

SCORE

The Home of Scottish Orienteering

September 2014

INSIDE:

JHI Success

WOC Report

Summer Travels

EVENT NEWS

PLUS
lots more



magazine of the
**SCOTTISH ORIENTEERING
ASSOCIATION**



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Picture: Crawford Lindsay, ESOC



Picture: Klara Fajkusová



Picture: Rona Lindsay, EUOC



Picture: Crawford Lindsay, ESOC



Picture: Wendy Carlyle, AIRE

editor's intro

Scottish Orienteers,

HELLO again – hope you had a good summer. This issue is a little later than planned, because I think many were still in summer holiday mode, and articles were rather slow in arriving.

As promised, the main feature this time is a compilation of people's experiences at multi-day events; thanks to everyone who sent in an account, and to our other contributors too. As well as the regular news, there are reports from some recent events, a warts-and-all account of what's involved in planning courses, and an article about the latest construction project for WOC and Highland 2015. Hope you'll enjoy reading these.

The next issue will be in early December, to avoid the Christmas rush; please note that the copy deadline is sooner than usual. As ever, any contributions or comments will be very welcome.

The photo this time shows me relaxing in the Kamnik-Savinja Alps, Slovenia, after the OOccup in early August.

The equinox is almost here, the nights are drawing in, and the fixture list is full – enjoy your autumn orienteering!

Sally Lindsay
Editor



Picture: Wendy Carlyle, AIRE

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Cover pic - First leg runners at the start of the 2014 Scottish Inter Club Team Relay
Pic courtesy Crawford Lindsay, ESOC.

ABOUT ORIENTEERING

Information on orienteering or any SOA activity can be obtained from the Association Secretary: secretary@scottish-orienteering.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.

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

president's piece

by Roger Scrutton (ESOC)

SOA President

email: president@scottish-orienteeing.org



Picture: Crawford Lindsay, ESOC

Roger Scrutton at the JK


Since Sally has told me that she is tight for space in this edition of SCORE, I am going to try to keep this President's Piece short. Actually, SCORE has been well-supplied with articles and space has been at a premium throughout this year, thanks to our willing contributors.

The highlight of the last few weeks has been the victory by the Scottish Junior Squad in the Junior Home International event, organised by ECKO. The full story is on page 24, and more details are on the SOA website at <http://www.scottish-orienteeing.org/scotjos/ward-junior-home-internationals-2014>. After a 12 year wait since the last victory, this one was all the more sweet, and it was thoroughly deserved. What stands out for me is the level of dedication shown by the athletes, coaches and all their supporters towards the organisation and training. Training weekends are important, but equally important is the work done by the athletes in between training weekends when they become responsible for their own improvement. Congratulations to everyone involved. The Veteran and Senior Home Internationals take place over the next few weeks, and here's wishing the best of luck to the Scottish teams.

Over the Summer, preparations for the Highland 2015 World Orienteering Championships and Scottish 6 Days Festival have stepped up a gear. International squads are now regularly

in Scottish forests for their training camps, course planners are making major progress for the 6-Days races and infrastructure is being put in place and tested. Next August will see some 5000 orienteers in the Inverness area, impressive arenas shared by the parallel events and some spectacular racing. It's time to start getting excited; or to start worrying whether everything will be ready in time.

The SOA recently received notification of the criteria it must meet in order to secure continued funding from sportscotland. Our progress will be reviewed next year for a new four-year funding cycle from April 2016. Against most of the criteria - governance, coaching, and athlete and volunteer development - we are doing well, and our contribution to GB at elite performance level, although not a formal criterion, is excellent, but in participation and membership we are struggling. In response to this issue, we are developing a new marketing strategy under the guidance of Ross McLennan (SOA Marketing and Communications Director), to raise public awareness of our sport, and we are preparing Membership and Welcome packs for clubs to use to attract and retain members. Hilary Quick will soon be in touch with clubs about these packs.

I hope you have all enjoyed the summer holidays and are now looking forward to some good domestic orienteering during the rest of 2014. 

patrons of scottish orienteering

Karen Darke is one of our three Patrons:

She is a paralympic cyclist, paratriathlete, trail orienteer, adventurer and author who has represented GB at the Paralympic Games (Silver medal 2012) and the World Trail Orienteering Championship. She has a blog about her cycling activities, and its sentiments also apply to orienteering.

Here are some recent extracts:



11 August

Do you ever get days where everything just seems to flow? Things just happen effortlessly and at the end of the day you look back wondering how you got so much done so easily, which on another day might have felt really stressful.

I get the same with races. Some races are painful, from start to finish...I'm trying my hardest, pushing myself to the limit yet can't seem to pick up speed, can't catch that rider just ahead of me.... The 'magic' never appears, that special something that makes the race flow somehow effortlessly (though logically with your heart rate close to its max, it can in no way really be effortless...). I love the days, and the races, when the 'magic' is there.

Maybe the 'magic' is when we care but we don't stress, we try but we don't push, we just do what we do to the best that we can, and let the rest happen.

27 May

I'm just back from a great weekend of bike racing in Switzerland. Last night our 9-strong team – 7 riders and 2 coaches - celebrated a successful weekend of results with dinner beside the lake in Luzern, spectacular with

the Alps towering above the city's domes and spires. At the end of the races on Sunday afternoon I sat in my handbike for a while watching as competitors finished, maybe up to a few hundred disabled athletes. Helmets were peeled from sweaty heads, faces telling of hard effort, muscles shot with veins, their patterns like road maps that symbolized each athlete's journey, the hours of commitment, pain and passion that each had put into their sport.

When I started out racing, I used to put the fastest riders on pedestals and think it was something I could never achieve. Now I see that's rubbish. Talent might help get you started at something, but ultimately it's the hours and commitment you put into something that reap results. I believe that nurture has the edge over nature, that anyone can become good if you create that for yourself by grabbing the thing you're passionate about and working hard at it.

*To read the full articles, and much more besides (there are some amazing stories), have a look at Karen's website:
<http://www.karendarke.com>* 

Many Scottish orienteers ventured abroad over the summer, to multi-day events in various countries, and there's a full feature on these later in this issue. Now the autumn season is upon us, and the first of many promising weekends was the Purple Thistle, on 23/24 August, which as usual lived up to expectations, delivering excellent orienteering in challenging terrain – see the report from Doug Tullie, one of the planners, on page 8.

Next up was **bto SOUL 7** on 30 August in Balgownie, Aberdeen, a mixed urban area featuring playing fields and grassland, modern housing estates, some woodland by the River Don, and a new development in old mill buildings by an (uncrossable) mill lade. Small paths and alleyways offered plenty of route choice, and the area was quite hilly. This was the penultimate Scottish Orienteering Urban League event of the year, so the league positions are becoming clearer, but in many classes the final race will be the decider for the 2nd and 3rd place, if not the winner. Full details are on the SOUL page of the SOA website, at <http://www.scottish-orienteering.org/soul>

Many stayed on for GRAMP's colour-coded event at **Glen Dye**

the next day, which is a delightful pine forest, though it was very wet underfoot on this occasion. Complex moraine features, marshes and open areas gave variety to this enjoyable event.

It was a long journey south to Staffordshire for the **British Sprint and Middle Distance Championships** on 6/7 September. The British Sprint, at Keele University, had the usual format of qualification heats in the morning, with A and B finals (and even C finals for larger classes) in the afternoon. There was fast and furious running among university buildings and parkland, and any lapses in concentration could result in several places lost. The British Middle Distance Championships were at Brereton Spurs (near Rugeley), a small wooded area of complex terrain with some thick undergrowth in places. The weather was warm and sunny, and there was a good atmosphere.

Murray Strain (INT) won the Men's Open at the British Sprint and came 2nd in the Middle; Hazel Dean (FVO) won W50 in both Sprint and Middle; Emma Wilson (CLYDE) won W16 at the British Middle – congratulations to all. See the panel (next page) for other Scottish podium places.

The Scottish Inter-Club Team Relay was on Saturday

13 September at the Falkirk Wheel. The start gave good views of barges travelling along the spectacular raised canal on the approach to the Falkirk Wheel itself, and courses then swiftly led into wooded terrain with many ditches and banks along the Antonine Wall. This year the event was combined with the Junior Inter-Area Relay, so there were some changes to the format, and there was no 11-person class. 14 teams battled it out in the 8-person relay, with ESOC Express victorious. In the Junior Inter-Area Relay, the North won, followed by West and then East.

More details of results in both relays are available on the SOA website: <http://www.scottish-orienteering.org/soa/page/scottish-inter-club-team-relay-2014>

The next day saw **Compasspoint SOL 5**, at Craig a Barns. This very technical area is one of Scotland's best, a dissected plateau covered in pine and larch forest with a wealth of features. Longer courses had a high start, reached by a long but scenic walk.

This event also formed the Individual day for the Scottish Junior Inter-Area competition. The West area had most points in the Individual event, but not enough to overtake the North,

British Sprint Scottish medallists

Men's Open – 1st Murray Strain, INT
M10 – 2nd Jamie Goddard, FVO
M14 – 3rd Jake Chapman, MAROC
M35 – 2nd Ross McLennan, FVO
M40 – 3rd Roger Goddard, FVO
M55 – 2nd Martin Dean, FVO
W16 – 2nd Emma Wilson, CLYDE
W35 – 2nd Janine Inman, FVO
W50 – 1st Hazel Dean, FVO
W60 – 2nd Janice Nisbet, ESOC
W65 – 3rd Sheila Strain, ELO
W70 – 3rd Eleanor Pyrah, ESOC

British Middle Scottish medallists

M14 – 3rd Jake Chapman, MAROC
M21 – 2nd Murray Strain, INT
M35 – 2nd Will Hensman, FVO
M40 – 2nd Roger Goddard, FVO
3rd Jason Inman, FVO
M55 – 2nd Martin Dean, FVO
W16 – 1st Emma Wilson, CLYDE
W21 – 2nd Charlotte Watson, EUOC
W35 – 2nd Janine Inman, FVO
W50 – 1st Hazel Dean, FVO


who won the overall competition. A summary of the points is on the SOA website via the link shown in previous column.

Unfortunately the Veteran Home International was also on 13/14 September, so some major names were absent from the relay and SOL 5 – see the Veteran News section on page 28 for a full report.

Picture: Crawford Lindsay, ESOC



Craig a Barns from the south

BASOC's second Highland WOLF weekend may well have taken place by the time this issue reaches you; it promises to be as good as the first! 



the purple thistle 2014

by Doug Tullie (RR)

Barebones orienteering in beautiful Highland terrain

O*rienteering isn't just about winning things, gaining ranking points, getting badge times etc. It's about getting out there and doing the sport you love doing. Sure, competition is great, but it's not the be all and end all of sport. It's about enjoying yourself and we want you, the people, to get the chance to enjoy your weekend away orienteering, with the minimum of fuss to both you the competitors, and us the organisers."*

The mission statement of the first Purple Thistle weekend in Arisaig, back in 2005, was at the heart of the decision to host a weekend of great orienteering on the banks of Loch Ness in 2014. With the World Orienteering Championships based in nearby Inverness in one year's time, the Scottish Elite Development Squad (SEDS) decided to base this year's Purple Thistle in Inverness-shire and treat competitors to challenging courses on two typically physical Highland areas.


Day One was based at Abriachan, a community-owned forest situated on the Great Glen Way, which presented a tough physical challenge as well as some amazing views over Loch Ness and towards Glen Affric. Thanks to the cooperation and support from the Abriachan Forest Trust, we had the use of some indoor facilities and BBQs, which meant that post-race socialising could carry on long after the sun had set! The torrential hail shower which some competitors experienced didn't seem to dampen any spirits and the general feeling at the end of the day was very positive towards the area. Athletes preparing for the World Championships will

have the chance to use this great little area, as it is being used for training in the build up to the championships.

Competitors staying at the event campsite had the luxury of a very short journey to neighbouring forest Bannan for Sunday's race. A real mixture of an area; some beautiful mature forest broken up by areas of felling and small patches of storm damage meant that Day Two was a real physical and technical challenge. The open choice of course allowed some interesting battles to be played out, with young stars of the future getting the opportunity to race against some familiar names of World Championships past and present.

The organising team is proud to be able to say that we are continuing to organise quality weekends of orienteering with the same ethos that the original Purple Thistle had 9 years ago. A big thanks must go to all the SEDS members who helped out on the weekend, Robin and Sheila Strain for IT and moral support, other friends and family who chipped in on the day, Abriachan Forest Trust and Mr McMillan for the use of a surprisingly dry field. All profits from the weekend will go towards funding SEDS activities in the lead up to next year's World Championships on home soil. We hope you are as excited as we are!

Watch this space for news on the next Purple Thistle event, where we hope to venture to an area new to orienteering in a remote corner of the Scottish Highlands...

Results are available at:
www.purple-thistle.co.uk and
www.scottish-orienteering.org/seds 

lakes 5 days, 3 – 8 august

by Martin Dean (FVO)

This summer's Lakes 5 Days was held in the southern part of the Lake District. The event didn't get off to the best of starts, with Day 1 at Swindale South suffering torrential rain. Overseas competitors must have wondered if they'd made a good holiday choice, and those wearing capes discovered they give little or no protection in our windy climate! The volunteers on the start and finish remained cheery and did a fantastic job, whilst the open fell terrain provided a good technical and physical challenge.

Although the weather on Day 2 was much more summery, the area (Simpson Ground) was forested, physical and technically challenging, with a wealth of contour and vegetation detail. The times of many competitors didn't reflect the fact that on this day, the courses were middle distance. The better weather, together with a well laid out assembly, which included a good number of food and equipment traders, gave a belated opportunity to socialise and catch up with old friends.

Day 3 was held in Grizedale North West and with the programme promising "a variety of coniferous and deciduous woodland with varied runnability of brashings, seasonal bracken and low branches", I anticipated a tough day ahead. I failed to find the "delightful areas of grass/bilberry that enables faster progress" that the programme also mentioned.

A rest day was scheduled on Wednesday 6 August, between Days 3 and 4 - although there wasn't much rest for those participating in the urban event in Ulverston!

Day 4 at Pike O'Blisco in the Langdale Valley was the highlight of the week! Billed as having "some of the very best open

runnable terrain in the Lake District with a wealth of rock and contour detail and almost no bracken", I was really looking forward to this - especially since I hadn't run on the area before and the day was sunny and warm. The area lived up to its hype, with the planner making the most of an excellent map, and giving us a very technical, downhill finish. Unfortunately, the warm weather did have a downside - a huge queue at the ice cream van!



Picture: ActivNorth

Day 4 start - a glorious location

The last day was at Hampsfell and Eggerslack, close to Morecambe Bay, where the mixture of open and wooded limestone provided contrasting, but equally technical, terrain.

Overall scores were based on a competitor's 4 best results, with a day class winner receiving 1 point, the second placed competitor 2 points and so on. Scottish orienteers fared well in the overall results and were rewarded with local goodies such as Cartmel Sticky Toffee Pudding.

Full results and other details about the event are on the Lakes 5 Days website: <http://www.lakes5.org.uk/>

Photos from the event can be viewed at www.activnorth.com 

World University Orienteering Championships 2014

The 19th WUOC took place on 12 - 16 August, centred on Olomouc, Czech Republic. Several Scottish-based athletes represented Great Britain: Alan Cherry (INT), Bex Harding (formerly EUOC), Kirstin Maxwell (RR/EUOC), Rhona McMillan (MAROC), Charlotte Watson (EUOC).

The first competition day was the Mixed Sprint Relay, on 12 August, which took place in parkland and urban terrain in the historic city centre of Kroměříž, mostly flat.

Next day, the Long Distance race at Nectava was technically straightforward but physically tough, on steep ridges and valleys in coniferous and deciduous forests. The Sprint race was on 14 August, in Svatý Kopeček. It started in the zoo, with roads, flower beds, hedges and forest, continuing into the village area with streets, footpaths, and meadows, and there were some steep sections. 15 August saw the Middle Distance race in Protivanov, a fairly flat area in

coniferous forest with a network of forest roads and paths, giving very fast running. The final competition day was the Relay, on 16 August, in the same area.

Kirstin (Mixed Sprint Relay, Sprint, Relay) and Rhona (Long Distance, Sprint, Relay) both said it was a great experience. Kirstin commented, *"It was great to finally get a chance to run an international competition. My highlight was the sprint relay. Going off on first leg with a very high standard of competition made me quite nervous, but I had a good run, as did the whole team. It was such a great race to be part of. The sprint was really different to any sprints in the UK, and although I had done a lot of preparation, I was really disappointed with my run and was also unhappy with my run in the relay. Overall though, I gained valuable experience and I am now even more motivated to achieve more in the future."*

Rhona added, *"It was a relaxed atmosphere, allowing for international experience with no pressure or stress. I found the long race physically very tough and very different to anything I had run in before. >>*

L to R: Charlotte Watson, Rhona McMillan, Kirstin Maxwell, Lucy Butt, Tamsin Moran, Bex Harding



Picture: Lucy Butt (SARUM/EUOC)

by Hilary Quick (BASOC)

SOA Development Officer

email: hilary@scottish-orienteering.org



Hilary Quick



No formal news this time, but I'm re-discovering the advantage of having someone else in the office - silly ideas get bounced around.

We're currently considering submissions for inclusion in "The Orienteer's Songbook". Several hymns are obvious candidates - "Guide me o thou Great Redeemer", "Hills of the North, Rejoice" and "Lead, Kindly Light" for starters. On a lighter

note, Frank Sinatra's "I did it my way" must be included, but my favourites so far are U2's "I still haven't found what I'm looking for" and "Running up that hill" from Kate Bush. And that's without the re-writes, such as "50 ways to leave your control", which Paul Simon didn't quite write...

More suggestions welcome!

What about "Born to Run", by Bruce Springsteen? – Ed 

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 hilary@scottish-orienteering.org

By phone 01479 861374 (has an answerphone)


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

Thank you

<< The sprint race was also very physical, but it was my route choices that let me down. I loved the relay, as any chance to run an international relay is great experience for the future. The week taught me a lot about international racing and how to approach it. Most importantly, I really enjoyed the orienteering and hope I will be running again in two years' time."

Full details including bulletins,

results and photos are available on the WUOC 2014 website: <http://wuoc2014.cz/> There are also reports from each day in the news archive of the British Orienteering website (search by date range 11 Aug 2014 to 20 Aug 2014 to find them).

The World University Orienteering Championships is held every 2 years. The next event will be in 2016, in Miskolc, Hungary. 

Adventures abroad - foreign multi-day events

SOA members travelled far and wide this summer, here are some edited extracts from their experiences.

Thanks to all contributors.

Transylvania Open: Cluj, Romania, 10-13 July

**by Roger Coombs
(MAROC)**

Transylvania isn't an obvious orienteering holiday destination, but we'd not been to Romania before, and Duncan Grassie was enthusiastic about it, so first stop Luton for a cheap early morning Wizz Air flight to Cluj-Napoca.

With the Swiss O week also on our agenda a week or so later, we had decided to just run two of the four days at the Romanian event, so we would be able to see more of the country in the days we were there.

There followed a whistle-stop tour around rural Transylvania's Saxon villages, marvelling at what we thought a bygone way of life, taking care to avoid the many and varied horse-drawn hay wagons, errant cows, and local people bearing weighty milk churns and suchlike on the main roads. A day, and a high level run, in the admirable Carpathian mountains wasn't in any way sufficient to do them justice but was an adequate taster to ensure a return trip sometime.

And so back to Cluj, where the orienteering was centred. In

complete contrast to the Swiss event to follow, the Transylvania Open was low key with around 300 competitors. Most were Romanians and Hungarians, with a smattering of other nationalities but no other British.

A couple of friendly Belorussian students staying nearby travelled with us to the races and gave us a few extra insights into orienteering in this part of the world. The terrain was very clean-underfoot beech forest - with an extensive gully network, being somewhat akin to the Chilterns in southern England but very much steeper. The only thick unpleasant areas were along stream valleys in the areas of open grassland.

The map was good and the organisation level fit for purpose – like a Scottish Level C event in truth. The plentiful mushroom pickers in the forest were unexpected, and the level of competition was not quite what we are used to in Scotland, particularly in the older classes – but no less fun for all that.

Transylvania Open website:
<http://www.transilva.ro/>

**5 Days of
Italy: Trentino
- Veneto,
5-13 July**

**by Sheila Strain
(ELO)**

With WOC 2015 being built on to the Scottish Six Days next year, we went to Italy to see what we could learn from the WOC/Italian Five Days combination, and for Robin to get a chance to see the timing systems they were using at WOC.

Interestingly, with the start of WW1 being commemorated, the mountainous area had much relevance, being right on the boundary between the pre-war Austro-Hungarian empire and Italy.

First was the WOC sprint race, some distance away in Venice, so it was a very early start to get the coach. Whilst they were running their heats on a remote island, we had the chance to compete round Venice. No wonder people travel there just to participate in the annual Venice Street Race!

**Finish of the Sprint race
in Asiago**



Picture: Sheila Strain, ELO

The Five Days started the next day, with a Middle Distance, my very first control ("Ditch Bend") being in a slit trench which wended its way across the area. Trenches were also a feature in the area used for Day Five/WOC Long and Relays. The races were very varied, with Day Two being a Sprint in a historical town, Levico, in the valley, where the 30°C temperature was rather higher than in the mountain areas. It was followed by watching the WOC sprint relay in another town, Trento, but by then a torrential thunderstorm turned the streets very slippery.

The additional interest of the only Long race, on Day Four, was the option of taking a ski chairlift to the start. Amazingly, I was in the lead on W65 after three days, and the course on Day Four started easily in and around the clearly defined ski pistes, but then I blew it, looking at the wrong path on the map. Messing around for a few minutes while relocating dropped me to sixth place. A respectable run on Day Five could only maintain my placing.

The 'rest' days had the option of urban sprint races, one in a mountain village, and the other in Asiago, which we managed to fit in on the way to the WOC Middle race, so we did manage eight races in eight days as well as spectating at all the WOC finals. Bring on 2015!

5 Days of Italy website:
<http://www.5daysofitaly2014.it/en>

Adventures abroad - foreign multi-day events

**O-Ringen:
Skåne,
Sweden,
19-25 July**

**by
Jon Hollingdale
(MOR)**

There are summer multi-days, and then there is O-Ringen, which celebrated its 50th anniversary in 2014. It may not have mountains or glaciers, but an orienteering event with 22,000 competitors is a special experience.

Organising O-Ringen requires a small army of happy helpers, and must consume a couple of small lakes-worth of water, both for the communal showers and as (unbottled) drinking water for runners before, during and after competition - very welcome, as the temperature was close to 30°C every day.

The O-Ringen Town holds the event centre as well as restaurants and shops, and many thousands stay at the adjacent campsite

("camping" for Swedes seems to involve massive Volvo estates with even bigger caravans), using the excellent bus service to get to the races. It's not just a holiday event though. A prize fund of £40,000 attracts many of the world's best orienteers: Tove Alexandersson and Thierry Gueorgiou pocketed around £8000 each as overall elite winners; they also spent hours signing autographs and posing for selfies with their many fans.

Courses are short by British multi-day standards, with H50 typically getting 6-7km and a dozen controls, giving winning times around 45 mins (25 mins on the Middle Distance day), but I didn't hear anyone complaining of being short-changed.

The strength in depth is astonishing and of the over 200 Brits present, only 4 managed top-ten finishes: Jenny Ricketts (MAROC) 3rd on D18 Long was the star, with Andrew Barr (MOR) 6th on H18 Long, Duncan Archer (CLOK) 9th on H35 and Charlie Adams (SYO) 9th on H50/2. The less said about my own performances the better – but I'm determined to come back and do better next time – if you can succeed here you can do so anywhere.

O-Ringen 2014 website:
http://www.oringen.se/english/orteren/skane2014.652_en.html

O-Ringen finish, Day 4



Picture: Sally Lindsay, ESOC

Croatia Open: Primorsko- Goranska, 21-26 July

by Calum McLeod
(GRAMP)

In July, eight of us from EUOC travelled to Croatia for the Croatia Open five day orienteering event. The event centre was in Delnice, a small town in the mountainous region of Gorski Kotar.

A sizeable amount of re-planning was done by the organisers, due to severe ice storms damaging the forests over the winter. This made the areas physically tough going underfoot. We were thankful to be told we had avoided the worst parts.

Day 1 was the wettest! It decided to start raining about 20 minutes before my run and stop not long after I had finished. The rain was at its worst halfway around my course when I was trying to run up a hill but could feel the weight of my drenched EUOC top slowing me down. The sun did make a few appearances throughout the rest of the week.

The long race, Day 3, was in a typical karst forest, with many deep rocky sink holes all over the area which provided both a physical and technical challenge. The area that was used for the final two days was about 1000 metres above sea level on a forested plateau which had more mixed runnability than the previous areas.

My favourite day was the sprint race which was held on the



Picture: Sophie Horrocks, EUOC

Preparing for the Sprint race

Croatian island Krk. The race was based in Omišalj, one of Krk's oldest towns, built on a cliff 80 metres above sea level. The town provided an irregular network of streets with many narrow alleyways, some of which were less than a metre wide. It was a great location for a thoroughly enjoyable sprint race. The assembly area was right beside the sea, which was ideal for a cool down swim in the sea right after your race, even though the sun wasn't out and it had been raining earlier on in the day. I had one of my best runs, coming 3rd on M20 and winning a bottle of locally made olive oil; the sprint was counted as an individual event as well as part of the 5 day competition.

I really enjoyed the whole competition and the experience of running in a foreign country for a week.

Adventures abroad - foreign multi-day events

Swiss O Week: Zermatt, 19-26 July

by Alan Halliday
(MOR)

We arrived for the Swiss after the Italian 5 Days and spectating at WOC. As Zermatt is traffic-free (except for electric taxis, buses, etc.), camping was down at Tasch – a train ride or hour's walk away. We had an excellent site, with great views up the valley.

Zermatt is not exactly a quaint alpine village, although it is picturesque. Some traditional buildings survive, and the lanes and multiple alleyways of irregular shape were ideal for Day 1, the urban race, with the finish in a square in the centre of town. A route choice error could involve a fair bit of extra climb. Starts were from 8:00 to 12:00, so later runners had more tourists to frighten!

Day 2 was at around 2,200m above sea level. We were close to the Matterhorn, and the views would have been great if it hadn't been raining. The terrain was grass and shrub; though confusing in places, it was not really indicative of the more spectacular days to come.

Due to weather concerns, the

organisers swapped Day 3 and Day 5. They did this very well and there was no sign of any logistical problems. We were taken to the assembly area by mountain railway and were running at nearly 2,800m. The altitude didn't seem to make a lot of difference when going downhill or even along the flat, but once I had to go uphill I soon noticed it. Rough open with lots of rock detail was the order of the day; no trees at this altitude.

The entry fee included a pass for unlimited use of the chair lifts, mountain railways and buses for 8 days. The rest day was bright and sunny, so we went to the top of the Gornergrat (3089m) and walked down to Zermatt. It was a long walk, and took us most of the day, but the views were tremendous!

Day 4 was another 'lower' day, at just 2300m. Rocks and trees were prominent with some of the boulder fields being particularly slow (but the planner made you add climb if you went round them). There were elite mass start races too. We felt for them, as they had to run up a steep 8 contours in full view of the assembly.

Day 5 (had been Day 3) was the most memorable day, and not only because I managed to make a 21 minute error! The start was at around 3,000m and much of the area had been glacier until a few years ago. There was no vegetation and we were crossing many snow fields. Rock features were intricate, and it was a great experience to just be

Swiss O Week assembly
area, Day 4



Picture: Rona Lindsay, EUOC/ESOC

**Bubo Cup:
Trnovo
Plateau,
Slovenia,
24-28 July**

**by Claire Ward
(ESOC)**

there, let alone to be orienteering in it. The map was substantially bigger than A3, so a lot of folding and refolding was needed.

Day 6 was titled the 'Delightful Day', but I would beg to differ! There were steep wooded slopes with moss-covered rocks making running very hard. I suppose it was the cumulative effect of the other days but the terrain coupled with the most climb of the week didn't help me.

The Swiss O Week was an amazing experience. The events

ran smoothly and the information in the 180 page booklet was comprehensive. We were a little unlucky with the weather, but still had some great days. When booking, I thought it seemed quite expensive, but when you take into account the 8 day lift pass and the fact that the toilets for the assembly areas had to be helicoptered into position, then it doesn't seem so bad! It was a great orienteering multi-day holiday.

Swiss O Week website:
<http://www.swiss-o-week.ch/en/>

A small group of Slovenian orienteers are responsible for organising a series of exciting races each year, using the country's famed karst terrain.

The Kvarner Bay Challenge and Lipica Open are in March, and the Bubo Cup and OOCup are in the summer. We decided to head to the Bubo Cup and OOCup with friends Ricky and Kim Baxter of SYO, Slovenian orienteering regulars.

The Bubo Cup was the smaller of the two competitions, attracting around 230 competitors, the OOCup attracting more than 800. This year the Bubo Cup was based in the village of Lokve, on a beautiful high plateau near the Italian border. The same assembly area was used every day, and the starts were on average 1km walk away, with the finish being on

average 400m away. The terrain was consistently challenging with the large depressions and rock features typical of karstland forest. Kim and Ricky tackled an 'ultimate' class, where the paths have been removed from the maps, whereas Ray and I settled for the more standard W21E and M35 respectively. There was childcare on hand, and a pub selling sausage and chips beside the download tent. Self-catering options are limited in the immediate area, so we had a drive from our apartment in the Slovenian vineyards each day, but the event campsite was 300m away from assembly. It was challenging but friendly, laidback holiday orienteering in beautiful surroundings, and we will be back soon.

Bubo Cup website:
<http://www.bubocup.com/>

Adventures abroad - foreign multi-day events

Canadian Orienteering Championships: Whistler, British Columbia, 1-5 August

by
**Tim O'Donoghue
(SOLWAY)**

We were thinking about a holiday in British Columbia, and the Canadian championships in Whistler tipped the decision and set the timing.

Co-scheduled at Whistler was a Wanderlust yoga festival, so on arrival we found lots of intense people there clad in colourful lycra: hence the orienteers blended in fairly well.

Day 1 was Middle Distance. The area was excellent – lots of detail and complicated navigation, but a heat wave had struck and the temperature was 33°C. I was checking the map for a water station before control #2 (sadly, no water stations on Middle Distance courses). It was great fun, with my highlight being the mounds of free water melon at the finish.

The Sprint event, in Whistler itself, had early starts before it got hot. Again the courses were excellent, but the yoga had an impact: rounding a corner at full speed I found myself picking my way through an early morning yoga session. I got through, but had become disorientated and then headed off in the wrong direction.

My long course on Day 3 was a mere 5.2km with 250m of climb and 550m of descent (there was a chair lift ride up to the start). Any thoughts that this was a bit short vanished once in the forest: again it was a complex technical area with low visibility in places and also rough at times.



Sprint race control at the Olympic rings in Whistler village

Picture: Tim O'Donoghue, SOLWAY

Fallen trees (large ones) complicated things. Good navigation early on evaporated once the heat and the terrain took its toll, and the stream crossing involving use of a fixed rope to get to it (with a 5 minute time out) finished off my energy reserves. Survival orienteering followed to get to the finish in 137 minutes and 14th place – only one third of my class took under 2 hours. Many others had similar tales of lost time and challenges, but I did not hear of any encounters with bears.

The events were well run and the orienteering was challenging and really enjoyable. No prizes for members of our family, but the Ackland family (INT) more than made up for that with 2 wins and 4 seconds, while the three Scottish M20s (Josh Dudley, MAROC; Jack Gomersall, GRAMP; Callum Roberts, MAROC) were never out of the top 4.

Canadian Orienteering Championships 2014 website:
<http://coc2014.ca/>

**OOcup:
Kamnik
Savinja Alps,
Slovenia,
1 – 5 August**

**by
Crawford Lindsay
(ESOC)**

I had been to the OOcup once before, in 2011, when it was held around Lokve in the west of Slovenia and had orienteering unlike anything I'd experienced.

The terrain there was rocky and full of sink holes, masses of crags of many sizes and also beautiful mixed deciduous and pine forest.

It was only this year we managed to get the chance to go again. The competition was a little more spread out, in the Kamnik Savinja Alps of northern Slovenia. The orienteering was quite different, being above 1400m on four of the five days, and the terrain was a mix of open and forest, with masses of purple cyclamen in full bloom.

Days 1 and 4 were on the Velika Planina (big pasture) and the area to the north. Day 1 was mostly open pastureland with scattered trees, large sink holes and a smaller area of wooded terrain.

Day 4 was more like the Slovenian orienteering I remembered, a 1:7500 map with huge features,

thicker forest, and difficult to run on. I survived.

Days 2 and 5 were on the Melina Planina (small pasture), with more forest than Velika Planina. Day 2 was hard work in comparison to Day 1, and much slower, but Day 5, to end the competition, was mostly mixed open with small areas of forest.

Day 3 was on low ground, at Letuš, and was a Middle Distance race in complex forested terrain with many paths. It was a hot day, and we were glad to cool off in the Savinja River afterwards.

We had been to the O-Ringen as well, and the contrast between the two events is amazing. Instead of 22,000 people and a full time staff doing the organisation, the OOcup is run by a small group of Slovenians, who nevertheless manage to put on great orienteering for nearly 1000 people every year, whatever the weather.

I would recommend Slovenia and its orienteering to everyone. It's laid back and challenging at the same time.

Be prepared to drive up roads we would never use in Scotland to get to events, and park in rough and steep fields and have control sites that would never be approved of here. Next year the OOcup returns to Lokve between 25 and 30 July. Try it, and improve your orienteering!

OOcup website:
<http://www.oocup.com/> 

Velika Planina



Picture: Crawford Lindsay, ESOC

by **Lynne Walker (BASOC)**

SOA Coaching Coordinator

email: coaching@scottish-orienteeing.org

Picture: Crawford Lindsay, ESOC



All the latest coaching news

INFORMATION ABOUT COURSES FOR COACHES

The course schedule for 2015 is now available on the NatCen website. There is a lot happening; get your application or expression of interest to Hilary Quick as soon as possible!

<http://www.scottish-orienteeing.org/natcen/page/national-centre-course-schedule>

There is a change to the way the UKCC L1 course will be delivered in 2015. This is following on from the successful pilot of a 'Foundation' course at the end of September 2013.

Foundation course - would you like to find out if you will enjoy coaching?

Thanks to generous subsidy from **sportscotland**, there will be a free one-day Coaching Foundation course on various dates during 2015, at venues throughout Scotland. The course will give competent orienteers the skills and understanding to coach beginners of any age.

<http://www.scottish-orienteeing.org/soa/page/coaching-foundation-course>

UKCC L1 - the next step after the Foundation course

The UKCC L1 courses in 2015 will be held over two consecutive days. A Foundation course will have to be completed before the two days of the UKCC L1 course. At the moment there are three dates in the 2015 calendar for UKCC L1 courses.

UKCC L2 course

There is one date in the 2015 calendar for this course. Ideally, all clubs should have at least one coach at this level - can you identify someone you (the club) could encourage and support towards the UKCC L2?


UKCC L3 course and modules

Hilary Quick has put in a lot of work to have this course accredited by the SQA. In November 2015, the UKCC L3 will start with a weekend of modules; please contact Hilary to register your interest. Interested coaches may also attend one or more of the modules (depending on space available); this will involve some pre-module work as well. Again, please let Hilary know if you are interested.

CPD days for coaches in 2014

Following the 20 September one in Perth, there are two dates left on the calendar for these: 4 October (Aberdeenshire) and one date still to be confirmed after that (Lanark area). These days are focussing on sharing best ideas and producing useful materials for all coaches in Scotland. Please come along and contribute! Details are on the NatCen course schedule page via the link above.

ATHLETES - WHAT DID YOU DO AND WHERE WERE YOU ORIENTEERING THIS SUMMER?

Many SOA members headed for multi-day events away from Scotland this summer. Multi-day races are great - they also show up any areas you should be working on in training! Talk to a coach about these areas; encourage the club to put on some autumn training sessions. There is a lot of orienteering coming up soon, and a huge variety - are you prepared for it? 

in praise of...

by Andrew Lindsay (EUOC / ESOC)

Night Orienteering

Some people dismiss night orienteering as not being 'proper' orienteering – whether they are afraid of the dark, or of an actual challenge, those people are wrong.

Night-O is a whole different beast to regular orienteering – while you might be able to get away with not having a proper plan and just running in the general direction of a control during the day, at night you'll end up lost and confused. Add to that how much harder it is to relocate with the reduced visibility, as well as how much longer getting places seems to take, and it can be a proper technical challenge.

Of course, the crucial part of orienteering at night is how dark it is, and more to the point, how you're going to see. While headtorches used to be very expensive, nowadays you can buy the power of a small sun and strap it to your head for under £80 – or just use a small Petzl torch, which works too, albeit with slightly less power.

Everyone has to slow down at night, unless your navigation is up to scratch




Picture: Crawford Lindsay, ESOC

– this can often lead to some interesting results, with the precise navigators able to beat the fast runners. It's much more important to be aware of where you are on the map, as relocating is much trickier when you can only see 50m away. You've got to focus on your immediate surroundings, without relying on far off features to keep you right. Bearings become trickier to execute too – you can't look as far ahead for a point to run to. Doing all of this tricky technical stuff will only help your navigation improve – you can't get away with making small mistakes, because they'll cost you more than in the day.

It's also a great way to breathe new life into maps

in your local area – while you might know them like the back of your hand during the day, at night they can be a completely different experience. And there's no excuse to not at least try it, with numerous night leagues in Scotland, from the Deeside Night Cup to the FVO Night Series, not to mention the legendary Fight with the Night, organised by EUOC.

Above all else, night-o is great fun – after all, that's why we orienteer. Completing an epic in the dark just has that extra satisfaction to it which regular courses can't give. So get out and give it a shot, it's orienteering at its best... and scaring late night dog walkers is always fun. 

behind the scenes

by Mike Stewart (ESOC)



Picture: Crawford Lindsay, ESOC

Planning

Receiving a request to reprint an old article of mine, I thought it might be worth updating it to include another five years of planning experience. A few levels of event have passed under my jaundiced eye during that period, including a Scottish Championships and the recent “iron man” SOL at Craig a Barns.

As these events can take up a fair chunk of your time, I have developed a few ‘techniques’ over the years for shortening the effort involved in the planning process. A few things never change though. Have a good look at who your Controller and Organiser are, the forest you are being offered, distances involved and who the landowners are before agreeing to do it. Remember there is a lot of other work involved in being a planner, apart from setting off into the woods on a sunny day with a map and two dogs. If you do not have the spare time or inclination through work or home commitments, then say no! You will also find out quickly that you are not in full control at all times. There are other officials you must work with, landowners who can be obstructive, through to my personal nemesis, the JCB with ten days to go before the event.

There can be tight technical specifications around level B events upwards, so familiarise yourself with them. You will be expected to master technical course-planning packages

such as Condes. Anybody taking on these commitments should cut their teeth on a range of smaller events beforehand. If you don’t know, or are unsure, get yourself some help early doors.

How do you get started? For a major event I would get the most recent map file I can, three or four waterproof copies printed at 1:5000 and make a couple of trips to familiarise myself with the area. Look for things that can go wrong. Establish where one can have car parking, assembly, starts and a finish. Organisers will have their own views, and it’s always a good idea to be able to make a concession if it doesn’t really affect your course planning.

To save yourself having to do the work twice, don’t do anything till you’ve sorted out the above! At this point, you are probably the only person who has done any real work on the event. Permissions are possibly in place; somebody has prompted you with an area and a map; you might have been given a few hints about assembly areas and starts. Be warned: I have also encountered the opposite. I have had ‘suggestions’ of possible courses given to me which were basically a complete planned event. They tend to make good firefighters, so do your own thing.

OK, so you’re ready to start. Get the car packed, sandwiches made, the dogs ready... STOP! Take the

dogs for a walk then boot up your PC. It's time for some armchair planning. You've already done the survey bit and you know where the start/assembly/finish is. Do the white/yellow/orange first. If they don't work, you may have to find another area, in the worst case scenario. You have a specification. You know how long the winning times need to be, and the technical difficulties involved. You know to avoid hazards and to use the best parts of the forest.


You now have courses but you haven't been to a single site yet. Fire them off to the controller and wait for him/her to come back with comments. Take the comments on board. You don't have to agree to all of them, so fight your corner where appropriate. Remember though, they are the controller!

Plan interesting legs and courses, before going out to look for good control sites. Make sure the map is acceptable in terms of accuracy within the control circle. You can make map corrections if required, but don't go overboard. You might just have to move to a more accurate part of the map on occasions! Don't get unnecessarily bogged down if there is an easier option. There are also different styles of planning, so be your own person. My preference is for a mixture of short and long legs with route choices. I make control sites challenging but scrupulously fair. Never choose a bingo site and

remember, sometimes you have to hang them high. Spend as much time as you need to make sure the control sites are both fair, accurate and described correctly.

I like to get my events planned and out in the woods in advance. Just leave the vulnerable ones to put out on the day. You don't have the time for doing any more than that. Brace yourself for loads of queries from others in the days and weeks leading up to the event. They are just starting, and you are just about finished.

Event day has come and gone. Hopefully it all went smoothly for you. We all have stories about what didn't quite go right on the day. If you're lucky you can sort it out quickly with no impact on the event.

You will always get gripes and queries about why you did certain things. At the end of the day, it is the controller's responsibility to ensure your event meets the criteria. If it does, and you have put it out correctly on the day, then you have done the best you can. There will always be somebody out there who thinks they could have done it better or differently. They will be the person writing this article in a few years' time, while I slide into semi-retirement and the comforts of the registration tent. Happy planning to you all and don't forget, above all else, to make sure you have enough bodies to bring the controls in off the hill after the event! 

junior squad news



Picture: Bill Stevenson, ESOC

The Scottish JHI team

The Home International season opened with a win for the Scottish juniors in a tough competition organised by ECKO on Craig Mhic Chailein and Ardnaskie on 30/31 August. The four nations assembled in Oban on Friday evening, after travelling from all parts of the British Isles, the Scottish team led by squad manager Maureen Brown.

In their team briefing, the Scots were fired up by a motivational talk by M18s Sasha Chepelin (GRAMP) and Tam Wilson (CLYDE), who finished with, "We can do this if everybody does their normal average run; we don't need to do anything different!"

The individual race was planned at Craig Mhic Chailein by Ross Lilley – many will remember this from the Scottish 6 Days in 2011 as a challenging area with a mix of oak woods and open moor. As athletes in their national colours arrived at the finish, the results looked evenly balanced between Scotland and

"This was the most exciting Relay race I've watched for a long time!"

- Maureen Brown, ScotJOS Squad Manager

England, while Wales and Ireland were having their own duel. Leading on the 7.4km M18 course was Sasha Chepelin, with the impressive time of 53:36. Jenny Ricketts (MAROC) led the Scots girls with 66:02 for 6.3km, a 3rd place in W18. When the scores were counted, Scotland were 2nd, 6 points down on England. At the prize-giving that evening, there were Scots on the podium in every class. As the teams moved on to the evening's entertainment, a lively ceilidh, the Scots were confident that the 6 point gap could be overturned in the relays – tough but doable.

The sun was shining as teams made their way to Ardnaskie, where ECKO members had set up an arena with superb views up to Ben Cruachan. Planner Andy Dale had provided well-gaffled, technical, yet physically tough courses. Scotland had four strong teams in both girls' and boys' races.

The first leg is run by the M/W16s, the second by the 14s, and the 18s finish the race for the line. The coaches had a tense wait until the first runners appeared at the spectator control, then Lindsay Robertson (CLYDE) ran through, along with Pippa Dakin of England. These two had opened a lead of several minutes over the other teams. In the boys' race, Alex Carcas (INT) returned with a 2 minute lead over the first English team – an excellent start!


“The relays were incredibly close and exciting, and the team spirit was brilliant!”

- Alex Carcas

It was difficult to keep track as runners handed over in succession. The 3rd leg runners set out, and the result was still up in the air. However, after a confident run, Sasha brought the first Scots team in to an easy win. Meanwhile, Clare Stansfield (FVO) and Kathryn Barr (MOR) were out on the last leg for the girls, both W16s running up on the W18 leg and battling against the leading English teams.

They had great runs to come home in 2nd and 3rd positions, holding off top English runner Julie Emmerson who finished 4th. It was now down to who finished 2nd in the boys' race. There was a big cheer for Daniel Stansfield (FVO) as he came through the spectator control in 2nd place. After a steady run around the last loop, he came in a minute clear of the next team to give Scotland 1st and 2nd in the boys' race – just enough for victory!

So, after a great weekend staged by ECKO, a close but well-deserved win for Scotland over the old rivals, England.

The team now looks forward to the Junior Inter-Regional Championships in Cumbria on 27/28 September – can they do the double? 



Picture: Crawford Lindsay, ESOC

Chris Galloway



Picture: Crawford Lindsay, ESOC

Jess Tullie


The 2014 Senior Home International will be held over both weekends of the Race the Castles events For more information, see: <http://www.racethecastles.com/>

It will include for the first time the SHI Sprint Champs, using the combined results of the Edinburgh and Stirling races on 11/12 October, as well as the Long Distance event at Balmoral on 18 October and the Relay at Forvie on 19 October.

The Scotland team for this year is:
SHI Sprint (W/M 21 only)



Picture: Crawford Lindsay, ESOC

Thanks to selectors Marsela Mcleod, Jason Inman, Jon Musgrave and Lorna Eades. Congratulations to everyone selected, and we hope we can emulate the Scottish Juniors and take the title! 

Women	Men
Hollie Orr Claire Ward (Sat only) Kirstin Maxwell Jessica Tullie (Sun only)	Murray Strain Scott Fraser Hector Haines

SHI Individual and Relay

W/M 20	Rhona McMillan Rona Lindsay Jennifer Ricketts	Alexander Chepelin Joshua Dudley Chris Galloway
W/M 21	Hollie Orr Claire Ward Jessica Tullie Kirsten Strain Kirstin Maxwell Jo Shepherd	Hector Haines Murray Strain Scott Fraser Doug Tullie Oleg Chepelin James Tullie

World Orienteering Championships 2014

by Doug Tullie (RR)

Once again there was a strong representation of Scottish athletes in the Great Britain team at the World Championships, held in Italy from 5 to 12 July. Claire Ward and Hollie Orr were flying the flag on the women's team and Murray Strain, Scott Fraser, Doug Tullie and Hector Haines were selected for the 6-strong men's squad.

The sprinters in the team had the privilege of racing through the streets of Venice, after qualification was held on the idyllic island of Burano. Murray Strain achieved the top Scottish result in the Sprint with an impressive fourth top 20 result in as many years, further fuelling his determination to make that final step up and challenge for medals on home soil next year.

Murray went on to compete in the inaugural Mixed Sprint Relay, amid heavy rain and crowds of tourists in Trentino, running second leg in the British team alongside Tessa Hill, Kris Jones and Catherine Taylor. Three solid legs set up Taylor on last leg, who showed her class by bringing the team home to a very credible 6th position. An exciting format, in which the British team has shown they can compete with the best; it promises to be a real chance for a medal next year!

The forest races were held amid stunning mountain scenery around Asiago and Lavarone. Hector, Doug, Hollie and Claire were competing in the Middle Distance, while Scott battled hard over a tough Long Distance. The highlight of the individual races were Hector and Claire's 12 positions. A real step up for Hector at the World Championships and a WOC best for Claire - both equally impressive.


The week ended with the Relay being held in the same rocky terrain that hosted the Middle Distance, and it provided a real treat for spectators and saw some



Picture: Sheila Strain, ELO

The arena used for WOC Middle and Relay, in a ski resort. Scott is in the foreground.

strong performances from GB athletes. The women, with Claire Ward running a solid second leg, finished in 6th position. A result which sees a great improvement on previous years and will no doubt provide inspiration for what is possible in Darnaway next year! Scott Fraser got the men off to a great start, keeping the team up at the business end of the racing. Hector consolidated the position on second leg and Graham got the better of a young Austrian team in an exciting sprint finish, to bring the team home in 7th position, not far off the group fighting for the bronze medal. An inspiring end to the week.

The momentum is building for WOC 2015, and next up on the calendar is Race the Castles in October, a great opportunity to cheer on Scottish athletes on home soil, as they compete against some of the best athletes in the world. See you there! 

by Janice Nisbet (ESOC)

Veterans Team Manager
email: janicenisbet@btinternet.com

Picture: Ian Pyrah, ESOC



This year's Veteran Home International was held in the Forest of Dean, with the individual and the relay on adjacent areas. Both areas had good path networks, but also intricate contour detail, resulting in fast orienteering with lots of opportunities to lose time near control sites.

The individual area was brambly in places, and my legs and arms will show the results of some unwise route choices for several weeks.

Outstanding results in the individual came from Rob Hickling and Eddie Harwood - 1st and 2nd in M60, Martin Dean - 1st in M55, Roger Goddard - 2nd in M40, Hazel Dean and Marsela McLeod - 1st and 2nd in W50, Jenny Peel - 1st in W45, and Lynne Walker - 2nd in W60. The individual event totals were: England - 138, Scotland - 125, Wales - 92, Ireland - 4th.

In the relays, Rob Hickling, Jenny Peel and Roger Goddard had excellent runs, coming 1st in the MWM class, while Ann Haley, Eddie Harwood and Hazel Dean had the best Scottish result in WMW, coming 4th. The relay totals were: England - 116, Scotland - 90, Wales - 66, Ireland - 40.

The VHI clashed with the Scottish Junior Inter Area competition this year, which knocked out a number of runners, particularly some of

Picture: Brian Yates, ESOC




The Scottish VHI team

the younger 'vets', who had already committed to the JIA when they were selected. We were able to field a full team, thanks to reserves and volunteers who offered to run out of class, particularly Ann Haley (W50), who ran W35, and Alison Cunningham (also W50), who ran W40.

Although Scotland came second, the result was very encouraging, given the make-up of the team, and hopefully we will be able to build on it next year.

Many thanks to the overall organiser, John Rye, who put in a huge amount of work to make the weekend a success, and even managed to organise some perfect running weather. We were slightly more suspicious of the decision to house the Scottish team in a bunkhouse attached to a pub, but we were very well looked after, with cooked breakfasts both days.

Next year's VHI will be in mid-Wales on 3/4 October 2015. If you think you might be in the running for selection, please put this date in your diary, and turn down any request to plan/organise/help at SOL 7, which is on 4 October. 

36 years ago

by Neil McLean (GRAMP/MOR)

Many newspapers have a column entitled “25 Years Ago” or similar; I offered to try something similar for SCORE. Sadly, a few years ago I threw out most of my old SCORE magazines, but fortunately I have kept most of my old printed results and booklets. I intend to provide some snippets from the earlier years of my time in orienteering. On a purely arbitrary basis for this issue I’ve gone back to 1978. By then, we had already had our first World Orienteering Championships, and the first Scottish 6 Days in 1977, and as a result of these, four new clubs had got off the ground in the North, to be added to the two clubs already established there. Can you name those six clubs from 1978?


In 1978, the Scottish Championships were split - a Senior one and a separate Junior one. From the results, I can see that a few Juniors ran up at the Individual event. There were Junior relay classes. Loch Ard was really tough, and no one achieved 10mins per km. Women’s Open was W19 (Did girls mature earlier in those days?) and Carol McNeill won; M21 was won by Adrian Barnes. I scanned the results and can identify about 50 who ran that day who are still involved in our sport. I may have missed a few maiden names which I didn’t know, but I found a few that I did know. The relays were held at Coilhullan near Callander. ESOC won the Open class with a team of Ed Harvey, Doug Wood and the late John Colls. Women’s Open was won by Clydeside with a team of F Duffy, Ros Coates and Alison Stewart.

Running in W15/17 I noted a Marr College team with an H McNee (now Hazel Dean, FVO), and an M Robertson (now Marcela McLeod, INVOC). They didn’t win! In W12/13

was an A Heyworth (now Ann Haley, INT); her team did win.

I don’t seem to have the Scotland’s Galoppen results for 1978, but I believe that the competition started or re-started that year. I do have a note that I was 2nd in M35, and looking at the Badge Event results, I can conclude that Bill Gauld (running up an age group) won. Age classes then were a bit different. From M21 and W19, it jumped to 35, then 43, then 50, then 56. There weren’t too many older than that.

The West Area Championships were held at Happendon and Long Plantation. That was before the M74 was built, splitting the area in two. FVO had a badge event at Sheriffmuir, and St Andrews University had a badge event at Norman’s Law. That event incorporated the Junior Inter Area competition. At that time there were six areas: North, Northeast, Midlands, East, Southeast and West, but only three were there. West won the Boys, SE won the Girls and NE also competed. Interlopers had a badge event at Glenearn and Berryknowe later in the year, and the area was the venue for the Scottish Score Champs earlier in the year. The British Orienteering Championships were held at Tentsmuir, and interestingly were sponsored by William Younger & Co Ltd, “Brewers of Tartan and other beers”. I may be wrong, but about that time there was a bit of a debate as to whether or not we should have alcohol sponsorship. From memory, I think we rejected strong alcohol but accepted beer.

What about those 6 North clubs? Established before 1977 were Grampian and Moravian. The other four were/are Invoc, Maroc, Buchaneers and Rossoc. Maroc grew out of Grampian-affiliated Aboyne Academy club; Buchaneers was set up by some Moravian members and survived for 6 years. Rossoc merged into Invoc. 

woc & highland 2015



Bridging the Gap (again)

In 1976, the Royal Engineers constructed a temporary bridge in support of the World Orienteering Championships at Darnaway. As plans evolved for Highland 2015, the idea of constructing another bridge seemed a good idea at the time. Little did I know quite what I had let myself in for! An initial approach was made to the Army and turned down, but undeterred I called on former colleagues and eventually struck gold through what is known as a MACC task (Military Aid to the Civil Community).



The task had to be big enough to make their involvement worthwhile, and to satisfy training objectives. So what started as something quite small has ended up as something quite big. Following the final signing of a document between the Secretary of State for Defence and the Scottish Orienteering Association, 20 Royal Engineers and an impressive amount of plant including grader, compactor, medium and light wheeled tractors deployed to the construction site in early September.

The Sappers, mainly Army Reserves from 102 Field Squadron in Paisley, will shortly be joined by a contingent of US National Guardsmen!

The bridge itself is 18 metres long, specially fabricated from a lattice boom crawler crane normally used in the offshore oil industry. The SOA (through the Scottish 6 Days) has had to provide all materials. These have included 440 tons of sand, gravel and rock excavated from fluvio-glacial deposits near the construction site, probably one of the most significant map corrections I have ever initiated. Gabion baskets, culvert pipes, timber decking and other material were all sourced locally in Nairn. As part of the wider project, several hundred metres of access track are being upgraded, including culverts and drainage improvements.

...an impressive amount of plant



Picture: Colin Matheson, MOR



Picture: Colin Matheson, MOR


Picture: Colin Matheson, MOR

The bridge itself is 18 metres long, specially fabricated from a lattice boom crawler crane normally used in the offshore oil industry...

Project costs are a remarkably low £22,000, and have had to include such things as a planning application, SEPA CAR* licence and an otter and badger survey. The last proved an issue, with a possible sett (fortunately inactive) discovered 10 metres from the bridge centre line just a week before construction started.

Forestry Commission Scotland has made a generous contribution

to the cost of aggregates, and funding applications are currently lodged with Highland Council and the Legacy 2014 Active Places fund, managed through sportscotland. Next August, who will be the first across the bridge to break the pink ribbon?

* SEPA = Scottish Environment Protection Agency
CAR = Controlled Activity Regulations 

Build preparations

event preview

There are many and varied events coming up in the next few months, with something to look forward to every single weekend. Here are a few highlights:

The first **South of Scotland Orienteering League** (SoSOL) event of the 2014/15 season will be presented by Kingdom of Fife Orienteers at Tentsmuir on 5 October. The following week sees the start of the eagerly anticipated **Race the Castles** series, which needs no introduction and spans 10 days. See the Race the Castles website for full details: <http://www.racethecastles.com/>

Next it's the **Tinto Twin**; as usual, it's the weekend the clocks change, giving organisers and competitors an extra hour overnight. Dick Carmichael (planner) says, "*The 27th Tinto Twin will be held on the weekend of 25/26 October 2014. From the beginning in 1988, it was the two events in 24 hours that was the real challenge. After the Night and Urban League events in Lanark and New Lanark in 2013, we will be concentrating on nearer Middle Distance events for both night and day in 2014.*

The night event returns to Carmichael Hill for the first time since 1988. The heather and undergrowth generally is tougher, as there has been little recent grazing, and there are some new visible point features, since single trees have sprouted as a result. It will be a slower, tougher challenge at night with few line features, but with reasonable weather there should be great views of Tinto Hill to the south, and Lanark and Carluke to the

north. The day event returns to the Happendon Wood, last used in 1989 (day) and again in 1993 (night). Lots of it has been felled and cleared for development, but what remains is a real challenge. The combination of two tough areas at Middle Distance will produce a good night and day back to back. TINTO is down to five active members, so all offers of assistance will be greatly appreciated, even if only with the famous soup." Further details will be on the Tinto website in due course: <http://www.tintoorienteers.org/>

In early November, there's a good selection of Level C events, both north and south. **The Scottish Students Orienteering Championships** this year is being organised by the Glasgow student clubs. Subject to final permissions, there'll be a sprint relay around the University area in Glasgow's West End on Saturday 8 November, and the CLYDE SoSOL event at Croy Hill on Sunday 9 November will be the individual event. See the CLYDE website events page for more details: <http://www.clydesideorienteers.org.uk/home/events/>

One week later, it's the **Scottish Score Championships** – Hilary Quick is the planner, and here are her thoughts: "*At the time of writing, BASOC is winding up for the WOLF (Weekend of Orienteering in Lovely Forests), which by the time*

of reading, many of you will have enjoyed... and we're thinking about the next big event, the Scottish Score Championships, which we're hosting at Achlean, on Sunday 16 November.

This is a superb area for score events, with opportunities to head off in any direction, and more technical and physical variety than you could shake a stick at. Despite what you'll see on road signs and on the OS map, the area we know as Achlean is the forest at the end of the public road on the WEST side of Glen Feshie. You can enjoy stunning views of the Munros on the other side of the glen, and after your exertions you'll find excellent cake at one of the famous local establishments.



The Glen Feshie hills


For those who aren't quite sure about it, let me give a plug for score orienteering – it's probably the ultimate in 'doing your own thing' – there you are, with a map and the gift of an hour (or whatever) in a lovely forest, and you have total freedom to go and explore on your own! Are you going to try to visit all the controls? (risking being late and getting lots of penalty points?) Will you hit on a totally unique sequence

of controls? Will you be the only person to visit a particular control? Perhaps you'll cunningly devise a sequence that's the reverse of what everyone else is doing, and gain advantage from seeing people leave the control you're heading for?

BASOC will be holding a leisurely coaching day at Uath Lochans on the day before, with a focus on score events – so I won't pre-empt that. But the one hint I would give to anyone who's not totally confident about score events is **BRING A RED PEN!** Take a minute at the start to join up controls to make a course that looks like something you could enjoy doing within the time available. While you're doing that, mark the attack point for each one, and you're well on the way to success!

Details of the coaching – and indeed of the event – will be on the BASOC website: <http://www.basoc.org.uk/home/events> Do please come along!"

In late November, there are more Level C events, including the **East of Scotland Championships**, presented by Roxburgh Reivers, at The Hirsell, on 23 November. And finally, STAG's 16th **Glasgow Parks Championships** is on Sunday 7 December, offering events in 3 Glasgow Parks in one day (the locations a closely-guarded secret); this is a great day out and shouldn't be missed.

There's surely plenty to suit everyone – hope to see you at some of them. 

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