

SCORE

The Home of Scottish Orienteering

March 2015



INSIDE:
BUCS

WMOC, Brazil

HIGHLAND 2015

PLUS lots more



magazine of the
**SCOTTISH ORIENTEERING
ASSOCIATION**



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Picture: Crawford Lindsay, ESOC



Picture: Crawford Lindsay, ESOC



Picture: British Orienteering



Picture: Crawford Lindsay, ESOC



Picture: Dave Prentice, TAY

EDITOR'S INTRO

Scottish Orienteers,

HELLO again, and welcome to a bumper issue, full of news from the last few months. We also have two more SOA Board profiles, plus articles describing orienteering events far away in Brazil and Australia, an interview with GB Squad member Scott Fraser, and a feature on schools orienteering in various areas of Scotland. Thanks for all this issue's articles.

I'm delighted to say that SCORE won a CompassSport newsletter award for 2014 – thanks to all contributors, and to Derek Buchan, who's responsible for the design.

The next issue will be in June; as ever, I'd welcome any orienteering-related items for inclusion. Please note that the copy date shown below is intended to be the latest date when articles reach me, not the date you start to think about writing them!

This issue's photo was taken at Joppa in Edinburgh, while exploring the seafront by bike.

Hope you'll enjoy your orienteering over the next few months, whether at big or small events.

Sally Lindsay
Editor

Picture: Crawford Lindsay, ESOC



Cover pic - The start boxes at the BUCS Individual race, Devilla Forest. Pic courtesy of Crawford Lindsay, ESOC

COPY DATE FOR NEXT ISSUE: 27 MAY 2015



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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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-orienteing.org



Picture: Crawford Lindsay, ESOC

Roger at the 2014 JK Relay

Although the winter months would normally be a quiet time for orienteering, there have been many excellent local events and even a couple of Scottish championships – the Sprint Champs at Erskine, organised by CLYDE, and the Night Champs at Drumpellier Country Park, organised by STAG.

A busy spring and early summer lie ahead, with the much-anticipated World Orienteering Championships and Highland 2015 6-Days event in early August. I have been most impressed by, and have great confidence in, the teamwork of hundreds of individuals (all

but a very few of whom are volunteers), under the leadership of Paul McGreal (WOC 2015) and Richard Oxlade (6-Days 2015) to create a joined-up event, which includes shared arenas and an opportunity for 6-Days participants to spectate and run in the same terrain as the WOC athletes. The logistics for almost every aspect of the event organisation are far from trivial. It is a massive operation.

The SOA Board has been busy with its application for investment from sportscotland for the financial year 2015-2016. This is possibly the most important exercise we go through annually, since the scope of our operations and support for clubs depends on the outcome. Over the last couple of years, we have been suffering a loss of membership, but there are signs that this is now turning around, which will be encouraging to sportscotland. My view is that if the return to growth is real, it is down to the efforts of clubs, because that is where the recruitment of new members takes place. The SOA Board has also now engaged with a HR Healthcheck by Gravitate HR and, later in the year, another audit of our governance by KPMG. These are time-consuming exercises, but essential to demonstrate that we are businesslike in our operations. Historically, members of the Board have been involved in the day-to-day operations of the sport we all love. I hope this involvement continues, but there is no doubt we will be concerning


ourselves more with business matters.

I enter 2015 with just a little trepidation. Normally 2015 would see me retire from the Presidency of the SOA, having spent three years as Development Director and three years as President. I have thoroughly enjoyed being in these positions, with the usual mix of exciting progress and some setbacks. It's healthy for Board membership to rotate, bringing critical appraisal of what we have been doing (hopefully, good work) and new ideas for the future (which we're delighted to have). However, having as yet found no one who is interested in being nominated at the May AGM for the post of President, I fear that you might have to put up with me for a little while longer!

Finally, something quite different ... In the course of my work in outdoor education at Edinburgh University, every day I see statistics that purport to show how valuable outdoor education

is to young people's learning and personal development. I am biased, of course, and I believe all these statistics! However, let me quote one or two that relate to orienteering. In the last few days, I have read that in a list of the top 10 things children aged 5 to 13 cannot do, at #4 is: 81% cannot read a map*. On the other hand, 74% want to follow their exploratory urges and discover unknown landscapes, and 53% want to leave forest paths and walk right through the trees**. Do these statistics match up to your experiences of young people? I would be delighted hear what you think (roger.scrutton@ed.ac.uk).

*This statistic comes from a 2012 survey by npower. The top 10 things children can do were all computer and cell-phone related.

**These percentages come from a 2010 survey of 3000 12-15 years old children in Germany, questioned about being in the outdoors. 



Scottish Orienteering Association Annual General Meeting 2015

The AGM will be held following the Scottish Individual Championships on Saturday 23 May.

The Individual Championships will be at Ardnaskie
and the venue for the AGM will be near the event, at Taynult.

Members wishing to put motions or proposals to the AGM should submit them in writing to the SOA Professional Officer, Colin Matheson, by Saturday 11 April.

By email attachment: colin.matheson@scottish-orienteering.org

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

IT'S GOOD TO TALK

BY HILARY QUICK (BASOC)

SOA Development Officer

Email: Hilary@scottish-orienteering.org

Elsewhere in this edition of **SCORE**, Roger Scrutton has mentioned research suggesting that young people would enjoy orienteering once they got a realistic taste of it, and Lynne Walker has alluded to some ways you can ensure that newcomers feel welcome and have the best chance of success at their first events.

So we're back to the age-old issue of getting our message across, portraying the sport as it really is, dispelling the various myths that are out there.

How do YOU talk to your work-mates about what you've been up to at the weekend? If you get talking with someone on the train, and they ask what orienteering is, can you describe it succinctly before they get off the train? And if they express an interest in orienteering, what do you do? Have you got a club leaflet or the SOA postcard to give them? There's no doubt that technology and social media have their place, but enthusiastic and friendly personal contact is also essential.

Each club has now received a bundle of packs for potential members, intended to give some information about the sport and their local club, but their prime purpose is to give you, the club representative, a good reason to talk to newcomers.

Those newcomers are the future lifeblood of the sport, perhaps a new best friend, or your next club chairman. These people invariably have a range of talents and interests, and if we don't welcome them into orienteering, they'll simply find their enjoyment elsewhere.

Every new member household will now also receive a welcome pack, which includes a copy of the excellent "Orienteering Techniques" book by Gareth Bryan-Jones, as well as other information to help them develop their involvement with the sport. Again this gives the established club members the perfect reason to talk with the new members and draw them in to the club. So look out for those newcomers, and make a point of talking to them! 



Picture: Crawford Lindsay, ESOC

Hilary Quick



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

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

By email hilary@scottish-orienteering.org By phone 01479 861374 (has an answerphone)

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

Thank you

BUCS ORIENTEERING CHAMPIONSHIPS

BY HEATHER HALE (EUOC)

BUCS Co-ordinator

British Universities & Colleges Sport is the national governing body for Higher Education sport in the UK, and covers more than 50 different sports. The BUCS Orienteering Championships were on 21/22 February - congratulations to Edinburgh University, who saw off some stiff competition from Sheffield University to regain the trophy. Strathclyde came 4th, Heriot-Watt 9th, Glasgow 11th, Dundee 18th and Aberdeen 23rd. Heather gives the organisers' perspective:

The weekend of 21/22 February saw the return of BUCS, hosted by Edinburgh University. Every year Universities and Colleges from across the country come together to compete and socialise with fellow orienteers, and this year there were nearly 200 competitors.

With the Individual races on Saturday at Devilla Forest, and Relays on Sunday at Barr Wood, the weekend was a great success. The social on Saturday night was held at Edinburgh's student union, Teviot Row House, with each university being assigned a superhero to represent.

Saturday was a beautiful sunny day, but unfortunately the weather was against us on Sunday, with snow and sleet prevailing all day, leading to a fairly brisk pack-up and escape.

The event was organised over a 6-month period, with Kristian Roberts (EUOC Club Captain) and me as main organisers, supported by the EUOC committee. Of course no event goes without hiccups, however with a fantastic team of support from clubs including ESOC, FVO, KFO, and EUOC members past and present, a great weekend was had by all competitors.

A special mention must be given to Robin and Sheila Strain (ELO); without their download and technical expertise, we would be lost!

Kristian commented: "BUCS Orienteering was a pleasure to organise this year, although a little stressful at times. The event was very successful at the weekend, with a record number of universities and runners taking part over the two days. I would like to take this opportunity to thank everyone who travelled from around Scotland and the UK to be at the event." 

Picture: Crawford Lindsay, ESOC



Start of the BUCS Men's Relay

Quotes from other competitors:

"BUCS this year has been the highlight of my University Orienteering career."

"The atmosphere was really exciting on both days, with some tense and heart-stopping relay sprint finishes on the Sunday."

"What a great weekend, the highlight definitely being the social. The racing was also great."

"I loved BUCS. It was really great to be able to get together with my orienteering friends from other universities. Everyone had a great two days."

EVENT NEWS

Just after the last issue of SCORE, there was a great variety of festive events to choose from in all parts of the country, and then came plenty of local events, including several night leagues and also score events. Bigger events soon followed, as the new season picked up.

The first multi-event weekend of the year was ESOC's 50th anniversary weekend, on 31 January/1 February. Saturday saw the annual ESOC Sprint event, also the first event of the 2015 bto Scottish Orienteering Urban League (SOUL), at the Riccarton campus of Heriot-Watt University.

It's a 2-race event, and the courses were as complex as promised, especially during the second race, which had a chasing start and demanded quick thinking as well as fast running.

This is a complicated event to arrange; Fiona Findlay (ESOC Sprint Organiser) commented: "What is needed for a chasing sprint (especially where it has grown from

the usual single course to a SOUL event, with five courses)? - As many helpers as possible who aren't running (this is the main thing, because of the short start block); a computing team that knows how to deal with a chasing start and any problem that might arise; good indoor facilities for between runs. All done, and the Student Union even opened the cafe for us. And I had an assistant organiser on the day and avoided any discussion of the courses, so I could run myself."



Picture: Crawford Lindsay, ESOC

During the Chase, at the ESOC Sprint

Many competitors attended the anniversary ceilidh on Saturday night, and reportedly the band (Or, who were brilliant) were surprised by the energy of the dancing!

The Sunday event was a South of Scotland Orienteering League colour-coded event at Dalkeith Country Park, just outside Edinburgh. Jim Morrison (event Organiser) remarked: "The event was a brilliant success with an excellent turn out. The day itself was fine and sunny, though a bit

cold, making for good conditions; the ground was generally firm underfoot and the courses benefited from extensive new mapping. The finish was just after going below the bridge and gave a great view of Dalkeith House."



Picture: Crawford Lindsay, ESOC

Dalkeith House, at SoSOL 6

Saturday 14 February was a big day, with two Scottish Championship events. The Scottish Sprint Championships was presented by CLYDE at Erskine. Andy Paterson (SOUL Coordinator) reports: *"This event also played host to round 2 of the bto SOUL series and the BMLprint UK Urban League, so a decent entry of 150 was boosted by a few travellers from the South, in search of league points. However, the main prizes at stake were the two impressive new trophies for the Men's and Women's Open classes, kindly donated by host club CLYDE. (We're hoping that next year's hosts will donate a couple of trophies for one of the other age categories.) The Women's Open race proved a fairly comfortable win for Zoe Harding (EUOC) by a full minute*

over clubmate Jo Shepherd. CLYDE's overseas member Adela Jakobova finished 3rd. The Men's Open race was much closer, with only 17 seconds separating winner Richard Purkis (EUOC) from Andrew Lindsay (EUOC/ESOC). Craig Nolan (USOC/ESOC)

was a further 17 seconds back in 3rd. At the time of writing, there was still some discussion over who was eligible to be crowned Scottish Champion."




Picture: Steve Wilson: CLYDE

The Scottish Sprint start boxes

The Scottish Night Championship took place later at Drumpellier Country Park, Coatbridge, hosted by STAG. Courses took in varied terrain including the golf course, woodlands, old quarrying areas and lowland heath. All enjoyed the indoor facilities and food afterwards. Jo Shepherd (EUOC) won the Women's Open class, and told SCORE about her race preparation:

"I've been enjoying lots of night orienteering recently, which helped give me confidence for the Night Champs. I was living in Halden, Norway for the second half of 2014, where I did plenty of night-O in very technical terrain. They had a talk about the benefits of night-O for improving

technique, which inspired the head coach to organise a 'night-week' in January. I was back in Scotland by then but I had my own 'night-week' in Edinburgh: as it turned out, 10 nights in a row. Night orienteering is a great way to get the most out of your training, especially if using a well-known or less technical area, because the night-element makes it more challenging."

STAG also presented the final event in their winter score series the next day at the same venue; this allowed competitors an easier opportunity to find the controls, though the Country Park was somewhat busier in daylight. 

By the time you read this, the CompassSport Cup/Trophy Scottish heat will have taken place, at Balnagowan, Aboyne. But not all the Scottish entrants were on Deeside: Solway competed in the NWOA round, near Keswick.

WMOC 2014 – BRAZIL

BY PAULINE McADAM (RR)

The World Masters Orienteering Championships is an annual competition, open to anyone who is 35 or over. It's held in a different country each year, and the 2014 event was particularly exotic. Pauline tells us of her experiences...

This was the third trip I've made to WMOC, and the furthest I've ever travelled. I blame Steve Wilson's article in SCORE about WMOC 2012, in which he mentioned Brazil as the 2014 venue. For a year, the notion of a family trip to Brazil simmered away. In January 2014, it became a reality. Fellow RR member, Lindsey Knox, helped me make up my mind: she was going.

The event was held in different locations in southern Brazil (in the state of Rio Grande do Sul). The Sprint Qualification was at Porto Alegre; the Sprint Final and Long events were around Canela. Over 1500 competitors from 38 countries took part. The GB contingent was pretty small: 24 for WMOC and 1 for the Open event (Sarah McAdam). Most were combining the orienteering with some touring. Lindsey even managed to go to an O event in Paraguay! This being the first time that WMOC had been held in South America, there was a great deal of local interest and enthusiasm for it. A gold medal in the Sprint turned the Brazilian M35 winner into a celebrity.

The Sprint Qualification was on Sunday 2 November in the Parque Marinha, Porto Alegre. It was pouring, and the only folk around were orienteers. Assembly was a mud bath. The courses were very straightforward with extra uncrossable fences added in to increase route choice (and in one case, cause confusion).

The Sprint Final was the next afternoon, at the Parque Cascata do Caracol, just



Picture: Sarah McAdam

Lindsey Knox and Pauline McAdam (on right) at WMOC 2014

outside Canela, and so we had to pack, collect a hired car and drive uphill for about 2 hours to reach Canela, where we had rented a house for the week. Canela was amazing: even though it was November, Christmas decorations were everywhere. Every roundabout had a Santa Claus. On the morning of the Final, I went to the Model event before heading to the main event. The Model forest was quite jungle-like, with heat and humidity contributing to the effect. At least my southern hemisphere compass seemed to be working.

The heat and humidity steadily increased and thunderstorms were threatened for around my start time. Fortunately, they stayed away. The area was parkland, more complex than the Qualification area, but nothing like the Model. As often happens in a Sprint, my brain took time to start working properly. Lindsey had a great run, for 11th place.

Tuesday was a rest day, with the opening ceremony in the late afternoon. A parade of competitors through Canela was cancelled because of heavy rain. Instead, we squeezed into the local hall where various dignitaries welcomed us, local children entertained us with folk dances, and we had the Sprint prize-giving. Nick Barrable (SYO), Peter Gorvett (SYO) and Ursula Oxburgh (WAO) collected gold, silver and bronze medals respectively.

Wednesday 5 November saw us off to São Francisco de Paula, 40km from Canela, for the 1st Long Distance Qualification race. The sun was back, and the forest was a bit of a surprise. Not jungle, but pine with an extensive path network. I was over-cautious, taking safe routes and over-thinking; Lindsey was faster.

The 2nd Long Distance Qualification on Thursday and the Long Final on Saturday were held at Fazenda do Ipê, closer to Canela. This was a more interesting forest,


broken up by areas of meadow and with fewer opportunities for path runs. Friday was a rest day between the two events and we went back for a proper visit to Parque Cascata and found it full of school children competing in a Schools Orienteering Championships.

Saturday, the Long Final, was hot and humid and there were occasional very heavy showers. Having been a few seconds faster than Lindsey over the two qualifications, I got to start 4 minutes behind her. I caught up with her after the 4th control and we stayed close until the 7th, when the heat started affecting her. I finished 18th. Nick and Ursula again collected gold and bronze.

Eddie Harwood (MOR) had the best overall results of the 4 competitors from Scotland (Lindsey, Eddie, Dave Coustick (FVO) and me), with 8th in the Sprint and 6th in the Long.

I don't think that the courses were as challenging as the ones in Portugal (WMOC 2008) or Hungary (WMOC 2011), but it is always a challenge to go abroad and orienteer in a different country. There was also the new challenge of orienteering in the southern hemisphere with a different compass. That wasn't as difficult as I had imagined, although every time I ran, I had to remind myself that the sun was in the north. There was also the excitement of visiting Brazil. After the orienteering, we spent 2 days at the Iguaçu Falls, then 3 days in Rio before heading sadly home to winter.

If this article has put you in the mood to travel, WMOC will be in Europe for 2 years and then in New Zealand in 2017. Time to start saving!

For more information about WMOC 2014, including results, see the website:
<http://www.wmoc2014.org.br/en/> 



Picture: Sarah McAdam

Assembly Area for the WMOC Long Final

O-ING DOWN UNDER

BY DONALD GRASSIE (MOR)

The time had come for me to hang up my mouse, and Oonagh her chalk, and head off Down Under for a warm Christmas and New Year. Three weeks in New Zealand were followed by ten days in Sydney and ten days in Tasmania, planned to take in the 2014 New South Wales Xmas 5 Days, Oceania 2015 and the Hobart Shorts Series - 11 events in total.

The 2014 NSW Xmas series was five events on consecutive days (December 27 to December 31), in different parts of Sydney, allowing ample time to do plenty of touristy things.

Day 1 was a long sprint in the late afternoon at Georges Heights, a military vantage point with WW1-era military hospital and gun pits overlooking Sydney Harbour. This semi-urban / open/ light forest (with cricket oval) was a gentle introduction to O Down Under in the high 20s °C. Everything went well, until I had to navigate my way through a wedding party four times at control 19, as I had missed out 18. Day 2 was an urban sprint on Cockatoo Island (in Sydney Harbour) - previously a military base, industrial site and prison, with tunnels. Unfortunately I didn't have any tunnel options on my course (see clip), just lots of stairs to navigate and lots of fellow orienteers to run into.



With the ferry trip thrown in, just a great venue. Day 3 was a 45 minute score in Pyrmont (Darling

Harbour), on possibly the hottest day. Everything was going really well until I came across two locked gates which were marked as open on the map. Interestingly, competitors were given their map before the start; one runner beside me measuring all inter-control distances on the map for 90 minutes before he started. I still beat him. Day 4 was a morning bush event in Lapstone, with lots of paths and crags in what was a fairly open area, and with a couple of controls and a finish in the cricket oval.

A later start meant a hot and energy-sapping run. Day 5 was a 9:00 start for a micro sprint outside the Sydney cricket oval in Centennial Parklands (see clip): three fast and furious courses (with mazes), and multiple unnumbered controls on some features; you had to get it right.



Probably the most fun I had all week. Overall, a great format, a real carnival of sport: a great variety of event types, terrain and localities. A great experience, and something worthy of repeating back home. After a few days further sightseeing in Sydney, we headed to Tasmania

for Oceania 2015. We had only planned to run on three days, but unfortunately I picked up an allergic reaction to something during my first day (Day 2) and that was my Oceania over. Rajah Rock (see clip) was open rocky terrain with very runnable vegetation - very dry and very hot - a good run.




Just a few days left, and time to go to Hobart for three (out of six) races at the Hobart Shorts (see CompassSport Feb 2015, p18).

All the events were within 15 minutes of downtown Hobart. Event 1 (13 January, pm) was in the grounds of the University of Tasmania, so very much urban orienteering in a built up campus, with some cricket ovals thrown in. Probably the least inspiring of the events we ran in. Event 2 (14 January, am) was in the grounds of Hobart College on Mount Nelson, during a period of torrential rain - the heaviest in Hobart for 100 years - at last some Scottish weather! The paths were ankle deep rivers, and the bushland vegetation was probably the thickest we encountered.

An interesting feature was a grid in the open, in reality not the same difficulty as a maze. Event 3 (14 January, pm) was on the complex sand dune and pine forest terrain of Seven Mile Beach. This was just like home. After being washed away at Mount Nelson, it was time to

be blown away in the gale. Things were going well until I hit a bingo control in thick forest. However, a strategic decision on the run-in, to run back into the sheltered forest rather than run the last straight 200m along the beach into the wind, meant making a full minute on a fellow competitor, so I finished on a high. That evening we packed up, and the next day caught the big bird back to Aberdeen. The next day I was running in -20C, in the snow at Findhorn. The Hobart Shorts were family friendly and low key, like the NSW Xmas series. Starts and Finishes were never far away. At Hobart, the download wagon and (Club) port-a-loos arrived on the back of club trailers.

Timing was DIY; you received a sticker with your SI slip, which you stuck on a block and added in the right place in the string of blocks hanging at results - low-tech and simple to manage. The challenge was not to be so far down that your block was on the ground. Both series had a wide variety of events on a variety of terrain (so they catered for all tastes) and there was plenty of time to fit in some sight seeing. Fellow orienteers and organisers at both series made us both feel very welcome. 



Picture: BridgeClimb Sydney

Donald and Oonagh on top of Sydney Harbour Bridge

AN INTERVIEW WITH...



Picture: Rob Lines, SO

Scott Fraser at the JK2012 Sprint, Livingston

Scott Fraser (INT), GB Squad Member since 2005

Silver Medallist, Sprint Discipline, 2013 World Orienteering Championships

There is a lot written about talent spotting. What were your early experiences of orienteering and how were you 'spotted' as a young orienteer with potential to succeed in orienteering?

I came into orienteering from an athletics background. It was when my coach, Martin Hyman, taught me how to use maps to navigate the hills that I became interested in the sport. At first, I just used the map reading to go on long runs in the mountains, but at a Scottish mountain running weekend in Wanlockhead, I was introduced to finding checkpoints, and was excited by the idea that I could beat a faster runner than me from A to B, by reading the map and picking a better route. I was typically a faster runner than most orienteers and I think this was a big decision in getting the support from the O community at an early age.

In common with many, if not most, other sports, there is a major drop-off in participation in orienteering amongst young people, beginning in teenage years. What might we do in sport to appeal to young people and counteract this drop-off?

This is a very difficult question that many countries are trying to

answer. I have just finished some research on talent development in orienteering and one of the findings here was that creating a social orienteering culture increases the chances that an athlete will continue in the sport. In other words, if the teenager has a group of friends within the sport who he/she likes to go training or hanging out with, then he/she will be more likely to stay involved. In my opinion, ScotJOS and the Edinburgh Centre of Excellence are good vehicles for this. It just needs expanding! The social side and my O friends were definitely a big factor in my decision to continue with the sport - at the end of the day, it has to be fun!

You have completed a sports science degree and specialised in sport psychology. A very common complaint from orienteers is that they make navigation errors when they lose concentration. How do you manage to maintain concentration during a race? Are there training exercises that can help athletes cope with this?

Firstly, it is very important to understand your own strengths and weaknesses. I maintain my concentration by focusing on my

strengths on the course but also being aware of my weaknesses so that I can counteract a mistake before it happens. The positive feedback I get from executing my strengths successfully out on the course contributes to maintaining concentration and most of all adds to my confidence, which I think is key for good orienteering. For example, my strengths are running at speed and simplifying to attack points. If I do this well, time after time, my confidence will grow throughout the course. I would also be identifying parts of the course, in advance, that would demand the execution of some of my 'weaker' skills and a plan of action would be made, e.g. to slow down in the technical rocky section.

Tip: Know your strengths and weaknesses and plan accordingly. Be ahead of the game!

You won the WOC silver medal in 2013 but failed to match that performance level in 2014 - what happened?


Winning a WOC medal is what I was dreaming about in all those training sessions for the past 15 years. All of a sudden, I had one in my back pocket and the carrot was gone! I struggled to get out the door during that following winter and the motivation was low. I was getting some niggles but was tired of going to the gym, so I took a step back from serious training. This lasted for about

12 months, but I still went to the international competitions in 2014 - experiencing that failure was a part of getting my motivation back and I just wondered if my body and mind was subconsciously preparing for another winter of throwing the kitchen sink at WOC 2015. For me, doing this properly every year was too much! Medal-winning focus is very, very tough on the body and mind. A psychological battlefield!

Can you outline for us what your training programme will be between now and WOC 2015? What disciplines are you focusing on, and how will your training be tailored for these?

I want to keep at least one medal in Scotland after August! Individual Sprint distance and possibly the Sprint Relay or Forest Relay. I know what it takes to get up on the podium at WOC, so my season will be mainly focused on becoming faster than ever over 15 minutes, and getting in some international Sprint race preparation. All or nothing!

You were unlucky to sustain an injury when bidding to represent Scotland in the 10000m at the 2014 Commonwealth Games. Would you like to try again - for the Gold Coast in 2018?

Let's see! Just now I am taking it year by year, so if I continue to enjoy the hard training I will definitely give it a go! 

SCHOOLS ORIENTEERING AROUND SCOTLAND

Following on from last issue's article about Moravian's successful schools initiative, here's some news about what's going on elsewhere in Scotland.

Pathway to Orienteering - Kingdom of Fife Orienteers

BY IAN DOIG (KFO)

KFO is a small club in comparison to others in Scotland, but we have the potential to grow, within the confines of the Fife Council area.

There are 143 primary schools, with 11,400 P5-P7 children, and 20 secondary schools, with 21,000 S1-S6 pupils. In 2007, we introduced orienteering within Fife's school structure, in partnership with Active Schools Co-ordinators. The mapping of the schools was essential to our plans, with the help of a third party agreement between KFO, Fife Council and Ordnance Survey. To date we have mapped 93 Primary Schools and 11 Secondary Schools.

As the interest for orienteering grew within the schools, we thought of other ways to encourage the pupils to participate in events. To do this, we decided to map local parks throughout Fife where we could hold events. 3 parks had already been mapped, but we required others in the North East of Fife, where an additional 2 park maps were produced. We introduced School Festivals within these parks, in conjunction with the Local Sports Councils, Active Schools and Fife Sports Development teams, and we are now organising at least 3 local school festivals each year, where each attracted up to 250 pupils to the sport.

Our next project is to introduce monthly Club Nights in Dunfermline and Lochore Meadows Country Park Sports Hub, and to start an informal school orienteering league within our Local Events throughout the year.

This was all within the following development route:

Awareness ⇒ Knowledge

⇒ Participation ⇒ Membership

Before we started this project, knowledge of orienteering within the schools was non-existent. With further involvement with Local Sports Councils, Active Schools, Fife Sports Development teams and Outdoor Education Service at Lochore Meadows, there should be plenty of scope to increase membership of the club in the future.



Picture: Brian Smith, KFO

Dunfermline & District Sports Council Orienteering Festival, Pittencreeff Park, October 2014

Schools Orienteering with EckO

BY KATE HUNTER (ECKO)

I became involved in schools orienteering when I was persuaded to attend a training session, organised with funding secured by an Outdoor Activities Company that an EckO member was starting.

The funding covered mapping of every primary school in the Oban area and provided free kit for each school. I obtained kit for Taynuilt Primary (this included 10 compasses, 10 mini kites and lots of books on how orienteering related to the curriculum).

Active Schools, in partnership with the Outdoor Activities Company, hosted the first Oban, Lorn and Isles (OLI) Orienteering Festival, so, armed with my new kit and a small amount of knowledge, I hesitantly volunteered to start an after school orienteering club. Expecting to start off with a few children, I offered the club to the P4-7 age group, the target group for the OLI Orienteering Festival. With about 40 children in this age category, I was astounded when the school informed me 36 of them would be coming to the club. There was then dissent from the younger P1-3 age group (including 2 of my children) so I offered a few weeks to this age class, with 28 out of a possible 30 children attending. Everyone seemed to enjoy it and I merrily handed out leaflets with details of the local club events; some children came, but most didn't.

The OLI Orienteering Festival was well attended, our school won, and all the children who participated enjoyed it. The



Oban, Lorn & Isles Orienteering Festival, Ganavan Sands, April 2013

local paper covered it, EckO members helped run the festival, but still there were not many new members at the club.

So, the question we all debate: all these primary schools have a map of their grounds, everything they need to deliver orienteering, teachers trained in how to do it and knowledgeable about the benefits of the sport, but the conversion of children orienteering at school to orienteering with their local club remains low: why? My personal thought is that it all comes down to the parents, who don't know enough about orienteering and see it as complicated and difficult.

What can we do about this problem? I continue to run a regular after school orienteering club (my last year), we have regular press coverage about the local club, there is high local awareness of orienteering (especially after the Oban 2011 - 6 Days) and conversion from school to club is still low, but I have a plan: I'm starting a new job soon with Oban Outdoor Nursery, so will catch them even younger and get them and their families hooked. After all, it is the best, most inclusive family oriented sport – ever! (in my opinion).

SCHOOLS ORIENTEERING AROUND SCOTLAND

Schools Orienteering in Dumfries and Galloway

BY TIM & HELEN O'DONOGHUE (SOLWAY)

Orienteering in schools in Dumfries and Galloway is like the curate's egg – good in parts.

A number of secondary schools offer orienteering as part of the PE syllabus and have teachers who teach this subject – some of the teachers are also Level 1 orienteering coaches. Over time, these schools are becoming better equipped and are using SI gear. The regional Outdoor Education team also provide opportunities for kids to try out orienteering, usually on Solway Orienteers' maps (although they do also have access to a copy of OCAD). Dalbeattie Primary School also makes good use of the wood on their doorstep: Jan Gray, their PE teacher, is a qualified coach and gathers together various parents to assist with the sessions. It is no surprise that Jan's efforts are normally rewarded with this school winning the Primary category in the annual schools championships. But with the offer of orienteering being dependent upon the teachers present, there are a number of schools where the pupils do not experience orienteering, other than from the Outdoor Education team.

Each March, the regional schools orienteering championships are held, normally in an area which is big enough to accommodate a light green course, but not much larger, and has a clearly defined boundary on all sides – we do not want to have lost participants turning up miles away. The map of part of the Cream o' Galloway adventure park is always a popular venue, as the competitors can celebrate their runs

with the excellent ice cream made there. In recent years, these championships have experienced a surge in popularity, with numbers more than doubling between 2011 and 2014, when there were 180 entrants.

So while activities in the schools and the championships are in place and prospering in some areas, what we have not seen is a surge in junior members in Solway Orienteers. Some juniors have joined after enjoying the sport at school, but our hardcore of juniors continues to be children of adult members. Changing this situation so that we recruit more juniors from schools is our challenge, and we are hoping that the recent creation of a club junior squad will assist this.



Picture: Helen O'Donoghue, SOLWAY

Dumfries & Galloway Schools Championships,
March 2014

Banchory Schools Orienteering Club

BY FRAN GETLIFF (MAROC)

Banchory Schools Orienteering Club was formed by parents in 2008, to support children going to the Scottish Schools' Orienteering Festival (SSOF).

The children were introduced to orienteering through the school activities run by the Active Schools Coordinator for the school cluster. Banchory were lucky that Kate Robertson (GRAMP) was in post at the time. Denise Wright (MAROC) was also recruiting children for her club and ran some after school classes, which encouraged children into the sport.

The Active Schools Coordinators introduced the children to orienteering, and ran an orienteering festival for all the local school clusters. This took the form of a score event held at a local area. These events were run with the help of local orienteering club volunteers. After the local schools festival, the parents then coordinated to send as many children as possible to the SSOF. This involved inviting all P5/6/7 children from the 5 Primary schools and the Academy that make up the cluster. Children, or pairs of children, that did well in the local schools festival were invited individually. Some fundraising was done at local events to subsidise a 55-seater coach, which was needed for all the children. A volunteer helper from each school represented was recruited.

Banchory have had a lot of success in the last few years at the SSOF. This has encouraged the club to support teams for the British Schools Orienteering



Banchory Schools Orienteering Club, at SSOF 2014

Championships and the World Schools Orienteering Championships.

In 2014, Banchory Academy won the Academy section at the SSOF, and the Large Secondary School trophy at the British Schools. 13 children travelled with two adults, using public transport, to the British Schools event in Leeds.

Banchory have sent children to the World Schools in 2009, 2011, and 2013. So far they have achieved 3 bronze team medals, 2 individual firsts and 2 individual seconds. This has been a fantastic cultural and sporting experience.

For World Schools 2015, in Turkey in April, there are two girls' teams, one boys' team, and two children in the Select team from Banchory Academy. The children are again involved in fundraising, which has included soup and cakes at day and night events, two bag packs, Christmas card sales and applications to various funding bodies.

For more information about Banchory Schools Orienteering club, see the club website:

<http://banchoryschoolsorienteering.moonfruit.com/> 

WHO'S WHO ON THE SOA BOARD

How well do you know the SOA Board members?

Continuing the series introducing the SOA Board members is the Performance Director, Marsela McLeod (INVOC). The Performance Director looks after many different aspects of the various Scottish squads, with the aim of supporting them and maximising their performance.

Marsela says:

I was introduced to orienteering when very young, and there is a treasured family photo of me, my brother and Mum in Tentsmuir circa 1970, maybe earlier.

Mum recounts that we got lost on a Wayfarers course, wandered for a long time, and were rescued by a forestry ranger! Fortunately my sense of direction was not harmed by this adventure, and orienteering has become my lifelong passion, enabling me to travel and compete both in Scandinavia and Europe from an early age. As a Junior and Senior, I have been

fortunate enough to compete for Scotland and Britain as an orienteer and to run for Scotland as an athlete and cross country runner. This background has enabled me to use my experience and knowledge in the post of Performance Director for Scottish Orienteering.

The two main aims for the Director are assisting in the management of the Squads (Juniors, Vets, and Seniors), and enabling and encouraging

the development of our elite orienteers. With WOC 2015 less than 7 months away, the development of and funding to potential team members have been my priority.

The SOA Board has been incredibly supportive, and this has enabled me to provide good financial assistance to WOC 2015 potential athletes and SEDS (the Senior Elite Development Squad). Using the funding wisely has meant they are getting the best out of training weekends, and can compete abroad to gain valuable race experience and World Ranking points. Even if some individuals are unsuccessful this year in their bid for selection, their development will continue.

Scottish Juniors and Seniors have always punched above their weight and I am hopeful that we will see at least half the WOC 2015 team being Scottish. Running in your home country, in some of the best forests, is a tremendous motivator, and I can't wait to be there cheering them on.



Picture: A selfie, up Beinn Tarsuinn, near Achness

Next it's the turn of the Marketing & Communications Director, Ross McLennan (FVO). Ross's remit is fairly self-explanatory, to manage the marketing of the SOA and communication about SOA activities, both within and outwith the SOA.

Ross writes:

My orienteering history is long, not lustrous; I first orienteered in 1987. Yet it was only Wednesday past I last marvelled at my incompetence. At a local FVO night race. These are my favourites. No longer do I feel the need to traverse the country in search of the fantastic. It is on my doorstep, fortnightly. I still do traverse the country though; orienteering is a major part of my life. Adventure: maps and running and countryside and new places and racing and pushing myself and testing myself. I love these things that make orienteering. What else combines in such a way?

Sloppy technique is particularly punished at night. I love this too about our sport. It is challenging. It remains a test. Mastery is elusive. The root cause of my sloppy technique is, I fear, irreversible; raised on simple Tinto terrain, fuelled on a diet of self-help books, naively expecting to absorb the Skills of the Game through analysis, not action. Perhaps this is why I greatly enjoy coaching. More likely though it's the banter; the people I meet, the friends I've made. I am happy to report I met my lovely girlfriend whilst we were coaching orienteering.

And if it's the adventure that sucked me in, a chance to escape, it's the people, the friends, the banter that keep me coming back. Even if sometimes only for that chance to beat them. Occasionally I think I'm a marathon runner (not so much recently) or I'd rather spend the weekend in bed (I often think this). But I soon realise I am misguided, because that is boring, not satisfying; where is the tale to tell? My Monday work colleagues expect more; they expect a story.

In orienteering we have a great story to tell. My task as Director of Marketing and Communications is to help us tell that story. The first orienteering story I told was in an issue of Tinto Talk circa 1995. Ever since I've been a grown up, I've worked in marketing; in my career, I've worked with many companies and organisations helping them to tell their story. When I worked for the Scottish Orienteering Association, I built the National Orienteering Centre's first website. Our story now is more interesting than ever before, and we have more ways to tell that story; whether you prefer 140 characters or 500 words. Orienteering is a big part of my story. ▀



Picture: Crawford Lindsay, ESOC

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>

COACHING CORNER

BY LYNNE WALKER (BASOC)

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



Picture: Crawford Lindsay, ESOC

Courses and Continuous Personal Development for coaches

2015 has a packed programme of courses, from pre-UKCC L1 (Foundation), all the way up to UKCC L3, and a variety of CPD in locations around the country. Get your application or expression of interest to Hilary Quick as soon as possible!

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

Meet and Greet: using your coaching expertise to welcome newcomers

Is your club gearing up to welcome new participants to your local events and activities, both in the run up to WOC 2015 and afterwards? Does your club have a programme in place which is suitable for newcomers to the sport? We have an excellent opportunity to increase participation and membership this year.

Here are some things to think about, so that you are prepared:


- What is your target population? Is it families (how young are the children?); adventure racers; returning to orienteering athletes; those with the silver pound in their pocket?
- What does your publicity say about the activity / event? Is it welcoming and encouraging people to think about trying the sport? Could you perhaps arrange for these people to arrive early, so that you can attend to them, ideally one-to-one?
- When the new participant arrives, who is there to 'Meet and Greet' them? It doesn't need to be a coach, but are they easy to identify? A coach could produce a small (A5 size) guide to help them ask the right questions and have relevant items to show the new person, e.g. map segment, control descriptions, e-card. They can then help the person to register. The more people you have doing this, the better, then you can all get a run too!
- Is there an exercise set up so that you can coach them through the basic skills of map setting, thumbing and the use of elementary map symbols? This could be as simple as a cones exercise and a matching symbol game (words to symbols or pictures).
- When new people finish their course, is there someone who can talk with them about their experience? Maybe give them the chance to try another course? Is there a handout available detailing the next activities / events locally? Have you taken their contact details (especially email address, so that a personal email can be sent, inviting them to the next activity / event)?

There are many things which can make the initial experience very positive and ensure that your newcomers return. Involve others in your club with this, and if you find they are good at it, suggest that they come on a coaching 'Foundation' course this year!

Check your qualifications records

Coaches must ensure that the data held by British Orienteering is correct. This is easy – log in and scroll down to 'My Qualifications'. If you've forgotten your log-in details, or the data is incorrect, email info@britishorienteering.org.uk NB: A licence to coach only depends on:

- Current British Orienteering membership
- Current First Aid certificate
- Signed Code of Conduct
- A CPD log which has been checked since December 2012

If you have any questions regarding this then please get in touch. 

TALKING POINT...

BY JANE HALLIDAY (MOR)

Control descriptions too close to the course?


I have noticed recently that there have been a couple of occasions at significant events where planners would have been wise to have placed the control descriptions on the map with a little more thought.

Whilst at first sight there would be seemingly no issue, when a competitor is distracted and perhaps either runs out of a control with a 90-degree error, or enters a control at the wrong angle but looks up to see an expected feature, they may inadvertently run off the map by running 'under' the control description box! Having been a victim of this myself, it is incredibly bizarre to be looking unsuccessfully for features that

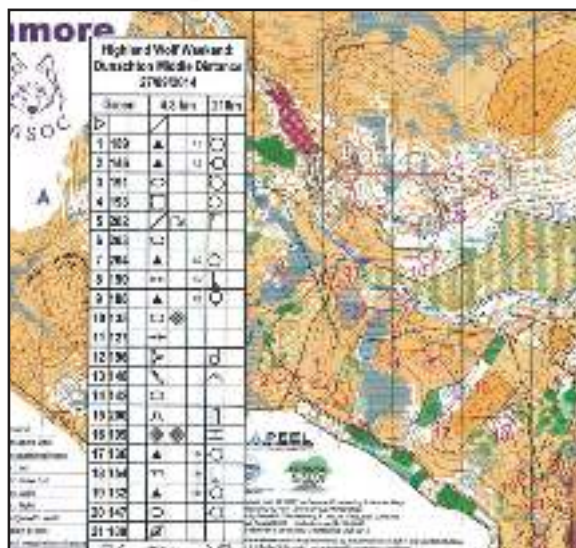
you can see on the ground, with other competitors (on a different course and presumably with full map coverage) confidently navigating through the terrain.

Although I'm a fairly seasoned orienteer who ought to know better, who has run off a map purely by bad navigation, I am concerned for those starting to go up to Technical Difficulty 4/5, whether juniors or seniors. For both, it could be enough to discourage their future orienteering; considering how much time could be lost, it would be very de-motivating. With some areas, the control descriptions could end up obscuring potential hazards.

Whilst those who are very consistent navigators may feel the issue shouldn't arise, I can vouch that a number of people have concurred with these thoughts. In Moravian, we have many people in the transition phase from TD3 to TD4/5 and it is in particular for the athletes at this stage that I am concerned.

So: planners and controllers, we all enjoy the fruits of your labours, but please think about where you place the control descriptions. The culprits are normally when a single block is placed, when perhaps it could be divided into three and placed at the edge. A small tweak for a far better experience! 

Green course, Highland
WOLF Middle Distance
race, 27 September
2015



BY ANNE HICKLING (GRAMP)

TrailO is not everybody's cup of tea. There's no running, and no route choice. But don't dismiss it.

TrailO is a challenge which appeals particularly to people who are fascinated by maps (and that's a lot of us); it is skills in map interpretation which determine who will do best.

And everyone, whatever their level of fitness, can compete on an equal basis. It's not just for people with disabilities. There are two forms of TrailO - classic TrailO (or PreO, where Pre means precision) and speed TrailO (or TempO).

A lot of you may have got a taste of TrailO through the 'Pre-O' (i.e. before-O) courses that Roger Scrutton and I have been running at SOL events over the last couple of years. So you'll know that a TrailO control involves viewing a group of up to 5 kites from a track and identifying which (if any) is in the correct position for the circle marked on the map. Sounds simple, but it can be tricky! See below...



This feature is a narrow re-entrant. The flag positions are along the centre line of the reentrant.


If the contour line is traced from the foot of the rock face, it passes near the uppermost flag. So the correct flag is one of the other two (or neither). The control is solved by viewing the flags and rock face from further along the track. It is possible to see that the centre flag is opposite the end of the rock face, as is the centre of the circle on the map. The red x on the map marks the viewing point and the three red dots, the position of the controls. These are not marked on the competition map!

In elite competition, one or more timed controls are used as a tie-breaker to separate competitors with the same score on the course. With the clock ticking, relatively simple control problems can become much more difficult, particularly when the timed controls come at the start of the course, before your brain is accustomed to the map. The extra challenge of timed controls has led on to the development of TempO, where all the controls are

timed. We put on a TempO event in Edinburgh during Race the Castles, which attracted a strong international field from amongst the elites running in the Race the Castles Sprint.

At the other end of the scale, TrailO can also be a useful training tool at all levels. For children, it can be used to help them to learn map symbols and use the compass, and the child has to look at the map rather than just run until they see the next kite.

So why not have a go at TrailO? There will be Pre-O at some of this year's Scottish Orienteering League events, where the walk to the start is suitable.

There'll also be a 'Try TrailO' on the rest day at the Scottish 6 Days, and if you're going to the JK or British Championships, you can enter an elite level course and test yourself against the British team members. 



Find out more - visit: <http://www.britishorienteering.org.uk/site/trailo>

There are some useful links here, including Brian Parker's "Introduction to TrailO for experienced orienteers" (from which these examples are taken), and an Italian photo TrailO competition site. Readers of CompassSport magazine (see advert on back cover) can also test themselves in the regular Finnish TrailO Challenge feature.

WOC 2015 OPPORTUNITIES...

Could you offer hospitality to a Highland 2015 volunteer?




With around 500 volunteers expected from all over the UK and further afield, the main issue is to find them all accommodation.

To help in this, we have set up a small-scale 'Homestay' programme. We are asking people in the Highlands and Moray to consider providing affordable accommodation for one of these volunteers in their own homes maybe for a couple of nights, or for the week. Or, if you have self-catering accommodation for the event and have a spare place to offer, this would be much appreciated.

If you or anyone you know can help, please visit the WOC 2015 website:

<http://www.woc2015.org/volunteers/volunteer-accommodation> and please pass on this message to family, friends and colleagues in the event area.

Opportunities for Local Volunteers

We have a number of vacant roles that don't require orienteering experience but do require local people to do them. Please encourage anyone who might be interested to visit: <http://www.woc2015.org/volunteers/opportunities/category/local> 

JUNIOR SQUAD NEWS

BY MAUREEN BROWN (ESOC)

ScotJOS Squad Manager

Scottish Junior Orienteering Squad Development Weekend 2015



ScotJOS had their first training weekend of the year at the end of February. Over 50 of us (juniors plus coaches) met up at Black Spout Wood, Pitlochry, at lunchtime on Saturday, having come from all over Scotland in 3 minibuses plus a few cars.


As usual for the Development Weekend, we had all the new squad with us, plus a few promising juniors who had either just missed out on selection, or were too young. We split into two groups: 14s & under, and 16s & 18s, with the coaches being assigned a small group each. Black Spout Wood is a runnable area, and not too technically difficult, so the younger ones concentrated on basic technique (compass and contours), while the older ones practised racing.

We stayed at Pitlochry Youth Hostel, which was nice and cosy. The evening's entertainment included watching Scotland get beaten by Italy in the rugby, followed by dinner (lots of it), then 'getting to know each other'

games, and the SOL junior prize-giving (with SOA President, Roger Scrutton, doing the presentation), and then me talking too much, followed by more TV and finally bed.

As forecast, it was very windy overnight and we wondered if the minibuses might even get blown away. By breakfast time, the sky was blue and the rain and wind had gone, so we set off for Linn of Tummel (the nice part on the north side of the road to Foss, which has lots of crags, contours and marshes). The older group practised more racing techniques, while the younger ones concentrated on route choice and relocation. There was lots of bright sunshine and dry weather, but with a few showers which prompted up to 50 people at a time to huddle in the ScotJOS tent.

We ended up with a fast and furious 2-person relay race, which was won by Peter Molloy (FVO) and Alex Carcas (INT). Then the weather changed for the worse, and everyone gathered their things and made for the minibuses.

A big thank you from me to the juniors who worked hard all weekend, and all the adults who helped by coaching, driving and helping in the hostel, plus all the parents who kept us well nourished by providing lots of cake. It all got eaten! 

ScotJOS at Linn of Tummel



Picture: Maureen Brown, ESOC

BY JESS TULLIE (BASOC)

2015 has arrived!



Picture: Nick Barrable, SVO

Ewan McCarthy in Tasmania



Picture: David Rosen, SPOC

Jess Tullie leaving the Sprint Final start, Tasmania

The highly anticipated year of 2015 has arrived, and with it a flurry of Scottish Elite Development Squad (SEDs) activity. With not long to go until WOC, some elites are starting to emerge out of winter training to test themselves against the world's best and judge where they're at and what still needs to be done.

James and Jess Tullie as well as Ewan McCarthy were in Tasmania over New Year to compete in the first round of the World Cup races. This was an incredibly valuable experience, and certainly the presence of snakes forced you to practise focusing on your navigation in a way no training exercises can! All athletes gained World Cup points with the top result of the week being Jess' 16th place in the Long race.


While SCORE is being prepared, there are many SEDs athletes out in Portugal for Portugal O' Meet (POM), 13 – 17 February. This has become the first race in many European elites' calendar and incorporates a World Ranking Event. SEDs have made the most of it by travelling out early to take in other races and a training camp. A great week (snow-free just about guaranteed!) to get technique in order before the domestic season starts.

You will be able to see all the results here: <http://www.pom.pt/en/> and we will endeavour to put a short results report on the SEDs page of the SOA website: <http://www.scottish-orienteeing.org/seds>

We have been supported once again by Scottish clubs in the recent SEDs training weekends. We had a great (but cold!) weekend in Oban, focusing on contours, followed by some fast head-to-head training in Moray, and then on to Stirling for a Sprint focus. Thank you to those individuals and clubs who helped plan, organise and put on all these training events.

We are now looking ahead to domestic races, as well as the Sprint SHI, which will take place in Northern Ireland in May.

As always, we are very grateful to the SOA for their continued support of SEDs. As well as the Portugal trip, SEDs are having a Scotland-based week, mainly for WOC hopefuls, in May. Although this year there is obviously a focus on WOC, we are still keen to support the development of younger athletes.

If you get a chance, do check out our profiles on the SOA website! <http://www.scottish-orienteeing.org/seds/profiles> 

VETERAN NEWS

BY JANICE NISBET (ESOC)

Veterans Team Manager and Selector

email: janicenisbet@btinternet.com

Scotland Vets Selection Policy for VHI 2015



Picture: Ian Pyrah, ESOC

Janice Nisbet

The 2015 Veteran Home Internationals will take place on 3/4 October 2015 in Wales, at Llynnoedd Teifi, near Tregaron. The Scottish team will be selected using the results of the following races:

JK Day 2	Saturday 4 April	Ulpha Park (NWOA)
JK Day 3	Sunday 5 April	Bigland (NWOA)
Scottish Orienteering League event 3	Sunday 12 April	Mark Hill (SOLWAY)
British Championships	Saturday 18 April	New Beechenhurst (SWOA)
Scottish Orienteering League event 4	Sunday 3 May	Glen Dye (GRAMP)
British Middle Distance Championships	Sunday 10 May	Naphill & Park Wood (TVOC)
Scottish Championships	Saturday 23 May	Dalmally (ECKO)

Selections will be announced in the first week of June.

Orienteers need to compete in at least two of these races to be considered. Greater weight will be given to the results of the JK and the Scottish Championships. In the event of a close contest, the selectors may take other form into account.

If you are recovering from injury or illness but likely to recover in time for the VHI, please let the team manager know, and the selectors will try to take that into account.


At Level B events, you should preferably run the appropriate colour-coded course for your age group, i.e.

Brown: M35, M40
Short Brown: M45, M50
Blue: M55, M60, W35, W40
Short Blue: M65, W45, W50
Green: W55, W60
Short Green: W65

For those competitors who like to run up, their results will be taken into account on a minutes/km basis. This applies in particular to W35 competitors, who run Short Brown in the VHI.

In the past couple of years, the VHI has clashed with one of the Scottish SOL events. However, BASOC have kindly moved the Highland WOLF event this year to give us a clear run and we are hoping for a strong team.

If you would like to be considered, please keep the date free, and start training!

Anyone who thinks they may be missed, e.g. because they are not based in Scotland, please get in touch to ensure you are considered. 

FUTURE EVENTS ROTA

BY **TERRY O'BRIEN (STAG)**
SOA Operations Director

email: operations@scottish-orienteeing.org



Following the 2013 Scottish Championships Weekend, an agreement was reached regarding the hosting of the Scottish Championships in 2015.

Originally this weekend was allocated to North Area Clubs, but due to pressures associated with WOC 2015, it was agreed that the West Area clubs would take on the 2015 Scottish Championships, and 2016 would then fall to the North Area clubs. The rota would then resume for the Scottish Championships Weekend, in order East > North > West from 2016.

The proposed SOA Club Event Rota for the next 10 years is as follows:

	Scottish Championships Weekend	Scottish Score Champs	Scottish Sprint Champs	Scottish Night Champs	Other events
2015	West Area clubs	KFO (East Area)	West Area	West Area	6 Days 2015; WOC
2016	North Area clubs	AYROC (West Area)	East Area	East Area	
2017	East Area clubs	MOR (North Area)	North Area	North Area	6 Days 2017
2018	North Area clubs	RR (East Area)	West Area	West Area	BOC 2018?
2019	West Area clubs	STAG (West Area)	East Area	East Area	6 Days 2019
Club Event Rota to be updated every 5 years, so in January 2020 updated for 2025 to 2029					
2020	East Area clubs	MAROC (North Area)	North Area	North Area	6 Days 2021
2021	North Area clubs	TAY (East Area)	West Area	West Area	
2022	West Area clubs	SOLWAY (West Area)	East Area	East Area	JK 2022?
2023	East Area clubs	INVOC (North Area)	North Area	North Area	6 Days 2023
2024	North Area clubs	INT (East Area)	West Area	West Area	

Please send any observations/comments regarding the proposed rota to myself by email no later than 30 April 2015. 

WOC 2015 NEWS

BY STUART CROWTHER

Communications Officer, WOC2015

A Highland Opportunity to change the face of orienteering forever



The buzz around the Scottish Highlands is beginning to get through to even the most hardened journalists, for whom stepping away from football has always been regarded as a dangerous direction to take.

When invited to take on the role of 'selling' the World Orienteering Championships to the media, the organising committee were well aware that my knowledge of orienteering could have been summed up on the back of very small envelope. Even that, however, was somewhat more than the average Scottish sports journalist would have written about the sport in recent years - or come to that, at any time in their careers. So it was never going to be an easy task - and yet, slowly but surely, there is this awakening throughout the north of Scotland that Highland 2015, the collective title for WOC2015 and the Scottish 6 Days, is not just a big deal. It is a very, very big deal.

Working as a local Moray reporter with the online arm of Scottish Television during the Scottish 6 Days two years ago, I could see the enthusiasm and drive of those taking part was quite a few notches above that which I'd always taken for granted in my former life (as a Scottish Football journalist and administrator). So I was prepared to enter the battle with my former

colleagues, convince them that Highland 2015 was not only worthy of their attention but, if they were to take their craft seriously, essential. Take the words of Murray Strain, a name not unknown in Scottish sport, but one that most journalists would say, "Aye, we know the name, but remind me what it is he does?"

Murray shakes off such things, because he knows that WOC 2015 could be a game-changer for orienteering in the UK. He said: *"Anyone attending the championships in Moray and the Highlands is going to see the very best in the world - and the great thing about our sport is that after they have done that, they can have a go themselves over the same terrain. That is the absolute beauty of orienteering, and it is an opportunity the public do not usually have - you can't just go on the track after an Olympics. At WOC2015 you can come along to see the world's best compete and then straight afterwards, go out there with the same maps and test it for yourself."*

Years of chatting about their craft to highly paid footballers turns even the most enthusiastic scribe into something of a cynic. It is then an absolute joy to be faced by a sportsman who genuinely loves taking part - one who has to earn a living doing normal day to day deeds, but still finds the time to achieve extraordinary things with a

map, compass and his own guile.

"Young people need to know that this is a fantastic sport to be a part of", Murray explained, adding, "When I was in the Scottish Junior Orienteering Squad at 13, the sport took me on bus trips around the country and if you did well, you were then on trips to Scandinavia. Those were the real good times that kept me motivated in the sport and trying to be as good as I could be. And from there of course, it has all just ballooned into regular trips to incredible places that you would never normally see."

Come August, Murray will not need to travel very far for his latest challenge - always assuming that he makes it into the squad. Regardless, he will be out there day after day, preparing to face the best in the world: *"Preparation for a World Championships does change a bit and, assuming I'm fortunate enough to make the team this year, it will be my fifth in a row. So I've developed a pretty good idea in my own mind how best to prepare for these, taking on board the experience I've picked up over these last five years and putting that into practice so I get everything just about right in time for August."*


"Throughout the winter, it is really all about the physical training and getting it up to the required levels, but as you get towards the spring, there will be much more focus on the technical side, that is where



Picture: Crawford Lindsay, ESOC

you can make a lot of gains if you can find the technique that allows you to run as fast as you want to. So as the months move forward, there will be a different priority each time, gradually honing in - the last six weeks will be very focused, just thinking about the one event, so that it all hopefully comes together at the championships."

More and more journalists are taking a greater interest, as they come to realise that when more than 6000 people are homing in on the Highlands from around the world, there must be something special going down. Much more needs to be done of course, there is a massive amount of work facing everyone in the sport, and the pressure is on for us all to ensure that orienteering is seen in the best possible light.

Murray said: *"This is a massive opportunity for us to show the public what orienteering is about, and what competitive orienteering is like at the very top level. It's a massive opportunity that we must take, one that could change attitudes towards our sport in this country for good."* 

Murray at the Race the Castles Edinburgh race, October 2014

HIGHLAND 2015 NEWS

BY RICHARD OXLADE (GRAMP)

S6D 2015 Event Co-ordinator - on behalf of The Scottish 6 Days 2015 Central Organising Team



Picture: Colin Matheson, MOR

Scoping out Darnaway - Rob Hickling and Lorna Eades



Putting on an event of the magnitude of Highland 2015 takes a great deal of effort. Many of you reading this will be already have been involved in helping with this event, either in a role for WOC or for the 6-Days, and many more will become involved during the event itself.

The effort being put in already by so many is much appreciated, as without this the event just could not take place.

Highland 2015 is the biggest orienteering event that has been staged in Scotland since 1999 and it is amazing how much work is involved behind the scenes to make it happen. Many people have been involved for over 2 years now, and all of a sudden the idea is becoming a reality at a frightening speed.

The sheer enormity of things involved in putting on such a major event might amaze you.

Over 47,000 paper maps have to be printed, with 366 different map types. If these were all piled up, the pile would be 71 feet high and would weigh more than 2/3 of a metric ton. At least 1000 helpers will be required over the course of the week: quite a daunting prospect, when you consider the number of active orienteers in Scotland.

The whole event will cost approximately £1 million to stage and therefore we are relying heavily on public sponsorship. Over £350,000 has been provided by Event Scotland, the Highland Council, the Moray Council, the Forestry Commission, and the Commonwealth Games Legacy Fund. Some of this sponsorship has been given directly, to fund necessary projects such as the building of a bridge in Glen Affric and improvement of access roads. Without this much-appreciated sponsorship, it is hard to see how

Highland 2015 would have been possible.

An event of this size uses unimaginable amounts of equipment. 270 crowd barriers will be used, along with approximately 20 tents and marquees, and 40 chemical toilets per day have been ordered.

The planning is now almost complete, despite the access problems caused in the Highland areas due to snow. Unfortunately the recent gales have caused some wind damage, so some courses are having to be reviewed, to avoid the worst areas.

All of the contracts are being placed, keeping Colin Matheson (SOA Professional Officer) very busy. We have had a few changes to handle, such as the unexpected need to change the venues of both the Event Campsite and the Event Centre. Thankfully these are now largely behind us and the alternatives found are ideal.

An event services contractor is being used again this year to reduce the load placed on volunteers. We are well aware that this is a week of your holiday, as well as ours, and we want to make sure that you all have some time to enjoy it. English clubs are heavily involved with WOC and a number will also be supporting the 6-Days so that everyone can get a run.

If you have been following the entry list on SiEntries, you will have seen that over 3300 competitors have already entered, over 50% more than at this stage for Moray



Picture: Colin Matheson, MOR

2013. There are entries from at least 36 countries to date, with very large entries from both Sweden and Switzerland.

We are now coming into the final, possibly slightly frenetic, stages. Thank you again for all of your support to date, and for your efforts over the next 6 months. We know that there will still be the inevitable hiccups – after all, we are nearly all volunteers with day jobs and families – but with your support, we are confident that we can look forward to an exciting and successful Highland 2015. ▀

Considering options
- 71 Engineer Regiment team looking at the River Farrar



Picture: Colin Matheson, MOR

Planning essentials
- Brian Bullen and his mug

EVENT PREVIEW

Once again, there's a huge variety of orienteering events in the next few months, with plenty of local events, level C colour-coded events, and bigger events too.

SOL 2, on 22 March, will be upon us (or possibly even past) by the time you read this. Easter is early this year (3-6 April), and JK 2015 is near at hand in the southern Lake District, so there'll be a strong Scottish presence. SOL 3 is very soon after that – see separate article. And the following week, many Scottish orienteers will be travelling further south for the British Championships, in the Forest of Dean on 18/19 April.

May starts well, with a double header on Deeside on 2/3 May for SOUL 3 in Aboyne, organised by MAROC, and SOL 4 in the varied terrain of Glen Dye, organised by

GRAMP. Then the British Sprint & Middle Distance Championships are in the South of England on 8/9 May.

The Scottish Championships take place on 23/24 May, in the Oban area. Ross Lilley, EckO Chairman reports: *"The Individual event is at Ardnaskie, where many folk will have run on Day 2 of Oban 2011. It's a gentle hill, sandwiched between the A85 to the south and the railway/Loch Etive to the north. Complex contours and vegetation boundaries makes this a technical area, with a considerable network of marshes between open and pleasantly runnable mature oak and birch woodland.*

The bracken will only be emerging in May and so should not be a hindrance. May is Argyll's best month for weather, but be prepared for ticks. As SCORE goes to print, the relays are proposed to be at Inverawe. This is a country estate, nestling between Ben Cruachan, the River Awe and Loch Etive. It has a wide range of terrain for a compact area, including mature beech wood, birch wood, open fields, gorse scrub and moorland.

Inverawe Smokery run a great wee cafe, and there's a nature trail and children's playground too, to amuse the kids." Further entry details will be on the EckO website soon.



Picture: Crawford Lindsay, ESOC

Ardnaskie from Ardochattan (Day 6 of Oban 2011)

The annual inter-club competition for Scottish juniors, the Jamie Stevenson Trophy, will be on Sunday 14 June, and the provisional venue is Craig a Barns, near Dunkeld. This is always a good day, with juniors travelling from all over Scotland.

In midsummer, there's a treat in store as FVO and TAY present the Schiehallion Weekend - Louise Longhurst (FVO) explains: *"The weekend is appropriately named, as the conical peak of Schiehallion can be seen from all three of the weekend's areas; in 1775, it was where contours were invented.*


The weekend will stage three races: one SOUL (Friday), two SOLs (Saturday and Sunday), two UK Cup Races (Friday and Saturday) and three Elite Races - Sprint (Friday), Middle (Saturday) and Classic (Sunday). An application has been made to IOF for Friday and Saturday to be World Ranking Events. The weekend starts on the evening of Friday 19 June, with a Sprint Race on the newly mapped area of Bannockburn, in Stirling, before moving to the lower slopes of Schiehallion for Saturday's race at Tullochcroisk, and then across the River Tummel to Dunalastair for Sunday's race. Starts for SOL 5 will be in the afternoon, to allow competitors to travel north from Stirling, with morning starts for

SOL 6. This is shaping up to be a great weekend, with the Scottish Orienteering contingent enjoying three great races alongside some of our GB elites and elites from across the world, who will be using these races to get practice with Scottish mapping and terrain as part of their World Orienteering Championships (WOC) preparation. Dave Prentice had the vision for this weekend, but sadly is no longer with us to enjoy it."



Picture: Dave Prentice, TAY

Looking still further ahead, the Glasgow Parks Championships event, the famous "3 Parks in 1 Day", has had to change date again - previously Sunday 28 June, it is now scheduled for Sunday 30 August. Usually held in the depths of winter, Glasgow Parks in the summer will be quite a contrast. See the STAG website for further explanation of the changes.

Hope to see you at some of these events - enjoy them! 

Tullochcroisk

SOL 3 – MARK HILL

BY DAVE McQUILLEN (SOLWAY)

Solway is hosting Round 3 of the Compass Point Scottish Orienteering League on Sunday 12 April 2015. The venue is Mark Hill, beside the villages of Kippford and Rockcliffe, south of Dalbeattie.


The area was originally mapped for orienteering in 1979 and used as the training area for the JK in 1980. Gale damage, clear felling and replanting in the eighties rendered the area unusable, so most of the current membership of SOA will never have had the opportunity to orienteer there.

After a few exploratory visits, our Mapping Convenor, Jim Lawrence, recommended that we should get the area remapped. The committee agreed and approaches were made to the landowners, Forestry Commission Scotland (FCS), National Trust for Scotland (NTS) and private owners of other sections. After toying with the idea of updating the map ourselves, the club commissioned a new map to be professionally produced. The new map, partly using Lidar data, was produced in February and looks good.

On the organisation front, Solway has received full support for the

event from the NTS, FCS and the local community but, as experienced organisers know, every event brings its own set of challenges. For SOL 3, the main issue is car parking, but the Junior Regional Orienteering Squads have also asked if the event can be used for selection for places on summer training camps, and the event is being held on the Sunday between the JK and British Orienteering Championships. It was thought that early notification was important, to allow competitors to plan their competition schedule for this busy period. Comprehensive preliminary details were posted on the Solway and SOA websites in the middle of January, and online entries opened.

Competitors' attention is drawn to the planned special travel and parking arrangements. To allow time for map printing at Easter, junior start time seeding, and finalising parking and minibus scheduling, there is an earlier than usual closing date of Sunday 29 March 2015. Please note that entrants are required to indicate online the number of competitors travelling in the same vehicle for every entrant, e.g. if there are 4 competitors in the car, then enter 4 against each entrant. In theory, we should be able to calculate the number of vehicles. Late entries and EOD may be limited by either map or parking availability, so pre-entry before the closing date is highly recommended.

We look forward to a good turnout in the South West, in this exciting year for orienteering in Scotland. 

Terrain at Mark Hill



Picture: Dave McQuillen, SOLWAY

PUBLICITY OPTIONS FOR CLUBS

There's been quite a bit of talk recently (especially on the Nopesport discussion forums) about the use of Facebook for publicising local events and attracting new members to clubs.

A new Facebook group has been set up, for discussion of how best to publicise orienteering, and to share ideas about increasing participation at a local level. It already has lots of useful information. Here's the URL: <https://www.facebook.com/groups/orienteeringpublicity/>


This group was created by Mike Shires, of Thames Valley Orienteering Club, who have recently had great success in attracting newcomers to their local events, by using Facebook for publicity.

The current SOA Strategic Plan states that the SOA "wish to make more use of social media", and some Scottish clubs do have vibrant and interesting Facebook pages, frequently updated. Here are a few examples, in alphabetical order:

BASOC	https://www.facebook.com/BASOCmembers
INVOC	https://www.facebook.com/InvernessOrienteeringClub
GRAMP	https://www.facebook.com/grampoc
MOR	https://www.facebook.com/pages/Moravian-Orienteering-Club/109323515783662
SOLWAY	https://www.facebook.com/solwayorienteers
TAY	https://www.facebook.com/taysideorienteers

Liking and following another club's Facebook page or 'joining' their events will keep you in touch with all the latest news about forthcoming events - don't miss out! More importantly it shows anyone who discovers the club's page that the club is vibrant, sociable and friendly, with lots of people attending its events.

For a Facebook page to be effective publicity, it needs interaction, and positive comments - so if you're on Facebook, why not look at your club's Facebook page (and the Scottish 6 Days page too) regularly, and click 'Like' or add a friendly comment whenever there's something that interests you? This kind of interaction shows how sociable the orienteering community is. It appeals to the wider audience, who might otherwise feel daunted and be misled by orienteering's geeky reputation.

Social media is the best way to get our message out to the world at large. Although it can be viewed passively like a web site, it comes into its own as a mechanism for sharing and celebrating the things we enjoy. Instead of simply preaching to the converted - let's all just do it! 

CORRECTION

Apologies for a mistake in the list of Scottish Orienteering League dates on the inside back cover of the December issue – SOL 7, at Loch Vaa, is in fact on Sunday 6 September. Thanks to the eagle-eyed reader who promptly pointed this out, and apologies for any confusion.

The up-to-date list of SOL dates is on the inside back cover of this issue.

Please email score@scottish-orienteering.org if you spot any mistakes in this or future issues.

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<input checked="" type="checkbox"/>	SOL 1	08.03.15	Gullane Dunes, East Lothian	INT
<input checked="" type="checkbox"/>	SOL 2	22.03.15	Bonskeid Estate, Pitlochry	ESOC/STAG
<input checked="" type="checkbox"/>	SOL 3	12.04.15	Mark Hill, Dumfries	SOLWAY
<input checked="" type="checkbox"/>	SOL 4	03.05.15	Glen Dye, Banchory	GRAMP
<input checked="" type="checkbox"/>	SOL 5	20.06.15	Tullochcroisk	FVO
<input checked="" type="checkbox"/>	SOL 6	21.06.15	Dunalastair	TAY
<input checked="" type="checkbox"/>	SOL 7	06.09.15	Loch Vaa, Aviemore	BASOC



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www.scottish-orienteering.org/soul



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

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