

SCORE

The Home of Scottish Orienteering

December 2015



Including
2016
SOL & SOUL
Dates

INSIDE:
ScotJOS Update
EVENT NEWS

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magazine of the
**SCOTTISH ORIENTEERING
ASSOCIATION**



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Picture: Crawford Lindsay, ESOC



Picture: Steve Wilson, CLYDE



Picture: Steve Wilson, CLYDE



Picture: Wendy Carlyle, AIRE



Picture: Crawford Lindsay, ESOC

EDITOR'S INTRO

Scottish Orienteers,

WELCOME to another packed issue of SCORE – thanks to all contributors. I hope that everyone will find something of interest within these pages. If not, your suggestions are always welcome!

Thanks also to everyone who responded to the recent survey on SOA communications, which included views on SCORE – there'll be a report on the results in due course.

This issue's articles include an account of a 6-day orienteering event in France and Italy; reviews of the 2015 SOL and SOUL series; an interview with Maureen Brown and Bill Stevenson, who are retiring from their long-held posts running the Scottish Junior Orienteering Squad; and a taste of what to expect at Deeside 2017. Of course, there are all the usual reports and squad news too, and more besides. Don't miss the special offer on the back page!

The photo this time shows me at the finish of the STAG Middle Distance event at Glencryan, part of the Cumbernauld weekend.

Happy Christmas to all our readers - hope you enjoy your orienteering through the winter!

Sally Lindsay
Editor



Picture: Rona Lindsay, ESOC

Cover pic - Mass start at the Scottish University Sprint Relay, Riccarton.
Pic courtesy of Crawford Lindsay, ESOC

COPY DATE FOR NEXT ISSUE: 10 FEBRUARY 2016



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: National Orienteering Centre Glenmore Lodge, Aviemore PH22 1QU.

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SCORE Advertising

Full page: £90

Half page: £60.

Discounted rates available for multiple issues.

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Design

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Printed by:

Groverprint & Design,
Studio 2B1, Industrial Estate,
Newtonmore
PH20 1AL

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

I am sure that everyone who has a training programme knows what 'recovery phase' means. For those who don't take training too seriously, I'm sure you can imagine what it means. According to one website, it is "the most important component of exercise programs".



Picture: Sally Lindsay, ESOC

We can look back and see this either in terms of recovery from the intense WOC/Highland 2015 period, or as a refreshing break from a busy programme of orienteering events over the course of the year. Either way, I hope you are enjoying or will enjoy your recovery phase.

Talking about phases (or cycles, to be accurate), the SOA has just made its bid to **sportscotland** for investment in our sport over the next 4-year cycle.

During the preparation of our Strategy 2016-2020, and at the presentation of it to **sportscotland** at the end of October, I would describe the indications we have had regarding funding as mixed – some good and encouraging news, followed by some discouraging news, then back to encouraging again, and so on. **sportscotland**, like many (if not most) government-funded national agencies, is facing funding cuts, and this is at a time when an endless flow of research and advice indicates that being active is good for your health and wellbeing and for children's learning capacities.

Sport also has a positive impact on the Scottish economy when major international events are held in Scotland. WOC/Highland 2015 is an excellent example of

this, bringing £9.4 million into the Scottish economy. It is therefore very disappointing that there should be such an uncertain future for the funding of sport. We will hear in December what investment we can expect for 2016-2020.


A question I was asked at the Strategy presentation was: "Can't you change your relationship with British Orienteering?" This question arises from the fact that in orienteering, members and clubs join British Orienteering in the first instance (unlike the vast majority of sports in Scotland, in which members and clubs join the Scottish Governing Body in the first instance).

The SOA is very grateful that just about every British Orienteering member from a Scottish club joins the SOA as well. To the original question, I answered an emphatic "No", not because I'm not keen to explore alternative types of relationship between the SOA and British Orienteering, but because I know from lobbying over the last four years that there is no other part

Sport has a positive impact on the Scottish economy when major international events are held in Scotland. WOC/Highland 2015 is an excellent example of this, bringing £9.4 million into the Scottish economy.

of the British system that would support a change. I could go on and explain this in greater depth, but you will see that issues like this are absolutely fundamental to how **sportscotland** sees us a sport governing body.

Apologies – too much politics this time. As usual, a small piece of recent news from the outdoor world... Sue Holden of the Woodland Trust has estimated that only 14% of the UK population has easy access to trees. And there we are, on occasion, not being able to see the control for the trees. It's not a joking matter, however.

All the best for the Festive Season and for great orienteering in 2016. 

Picture: Paul Furness, MOR



NEW SCOTJOS TEAM MANAGER

The SOA are delighted to announce the appointment of Elizabeth Furness (MOR) to the post of Scottish Junior Orienteering Squad Team Manager. Elizabeth is an experienced team manager and junior coach, and will take over from the start of 2016.

Elizabeth commented, "There is an excellent environment in which to develop junior talent in Scotland because of the great team atmosphere in ScotJOS, the twin planks of social and forest experiences established by Maureen and Bill, the strong pathway from clubs ... and the Scottish terrain."

SOA NEWS

BY COLIN MATHESON (MOR)

SOA Professional Officer Email: colin.matheson@scottish-orienteering.org

The World Orienteering Championships 2015 passed off successfully and the SOA are unlikely to be involved in anything quite so big for the foreseeable future.

WOC was a British Orienteering event, and their involvement included occasional attendance on the Steering Group, employment (part time) of Paul McGreal (RR) as Event Director, and a contribution to staffing costs and expenses for the Assistant Event Director (myself), an employee of the SOA. This contribution has helped the SOA through yet another successful year financially, though running down the reserves is proving more challenging to the Treasurer than he ever anticipated.

It is hard to say how much WOC contributed to the big upsurge in SOA membership (up 18%), but certainly within the local area of Moravian, BASOC and INVOC, growth has been tremendous and local events are seeing two or three times the number of participants, compared to a year ago.

It is probable that much of this growth has been down to our two Regional Development Officers in the area, Mike Rodgers (MOR) and Johannes Felter (BASOC). WOC has certainly been a very useful hook to get more people involved – coupled with the excellent live coverage on BBC Alba, as well as The Adventure Show. This coverage, plus a sustained campaign in the newspapers, has helped overcome some of the usual misunderstanding

as to what we all get up to running around the streets and forests. Mike and Johannes continue to push forward with initiatives post-WOC, and we hope that we will see the clubs continuing to expand.

The SOA has been under increasing pressure from sportscotland to conform more closely to their ideals of how a sport should be run.

Thanks go to the SOA Board and SOA President Roger Scrutton for the huge amount of work they have carried out helping deliver and report on the Annual Plan and for their contribution to the Strategic Plan and Investment Plan.

As a Scottish Governing Body, it is unfortunately not just about turning up for a nice run or walk in the woods. Consideration is being given to the formation of new SOA roles: Chief Operating Officer and Events Manager. This would require considerable additional funding from sportscotland and, despite indications this was a possibility, the latest update suggests that the current situation (i.e. SOA Professional Officer and SOA Board members) will continue much as before. There is now a better recognition within sportscotland that major events are integral to the development of the sport. New members, new areas, new and revised maps, better publicity and so on.

Clubs continue to request LiDAR data, so there should be lots of excellent new areas forthcoming, >>



Picture: ActivNorth



DEVELOPMENT NEWS

BY HILARY QUICK (BASOC)

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

Development funding summary

SOA funds have been used to support development projects in clubs for several years now.

Projects are many and varied, and generally the level of applications doesn't reach the available annual fund maximum (usually £5,000 but with some flexibility between years).

Some clubs have used the funding to help buy SI equipment, while others have trained coaches or developed semi-permanent courses. What would you like your club to be doing? Check on the

SOA website for details - just put "development fund" (including the double quotes) in the search field, plan your project and put your application in!

Running alongside the SOA Development Fund for the last couple of years, we've appreciated the generosity of the 6 Day Company in giving financial support to mapping projects for clubs that haven't benefitted from a nearby 6 Day Event in recent years. That fund is now closed.




Picture: Crawford Lindsay, ESOC



Volunteers' Weekend 2016

In September 2013, we held an 'Activity Weekend' at Glenmore Lodge, where about 90 people attended a number of training courses and discussion sessions – well, we're running something similar next May, from lunch-time

Friday 13 May to late afternoon Sunday 15 May, to be exact.


We've started drafting ideas for sessions, so if there's anything you'd particularly like us to include, do please get in touch! 

SOA News - continued

and significantly revised maps elsewhere. The SOA website recently included up-to-date maps showing coverage, along with files that can be downloaded and viewed in Google Earth.

Access issues continue, including certain parts of Forestry Commission Scotland where the Concordat seems less than convivial. Please report any issues to the Professional Officer. The situation on capercaillie

is unlikely to change in the near future, but access can and must be discussed on a case-by-case basis, instead of accepting blanket bans to orienteering.

For WOC and the Scottish 6 Days, we were able to show that by taking appropriate measures we could host a major championship with large numbers of competitors in areas that had nearly every environmental designation possible. 

WHO'S WHO ON THE SOA BOARD



Terry in action,
at Loch Vaa

Continuing the series introducing the SOA Board members is the Operations Director, Terry O'Brien (STAG). Terry has a long orienteering history, and his job covers a wide variety of tasks, as he explains:


Almost 40 years ago I entered the Scottish School of Physical Education to train as a PE Teacher and had my initial exposure to orienteering. Memory tells me we were coralled into a lecture theatre, shown a film, then put on a coach and taken to Mugdock Country Park, where the experiences were not good. I much preferred keeping clean and playing volleyball at weekends. In 1978, myself and others (including Blair Young (Tinto)) were persuaded to hang some controls and through this the seed was sown for, I guess, a lifetime involvement in this amazing activity.

Leaving SSPE in 1980, I obtained a peripatetic PE post based at St. Andrew's Secondary, where some 2 years later SAOC (Glasgow), or STAG, was formed. Around 1985, I was persuaded to take over the West Area Secretary's role and nominated as Publicity Officer on the SOA Executive. I was involved with the coaching of the West Area Junior Squad, then at SOA level with a variety of posts - Coaching, Competitions, Controller of Controllers, Vice-President, and after a break of 6 or so years I returned to the newly created post of Operations Director in 2009. Over this time I developed

a real enjoyment of the competition at my level - Short Courses - and guess I am well recognised by many throughout Scottish Orienteering as approachable and supportive of the efforts we all make to promote our sport.

This is possibly the most important job in the eyes of SOA members, as it encompasses Competitions and Fixtures, the bread and butter of our sport. Part of the job is making sure that events follow the rules and guidelines, and that races are well organised, and registered well in advance. Although it is NOT in the Operations Director's actual remit, I am currently covering the vacant posts of Fixtures Secretary and Competitions Convenor. Furthermore, and again out of choice, I have coordinated the bidding for SOLs each year and extended the event allocation of clubs until 2024.

Thanks to the support of the various Convenors, Scottish Orienteering is in a healthy position, but new blood is required, as my tenure ends in May 2016. So if you have a finger on the pulse of Scottish Orienteering, now is the time to step up to the plate, as I believe that the Operations Director needs to be active within the sport and have had at least 10 years' involvement.

I now teach PE at John Paul Academy in Glasgow and am looking forward to devoting more time to the future development and needs of my own club, STAG. 

EVENT NEWS

As usual, there have been many and varied events all over the country recently; here are a few highlights.

Picture: Crawford Lindsey, ESOC



Jedburgh Abbey

S OUL 7 took place on 27 September, just as the September issue of SCORE went to press.

Robin Sloan (RR), mapper and event organiser reports: *"Jedburgh is inconveniently bisected by a fast-flowing river and a major trunk road, but the Jed Water is crossed by five bridges and the A68 has four underpasses on the mapped area, so the crossing points add to, rather than detract from, the complexity of route choice. The combination of ancient passageways in the old town, modern housing developments, school precincts and historic buildings gave a mix of terrain well used by Kirstin Maxwell in planning the courses, which did what they were meant to do, producing some very close results. We have a few more ancient burghs in the Borders for aficionados in the future; RR look forward to welcoming urban competitors back to the Middle March sometime soon."*

Four Scottish clubs qualified this year for the CompassSport Cup Final, held on 18 October on the limestone uplands of Helsington Barrows, near Kendal in the Lake District. Congratulations to FVO, who stormed to victory in the CompassSport Cup itself. In the CompassSport Trophy (for small clubs), INT came 2nd (narrowly beaten on countback by South Ribble), CLYDE came 4th and MAROC came 6th.

October saw two multi-event weekends in Scotland; first was

the **Tinto Twin**, with night and day events on 24/25 October, at Firpark, near Carnwath. The distractions of the OMM and JHI meant numbers were slightly lower than usual, but the regular attenders enjoyed it regardless. Gerry Thompson (STAG), M55 winner, remarked, *"The Tinto Twin is always brilliant. It was a perfect area for night orienteering, and it was interesting to see it again in the day."*

At Halloween, it was the eagerly-awaited **Cumbernauld weekend**, featuring Sprint, Middle Distance and Urban events, all conveniently reached from the same event centre. The Sprint and Urban took place amongst complicated residential developments, with many similar pathways, steps and open areas calling for quick decision-making, especially where there were dead ends. The Middle was much wilder, in rough and challenging terrain. The Cumbernauld map is huge, with the prospect of many exciting events to come.

The **Scottish University Sprint Relay** was held on 15 November, organised by Heriot Watt University Orienteering Club. This was a mixed Sprint Relay at Riccarton campus, open to all, and there were over 100 competitors, from 5 university clubs and several other clubs from the Central Belt, who all enjoyed the race despite very wet weather (see cover photo). 

BRIANÇON/SESTRIERE 6 DAYS – AUGUST 2015

BY DAVIE FRAME & ELAINE GILLIES (TAY)

One of the many attractions of the multitude of international orienteering events is the ability to combine them with other activities, so this event in the French/Italian Alps slotted nicely into our annual alpine walking/mountaineering trip. It actually consisted of two separate 3-day events, in two different countries, run back-to-back to give 6 consecutive days of orienteering.

The promise of alpine sunshine and scenery attracted six Scots, and a larger English/Welsh contingent, and we became temporary members of an even larger group of assorted expats in motorhomes, who seem to roam Europe creating mini van corrals at each event.

First up was the '3 Jours du Briançonnais', with the events set in some stunning areas near to the photogenic walled town of Briançon in France. The Briançon area is a great base for outdoor activities, both summer and winter, and is well worth considering for an alpine holiday. I never did get my head around the vegetation boundaries, but all areas provided a good mix of terrain and technicality.

Most continental events have a daily prize-giving ceremony which adds a nice social end to the day.

Daily sustenance was provided by a steady supply of prizes from Hazel and Martin Dean (FVO), and Bob Daly (GRAMP), though podiums varied from class leaders only, to first three, so language skills were tested guessing who was actually getting called up.



Picture: Elaine Gillies, TAY

Martin Dean, Hazel Dean and Bob Daly with prizes from Day 3

An unforeseen benefit of having a campervan was that we collected all the edibles and breakables that they couldn't take home. Biscuits, vino, balsamic vinegar, and some rather nice limited edition Lavazza coffee kept us going for the next four weeks of our trip – thanks guys!

Action then switched across the border to Italy, via many hairpin bends, to the area around




The day 4 run-in at the Olympic Biathlon stadium

the ski resort of Sestriere – a successful Italian attempt to rival the architectural wonders of Cumbernauld. The Italian 3-days was billed as the 'North West Cup', although there didn't actually appear to be a cup, as results weren't cumulative. Maybe we lost something in the translation?

Event base for the first two days was the Olympic Biathlon stadium in Sansicario, with both days using different parts of the same area. The area was mapped for the World Masters in 2013, and provided a great O venue, with excellent quality maps and some glorious sections of forest. Not much sign of an Olympic legacy here though, with the Biathlon and Bobsleigh facilities apparently

unused since the 2006 winter Olympics which they were built for.

The final day was a slightly disappointing Sprint in Sestriere that didn't seem to make the most of a fairly complex ski village. Possibly the planner was just trying to use different parts of the village from the World Masters, but at over 2000m elevation, it certainly provided a suitably anaerobic finale before the compulsory final stop for an ice cream in Cesana – well recommended if you're passing!

This was a great event with a good mix of venues and terrain. All well organised in a sort of laid back continental way that seems much more relaxed than the UK, though the climate definitely helps. 

BY STEVE WILSON (CLYDE/JOK)



Steve Wilson at SOUL 6



Picture: Crawford Lindsay, ESOC.



Picture: ActivNorth

Some personal musings on orienteering. The views expressed here are the author's own and not those of the SOA or SCORE.

The development of urban orienteering has been one of the really exciting new aspects of our sport in recent years, and its ability to reach people and places who wouldn't have engaged with traditional forest orienteering is undoubtedly a very positive opportunity for growing the sport.


However, I think I speak for many orienteers when I say that, despite its many attractions, there is a nagging problem with urban orienteering that prevents us from taking it entirely seriously. The issue as I see it is that, since the differences between winning and losing are so small, the result of the race can depend on random events (such as a car pulling out in front of you or a pedestrian getting in your way) or, more significantly, rather subtle interpretations of the map and the rules as well as more blatant cheating.

Examples of blatant cheating include deliberately crossing small out-of-bounds areas like flower beds, deliberately crossing 'uncrossable' walls, and moving 'uncrossable' temporary barriers – all of which I either saw or heard about at this year's British Sprint Champs. While these are clearly against both the letter and the spirit of the rules, they often don't result in disqualification and so make the races inherently less satisfying and more frustrating for those who do obey the rules.

However, what about a control hung on one side of a fence

but physically punchable from the 'wrong' side? If the fence is marked as uncrossable, then it's technically wrong to reach through or over it, but we've all seen it happen!

What about incidents like the one at this year's British Sprint Champs where the direct route involved going through the gap (which didn't exist on the map, but was obvious on the ground) between the end of an uncrossable hedge and building, or the one at a recent Scottish event where the direct route involved crossing an uncrossable flower bed which didn't actually exist on the ground? In both cases most runners either didn't see, or chose not to see, that the direct route was technically not allowed, while those that did see it and took a more circuitous route lost enough time to change the outcome of the race. (In both cases the results were, at least in part, allowed to stand.)

What do I conclude from all this? Firstly that urban orienteering is a fun alternative to traditional forest orienteering, especially in high summer or darkest winter when forests aren't so appealing, but secondly that, if we are to take urban orienteering as seriously as forest orienteering, urban planners have to avoid planning control sites and legs where 'accidental' cheating could bring an advantage, and event organisers need to be stricter about disqualifying those who do break the rules. 

COACHING CORNER

BY LYNNE WALKER (BASOC)

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

Picture: Crawford Lindsay, ESOC



By the time you read this, winter will be here. At the time of writing though, we are having a wonderful spell of autumn weather and the countryside colours are some of the best I have seen for a few years.

Winter – as a coach, what does this mean for you and the athletes in your club? Recognising that the athletes in squads (ScotJOS and SEDS) have their programmes to follow, let's look at what the participation orienteer could do to prepare themselves for the 2016 season.

Physical shape:


How can the athlete emerge from the winter in better shape than they entered it? Many of you will have heard the term 'Strength and Conditioning' (shortened to S & C); you quite correctly

may not feel confident to advise on this. How about taking it to a more basic level and looking at the 'keystone' movements an orienteer requires for the ABC (Agility, Balance, Coordination) of movement to cope with terrain?

The appropriate movements can be easily introduced to and throughout a session; they require no equipment and can be done anywhere – squat, lunge, hinge, brace, rotate (push and pull could also be added). Think about looking more into this as part of your Continuous Personal Development; there are short workshops around to help you become familiar with this topic.

Beliefs and behaviours:

"Our thoughts are the seeds which grow into our future" (quote from a talk given by Karen Darke, a Patron of Scottish Orienteering). What are your athletes wanting to realistically achieve in 2016, and what attitude do they have towards achieving this? Can you help them unlock their sporting potential by working with them and using phrases like "Although you have not refined technique X YET in races, we can work with you towards this"?

So, with little bits of coaching input you can help your athletes to work towards their 2016 season. 

Pictures: Crawford Lindsay, ESOC



SCOTTISH ORIENTEERING LEAGUE 2015 SUMMARY

BY TREVOR HOEY (FVO)

SOL Coordinator

The 2015 SOL series was unusual in being concentrated before summer and in attracting large numbers of runners from outside Scotland.

Both, of course, are related to WOC. What was usual were the high quality of the races on challenging terrain, and the variable weather. Gullane (sunny) in early spring was an excellent start to the season, featuring a newly mapped area and some control sites that had tide-dependent access. Bonskeid (sunny, I think) provided challenging courses on terrain that is at its best in the spring, but

for a real challenge Mark Hill (wintry showers and properly cold) reminded runners what a real Scottish forest is like, and it is good to see old favourites returning to use after felling and re-growth. Glen Dye (full-on winter; Mark Hill was tropical by comparison) provided an excellent technical challenge, and then the June weekend at Tullochroisk and Dunalastair (sunny and warm both days!) saw large fields, close racing and a rising sense of anticipation for the summer. The Loch Vaa finale (more sun!) saw challenging technical courses to round off the year.

Once again the terrain, maps, planning and organisation of the events have been excellent this year – some especially positive comments have been made about the planning of TD1-3 courses, for which thanks also to the controllers. Everyone has their own favourites, and I especially enjoyed the more remote parts of Dunalastair, and wish that I had been able to get to Mark Hill.

The numbers of competitors matched those of 2014 (see Table 1), and the impact of WOC was clear on M/W21E. Numbers finishing at the 7 events, in order, were 359, 349, 208, 288, 467, 393, 453.

Number of runners	2009	2010	2011	2012	2013	2014	2015
Black	52	84	41	50	37	101	104
Brown	69	82	66	64	70	149	95
Short Brown	111	128	91	106	90	116	89
Blue	162	179	138	144	157	172	148
Short Blue	127	133	94	87	117	116	113
Green	140	123	111	110	118	146	125
Short Green	73	59	70	59	65	91	95
Light Green	86	50	73	75	73	85	80
Orange	60	47	75	59	72	71	78
Yellow	55	50	74	53	44	41	41
White	59	43	73	34	35	31	53
TOTAL number of runners	994	978	906	841	878	1119	1050*
Number of unique runs	2351	1897	2347	1802	2091	2428	2495
Mean number of SOLs per runner	2.4	1.9	2.6	2.1	2.4	2.2	2.4

Table 1: Number of competitors scoring points in SOL races (dnf, mispunches not included)

* - includes W21E runners from SOL3 and SOL5 who ran separate courses.



Table 2 shows the distribution of class winners between clubs, with number of runners and total points. The most competitive age groups were W45S, where Jane Carcas (INT) beat Sheila McMurtrie (MAROC) by 5 points, and W70, where Marion MacCormick

(BASOC) scored sufficient points on home terrain at Loch Vaa to beat Eleanor Pyrah (ESOC) by 16 points.

SOL dates and locations for 2016 are shown on the inside back cover.

The 2016 series again promises high quality competition, including the

Junior European Cup at SOL 6, and ends at one of our best locations. A highlight should be 8 May at Glen Affric, as used for WOC Long 2015 – in spring this is a fantastic area, with little undergrowth, good visibility and an outstanding map. Well worth the trip. 

Club	Number of runners	Total Points	Mean Points / runner	# class winners
FVO	77	216428	2811	3
ESOC	72	180829	2512	0
MAROC	72	188338	2616	2
INVOC	57	113593	1993	0
INT	54	147916	2739	4
GRAMP	50	105096	2102	1
MOR	44	103458	2351	0
CLYDE	34	102410	3012	2
ECKO	34	108529	3192	1
RR	28	89369	3192	1
EUOC	27	53636	1987	0
TAY	27	50973	1888	0
BASOC	23	57129	2484	1
SOLWAY	23	36744	1598	0
WCOC	18	28205	1567	0
KFO	15	42975	2865	0
AYROC	14	26986	1928	2
BL	14	22579	1613	0
SROC	14	21127	1509	0
ELO	13	29532	2272	1
SYO	12	17822	1485	0
LOC	10	19142	1914	0
CNOC	8	9628	1204	0
CORK O	7	9160	1309	0
MDOC	7	12334	1762	0
STAG	5	13552	2710	0
TINTO	5	11938	2388	0

Table 2: Competitor and points numbers (runners who ran competitively on more than one course are counted twice).



Picture: ActiNorth

BASOC volunteers at work on download



Picture: Tim O'Donoghue, SOLWAY

A soggy day in the south-west (SOL 3)

SCOTTISH ORIENTEERING URBAN LEAGUE 2015 SUMMARY

BY **ANDY PATERSON (CLYDE)**

Urban League Coordinator

The 2015 bto SOUL series came to a conclusion in glorious Lanarkshire sunshine with a double header sprint/urban race in Cumbernauld. 9 races from Jedburgh to Grantown made up this year's league with the usual mix of sprint distance and 'classic' urban races.

Well done to Andrew Lindsay, Terry Johnstone and Jim Clark who managed to score in all 9 races. A few others attended every event, but mispunched one or more time (I won't name them...).

Well done to all this year's class winners. The prize-giving, which will include prizes for the top three in each class, is hoped to take place at some point during the EUOC Big Weekend in January.

The class winners for 2015 were as follows:

	Women	Men
Young Junior (12-)	Megan Brown (ESOC)	Michael Paterson (CLYDE)
Junior (16-)	Rachel Brown (ESOC)	Jake Chapman (MAROC)
Open	Rona Lindsay (ESOC)	Richard Purkis (SAX)
Veteran (40+)	Jane Ackland (INT)	Jon Hollingdale (JOK/MOR)
Super Veteran (55+)	Jane Halliday (MOR)	Donald Petrie (CLYDE)
Ultra Veteran (65+)	Sheila Strain (ELO)	Phil Smithard (KFO)

There are stories behind all of the winners this year. Here are a few of the key moments...

World Masters sprint bronze medallist **Jon Hollingdale** beat Dave Robertson (CLYDE) by 14 seconds in the final race, to pip him to the overall MV title by 2 points and gain his first SOUL series win. **Megan Brown** followed in the footsteps of big sister



Picture: ActivNorth

Andy Paterson at SOUL 6

(and dual winner) Rachel to win the W12- class, with **Rachel Brown** herself taking the W16- title this year. In the 4 years of SOUL to date, W12- has never been won by anyone outside ESOC!

Jake Chapman won the first 4 races to take M16-, while **Phil Smithard** wasn't content with that and stormed MUV winning Borg (7 of 9, get it?). **Rona Lindsay** managed to pick up enough points on the very last race to take the WO title by just 2 points. Commiserations to Kirstin Maxwell (RR), who won Forres, but declared herself non-comp due to having access to the map two days earlier, pre-running the WOC Sprint Qualifier. Prize for the narrowest win though goes to **Richard Purkis** who edged MO by just one point, by beating Will Hensman (FVO) into 3rd in the last event.

MSV winner **Donald Petrie** recovered from injury to regain the title he last won in 2013, with an impressive 6 wins, while clubmate **Michael Paterson** went one better in regaining the M12- title he first won in 2012, by also securing this



year's UK Urban league title with one race remaining. **Jane Ackland** was another who regained her crown this year, in WV, after a SOUL-free year in 2014.

Heather Smithard (KFO) is also a winner in the UKUL this year, but was forced to settle for 2nd place in WUV Scotland by a combination of late injury and a rampant **Sheila Strain**, who won the last 5 races of the series to retain her title for the third year in a row. **Jane Halliday**, with a run of 3 wins and 2 seconds in 5 races, prevented Lindsey Knox (RR) from retaining her SOUL title. Lindsey looks like finishing a strong but agonisingly close 2nd in both SOUL and UKUL series this year.


The most eclectic SOUL was undoubtedly Forres, which was part of the Scottish 6 Days and attracted runners from about 30 different countries, yet all but



Picture: Andy Paterson, CLYDE

Penultimate control at SOUL 7, Jedburgh

3 winners were from GB. Best performing club this year was ESOC, with 3 wins, followed by CLYDE and MOR, with 2 each.

In 2016, we are yet again partnered by bto solicitors (www.bto.co.uk). The provisional race listing is available on the inside back cover of this issue. See you all at the Big Weekend in January! 



Picture: Crawford Lindsay, ESOC

Sculpture at SOUL 9, Cumbernauld

IF ONLY I'D KNOWN THEN...

BY SUZANNE LYNCH-MCKAY (MOR)

In my opinion, there's only so much you can learn about orienteering without getting your feet muddy and ending knee-deep in a swamp. The real education happens out on the trails and paths of the forests we frequent. The marshes, the ditches, the hidden rabbit holes – these are our tutors, and we are at the mercy of their teachings.

But as a novice orienteer thirsty for knowledge, I decided to turn to those who had escaped the swamp and owned the t-shirt (or timing slip) to prove it. So I turned to the medium of Facebook, and posed the following challenges: "What do you wish someone had told you as a novice orienteer?"

And: "If you could give one piece of orienteering advice, what would it be?"

The response from members and friends of the Moravian Orienteering Facebook page was incredible. Most people found it impossible to impart just one piece of advice, and instead showered my request with numerous golden nuggets of information.

Go hard or go home?

Scottish squad veteran Jon Hollingdale would counsel novice orienteers to "have a good plan, and then run as fast as possible", while Moravian Secretary and experienced long distance runner Frances Britain advised the opposite: "slow down, don't be afraid to stop and re-check your map". ScotJOS member Kathryn Barr agreed with Frances, pointing out that there was "no shame in standing still - 5 seconds can save 5 minutes". This is the trap I often fall into. That moment of panic when you've punched the start, the freshly picked map in your hand is making no sense to your confused brain, but everyone around you is running around with purpose and determination. The temptation to run off in any direction rather than stand still is so strong! This sentiment was echoed by Debbie McWilliam's 3-part advice to "take your time. Walk before you run. Don't follow others!" So 'slow and steady wins the race' seems to be a common theme – be a tortoise, not a hare.

Local Personal Trainer Scott Hamilton was on Jon's side though: "If in doubt, guess and run hard!" When challenged by



Picture: Crawford Lindsay, ESOC

Carolyn McLeod (GRAMP) enjoying Anagach & Heathfield

fellow Moravians that running hard led to all sorts of mischief if it was in the wrong direction, Scott's comeback was priceless: "If that happens, use your nose to sniff out the wild raspberries and munch away for a few minutes while the steam finishes blowing out of your ears [smile emoticon]". Scott and Jon are both in the 'go hard or go home' team, I think.

A sense of perspective

Mike Rodgers (Regional Development Officer) and Ceidh Dewar were in agreement when it came to their golden nugget of advice. Ceidh counsels us to keep it simple and just "have fun", while Mike warns us to "never, ever, forget your sense of humour".

Mike also very rightly pointed out that no matter how lost you get, you've still managed to go for a run in beautiful woodland or amongst some other spectacular scenery that you now know a lot better than you did before you started!


Practice, practice, practice

Jon Hollingdale also had some great advice on how to up your orienteering game. Jon pointed out that while races are good for racing and events are great for socializing, you actually learn more from good quality coaching. Improvement comes from implementing what you learn in coaching, away from the stresses of competing. "If you want to run faster, you have to train harder. This might mean running



Picture: AktivNorth

further, or faster, or on rougher/hillier terrain," recommends Jon. "You can also do useful training at home from the comfort of your sofa, or your computer desk: look at old courses on Routegadget and plan what you would do, try and imagine what you would see, or even try to plan your own courses and think about routes (PS and what Ceidh said: have fun!").

But Adrian Bailey from City of Birmingham Orienteering Club nailed it, and it's his nugget of advice I'll leave you with: "Always know where you are". 

Findlay McKay (MOR)
running fast at
Loch Vaa North

AN INTERVIEW WITH...

Maureen Brown & Bill Stevenson

Maureen and Bill are retiring soon from their positions as Scottish Junior Orienteering Squad Team Manager and Head Coach, after many years in these roles. Roger Scrutton caught up with them to find out more about their work with the junior squad.



Maureen at the
Edinburgh City Race,
October 2014



Bill at the JK, April 2015

RS: What would you consider to be the most important roles you have to fill as a ScotJOS Team Manager?


MB: There is a lot of organising and admin to do before the year starts, not least the selection of the following year's squad. However, particularly important for the manager of a junior squad is the 'caring and safeguarding' aspect of the job: getting to know the new members each year and making sure that everyone, particularly the new members, feel safe, secure and happy and part of one big squad.

I believe that the standard of performance of the juniors in Scotland has been visibly increasing through the years. As a result of this, the size of the squad has been increasing, and there is a limit to how big it can become and yet still be manageable. So we have tried to give some of the 'ScotJOS Experience' to as many juniors as possible, by inviting juniors from the local club(s) to our training when we are staying in their area; by having a 'Development Weekend' near the start of every year when we invite some talented 12-year-olds plus some older juniors who have just missed selection (plus extra

coaches so that we can cope with the larger numbers); by inviting along a number of non-squad juniors to training weekends if we have room in the accommodation and transport. A number of those juniors have been selected to ScotJOS in later years and gone on to become very talented performers.

RS: The biennial training camp in Sweden has been a major feature of the ScotJOS calendar. How did that come about in the first place and what was the thinking behind it?

BS: The first tour was staged in 1996, going to Sweden and staying in a club hut in Hallsberg for a week of training in the local forests, followed by competing at the O-Ringen at Karlstad. The idea was sparked by an earlier MAROC trip to Hallsberg, which established contact with the local club. The basic model of training for a week and competing for a week stems from our first tour; I describe the first week as a 'survive the O-Ringen' course, learning about Swedish mapping, endless forests and simplification in complex terrain. The second week introduces the juniors to the excitement of the largest O



competition in the world. By being together in a club hut surrounded by forest, we get six days of training, morning and afternoon, without needing to travel. Contrast that with a normal squad weekend with a morning of travelling, afternoon training, morning training, afternoon travelling home. So a tour is much more intensive but also more relaxed, with time for discussion, football and swimming in warm lakes. Being a group helps foster the friendships that make ScotJOS a real team and the tour is a key incentive to stay in the squad and in the sport.

RS: How important do you think the social element is when it comes to building a successful team?

MB: Absolutely crucial. The formation of strong friendships results in the exceptionally strong team spirit which has given Scotland an advantage in the major competitions, the Junior Inter Regional Championships (JIRC) and the Junior Home International (JHI). This was especially evident in the recent JHI in Ireland where there was so much support for everyone from within the team. This team bonding forms and strengthens throughout years of travelling together in minibuses, playing football, swimming, helping with the cooking and clearing up, and all the other activities which take

place on all the training camps. The friendships made in ScotJOS will last for a lifetime. There is lots of past evidence for this.

RS: There is now quite a lot of hardware and software available for the analysis of coaching sessions and races. Do you think this is something that ScotJOS could make use of during or between squad weekends?

BS: There is a balance between training being easy for the coach to organise and getting more information out of the session to support later discussion. I sometimes plan exercises that don't need even kites! But the most basic tool is a watch, and I am always amazed at how many athletes train without one. A simple splits stopwatch allows one to compare leg times or manage intervals training. A GPS watch with a heart rate monitor can be interesting, to see if you are choosing routes that enable fast running. Placing SI units at controls or wearing GPS tracking units would provide extra information, though using these tools does require time and effort to set up – not always easy to fit in to a training session.

However, every SOL/SOUL/ championship gives the opportunity to record one's route on Routegadget and use replay or Splitsbrowser to analyse and compare. It is a valuable >>

evening exercise at ScotJOS weekends to have discussions in age groups about where time was lost and how running speeds compare.


RS: What are your hopes for their future when ScotJOS members move on after several years in your team?

MB: Well, naturally I hope that they will stay in the sport. But I am pragmatic enough to realise that they have and will have lots of other things going on in their lives. It was very rewarding to see, at this year's Scottish 6 Days, how many former ScotJOS members are still orienteering. When we were all up on the podium before the start of the prize-giving, James mentioned that he had counted about 6 or 7 former ScotJOS members who had run for GB at World Championships since the late nineties. I don't think that Bill or I would claim that this was because of all the coaching that they received while members of ScotJOS. Perhaps more a factor of the fun and friendships made during that time, when they stayed in the sport and competed and trained regularly together throughout their teenage years. I wish all of them all the best in whatever they choose to do with their lives.

RS: Scottish athletes made up 40% of the GB team of 17 at the recent World Championships,

presumably all (or just about all) having progressed through ScotJOS. I guess it would be nice to say this is all down to the excellence of ScotJOS coaching, but it is probably more than that. What do you think the magic additional ingredients are?

BS: Well, a WOC athlete has served a long apprenticeship to get to that start line! ScotJOS is just one stage but it can give young athletes the feeling that winning is quite good fun. It also feeds athletes into further training camps staged by JROS (Junior Regional Orienteering Squads) – these camps build up to self-help trips, with the athletes planning their own training and working out the travel, training or competitions. And remember SEDS and the various university clubs, providing continuous opportunity to go out running and orienteering with good mates.

So: magic ingredients? There is no one path to the top, but I am sure that all in our WOC team are organised people, fitting lots into their busy lives. They are resilient, working through setbacks and disappointments. They have learned how to train, when to go hard and when to ease back. They are probably analytical, studying their successes and failures. But most of all, they enjoy it, the pursuit of that winning feeling. I think that can begin in ScotJOS! 

BY DAWN GODDARD (FVO)

Can regular Pilates help reduce injury and improve overall fitness?
Yes, according to Forth Valley Orienteers.

Every Monday, a group of Forth Valley Orienteers meets in a local church hall for 40 minutes of Fitness Pilates, followed by 30 minutes of Circuits. We have been meeting here for as long as I can remember, and whilst the exercises have developed, the format has remained the same.



Picture: Dawn Goddard, FVO

FVO's Pilates session in festive mood

So what is Fitness Pilates?

Pilates covers stretching and strengthening exercises, which focus on core stability, postural muscles and body alignment. Fitness Pilates is probably the most dynamic and exciting of the different types of Pilates, the emphasis being on strength, flexibility and functional movement and less so on the slow, deep breathing. Exercises are mainly static and floor-based, and include the following positions that you might be familiar with: the 'Plank'; 'Bridge'; and 'Saw' (as demonstrated by members in the photo).

In leading these sessions, I draw from my experience of regularly attending an external class run by Elaine Morgan Machray of Stirling Fitness. Elaine has shown me that Pilates can

be challenging and very complimentary for runners. In fact, Elaine is a runner herself and an ex-orienteer (Northern Navigators).

And why do we love it?


Our routine builds in progression but also allows everyone to work to their own abilities. These exercises are proven to strengthen core, reduce back pain, improve posture, increase flexibility, and aid relaxation. Regular attendees are seeing less injuries and quicker recoveries. On top of this, it is a fun weekly social get together for the club, especially being a Monday, when we can swap running stories from the weekend.

Don't just take my word for it.

Here is what some of our regular attendees have to say:

"I find Pilates is my weekly chill out zone. The music and the routine help me relax from all the tensions of work. Then the brilliant thing is it makes me much stronger too and I really feel the difference when I run on terrain and downhill. I have much better balance and coordination. There is flexibility in the circuits session to work on my own strengthening exercises, which has helped me come back from injury. There is a relaxed friendly atmosphere." - Nicola Melville (FVO Club Coach)

"It is a really good flexibility, strength and recovery training to complement the running that I do. It is also good socially!" - Graham Gristwood (FVO member and GBR Athlete)

"It makes a massive difference to the number of injuries I get and I wouldn't do it on my own, as I generally hate stretching and core work." - Roger Goddard (FVO President) 

33 YEARS AGO

BY NEIL MCLEAN (GRAMP / MOR)



Picture: Crawford Lindsay, ESOC

Neil McLean in action

For this issue, I thought my reminiscing should cover the period between 1981 and 1983. As I scanned the results from most of the major events during that period, a couple of things struck me.

First, M/W56 or M/W62 were the oldest categories, and even these had few competitors. The second thing was that many successful folks are no longer taking part. Some sadly have died, including Hilary Smith of Interløpers and Jim Doig of Grampian and other clubs. Most I assume have 'retired' due to injuries or changed priorities.

The Scottish Championships were held at Craig a Barns (1981), Glentanar (1982) and Trossachs (1983) with the relays at Garshellach, Inver and South Achray respectively. At Craig a Barns, in the oldest age categories I see quite a few dads and mums of present day orienteers. Ken and Bob Daly's dad Charles won M56. Jon Musgrave's mum and dad were well up in W/M56, as were Christine Paterson's mum and Hazel Dean's dad. I'm pretty sure the same happens in many sports. My main memory of one of these events was of the snow blasting through the trees at Inver for the relays on 2 May. I huddled in a small tent after my run, waiting for the return of the 2nd leg

runner – he didn't know that there was no 3rd leg runner. When he stumbled in, he was suffering from hypothermia.

Craig a Barns in 1981 doubled as a Scotland v Ireland international. Scotland won, counters for the men being Gareth Bryan-Jones, Martin Dean, Jim Doig and Steve Barrett, and for the women Ros Coats, Alison Stewart, Fran Loots and Sue Harvey. No surprise that three of these men won the relay next day for their club, FVO. In 1982, the Junior and Senior Championships were still split, although Juniors had a Badge Event running in parallel. In 1983, the Championships were joint, as they have been ever since.

The final separate Junior Champs was at Blair Atholl on 7 November 1982. The event doubled as a Scotland v England competition, although I see no results for that element. Four well-kent orienteers ran in M/W17 for Scotland: Kevin Reynard (GRAMP), Dave Robertson (CLYDE), Marcella McLeod (INVOC) and Ann Haley (INT). The event also doubled, or should that be trebled, as the Junior Inter-Area Competition. SE won both girls and boys, with NE 2nd in the boys, and N 2nd in the girls. Midlands/ West weren't there, and my son Peter had one of his occasional good runs to help the NE get that 2nd place.

Other events in the period include the West Champs at Loch Ard on 1 November 1981. The weather was unkind, and cars had to be pushed up a slippery slope out of the car park. Minibuses were parked elsewhere.

I remember some very mud-splattered pushers! On some courses, there were more DNFs than finishers and many winning times were rather long. One note in the lost property amused me: "1 pair large size Nike O-shoes – will the person who has the size 9 Nikes which should really be hurting his feet, return them to Ken Davidson of Invoc."

Northern Lights in these years were held at Assich, Oakenhead and Gallowhill, the double involvement of INVOC no doubt due to the fact that the 1983 6-Days was held on Royal Deeside, and MAROC and GRAMP were heavily involved in this. That year was my first one on the central team. One job I was given was to devise criteria for inviting overseas competitors to a function held by Kincardine Deeside Council at




Picture: Crawford Lindsay, ESOC

Craig a Barns

Ballater Golf Club. The food was excellent and the wine flowed freely.

The criteria gave priority to those who had been to previous 6-Days. Eddie Harwood was one of the loyal English supporters who was invited. This year at the 6-Days, I was able to speak to the Finnish and the Japanese orienteers who had been at that function back in 1983. Perhaps Aberdeenshire will do something similar in 2017.

Look out in my next article for items from 1984-86. 

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

BY MAUREEN BROWN (ESOC)

ScotJOS Squad Manager

There are several significant things to report about ScotJOS in this issue:

- SOA won the Junior Inter Regional Championships (JIRC) for the fifth year in succession.
- Scotland won the Junior Home Internationals for the second successive year.
- A big factor in the above successes was the calibre of our M/W18s who are now moving on. ScotJOS held their "Last Supper Weekend" at the end of October to celebrate the achievements of this group.
- Bill Stevenson and I are resigning from running ScotJOS at the end of the year, after many years in the role.

Junior Inter Regional Championships (JIRC)

The SOA website has a full report on this competition, which was held in the West Midlands at the end of September:

<http://www.scottish-orienteering.org/scotjos/junior-inter-regional-championships-2015>

There is also information on the Junior Regional Orienteering Squads website about the history of the JIRC, which shows just what a great win this was for Scotland:

<http://www.jros.org.uk/jirc-results-history>

The 2015 result for SOA was the biggest win ever in the history of the competition.

Ward Junior Home Internationals (JHI)

A slightly different Scottish team travelled to Ireland at the end of October and proved how just good the current crop of Scottish juniors actually is.

Full report at:

<http://www.scottish-orienteering.org/scotjos/ward-junior-home-internationals-2015>

The Last Supper Weekend

This year, ScotJOS says "Goodbye" to an exceptional group of young people: Andrew Barr (MOR), Sasha Chepelin (GRAMP), Matthew Galloway (INT), Jenny Ricketts (MAROC), Daniel Stansfield (FVO), Callum White (INVOC) and Thomas Wilson (CLYDE) – all are now members of EUOC, as well as being members of the GB Talent Squad. This group joined ScotJOS at different times – Sasha in 2010; Jenny, Matthew, Callum and Tam in 2011; and Andrew and Daniel in 2012. Over their time in ScotJOS, they have become a strong friendship group and this was very evident over the course of the weekend where they organised all the training exercises.



Picture: Maureen Brown, ESOC

The girls at the Last Supper

In the past, most of the Last Supper Weekends have taken place in Edinburgh, where the majority of Leavers end up at University. Not so for this bunch, who requested a year ago that the weekend

should be held on Speyside. So I duly booked the whole of the Cairngorm Christian Centre in Kincaig, where we have stayed on previous occasions, and which is close to some prime BASOC areas.

The weekend started on a new map of Cairngorm, in strong sunshine and a gale-force wind. This was a downhill-only race in age classes, and showed us a taste of what was yet to come. Fortunately there were only a few minor injuries, and most of the juniors enjoyed the experience!

Then we had the classic '3-arm Relay' - well known to generations of ScotJOS members who have taken part on the Scandinavian tour. This time there were new challenges for the teams to face - for example, avoiding being hit with eggs and flour by the Leavers, and finishing with a dip in Loch Morlich (again in lovely sunny weather, although the water was cold...) good fun was had by all (I think!) Then back to the hostel for bread, soup and cake, followed by preparation for the night event at Moor of Alvie. Some time was taken to find the start, as the map had changed (new houses). Then they were off, this time in the cold and dark! Fortunately everyone returned in one piece, and then it was time for the Supper itself, which was also a Halloween Party for which everyone had dressed up, this being the 31st of October. Thanks very much to the parents who made all the soup and cakes, and to Marjorie Mason and Julia Ricketts, who prepared the Supper itself.

The Last Supper wouldn't be the same if it didn't include me giving a speech on their ScotJOS history about each of the Leavers.



Picture: Maureen Brown, ESOC

The 2015 leavers

Unfortunately, somehow in the course of the previous week I had managed to lose my voice. So I made some notes and Bill delivered the speeches. Normally this is the end of the proceedings and we all retire for a good night's sleep. However, this was also the Last Supper for me and Bill, and so the Leavers had prepared speeches of their own about their time in ScotJOS plus little anecdotes about us (most of which I think were made up; at least I didn't recognise them). Anyway, they were very funny. Then there was another presentation for Bill and me (I thought we had received this at the 6-Days prize-giving) during which we were given yet another big bag of goodies. Many thanks again to all the parents for their generosity.

Finally, everyone was asleep in bed (I think). The next morning we were up early for breakfast, and then off to Inshriach for yet more fun training, which included the standard ScotJOS 2-person Relay and a prize-giving. And then sadly back to Aviemore Station for the goodbyes.

It was a really enjoyable weekend and I shall miss you all! 

See also this interesting article about the JIRCs and JHI, by Tam Wilson:
<http://www.scottish-orienteering.org/scotjos/2015-the-year-of-the-scotjos>

BY JAMES TULLIE (BASOC)

Jess and I have made the decision to step back from running SEDS. It's been great fun but hard work too (particularly over the last year!)

Huge thanks to all the clubs and individuals who have supported us and all the athletes and friends who have got stuck in and helped out too. A big thanks must go to the SOA board too, who trusted us to run it how we felt best.

SEDS is now under new leadership which ropes in more people. We believe this can continue with the great SEDS ethos and also push it to greater heights, adding on new things that we didn't get round to.



Picture: Philip Von Arx

Jess & James with the SHI trophy, 2014

The team is:

Overall coordinator - Murray Strain

Domestic Training Coordinator - Doug Tullie

SHIs & Kit Coordinator - Hollie Orr

Overseas Trip Coordinator - Jo Shepherd

Publicity Coordinator - Duncan Coombs

Fundraising Coordinator - Hector Haines

What a top team! Join us and get behind them! Long live SEDS!

Duncan Coombs (AROS) reports:

Under the stewardship of SEDS guardians Jess and James Tullie, 2015 posted a number of notable international successes and an all-important victory in the SHIs over the auld enemy. Credit in part

must go to the comprehensive programme put together by the JTs, and enabled by the many Scottish Orienteering associates, folk, loons, quines, dobbers, radges and gadges, who perpetually support and elevate elite orienteering in Scotland.

SEDS autocrats Jess and James Tullie now step aside, leaving a crater in the SEDS hierarchy. Particular thanks must go to them both, for their sterling work over the past three years. Jess Tullie also found some time to do plenty of training, and was awarded the Ann Walder Award for SEDS athlete of the year, for all round contribution in terms of results and general commitment to the SEDS cause.

Congratulations as well as thanks!

Now at season-end, @SEDS2015 becomes @SEDS2016 as the team prepare for their assault on 2016 with renewed vigour, and a fresh pair of dobs. The 2016 programme includes highlights such as the SEDS Winter Running Weekend and Christmas Cracker, as well as renewing our bond with our feeder young team, ScotJOS, by offering coaching at the Junior Regional Orienteering Squads Hawkshead weekend.

Tessa Strain is masterminding the return of the Purple Thistle in 2016, with swathes of the West Coast rumoured to be imminently subject to embargo. Watch this space. This is to be supplemented by the Purple's moody cousin, the Dark Thistle, touted as the long-awaited 'Alternative British Night Championships'. Again, details to follow! We look forward to plenty of hot racing in 2016. 



Duncan at the London Marathon

SEDS PROGRAMME

Date	Event	Location	Organiser
21-22 Nov 2015	Winter Running Weekend	TBC	Murray Strain
28-29 Nov 2015	JROS Hawkshead Weekend	Lake District	Kirstin Maxwell
19-20 Dec 2015	Christmas Cracker	Speyside	Bex Harding
8-10 Jan 2016	New Year Long Weekend	Moray	TBC
6-7 Feb 2016	Scottish Night & Sprint Championships	Edinburgh	TBC
13-14 Feb 2016	Winter Blues Training Weekend	Speyside	TBC
5-6 Mar 2016	JK Prep and SOL1	Peebles	TBC
12-13 Mar 2016	CSC Dumyat	Stirlingshire	TBC
Apr 2016 (date TBC)	Camp SEDS	Trossachs Tryst - TBC	Murray Strain
Unknown	SEDS Summer Tour	TBC	Jo Shepherd

VETERAN NEWS

BY JANICE NISBET (ESOC)

Veterans Team Manager

Picture: Ian Pyrah, ESOC



This year's Veteran Home International was held on 3/4 October, about 15 miles south of Aberystwyth, at Llynnoedd Teifi (used in Croeso 2012).

The individual race was in an area of complex, open moorland with few line features, much contour detail, very wet marshes and energy-sapping tussocky grass. It was a good choice of area, fast but intricate, and well worth the long journey from Scotland.


The men's team had some fine runs, with John Tullie (RR) and Martin Dean (FVO) 1st and 2nd in M55, and Eddie Harwood (MOR) and Rob Hickling (GRAMP) 1st and 2nd in M60. 2nd places by Ant Squire (NOC) in M35 and Ben Stansfield (FVO) in M45, and sound runs in other classes, brought the men's team home neck and neck with the English team.

In the women's race, Jenny Peel (SYO) in W45 and Hazel Dean (FVO) in W50 both won their classes, while Jane Halliday (MOR) came 2nd in a closely-fought W55 race. Unfortunately, the women's team was badly depleted by injury and

illness, and we had several last-minute substitutes, some running up. We still came in second place behind England, though with a fairly large points gap. Many thanks to the team members who agreed to travel at short notice, especially Ann Haley (INT), who normally runs W50, and came a very creditable 4th in W40.

The relays were on the same map as the individual. The legs were quite short, which left little room for error, and the results were close. There are two separate relay races – Man/Woman/Man and Woman/Man/Woman, both requiring a combined total age of at least 145.

The Scottish M/W/M team of John Tullie, Jenny Peel and Jon Musgrave (MAROC) led the race throughout, with Jon just holding off Nick Barrable on the third leg for a well-deserved victory. Martin Dean, Jane Halliday and Ant Squire were not far behind in 3rd place. The W/M/W Scottish team of Marsela McLeod (INVOC), Ben Stansfield and Hazel Dean also had a good result, with Hazel overtaking the English 3rd leg runner to bring the team home in first place. Unfortunately, the weakness in the Scottish women's team showed itself again, and she was closely followed by the three counting English W/M/W teams, giving a narrow overall relay win to England.

Many thanks to the Mid Wales Orienteering Club, who arranged excellent accommodation, and even managed to influence the weather. The Welsh squad also put on a superb dinner and prize-giving. 

Picture: Steve Wilson, CLYDE



The Scottish VHI team

SCOTTISH 6 DAYS 2017 – DEESIDE

BY JON MUSGRAVE (MAROC)

2017 Coordinator

The event is moving forward; the first (small) meeting of the Central Organising Committee has happened. The areas are chosen (subject to final checks with environmental restrictions) and are:

Day 1 - Glen Tanar

Day 2 - Birsemore Hill

Day 3 - Balfour

Day 4 - Creag Choinnich

Day 5 - Glen Feardar East

Day 6 - Glen Feardar West


This selection of Deeside areas will offer a wide range of terrain: intricate contour detail, big hill slopes, rocky areas, pine plantation, natural woodland, birch forest, open moorland, marsh, and all areas have stunning views across the beautiful Aberdeenshire landscape. The car parks will be adjacent or within a few hundred metres of the arenas, and we will do everything possible to ensure the car parks are weather proof!

The areas are all within 30km of the event centre at Ballater, on a (relatively) quiet main road (A93).

The event centre will be in the Victoria and Albert Halls complex (4 halls and various other rooms) in the middle of Ballater – enough space for several different social functions each night. The event campsite will be at Ballater near the village centre and will have toilets, showers and mains water. The Co-op supermarket in Ballater has recently been expanded (specially for us!) and there are several good quality cafes in the village. Holiday

accommodation is generally of a high standard but is somewhat limited in space, so book early!

On the 'rest' day, a Sprint race will be held in Ballater. For those not keen on urban O, there are a multitude of other options. For the active, there are local mountains such as Lochnagar, Morven, or (slightly further away) the Glenshee and Cairngorm ranges; biking in Glen Tanar or further up the glen; and the Muir of Dinnet National Nature Reserve with the famous Burn o' Vat. For the less active, there is the local distillery (Royal Lochnagar), or visiting some of the many castles in Aberdeenshire, which include Braemar Castle and several National Trust for Scotland properties: Drum Castle, Crathes Castle, Castle Fraser, Fyvie Castle, Haddo House or Craigievar Castle.

We encourage you all to come and enjoy the glories of Deeside and Aberdeenshire. 



EVENT PREVIEW

As SCORE goes to press, the **Scottish Score Championships** is about to take place in Pitmedden Forest, near Perth.

This is the last Level C event in 2015, but there's lots more orienteering to look forward to, including the various night leagues and festive events, as well as local events in all parts of the country, and the famous STAG score events in January.

MAROC host the first Level C event of the new year, at Glen O'Dee on 3 January.

EUOC's **Big Weekend** returns in 2016, on 22/23/24 January, featuring the first event in the 2016 Scottish Orienteering Urban League and the second event in this season's South of Scotland Orienteering League. Charlotte Watson, Event Organiser, says:

"Big Weekend 2016 will once again encompass many of the beautiful sights of Edinburgh. The weekend will kick off on the Friday evening with Fight with the Night at the King's Buildings campus. This is a short night race which is part of the university's night orienteering league. The city race on Saturday, SOUL 1, will be based in the Meadows and take you around the historic central university campus, with some courses also venturing into the challenging, multi-level, Exchange area used for the Race the Castles prologue. This year there is an added dimension, in that there will be a 'King of the

Mountain' and 'Sprinter' jersey awarded for each course. Split times from specified legs on each course will be added together to determine the winners. Saturday night will see the return of the infamous Big Weekend ceilidh, complete with the address to the haggis and bagpipes to celebrate Burns Night. One of the great landmarks of Edinburgh, Arthur's Seat, will play host to the classic distance race on Sunday. Arthur's Seat will certainly provide a good balance of physical endurance and technical orienteering. The Big Weekend is always an exciting weekend of orienteering and is not one to be missed. We look forward to welcoming you to Edinburgh!"

See <http://orienteering.eusu.ed.ac.uk/events/bigweekend> for details.

At the start of February, there are back-to-back Scottish Championship events near Edinburgh, starting with the **Scottish Night Championships**, presented by ESOC on Saturday 6 February in the North Pentland Hills. Margaret Dagleish, Event Organiser, reports: *"The event is based at Bonaly Scout Camp, very close to the Edinburgh city bypass. The bypass, in turn, links in to the entire Scottish road network so this is a very easy event to get to. The area is mainly open hillside with plenty of interesting contour*



Arthur's Seat, Edinburgh

Picture: Crawford Lindsay, ESOC


detail, though there are fences and paths in parts. David Godfrey of ESOC/BAOC is planning the courses. He is an experienced army orienteer and planner who is now getting to grips with planning in the world outside the army, under the watchful eye of controller Clive Masson. We hope the hills south of Edinburgh will be glowing with head torches as competitors rise to the challenge of David's courses."

The next day, it's the **Scottish Sprint Championships** and **SOUL 2**, in South Queensferry. Helen Bridle (ESOC), the planner, explains: "*The Scottish Sprint Champs will consist of a Prologue*

making for an exciting mixture of tricky sections and longer route choices. Expect excellent views of all the Forth bridges and fast, fun racing with lots of different challenges." More information about both these ESOC events, and how to enter them, is on the ESOC website, at <http://www.esoc.org.uk/events>

There's a chance to revisit **Darnaway** (scene of WOC events and two days of the 6-Days) on 21 February, when MOR present a Level C event. And there's another Level C event at **Lothian Edge**, near Dunbar, hosted by ELO on 28 February. The 2016 Scottish Orienteering League begins on 6 March, with **SOL 1** at Elibank, organised by Roxburgh Reivers.

Not to be missed is the 2016 **CompassSport Cup heat** on 13 March, on the open moorland of Dumyat, Stirling, with FVO as organisers.

And there's a treat further ahead! Put 23/24 April in your diaries, when the Scottish Elite Development Squad present **Dark Thistle**: a mass start, short classic distance, TD5, Night O, in classic Scottish terrain. It's to be staged in Perthshire alongside the JOK Chasing Sprint and a world class Middle Distance race. 



The Forth Bridge from South Queensferry

and Chase. I'm really enjoying planning the races, as the area has a great mix of housing estates of varying complexity, with a section of old town and alleyways. This is all on a slope which is also intersected by the A90 and an old railway line,

Picture: Crawford Lindsay, ESOC

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<input checked="" type="checkbox"/>	SOL 1	06.03.16	Elibank, Peebles	RR
<input checked="" type="checkbox"/>	SOL 2	10.04.16	TBC	INT
<input checked="" type="checkbox"/>	SOL 3	08.05.16	Glen Affric North	INVOC
<input checked="" type="checkbox"/>	SOL 4	05.06.16	Baluain, Blair Atholl	ESOC
<input checked="" type="checkbox"/>	SOL 5	11.09.16	Inshriach West, Kingussie	BASOC
<input checked="" type="checkbox"/>	SOL 6	02.10.16	Fairy Knowe & Doon Hill	CLYDE
<input checked="" type="checkbox"/>	SOL 7	30.10.16	Culbin, Forbes	MOR



Scottish Orienteering Urban League 2016 - provisional dates

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<input checked="" type="checkbox"/>	SOUL 1	23.01.16	Edinburgh	EUOC
<input checked="" type="checkbox"/>	SOUL 2	07.02.16	South Queensferry	ESOC
<input checked="" type="checkbox"/>	SOUL 3	14.02.16	Paisley	CLYDE
<input checked="" type="checkbox"/>	SOUL 4	09.04.16	Livingston	INT
<input checked="" type="checkbox"/>	SOUL 5	25.06.16	Aberdeen Westhill	GRAMP
<input checked="" type="checkbox"/>	SOUL 6	16.07.16	Falkirk	GG
<input checked="" type="checkbox"/>	SOUL 7	17.07.16	Stirling	FVO
<input checked="" type="checkbox"/>	SOUL 8	10.09.16	Aviemore	BASOC
<input checked="" type="checkbox"/>	SOUL 9	TBC	Lanark	TINTO



Chris Spencer (MOR) has provided some excellent photos for this issue of SCORE. There are thousands more on his website, free to browse, and you can buy high resolution downloads of your favourite images, suitable for making large prints.

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