1:7,500.

Lakeland OC has carried out 2

surveys of runners' preferences, one by Carol McNeill, who offered a choice of map scales, and the other by questionnaire after

Continued on next page >>

Day	Age Classes	Proposed Map Scales
Day 2	M/W 18E, 20E, 21E	1:10000 (no change from IOF / BOF guidelines)
Day 3	M/W 18E, 20E, 21E	1:15000 (no change from IOF / BOF guidelines)
Days 2 and 3	M/W 16-	1:7500 (enlarged from 1:10000)
Days 2 and 3	M/W 18, 21, 35, 40	1:10000 (enlarged from 1:15000)
Days 2 and 3	M/W 45+	1:7500 (enlarged from 1:10000)

Continued from previous page

a major event, at which map enlargements were provided. In both instances, the vast majority of competitors preferred the larger scale maps.

*Should MAG be responsible for deciding whether map enlargements can be used, when major events are held on intricately contoured terrain?*

Orienteering is a sport involving a combination of both running and navigation. It is not a test of eyesight, yet MAG continues to argue that British Orienteering should only use the map scales specified in the IOF Rules and that allowing the use of map enlargements will encourage mappers to include more detail on their maps. Participation numbers are in long term decline, yet scant attention is being paid to satisfying what is an obvious preference, for runners to be provided with maps that they can read on the run.

Should MAG be responsible for deciding whether map enlargements can be used, when major events are held on intricately contoured terrain? We don't think so.


We believe that MAG should concentrate on ensuring that

mappers produce maps in accordance with the Rules, and that areas are not overmapped. We believe that the right people to decide at what scale those maps should then be provided to the competitors are the event planners and controller. After all, the controller is already responsible for assessing the suitability of the area for the competition in the first place.

We are making a Proposal to the next British Orienteering AGM, to be held at JK 2014, removing the responsibility for deciding whether map enlargements should be used from MAG and delegating it, instead, to the event controllers and planners.

Briefly, the Proposal allows the event officials to give younger runners (except the elites) 1:10,000 scale map enlargements and older runners 1:7,500 scale map enlargements, in terrain where it is not possible for experienced orienteers to read their maps at the normally specified scales on the run.

If you prefer to be able to read your map whilst running through intricate terrain, please support this Proposal.

If you cannot make it to the British Orienteering AGM, please resolve to send back your proxy voting paper, as soon as you get the AGM paperwork. 

# coaching corner

by **Lynne Walker (BASOC)**

SOA Coaching Co-ordinator

Latest coaching news

## COACHES

### CPD logs and Coaching Licence

All coaches who have either a UKCC or British Orienteering coaching award should have received an email regarding their CPD (Continuing Personal Development) log. This is a reminder; if you wish to maintain a licence to coach, you should ensure that you submit your CPD log to either Lynne Walker or Hilary Quick by the end of March 2014. If you submitted a log in 2012 or 2013, then you can ignore this, but you are very welcome to send your log in now for renewal of the licence. Further information is available at:

<http://www.scottish-orienteeing.org/natcen/page/information-and-resources-for-coaches>

or contact Lynne Walker.

### CPD Programme

The 2014 CPD programme for coaches is now available on the website:

<http://www.scottish-orienteeing.org/natcen/page/coach-cpd-days-for-2014>

The main theme of the programme in 2014 is to work together to produce resources which will be useful for coaching orienteering in Scotland. Coaches can come along and contribute to as many workshops during the year as they wish! There is no charge for licensed SOA coaches to attend the workshops, and copies of the resources will be given to all who help in their production. The resources will be produced as a set of cards, along similar lines to the ones given out for UKCC L1 and L2 coaches.



Picture: Crawford Lindsay, ESOC

## ATHLETES

What have you done this winter? Have you kept up a good base of physical training, using cross-training at times (other sports or activities; it can be horrible out there, so what inside work have you done, e.g. pilates, circuits, spin classes, swimming, strength & conditioning)?

Some things to think about: do you go out running, same old pace, same old distance all the time? Remember the quote from the Summer 2013 SCORE: "If you always do what you've always done, you'll always get what you've always got." Have you investigated planning your training programme, asking advice about it?

Have you gone to Level D events and tried different techniques on the course? Different techniques from the ones you always use? Yes, the first couple of times you do this, it will feel strange and you might make mistakes.

Evaluate your orienteering, talk with others about it, examine what others have done by studying routes on RouteGadget. Remember that you only become skilled at something if you practise it, but you have to be practising correctly, so talk with someone who knows a bit about orienteering techniques (maybe a coach?!).



# in praise of...

by Claire Ward (ESOC)

## the String Course

**Out of the 12 courses at the recent CompassSport Cup qualifier at South Achray, Aberfoyle, which course was the 6th most popular, had the highest proportion of new beginners, and the highest satisfaction levels amongst participants? Give up? The string course!**

When there are lots of activities available for families at the weekend, orienteering has the advantage of being a sport that all can participate in. A string course makes the children feel involved, as well as creating a focal point for children to gather. We have completed string courses

in many different countries now, and in many respects Scotland leads the way. Moray 2013, for example, boasted 6 outstanding string courses. There is a string course at nearly all level B events in Scotland now, and most level Cs. This is brilliant.

String courses are open to all, but should primarily be aimed at 2-6 year olds - old enough to walk confidently, too young to go around a white.

### ***So what makes a good string course?***


- Keep it short - a few hundred metres is plenty - the older juniors can repeat it as often as they like.
- Not too rough - while the occasional log is a fun obstacle, carrying a two year old around a whole string course, when you perhaps have a baby in a sling too is exhausting.
- Near or at assembly is best - it means the kids can hang out at the string course together.
- Dibbers are great, but pin punching is also fun. Have punches that two year olds can reach.
- Some 'prize' at the end - sweets are fine with most parents, otherwise stickers, bubbles, pens, balloons,

anything going cheap in the supermarket.

- The quality of the map is not so important - if you are feeling keen, then do a proper map, otherwise hand-drawn is fine. One good idea is when the map doubles up as a certificate, then it can be signed at the finish and the child has something they can show off at school or nursery.
- Pictures at the controls are fun, and these can be re-used.

### ***And nice to have:***

- An enclosed area for the string course (e.g. a field, or a fenced-in section of forest). When a child wants to tackle the string course alone, it is reassuring to know that they won't wander off into the larger forest.
- The string course in Aberfoyle was based at the playpark, which was a good idea.
- Having toys and games at the Moray 2013 string courses was great. A small stream at the start / finish that may 'need' damming provides hours of entertainment.
- Sunshine - always helps.

Keep up the good work! 



Picture: Helen O'Donoghue (SOLWAY)

# experience - the adventures of a postman

by Alan Bothwell (TAY)

An account of (mis)adventures at Greenhead Moss during South of Scotland Orienteering League event 3, on 12 January

**T**hat was a cracking little area, and I'm amazed that STAG got so much out of it. I had no problem whatsoever with the long first leg. I don't think there is anything in the planning guidelines about first legs, but it is just expected that you're broken in gradually. Nothing like shattering people's assumptions!

I decided from the off that I was going to follow paths as far as possible on the first leg, and I took one to the west of the lochan, that led on to duckboards. It was then I was led astray - by the two runners in front of me, who made their way across the marsh. To be fair, there was evidence of quite a few having taken this route, so I thought, "Why not?" Even the simultaneous male and female screams didn't make me turn back, then, all of a sudden, the earth moved. I was standing on a piece of matted vegetation that wobbled on the water below it! It held my weight, though... and then it didn't! I plunged up to my knicky-knacky-knoos in ice-cold water, and - worse - had to put my hands (and map) down in the wet.



View W across the lochan, Greenhead Moss

Picture: Crawford Lindsay, ESOC

I struggled out of the mire, found my control easily enough, and then continued on until I struggled to find number 4. Most people seemed to get this okay, but I just couldn't find it, not helped by a fellow struggler who repeatedly growled in frustration. I relocated, found it, but then found myself almost submerged again. To make matters worse, a tree branch first grabbed, then contemptuously threw my hat into the water.

There I was, soaking and freezing from the waist downwards, hands numb with cold, wet gloves and hat stuffed in my pockets, and the chance of a decent time well and truly gone. I wanted to pull out at that point (I really wanted to break down and cry!) but I thought, "I've driven all this way, I'm going to push on."

Beautifully, the course dried off a bit, I started to find my

rhythm and my navigational skills showed that they hadn't deserted me completely. My fingers were still numb, though, which meant that I couldn't tie up my tracksters, which had come undone - no wonder, with the amount of water they were carrying - so I finished the last few controls holding up ma breesks!

Quality course design, as expected with a STAG event, which made the most of a small but interesting bit of terrain. It was packed with features and variety, and there was plenty of route choice (which was probably my downfall). I was last, but at least I finished (beaten but unbowed, as they say!).

**Congratulations to Alan for persevering! There must be many other interesting tales to be told – send them in, and there'll be a prize for the best one published in the next issue. ▣**

**How many times have those of us who suffer from colour blindness stared at our map after the race and said “If only .....”: a different overprint had been used, a control number shifted a little bit onto a different background, the dark green on the map not quite so dark, etc.**

Here, Adam Hunter explains some of the science behind colour blindness and its implications for orienteering, and Ian Maxwell and Roger Scrutton provide some first-hand accounts. Adam has worked as a sport scientist for elite athletes for more than 10 years, and enjoys orienteering, running and mountain biking.

**C**olour blindness is a common term used for colour vision deficiency. However, true colour blindness, where no colour can be seen at all, is rare. Colour vision deficiency affects around 8% of men and 0.5% of women.

Most people with colour vision deficiency inherit the condition from their parents. However, it can also develop as a result of a pre-existing health condition or as a side effect of a medicine.

Inherited colour vision deficiency occurs due to an abnormality in the retina (the film that lines the back of the eye). The retina is made of rod and cone cells. There are three main types of cone cells (Red, Green, Blue). In people with inherited colour deficiency, one type of cone cell is missing or does not function normally.

This results in not being able to see colours clearly and accurately, and difficulty in distinguishing between different colours.

There are two main types of colour vision deficiency:

1) red-green – the most commonly inherited type where people are unable to distinguish between certain shades of red and green;

2) blue-yellow – this is a very rare condition (usually as a result of eye disease in the elderly). It is difficult to distinguish between blue and green and yellow may appear as a pale grey or purple.

Colour vision deficiency varies in severity from very mild to severe. In addition, the ability to detect colour saturation varies from ‘anomalous’, where colours are only confused in the lighter pastel shades, to

‘opia’, where colours cannot be differentiated even when relatively saturated. Therefore, any two colour-defective people are unlikely to have identical difficulties interpreting colours.

There is currently no cure for inherited colour vision deficiency, because it is not possible to repair or replace the cone cells in the retina. As colour-defective vision affects almost 8% of males and 0.5% of females, if orienteering seeks to increase participation, consideration should be given to how we can improve the experience of those affected.

In orienteering, colour-defective vision results in the coloured symbols used on the map becoming more difficult to differentiate (see picture on p 18). Ian Maxwell describes this: “*I can’t tell the difference between a knoll,*

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*boulder or small thicket on the map, which can cause issues when I don't read the control descriptions;*

*different coloured Xs for rootstocks, trees, etc look the same to me and I have mistaken form lines for paths. Vegetation is also a problem with white on open ground (e.g. small groups of trees) being hard to spot, and I cannot tell colours under a marsh. As a result I tend not to navigate by vegetation and try to use other features and contours."*

Due to the large variation in condition it would be difficult to obtain a single standard which was optimal for all variations. However, the map could be optimised to assist the most common variations Deutan and Protan (red / green confusion). The IOF have in the past made changes to the colours used such as the purple / pink used for course markings to try to improve the readability by people with colour-defective vision.

It has been suggested that more could be done in the way of differentiating different colours with different patterns as well (see example on next page). Roger says, "My biggest problem is red/pink overprint on darker green. This is a

*particular problem in urban orienteering, when the olive green is printed in a dark shade and detail is very important for navigation.*

*A dark grey background can also be a problem. Purple overprint is better. A white edging to the control numbers also helps". Ian says, "Depending on what shade of red is used, the course overprint (including control circles and numbers) can be very hard to see, particularly in urban events over grey of buildings or olive green. I particularly enjoy these events, but cannot tell until I pick up the map whether I will be able to read it easily or struggle.*

*I have developed a technique of following the lines back to their intersection point to tell where controls are and do this almost intuitively now.*

*Unfortunately I also have a habit of missing controls or going to the wrong control on these events, where lines cross and confuse things. The course overprint should be easily sorted with a little bit of effort. (Some planners make a point of doing this and others put a white shadow around the numbers, which is a great help.)"*

The second issue people with colour-defective vision are likely to face in orienteering is identifying a control flag in the forest.

If the flag is against a green forest, the orange blends in, making it difficult to identify (see pictures on next page).

Ian says, "I tend to pick out the white colour with the orange often not standing out against the background." As a result, some clubs have put an additional blue stripe on the flag which helps a person with colour-defective vision identify the flag from the forest.

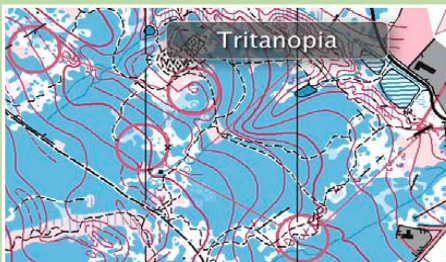
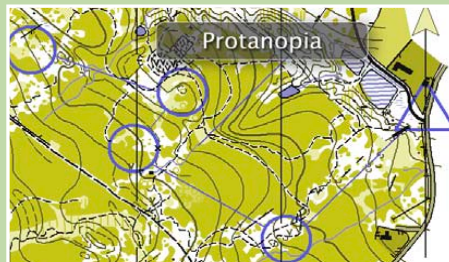
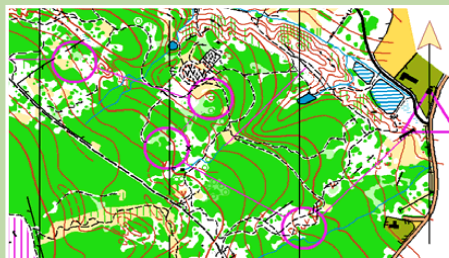
This is definitely something to think about if we are to be as inclusive as possible and increase participation in orienteering.

You can see for yourself how your maps will look by downloading Color Oracle software. The challenge in making these changes is that all maps follow the international standard, so there would need to be a change in the standard and then every map would need updating to match that new standard.

Continued over page >>

Possible changes to assist differentiation of map symbols:

x x x x could become x + \* \*



Top, left panel is what is seen with normal vision and the other three panels what might be seen under various colour vision deficiencies.

**For more information see:**

**Colour vision deficiency,**

<http://www.nhs.uk/conditions/Colour-vision-deficiency/Pages/Introduction.aspx> - by NHS.

**Color oracle v 1.2.1, - <http://colororacle.org> - by Jenny Bernhard**

**Comments on how coloured maps might be seen by Orienteers with defective colour vision, by Barbra Junghans.**



# behind the scenes

by Jon Musgrave (MAROC)

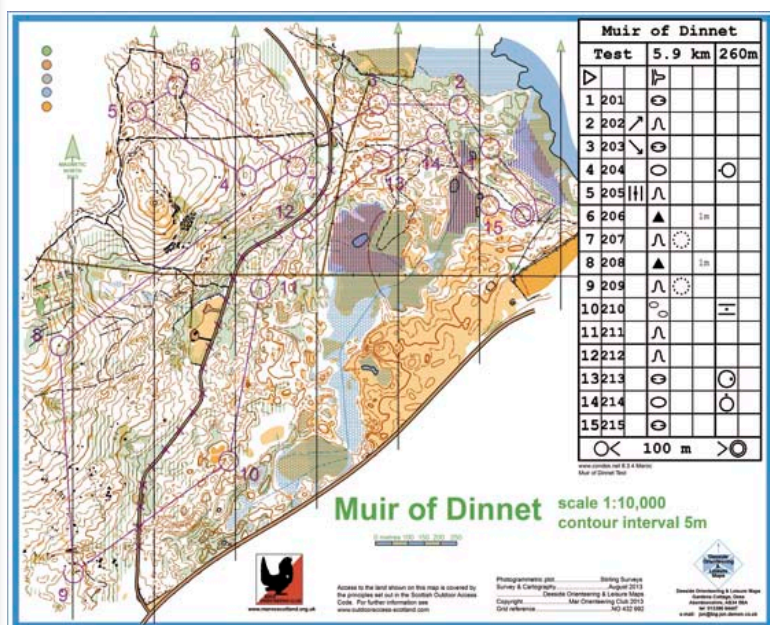
## Muir of Dinnet – mapping a new Deeside area

**This is an area with some history - MAROC have always looked enviously at the lumps and bumps of Muir of Dinnet and the birch/pine woodland that covers it. We have tried at least twice previously to get permission to use it for events - and been refused.**

In recent years, GRAMP managed to get access to Forvie, another National Nature Reserve managed by Scottish Natural Heritage (SNH), and so we tried again. In 2011, after some bouncing between the landowner and SNH, it was agreed that we

could orienteer here, subject to some restrictions - avoid the marshes, and no access during bird nesting season to avoid disturbing ground-nesting birds. In addition, SNH asked us to hold a small test event to show we would not cause damage to the area - the ranger admitted that this was unlikely as the area is covered in heather, and the protected designation is for the "Landscape" rather than sensitive plants!

Getting hold of a suitable base map proved harder than expected - initially Stirling Surveys were busy, Continued over page >>



# behind the scenes

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## Muir of Dinnet – Continued

and eventually we got a photogrammetric plot - one of the last ever to be made on the old analogue plotting machine (on what was, almost certainly, the last analogue plotting machine in use in the UK!).

Come August 2013, the survey started - lovely weather and a superb base map made this some of the most pleasant surveying I have done in many years. A small area was surveyed initially to produce the test event area and a short(!) course planned.

Friday 15th November, and the controls were placed and photos taken at each control of likely approach and exit lines. After the event similar photos were taken, to compare and check for damage. Saturday 16th was a lovely day - mild and sunny, and the 38 people who attended had

the muir in perfect conditions - dry, high visibility (almost all leaves had been blown off the trees) and bright. All competitors enjoyed the day out and, assuming SNH are happy with the results, we will be back here in the future - only this time on a somewhat larger map (the whole area covers approx 13sq km and also abuts onto Cambus O'May and Redburn..... Long-O, anyone?)

Looking back, it took a long time to get permission, but well worth the wait; the area will be one of the best in the UK once it is all mapped. I guess the moral of the story is - try, try, try again!

*Note: Since this article was written, the area shown here was used for the Deeside Night Cup event on 5 February, a great success despite foul weather on the night. ▣*

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## An Outdoor Addiction

by Crawford Lindsay (ESOC)

Further information is available here:  
<http://www.turfgame.com>



Ever fancied being the King of Scotland? Well now you can be, fighting it out with others for ultimate power. A bit fanciful, you may think! But out there, in mobile space, lies Turf, an app for smartphones. It's an outdoor game – you claim “turf zones” by going to them. Originating in Scandinavia, it is just getting started in Scotland, with very few participants, including Andy Paterson and myself. There are zones in Edinburgh, Glasgow, Livingston, Dundee, up the east coast to Aberdeen and Inverness and even some on Islay. Capturing a zone earns you points, and if you hold the most zones in your region, you get a fetching little yellow crown. There are monthly rounds – the last one finished on 2 March, and Andy Paterson was the king (but there's more competition in Edinburgh – I was robbed). Andy treats turfing as urban interval training; I go for photographic walks or cycle trips. You can do it any way you like.

by **Maureen Brown (ESOC)**

ScotJOS Squad Manager



Picture: Maureen Brown, ESOC

## Scottish juniors at the Development Weekend

**A**t the beginning of March, the Scottish Junior Orienteering Squad (ScotJOS) held their first training weekend of the year, in what turned out to be very pleasant weather, surprisingly given the recent storms.

A total of 45 selected juniors took part, representing most of the SOA clubs, and not including the 7 members of the GB Talent Squad who were off training in the Lake District. They all worked very hard on a series of exercises planned to practise the techniques of Technical Difficulty 4 and 5, the coaching being delivered in small groups by 15 coaches. The areas used were Barr Wood (Saturday) and South Achray (Sunday).

On Saturday night the group stayed in Stirling Youth Hostel, where we were

very well fed, thanks to the hard work of Ann Robertson and her team. In the evening, after some time to relax, the juniors took part in ice-breaking games to help them get to know each other, and this was followed by a talk on Goal Setting. The new ScotJOS members also received their O-tops.

I would like to say a big thank you to all the parents and other adults for all their hard work in making this a successful weekend, and to FVO who allowed us to use two of their best areas.

Special thanks must go to the juniors themselves, who impressed by working hard on the training exercises. I hope that in the process they enjoyed themselves and made some new friends, as well as improving their orienteering technique. ▣

**N**ow we're heading into the racing season, the last couple of SEDS weekends have had a focus on high pressure, short and sharp training. First off was a sprint-focussed weekend in the Central Belt, organised by Tessa Hill.

We started with some short intervals, practising first controls, followed by a course where the aim was to get the shortest distance possible recorded on your GPS. This was a good leg stretcher before the East District cross country race in the afternoon (where you could switch off your brains a little!). The highlight of the weekend was undoubtedly the Mixed Sprint Relay in Perth, hosted by TAY and FVO (thanks!), with touch-free SI punching. It

was great to see so many teams entered, with such a mixture of team compositions. For those not in the know, the Mixed Sprint Relay format is having its debut at the World Orienteering Championships this year, and teams consist of 2 men and 2 women. With GB's success in the individual Sprint (including a number of Scots) in the past couple of years, we have high hopes for our chances in this new discipline. It'll be the slopestyle of orienteering; think high speed, fast changes of direction and ultimately some crashing out, all with hundreds of excited spectators looking on.

About as far away as you can get from the streets of Perth, the next weekend was down in the Lake District, with the now local girl, Hollie Orr, showing us the sights. We got in a real mix of training in a real mix of weather over the weekend. From tough Graythwaite in the sleet, to Ulverston town in the sun, we created some pressure situations to put our navigation to the test. Trains in Graythwaite helped push you on through the roughest, toughest and hilliest parts of the forest, as you had others breathing down your neck or could just glimpse them in front. A mass start gaffled race in the dark at Stockbird Head meant

Claire Ward making the most of touch-free punching



Picture: Crawford Lindsay, ESOC



you didn't want to be left trailing, in case your imagination got the better of you, and a novel relay around Ulverston meant you had to keep pushing, in case the map caught someone out, or one of the guys came storming through to take the lead. Thanks to Martin Bagness for helping with the planning and both Liz Campbell and Martin for hanging controls.

We've stayed together for some of the early season races, to be able to analyse our races with each other. Check out the SEDS Digital Orienteering Map Archive (from the SEDS page of the SOA website, <http://www.scottish-orienteering.org/seds>) for some people's maps and routes, also the analysis tool 2DRerun is starting to get used widely, so if you've got a spare few minutes, you might like to take a look at some of the maps and tools you can use for analysis.

The international season is starting to wake up post-winter. In Andalucia, Hollie showed good early season form in a field packed with top names. Doug Tullie continued the good form of the Scots by placing 3rd in the Mediterranean Championships in Orienteering. Just as SCORE is going to print, Hector and Hollie will both be racing in the World Cup races in Turkey, and quite a number of athletes are heading



Picture: Crawford Lindsay, ESOC

out to the Portugal O Meet for 4 days of racing, including a World Ranking Event. The early season build-up is heading towards both the WOC test races and, for some, the European Championships. Unusually, this year the test races are being held at the end of March to determine the team for Italy's World Championships in July. We're hoping to see a good number of SEDS athletes making the team. 

Ali McLeod at the  
Scottish Sprint  
Championships



by **Janice Nisbet (ESOC)**

Veterans Team Manager

Email: [ScottishOvets@hotmail.com](mailto:ScottishOvets@hotmail.com)

## Introducing New Team Manager

**This is to introduce myself as the new Scottish Veteran Team Manager. I'd like to start with a huge thank you to Rob Hickling, on behalf of all Veteran Team members, past and present, for looking after the team so well over the past years.**

My main qualification for being the Veteran Team Manager is that I have been orienteering for a very, very long time, starting as a teenager at Dunfermline High School, when the school was one of the leading clubs in Scotland. We regularly took most of the top junior prizes and even produced maps of local areas. I've had a number of lows and highs in my orienteering career, from mis-punching at the BUSF relays when my team was well in the lead, to my first (and only) National Event win in my 40s. Somehow, I have never been able to give up the sport, which is why as a W60 I plan my year round the orienteering calendar. I think I am still looking for that perfect run!

The main focus for the Veteran Team is the Veteran

Home International, which this year will take place in the Forest of Dean, near Gloucester, on the weekend of 13/14 September. Please keep this weekend free in your diary if you think you are a candidate for selection. Selection will be done on the basis of performance in the larger events taking place in or near Scotland, and in particular SOL 3 (CLYDE) on 27 April, the Scottish Championships Individual (INT) on 24 May, the British Championships Individual on 31 May and SOL 4 (MORAY) on 22 June. The team should be announced during the first week in July.

If you would like to be considered for selection, but may not make any or all of these events (e.g. because you are not based in Scotland), please email me to identify yourself, and we will then look at your performance at other major events in the UK. It's not blowing your trumpet; we can't consider you for selection if we don't know you are available and eligible. For eligibility criteria, see the recent news item on the SOA website:




Picture: Steve Clayton, ESOC

**L to R - Janice Nisbet, Heather Thomson and Helena Nolan (all ESOC) at the 2013 VHI**

[www.scottish-orienteering.org/seds/current-eligibility-criteria](http://www.scottish-orienteering.org/seds/current-eligibility-criteria)

I would also like to canvass opinion on ways to develop orienteering competition for us oldies. Possibilities I have thought of include:

- A training weekend (probably in June) open to all veterans
- Trying to start an urban orienteering Veteran Home International
- Special kit available to those who have been selected

I would appreciate your views, and also any other ideas you might have to promote veteran competition. 

# coaching - a personal story

by Donald Grassie (MOR)

## Level 2 Coaching Qualification

**I became a UKCC (UK Coaching Certificate) Level 1 coach in October 2008, and successfully completed my UKCC Level 2 Coaching Qualification in January 2014...**

I started orienteering in 1994, because I saw a flyer in the Aberdeen Central Library, advertising some orienteering coaching with my local club (GRAMP). Three keen orienteers - Neil McLean, Derick Nisbet and Angus Aitken - gave their time to introduce me and my family to the sport, and then encouraged me over the next few years.

We (Scottish Orienteering in particular) have a tremendous brand to offer, and just like Neil, Derick and Angus, I wanted to be able to share my enthusiasm in a professional way. I attended the first UKCC Level 1 course held in Scotland, in October 2008. Of the ten coaches that passed that weekend, three of us are still active (on the SOA list), and two are abroad. Level 1 allows you to coach TD1 to TD3 standard - White, Yellow and Orange. More importantly, it provides basic coaching skills, access to literature and expertise, and some coaching experience for you to develop. Successful candidates also need to sign a Code of Conduct form, and complete First Aid training, before they are formally licensed

by British Orienteering to coach orienteering.

Armed with my new coaching licence, I was ready to change the world – however, I had only really moved from being unconsciously incompetent, to consciously incompetent. The next stage was to develop myself as a coach. We are fortunate in the SOA, in that we have a few well-developed pillars to fall back on:

- A real quality coaching set up, coordinated by Lynne Walker, and supported by Hilary Quick.

- Regular SOA coaches' sessions to share knowledge and experience, supported by Continuous Personal Development (CPD) skills sessions delivered by other sports organisations.

- A rapidly growing band of like-minded coaches (50+ in 16 clubs), with experience of working with beginners, club athletes, squads and individual elite athletes.

- A developing cache of literature, best practice and examples managed by Hilary through the SOA website – beware, she steals with pride!

- The British Orienteering CPD system which encourages you to develop your knowledge (through coaching literature and DVDs), training (e.g. CPD sessions, First Aid) and experience (coaching sessions you deliver).

Continued over page >>

# coaching - a personal story

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## Level 2 Coaching Qualification (Cont.)

So CPD is really about continually developing yourself, to be able to improve your offering to others.

About October 2012, I began to want to take my coaching knowledge and experience a bit further. Most of my experience up till then was in coaching TD1 to 3, as one-off coaching sessions. What I wanted was to be able to match skill development to the individual athlete; using the coaching buzzword, to become more 'athlete-centred'. Additionally, I wanted to work over the full range of Technical Difficulty and within a longer term plan of progressive sessions, taking athletes, say, from TD4 to TD5.

In April 2013, eight similarly-minded Level 1 coaches attended the Level 2 training session at Glenmore Lodge. I should really have read the fine print. What I expected was a slightly bigger version of UKCC Level 1. However, there is a bit more:

• **Days 1 and 2** - Training session: Lynne Walker was our trainer for the weekend. The sessions were a mixture of presentations, paired and group discussions, guided discovery, and practical coaching experience. This was really run superbly – yes, the information content was there, but more importantly it was transferred to

us through the range of coaching styles we were expected to develop. It was focussed and fun.

• **Day 3** - Leading an observed coaching session (really 3 hours plus some preparation time): Normally, this is undertaken as a group. However, work commitments in the USA meant that I had the benefit of some one-to-one feedback from Lynne in Loch na Bo at a later date. Looking back, it was a bit ragged, but, along with the usual encouragement from Lynne, I did learn one important fact – always put the scale on your map! Caroline, Phil and Andrew at least tried to look the part of enthusiastic TD4 orienteers for an hour - thanks.

• **22 home study tasks:** During Days 1 and 2, we were asked to complete 9 tasks which were based on replaying material from the coaching manual, or from our discussions. Nothing too onerous, but as I learnt during a previous career as a lecturer, having to express what you have observed or read, in your own words, is a very useful way of ensuring that you have learnt it yourself!

The remaining home study tasks involved a bit more research – from the coaching manual, online, from some of the coaching books I have already amassed,

and from my experience at work. The questions looked daunting when viewed in totality, but once you got down to the task, and took it a question at a time, it was a real learning opportunity, which will help me personally as a coach and an orienteer. Questions like:

- *What are the physiological demands of orienteering?*
- *Describe static stretches that can be used for leg injuries.*
- *Scenarios related to athlete and coach welfare.*

- 6 Progressive coaching sessions: Throughout the qualification, you have to plan and deliver about 10 coaching sessions. The most rewarding were the 6 x one hour progressive coaching sessions – each involved about 3 hours of preparation time. Jane Halliday and I undertook these sessions in a combined offering to parents with young families - Jane coached the children, and I coached their parents separately. My first session was designed to find out a bit about their experience and areas that they were interested in developing. I then tried to fulfil their individual needs through a series of sessions, looking at compass work, landform recognition, route choice, and relocation. These sessions are not observed – the only measures of success are



Picture: Hilary Quick, BASOC

**Donald Grassie and Lorna Eades at Glenmore Lodge**

feedback, smiling faces, and the athletes' improved confidence and performance at future events.

- **Day 4** - Assessed coaching session: The final stage is based around a 45 minute observed coaching session. Just to make it easy for myself, I ended up with Derek Allison (Observer) and Hilary Quick and Lynne Walker participating (thanks also to Liz, Oonagh and Paul). I used some of the feedback I had received from my mentor (Elizabeth Furness): *"Were the athletes relating what they read on the map to the ground, or were they trying to relate the ground around them to the map?"* to design a suitable activity, warm up and cool down (all in 45 minutes).

Derek Allison travelled up from the Lake District, in the middle of January, to assess my final session and to provide feedback on my folder of completed tasks. As with all the feedback and comments I received, during the almost 10 months since I had attended the course at Glenmore Lodge,

Continued over page >>

# coaching - a personal story


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## Level 2 Coaching Qualification (Cont.)

these were personally very valuable and encouraging. My understanding of orienteering developed at the same time as my coaching experience and confidence (and hopefully professionalism). I would strongly recommend the Level 2 process to any Level 1 Coach out there. (Just for the record, three of the eight people who attended the course in March completed on 19th January - well done Jess and Jane - with another two about to undertake their Day 4 assessment.)

The next stage for me is to continue to assist with the programme of monthly Moravian club coaching sessions, masterminded by Elizabeth. I am introducing the orienteering

experience in some primary schools in Aberdeen, and would like to expand that in Moray. I would like to use my new found skills to help attract new beginners - perhaps some parents of our growing junior section; just like Neil, Angus and Derick inspired myself and my family.

Finally, I'm absolutely indebted to Lynne and Hilary for their support throughout; to Jane Halliday and Elizabeth Furness for their encouragement and suggestions; to my six guinea pigs - Jamie, Siobhan, Fran, Amanda, Denise and Nikki; and to Liz Barr and the Moravian Committee for their support and encouragement. Now, time to repay some of that support...

### **Scottish Orienteering Association Annual General Meeting 2014**

The AGM will be held following the Scottish Individual Championships on  
**Saturday 24 May.**

The Individual Championships will be at Dalnamein (a change from Linn of Tummel) and the venue for the AGM will be at or near the event.

The SOA intends to put a motion to the meeting to change the requirements for a quorum at the AGM, since in recent years it has been difficult to assemble a quorum.

Further information will be announced on the SOA website.

Members wishing to put motions or proposals to the AGM should submit them in writing to

**the SOA Professional Officer, Colin Matheson, by Saturday 12 April.**

By email attachment: [colin.matheson@scottish-orienteering.org](mailto:colin.matheson@scottish-orienteering.org)

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



# event preview

**The Scottish fixture list contains a wealth of events of all kinds in the next few months, ranging from local events (including the last few of various night series), through level C colour-coded events, to the Compass Point Scottish Orienteering League (SOL) and bto Scottish Orienteering Urban League (SOUL) events (see inside back cover) and the Scottish Championships.**

There are events all over the country, with something happening almost every weekend. Here are a few highlights.

SOL 2, presented by STAG on 6 April, will now be held at Faskally Wood, near Pitlochry (see below for more explanation about the change of venue). Although this is a relatively small area, it has amazing variety, including

technical rocky terrain and intricate contours, as well as less technical slopes, with a network of paths and tracks around a small loch. This will be the first use of the new map, produced from LiDAR data, which is reported to be quite different from any previous versions of the Faskally map.

SOL 3 is on 27 April at Dunrod Hill, near Greenock, organised by CLYDE. This is a classic area of open moorland, with sweeping views, a lot of contour and rock detail, and extra interest added by various traces of industrial archaeology.

This is followed by another event in the west, STAG's pre-Commonwealth Games bto SOUL 4 in Glasgow, on Sunday 11 May, billed as a cracking day out in the delightful city centre – don't miss it!

The Scottish Championships are on 24/25 May. There's been a change to the venue for the Individual event on Saturday 24 May; Terry O'Brien (SOA Operations Director) explains: *"Originally the 2014 Scottish Championships, being hosted by our East Area clubs, had hoped to use the recently remapped Linn of Tummel area for the Individual event, with parking and assembly at the western end. On closer inspection, although the area provided prime terrain, the other aspects required for this*

Continued over page >>

View SW across the lochan at Newtyle Hill



Picture: Crawford Lindsay, ESOC

# event preview

*prestigious event (particularly the parking & accessibility) were not considered acceptable following an assessment by 3 different Controllers. In December 2013, on behalf of STAG, I offered to move or postpone our SOL event scheduled for Sunday 6 April at Dalnamein and free up this area for the Scottish Championships. Dalnamein has previously been used for both a SOL and the SHI Relays. Thanks to support from Colin Matheson (SOA Professional Officer), we have now managed to secure permission for the competition, as well as permission to park most competitors on the spurs of the old A9. Details for accessing the event have still to be finalised, but I am delighted to say we now have a quality Scottish Individual Championships venue."*

The Scottish Relays are on Sunday 25 May at Newtyle Hill, near Dunkeld, scene of the 2012 JK Relays. The planner promises courses with a difference on this compact but challenging area.

The annual Scottish inter-club junior competition, always hotly-contested for the Jamie Stevenson Trophy, takes place in mid-June. Judy Bell (ESOC), this year's event organiser, says:

*"Sunday 15 June is a date for the diary for two reasons. One - it's Father's Day; Two (much more importantly) - it's the date of the Jamie Stevenson Trophy event. This year we return to Perth, and Deuchny Woods. So it's time to*



The Dufftown clock tower

*start amassing the teams and see if someone can eventually overcome MAROC and win the coveted trophy. There will be fun and games, starting with the traditional parade of clubs and then a mass warm-up, before the serious competition begins. There will also be lots of time for socializing with a BBQ at the end."*

Roo Hornby (MOR) sent this enticing description of another great weekend:

*"In 2014 the Moray Mix is back; for orienteering and malt whisky connoisseurs this looks like being a weekend to savour, from Friday 20 to Sunday 22 June. James Duff, the 4th Earl of Fife, was a man centuries ahead of his time. In 1817 he realised that Moray was in desperate need of the perfect venue for a sport that would take the country by storm nearly 2 centuries later. And so Dufftown was born, but it took another 196 years for the map to follow, drawn to ISSOM standards by Steve Smirthwaite (also the event planner) as part of a special development project with the local primary school. Centred around the clock tower, surrounded by*

pockets of idyllic woodland, Duff built the town with its four main streets and maze of smaller alleyways to his own plan. The 4th round of this year's bto SOUL takes place here on the longest day of the year. The show rolls on to the Moray coast on Sunday 22 June for the CompassPoint SOL4, where orienteers will need little reminding of the delights that Lossie Forest hides beneath its canopy of Scots Pine. Tortured by the wind blowing off the North Sea, the sandy soil on the coastal strip has been contorted in to the most intricate shapes possible. little way inland, the spaghetti shapes give way to a vaguer swathe of very runnable forest, with lines of low ridges defining the shape of the land.

Hopefully, the weather will be better than Day 1 of Moray 2013, and plans are for assembly and the core of the courses to be further west than last July. With BASOC offering an evening event on Friday 20 June at the delightful

Revack Highland Estate, MOR and BASOC promise the weekend will be a memorable prelude to WOC and Highland 2015. The choice of an orienteering weekend to remember, in almost perpetual daylight, or staying at home, is yours to make. We really hope you choose the former and spread the word."


Looking ahead to the autumn, there's a terrific lineup of events for Race The Castles 2014, starting in Edinburgh and Stirling over the weekend 10/12 October, and moving on to Balmoral.

It's a big occasion for Edinburgh University Orienteering Club too, who say:

"Come help EUOC celebrate its 50th anniversary! We are inviting all alumni and members to a sit down meal on Saturday 11 October 2014. It is the same weekend as Race the Castles, so the perfect weekend to return to Edinburgh and race again through the streets and remember the good old EUOC days. Where: The Playfair Library, Old College, South Bridge; When: 11th October 2014

This black tie occasion will be an evening not to be missed, so keep the date free.

After this meal there will be the Race the Castles ceilidh at Greyfriars Kirk to end this great night.

For more information about tickets head to the EUOC website: <http://orienteering.eusu.ed.ac.uk> 

EUOC team at BUCS  
2013



Picture: EUOC

## Volunteering Opportunities

**C**ould you be a Local Link, building relationships to benefit Highland 2015 and future Scottish 6 Days?

Just like the Commonwealth Games, the Rugby World Cup and the WOCs before us, we will be recruiting outside our sport to help us deliver the World Championships and Scottish 6 Days of Highland 2015. In fact, we have already started. We piloted volunteers at Moray 2013, and we are already accepting offers of help to marshal at Race the Castles in October 2014, our next 'Test Event'.

For 2015, as well as recruiting orienteers from all over the UK, we are finding new ways to recruit people who are not already involved in orienteering, via local clubs and organisations and by working with Volunteer Scotland.

This is where you come in. Could you be one of our 'Local Links'? Could you work with one club, or organisation, or volunteer centre, over the next 18 months, to raise awareness and help us recruit our Event Team?

Let's spread the word and recruit some locals to help us welcome the orienteering world to Highland 2015.

SCOTTISH 6 DAYS  
ORIENTEERING  
HIGHLAND 2015



WORLD  
ORIENTEERING  
CHAMPIONSHIPS  
SCOTLAND 2015

### What are we asking you to do?

To be proactive in working with one specific group, to recruit around 10 volunteers to help with jobs at Highland 2015 that need no orienteering experience. You need to be happy to talk to people, but you don't need to be an orienteering expert. Depending on the group, you may:

- put up posters or hand out information sheets
- give a talk
- respond to enquiries
- be the direct point of contact for people in this group.

### How will we help you do this?

We can give you:

- general information about the Highland 2015 events that is suitable for non-orienteers
- posters and handouts
- videos about volunteering
- information on specific jobs the volunteers can do
- newsletters to pass on to the group.



### What type of groups will these volunteers come from?

- Sports events and organisations such as Jog Scotland or Loch Ness Marathon
- Community Sports Hubs, Active Schools and UHI students
- Scottish Business in the Community and local companies
- Volunteer centres such as Nairn Community Centre, Inverness Signpost
- any group you are a member of. 

## Could you be a Local Link?

I would be pleased to work with you; please contact me for further information.

email:  
**[Linda.Cairns@WOC2015.org](mailto:Linda.Cairns@WOC2015.org)**

Volunteer marshals at  
WOC 2013 in Finland



# member benefits

This page provides our members with useful services and products provided by like-minded people - with the added bonus of discounted rates!

If you have a product or service you'd like to feature on this page, please email your details to [communications@scottish-orienteeing.org](mailto:communications@scottish-orienteeing.org)

## **NATIONAL STADIUM SPORTS INJURY CLINIC Hampden Park, Glasgow**

[www.sportsmedicinecentre.org](http://www.sportsmedicinecentre.org)

Tel: **0141 616 6161**

£6 discount on physiotherapy sessions (£32 instead of £38) and 10% off all Health and fitness packages.

*Quote Scottish Orienteering Association member when booking.*

## **Scottish Orienteering partner organisations ACE PHYSIOTHERAPY (Motherwell / East Kilbride)**

[www.acephysiotherapy.co.uk](http://www.acephysiotherapy.co.uk)

Tel: **01698 264450**

Corporate rate  
(currently £25 per session)  
applies.

*Quote Scottish Orienteering Association member when booking.*

## **PERTH CHARTERED PHYSIOTHERAPY AND SPORTS INJURY CLINIC**

[www.perthphysio.co.uk](http://www.perthphysio.co.uk)

Tel: **01738 626707**

Rates on application.

*Quote Scottish Orienteering Association member when booking.*

## **FUTURE FOCUS SCOTLAND LTD**

[www.futurefocusscotland.co.uk](http://www.futurefocusscotland.co.uk)

Tel: **01738 827797**

Business Mentoring and Coaching in Scotland and around the UK including HR Coaching and HR Services

Discount: 10% for SOA members. Quote Scottish Orienteering Association member when contacting

## **OBAN SEA SCHOOL**

West Coast family sailing holidays from Oban, Argyll

Varied itineraries, suit children 8+. A natural adventure.

See [www.obanseaschool.co.uk](http://www.obanseaschool.co.uk) for ideas, photos, information.

Contact Robert or Fiona Kincaid  
Tel: **01631 56201**

## **TISO**

Outdoor shops with branches throughout Scotland.

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

Free Outdoor Experience card on application at any Tiso store, using BOF membership card as proof of SOA membership. The card provides 10% discount on purchases at Tiso.

*Quote Scottish Orienteering Association member when booking.*

## **FERGUSON LAW Private Client Solicitors**

Tel: **0131 447 0633**

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

All services offered at fixed prices. 5% discount to SOA members. Ask for Janice Nisbet (ESOC) when contacting.

*Quote Scottish Orienteering Association member when booking.*

## **MAS mediartstudio**

Logo Design, banners, fliers, newsletters and websites.

FREE LOGO DESIGN for SOA clubs/members - One per member

Contact  
[derek@mediartstudio.co.uk](mailto:derek@mediartstudio.co.uk)  
for a no obligation quote.  
[www.mediartstudio.co.uk](http://www.mediartstudio.co.uk)

*Quote Scottish Orienteering Association member when booking.*

## **CF THERAPEUTIC MASSAGE (NEWTONMORE)**

Christopher Fitzsimons offers Swedish Massage, at a treatment room in Newtonmore at 'Head Kandi' and can do home visits and events.

Tel: **07900 913378**

10% discount for SOA members.

*Quote Scottish Orienteering Association member when booking.*



## Compass Point Scottish Orienteering League 2014

[www.scottish-orienteering.org/sol](http://www.scottish-orienteering.org/sol)

[www.compasspoint-online.co.uk](http://www.compasspoint-online.co.uk)



## Classic Forest Orienteering in Scotland

All races Sundays

Starts: 10:30am onwards

Full range of colour coded courses

From string courses for under 5s to 10k+

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<input checked="" type="checkbox"/>	16.03.14	Devilla Forest	KFO
<input type="checkbox"/>	06.04.14	Faskally	STAG/ScotJOS
<input type="checkbox"/>	27.04.14	Dunrod Hill	CLYDE
<input type="checkbox"/>	22.06.14	Lossie Forest	MOR
<input type="checkbox"/>	14.09.14	Craig a Barns	ESOC
<input type="checkbox"/>	28.09.14	Speyside tbc	BASOC
<input type="checkbox"/>	18.10.14	Balmoral	MAROC



## Scottish Orienteering Urban League 2014

[www.scottish-orienteering.org/soul](http://www.scottish-orienteering.org/soul)



## Quality Urban Orienteering in Scotland

Courses from under-12 to Ultravet

<input checked="" type="checkbox"/>	25.01.14	Edinburgh City	EUOC
<input checked="" type="checkbox"/>	15.02.14	Perth	TAY
<input checked="" type="checkbox"/>	08.03.14	Livingston	INT
<input type="checkbox"/>	11.05.14	Glasgow	STAG
<input type="checkbox"/>	21.06.14	Dufftown	MOR
<input type="checkbox"/>	29.06.14	St Andrews	ESOC
<input type="checkbox"/>	30.08.14	Aberdeen	GRAMP
<input type="checkbox"/>	27.09.14	Speyside tbc	BASOC

Check website for details of start times/entry fees

For more information visit:

[www.scottish-orienteering.org/soul](http://www.scottish-orienteering.org/soul)

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