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# **EDITOR'S INTRO**

Scottish Orienteers,

HELLO again – hope you've had the chance to go to some of the excellent events since the last issue of SCORE.

There's plenty of news from them here, including two big junior events: the World Schools Orienteering

Championships in Turkey, and the Scottish Schools'
Orienteering Festival somewhat closer to home. This issue also has an account of the Tiomila relay in Sweden, an article about injury prevention, and two more SOA Board profiles, as well as an update on Highland 2015 and WOC 2015 – not long to go now! Do look at the back page too, for details

Picture: Crawford Lindsay, ESOC

about the John Muir Trust, who have a Visitor Centre in Pitlochry – well worth a look, on your way to or from the Schiehallion Weekend.

Thanks to all contributors. The next issue will be in September – any orienteering-related articles or comments will be gratefully received.

The photo this time was taken on Hallin Fell, by Ullswater in the northern Lake District, following the recent Twin Peak events, which were on Place Fell and Angle Tarn Pikes, in the background.

Have a great summer! Sally Lindsay

Editor

**Cover pic** - The senior mass start at the Scottish Championships Relay. Pic courtesy of Crawford Lindsay, ESOC

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#### **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:
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Glenmore Lodge, Aviemore
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### PRESIDENT'S PIECE

#### BY ROGER SCRUTTON (ESOC)

SOA President email: president@scottish-orienteering.org

# I'll begin by revisiting some items I mentioned in my March President's Piece.

First, I am very pleased to say that **sport**scotland has decided to fund us for 2015-2016 at more-or-less the same level as in recent years. This means they accepted that the cause of the slump in membership that we suffered in 2013 and 2014 was beyond our control, and we are grateful to them for taking this approach. Our latest membership numbers continue to show a recovery in 2015.

Second, we are now undergoing the new KPMG governance development audit commissioned by **sport**scotland. It is only 20 months since we received the report from the previous audit (outcome: "Satisfactory, with comments") but I am confident we can show some progress since that report, while a few comments are still to be dealt with.

Third, we move ever closer to WOC 2015 and Highland 2015 – at this very moment the BOF website informs me that we are 72 days and 5 hours away from the first action. I am one of the co-planners for Day 2 of the 6-Days, at Strathfarrar. My next task is to join in the bracken-bashing exercise there, to make sure runners can actually make progress through some parts of the area. We are reliably informed that if bracken is bashed down in June, its growth will be significantly stunted. This organised, large-scale bracken-

bashing (probably several man-days) might be a first for the 6-Days event – I can't say I am particularly looking forward to it, but it must be done.

Over the next few months, the SOA Board will be developing the SOA Strategy for 2016-2020, to follow on from our current 2012-2015 Strategy. The Strategy document will be a very important element in our bid to **sport**scotland later this year for funding over the 2016-2020 period. A couple of years ago, sportscotland moved to a process of agreeing 'in principle' to provide funding for a four-year period, although the actual amount of funding is decided yearby-year. This gives a sport governing body the security of knowing that within a four-year period, funding will not suddenly disappear, but it also means that every four years there is the risk that funding will be withdrawn for the next four-year period. Although I'm sure sportscotland would act sympathetically in this situation, the bid we will be making at the end of this year is more-than-usually important. We have some pointers that suggest that our Strategy should pay particular attention to supporting clubs in building links and partnerships within their communities. including schools and youth groups, and continuing to provide opportunities for volunteers of all kinds to develop their skills. We are aware of the frustration that several clubs experience in their work with

schools, in that considerable effort does not convert into club growth. To try to address this, I have asked Mike Rodgers, our Regional Development Officer in Morayshire, to undertake an audit of clubs' work with schools: what works, what doesn't, what happens in other sports, and what, together, we might do to improve the conversion of volunteer effort into club growth.

In March, I finished with a comment from the world of outdoor education. essentially indicating that children's fundamental desire to engage with 'the outdoors' does not necessarily translate into what they are able to do, and not do, in their everyday life. In the last few weeks, the Institute for Navigation has issued a news item. Society "Sedated by Software" Needs Nav Skills Taught At School. (see http://www.rin.org.uk/NewsItem/4060/ Society-). Now, if that isn't an invitation for orienteering to be taught in schools, what is?

The picture this month is not of me! It was taken at Forres East by Chris Spencer (MOR), ActivNorth Photography.



Juniors at Forres East

#### 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.

hilary@scottish-orienteering.org By phone 01479 861374 (has an answerphone) By email National Orienteering Centre, Glenmore Lodge, Aviemore PH22 1QU By post Thank you

# **POST-WOC DEVELOPMENT**

#### BY HILARY QUICK (BASOC)

SOA Development Officer Email: Hilary@scottish-orienteering.org

Mopping up the interest generated by WOC - some ideas for your club to join in with, or add to.

#### **Find Your Way to Orienteering**

British Orienteering will soon be announcing a scheme whereby people interested in trying orienteering – perhaps as a result of seeing something of WOC – can easily find information about local opportunities to learn the basics, then continue with local participation.

Clubs will be required to put on a short series of introductory coaching sessions (not necessarily delivered by a qualified coach), followed by a series of regular club training sessions or low-key races. Significant factors here will be the ease of finding details (avoiding the standard fixture list), and the progression and regularity of opportunities to participate locally. Resources and ideas will be available for download by clubs. Details will be in the next issue of Focus.

#### North of Scotland urban races

Three races put on by local clubs, with free entry for local athletics club members who are accredited helpers at WOC:

- 22 August Forres
- 6 September Grantown
- November (date tbc)
  - Inverness

Could you join forces with nearby clubs to do something similar, and promote it to the local athletics club?

#### Coaching weekends, Glenmore Lodge and Speyside

For beginners and returners aged 18+, a weekend of expert coaching in basic skills, in some of the best terrain in the UK. Three non-residential weekends available:

- 12-13 September
- 19-20 September
- 26-27 September

Cost: non-members - £60 per person per weekend; SOA members - £50 per person per weekend. Further discount of £10 per person per weekend for accredited WOC helpers.

An invitation is extended to any licensed coach to plan and deliver sessions, with whatever amount of mentoring support you need. Please e-mail me if you're interested.

#### **Schools Orienteering**

Many schools are becoming increasingly aware of the benefits of orienteering and its links with many aspects of the curriculum. The one-day 'Teaching Orienteering' course gives teachers the skills and resources to introduce orienteering in school in a sustainable way.

See: www.scottish-orienteering. org/teaching





Hilary Quick

### 7TH AT TIOMILA WITH TURUN METSÄNKÄVIJÄT

#### BY SCOTT FRASER (INT)

The Tiomila is a 10-man overnight relay, held annually in Sweden. The name means 10 Swedish miles, or 100km, the rough distance run by each team. The straight-line distance of the 2015 race was 116km. Scott describes his team's race:



iomila 2015 took place just north of Stockholm in the region of Skepptuna (about 5km from Stockholm's Arlanda airport). The area hadn't been used for orienteering before, which is unusual for this region, so the terrain was a mystery to most. However, Gustav Bergman (best orienteer in Sweden) did run 4.39mins/km at a race on the adjacent area, so the expectations were of somewhat fast terrain.

Having run for Södertälje-Nykvarn for the previous 4 years, I was used to running at the lead of these relays but my new club (TuMe) had been struggling in recent years, so I wasn't sure what to expect in the morning. We started quite badly, losing more than 9 minutes in total over the first 2 legs.

However, our Scottish 'Night King' Douglas Tullie ran the long night (3rd leg) and pulled us right back into contention, finishing only a few seconds from the lead. Back in the game! Anyone who has run Tiomila before will know how important it is to be in the long night 'train', so Doug's run here saved the day for our team. We ran in the leading pack for a few

legs, but lost some time towards the end, which meant I started in 6th, about 3 minutes off the leading pack.

I knew it would be quite hard to catch the leading pack (Thierry Gueorgiou, etc), so I tried to focus on my own game. Although I knew my own game wasn't good enough for the top positions, I knew it was good enough to 'hold the line'. The race itself was a tough experience for me, as I became really cold after about 15 minutes; a combination of not much body fat, running 17.2km in the rain at 06:00 on a Sunday morning through wet bushes at 2 degrees temperature.

Not exactly what I had been preparing for, but on days like this you just have to scrap it out, which I did, and anchored the team to 7th place. Something which we were satisfied with, but we have the ambition to be amongst the top 5 teams. We just need that extra bit of luck so that we can go out with the leading pack on the last leg, something which would have been a whole different ball game.

Now we are looking forward to running the Finnish equivalent of this relay: The Jukola!

# **EVENT NEWS**

It's been a busy time since the last issue of SCORE, with several major events, as well as the latest in the Compass Point Scottish Orienteering League (SOL) and bto Scottish Orienteering Urban League (SOUL). Here are some highlights.

First was **SOL 2**, on 22 March at Bonskeid Estate. This is a small area, recently resurveyed, and provided interesting challenges for everyone, especially in the areas of windblown trees!

JK 2015, 3 to 6 April (Easter weekend), in the southern Lake District, had a large Scottish entry, as well as many international competitors preparing for WOC. The JK Sprint took place on the varied campus of Lancaster University, in persistent drizzle.

On the other days, the terrain was highly detailed, often steep,

with many
rock features
and complex
contours, in
deciduous
woodland, and
the weather was
fine. As ever,
there were many
great Scottish
results (far too
many to report

here), with perhaps the most notable being Interløpers' 5th consecutive win in the Men's Trophy at the JK Relay.



The Finish at JK Day 2

**SOL 3** came straight after the JK, on 12 April, at Mark Hill near Dalbeattie. This was a rough, technical forest, providing yet more interesting challenges, especially since it was very wet to start with.

It was a long journey to the Forest of Dean for the **British Championships** on 18/19 April.
The terrain was a contrast with the JK – generally very runnable deciduous woodland, with some old mine workings and large and complex spoil heaps. The sculptures of the Forest of Dean Sculpture Trail enlivened some courses.

In the Individual event, there were plenty of Scots on (or very nearly

on) the podium, and in particular the top 5 places in M21E were members of Scottish clubs, with Graham Gristwood (FVO) taking the

M21E title. Jess
Tullie (BASOC)
won W21E.
In the Relays,
Interløpers
won the Men's
Premier, with FVO
coming 2nd, and
ESOC came 2nd
in the Women's
Premier. There
was also a win for
FVO in the M40
Relay.



Deer sculpture in the Forest of Dean

The first weekend in May saw a double header on Deeside on 2/3 May, with **SOUL 3** in Aboyne, organised by MAROC, and **SOL 4** in Glen Dye, organised by GRAMP.

The Aboyne race took competitors

all over the town, and longer courses had multi-part maps to make the most of the area.

Unfortunately the weather was appalling on the Sunday – see overleaf for a report from that event.

The **British Sprint Championships** took place in Hampshire, at Aldershot Garrison, on Saturday 8 May, giving fast and furious racing with heats and finals in different parts of the garrison.

The **British Middle Distance Championships** were the next day, on chalk ridges in the Chilterns near High Wycombe. As it was so far away, there were fewer Scots

than usual competing, but Scottish elites again did well, with Murray Strain (INT) winning the British Sprint Championships, Helen Bridle (ESOC) coming 3rd, and Jess Tullie (BASOC) 4th.

There were wins for Jess and James Tullie at the British Middle Distance Championships, with Murray coming 3rd and Helen 2nd.

The Scottish Championships were presented by the West Area clubs on 23/24 May, near Oban. There were more international teams present, which added to the general excitement.

The Individual event was at Ardnaskie, on the south shore of Loch Etive, a technical area of small hills amidst marshes, with oak and birch forest. The complexity caught out many; relocation proved difficult. The Relays were at Inverawe Country Park, not far away, which had varied terrain, as promised. First came a plethora of controls on the lower ground near fishing ponds, followed by a steep hill with some beautiful mature beech forest, then open moorland and birch with glorious views up Loch Etive, and finally a long run across meadows to the finish.

Full results are available on the Scottish Championships page of the SOA website: http://www.scottishorienteering.org/championships



Senior start, Scottish Relay

### **COMPASS POINT SOL 4, GLEN DYE**

#### BY HELEN ROWLANDS (GRAMP)

Event Organiser



The fourth Scottish
Orienteering League event
of the year was one of the
coldest and wettest many
could remember.

Helen gives the organiser's view...

his SOL event was always going to be hard work, even before the rain started.

Never having organised a level B event before, I hadn't realised how much extra was involved.

Hiring portaloos, extra brikkes. official first aid cover, Pre-O, online entries with a closing date (though many didn't notice that!). all combined with more courses, more rules and more cars... many thanks to a very patient controller (Brian Bullen, FVO) and the more experienced club members, who helped enormously all through the process, especially Rob Hickling with his ever expanding array of IT kit giving instant results and wifi access. Most of all, thanks to everyone for turning up, even from so far afield as Sweden and Japan.

I don't suppose there is any such thing as a perfect orienteering area, and Glen Dye, although a pleasure in which to run, is awkward to organise. The time of year (lambing), and change of farming practices (pedigree cattle herds) meant the usual field options were not available.

Nor was the favoured 'through route' parking track (forestry work). This left the track we used, with the long slow drive and spin round. Thus the assembly area was in the middle of the competition area, with limited space and nowhere suitable for a string course.

We also decided to avoid road crossings for any course with age classes for under 16s (i.e. all courses up to Short Brown). Given the weather conditions of the day, many of these factors became blessings. The assembly area was sheltered from the wind, start and finish were close, the deepest burns in the central area that rise very fast were not on any but the longest courses, we were not towing people out of a quagmire of a parking field, and I believe (hope) there were very few disappointed young 'stringers' actually at the event. Hearing that people enjoyed themselves despite the weather made it all worthwhile.

Just in case anyone was wondering – we took the tents down dry on a beautiful sunny, warm Monday!

The sun did not shine. It was too wet to play. So we went orienteering All that cold, cold wet day.

And we saw him!
The Cat in the Hat!
And he said to us,
"Why do you sit there like
that?"
"I know it is wet
And the sun is not sunny.
But we can have
Lots of good fun that is
funny!"

Adapted from The Cat in the Hat by Dr. Seuss

### SCOTTISH SCHOOLS' ORIENTEERING FESTIVAL

The 2015 SSOF was held in Livingston, on Friday 5 June, with schools from far and wide competing, around 350 pupils in all.

#### Paul Caban (INT), the planner, explains:

"Interløpers (Ken Daly, mainly) have been working with West Lothian Council. to put in two new Permanent Orienteering Courses in Livingston. These were formally launched in April, and as well as providing a facility for the public, and extending our map-base of Livingston, we've also developed some very useful contacts in the Council. On the back of this, and to support local enthusiasm for Schools' Orienteering, we hosted the 2015 Scottish Schools' Orienteering Festival. This used our much-loved Dechmont Law map, with its good path network (four different TD1-standard courses are needed for P5/6 & P7) and pockets of 'interesting' terrain for S5/6 students, running at Light Green standard, many of whom are M/W18s in ScotJOS.

I was a little busy with (secret) London Marathon training, so planning began in earnest once I'd learned to walk again in early May. Thankfully, Livingston is readily visitable for an evening after work, and

Controller Tim O'Donoghue and I were on the same wavelength with the courses I created, so not much revision was needed. And the map was also accurate, with only a couple of corrections needed (how can boulders simply disappear?) Interlopers is grateful to have received assistance from orienteers of a certain, ahem, age and employment status."

#### Judy Bell (ESOC) adds:

"The event was great fun. Ben Brown (ESOC) said, 'Everyone was very helpful - although I think Robert Findlay was teasing when he asked me if I needed help to download'. The overheard comment from one young girl, 'I thought I was going to die out there!' was obviously an exaggeration, but the sheer joy and excitement in her voice was testament to how much she had enjoyed it. Although the regular orienteers found the courses relatively straightforward, the network of paths which all crossed each other confused many of the pupils. Many came back from their runs commenting on the swarms



At the Finish

of competitors all shouting advice and encouragement to each other - as well as seeking help! Rachel Brown (ESOC) had taken 2 of her school friends. one of whom had not orienteered since last year's SSOF, and they both had a great time, excitedly taking selfies and pictures of the results to share with friends later. They also thought it was great to be racing alongside the Scottish stars from the World Schools and then have some of them presenting prizes and encouraging others. For the adult supporters, it was fun watching the excited faces as they raced for the finish line, and then compared times and experiences."

For more details about the SSOF, including results, see the website: http://www.ssoa.org.uk/

### WHO'S WHO ON THE SOA BOARD

#### How well do you know the SOA Board members?



Next in the series introducing the SOA Board members is the Treasurer, lan McIntyre (INT). Although the role of Treasurer may seem self-explanatory, it covers a wide range of tasks, as lan explains:

Since I took on the role of Treasurer late in 2010, the SOA has changed significantly. We now have six employees, the account transactions

have doubled, we are now a charity with more opportunity and more obligations, and following Race the Castles, our turnover reached nearly £250,000 last year. Sitting on the SOA board is like running a small business. The Treasurer is accountable for all things financial.

This includes agreeing budgets, paying expenses, running the bank accounts and providing cost updates to the board, but there are also a few hot topics:

- Auto-enrolment pensions are mandatory from April 2016. This puts the onus on the employer to establish employee pension funds, not the employee. We have been working with the Scottish Sports Association to line up a pension provider to make this happen.
- Insurance provides a constant stream of queries and is a focus now with the 6-Days and WOC

- approaching. Getting clear on exactly what cover we do have is not straightforward.
- Charitable status has been hugely beneficial for the SOA, enabling almost £100,000 of sponsorship, grants and donations. It brings with it significant additional reporting obligations.
- Board governance processes
   have been transformed. We
   have integrated annual and
   long term plans lined up with
   strategy, performance tracking,
   risk reviews, governance and HR
   audits, and more. It's not optional
   if we wish to continue to access
   sportscotland funds, and present
   ourselves as worthy of receiving
   charitable donations.

It can feel like the day job (I manage strategy, planning and costs for BP's onshore North Sea assets). It's a lot of hours (over 400 last year), but the results are worth it. The SOA is now on a stable financial footing, we have a credible plan, are respected enough to generate external support, and orienteering in Scotland is growing again. All of the Board understand that it's the club volunteers who drive the sport along, but if we can help make it happen, then it's time well spent.

Another apparently straightforward (but very important) role is that of Secretary – this position is held by Pauline McAdam (TINTO). Pauline says:

I think that I ended up as SOA Secretary by default: Roger Scrutton asked me if I would do it. I had been retired for 2 years, hadn't really taken on anything else and thought it would be interesting.

Basically, I book the venue for the SOA Board meetings (there are 4 in a year), arrange the catering, then remind the Board members about the meetings and to circulate their reports. I take the minutes at the meetings, and once they've been typed up and checked, send them to Paul Frost who puts them on the website. I do occasionally get requests for help or to pass on information from outside bodies.

This is definitely a job for someone who wants to know more about what goes on behind the scenes in the SOA. You quickly come to realise how much time so many people commit to the sport, and the effort required, to ensure the high standard of event that we have come to expect.

I started teaching at St Andrew's Secondary School in1979 and my first experience of orienteering was after Terry O'Brien arrived in the PE department a year later. He soon had us running around the school grounds, then Tollcross Park, and finally venturing further afield to places like Mugdock.

I left the school to have my daughter, Myra, in 1982

just before STAG was formed, and might never have orienteered again, were it not for a chance encounter with Terry and Jackie Riley in Victoria Park in1990, after we had returned from a 4-year stay in America.

Coming into any sport as an adult is hard work. My daughters started orienteering as juniors and are much more confident in their ability than I will ever be. Having said that, I have, over the years, benefitted from training events run by STAG and other training weekends run by Lynne Walker and Hilary Quick.

I came into the sport as a runner and, to begin with, was running too fast and too far. 25 years on and having orienteered in countries like Sweden, Italy and Brazil, I am still chasing that elusive 'perfect run'. Then, having done it once, I'd like to do it again, and again and...



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.scottishorienteering. org/soa/contacts

#### WORLD SCHOOLS ORIENTEERING CHAMPIONSHIPS 2015 – ANTALYA, TURKEY

BY ROGER COOMBS (MAROC)

# cotland took 32 athletes and 4 coaches to Antalya in Turkey for the week-long World Schools Orienteering Championships.

This was the largest Scotland team to travel overseas for the biennial event. For many of the athletes, this was their first orienteering experience abroad, for others, their first experience of a competition of this nature. Full results are available at www. isfwsco2015.org and there are reports on the SOA and SSOA websites; suffice to say that it was the most successful ever for Scotland, with many podium places.



The Scottish team

A direct flight to Antalya from Glasgow and then a 90 minute coach journey saw us arrive one day earlier than most teams, planned in order to avoid the bottlenecks of Istanbul airport. A great idea, as several teams (including England) chose the latter route, and arrived at 3am, some 36 hours later, and only 6 hours ahead of the opening of the Model Event.

The event was centred on The Queen's Park Resort, in Tekirova, a Russian-funded hotel complex on the shores of the Mediterranean. Quite apart from the obvious advantages and delights of being able to swim in the pool and sea, there were gym and sauna facilities and plenty of space for chilling out and socialising with other teams. The food was all provided at the hotel and consisted of a very extensive buffet. The cakes had to be seen to be believed!

The weather was somewhat cooler than anticipated, around 18-20 degrees. It was just perfect for us.

Some of the Scottish athletes recount their thoughts and experiences:

#### **DAY ONE**

Faisal Khursheed (RR) - the first full day we had in Turkey, we went for a training run around the town we were staying in. This helped us get used to the hot, sticky air and the rocky terrain.

SUNDAY 19 APRIL -Model Event: Phasalis

Jenny Ricketts (MAROC) - The Model Event was a chance to learn what Turkish terrain is like, how it was mapped, and what skills we would need in the races. The terrain was very rocky, both large boulders and small loose rocks, and there were some very steep slopes, which combined made my descending skills look very amusing. It was a nice change from back home and very enjoyable.

**Faisal** - As a whole, it was a flat boggy area surrounded by steep, rocky hills on three sides and the sea on the other.

**Jenny** - At the finish a tortoise was spotted, although only a lucky few actually saw it. Once finished, everyone relaxed on the beach.

#### MONDAY 20 APRIL -Long Distance: Tekirova

Terrain note: Moderately hilly terrain, steep ascents and descents in places. Mostly coniferous forest, with some open land. The terrain had mostly quite good runnability and visibility. Some areas had dense undergrowth. Few roads and paths. Grace Molloy (FVO) - After an intense 2 days on the poolside sun loungers, interrupted only briefly for the opening ceremony and a jog around the model area, it was time for the long distance race. Alex Carcas (INT) - My aims for the competition were: 1) beat the Swedes ;) and 2) try to have a clean run and see where that put me on the results! Grace - It was my first experience of guarantine, and I had imagined it to be somewhat prisonlike, where everyone sat in absolute silence looking very serious. It turned out to be a sunny field, which was far more relaxed and far less silent than I had feared. I had elected to start in the last block, so I was last out of the Scottish girls and fourth last on the whole course. Standing in the blocks I wasn't really nervous at all, just excited to get out and start running. We had the luxury of getting to see the map a minute before starting and I used this time well to plan the longest leg. Alex - My run was a bit shaky at the start, losing time on the very first control with a bit of pre-race nerves kicking in. I lost maybe a minute in the middle section of the course with gigantic 2m tall, 4m wide boulders throwing my concentration and completely changing my route choice. But after that. I had a very clean run, taking the lead on the course! Unfortunately a Finnish athlete came in near the end of the day, stealing my lead by just 12 seconds.

But the best run of my season had come at the right time, and I came second (and managed to beat all the Swedes) so I was extremely pleased that night!

Grace - I finished knowing I had a fast time, but I was shocked to hear I was in the lead by over 6½ minutes, with only 3 competitors still in with a chance. I had a nerve-wracking 6-minute wait until the commentator announced that I had won W2 Select. I was absolutely thrilled and overjoyed to be the World Schools Champion!

### WEDNESDAY 22 APRIL - Middle Distance: Beycik

Terrain note: Hilly terrain. Many large

boulders and stony ground reduce runnability. Mostly coniferous forest with limited visibility in places. Few paths. Jura McMillan (EckO) - Before the start of the race. I was nervous, as I hadn't done very well on the long distance race. Jake Chapman (MAROC) - I was feeling very hot, as the temperature had risen towards the middle of the day. As I started, I was focusing mostly on keeping a clear head and concentrating on the task at hand. The terrain was difficult but fast; I really enjoyed running on it. My confidence wobbled a little bit as I made a substantial error on the second leg. I immediately forgot about it and continued. The only other error I made was going to control ten: my bearing was slightly too far east, meaning I had to change my route choice half way through.

**Jura** - As I went out for the first control of the race, the rain started and I was feeling positive. I made a 30 second mistake on the first control. Number 2 was fast and easy and I found it straight away. >>



James Ackland at the Start, Bevcik

As I was going to number 3, I was starting to feel my confidence returning, and I hit number 3, 4, and 5 bang on. Going to number 6, I was a little slow, and I overshot number 7 slightly. I was determined to catch up lost time, so sprinted to number 8 and 9. I didn't hit number 10 or 11 bang on, but I was in the control circle for most of the time. I was too high up the hill for number 12 but recovered quickly for number 13, then the finish. I really enjoyed the race. Jake - As I finished, I knew I had had a good run but wasn't too confident as I knew another competitor from New Zealand was starting not far behind me; I was waiting for him to return. When I found out I had won, it wasn't the feeling I thought it would be. I expected a rush of excitement, but I was in fact left in awe of what I had done. Overall a thoroughly enjoyable experience!

### THURSDAY 23 APRIL - Friendship Team Event: Kemer

An urban team race round the seafront town of Kemer: typical urban terrain with many small parks.

**Katie Skinner (MAROC)** - In the friendship relay, we were teamed up with two others from different countries.

Clare Stansfield (FVO) - Trying to figure out who was in your team was rather stressful - wandering about the hotel looking for people whose Portuguese and Latvian names you couldn't pronounce. The next morning, as the Scottish team made our way to the event and start area. we were all getting on well and had a sense that this was a chance to get something different out of a more light-hearted activity. Katie - There were about 60 controls. which had to be split up between the team members. At 3 controls, all team members had to wait for each other and punch together. We were given 40 minutes before the start to see the map, divide up the controls and plan our routes. There was a slight complication in my team (and many others), as we had no common language between us, being Scottish, Ukrainian and Estonian. This made it very difficult to decide who would go to which controls and when we would meet!

Clare - Instead of a normal start, it was a huge cornered-off square in the middle of a flat open carpark in the town, and you went into it with your team. As the race started, it was absolutely crazy! I just shouted to my team that we'd (hopefully) see each other soon and ran off in a huge group to my first control, which was a free for all. I was maybe 5th there, and already there was basically a fight - not very friendly!

**Katie** - With everyone pushing and shoving to reach the control, no one could get near, until someone shouted to form a line, which surprisingly everyone did!

Clare - Throughout the rest of the course, I felt that there were a lot of people around me at each control, so it wasn't very technical, but more of a physical challenge, as it was very hot. Punching the finish and up the run-in, we ran holding hands, a tradition of the race. At this point I thought we had maybe come 5th, but I was so pleased still, considering that there were 178 teams.

Katie - It was a relief to find that I was not last in my team to reach all the meeting controls, and the whole event was great fun!

Clare - As the prize giving started, we were all getting pretty hot and grumpy so I wasn't feeling too happy, but as it went on, we all got more into it. Then when I heard them call out our team number and our names, I was slightly confused, because I thought we'd come 5th, but as my team mates got up. I ran up to them too. And it was such a good feeling! When I went up with them on the podium we hugged each other and said well done and I felt like I was going to burst! We had come 3rd! I will never forget how happy and how much of a team I felt with them. It seemed like it didn't matter that half the time we had no idea of what the other was trying to say, or that just 30 minutes before we had been sweating it out trying to find each other in a crowd. It felt like it had made us more like a team and worthy of what we were receiving. It seemed it didn't matter that I had messed up both the long and middle days, somehow it felt to me that that was so much less important than being part of something nicer, not just about winning, but about your team and being a part of that team, and knowing that although you weren't necessarily the best in that team, you helped them to feel absolutely amazina.

**Katie** - We also had the opportunity to swap kit with the other countries at the end of the race, so came home with some

great running shirts and jackets from other countries.

#### IN CONCLUSION

Jenny - The day we left, Lindsay, Kirstin, Roger, Blair and I went on a farewell run to the long area. It was great to be able to run across and along the many ridges without worrying about where we were going and to be able to take in the view of both the Mediterranean and the mountains.



Tekirova, on the final day

Alex - I would like to say a really big thank you to each of the coaches that went on the trip and made it happen. As it was my first World Schools Champs (and my last, as I'm too old next time), I wasn't sure what to expect from the trip, but what I discovered was a really fun trip where, I thought, everyone got on really well. I think also the fact that we had success in pretty much every age group was very impressive and really helped the excellent team spirit!

### **COACHING CORNER**

#### BY LYNNE WALKER (BASOC)

SOA Coaching Coordinator - email: coaching@scottish-orienteering.org



We are all well into the competition season by now. Some will have a slight pause between the Schiehallion Weekend and Highland 2015; others will be away abroad, competing in different terrain from the familiar Scottish forests and towns.

What have you learnt from your competitive runs so far this season? Have you used the various analysis tools available, like WinSplits and RouteGadget? What can you do with these? Have you asked a coach for advice about using these tools? Interpretation post-event can help you work out where you were orienteering well (and link this to the techniques you were using at those times), and where you lost time (what did you forget to do?).

How are you preparing to take on unknown terrain? Have you

remembered to read the terrain information provided, especially as an area can be quite different with summer vegetation? What do satellite images show the area is like? Do maps show any steep hills? What is the plan of an urban area? Are there any previously used maps with courses on RouteGadget?

It is your choice to decide how well to prepare yourself for competition. Remember the Benjamin Franklin statement: "By failing to prepare, you are preparing to fail."









### **SUMMER TRAVELS**

#### Are you going to any of the following?

- Southern Italy Orienteering Festival (Gallipoli, Italy), 8-12 July
- O-Ringen (Borås, Sweden), 18-24 July
- French 4-Days O'Doubs (Malbuisson, France), 23-26 July
- OOcup (Lokve, Slovenia), 25-29 July
- World Masters Orienteering Championships (Gothenburg, Sweden), 26 July 1 August
- Another foreign multi-day event?

If so, SCORE would love to hear about your travels for a feature in the September issue – 350 words maximum, ideally with a photo.

Please email: SCORE@scottish-orienteering.org

# 35 YEARS AGO...

BY NEIL MCLEAN (GRAMP)

Thanks to Ewart Scott of ESOC, who sent me a couple of old SCORE magazines for the relevant period, and my stock of old results, I've been able to pull together more memories, from late 1979 to late 1980.

ometime in that period, David Ritchie of Moravian took on the task of editing SCORE; he also (with Ted Finch of FVO) became the first PT Development Officers for the SOA. David was a tireless worker for the SOA in the North for many years. He 'disappeared' for a number of years, but has recently reappeared at Moravian events. Welcome back, David.

Nowadays we take for granted so many features of our sport. Many had to be 'discovered' or 'invented'. I suspect that Carol McNeill had experienced separate control description lists abroad, and reported this in SCORE. A letter by Bob Climie endorsed the proposal. Other letters included a comment about poor spelling. No Spellcheck in those days!

JK 1980 was held in the Solway area. My memory is of an M35 leg of 2.1km at Dalbeattie, with loads of route choice. FVO were 2nd in the Men's Relay, with a team of Gareth Bryan-Jones, Steve Barrett and Martin Dean. MAROC boys won the M17 relay, with a team of Jamie Harvie and the Guy twins Doug and Graeme.

Just before the JK, Clydeside Orienteers ran a rescheduled Score Champs at Balmaha. It had been postponed due to bad weather. The only free date was a Saturday. Only 250 of the 400 pre-entries attended. Organiser Stefan Stasiuk offered leftover maps at 15 pence each. I drove to the event with the then M17 Musgrave

twins, Jon and Tim, and a Buchaneers friend. Only 2 other carloads came to the event from the North.

In June that year, Ian Rowland of AUOC had an idea to hold a 'Tough O' event in the hills to the east of the Glenshee ski area. I controlled it for him. It was a mass start, and so bunching inevitably happened for most of the 30. Not for the winner though: Martin Dean won by 12 minutes. The first pack of 7 was led in by Jack Maitland of AUOC.

Later in the year, Moravian hosted the Scottish Junior Championships at Sluie Ramphlat. That same Jack Maitland won, beating (amongst others) Steven Hale and Jon Musgrave in M17. W17 was won by Clare Heardman of FVO, ahead of Clare Elgood (I'm fairly sure she became C Martin) and Hazel McNee (now Dean). The event doubled as the Scottish Inter-Area competition, and an Inter-Regional, Scotland versus Yorkshire and Humberside. Scotland won the Inter-Regional event narrowly. North East girls won the Inter-Area, while the South East boys won their section.

The last Badge event of 1980 was by FVO, at Coille Mhor near the west end of Loch Rannoch. Low pre-entries and loads of entries on the day meant that maps had to be recycled, Jim Heardman (the organiser) reported. Roger Coombs of no club won M21. I note on these results the arrival of McGonigal O.C. of Dundee. When did they disappear?

# **INJURY PREVENTION**

#### BY GILLIAN MARTIN (ESOC)

Gillian, from Perth Chartered Physiotherapy & Sports Injury Clinic, shares some useful advice.



Stretching

he first thing I need to say is that in a sport like orienteering, injuries will happen. There are ways in which you can try to reduce the risk of injury, but when you interact with the environment it can bite back! There are a few areas that I will focus on and give some tips on how you can try to improve.

How do we know what we need to work on to reduce our risk of injury? There are growing numbers of screening tools that can be used in clinic which assess strength, flexibility and balance, but there are a few simple tests you can do yourself.

#### **Balance**

Balance is an easy one – time how long you can stand on one leg, both with your eyes open and your eyes closed. Don't forget to check both legs! The table below shows how long you should be able to balance for your age. If you can't manage it, practice. If your time is significantly less than the time shown (particularly with your eyes open), it would be worth seeing a

**Eves open Eves closed** Age 30s30.0 seconds 27.5 seconds 40s 30.0 27.5 50s 29.5 21.8 60s 30.0 199 70s 27.7 8.9 80s 214 4.9

physiotherapist. There could be ongoing symptoms from an earlier injury, or areas of weakness that need worked on specifically.

#### **Flexibility**

Flexibility of the muscles and mobility of the joints are key aspects of fitness. Do you feel stiff in the morning? Do you have specific muscles which feel tight after training or competing? Even simply comparing one side to the other will give you an idea of whether any muscle imbalance is present. If so, this could suggest this is an area to work on. Often, people I see in clinic with a muscle strain tell me that they had been feeling some tightness or stiffness beforehand. Unfortunately, it is usually only when things become painful that they seek treatment. There are many ways in which you can work on this. As a Pilates instructor as well as a physio, I use this in athletes of all levels. Pilates, yoga and Tai Chi styles of exercise are all great to improve strength, flexibility and control. I find with my classes that an added benefit is that it helps both me and the individual to identify areas of imbalance, targeting training and (hopefully!) reducing risk of injury.

Specific muscle stretches can also help improve areas of reduced flexibility, and there is some evidence that stretching can reduce risk of injury. It is always important to check you are doing your stretches correctly - a slight change of position will take a muscle off stretch, or put the strain on another structure. Foam rollers are also growing in popularity as a way in which to work on muscle tightness. These can be used on most of the big muscle groups of the body. For areas that you can't quite get at, a spiky ball is ideal (or a tennis ball). Again, if you're not sure what to do, check with someone who knows. I would generally use the roller or spiky ball followed by a stretch. Ideally you would then follow with an exercise targeting the opposing muscle group, and a functional movement - for example, foam roller your hamstrings, do a hamstring stretch, followed by resisted knee extensions, then some step ups. I mention the hamstrings as they are commonly tight. But interestingly, injuries to the hamstrings are more likely due to lack of strength than reduced flexibility – bringing me on to the next section.

#### Strength

Do you find it's getting harder going up hills? Or do the legs just hurt a bit more after an event? These could be signs that your strength isn't quite what it used to be. Unfortunately, muscle mass and strength is something that is affected by age, but it doesn't mean we can't do something about



Using a foam roller

it. The key issue is your training. I often see people who exercise regularly and are surprised when I test strength and find key muscle groups that are significantly weak. While this is sometimes. the leftover effects of an injury, it can be to do with how we use our muscles. This means it is important to use our muscles in different ways, in different movements and directions. It's all too easy to get into the same gym routine, but simple things like changing the speed at which we do an exercise changes its effect - determining whether an exercise will help develop strength or endurance.

### **ORIGINS**

There's a huge variety of stories about how people became involved in orienteering; some SCORE contributors share their stories below.

#### JANICE NISBET, ESOC:

I started at school - Dunfermline High School. Mr Taylor, who was a Latin teacher there at the time, was one of the founder members of Scottish orienteering, and he started the club. At the time we were the dominant schools club in Scotland; in my final year we won all but two of the prizes at the Scottish Schools Champs.

Phil and Les Smithard were also at Dunfermline High, and I think we are probably now the only active orienteers who date back to the old school club. In those days we had black and white maps, and I ran in hockey boots (better grip than trainers).

#### KATE HUNTER, ECKO:

My first experience was a baptism of fire; a SOL at Creag Mhic where our friends needed help organising the string course with their small children in tow.

I turned up to help, with my 3 children. It had been raining for a week, the mud was knee deep, it took me forever to get to the start and back with my 2-year old, my 4-year old had to be carried round the course, my 6-year-old loved it, the string course was a hit, the car had to be pushed out of the muddy field and I was hooked and wanting more.

#### TREVOR HOEY, FVO:

A new teacher, Sue Rogers, arrived at school and started orienteering as a games option - she had managed the GBR team at the 1976 World Champs in Scotland. A non-athletic friend (many years later my best man) started orienteering, and kept trying to persuade me to have a go.

After the school club organised an event that I missed to play cricket, I relented and went round a Red course at Broomley Fell (Northumberland) the next week. My second event a week later was night-O on my local golf course. All this happened in the 1970s, which is a long, long time ago...

#### **HILARY QUICK, BASOC:**

I used to run hills (Lake District in particular) with a group of guys who I couldn't quite keep up with, so they'd stop occasionally to let me catch up, but I did have a few scary moments when I realised I hadn't a clue where I was - or indeed where they were.

So I decided I needed to know how to navigate, and orienteering was the obvious option. The first course I did was Blue at Cademuir, near Peebles, aged 35.

#### **GRAEME ACKLAND, INT:**

I signed up for OUOC at Freshers' Fair. The bus left at 8am on the first weekend of term and I woke up at 10am with a hangover. Three years later, Phil Conway (now GO) persuaded me I was too rubbish at running to be in the athletics club and should try something else. 5min/km on a CATI white course and I was hooked. Two years of orienteering and following a Martin-Hymaninspired training schedule; I made the blues team. In athletics!

#### LYNNE WALKER, BASOC:

I was at boarding school, hated Sundays as it meant 1 hour of bible class, followed by 1 hour 15 minutes of church - sitting for that length of time and being talked at did not suit me.

A teacher (Sarah Dunn's aunt!) started an orienteering club, and took pupils to events on a Sunday; this was made for me. So at the age of 14, I started a life-long hobby which has taken me all over the world.

#### ANDY PATERSON, CLYDE:

I started in orienteering at secondary school in Dumfries. Our school produced a few champions during the early 80s - I wasn't one of them! Dave Robertson, the Colbecks, James Powell, and Robert Cumming I seem to remember were all pretty decent orienteers.

It definitely felt like a handicap at the time not having orienteering parents. I had next to no coaching - I don't think I learned how to pace count until I was in my 30s - and all my events were attended in the school minibus. I can also remember getting sore feet running round Mabie Forest in a pair of metal studded football boots!

#### **SALLY LINDSAY, ESOC:**

I first orienteered when I was a student, persuaded by friends to join EUOC. My navigation was OK, but I was too slow for much success, despite enthusiastic attendance at events (little has changed!).

After leaving university, my lack of transport and contacts meant I lost touch with orienteering for over 20 years, until one Saturday when a small advert caught my attention - off we went to a local event in Princes Street Gardens, were then encouraged by a series of friendly emails, and finally hooked by going to a league event.

#### **ROGER COOMBS, MAROC:**

Mike Baldwin, a maths teacher at my school, and a member of what was then Reading OC, took my brother along to a couple of local events.

I tagged along with my Dad to one at Hambledon Woods in 1972. My brother, after reaching the heights of a British University Champs Relay win with Bangor, gave up after a few more years but I continued. Regular lifts to events came by way of the Watkins family in their Triumph 2000, and I remember keenly waiting for the event results to drop through the letterbox sometime in the month following. My first recollection of some of my current orienteering contemporaries comes from 1973 when D. Petrie and G. McIntyre appeared in the results for M15. No mention of J. Tullie or M. Dean until 1974. Now 41 years on!

### IN PRAISE OF... MOUNTAIN BIKE ORIENTEERING

#### BY JONATHAN ELLIS (ESOC)

If you are already foot orienteering and have a bike, it is time to get out and try Mountain Bike Orienteering (MTBO). If you are going to the Scottish 6 Days, the Tuesday 'rest' day has a short MTBO race, and there are regular races organised by the Scottish Mountain Bike Orienteering club (www.smbo.org.uk), or you can check out the British Mountain Bike Orienteering website (www.bmbo.org.uk).



Jonathan in action on the North York Moors

TBO is basically the same as foot orienteering, with linear and score courses Almost all SMBO events are score events, typically 3 hours long. The riding tends to be not too technical, but the beauty of the score events is that you choose where to go, and can avoid or head to the gnarly sections, depending on your preferences. Apart from the stuff you would normally take on a ride, it is a good idea to find some way to attach your map to your bike. You can buy special rotating map boards (Miry / Nordenmark / Mapdec tend to be the most popular), but my first map board was some correx (think for sale sign...), cable ties and elastic.

The last event I went to was based in Selkirk; there was a good

splattering of controls in the valley, up on the hills around the Three Brethren cairns, and then some back down the other side of the Three Brethren in Yair Forest. As in foot orienteering, you get the map once you start, all marked with controls and points.

The SMBO events use slightly modified OS maps, but there are specific MTBO maps at some events. After a quick look, I decided to head up to the Three Brethren via a few controls first and to some singletrack (narrow trail) I hadn't ridden before.

This fortunately involved two trips down through Yair Forest, but also unfortunately two trips up. I found the singletrack harder than I expected and walked some. Next up was a trip from about 425m back down to the valley at about 170m, which needless to say was good fun.

The final part of my race was mainly following roads, with quick trips off the road to collect checkpoints; a final dash into Selkirk to get a checkpoint (a bridge) proved slightly harder thanks to some roadworks. I finished a couple of minutes late and in 2nd place (about 20 seconds faster would have got me first!).

### **JUNIOR NEWS**

There's no formal news this time, but exciting times lie ahead, with Scottish juniors at international competitions.

cotJOS members are well represented in the Great Britain team competing at the 2015 European Youth Orienteering Championships, in Cluj-Napoca, Romania from 25 to 28 June. Andrew Barr (MOR), Alex Carcas (INT), Thomas Wilson (CLYDE), and Jennifer Ricketts (MAROC) were all selected.

Further details about the event are on the EYOC 2015 website: http://eyoc2015. orienteering.ro/

Shortly afterwards, the Junior World Orienteering Championships will be held in Rauland, Telemark, in the mountains of southern Norway. The competition takes place from 4 to 10 July.

ScotJOS members selected:

- Sasha Chepelin (GRAMP/EUOC) Middle Distance, Long Distance, Relay 'A'
- Chris Galloway (INT/EUOC) Sprint, Long Distance, Relay 'A'

Other EUOC members selected:

- Will Rigg (LOC/EUOC) Middle Distance, Long Distance, Relay 'B'
- Sarah Jones (LOC/EUOC) Sprint, Middle Distance, Relay 'B'

See the JWOC 2015 website for more details: http://www.jwoc2015.org/

Good luck to all!

# **VETERAN NEWS**



s Score went to press, the VHI selections were not yet finalised, but no doubt will have been announced by the time you read this!

Picture: Crawford Lindsay, ESOC

See the SOA website for full details: http://www.scottish-orienteering.org/soa/ category/veterans

There'll be more Veterans news in the next issue of SCORE.

The 2015 Veteran Home Internationals will take place on 3/4 October 2015 in mid Wales, at Llynnoedd Teifi (Teifi Pools), near Tregaron. The Individual event will be on Saturday, in conjunction with the Welsh Championships, and the Relays on Sunday. This area was used for Days 4 and 5 of Croeso 2012 – here's a photo of some typical terrain.

### **ELITE NEWS**

BY JAMES TULLIE (BASOC)

ur elite athletes have been very busy since the last SCORE! We had a very successful trip to Portugal, where Alasdair McLeod was probably star of the show, with some very strong runs, and earned himself a write-up in the **Portuguese Orienteering** Blog.

Several runners then went out to Spain for some more World Ranking Events, and the Scottish men packed out the top of the podium.

We tuned up with a couple of SOLs, before things got more serious at the JK. These were the first set of selection races for the World Champs, with the possibility of pre-selection for exceptional performances, but most people gunning for June World Cup places. There were some very strong runs from Scott Fraser (joint 1st in the Sprint) and Hollie Orr (2nd in the Middle), who both earned themselves selection for WOC. They were joined by Stirling-based Graham Gristwood in the Long and Uppsala-based Cat Taylor, also in the Long.

Thanks to many other good runs, we got a total of 13 runners picked for World Cup Round 2 - very exciting. They are: Scott Fraser, Doug Tullie, Hollie Orr, Jess Tullie, Ewan McCarthy, Jo Shepherd, Kirstin Maxwell, Chris Galloway, James Tullie, Hector Haines, Alasdair McLeod, Murray Strain and Claire Ward.

Since the JK, Jess Tullie has become British Long and Middle Champion, with James Tullie winning the British Middle, and Murray Strain winning the British Sprint.

We had strong representation at Tiomila. with a highlight being Doug Tullie running a 3rd quickest leg time and Scott Fraser bringing their Finnish club home 7th.

By the time you receive this, the World Cup races may be over, and with a bit of luck we will have some more Scottish runners in the World Champs team, and if not confirmed, well in the mix.

It's shaping up to be a very exciting summer.

### **Notes from Hollie** and Scott on their preparations for WOC 2015:



Race the Castles. Stirling, October 2014

#### Hollie Orr:

"I had been thinking for a long time, after last year's WOC, about how to improve and what needed to change: my conclusion, life. Although I enjoyed working, there were too many variables I had no control over.

However, I was conscious of not doing anything too maverick in the lead-up to a home WOC, so having spent 9 months in Halden in 2011, it seemed the logical choice; an environment I knew and could quickly settle into.

The setup is very professional, with forest trainings at least twice a week; good to get those forest legs toned. Aside from that, there is a really good group with common goals to train with, bounce ideas off and pit yourself against.

Though it still pains me to pay £2 for a litre of milk! So I will spend the final months of preparation back in the homeland."

#### Scott Fraser:

"My preparations for WOC are coming along nicely. The focus is on winning the Sprint (well, I already have silver!) and I'm trying to use all my learning from the last 15 years to implement a gold-winning performance. For me, this is arriving in the best possible physical shape with a mindset of 'going for it'.

There will be no fear of

failure, so you can expect me to be right up there, or right down there. I have had some good feedback recently by winning the JK Sprint (together with Matthias Kyburz) and running a 29:57 for the 10km. The plan is to keep on, without getting too excited. Most of the work has already been done now, so the next two months will be used to sharpen up; both leg speed and sprint orienteering technique.

I have avoided doing much sprint technique recently, due to the fact that I usually can't hold a good level of focus for a long period of the season. So it is better for me to skip the early season quality technique sessions, and save them for the tune-up period which will be end of June and in July.

I am also preparing to run in the forest. Let's see!

I have a feeling it is going to be a great WOC; both for our athletes and Scottish Orienteering in general! I am certainly going to enjoy the experience of running a WOC in Scotland."



WOC Relay 2010. Running the last leg for GBR and finishing 4th. Hoping to go at least 1 better in August!

### **WOC 2015 NEWS**

#### BY STUART CROWTHER

Communications Officer, WOC2015



wareness of orienteering in the Scottish Highlands was taken to new levels, thanks largely to the hugely successful Scottish 6 Days hosted by Moray two years ago. It is often said these days that it is not so much the major sporting event that leaves its mark on the people of a particular country or region, but rather the long-term legacy that it leaves behind.

That is certainly true in Moray, as the 6-Days sparked 'WOC2015 and Beyond', the initiative aimed at taking map reading skills back into schools – providing a legacy that is now being admired and soon to be copied throughout the Highlands and beyond.



'WOC2015 and Beyond' takes map reading back to schools

Now WOC 2015 is no longer just a phrase being bandied around by enthusiasts of the sport, who were already well aware of its importance - it is a major sporting event being recognised by just about everyone, an event that is building an element of excitement previously witnessed only through such as the Commonwealth Games and the Ryder Cup. The numbers alone are enough to spark the imagination - when you tell a Scottish football fan, used to sitting in crowds of 600 or so, for well publicised league games, that ten times and more their number will take part in the World Orienteering Championships and Scottish Six Days, it does tend to grasp their attention. When you then show them the video footage of previous World Championships and all the excitement that goes with it – well, then it becomes something that people just want to be a part of.

For the organising committee of WOC 2015, we are now in the crucial stage – at the time of writing, barely ten weeks from the championships. These will be a hectic ten weeks, but all the talk, all the planning will come together and match the hopes and aspirations of the athletes themselves.

Hectic weeks for the organising committee – and not least Linda Cairns, who is bringing together the 700 volunteers required to make the event go smoothly. Linda said: "A World Championships is not like any other multi-day event we see in the UK. A World Championships

involves TV and GPS tracking, big screens for spectators, the athletes are quarantined, bussed to the starts, and anti-dope tested after the finish, and there is a big media presence.

"So an event like this needs a few more volunteers than normal. And, of course, many of the event team are also running in the 6-Days and needing to share shifts. We are currently expecting to have more than 700 people helping deliver WOC 2015. We still have spaces for local people to be Sprint Control Marshals - information is on the WOC 2015 website. So please tell vour friends, work colleagues and anvone who lives around the WOC 2015 locations. This is a great job, sitting watching a control in the heart of the action.

"We are recruiting young people, aged 16 and over, as TV riggers. And we need a few more locals who can be minibus drivers or navigators. Apart from this, all key roles are filled, and we are very pleased that our event team is made up of orienteers from all over the UK, teams from local companies like SSE, former Commonwealth Games volunteers, and many local people."

Leading the drive towards the championships is WOC 2015
Event Director Paul McGreal, who added: "Media interest in the championships has intensified, and with that comes a much greater awareness of orienteering, not just



Daniel Hubmann, the Swiss star who is one of the favourites at WOC 2015.

in the Highlands, but throughout the UK and far beyond. Live television coverage of WOC 2015 will be beamed over several countries, and that will provide a fantastic boost, not just for the sport but for the Highlands – and we are already witnessing a fantastic growth in interest in our sport at grassroots level, that we expect will form the basis of a legacy well into the future.

"This was witnessed by other nations who have hosted the World Championships in the past, many of whom have benefited by seeing greater participation in orienteering, as well as a growth in the number and quality of athletes who have come through into their respective international teams.

"WOC 2015 has been a massive undertaking for everyone involved in the organisation – but we are all convinced that this will be one of the most successful championships ever held, with benefits for UK orienteering for many years to come."

For further information about volunteering, see: http://www.woc2015.org/volunteers/opportunities

### **HIGHLAND 2015 NEWS**

BY RICHARD OXLADE (GRAMP)

S6D 2015 Event Co-ordinator

Less than 10 weeks away, and counting...



s I write this, the BOF website is ticking down towards August - apparently there's only 71 days, 19 hours, 10 minutes and 11 seconds to go to the biggest orienteering event in this country in 16 years. Together with WOC, this is a massive event. A budget well in excess of £1 million supported by generous donations from **EventScotland and Highland** & Moray Councils, 9 days of continuous competitions. approximately 1,500 volunteers, over 45,000 maps... the list goes on.

Last week, I visited Strathfarrar and Glen Affric with Colin Matheson, for a meeting with the Royal Engineers, who are providing indispensable support to the event - building bridges and improving access. It was a salutary reminder of how much work is required to put on Highland 2015. Strathfarrar

looked stunning in the sunshine, and showed that we are offering a fantastic mix of areas this summer for competitors, spectators and quests.

But most of you probably know that already, and are more interested in how things are coming along. Thanks to many of you who have been putting in countless hours and days already, I think we are well on track. We have had the inevitable bumps in the road - changes at Keppernach (now renamed Achagour), minor mapping updates that have changed the schedule, a surprise Mumford & Sons rock concert that has attracted potential caterers (and toilets!). But everyone has taken these in their stride. Planners and controllers are a Who's Who of Scottish Orienteering, so our competitors can expect some great courses on literally world class terrain. Not to mention the opportunity to watch the best orienteers in action in the same forests.

Entries appear to be exceeding expectations - over 4500 entries so far, up 50% on Moray 2013 and on track to exceed 5000. Nearly 2100 entries to date are from overseas, with Sweden topping the charts at 541, followed by Switzerland with 348 and Norway with 209. Travelling from furthest afield are 30 competitors from New Zealand,



Strathfarrar terrain



Eden Court, the Event Centre venue

while we have 5 entries from New Caledonia in the South Pacific. This is good news (not least for the budget), but is bringing its challenges. We have decided to increase the length of the start blocks, by 5 minutes each, and Colin has turned his attention to back-up parking.

As usual, the extra activities are an essential part of the week. We have been very lucky to secure Eden Court in the centre of Inverness for the Event Centre. Registration will be there on Saturday, and we are hoping that competitors will make the most of the venue. Claire Wardrop at Eden Court is being extremely helpful. and in addition to their existing café, they are planning to put on a BBQ outside at the front, and will allow the traders to occupy the open balcony areas. Eden Court is just a few hundred metres down the River Ness from Bught Park, where we will have the campsite and a marquee with bar. Joan Noble is compiling a great social

programme at the two venues. Please support this. Events will include whisky tasting (courtesy of Benromach), a talk by the NTS, a ceilidh, two great Scottish films at Eden Court ("Brave" and "What We Did On Our Holiday"), the traditional quiz night, and a band on the Friday night - good preparation for a tough final day at Affric!

Anne Hickling has been pulling together a number of activities into the Highland O-Fest (on Tuesday 4 August), which is designed to complement spectating at the WOC Middle Distance Race at Darnaway. Putting on something like this is always nerve-wracking, as it's out of the ordinary - will people turn up; how much should we charge; will it get good feedback? Hopefully we've got the balance right, and hopefully you'll support it.

As ever, we can't control the weather - but if you're the slightest bit superstitious, keep your fingers crossed. See you in August, if not before.

### **EVENT PREVIEW**

By the time this issue reaches you, the FVO/TAY Schiehallion Weekend, on 19-21 June, will be about to happen. This promises to be an excellent weekend in classic Scottish terrain. After that, the fixture list has plenty of local events throughout Scotland.

Many will be heading off to foreign parts for multi-day events in the summer holidays, but as everyone should know by now, the biggest excitement of the summer will be centred on Inverness. There's a treat in store at the Scottish 6 Days:

- Day 1, Achagour varied area including rough open and marsh, birch forest and Scots pine;
- Day 2, Strathfarrar a beautiful glen with rough, tough and technical orienteering;
- Days 3 & 4, Darnaway rolling terrain above the River Findhorn, with some superb areas of mature runnable beech forest and open pinewood;
- Days 5 & 6, Glen Affric a National Nature Reserve, with a mix of pine, birch and oak trees, rich in wildlife, and with very few paths or tracks.

There are two Sprint races as well, and the Rest Day offers a wealth of other activities. There's still time to enter, if you haven't already! For more details, see the 6-Days website: http://www.scottish6days.com/2015

Soon afterwards, it will be time for the Glasgow Parks Championships event, to be held in the summer this year. Terry O'Brien (STAG) reports:

"Sunday 30 August 2015 sees the hosting of the wonderful and brilliant Glasgow Parks Championships, aka 3 Parks in One Day.



chanour terrain

Now in its 17th year, this event has grown from a humble 8 entries, back in 1999, to over 100 orienteers descending on our Dear Green Place. Past winners of the Open Men's Class include Murray Strain and Scott Fraser, and Hollie Orr has secured the Women's Class on a few occasions.

Having the crème is nice, but this is an experience for all, as competition is fierce and fun within all the different categories Open, Vet, Super Vet, and Ultra Vet, all split Male/Female. There are also Classes for Juniors (under 16s) and Social participants. So after your exploits at WOC or Highland 2015, why not join similarly-minded people on a whistle-stop tour of 3 of STAG's mapped areas? The orienteering is fairly straightforward, but the racing and the social aspects enhance the appeal of our superb sport. As for the locations, well the first venue is named at 10pm on the Thursday night before, and the other two venues revealed on the actual day. We look forward to welcoming you from near and far."

Just one week later is another eagerlyanticipated feature of the Autumn calendar, the Highland WOLF weekend, including SOUL 6 and SOL 7 – see the next article for more details. Picture: Colin Mat

# HIGHLAND WOLF PREVIEW

#### BY LYNNE WALKER (BASOC)

Weekend coordinator

Badenoch & Strathspey Orienteering Club present the Highland WOLF weekend on September 5/6; this will be the third Weekend of Orienteering in Lovely Forests. Lynne tells us more about what to expect:



Four 'events' in two days; this makes a trip to Strathspey really worthwhile!

Details for this weekend are currently being finalised. Entries will soon be open on Oentries. The outline is below:

#### SATURDAY -

#### late morning to early afternoon

Middle Distance race, Anagach and Heathfield. Courses available will be Brown, Blue, Green, Short Green, Orange and Yellow. Car parking, toilets and assembly will all be on the flat field opposite Grantown Grammar School, adjacent to the B9120. The competition area map is being updated.

#### SATURDAY - late afternoon

bto SOUL5 Urban Sprint race, Grantown-on-Spey. Leave your vehicle at the Middle Distance parking area and make your way to The Square in Grantown. From this



central point, there will be fast and furious racing around the streets and adjacent woodland.

#### SATURDAY – evening

Ceilidh in Grantown (details to be confirmed).

#### SUNDAY - morning

Compass Point SOL 7, Loch Vaa North. Courses available will range from Black through to White. Desher Primary School, near Boat of Garten, is the event centre. This area was remapped during Spring 2015.

The planning and controlling team are hard at work to ensure the best possible use of the areas. Come along to the final SOL of 2015, and also enjoy the other events being held in Grantown that weekend.

See the BASOC website for more details: http://www.basoc.org.uk/ highland-wolf-2015





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#### **Compass Point Scottish Orienteering League** 2015 - provisional dates

www.scottish-orienteering.org/sol

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All races Sundays except 20 June. Starts: 10:30 am onwards.

Full range of colour-coded courses, from string courses for under-5s to 10km+ Black courses for Elite orienteers (with Middle Distance at SOL3 and 5).

The second secon	1	SOL 1	08.03.15	Gullane Dunes, East Lothian	INT
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✓ SOL 2 22.03.15	Bonskeid Estate	, Pitlochry	ESOC/STAG
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/	SOL 3	12.04.15	Mark Hill, Dumfries	SOLWAY
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SOL 6 21.06.15 Dunalastair TAY BASOC

SOL 7 06.09.15 Loch Vaa, Aviemore



#### **Scottish Orienteering Urban League** 2015 - provisional dates

www.scottish-orienteering.org/soul





### **Quality Urban Orienteering** in Scotland

Courses from under-12 to Ultravet Check website for full details

	SOUL 1	31.01.15	Riccarton	ESOC
4	SOUL 2	14.02.15	Erskine	CLYDE
4	SOUL 3	02.05.15	Aboyne	MAROC
/	SOUL 4	19.06.15	South Stirling	FV0
/	SOUL 5	04.08.15	Forres	S6D
/	SOUL 6	05.09.15	Grantown on Spey	BASOC
/	SOUL 7	27.09.15	Jedburgh	RR
	eniii o	01 11 15	Cumbornould	CTAC



