

# SCORE

The Home of Scottish Orienteering

December 2014

**INSIDE:**

**Race the  
Castles**

**Moray schools  
orienteering**

**Marathon  
Des Sables**

**NEW SOL &  
SOUL DATES**

PLUS lots more



magazine of the  
**SCOTTISH ORIENTEERING  
ASSOCIATION**



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Picture: Crawford Lindsay, ESOC



Picture: Crawford Lindsay, ESOC



Picture: Crawford Lindsay, ESOC



Picture: Philipp Von Arx



Picture: Maureen Brown, ESOC

# editor's intro

Scottish Orienteers,

**HELLO again, and welcome to another full magazine, which I hope will reach you before the many distractions of the festive season.**

Along with all the regular reports, there's a new feature this time introducing SOA Board members – more to follow in future issues. Other interesting articles include the background story of Race the Castles, an account of Moravian's successful schools orienteering initiative, Helen Bridle's experiences at the Marathon Des Sables, and reviews of this year's SOL and SOUL series. Many thanks to all those who sent in articles this time.

The next issue will be in March, and your contributions or comments are very welcome. I'm keen to hear your views on what should (or shouldn't) be included in SCORE – do let me know.

The photo this time shows me at Birsemore Hill on Deeside in October, rather surprised to find myself on the podium at the JOK Chasing Sprint.

Hope you'll enjoy orienteering this winter, and Happy Christmas, when it comes!

Sally Lindsay  
Editor



Picture: Rona Lindsay, ESOC

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**Cover pic** - Urban racing inside Stirling Castle  
Pic courtesy Dave Robertson, CLYDE

## ABOUT ORIENTEERING

Information on orienteering or any SOA activity can be obtained from the Association Secretary: [secretary@scottish-orienteering.org](mailto: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 Glasgow mixed sprint relay

**A**lthough there is a lot of SOA business going on at the moment (not least a review of our overall strategy for the 2015-2018 period), as well as a lot to celebrate, such as an SHI victory and a successful Race the Castles event, I thought that on this occasion I would focus on a couple of slightly different topics.

The first is Scottish devolution, following the September Referendum result. You will probably know that the Smith Commission is tasked with identifying areas in which there might be further devolution of powers to the Scottish Parliament. Under the umbrella of the Scottish Sports Association, a submission has been made to Lord Smith on behalf of governing bodies of sport in Scotland, to which the SOA contributed. The submission covered five points: a more equitable governance structure, akin to a federal system; more opportunities for top athletes to represent their home country at international events; safeguarding the National Lottery as a funding source; incentives for volunteers and their employers; and tax exemptions for sporting organisations. All of these touch on the future of the SOA.

At the same time, strategic reviews are taking place at UKSport, sportscotland and the Scottish Sports Association, which has recently agreed its Strategic Framework 2014-2019. There is a strong common feeling amongst Scottish governing bodies of

sport that we must use the opportunity of promised wider powers for the Scottish Government to push sport further up the Scottish Government's agenda, given its importance to areas of major expenditure, such as health and wellbeing, educational attainment, communities and the social fabric of the country in general.

On a completely different topic, I've been reading and re-reading a number of books and research articles on orienteeing, in pursuit of my next coaching qualification at UKCC Level 3. I would like to recommend a couple of really excellent, readable textbooks for your winter reading, both lavishly illustrated and designed to take you onwards and upwards through the sport: 'Orienteering Techniques' (2012), by Gareth Bryan-Jones, available for £6 from our National Orienteering Centre; and 'Orienteering - Skills, Techniques and Training' (2010), by Carol McNeill, £9.99 from Crowood Press. I was also rather pleased to read in 'Adventure Sport Physiology' (2008), by Draper and Hodgson, in reviewing recent research, that orienteeing is one of the most physiologically demanding sports because of the continually "altered stride pattern associated with negotiating off-road terrain". So, as you relax over the festive season and revise your skills with a bit of armchair orienteeing from Gareth or Carol, do so in the knowledge that you will be getting really fit for when you return to the real thing! 



# get ready for the newcomers!

by **Hilary Quick (BASOC)**

SOA Development Officer

email: [hilary@scottish-orienteering.org](mailto:hilary@scottish-orienteering.org)

**A**s WOC 2015 approaches, and more people hear about it, we all hope this will lead to a growth in interest in our wonderful sport – does your club have a plan for making the most of this?

Generally people need several (most 'experts' agree 6-8) attempts at something new, over a fairly short period, before they decide that they like it and want to do it regularly.

And while they're still

trying it out, they won't want to travel far, or to somewhere that sounds difficult or intimidating.

Their early experience of the sport needs to be enjoyable, to give them a taste of success and also an idea of the further possibilities. So clubs need to work out a series of regular, frequent events that give local opportunities for newcomers to learn to orienteer, and to enjoy themselves. (I use the term 'events' in the general

sense of things that the club does, not the narrow specific of an orienteering race with results.)

Many newcomers are interested in finding out how they can progress in the sport. An introductory session needs to be followed by opportunities to do more and learn more, and then those newcomers will be well placed to take the next step to bigger events, as well as improving their technical skills.

## HERE'S A SIMPLE TABLE SHOWING SOME POSSIBILITIES:

Type of opportunity	First taste	Learn or train	Regular participation	Serious competition
Where	very local	local area	local and some travel	further afield
Maximum time spent	couple of hours	half day	day trip	overnight stay
Type of area	school, park, urban, woods	park, urban, woods, forest	park, urban, woods, wilder forest, varied terrain	all types of terrain
When	one-off	frequently	at least monthly	less frequent/ seasonal
Type of event	taster, Come And Try It event	club training and coaching, local series, level D events, club nights	level C events, local orienteering leagues	Scottish Orienteering League, Championships

The table needs a final row showing specific events relevant to your club. Start with some target events in the right-most column (suggestions included for you), then work backwards so you give sensible progression.

Specific Events			SOL 3, 12 April; Scottish Champs, 23/24 May
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Having got your newcomers to some serious events in early summer 2015, they should then be totally fired up to come along to the Scottish 6 Day to take part and to support our athletes in WOC! 



# introducing...

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Picture: Wendy Carlyle, AIRE



## Johannes Felter

New Regional Development Officer  
for Highland

***“The goal is to get orienteering into the wider public awareness.”***

**S**cottish Orienteering is very pleased to welcome Johannes Felter as a Regional Development Officer. He started work in October, and his main responsibility is to develop INVOC and BASOC. Johannes tells us more about his new role:


*“I feel hugely fortunate to have been given this opportunity. The strong Highland orienteering scene was one of the many factors which drew my wife Jane and me up to Inverness. I find it incredibly exciting to be charged with attracting more members for these two fantastic clubs.*

*“The forests here are of course absolutely first-rate, and with all the excitement of WOC2015 just around the corner, I really hope I can make a difference. Working together with two very experienced hands in the form of Hilary Quick and Mike Rodgers, the goal is to get orienteering into the wider public awareness. From our perspective inside the sport, it’s a real mystery why more people don’t get involved.*

*“There’s all that incredible hard work planning, organising & controlling, along with countless, thankless committee tasks*

*negotiating access, sorting out technology and so on - all clubs definitely deserve a wider audience for their huge efforts. Personally, I think it’s only a matter of time before the new trend for off-road running and adventure racing starts to get more people switched on to orienteering - which is undoubtedly the original and best!*

*“Originally from Denmark, I’ve just moved to Scorguie (Inverness) after being involved in Outdoor Education in various guises for the last 10 years. I will now combine my new role as Regional Development Officer (3 days per week) with freelance work as a Mountaineering Instructor. I’m also volunteering for WOC2015 as the Event Team Coordinator for Highland.*

*“I’ve delivered school orienteering sessions throughout my career, but only started orienteering more seriously a few years ago when I joined Southern Navigators. My own running background is very much as an ‘amateur enthusiast’ and I’ll happily turn my hand to fell running and mountain marathons as well as O. I look forward to meeting you out in the forest next season!”* 

**T**here have been several excellent weekends of orienteering since the September issue of SCORE. BASOC's Highland WOLF weekend was the first, offering a Middle Distance race at Dunachtonmore, then a Sprint in Kingussie, a ceilidh in the evening, and the final SOL event of the year at Alvie the next day, a popular set of events in some wonderful and varied terrain.

The Race the Castles weekends in October attracted a host of international stars as well as orienteers from all over Britain, and gathered well-deserved accolades on all sides. See the next page for a behind-the-scenes view.

The Tinto Twin was less well-attended, but rewarding as ever for those that went, with varied route choice for both night and day events. The Middle Distance format this year meant less hassle for the organisers, and winning times were similar to the previous year in many classes.

In early November, the Scottish Students Orienteering Championships was presented by Glasgow University Orienteering Club, with a mixed sprint relay on the Glasgow University campus, unfortunately in very wet weather, followed by the individual event the next day in clear sunny conditions. Simon Gardner (organiser) reports: *The weekend went really well, with students from 6 universities taking part in the competitions. After the successful reintroduction of the championships last year, I wanted to build on the competition. An official relay seemed to be the natural step to take, with most universities now having enough members for a team. I had been developing the map of Gilmorehill for some time, and needed that extra incentive to get it finished; it's a great campus with lots of tricky areas*

*requiring the large 1:2500 scale. The other side of University Avenue provides a number of extra challenges, so look out for events there! The individual event, hosted on Croy Hill, provided a significantly challenging championship standard course; thanks go to CLYDE for organising the event on such a nice November day.*

*Congratulations to Edinburgh for their victory, and to Strathclyde for taking the closely-fought second place ahead of Heriot-Watt.*



Pictures: Crawford Lindsay, ESOC

Mass start at the Glasgow Sprint Relay

One week later, the Scottish Score Championships took place at Achlean in Glen Feshie, giving competitors a hard choice right from the start – control picking in beautiful moraine with low scores, or slogging up to the top of the hill for a 100-pointer? There was much shaking of heads over poor tactics later. Meanwhile, many others competed in the Grampian Mountain Challenge in Glenshee, a tough weekend enjoyed by all. 



# race the castles – the inside story

by Graeme Ackland (INT)



Picture: Wendy Carlyle, AIRE

Graeme at the Stirling race

**P**art of the deal with staging WOC was that the SOA would put on a high profile race in 2014, which would also give us a chance to test the technical systems. This was the trigger for Race the Castles.

From the outset, I wanted it to be a bit different. Not an elite race or a public race, just a race where anyone was very welcome. To show the world we could do it. We spent almost three years putting the event together, and in all that time, not one member of the team quit; this is probably the thing I'm most proud of.

There were lots of options: eventually I pitched a whole week of activity to Homecoming2014; they gave me £16,000 in return for my taking it seriously. The money raised ambitions. Why not run inside Edinburgh and Stirling Castles, and map Balmoral?

Balmoral were keen, charged us slightly more than we'd have liked, and we were in.

We booked the Ross Bandstand and then went into an 18-month dance with Edinburgh Council about permissions. Historic Scotland wanted full course details, so I went to Edinburgh Castle and mapped it. Along the way, I met the chief guide who was extremely helpful. We set up a meeting with the chief exec. A series of increasingly bizarre objections made this a frustrating experience, but Stirling negotiations went more smoothly, and we got two castles out of three: not bad.

There was no organisational structure beyond 'Graeme in charge', and we held no meetings. Orienteering is awash with competent people, so I just let them do their stuff. I was less divinely-appointed dictator, and more cat-herd-in-chief. I got emails saying, "You should do..." and ignored them. I also got wonderful emails saying, "I would like to...", and these defined the event - some examples: "...get touch free punching"; "...hire a big screen and camera"; "...handle entries"; "...design a T-shirt"; "...invite elites"; "...add the JOK chasing sprint"; "...make your event the UK Urban League final"; "...make your event the Senior Home Internationals"; "...commentate".

**Søren Bobach (Denmark)** – *"Stirling is one of the coolest sprints I've ever run. That was great fun!"*

**Daniel Hubmann (Switzerland)** – *"Race the Castles was a great experience!"*

**Yannick Michiels (Belgium)** – *"...two great WRE Sprints around the castle & graveyards in Edinburgh and Stirling! ...enjoying the tough Scottish terrain around Braemar!"*

**Gernot Kerschbaumer (Austria)** – *"...running two challenging sprint races in Edinburgh and Stirling, excellent."*

**Silje Ekroll Jahren (Denmark)** – *"...wonderful surroundings... and with demanding technical challenges..." "...a great weekend in Edinburgh and Stirling on Race The Castles"*





**Competitors in the  
Edinburgh Elite Sprint**

All these, and others, from 'amateur volunteers', who are exactly what the Latin root implies: people who want to do things for the love of it.

These are often highly skilled, intelligent people – we couldn't begin to pay them their real-life consultancy rates, yet we often treat them as 'cheap unskilled labour'. So whenever a volunteer came with a good idea, I tried to incorporate it, and let them take ownership of their bit.

All that was left for me was to raise money and bring 700 people to Scotland in October. How hard

could that be? I know nothing about advertising. And it soon became clear that nobody else gives it much thought. Personally, I never read ads and I toss flyers unread into the bin. But I do keep my maps, and am very grateful for free kit. So part of the advertising was T-shirts and sponsoring maps. The shirts had two purposes – for most people, getting the shirt made them feel part of the event, and then wearing it was an effective ad. The cost of a shirt was equal to 20 flyers. And I do know enough about web design and fashion to be 100% certain this needed delegating – Paul Frost did a great job on both.

Roger Scrutton and I chased sponsorship. Council and University schemes with formal process I understand, and I did well with Homecoming2014, ActivCity, and Edinburgh University, but commercial sponsorship did a good job of evading us.

Eventually we got a load of 'in kind' contributions from Run and Become, Nairn's, Stoats, Walkers Shortbread, Tunnock's, Illegal Jack's, Deeside O-maps, GGmaps, Tiso, the Scottish Orienteering 6-Day Event Company, and Durty Events, which covered quite a lot of expenses. Needless to say, we got nothing from the professionals at BOF. >>

# race the castles – the inside story

***“We spent almost three years putting the event together, and in all that time, not one member of the team quit.”***

Picture: Crawford Lindsay, ESOC




A random M50 is never likely to procure elites, and GG inviting his peers over for a party was always more likely to succeed. He did a fabulous job, way beyond my wildest expectations. Some elites were great: they understood the need to be visible, signed up early and were great for publicity. Others came in later – no fewer than nine men's World Champions and a couple of women's too. 100 entrants on men's elite at Balmoral – the strongest field ever in the UK, and the strongest domestic field ever for a non-selection race. So much for the idea that elites only race in the spring!

Finally, entries. We really had no idea; I plucked from the air a figure of £31,000, and set cheap entry fees for the whole package, increasing later. It didn't help – entries trickled in. A week before closing, SOA Treasurer Ian

McIntyre was ringing alarm bells. A late rush brought the total to £30,737 and a smile back to my face.

With three weeks to go, the five day-event teams really swung into action. After over two years of pushing everything forward, it was disconcerting at first to not know every detail of what was happening, but once most of my emails were getting “Don't worry, it's sorted” replies, I could relax. By the time Race the Castles started, I was superfluous, and I got to run in all five events as well as the JOK Chasing Sprint. It was wonderful!

The T-shirts advertise Race the Highlands 2015. Many people have asked if I'll do Race the Castles again. To paraphrase Steve Redgrave: “If you ever see me near doing this again, you have my permission to shoot me”, but only for publicity purposes! 

Finish arena, Stirling

# scottish orienteering urban league 2014 summary

by **Andy Paterson (CLYDE)**

Urban League Co-ordinator



**The 2014 bto SOUL series finished with a skirl on Saturday 27 September, when the hard-earned prizes were presented at the SEDS ceilidh in Kincaig village hall, following SOUL 8, a sprint distance race around Kingussie and part of the popular BASOC Highland WOLF weekend.**

A total of 524 runners took part in the series in 2014 - an impressive number, when you consider that the two biggest urban events of the year in Scotland, the Edinburgh and Stirling Race the Castles events, weren't part of the SOUL series, but were the finale of the UK Urban League.


A big thank you to our sponsors, bto solicitors, who are sponsoring the series until 2016, and to all the clubs who put on events for us this year. We had a good spread of races in 2014, from Dufftown, Kingussie and Aberdeen in the north, to Glasgow, Livingston and Edinburgh in the south, with Perth and St Andrews filling in the gaps.

The Open classes were won this

year by WOC contenders Tessa Hill and Murray Strain. Murray's win was fairly comfortable, but Kirstin Maxwell gave Tess a tough fight before relinquishing her 2013 title by just 4 points.

The closest contest though was M12-, where Jamie Goddard and Ewan Purves (both FVO) couldn't be separated even with the new tie-break rule, each having earned two victories over the other. Worthy joint champions then, and the first time there has been a tie in the three years of the SOUL series!

Other notable victories were Sheila Strain and Rachel Brown, both winning for the second year in a row, and Lindsey Knox, winning Women's Supveter in 2014, having won the inaugural Women's Vet class in 2012. But a special mention to Kerry Wood of ESOC, who has yet to LOSE, having won W12- in 2012 and W16- in 2013 and 2014! Interestingly, Sarah Dunn's last-race win in Vet women for MAROC is only the second win for a member of a club north of Stirling since the series started, suggesting Urban orienteering remains very much the domain of the Central Belt orienteer.

For 2015, the series is changing slightly to include an elite distance Sprint category (open to anyone), as well as traditional Urban distance races, following a request for this from our elite athletes. 

The series winners for 2014 were as follows:

	Women	Men
<b>Young Junior (12-)</b>	Rachel Brown (ESOC)	Ewan Purves/ Jamie Goddard (FVO)
<b>Junior (16-)</b>	Kerry Wood (ESOC)	Samuel Galloway (INT)
<b>Open</b>	Tessa Hill (HOC)	Murray Strain (INT)
<b>Veteran (40+)</b>	Sarah Dunn (MAROC)	Roger Goddard (FVO)
<b>Super Veteran (55+)</b>	Lindsey Knox (RR)	Gary Longhurst (FVO)
<b>Ultra Veteran (65+)</b>	Sheila Strain (ELO)	Phil Smithard (KFO)

# scottish orienteering league 2014 summary

by Trevor Hoey (FVO)

SOL Co-ordinator

**T**he 2014 SOL series followed the usual recipe of good areas, high quality planning and strong fields.

Balmoral was the clear highlight of this year. I'm old enough to remember Balmoral being talked about in hushed tones during the 1980s when getting access seemed unlikely; 30 years later, it lived up to expectations, with a first-class map and top quality planning.

Other races in the series provided their own memorable moments, starting with a tough day out at Devilla in the spring. The Faskally event, rearranged following the change of Scottish Championships venue, used the area wonderfully and introduced an innovation to the SOL series, a Middle Distance race for M/W21E. Dunrod Hill provided a different challenge – mainly that of running fast over tough terrain.

As controller, a highlight of the year for me was an evening on Dunrod, as the sun was setting, giving great views and a reminder of how we get to places that most people don't even know exist. The early summer event at Lossie was another highlight, with runnable terrain and tricky navigation.

Once summer was over, Craig a Barns continued to provide a challenge to all, and Mike Stewart's excellent planning made it feel fresh, despite having been used several times recently. The main start location at the highest point on the map was a great idea, which somehow did not seem to reduce the amount of climb on the courses.

Alvie too provided a mixture of technical and navigational challenges, not least of which was how to avoid the golf traffic for folk travelling from the south. Finally, to Balmoral, where everything came together including the weather. The standard of



Picture: Steve Wilson, CLYDE

The start at Dunrod Hill

organising, mapping and planning across all of our events is incredibly strong and all of the event officials deserve great credit for making the series such a success.

The attraction of Race the Castles in particular boosted entry numbers this year. We had to remind ourselves of the rule that international runners are non-competitive for the SOL series, and so cannot affect the scores of UK runners, and also had to find a way to include the Middle Distance results in the Elite classes.

There were 1002 people competing in the series, generating 2428 scores, an average of 2.4 events per person. (Figures for 2013 were 784 runners, 2091 scores and 2.4 events per person.) This includes non-competitive runners and pairs, but excludes the few people whose times were sufficiently slow for them to record negative points at an event (re-set to 0 in the league tables). In total 2,144,794 points were scored, averaging 883 per run.

The top 10 scorers (on best 4 events) once again included two W16s who enjoy being the fastest runners on the Green course, but this year saw more of the veterans making the top 10. The top 3 were:

Position	SOL Class	Name	Club	Points total (4 events)
1	W16	Anna Wilson	CLYDE	1723
2	W16	Jonathan Morgan	MANCHESTER	1619
3	W16	Kathryn Barr	MANCHESTER	1587



The leading club can be defined in several ways – here are three alternative ‘top 3’ positions for Scottish Clubs:

Total points scored			Total number of competitors			Points/competitor		
1	MAROC	222 921	1	ESOC	70	1	TINTO	4005
2	FVO	212 957	2	MAROC	69	2	FVO	3491
3	ESOC	189 592	3	FVO	61	3	ECKO	3257

For reference, the full table for Scottish clubs is as follows (including only competitive runs, and excluding a few people who ran as SCO at Balmoral):

Club	Unique runners	Total points	Points/runner	Club	Unique runners	Total points	Points/runner
1 MAROC	69	222921	3231	11 BASOC	19	59899	3152
2 FVO	61	212957	3491	12 BR	25	51452	2058
3 ESOC	70	189592	2710	13 TAY	25	47385	1895
4 INT	48	144625	3013	14 AYROC	17	36561	2151
5 MOR	39	136479	3513	15 ELO	10	25875	2588
6 IMROC	46	115025	2501	16 KFO	9	23507	2612
7 CLYDE	36	111343	3107	17 STAG	5	14054	2811
8 GRAMP	30	109221	3641	18 SOLWAY	7	12920	1846
9 ECKO	32	104542	3267	19 TINTO	2	5010	2505
10 BASOC	22	59899	2749	20 BASOC	2	2456	1228

The highest scorer on all 7 races was Samuel Galloway (INT) with 8375, followed by Megan Ricketts (MAROC), Robin Purves (FVO) and Bob Daly (GRAMP) who also exceeded 8000. 17 runners scored in all 7 events, with an age range of M10 to W70.

In terms of course winners (junior A and B, senior L and S), the club ranking is:

10 FVO	3 AYROC, EUOC, INT, RR
8 GRAMP, MAROC	2 CLYDE, ECKO
6 ESOC	1 BASOC, ELO, STAG, SHUOC
4 MOR	


## So, what for next year?

The series will run in its usual format, with a double-header weekend in June - see inside back cover for the provisional dates. Once again, some high quality areas are promised, and who knows which runners will turn up for some pre-WOC familiarisation with our maps and midges? As always, information will be on the SOA web site - look out soon for an archive of past SOL results going back deep into history.

**Terry O'Brien (STAG), SOA Operations Director, adds:** The third and final year of the current sponsorship agreement with

CompassPoint offers 7 events stretching from the Solway to the Grampians. The SOA are delighted to confirm that all organisers and planners are in place and only three controllers remain to be appointed.

At SOLs 3 and 5, Elite competitors shall compete over Middle Distances, as requested by SEDS.

Organising clubs would appreciate your support, and encourage you to enter before the stated closing date. This helps enormously with the organisation and reduces the stresses and strains which hosting a SOL does create. 



# schools orienteering in Moray

by Mike Rodgers (MOR)

Picture: ActiveNorth



Stop any 11 year old in Moray on the street and show them an EMIT brikke. The chances are they'll tell you what it's for. Mike Rodgers - the SOA's Regional Development Officer in Moray - explains how having the right kit in the right place, combined with a vibrant club programme, has helped schools orienteering take off in the region..

**S**chools orienteering in Moray began on a small scale back in 2006 with one school map and a taster event in Forres. With the help of our local Active Schools Team, running around with maps in school time quickly increased in popularity.

Schools soon started to recognise the educational and health benefits. In 2010, fed up with being asked to lend out their kit all the time, Moravian organised a project, supported by British Orienteering and the SOA, to procure a set of 20 EMIT controls and a bunch of brikkes for Active Schools to use. The kids loved the Gucci technology. Suddenly orienteering became cool. Demand far outstripped availability – it was used by 5,000 pupils in the first 2 years! So when I was appointed as Regional Development Officer in April 2012, my priority was to build on this success and help schools orienteering to expand. And so the 'WOC2015 & Beyond' project came to be.

The project equipped 5 of Moray's 8 schools clusters with their own set of EMIT. Each schools

cluster contributed £1,000. The remaining £11,600 came from British Orienteering, the SOA and a local sport development fund. Lots more schools have since paid to have their own maps produced; 34 of Moray's 45 primaries now have their own map. Experience has shown that handing it on a plate doesn't work, so they don't get them for free! By the time WOC comes round, amidst the blaze of hype and publicity, schools that have become familiar with the sport will have the resources to exploit the surge in interest that we hope for. Hopefully I'll still be around to give them a helping hand.

Here in Moray, schools orienteering goes on all year round. Moravian's monthly Saturday League series incorporates a competition for all Moray and Nairnshire schools. Active Schools promote the events, and we simply record the school of each junior when they register. Their best 4 runs become the point scorers for any particular school with a 'school of the month' plaque awarded to the winning primary school after each event. There's an overall trophy for



**Above: Prize-giving,  
Gordonstoun**

the winning primary and secondary at the year end. Attendance is OK, but it's still a work in progress to make it a league for school pupils that go orienteering, rather than orienteers who happen to go to school! The best-attended events have been based at schools themselves. Moravian is so lucky to have some terrific areas next to schools. Fortunately these schools are invariably keen to host events. They provide indoor registration facilities, and the schools' parent councils lay on refreshments. It creates a great social atmosphere, which really helps to sell the sport to the many local families who come along. It also gives me an excuse to get into the school before 'their' event, to help the pupils practice the basics on their school map.

September is peak season for schools, when every school cluster in Moray has its own area festival, similar to the excellent set-up in Tayside. Check out TAY's website to see how popular their springtime schools events were! TAY has a mass-start score format. The top few teams qualify for the final. In Moray, we have conventional

courses. Active Schools run the events with support from Moravian, and some of the races have become extremely competitive. Between 4 and 8 schools participate in each mini-event. Afterwards, all schools select their best 4 boys and 4 girls to come to Gordonstoun in October for the Moray Schools Festival. That's the pinnacle of the season. Several of the area's PE teachers do orienteering in the run-up to the festivals. One ultra-keen PE teacher produces very impressive results at all of her schools. The kids worship her!

I feared this year's schools season wouldn't happen, when I was off work due to illness at the worst possible time. I needn't have worried. I was blown away by how Moravian members rallied round to support the Active Schools Team. All but one of the events I had lined up went ahead. People took time off work, going that extra mile to cover everything that I would normally have looked after. The Active Schools Team knew the ropes, thanks to several years' experience of staging orienteering festivals. I'd arranged the dates and venues >>



# schools orienteering in Moray



Picture: ActivNorth

Hannah Kingham (MOR)


well before the summer holidays, with a few people lined up to help, but many more came on board to make the events happen with zero input from me. With phenomenal support like that, orienteering surely has a great future locally.

I resumed work towards the end of September, in time to focus on Gordonstoun. It turned out to be the best yet. Twenty of Moray's 45 primary schools sent teams, while 3 of the 8 secondaries were represented. Forres and Elgin Academies sent very large teams. Almost one in five of the 198 competitors were Moravian members, but not all medallists were Moravians! I counted 25 Moravian adult helpers on the day including the 6-Day photographer Chris Spencer, who we let loose with his camera. You can see some superb images on his ActivNorth web site. The standard was excellent, the competition intense! School staff reported pre-race nerves from the more fancied runners.

Just 2 points separated the top two primary schools, so those nerves were justified! The tension while waiting for the final results was palpable, and there were huge celebrations when Kinloss learned that they'd beaten Elgin rivals Bishopmill to the title. Kathryn Barr, resplendent in her GB kit, presented the awards. Interestingly, Kathryn was only 4th in this event while at primary school in 2011, something we made a point of emphasising

to all those aspiring international orienteers in the audience.

So now we move on. Several youngsters turned up at Moravian's event 2 days later. We hope to see more new faces as the Schools League competition moves into the business end of the year. Hordes of kids won't suddenly turn up on Saturday mornings, but with a regular, well-publicised programme, those who want to will hopefully manage one or two during the year. It's all so dependent on dad's taxi. Many kids are into other sports, so we need to remain philosophical. What we do know is that the schools value orienteering. The kids love taking part; they tell us so. Not all might take it up, but don't you often get adults at a club event saying that they enjoyed it at school? We think that by giving schoolchildren a quality experience of orienteering, they might take the sport seriously when they can sort their own lives out at weekends. With an ever-expanding university orienteering scene, the more students there are who have already tasted the sport, the better chance the university clubs will have of keeping the momentum going.

Moravian's membership has snowballed as a result of the schools programme. Many adults have taken up the sport after bringing their children to events. In the 2013-14 school year, 222 different Moray school pupils took part in at least one weekend event. The challenge is to keep them coming back for more! 

# in praise of...

by Eleanor Pyrah (ESOC)

## Sprint Orienteering

**S**print Orienteering is not new. I first heard the term back in the 1980s, when some of the young elites in South Yorkshire held these very short O-races, because they were fun, good training and made use of small areas that could not be used for conventional events.

They had knockout-style competitions where only the fastest in the earlier rounds went on to a head-to-head final. They said it was exciting and good for spectators. Needless to say, I never went near these races; definitely for the super-fast; there were no concessions for the older orienteer, and I must have been all of forty and feeling my age!

The first time I tried anything like a Sprint was when the Park World Tour came to Kelvingrove Park in Glasgow in 1999. I was there to watch, but after the world's elite had finished their race, an invitation went out to anyone to have a go. I enjoyed it, despite taking considerably longer than the 15 minutes the leaders had taken!



Picture: Crawford Lindsay, ESOC

**Eleanor at the 2014 Scottish Sprint Championships**

Then in 2003, Jamie Stevenson won the WOC gold medal at the Sprint distance. The map was printed in CompassSport and I was amazed to see that it had taken place around the streets of a town! Street orienteering was something we had done for fun, but here it was being treated as a serious challenge by the best orienteers in the world.

A few years later, the Sprint distance started to appear in the JK, including a W60+ class in 2007, but I

decided to save my energy for the 'real' orienteering to follow. Finally in 2009, as a W65, I plucked up courage and entered the JK Sprint in Newcastle and have been a fan ever since. Whether it is in streets, parks, woods or college campus, I love the excitement, the quick decision-making and the fact that I don't end up muddy, scratched and totally exhausted! Now I do all the Sprint races I can.

Don't let the name put you off. It has been described as a 'Sprint for the mind, not the body'. Or rather, like any orienteering, it is all about getting the balance right between the physical and mental effort. Some say that it is too easy; many of the areas do not offer much more than Orange standard in technical difficulty, after all. But that's not the point.

If you are pushing yourself to go as fast as you can, you are likely to make mistakes, and every mistake, or hesitation, will be costly. I believe Sprint Orienteering can present an exciting challenge for everyone, including juniors, elites, novices and oldies like me. ■

# who's who on the SOA board

How well do you know the SOA Board members?

**I**n (I hope) a continuing series, SCORE asked them to introduce themselves with some brief biographies. First up is the SOA President, Roger Scrutton (ESOC). The President's role needs little introduction - he is the public face of the SOA and undertakes a wide variety of tasks in guiding and overseeing orienteering in Scotland.

**Roger says:**

*I came to orienteering in my late 40s, having played a lot of ball sports in my younger days and then tried various forms of running. As I am still much better at running on roads (sprint, urban) than across open country or forests, I've promised myself I will run cross-country events this Winter, and I'll continue to pursue cross-training, especially gym work and mountain biking, to ensure that I can participate in orienteering into later life.*

*As far as being SOA President is concerned, I find it a bit stressful (no, more like frustrating) at times, as with any position of responsibility, but generally it is enjoyable and immensely rewarding.*

*I love it when SOA puts something into action and it works out for the benefit of clubs and/or membership. In my job as a geoscientist I've sat on several Boards of Directors and even presided, so I knew what to expect when I took the job. It's important to look both ways - towards policy makers, funders, partners in one*



Picture: Crawford Lindsay, ESOC

*direction and towards clubs, membership, volunteers, squads, and other partners in the other - and to be realistic about what can be done. I am lucky to have an excellent Board of Directors and a large and proficient team of volunteers in key positions in SOA, all working together, without whom it would be impossible to make progress.*

*I have adopted a philosophy, reputedly one of Einstein's, "Life is like riding a bicycle: to keep your balance you have to keep moving". I try to move forward every day.*



**Next, the Partnership Director, Claire Macpherson (CLYDE), who is responsible for managing the SOA's day-to-day relationships and liaising with all their partner organisations, such as British Orienteering, Local Authorities, sportscotland, Scottish Natural Heritage.**

**Claire says:**

*I started orienteering in my mid-20s, when I met my husband, Andrew. He agreed to learn to scuba dive, which was my main sport, and I agreed to learn to orienteer. In my teens, I had always tried to avoid running, preferring sports which involved more skill and physical strength like windsurfing, sailing and snowboarding. This extended into my 20s when I took up scuba diving. I decided, however, that even if I did not have the pace to be a particularly fast runner, I would work on my stamina and complete some distance runs. I started to enjoy orienteering, as it provided a mental challenge as well as a good opportunity to improve stamina and running ability, particularly in terrain.*

*Having spent the last three years having two children, my physical fitness is now at its lowest in a long time but my aim is now to slowly work on getting this back, starting initially with the core. In the meantime, you may see me plodding round a short course or chasing my 2-year-old round a*



Picture: Andrew Macpherson, CLYDE

*string course, with baby in a sling.*

*As far as being Partnership Director is concerned, this is a varying and enjoyable role. It's a role where I can often use my legal knowledge, and it is rewarding to be able to apply this for the benefit of a sport I really enjoy. It's great to see so many volunteers within Scottish Orienteering doing the same, and working to move the sport forward and increase participation and recognition with the general public. I'm really looking forward to Highland 2015 and WOC, and hope it leaves a legacy we can be proud of. ▀*

**A list of all the Board members and other key SOA people, and their responsibilities, is available on the Contacts page of the SOA website: <http://www.scottish-orienteering.org/soa/contacts>**

# “all forests survey” results

Picture: Forestry Commission Scotland



Puck's Glen,  
Argyll Forest Park

by **Fiona Murray (ESOC)**

Forest Tourism Development Manager,  
Forestry Commission Scotland

**S**cotland's woods and forests are wonderful places. You know that, of course, because you spend lots of time every year running around them. Some of them are on private estates, or managed by a charity or local organisation, but many woodlands and forests are owned by us all, the taxpayers of Scotland, and managed on our behalf by Forestry Commission Scotland. This is the national forest estate, which welcomes around 9.1 million visits every year.

The recent All Forests Survey came up with the 9.1 million figure, which is huge and important, but is only the start of the story. We also found out much more than that: who our visitors are, where they enjoy spending time, what they do while they're there, and how things have changed since we last

measured them, in 2004-2007. The complete report's available on the Forestry Commission Scotland website. <http://scotland.forestry.gov.uk/managing/work-on-scotlands-national-forest-estate/tourism-and-recreation/profile-of-forest-visitors> Here are a few snippets, from a national perspective, which I thought you'd find interesting. If you'd like to know more about your local area, contact the nearest Forest District office for their fact sheet. <http://scotland.forestry.gov.uk/managing/who-manages/forest-districts>

Exactly 50% of visits are made by women (a 4% increase since 2007) and over a quarter of our visitors are aged 60 and over (a 10% increase). Visitors travel an average of 17 miles to the forest, but 43% travel less than 6 miles and 13% go to their local woodland every day. We asked about how long people spend (average 1.5 hours) and the activities

Loch Beinn a' Mheadhoin, Glen Affric, in autumn



Picture: Forestry Commission Scotland


undertaken during visits: almost three-quarters of visits involve walking, 43% are dog-walking, 8% are cycling or mountain biking, and 3% visit the forest for a picnic.

Clearly, this is good for people's health and wellbeing, as they get out and enjoy the outdoors, but what does this all mean for the economy? There's an average spend of £18 per visit (£35 if including overnight accommodation), and a third of visits are being taken by people on a holiday or short break, which is almost double the figure from 2007.

What about our orienteering visitors? Your visits may have

been measured by a car or trail counter, or you're amongst the 1% of visits involving organised events. Whichever the case, know that you are valued as a visitor!

What of the future? We still have aspirations for improving and enhancing the visitor experience in Scotland's national forest estate, to make it even more welcoming for even more people. We're improving our wildlife viewing facilities, monitoring and upgrading our path and trail network and bringing woodlands closer to where people live; we've completely revamped all our visitor centres; and we continue to work with stakeholders, such as the Scottish Orienteering Association, to see what new opportunities exist. For example, could we see more Trail-O or permanent orienteering courses across the country?

We all have limited resources, but hopefully, by understanding these limitations, talking, planning and working together, we will continue to plant the seeds for a great future for more people to explore and enjoy Scotland's national forest estate. 

## CORRECTIONS

Unfortunately a couple of errors crept into the September issue of SCORE – apologies for these, and thanks to the people who pointed them out. Please email [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org) if you spot any mistakes in this or future issues.

- On page 3, the photo credit should say Crawford Lindsay, ESOC.
- On page 7, in Event News, the East area came 2nd (not 3rd) in the Junior Inter-Area Relay.

# behind the scenes



Picture: ActivNorth

Day 4 of the  
Lakes 5 Days 2014,  
Pike O'Blisco

by **Chris Spencer (MOR)**  
ActivNorth Photography

Event photography - A picture is worth a thousand words



**T**here are few pursuits and activities in our life that challenge one another or bond people together in such a great way as sport does. The world of orienteering does just that; regardless of the level of competition, it displays a huge amount of emotion and character. The ultimate thrill, however, comes from the action and exhilaration within its playing field, when we try to master speed versus navigation.

This adventurous thrill leaves behind indelible images in our minds. Often as not, those unforgettable slices in time are now documented by a key person: the sports photographer. As many of you will


be aware, ActivNorth Photography strives to convey the emotion and the action of orienteering by getting closer to the action.

The only way it can successfully achieve capturing the drama is by being physically amongst you, the competitors; using cameras and lenses that can get shots in nearly all weathers, and in poor light conditions beneath the trees that the BBC Natural History department would walk away from. As a 'temporarily' retired orienteer, I have a slight advantage of knowing where and how to get good photos, that usually comes with some valuable (or not-so-valuable) advice from the planners.

That said, even some of the larger attended events regularly catch me

out, when I've waited at a control site like a deerstalker, for nothing to happen, only to turn my back on it and suddenly see from the corner of my eye a herd of orienteers rush through the control and punch; is this breed of orienteers camera shy; do they wait behind a large knoll or hide in a pit?

Thankfully, most orienteers are not like that at all and a lot will even deviate from their course with a surprising spurt of energy to get in a photograph. Amazingly, some will even stop to ask me where they are, but I don't tell them unless they are begging and crying on their knees!

Good photography now plays a pivotal role in the development, promotion and advertising of orienteering. Unfortunately, like all good things, it comes at a wee price. ActivNorth is a small venture that gets results; it does have some future aspirations that are now beginning to look very positive for the business, but more significantly will reward sport and you the competitor. 

Picture: ActivNorth



Moray & Highland  
Junior Championships,  
Culbin

**Website:**

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

**Facebook:**

<https://www.facebook.com/activnorthsportsphotography?ref=hl>

### 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](mailto:hilary@scottish-orienteering.org)

By phone 01479 861374 (has an answerphone)

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

**Thank you**



# marathon des sables 2014



Picture: Marathon Des Sables official photographers

by Helen Bridle (ESOC)

**S**and dunes are my favourite kind of orienteering area. Moroccan sand dunes though are on an entirely different scale! And the sand seems much softer and more difficult to run in. Though maybe it only seems that way in the 40°C heat, carrying everything that I need for 6 marathons in 6 days in the Saharan desert.

The Marathon des Sables is known as the world's toughest foot race and I took on this challenge in April 2014, raising money for Yorkshire Cancer Research. The race consisted of 3 days of about a marathon distance, followed by the infamous long day, which was a double marathon with a 34 hour time limit for completion, and finished off with a stage of exactly 42.2km. Then there was a charity stage of just 8km on the final day. Over a thousand people started this year, with over 10% of those

not reaching the finish line.

The maps are terrible, and while a compass is on the compulsory kit list, luckily (having seen my tent-mates' attempts to figure out how one works) we didn't need to use it, as the course is well marked. Other items I was very grateful I didn't need to use included my anti-venom pump, and the emergency flare provided by the organisers!

The only other things provided by the organisers are tent space every evening, and a water ration, which is dealt out at morning camp, at checkpoints along the day's route and at the finish. The water totals about 12L for drinking, cooking and washing - not much of the last happens. My bag weighed about 6.5kg, minus water, with my compulsory kit and all of my food for 7 days.

For me the hardest thing was taking on enough salt - I had underestimated how dehydrated

I would get, as my nutrition had worked really well during practice runs from Berwick-upon-Tweed to North Berwick, and along Hadrian's Wall. Due to the lack of salt, I really overheated on day 3, which was pretty scary. I also stupidly got excited on day 5, thinking "Hurrah, easily going to make it now, only a half marathon to go!" and pretty much straight after that my knee got really sore, making that last 21km an incredibly slow and painful experience.

over to cheer in the last runner to finish the long stage, about half an hour before the cut-off; random chat with my tent-mates, all of whom also finished; and the support of the other runners and the awesome helpers.

The MdS was an amazing experience, even if I did decide halfway through day 1 that I was never doing it again. The scenery is incredible, and everyone is so supportive and friendly. However, I don't think you have to go all the way to Morocco to get the

Picture: Marathon Des Sables official photographers




Picture: Helen Bridle, ESOC



If those were my worst moments, there was a whole host of fantastic ones – running in at 2am in the morning, under the most amazing starlit sky, to cross the finish line after 81.5km; climbing up 10% sandy jebels, and especially descending the other side; crossing the biggest sand dunes in Morocco (which were thankfully on day 1, before too much hatred of sand set in); dancing on the startline; seeing camels; the whole camp hobbling

experience of a multiday running challenge - doing the preparation made me realise how many adventures can easily be found close to home, like running the length of Hadrian's Wall, which is also something I would totally recommend.

In addition to finishing the race in 301st place as 20th lady, I raised nearly £9000 for cancer research. Thanks so much to everyone who supported me and/or sponsored me – I really appreciate it. 

by **Lynne Walker (BASOC)**

SOA Coaching Coordinator

email: [coaching@scottish-orienteering.org](mailto:coaching@scottish-orienteering.org)

Picture: Crawford Lindsay, ESOC



## Information about courses for coaches

As mentioned in the previous edition of SCORE, the course schedule for 2015 is now available on the NatCen website. There is a lot happening; the UKCC L1 course has been altered so that people can attend a day (free in 2015) to find out what is involved, have a go at some coaching and decide what to do after that. Get your application or expression of interest to Hilary as soon as possible!

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

## CPD (Continuous Personal Development) for course tutors


Tutor development is important; in 2015, on 28 February, there is a tutor update and CPD day. If you currently tutor orienteering coaching courses and have not heard about this from Hilary, then please email her - [hilary@scottish-orienteering.org](mailto:hilary@scottish-orienteering.org)

## Athletes - 2015 targets?

Have you sat down yet with the 2015 orienteering events calendar and decided which events you would like to go to? There is a different bias to the calendar in Scotland - six SOLs before the summer holidays and then Highland 2015 / WOC at the start of August, as well as the JK at the start of April in the south Lakes.

### ***Some things to think about and chat about with others - and maybe a coach:***

- How are you going to cope with all these competitions?
- What types of terrain are these competitions being held on?
- Are you going to work out which are priorities for you and which are for 'racing experience'?
- What plans do you have for your winter training?
- Will you be in good physical shape at the start of March?
- Which local winter events will you use for training, so that your navigational skills are sharp at the start of the season? Night orienteering is a great way to sharpen up!
- Plan some group training sessions (physical and technical) which also have a social element or involve finishing at a café - it is winter after all!

These questions are aimed at all orienteers, as preparation and planning ahead helps to make you a better-performing athlete. 

## Senior Home International Victory

Pictures: Philipp Von Ax



The Scotland SHI team, at Balmoral Castle

**O**ur biggest piece of news is that Scotland won the SHI! This was part of Race the Castles. Over the first weekend (11/12 October), the first ever Sprint Home International was held, with combined times of 4 runners each day deciding the overall scores. We fielded an exceptionally strong team and were rewarded with an outright victory over the 2 races in Edinburgh and Stirling.

We then took advantage of the WOC training camp and held a SEDS camp, based in Deeside, for the following week.

Balmoral was the scene for the SHI individual on 18 October; we were expecting the courses to be tough and thought this would count in our favour, as we have many training weekends in tough Scottish forests. And so it proved. The courses suited our

strength, giving Scotland an overnight lead of 4 points. But we still had a big job on our hands.

At Forvie the next day, the usual small relay event that we're used to had changed with the abundance of foreign teams, which added an extra dimension to the race. Exciting battles ensued through the dunes, and once

the calculations were done, it emerged that England had won the relay day by 1 point over Scotland. Thankfully, the day before had given us enough of a lead to take the overall title. What a great feeling, to take the win on home soil against one of the strongest teams that England have fielded for a long time! We're all thrilled to have won: a perfect start to an exciting year for Scottish orienteering. Read the full report here: <http://www.scottish-orienteering.org/seds/scotland-victorious-on-home-soil>

The new SEDS squad is also listed on the SEDS page: <http://www.scottish-orienteering.org/seds/seds-squad-2014-15>


### Winter Training Plans

SEDS are having an action-packed start to winter training, with weekends in Fort William, Speyside and the Lakes in November, as well as several runners taking on the Grampian Mountain Challenge.

We have a further weekend in the Lakes in early December (with the JK in mind), and then a weekend where we team up with EckO over in Oban.

The full list of our training weekends is on our page on the SOA website:

<http://www.scottish-orienteering.org/seds/seds-training-2014-15>

Anyone is welcome along to join in or lend a hand. If you are interested, get in touch! 

# junior squad news

by **Maureen Brown (ESOC)**

ScotJOS Squad Manager

A review of 2014 - a very successful year



Picture: Maureen Brown, ESOC

## JIRCs Individual event winners

**T**here have been lots of successes for the Scottish Juniors this year – indeed it certainly is the most successful year ever in my experience.

So to keep this relatively short, can I please refer SCORE readers to various reports on the SOA website: <http://www.scottish-orienteeing.org/scotjos> (under the Scottish Junior Orienteering Squad logo).

2014 is the first year ever that Scotland has won both the Junior Home Internationals (JHI), organised by EckO at the end of August, and the Junior Inter-Regional Championships (JIRCs), organised by the North West Orienteering Association in the Lake District at the end of September, both extremely exciting and close-run competitions. Those of you who subscribe to CompassSport magazine can read the very well-written reports by Ewan McMillan (M16, JHI) and Roanne Lilley (W16, JIRCs) in the

RC#5 section of the magazine.

In addition to those team successes for the Scottish juniors, there have also been many international selections: Alex Carcas, Kathryn Barr, Emma Wilson and Andrew Barr for EYOC in Macedonia; Sasha Chepelin, Chris Galloway and Rhona McMillan for JWOC in Bulgaria; Chris, Sasha, Andrew, Daniel Stansfield and Jenny Ricketts for JEC in Belgium (where Sasha came 2nd in the Long race), with Thomas Wilson as reserve.

There have been lots of selections for summer training camps: 10 to the British Orienteering Talent Squad camp in the Lake Districts; 5 to the JROS camp at Lagganlia for 14s; 13 to the JROS camp at Trossachs for 16s; 5 to the JROS camp in Stockholm for 16s and 17s.

As well as training in Sweden on the ScotJOS tour (see the SOA website for a full report), ScotJOS have organised training weekends to Stirling, Moray




and Deeside where local athletes joined the Squad for training, plus our 'Last Supper' weekend in Edinburgh, where we said goodbye to our 18-year-old leavers Evie Mason, Briony Kincaid and Bronwyn Matthews. Many thanks to all the coaches and parents/drivers who helped to make these a success. Virtually all ScotJOS members took part in all these events.

So the question is: Why has 2014 been a particularly successful year? Is it because by chance we have a particularly talented group of juniors in Scotland this year? I think the answer is that we do have a large group of very talented juniors in Scotland at the moment. There are some large peer groups, in particular our seven 18s who are all members of the British Orienteering Talent Squad, and our seven W16s, most of whom successfully ran up as W18 at least once this year in the JHI or JIRCs, as well as the other age classes, all of which contain some of the best in Britain. There has been a gradual evolution in the way the Squad has been run. ScotJOS has not been limited to a maximum number in each class (as has sometimes been the case in past years), but we have tried to include as many of the best juniors as possible. Therefore the Squad has been increasing in size over the years, causing logistical problems in organising accommodation, transport and food, as well as coaching help; however thanks to the help and co-

Picture: Maureen Brown, ESOC



operation of parents and coaches, we have generally managed to overcome these problems. This larger peer group size has had the effect of generating friendship groups which could well become lifelong, as well as encouraging individuals to compete for team places and therefore train harder, both physically and technically. Our 18s and some of our 16s are experienced enough now to organise their own training, both individually and within their own peer groups, and several post regularly on the Attackpoint website. We all work hard to make the Squad experience Good Fun as well as Serious Training. One of our recent leavers described the Squad as made up of 'nice small groups within a big kind of family'. This ethos is perhaps part of what makes ScotJOS a good place for juniors to want to be, and so perhaps this is why they work hard to get there and stay there. If this is the case, then long may it continue. 

**On the road, JIRCs weekend**

# highland 2015

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Highland 2015 - a few things to think about!

**I**'m sure that you are well aware of Highland 2015. And you will probably have realised that 2015 is going to be very different from a normal Scottish 6 Days. The World Orienteering Championships, and the increased number of competitors (we're hoping to have 5000 orienteers taking part in the 6-Days), will make this an event to remember.

The WOC organising committee aim to make the World Championships a real show for the competitors, the spectators and for the viewers of TV/ internet and media coverage. The aim is that the elite athletes will leave Scotland saying "the best WOC ever", and we have the same aim for the 6-Days competitors - who will hopefully return again and again, and pass the word on to their friends.

This is a great opportunity to be involved in a major international event and participate in some top quality orienteering. We will lay on extra activities, and have worked hard to create an integrated 6-

Day/WOC programme that will make this an outstanding event for the elite, the 6-Day competitors and the spectators. Of course this brings some challenges compared to a normal 6-Days - it's bigger, more complex, more international and in the spotlight. And many of our experienced organisers, planners and controllers are already helping with WOC. In short, this event will put demands on Scottish Orienteering.


As entries open, it seems like a good time to ask you to think about how you can help (or help more, if you feel that you have some spare capacity!) Here are a few thoughts:

- Help the 6-Days on your club day - as usual, your clubs have been allocated to different days and requests for help should come through the organiser for each day. You should be contacted in the next few months. If this doesn't happen, please ask someone.
- Help the 6-Days during the week - ESOC and INVOC form the Central Organising Team. Some of the team have already been working for over a year on the event. Others are being actively recruited. Even if you're not a member of ESOC or INVOC, then

***“This is a great opportunity to be involved in a major international event and participate in some top quality orienteering.”***

please feel free to volunteer if you can provide additional help during the week. It's easiest to email me in the first instance: 2015@scottish6days.com

- Help with WOC - you can do this using the information on the WOC website, and this help is also appreciated. My only request is that you please do your best to support your club on their day.
- Find non-orienteering volunteers - it can be exciting being part of a big event. If you are a member of a club (e.g. running, hillwalking), please ask non-orienteering members (or any other friends) if they would help. Even a couple of hours can take the load off other volunteers. And this can be a great way of introducing people to the sport. They don't have to come for the week - but how about a long weekend?
- Participate in the extra events - we are organising Sprint races, and activities at the WOC Middle Distance (the Highland O-Fest). All designed to make the week more fun - please enter early - it will give us confidence to put on more activities! More details about what we're doing are on the website. We also need some extra volunteers to help stage these events.
- Find a homestay - the WOC team have put a 'homestay' page on the WOC 2015 website to help with accommodation for volunteers. If you know anyone that could help with this please tell them to have a look. <http://www.woc2015.org/volunteers/volunteer-accommodation>

And finally, don't forget to get your entry in! Let's build some momentum. 

**The fixture list is now bursting with local events, including the traditional festive ones in various unusual formats. There's no need to stop orienteering for Christmas! The Night leagues are in full swing too, with plenty to look forward to. And there's a series of STAG score events on Sundays in January and February.**

There's no Big Weekend in Edinburgh at the end of January this time (because EUOC were very busy with Race the Castles, and have another major commitment in February; see below). Instead, the first double-header of 2015 will be ESOC's 50th anniversary weekend, on 31 January/1 February. Mark Wood, planner of Saturday's event, explains: *The Riccarton campus of Heriot-Watt University, on the west side of Edinburgh, plays host to the annual ESOC Sprint Event. This 2 race event, prologue and chase, also incorporates the first race in the Scottish Orienteering Urban League (SOUL) and for the youngsters, the Scottish Schools Sprint Championships. The campus may not have a castle, but it includes a good mixture of complex alleyways between academic buildings and student accommodation, interspersed with woodland, parks and ornamental gardens. The prologue and chase will loop through the university and will need fast legs, good route choice and accurate navigation to*

*complete in optimum time. Minutes could be thrown away with any loss in concentration. The terrain also allows us to put on challenging courses for the juniors with little interference from traffic. The event is an excellent opportunity to get some good practice in for the Scottish Sprint Champs. The Chasing Sprint is followed by a South of Scotland Orienteering League event on the Sunday, at Dalkeith Country Park, just outside Edinburgh, an old estate with a mix of terrain between two river valleys.*

On Saturday 14 February, there are two Scottish Championships in one day. The Scottish Sprint Championships will be hosted by CLYDE at Erskine, which is a brilliant area for Sprint events. Patrick Walder, the planner, says: *The 2015 Scottish Sprint Championships will be held in the maze-like housing estates of Erskine, originally mapped for the WOC Sprint selection in 2010. Although it has subsequently hosted Urban League races, for most orienteers this will be the first opportunity to experience sprint distance courses on this challenging area. Expect highly complex route choice problems requiring rapid decision making. As one WOC athlete put it: "very tricky – I don't know how you're meant to stay ahead of the game in something like that".*


Terry O'Brien describes the next event: *Some hours after the Scottish Sprint Championships,*

STAG, with the help of our other West Area clubs, will host the Scottish Night Championships at Drumpellier Country Park, Coatbridge. With support from North Lanarkshire Council, we will base this event from the Lochview Family Golf Centre with start & finish within 500m of parking. Drumpellier Country Park includes lowland heath, woodlands and grassland, around a loch, and is surprisingly wild in places, with some tricky contour detail too, so it should be interesting at night. And the next day, there's a chance to see where you went wrong in the dark, with the 4th STAG score event being held in the same area.

The following weekend, students from all over Britain will descend on Edinburgh for the BUCS (British Universities and Colleges Sport) Orienteering Championships, hosted by EUOC.

The 2015 Scottish Orienteering League series kicks off on 8 March, organised by Interlopers, with Drummond Hill near Aberfeldy as the provisional venue. The second event of next year's SOL series is a fortnight later, an ESOC/STAG collaboration at the Bonskeid Estate/Linn of Tummel, near Pitlochry. These promise to be excellent events in terrific terrain. See inside back cover for the list of SOL and SOUL dates.

And between the first two SOL events is another important event in classic terrain – the CompassSport Cup heat, which will be hosted by MAROC at Balnagowan, just north of Aboyne. This is an area of plantation forest, quite hilly, with rock detail.

So as usual, there should be something for everyone – hope you'll enjoy whichever events you choose to attend. 



Picture: Mike Rodgers, MOR

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## Compass Point Scottish Orienteering League 2015 - provisional dates

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

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



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Full range of colour-coded courses,  
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<input checked="" type="checkbox"/>	<b>SOL 1</b>	<b>08.03.15</b>	<b>Drummond Hill, Aberfeldy</b>	<b>INT</b>
<input checked="" type="checkbox"/>	<b>SOL 2</b>	<b>22.03.15</b>	<b>Bonskeid Estate, Pitlochry</b>	<b>ESOC/STAG</b>
<input checked="" type="checkbox"/>	<b>SOL 3</b>	<b>12.04.15</b>	<b>Mark Hill, Dumfries</b>	<b>SOLWAY</b>
<input checked="" type="checkbox"/>	<b>SOL 4</b>	<b>03.05.15</b>	<b>Glen Dye, Banchory</b>	<b>GRAMP</b>
<input checked="" type="checkbox"/>	<b>SOL 5</b>	<b>20.06.15</b>	<b>Tullochcroisk</b>	<b>FVO</b>
<input checked="" type="checkbox"/>	<b>SOL 6</b>	<b>21.06.15</b>	<b>Dunalastair</b>	<b>TAY</b>
<input checked="" type="checkbox"/>	<b>SOL 7</b>	<b>04.09.15</b>	<b>Loch Vaa, Aviemore</b>	<b>BASOC</b>



## Scottish Orienteering Urban League 2015 - provisional dates

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



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<input checked="" type="checkbox"/>	<b>SOUL 1</b>	<b>31.01.15</b>	<b>Ricccarton</b>	<b>ESOC</b>
<input checked="" type="checkbox"/>	<b>SOUL 2</b>	<b>14.02.15</b>	<b>Erskine</b>	<b>CLYDE</b>
<input checked="" type="checkbox"/>	<b>SOUL 3</b>	<b>02.05.15</b>	<b>Aboyne</b>	<b>MAROC</b>
<input checked="" type="checkbox"/>	<b>SOUL 4</b>	<b>19.06.15</b>	<b>South Stirling</b>	<b>FVO</b>
<input checked="" type="checkbox"/>	<b>SOUL 5</b>	<b>04.08.15</b>	<b>Forres</b>	<b>S6D</b>
<input checked="" type="checkbox"/>	<b>SOUL 6</b>	<b>05.09.15</b>	<b>Grantown on Spey</b>	<b>BASOC</b>
<input checked="" type="checkbox"/>	<b>SOUL 7</b>	<b>27.09.15</b>	<b>Jedburgh</b>	<b>RR</b>
<input checked="" type="checkbox"/>	<b>SOUL 8</b>	<b>01.11.15</b>	<b>Cumbernauld</b>	<b>STAG</b>

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