

# SCORE

The Home of Scottish Orienteering

September 2015

**Highland  
2015**

Looking Back

**INSIDE:**  
**Summer Travels**  
**WOC Review**  
**EVENT NEWS**

PLUS lots more



magazine of the  
**SCOTTISH ORIENTEERING  
ASSOCIATION**



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Picture: Crawford Lindsay, ESOC



Picture: Zoe Harding, EUOC



Picture: ActiNorth



Picture: O-Ringen



Picture: Crawford Lindsay, ESOC

# EDITOR'S INTRO

Scottish Orienteers,

**HOPE you enjoyed the summer. This issue is rather later than intended – it's taken a long time for some of the articles to come in – and I trust it will still be September when you receive it!**

As you might expect, the main features are devoted to the World Orienteering Championships and the Scottish 6 Days, including 'behind the scenes' comments, a newcomer's view, and a look back at the very first Scottish 6 Days. There is some other interesting news, with accounts from foreign multi-day events, coaching news, and the regular junior, elite and veteran reports.



Picture: Crawford Lindsay, ESOC

Thanks as ever to all contributors.

The next issue will be in early December, so I'm hoping for prompt articles – please note the copy date, which is sooner than usual. All contributions and comments are welcome.

This issue's photo was taken at Pollok Park, at the end of the Glasgow Parks event.

Sally Lindsay  
Editor

**Stop Press** - Congratulations to the Scottish team on winning the Senior Home International! See the SEDS page of the SOA website for a full account.

**Cover pic** - Johannes Felter (SOA Regional Development Officer - Highland) leaving the start, Heathfield & Anagach.  
Pic courtesy of Crawford Lindsay, ESOC

COPY DATE FOR NEXT ISSUE: 6 NOVEMBER 2015



## ABOUT ORIENTEERING

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

Addresses of clubs, details of groups and a short guide to the sport are available from: National Orienteering Centre Glenmore Lodge, Aviemore PH22 1QU.

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



# PRESIDENT'S PIECE

BY ROGER SCRUTTON (ESOC)

SOA President

email: [president@scottish-orienteing.org](mailto:president@scottish-orienteing.org)

**"Orienteering is a sport worth developing in Scotland" THE LATE MARGO MacDONALD, MSP;**

**"Orienteering could be part of the school curriculum" MARGARET DAVIDSON, LEADER, HIGHLAND COUNCIL;**

**"We have a real opportunity here and I would really like to look at**

**orienteering [in the PE curriculum]..." KAREN McCUBBIN, PE LEAD OFFICER, WEST LoTHIAN COUNCIL**

*and many other similar quotes.*

**T**hese are forward-looking statements by public figures that suggest there is potential for significant development in our sport; the challenge for us is to create an environment in which we can realise this potential with the financial, human and physical resources we have. SOA is now well into the process of creating its Strategy for 2016-2020 with the aim of being ambitious in creating this environment.

To do justice to the enormous contribution the Scottish orienteering community has made towards the success of WOC and Highland 2015, we must build on the legacy of the raised public awareness generated by WOC / Highland 2015 and the increasing understanding in the education community of what orienteering has to offer school pupils. Let's not miss this opportunity.

All of us appreciate that the Scottish orienteering community had to pull out every stop to make the WOC/ Highland 2015 week a success. The very fact that during WOC 2015 the International Orienteering Federation

(IOF) voted to split WOC into alternate 'Forest Years' and 'Urban Years' from 2018 indicates that the event has become too large for the vast majority of orienteering nations to host. And the fact that the 6-Day event attracted in excess of 6000 entrants, about 75% more than the usual entry, is an indication of the extra effort required this year. I should like to thank each and every member (and their friends and families that also helped) for their contribution to this magnificent effort.


Elsewhere, members of the GB WOC team had been preparing physically, technically and mentally for many months in order to achieve success at WOC. Although, sadly, there were no medals, they did come tantalisingly close to winning them and, in so doing, produced a brilliant team performance that has promoted GB into the (IOF) top tier of orienteering nations. We can be proud of the fact that about 40% of the GB team has Scottish roots, and about 50% were alumni of Edinburgh University Orienteering Club.

What a great advert for performance orienteering in Scotland!

All of us appreciate that the Scottish orienteering community had to pull out every stop to make the WOC/Highland 2015 week a success.

Congratulations to the GB squad on a great team performance.

I have finished recent President's Pieces with observations from the world of outdoor education, where I now work, usually observations on how young people's engagement with the outdoors is being eroded. This time I have a quote from Horizons magazine (Summer 2015), regarding the latest edition of the Junior Oxford Dictionary: "... 'bluebell', 'buttercup', 'cowslip', 'dandelion' and 'heather' have been scythed away and 'blog', 'broadband', 'bullet-point', 'MP3 player' and 'voice-mail' planted in their place."

See <http://www.theguardian.com/books/2015/jan/13/oxford-junior-dictionary-replacement-natural-words> for further comment on this. 

Picture: Crawford Lindsay, ESOC



Roger at the 2015 JK Sprint

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

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

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

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

**Thank you**

# EVENT NEWS

Here's a reminder of some of the successful events (other than the Scottish 6 Days!) that have taken place in Scotland since the last issue of SCORE.

As the June issue went to press, the **Jamie Stevenson Trophy** competition took place, on Sunday 14 June. The JST is an annual Scottish inter-club junior competition.

This year it returned to Kinnoull Hill, just outside Perth, scene of several previous JST events. 12 Scottish clubs were competing, with nearly 150 juniors taking part. There are Yellow, Orange, Light Green and Green courses, with separate classes for boys and girls on each, and each club's best 6 scores are added up to find their total. It was a close result: MAROC retained the trophy, with 595 points, and ECKO and FVO tied for 2nd place, with 593 points.

The FVO/TAY **Schiehallion Weekend**, on 19-21 June, was a huge success. This action-packed weekend included SOUL 4, and both SOL 5 and SOL 6.

The first two events were being run in conjunction with Sprint and Middle Distance World Ranking Events for M/W21 Elites, attracting some big international names. SOUL 4 was in the evening on Friday 19 June, in Bannockburn, on the south side of Stirling. This new area included varied modern housing, with intricate navigation, separated

by open grassy areas. On Saturday 20 June, SOL 5 was held at Tullochroisk, near Kinloch Rannoch, just below Schiehallion itself. This is classic terrain, with steep heathery moorland, birchwoods and some conifer plantation visited by the Elite courses. SOL 6 was the next day, at Dunalastair, slightly further north; more classic terrain, a mix of rough open land, natural woodland and plantation forest.

Picture: Crawford Lindsey, ESOC



Schiehallion

The **Glasgow Parks Championships** took place on Sunday 30 August. This is an annual competition, featuring 3 separate events in one day, with a chasing start for the final race.

Previously it's been held in early December, and this year was rescheduled to summer to avoid a clash with TAY's Christmas event (on 6 December, at Glenalmond School in Perth). As usual, the locations were a closely-guarded secret,

and the first venue, Cathkin Braes Country Park, was announced just before the event. This is a wild area on the southern edge of the city, with good views. It was a novelty to be there without an icy wind blowing, but this did mean rather more vegetation than usual. The second race was back in the city on the sloping lawns and woods of Queen's Park and the third was at Pollok Country Park, in varied terrain including woodland, open parkland and gardens, around the Burrell Collection buildings. The event was well-attended and very sociable. Kirstin Maxwell won the Women's Open class, and commented, "I was really pleased to win my first Glasgow Parks title, after years of trying. It was a great day; the switch to summer made Cathkin Braes slightly less horrible than previous races there in snowstorms!"

The third **Highland WOLF** weekend, including SOUL 6 and SOL 7, was one week later. The first event of the weekend was a Middle Distance race at Heathfield & Anagach on Saturday 5 September.

Longer courses started in the mature pine forest and hummocky moraine of Anagach, and all courses led through thicker plantation forest in Heathfield then looped round many controls on various rock features in more open forest. Later that day, SOUL 6 was an urban Sprint event in Grantown on Spey. The start and finish were

in the centre of the town, and courses took competitors through varied residential areas, including a modern development with many small pathways.

Further entertainment was provided by the ceilidh on Saturday evening, and then SOL 7 was at Loch Vaa North on Sunday 6 September. This is a moraine area, in open pine forest, with heather and blaeberry underfoot making for slow going at times. In places the contours were very subtle, but mostly there was plenty of complex detail.

The **2015 Junior Inter-Area** competition took place the same weekend, in conjunction with the BASOC events.

This is an annual competition between North, East and West area juniors. The Relay was at Free Church Wood, Grantown, on Saturday 5 September, and was won by the North area. The teams spent the night at Lagganlia, before heading to Loch Vaa on Sunday. North won the individual event too, so were victorious overall. 



Junior Inter Area  
prize-giving

Picture: Crawford Lindsay, ESOC

# VENLA/JUKOLA – 13 JUNE

BY RONA LINDSAY (ESOC)

**A** bunch of people from EUOC spent a couple of weeks in Finland and Sweden in June. Following a few days of tourism and training near Helsinki, we assembled at Paimio, in SW Finland, ready for the Venla and Jukola.

After some shopping, in the massive pop-up orienteering shops, dog spotting, and cards, we were off to bed in the mosquito and ant-infested army tents. Next morning, there was time to check out the training map before the girls' race, Venla, which has 4 legs. EUOC had 2 teams; there were over 1400 teams altogether. It was a really hot afternoon and both our teams finished in the top 200. Sophie Horrocks was absolutely flying, and managed to overtake 1000 teams on the first leg!

Then it was time for tea, before the start of the Jukola. Starting at sunset, there is a mass start of over 1700 teams, each with 7 legs. EUOC had 2 teams and ScotJOS another. There were also some top Brits running for their Scandinavian clubs. The challenge is to stay up for as much of the night as




Picture: Rona Lindsay, ESOC

Jukola 1st leg runners  
(L to R) Mark Purkis  
(EUOC), Alex Carcas  
(ScotJOS) and Stephen  
O'Reilly (EUOC)

possible; the winners usually finish about 4am. Much napping, snacking, and singing happened, in-between listening to bouts of creepy commentary whispering from the forest. Highlight of the night has to be when Hector Haines came back in the lead on first leg, with no one else in sight; we all went completely mad, especially with Alan Cherry in 7th as well. Our boys had mixed runs, but beat the ScotJOS team ;) and no one mispunched!

Having had very little sleep, we hopped on a bus to Turku, ready to get the party boat over to Sweden. After a trip to duty free we were all set...

We spent a few days in Stockholm before heading home. We all had a great time; Jukola is an amazing experience and everyone should do it at least once! 



## ActivNorth at WOC and the Scottish 6 Days

Chris Spencer (MOR) was the official photographer for both the above events, and some of his excellent shots are in 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.

WOC / 6-Days gallery: <http://www.activnorth.com/-/galleries/orienteering/woc-and-scottish-6-days>



# POST-WOC DEVELOPMENT

BY HILARY QUICK (BASOC)

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

**B**arely has the dust settled on WOC and the Scottish 6 Days event, and we're already starting to see the benefits of WOC in terms of development of orienteering. The direct legacy of the 1976 World Championships, also held in the Scottish Highlands, was the 6 Day Event itself, and there's no way we can repeat such a huge effect, but we've definitely had an impact already.

The first and most widespread effect is the huge increase in public awareness of the sport: all sorts of people who previously knew nothing about orienteering now have a good idea of what it involves, from local press, TV coverage, or just from seeing people running past their house. I notice this first-hand in casual conversations almost every day, and that accurate awareness is something we've been struggling to achieve for years!

Local clubs are also experiencing a huge surge in interest. INVOC's recent event at Nairn brought in vast numbers of newcomers, and their family coaching sessions have attracted nearly 30 new members – well done to the volunteer coaches with that! BASOC Tuesday evenings are positively buzzing and the average age of members has rapidly reduced as youngsters flock to Jess Tullie's junior coaching! There were well over a thousand entries for the club's

WOLF events, many of those entries being from newcomers. Schools in Moray continue with their high level of interest, and there were lots of new faces at MOR's recent sprint event – the first of three urban events particularly promoted to local running clubs that helped at WOC.

Other clubs are reaping the benefits of regular club activity – weekly training, whether just physical or including map activity, or low-key monthly events.

Perhaps encouraged by the coverage on BBC Alba, the Gaelic-speaking community are very interested, and we're working with them to translate the Teaching Orienteering course material and resources for schools into Gaelic. This will give an extra dimension to the sport in the Highlands and Islands in particular. Alongside this, there's a revival of interest in Balmacara, near Kyle of Lochalsh.

**Find Your Way to Orienteering** (FYWTO) will continue in Scotland beyond the limited scope promised by British Orienteering; the aim is simply to provide a structured way into the sport, backed up by easily understood information. Clubs put on 4-6 introductory coaching sessions and regular (at least monthly, preferably weekly) orienteering activity; the SOA will collate details and make them easily found on the website. Please contact me if your club would like to participate. 



Hilary Quick

Picture: Crawford Lindsay, ESOC



# HIGHLAND 2015 – LOOKING BACK

BY COLIN MATHESON (MOR)

SOA Professional Officer

Picture: ActivNorth



**A**fter nearly five years, I am now looking back at Highland 2015 rather than looking forward to it. My involvement started even before I was appointed as SOA Professional Officer (start date January 2011).

As part of the interview process, I was required to give a presentation about staging a World Orienteering Championships in 2015. I had been a key member of the JK2010 organising team, and had wide experience of planning and controlling. Of Elite orienteering I knew very little. Of WOC I knew practically nothing.

At an early stage, I started to work with Dave Peel on the WOC bid, and with a trip to WOC 2011 in France started to really understand what was required, and who was who within the International Orienteering Federation. Preparation for WOC 2015 was of course happening along with helping to stage Oban 2011, coordinating JK2012, assisting Moray 2013 and of course Scottish 6 Days 2015, alongside my other SOA Professional Officer responsibilities.

By late 2011, WOC seemed pretty much settled – we could run Middle and Long out of a common race arena at Inshriach, and stage the Relay in Loch Vaa. We had hoped that the Long could start in Rothiemurchus, till the Grants informed us this would be all right on the condition that the athletes kept to the paths! The (singular) Sprint would be held in Grant Park,

and at this stage there was no hint of Sprint Relays. The S6D for 2015 hadn't really been thought about at this stage – probably fitting around WOC somewhere in Speyside. I cannot remember how it happened, but Forestry Commission Scotland (who proved to be most helpful) suddenly flagged up the issue with capercaillie. Scottish Natural Heritage advised us that, though we could plan to go ahead with the event, if there were any capercaillie in an area, it would have to be marked as out of bounds – that wiped out 90% of usable forest.

The search for new areas outside the capercaillie belt started in earnest, and included the exploration of new forests. The discovery of the 'new' area in Glen Affric by Mike Stewart and Graham McIntyre was to prove decisive and along with Darnaway (split to take Middle and Relay), WOC as we staged it was born. As a recent Nairn resident, I pushed hard to have the Sprint Relay in my new home town. With areas fixed, we went into a complex phase deciding on how best we could run the S6D alongside WOC, whilst giving competitors the chance to run on the same terrain. Retaining the normal Sunday to Saturday format of races was important, and of course the solution was to have the rest day after Day 2. There was a lot of discussion on the order of WOC races, and we did decide that if WOC ended on the Friday, at least most of the S6D competitors would still be around and tempted to spectate.

SCOTTISH 6 DAYS  
ORIENTEERING  
HIGHLAND 2015



WORLD  
ORIENTEERING  
CHAMPIONSHIPS  
SCOTLAND 2015

The time slot expanded to stage the Sprint Qualifiers on the Friday evening, following concerns raised by some teams, including Team GB, that athletes would be unable to cope with 3 sprints over 24 hours.

Strathfarrar, the area I take the credit for discovering, was an obvious choice for a new 'Highland' area, and realistically we still have not found anywhere else that could have been used, with the possible exception of Achilty.



Picture: ActiNorth

**Strathfarrar**

Utilising Keppernach, only visited by a few athletes in 2013 and already mapped, seemed a low cost and obvious solution for one of the events, and the proximity to Forres (to spectate at WOC) was a further consideration. The move south by around 4km to the race arena at Moss-side came very late in the day, following concerns about an extensive thinning programme.

The programme was fixed, the areas were fixed – we wanted confirmation and absolute permissions that we could use these. I think the final bit of paper came in about 10 days before the event! The support we received from all landowners and land managers, including agricultural tenants, was tremendous, but not always straightforward. It is great that we did build up a good working relationship, and I refer all to a short case

study on the Scottish Land & Estates website: <http://www.helpingithappen.co.uk/case-study-93>

One thing that was never really resolved to our satisfaction was what to call the event or combined events, and how this was best represented in terms of logos, website and marketing. Using the WOC name gave the event prestige, and I tended to throw the WOC name into everything, whilst pointing out that the S6D was actually the 'main' event in terms of numbers, spend, accommodation and so on. WOC, after all, is only a glorified Level C event. Highland2015.org was no more than a static page with links to the two main events. The end product was two different but complementary logos, two websites (with the WOC one really only becoming fully populated as the event was happening). With 50% of the event in Moray, was Highland 2015 the right term? (But conversely, for Moray 2013, 50% was in Highland.)

Inverness, the Highland Capital, was always going to be the centre of activities, and at one stage we were looking to make use of the gleaming new Inverness College, UHI, set within the new campus. This centre would have athlete accommodation, world-class facilities, hotel, excellent campsite and so on. Ever the optimist, I thought we could tick some, if not all, of these boxes, but there were issues we could not overcome (not a lack of confidence about the building being ready, as some think). Eden Court (and nearby Bought Park) was really the only viable alternative, though other options were investigated, including the possibility of a return to Brodie. The effort of organising a campsite ourselves was one step too far, and Beyond Presents (who have staged Loopallu and the Wickerman Festival) were appointed to set up and run the campsite. >>

# HIGHLAND 2015 – LOOKING BACK

Despite concerns about accommodation availability in the area, the campsite was not filled and we have made a considerable loss on this facility (balanced in part by additional competitors). Key message is that orienteers use 8 times more water than festival-goers. They wash more, shower more and excrete more.

The Scottish 6 Days was more-or-less organised along conventional lines, with a Central Organising Team and Day Organisers, but there was a much bigger role than normal played out by some, including Richard Oxlade as Coordinator and Margaret Dalglish as Day Coordinator. We had to be joined-up with WOC, and their Organising Committee. The WOC Steering Group became a Highland 2015 Steering Group.

We had a shared budget, but elements were apportioned to each event. We looked for single contracts with suppliers, although the adage about economies of scale didn't seem to work out too well. Though WOC was 'organised' by British Orienteering, the reality was that agreements with suppliers (and liaison with stakeholders such as Moray and Highland Councils) came very much under the auspices of the Scottish Orienteering Association and the Scottish Orienteering 6 Day Event Co Ltd. We played the Charity card on many occasions, for the benefit of all.

To select suppliers, we had to try and determine what we needed and write requirements documents around these. There was a very complex traffic management document, including the need for 23 urban street closures, rural closures and speed restrictions. I drew up all the arena plans in GIS, and various versions of these appeared in different guises including the stripped-down versions for Bulletin 4, disguising as much as possible where

runners came in and out of the arena.

These plans formed the basis of a complex document specifying, for example, number of crowd barriers (250), Heras panels for results display and screening (45), ground protection mats (100), tents (26), marquees (3), tables (80) and chairs (300). Very close to the actual event, this information was incorporated into Richard's Grand Plan. This covered what, where, when, who and why. We determined that a third set of equipment, especially tents, was required – this gap was filled by a Limelight hire, Forres Highland Games tents, and a further purchase. An infrastructure services document went out to various suppliers. Limelight were chosen as offering the best value for money (and we had worked with them in 2013). The aptly named 'Toilet Movements' document went out to various suppliers, but we struggled to find a contractor willing to take on this task, due to other events taking place across the area, including Mumford & Sons, the Black Isle Show and Belladrum. We were disappointed in the level of service, and rather than fix the issues, the supplier came back to me to complain about the toilet habits of orienteers, compared to the Purple Guide norm. Some of you might have witnessed the mercy dash at Darnaway, when I turned up with 18 x 18 rolls from Sainsbury's.

As well as delivering Paul McGreal's "best WOC ever" (I reckon we came close), we wanted the S&D to remain special. I submitted a funding application to EventScotland that stated:

"The principal aim of the funding request is to showcase the Scottish 6 Days Event as a major international orienteering attraction in its own right – not just an add-on 'spectator' or 'public' race overshadowed by



the World Orienteering Championships. The Scottish 6 Days happens every two years – the World Orienteering Championships in the UK every 15 years at best. We want competitors at the Scottish 6 Days to feel special in their own right, and to ensure they come back in 2017 for the event in Deeside.”

This was Scotland’s Year of Food & Drink, and we tried to build on this to offer a wider choice of local produce and suppliers than normal. Additionally, we wanted to have our own arena production (big screen and footage at Glen Affric for example), and hopefully you noticed the double decker




Picture: ActivNorth

The big screen at the WOC Relay

commentary box and the usual commentary trailer in its Deeside 2017 livery. The use of a single silenced generator for the traders was a new innovation – silence was golden.

The event had a record number of pre-entries (5,300), as well as a large number of entries at the event, taking the total number of competitors to over 6,000. Over 2,000 vehicles had to be parked each day, in sometimes wet and soggy fields. These numbers stretched the event organisation, but the whole volunteer team rose to the

challenge with professionalism and good humour, and delivered a superb event of the standard we have all come to expect from the 6-Days. The unprecedented overseas entry this time will carry home the message of what the 6-Days offers, and this should be reflected in entries to future events. At home, the impact of the event as a whole in the local area has been vast – Moravian and INVOC events are having a huge upsurge of interest and the SOA is benefitting.

The last word goes to bridge-building – a permanent bridge (not used!) now stands near Guisachan, for the benefit of locals and hopefully future orienteering events. I hit on the idea of floating walkways from the fish farm industry to bridge the River Farrar on Day 2, and additional sections provided the temporary crossing upstream, as well as the essential Affric crossing. Military assistance is almost impossible to secure, but I persevered and many thanks go to the Secretary of State for Defence, for signing an agreement with me that allowed the deployment of 71 Engineer Regiment (Reserve) and the South Dakota National Guard. 



Picture: ActivNorth

The floating bridge over the River Farrar

# WOC 2015 ELITE JUNIOR CLINIC

BY PHIL CONWAY (GO)

WOC2015



**F**our elite orienteers attended and fielded questions from an audience of around 60 juniors.

**They were:**

**Thierry Gueorgiou (TG)**, *France*

**Annika Billstam (AB)**, *Sweden*

**Graham Gristwood (GG)**,  
*Great Britain*

**Eva Juřeníková (EJ)**,  
*Czech Republic*

Below is a selection of the questions and answers during the session. (PC: answers based on notes taken afterwards; apologies to the athletes for any inaccuracies!)

**What training did you do in your young days?**

TG: We nearly always ran as a group every week where I grew up in St Etienne in France. We usually held a map while running, looking at route choices or understanding the contours of a complex area. My father would set us exercises and push us quite hard. Later in my career I realised the benefit of night orienteering for training. You can gain confidence and develop your skills through night orienteering. You can start safely by running with a partner, parent or coach.

GG: I was a member of the SE Junior Squad. I certainly didn't win everything as a junior! It's important to know that future elite orienteers often take time to develop as teenagers. From my experience in

clubs in UK & Scandinavia, British juniors train a lot on the road & track; in Sweden & Norway, juniors train in the forest much more.

EJ: As a junior I took part in many sports. It is commonly said that juniors should take part in a variety of sports as part of their development. This is really important! But as I progressed into the older junior and senior age groups, I started to specialise on orienteering. It's something to do with focus. To win, you have to practice a lot!

**How do you motivate yourself when things haven't gone so well?**

EJ: Remember your good points. You probably orienteered really well for 15 controls and you messed up only one. Tell yourself that you have very good skills, and you just need to continually develop and improve.

TG: Yes, it happens to all of us at some point! It's good to give yourself some time & space after a bad race. Don't make any rash decisions! There's always another big race in the future you can prepare for.

AB: It certainly does happen to all of us! (PC: Annika made a bad 5-minute mistake on the last day of O-Ringen 2015. Two weeks later, she won the WOC Middle distance gold medal at Darnaway).



Thierry Gueorgiou



Annika Billstam



Graham Gristwood



Eva Juřeniková

### How do you prepare for competition?

TG: I have a 35 minute preparation that I follow each time for international events. But this includes quarantine and my own specific needs. Everyone should find their own preparation schedule and try to stick to that.

EJ: Remember to do stretching before every race (and training run). I see many non-elite adult orienteers standing still at the start. They should be stretching and limbering up!

AB: I think mental preparation is really important. I spend time thinking about the next major event, how important it is, what it means to me, and how I should prepare.

GG: The model or training event before a competition is important. It shows you a flavour of what's coming, how the map is drawn, what the terrain will be like.

### Would you recommend any international competitions that juniors should look out for?

EJ: I would recommend

competitions in Norway, which has very technical wilderness terrain. My club Halden SK has a club hut 'Høiåshytta' where we train every week. We get approx 50-60 juniors training together each week. You would be welcome to come there any time! I would recommend the event 'Blodslitet' in October if you like Long-O, or Norwegian Spring 2-day in April which is great for all ages & standards.

TG: I should mention 'O-France' next summer, which has probably the most technical terrain outside Scandinavia!

GG: We mustn't forget that the Swedish O-Ringen is still the biggest and best! You can benchmark yourself against the top runners at this event, whatever your age group. Not everything happens in Scandinavia. As Thierry says, you can look to France for good events or Spain & Portugal in the early spring. But you should really master Scotland or northern England first! WOC 2015 has showed what fantastic terrain we have here. 

# MUD, MIDGES AND MAPS – A NEWCOMER'S VIEW

BY SUZANNE LYNCH-MCKAY (MOR)

Like festivals? Fond of mud? Handy with a map?  
Then look no further for your ideal family festival.

**While many local families have spent the summer looking forward to Belladrum or the Gentlemen of the Road Stopover, some families have been attending an altogether different type of festival here in the Highlands – the Scottish 6 Days orienteering competition.**

This was an opportunity to experience world-class orienteering within a festival atmosphere. Designed to appeal to all ages and ability, there was something for everyone. Age classes ranged from under 10 to over 80, and the midges and mud were included as standard, as with any respectable Scottish festival.

As a novice orienteer, I approached Day 1, at Achagour, with trepidation and a severe lack of map reading experience. But what really struck me as soon as we arrived was the wonderful international family atmosphere. From our own Moravian club alone, we had an abundance of families in attendance, running alongside juniors, seniors, novices and everything in between from Italy, Sweden, Hong Kong, Czech Republic, Switzerland, Spain, Lithuania and more. The sight of hundreds of colourful tents and flags from all over the world, here in our little corner of Scotland, was electrifying.



Achagour Arena - hundreds of colourful tents and flags

The courses we ran started through thick vegetation before heading across the marshes. My mud-splattered legs and trainers full of boggy water were led over fields to Achagour Fisheries and into a disorientating forest plantation before hitting a field archery range, and then finally ending up back at the wonderful festival atmosphere. Some people pay hundreds of pounds to be physically challenged by mud, bog, fences, fallen trees, ditches and other obstacles. At the Scottish 6 Days, these challenges come as standard for a fraction of the price!

Day 2 was beyond Inverness at Strathfarrar. The sun shone, the international crowd mingled and the competition remained fiercely friendly. Best known to Munro baggers as a quiet and secretive glen, Glen Strathfarrar is usually under strict access control with only 25 vehicles allowed into the area on any one day. But over 5000 international orienteers left at the end of the day happy and content with a good day's running done.

It's the official Rest Day, and we're really into the swing of this festival. The World Orienteering Championships, running alongside the 6-Days, might be getting all the media coverage, but it's my fellow Scottish 6 Day competitors that are helping to swell the ranks of spectators cheering on those elite map-wielding athletes. The atmosphere at Darnaway was thrilling. Watching the Middle Distance Final on the big screen, while simultaneously cheering on the competitors as they crossed the finish line in front of us, was priceless. Fuelled by venison burgers, Aberdeenshire cheese and mealie pudding oatcakes (thanks to Event Scotland and the



Year of Food and Drink), we sampled the off-road delights of Mountain Bike Orienteering before soaking up the atmosphere at Darnaway. Where else can you sweep through fields of golden oats and barley to gardens of a stately home teeming with people who just love running through forests with a map? You could almost taste the sense of adventure in the air.

Picture: Sally Lindsay, ESOC




Approaching Darnaway Castle - fields of golden barley

Day 3, and we're back to Darnaway. The mud and midges might be less prominent (shh, don't tempt fate) but the family festival atmosphere continues. Moravian were one of the clubs responsible for organising Day 3 and produced a phenomenal day. My little family team ended up spending most of the day on the String Course – a mini orienteering course that allows even the youngest of budding orienteers to have a go. The map has you following a piece of string around different controls and is loved by all children, even the ones that were zooming past me on the 'grown up' courses. After my abysmal performance in the swamps of Achagour, I plumped for a Yellow course...and still managed to get myself lost! But with thousands of other happy, encouraging faces, I decide to adhere to the old orienteering proverb, 'be lost 7 times, be found 8' and resolved to try again tomorrow.

So it was back to Darnaway for a very soggy start to Day 4. My poor, sofa-softened legs are starting to complain, and the thought of getting lost on an Orange course while teenagers sprint past me is beginning to affect my ego. But I've invested in a very fetching pair of knee-high orienteering socks, so I've got to at least give them a trial run. In true Scottish fashion of course, the sun was soon beating down on those golden barley fields of Darnaway and my second Orange course of the competition was a stonking success. Obviously, it was my lucky socks. I may never take them off.

Day 5 dawned, and we tentatively made our way to an even soggier Glen Affric. So much rain had fallen in the area in the preceding days that dramatic warnings over an impending parking crisis and free snorkelling gear were issued. Thanks to some superb organisation though, the parking (in our opinion) was stress free. Sadly my brain had abandoned me by Day 5 and refused to communicate with my jelly legs (even with my lucky socks), resulting in a 20-minute fumble for the first control and losing by 61 seconds to my own dad! But that's just the way it goes in the world of orienteering. Over-confidence is soon punished by tricky contours and elusive controls.

My weary children are now tucked up in bed, having spent the best part of a week giddy on fresh air. They've explored new forests, made countless new friends of many different nationalities and run through fields of oats and barley. Each day has been bursting at the seams with adventure and we can't wait for Deeside 2017. 

# BEHIND THE SCENES...

## at the Scottish 6 Days

This year's event broke all the records for the numbers of people attending, which brought some challenges, but everyone seems to agree that it was a huge success. Here are a few stories of the work going on behind the scenes.

### **Anne Thom (ESOC) – Information tent:**

"We all began to hallucinate about 5500 bibs before we got anywhere near the Info Tent – but we got them all dished out in the end. Dibber bagging parties, bib filtering sessions, figuring out what a double-barrelled Scandinavian name with Scandinavian alphabet characters might conceivably be indexed under – all very educational.

The view from the tent was generally quite uplifting – colourful, full of people, great scenery all round, made you think "What an event!" Rather different at Darnaway – straight across to loos and a bit sideways to the back of the big screen (but at least we could hear the commentary!)

Inside the tent varied from manic to peaceful. Covering bibs, coasters, programmes, lost property, maps, tickets, local information, certificates, badges, complaints, offers of help, newsletter items, local information and general queries meant life was very varied. Despite big signs saying we do such & such, and Entries do Entries over there, commonest question by far was "Where is Entries?" Nicest things were giving delighted juniors their certificates, and returning lost phones and SI-Cards to relieved competitors. And of course, passing on favourable comments.

And it was a great social environment – run by ESOC and INVOC, whose paths

don't cross all that often at events, it was great to make new friends in each other's club, and to meet some weel-kent faces from a while back. Actually quite enjoyable, all in all!"

### **Lindsey Knox (RR) – Programme:**

"With the extra WOC information to go in, I had the idea of an A2 version of the programmes produced for the previous two events, and spent a bit of time deciding on the actual fold. My next task was to find a printer, and I decided to go with one locally rather than in Inverness.

I use a Desktop Publishing programme for other things, so that was perfect for the ensuing 'jigsaw puzzle' as I tried to fit everything in sensibly. Despite doubling the paper size of 2013, I still had to do a bit of word culling and substitution to get it all in, so apologies to all the contributors who found bits changed or removed.

As expected, deadlines came and went, due to a variety of factors, and it went for printing a week later than planned, and without me seeing a paper version - so I was apprehensive until the programmes arrived, all 16 boxes and 200kg of them.

Thanks to everyone who gave me content, plus Sally Lindsay for the proof reading, Dave Kershaw for transporting the boxes to Inverness and Ian Searle for storing them until Eden Court opened."

### **Les Dalglish (ESOC) – Equipment**

**Team:** “The team was made up of nine ESOC members. We hired three vehicles for 10 days. On the Thursday before the event, equipment was collected from the 6-Days Company store at Glenmore Lodge. During the week of the event, we were responsible for providing equipment for the Starts, car parking, the String Course, and also for charging the start clocks and collecting the maps from the store in Inverness. Around 7:15 on the morning of each event, we delivered start clocks and maps to each Start. In addition, the team were responsible for fitting the Correx results boards to the Heras fencing and also for decorating the run-in with advertising material and S6D ‘toblerones’, and removing all this at the end of the day. We also transported club tents on the four days we changed arena.

The duties required of the team meant very long days. During the hire period, the three hire vehicles travelled over 2300 miles. On the Sunday after the event, equipment (including the podium) was returned to the store. Two of us returned the podium to Stirling later the following week.

Thanks to all team members for their contribution.”



Picture: Crawford Lindsey, ESOC

Equipment team at work

### **Eleanor Pyrah (ESOC) – Entries Team:**

“With pre-entries up 50% on previous years, we knew this was going to be a BIG event. Anyone who has been involved with entries at the 6-Days knows that the first day in the Entries tent can be pretty manic. Well, let me assure you, previous years were nothing compared to Entries at Highland 2015!

Over the course of the week, we processed more than 2000 forms, which means 2000 bibs to write on with purple pens, and also 2000 entries on the computer to be made or modified. Over 800 of these were new entries, i.e. people who had not pre-entered any course, and the rest were entering additional days or making changes to their course or start times or SI-Card details.

We coped thanks to a magnificent team effort. With additional help of friends and family, young and old, from Scottish clubs and English (POTOC and SLOW), we managed to prepare and train a core team who worked their socks off all week. With further assistance from the day teams and other volunteers who joined us during the week, I think we managed to achieve our objective of sending people away happy despite the long queues!”

### **Andy Paterson (CLYDE) – Rest Day**

**Sprint:** “The Forres Open Sprint race (the WOCified name for the 2015 Rest Day Sprint) was planned to standard urban classes, with some splitting of courses to accommodate the expected high entry. The event team of Andy Paterson (Planner), Jim Martin (Organiser) and Katy Lessells (Controller) tried to give participants a safe but challenging sprint race around the alleys of Forres, to give them a flavour of the WOC 2015 sprint race, albeit without the benefits of traffic free roads. >>

# BEHIND THE SCENES...

The event was generally well received in Forres, with local businesses particularly happy, although some residents were definitely taken aback by the number of runners in the town centre. Soren Klingenberg (father of Danish sprint relay gold medallist Emma) commented that he felt the race was better than the recent World Masters sprint race in Sweden! A special thanks to Robert Findlay, who put in a huge amount of IT work behind the scenes, and also to all the volunteers who manned controls for us on the day - in case you didn't notice on the way round, one of these was none other than WOC sprinter, Murray Strain."



Picture: ActivNorth

Forres Open Sprint Race

## **Mike Rodgers (MOR) – Social Media Team:**

"Orienteers aren't the biggest fans of social media, but it's an inescapable fact of modern life that a significant section of society lives its life by it. Having seen the success that TVOC have gained from Facebook, and experienced similar startling results with Moravian, I took on the Facebook and Twitter pages for the 6-Days about a year ago. This was in the hope that we could use social media to reach out beyond the narrow confines of our own community. The aim was to appeal to orienteers, while at the same time connecting with a wider audience. We tried to keep away from the serious stuff, but whenever there was any worthwhile news on the 6-Days website (monitored via an RSS

feed), we made a post about it. Assistance from Andy Paterson (CLYDE) and Ali Robertson (GRAMP) as fellow page admins was crucial. Between us we managed to keep on top of the many queries that came in via Facebook messaging. We achieved a 100% response rate, with an average response time of 24 minutes, which I suspect some commercial companies would be proud of.

We created individual pages for each stage of the 6-Days, which proved quite popular. This allowed us to post news about those specific days that were immediately flagged up to those who 'joined' the events. Our Facebook page gained 2,064 'likes', including many local businesses that we were able to mutually interact with – a really useful aspect of social media. Our Twitter had 844 followers and it was good to have Tweets retweeted by the likes of Belladrum, local journalists, MPs, local sports councils and community groups.

There's no point denying it was hard work for the team. We found it difficult to engage with current orienteers; we hoped for more interaction which would lead on to greater public engagement. Orienteering struggles with its image, and we are seen by some as quite insular and a hard group to break in to. If we are serious about attracting more people in to our sport, we need to 'get out there' more. This is something that anyone with a Facebook or Twitter account can help with, every now and again, whether it's your local club or the biggest orienteering event ever staged in the UK."

## **Judy Bell (ESOC) – String Courses:**

"Little people are just as important as big people at the 6-Days, and the String Courses provided an introduction to orienteering for the very little and a fun place to play and meet friends. With the World Championships running alongside, the theme for the String Courses had to be 'Round the World'. Instead of a



certificate to be stamped each day to show completion of the course, there was a passport to be 'stickered'.

How long is a piece of string? For the 6 Days it could be up to 1.2km of string, which was wound through a whole range of different terrains – from manicured gardens at Darnaway to the boggy corner of the car parking field at Glen Affric (although that wasn't where it was initially planned to go). How many people does it take to put out the string? Not a joke – but it does take lots of planning to get courses and pictures all planned and deployed (and props set out, including inflatable whales, tunnels, cuddly toys and flags, to name just a few). It then needs more to hand out dibbers – and more importantly get them back, give out prizes and stickers. Each day there were around 300 children completing the String Courses – and that's not including those who completed the string course several times each day (up to 20 times in some cases)."



Picture: Helen O'Donoghue, SOLWAY

**String course registration at Darnaway**


### **Kevin Reynard (GRAMP) – Treasurer:**

"In early 2014, I was reflecting on the success of Moray 2013 and how the treasurer's role had been such good fun and not that tricky...then Anne Hickling caught me in a weak moment (i.e. beer in hand) and asked if I would do it all again. I accepted, on the basis that the budget was already prepared, the tricky stuff would

be dealt with by WOC and that I would cruise along on auto pilot doing the same as last time. Oops...not one of these preconditions materialised!

I set off on the roller coaster of monthly budget updates and trying to control expenditure until we knew the level of entry income. This cycle continued through the event itself - the sheer scale of which meant that logistically, operationally and financially we were thinking on our feet the whole week. This was much harder on the ops teams than me, and fortunately I did a better job than in the orienteering itself!

A huge "Thanks" to the information, social, merchandise and entry teams for keeping the cash flowing and safe every day. I collected all surplus amounts regularly, which meant that I was counting and hoarding £000s in used notes every night. My rucksack was never left unattended...not sure whether my housemates were amused or scared silly with the scale of what looked like a substantial money laundering operation. The Bank of Scotland certainly asked a few pointed questions when I banked over £35,000 after Day 2.

In many ways, the hard work has only really kicked in since the event itself - running the 6-Days alongside WOC significantly increased the volume of transactions and suppliers. Each invoice received needs to be carefully scrutinised for "What on earth was this for?", accuracy and allocation. The range of expenditure is quite amazing - we printed 64,000 maps, bought hay for horses, reimbursed face painters, bought tonnes of hard-core and gravel and seemed to have constructed about 17 bridges. Overall, the whole affair has been hugely enjoyable, but MAROC will have to find another treasurer for 2017!" 

# HIGHLAND 77

This year's Scottish 6 Days was the 20th in the series – it all began in 1977, with the event centre at Findhorn, and the areas used were Alvie, Cawdor Wood, Queen's Forest, Culbin, Darnaway and Anagach. Here are the organisers' comments, from the results booklet:

We hope you enjoyed your visit to Highland 77.

The week started, as expected, with some apprehension among the organisers that among the competitors. In setting up Britain's first Six-Day Event we were very much aware that we did not have the resources to cover every contingency. However, good weather had been ordered well in advance and the dogs and terrain were known to be superb – so we lit the blue touch paper and waited for the fireworks!

In the forests nearly everything went smoothly, aided not a little by the numerous 'volunteers' who were pressed into service at very short notice. All their help, often given anonymously, was much appreciated.

Behind the scenes we had problems at times, from which a lot has been learned. The rapid movement of personnel and equipment between widely dispersed venues was not made any easier by various mishaps to the organisers' pool of vehicles. Seven were off the road at some stage of the week. Our results system (telephone link to a computer in Manchester) worked tolerably on a couple of days, but eventually ran awry. The final prizegiving went ahead on schedule thanks primarily to the efforts of one person who processed 2500 results covering three days' races in the preceding 24 hours. Our major setback, however, was the failure to race-practice results in the latter part of the week. The photocopier supplied to us turned out to be a 'ragun' machine. After working unrelentingly for three days it broke down completely and would be neither repaired nor replaced in time to be of further use. Among the fringe activities the two animals had mixed success, with Dunsing's far better than Island's. Again the problems can be traced back to 'outside' suppliers whose service failed to make up to expectations. Incidentally, a number of people questioned the absence of a mutual camp-site. We had no real choice in the matter – no permanent site(s) could handle large block bookings and the public had to provision of supervising a temporary site for a week were far beyond our means.

We hope to see you at numerous events in Scotland before our next venture into the Six-Day field, provisionally planned for 1979.

It's interesting to compare the scale of the 1977 event with this year's. There were 872 pre-entries, from 14 countries, with 14 women's classes and 18 men's classes, the oldest being M/W50.

## SCORE CORRECTIONS

Apologies for a mistake on P13 of the June issue – Pauline McAdam is a member of Roxburgh Reivers, not Tinto. Thanks to the reader who pointed this out.

Those of you reading the paper version may have noticed some spurious lower case letters (which should have been upper case) on various pages. This was due to an as yet unexplained technical issue. They weren't like that in the final proof!

Please email [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org) if you spot any mistakes in this or future issues.

Here is a reprint of the Highland 77 report that appeared in the September 1977 issue of The Scottish Orienteer, forerunner of SCORE. The map extracts are from Culbin. Thanks to Jim Heardman (ESOC) for lending this historical document!

## highland 77 report

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Highland 77 started for me with a two-hour drive up the A9, arriving at Alvie just after 12 o'clock. A quick change and 10 minutes later I was welcomed at the start with the Union Jack at half-mast (Liz Mills' knitting machine must have broken down!) My great hopes were soon dashed - I was lost at the first control, it makes a change anyway. It was not until I left the difficult (for me) orienteering of the north part of the forest for the last few controls that I really started moving. I still don't know if it was the rain or the course that made me run. In fact the rain got H77 of to a terrible start - I didn't envy those who were camping or the two loonies from EUCS who were cycling! Still it was possible to make out your fellow orienteers through the torrents - the luminous Reebok and Bisan O-shoes made sure of that. However, despite the rain, Interlopers got H77 of to a fine start.



Although Cawdor didn't produce any Shakespearean (that's a big word) drama, it provided some fine orienteering and a few ticks too. Many! Granpian and Morevian did a fine job with what was undoubtedly their biggest event yet. The

small area was used to its full advantage and I doubt the need for the manned control - the good orienteer could gain nothing by taking the controls in the wrong order. The sun shone, the DII results system was working well and the only mishap appeared to be a breakdown in the Xerox machine making duplicated results impossible. Away from the forest the 'Fearsome Threesome' (Roger Marchant, Dave Black and Bruce Marshall) were seen loading their van with equipment needed at Glenmore the next day.

Queens Forest was a surprise to many people - it was enjoyable! The sun shone, the map pointed in the right direction and most of the deep heather was encountered while going downhill. All in all much more attractive than Queens in a snowstorm! Once again the great team spirit that formed throughout the week was visible, jobs were filled and refilled while people went out for a run or went for a rest. The map reclaim was working well and there were few complaints about the previous days results. Colin Scott's computer programme was every bit as efficient as he said it would be.

Continued >>

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The first social took place in the evening after the Queens event. Alastair Thomson had arranged an excellent outdoor setting at Burghhead but he was unfortunately let down by a poor bad, lack of a proper stage, a generator that didn't work very well and, worst of all, expensive beer! However one thing did come out of that evening - Richard Algood's beer race at Rossie the next day. A course was set out and competitors had to drink a can of beer at each control - Joe Sherriff won the 5 control course doing 5.5 min/km and collected a K25 camera, donated by a Japanese orienteer, as a reward for his trouble, and hangover!

Meanwhile the Universities had been at Colbin preparing for the 4th race. The long walk to the assembly (it was 1.5km not 3km as the signs said, but who paid any attention to the signs?) was worth it to experience the magnificent forest. The courses were as long as those at the Scottish Champs in May, and the times were just as fast. Over 100 gallons of orange was drunk as the temperature soared and most of it came out again as Dave Black's toilets were used for the first time!

Once the forest was cleared it was off to Burghhead again.

For the second social. This was a much more enjoyable affair, there was free food - 25p's worth anyway - a good Scottish band, a short prizegiving and plenty of beer (even the English brought their own carry out!).

The front drive of Barnaway Castle provided the setting for the 5th event organized by NAC. A 250m taped route spoilt the course a bit but it was unavoidable as it was the only way of connecting the two parts of forest used. The final few controls used the same area as the last controls at the NAC before emerging onto the driveway for the ruin. By this stage at least 2 classes had been won, M15a by a Dane and M21a by Geoff Peck. It may have been the same in other classes but the lack of duplicated results made it impossible to keep track of all but a few classes.

The only new area was reserved for the last day. Abegach, near Grantown-on-Spey, was unique - it was full of wet marsh. Joe Sherriff, the planner, made full use of them giving many choices of through or round. Once again the weather was fine and the organisation showed the same enthusiasm that it had done at Alvie at the start of 1977.



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All that was left now was the prizegiving at Forres. It's unfortunate that it was back up north as it made the end of an enjoyable week a bit of an anti-climax to those who faced a long journey south. So that was the first 1977 - when's the next one?





# COACHING CORNER

BY LYNNE WALKER (BASOC)

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

Picture: Crawford Lindsay, ESOC



Summer is now over. (Was there actually any summer this year, or just the odd day of warmer weather?) As coaches, it is time to look forward to making plans which will help all our athletes to make progress in 2016.

How do you do this? Do you follow the same pattern? Do you actually have plans, or is it all a bit piecemeal and reactionary

to requests? How can you improve this side of your coaching skills?

In November 2015 some coaches are starting to work towards the UKCC Level 3 coaching award. This will be the first course of this level to be run in Scotland (and only the second in the UK). The coaches will be working on planning – long term to short term planning, for and with athletes. Each coach has to take two athletes on a personal journey; if you are one of these ‘coached athletes’, it will be interesting to hear from you about the coaching you received and changes you have made as a result.

This is the time of year when I start to look for inspiration to help me move my coaching forward. We have just had a Scottish WOC; some questions arise from this. Was there any reason for the success of the Danish women? France had excellent ‘forest’ results for their men, yet only two French women are in the top 100 in World Rankings - why?

A conference was held in Austria from Monday 24 August to Wednesday 26 August with representatives of seven of the leading orienteering nations (Czech Republic, Denmark, Finland, France, Norway, Sweden and Switzerland) each presenting on how elite orienteering is developed in their country.

For more information on the presentations, head to: <http://news.worldofdo.com/2015/08/24/updates-from-international-orienteering-coaches-conference-2015/>

If that link is broken, then do a search on the World of O news page: [http://worldofdo.com/news/L\\_ENG.html](http://worldofdo.com/news/L_ENG.html)

You might state, “I am not interested in elite coaching”. However, there are many things all coaches can learn from the presentations given by each country. Just one thing which stood out for me, and which I am now going to think a lot about and work on from the coaching perspective, was from the presentation by the Czech Republic:

## NAVIGATION UNDER CONTROL

Proper training takes preparation

- “It is only the who can read it” (golden rule)
- “Every step is under control”
- “Don’t get going to slow, take a little time and consider the map”
- “Work slowly, not fast”
- “If you find a mistake, stop and restart”
- “Remember, never do anything wrong”
- “On a road, it is like a car, when you make the road, it needs to slow down and switch on the lights”
- “Control is a challenge to be solved”

I really like the ‘Consume map’; how can I involve this in my coaching?

The social interaction is important: Sweden “We like to give the athletes something to work on where they can socialize - this time (ahead of France 2011) it was knitting socks”.

The strong message which came out from the conference was that ‘one size does not fit all’. However there are several themes which linked to nations having medal-winning elite orienteers.

You are able to move your coaching forward; the SOA Continuous Personal Development sessions for 2016 will shortly be planned. What would help you? Some dates to place in your diary:

### SOA Creative Coach CPD Days 2016

Four Saturday sessions on 23 April, 25 June, 3 September, 24 September, with the theme “Working together to strengthen coaching in the area”. Venues will be allocated on a first-come-first-served basis. Please get in touch to have your preferred date arranged for a venue near you.

In addition, some Coach CPD sessions will be included in the Volunteers’ Weekend, 13-15 May at Glenmore Lodge. 

# FOREIGN MULTI-DAY EVENTS

The Scottish 6 Days and WOC dominated most Scottish orienteers' summer, but there were many multi-day events in other countries too. Here are edited extracts of some foreign experiences. Thanks to all contributors.

## **O-Ringen: Borås, Sweden, 18 - 24 July**

by *Alex Carcas (INT)*

THIS year the O-Ringen was held in Borås in the south of Sweden. My brother Freddie and I had decided a long time ago that we really wanted to go and take part in the largest orienteering event in the world, but when our parents realised that they couldn't come... we persuaded them that we could go alone. We arrived to a huge campsite, where we were to stay for the next week of competition, as just two of the 18,058 people competing and training. Upon arrival we were slightly disappointed by the lack of grass on the pitches – in its place, a rocky, gravel floor. Great. It wasn't too bad once we got the pegs in (with a bit of help from our friends).



Picture: O-Ringen

**O-Ringen finish, Day 5**

We got there a couple of days before the competition started, so we decided to go out onto some of the training maps to prepare us for this foreign terrain. The areas were pretty hard and I ended up getting lost quite a lot more times than I would have liked! Perhaps

this was an early indication of how my week was going to go...

The M18E races were tough, the running was fast, the areas were very technical and I kept making big mistakes! It was so hard, as my race would be going well, everything would be working and I'd be finding the flags and then suddenly completely lose where I was on the map or even where I was going! So technically not my finest week; in the elite class I spent my time watching the foot of the results table, rather than looking up near the top where I would like to have been.

Despite this, the O-Ringen was a fantastic experience, whether it was watching the exciting M/W21E races unfold and fight it out for 80,000SEK on day 5 (where we finished in the fantastic arena of the IF Elfsborg football team's stadium!) or the AXA relays on the first day of competition – a junior mixed sprint relay for the regions of Scandinavia to fight out. The racing was also a great experience and a reminder of just how good some of the Scandinavians are. I would recommend it to everyone!

**O-Ringen 2015 website:**

<http://www.oringen.se/213/boras-2015.html>

## **French 4-Days O'Doubs,**

**23 - 26 July**

by *Jane Ackland (INT)*

WE Acklands are sooo unimaginative! We knew the summer would be utterly dominated by WOCiness, and that it would be just as well to have a proper holiday beforehand.

My vote: France, mountains, lakes, cycling

and no orienteering. Meanwhile the other family members scanned the lists on World of O and in CompassSport, and apparently the French 4-Days fitted my checklist – completelyish. Holiday planning was pretty straightforward.

Easyjet flights to Geneva, car hire from the French side and a 2-3 hour drive up into the lovely Jura to a lakeside apartment in the little town of Malbuisson. We did of course have the annoying complication of needing to get medical certificates (required for any French sporting competition) but once we'd plucked up courage to ask, we found our GPs obliging for varying sums of money.

By S6D standards, the event was relatively small, but it did include 2 World Ranking events, and there were enough entries to make it a good competition. There weren't many British families there, but James had one English rival, and having been to other events in Europe, we knew a few in our age classes.

The first day comprised 2 street races in pretty little farming villages. The first was a warm up, with fun routes through stinky cow barns and chicken pens. The second race – the first of four counting races (accumulated times) – took us around a village with a multi-levelled fortified centre, which played quite nicely to our strengths.

The second stage was a long race in woods and alpine meadows of one of the cross-country ski areas (Le Pre Lorrain). It took a while to interpret the vegetation, but it was a nice map and lovely running, and we didn't do too badly in the scorching midday sun.

The final two days took us further up the Doubs valley to a newly mapped area, Le Mont Noir, also part of the extensive cross-country ski network. Underfoot was



French 4-Days D'Oubs

Sometimes when running abroad, it's hard to avoid cultural faux pas. Luckily, O'Doubs provided clear pictorial instructions (on how to cross a fence).

karstic limestone; rocky pavement with thick spikey foliage waiting to stab you, if you hadn't already tumbled to your doom in the pavement abysses.

It was depicted as an unprepossessing stipple on the map. There were cliffs marked as thick black dashed lines, and indistinguishable from paths. Working out what was up and what was down amongst the numerous valleys was completely beyond my ken.

My decision making was limited as to whether to wear glasses (to have some hope of reading the map) or whether not to (to have some hope of negotiating the crevasses). You will have worked out that I didn't cover myself with glory. Meanwhile the eyes and brains of an M16 and an M50 fared rather better, and we all finished the week pretty content.

We were recommended next year's event, which is in the Carcassonne area and apparently has similarly taxing terrain and maps. The French definitely do good multi-days. See you there?

**French 4-Days O'Doubs website:**

<http://o.doubs.2015.free.fr/x-accueil-anglais.html>

Continued over >>

# FOREIGN MULTI-DAY EVENTS

## OOcup: Lokve, Slovenia,

25 - 29 July

by Mark & Kerry Wood (ESOC),

Rachel Kirkland (INT)

THIS was our second foray into the joys of foreign orienteering holidays, having attended the Swiss O Week in Zermatt last year. After the scale and heights of the Alps, we knew the orienteering challenge of the Karst region of Eastern Slovenia was going to be entirely different. The Karst is a limestone plateau sitting between the Mediterranean and Alpine Europe.

This year the OOcup used Lokve (near Nova Gorica, SW of the Julian Alps) as its event centre. The finish for each of the 5 days was within walking distance, and the starts were either a short walk away or a short bus trip, which was included in the entry. This meant that once in Lokve we didn't have a lot of travelling (unlike the S6D), which is just as well, because the side roads in Slovenia can be extreme to say the least. If hiring a car, a



Lokve and Day 5 terrain



A fenced abyss, Day 3

good tip is to take out the full insurance cover as we found out!

The terrain is almost completely covered in mixed deciduous and pine forest with very few open areas, very steep and rocky in places with a significant amount of crags, boulders and sinkholes. Oh, and the odd abyss or two! Thankfully these were fenced off (not always! – Ed).

Each day the map scale was 1:7500 but even at this scale it was sometimes difficult to interpret the terrain with so much detail on the map. We found that using a path option was in most cases the best option, even if that involved a much longer round trip. By the end of the week we were beginning to get the knack of things.

Each day counts towards the final result, so there is no room for any mistakes or a DNF. A significant number of competitors didn't manage to complete all days, including the 3 of us – but that's a different story.

It was a fabulous week in spectacular technical terrain, which would be an enjoyable challenge for any orienteer. Well worth adding to your list of must do events. You won't be disappointed.

**Ocup website:** <http://www.ocup.com/>

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**World Masters Orienteering Championships, Gothenburg, Sweden, 26 July - 1 August**  
*by Eddie Harwood (MOR)*

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**The World Masters is an annual competition, open to anyone 35 or over. There were 5 days of competition, with the Sprint Qualification race and Final held in the city centre, then 2 Qualification races for the Long Distance, in forests SE of the city, followed by the Long Distance Final.**

WMOC in Gothenburg, Sweden was quite a change from previous WMOC events, with all races taking place within the city boundary and available on public transport. It was a great opportunity to travel light, although using buses and trams meant that we had to live in the city, not really to our taste. It turned out that the hostel room we had booked was little more than a broom cupboard with no window.

Mercifully, there was a large sociable kitchen/diner area, where we spent all our spare indoor time. The bus outside the hostel ran every 10 minutes, and the traffic in Gothenburg is never heavy, and extremely pedestrian friendly. The trams proved a little less satisfactory, with rail works causing many diversions and quite long gaps between trams.

The theory of saving the environment through staying within the city is somewhat flawed by the simply calculable fact that

had everyone used public transport, the capacity of the transport would have been overwhelmed several times over, but it was clear that the vast majority were still using cars.

I don't want to say much about the Sprint, other than that Jon Hollingdale (MOR) proved his sprint credentials with a magnificent bronze medal.

The 2 Qualification races were very different but both a joy to run in, with minimal summer vegetation.

On the rest day we visited the Liseberg theme park, where I went on the most amazing roller coaster I've ever seen – up to 4 and a half G and 100km/hr. I could barely walk afterwards. Very memorable, but I prefer the orienteering.

I had no real idea what to expect for the Long Final, other than that it was nearer the city centre and had more paths. The map was a shock – the first leg went diagonally up a steep hillside liberally spattered with small re-entrants.

Having had a bad start in the 2nd Qualification race, I took it carefully and hit the first control perfectly. I was then unable to speed up as I made sure that I was error free through the very technical opening two thirds of the course.

It was only when we hit the dense track network that I made a significant error as I believe I picked the perfect route, but went to sleep midway, losing a minute as I cut through the only truly unpleasant forest I met all week. In the end my inability to run fast and navigate simultaneously on that map meant I finished a slightly disappointing 23rd.

**WMOC 2015 website:**

<http://www.wmoc2015sweden.se/> 



BY MAUREEN BROWN (ESOC)

ScotJOS Squad Manager

**A**s most people interested in Junior Orienteering in Scotland will know by now, Bill Stevenson and I have announced our intention of standing down from running ScotJOS at the end of this year, after many years of running the squad.

On 8 August (Day 6 of the Scottish 6 Days), we were given a presentation by members of ScotJOS past and present. The background to this is that neither Bill nor I had any inkling that this was going to happen. Apparently it had been planned for months beforehand, using a special Facebook page. It just so happened that I was in charge of the 6-Days prize-giving and it was about to start when James Tullie took over the microphone, introduced me, and invited me up on to the stage. I had no idea what was happening. (Bill was several hundred metres away in the car park and had to be summoned by loudspeaker). We were each then presented with flowers and a large bag containing a bottle of champagne and a brown paper parcel. This parcel was later found to contain a book of photos of ScotJOS members from 1994 until the present day,



Picture: ActivNorth

#### The presentation

along with a paragraph written by each, of their memories of their time in the Squad. A fantastic memento; many thanks to all involved in its production! James then invited all past and present members of ScotJOS to come up on to the stage and I was worried it was going to collapse!

#### **Maureen sent an email to ScotJOS to thank them – here are some edited highlights.**

“When James Tullie got up on the stage and hijacked the prize-giving, I have to say that it took me several minutes to realise what was happening! Then all his nice words made me feel quite emotional. There were definitely a few tears when Abi handed me the lovely flowers and the pink bag. And I couldn’t believe it when so many people - ScotJOS members past and present

- got up on the stage and lots of cameras were clicking - what a well-kept secret! It wasn’t until I got back home to Edinburgh that I was able to read the book from cover to cover (and I’ve read it a few times since). What a lovely present; it brought back so many memories. Here are a few:

I first got involved with ScotJOS when my children were in their early teens. Ian and Fiona Hendrie (then LINOC, now FVO) had been organising things through the ‘80s and early ‘90s and wanted to retire. So they sent a letter to several people they thought might be interested, enclosing a checklist of tasks, such as organising weekends, coaching, cooking, and of course driving minibuses (there were about 12 items in all). Well, James was correct when he said that I ticked all the boxes except

that last one. In the late '90s, ScotJOS was run by Suse and John Coon and by Ken Hall, and I took over as manager in 2001 with Bill as lead coach.

Now I actually quite enjoy driving minibuses full of singing, shouting teenagers! One of the things I well remember was in 1998, driving across Sweden in the pouring rain from our training venue to the O-Ringen in Gävle on the Baltic coast, singing Bohemian Rhapsody at the tops of our voices. On the same subject of driving minibuses - thanks very much to those of you who presented Bill and me with a satnav - something to do with us getting lost in Wales!

Then one of the best memories must be when Scotland won the Junior Home International in 2002, for the first time ever. It was in Scotland at Errochty (Individual) and Faskally (Relays) and was organised by a small team from STAG and Tinto. Bill couldn't be there, as he had to work that weekend, so I was ably assisted by parents Roger Coombs and John Tullie. Our Big Win was largely down to Elaine Campbell as team captain motivating everyone. We won the



Picture: Active/North


Individual, and narrowly lost the Relays - but we won overall and got "Scotland" engraved on that big trophy for the first time.

At the Relay, Duncan Grassie and Kyle Heron brought their bagpipes and piped in W18 Mhairi McKenzie (running leg 3 in the Scotland W1 team) into first place. Then it all depended on Oleg Chepelin (M16 but running up as M18 on leg 3 in the Scotland M1 team) and Fiona Berrow (running leg 3 in the Scotland W2 team). Well Oleg was just pipped by Graham Gristwood (running for England M1, and 2 years older than Oleg). We were all now waiting for Fiona to come back out of the Faskally Woods and I was biting my nails. I still remember the cheer when she returned safely and we knew we had won. The same feelings that we all felt last year when we won at Ardnaskie, only more

so, because it was the first time...

It's only 2 months until Scotland defend the trophy in Northern Ireland, and the team has now been selected based on the results from the Scottish 6 Days. Yet another great team, so our chances must be good!

It's been a great pleasure for me running ScotJOS, especially with such a great bunch of juniors. I'd like to say a big thank you to all the juniors (most have a mention in the Book) and their parents for all their help over the years with cooking, baking, driving, etc, all the people who have helped coach, anyone I have missed out. But most especially thanks to Bill for being so easy-going and putting up with me all these years. I will miss you all and all the fun and excitement!

Good Luck to whoever takes over - you will inherit a very talented group of juniors!" 

BY JAMES TULLIE (BASOC)

**A home world champs is a unique opportunity, and we were lucky enough to have 7 Scottish athletes in the team this year. Actually luck doesn't come into it - months of hard work and dedication does. We are very grateful to everyone who has helped on the way, planning courses, hanging flags and of course the brilliant support during the week.**

Here's a wee summary of how they did (in no particular order):

Hector Haines - 10th= in the Middle and 17th in the Long. (Is 10th= a top ten?! - yeah obviously it is!!) A fantastic week and another WOC individual PB - next stop the podium!

Murray Strain - 18th in the Sprint. 6th WOC top 20 in a row for the man from Tranent. He was disappointed, but it wasn't for lack of effort (which was huge). Has said it's his final tilt at a WOC individual race.

Scott Fraser - 13th in the Sprint and 4th in the Relay - couldn't quite recapture the magical form of his silver medal and agonizingly close to bronze in the Relay with a great first leg run.

Hollie Orr - 14th in the Sprint Relay and 57th in the Middle. It wasn't Hollie's year this champs, as bad luck, injuries and mistakes combined. Orienteering is a tough sport. She'll be back!

Alasdair McLeod - 28th in the Middle and 26th in the Long. 2 really solid results on his debut, and a fitting climax to a brilliant season. Years of potential and now a breakthrough at the top level.

Jess Tullie - 17th in the Middle and 9th in the Relay. One of the highest GB forest debut results then a last minute anchor leg in the Relay. Nae bad!

Claire Ward - 36th in the Long and 9th

in the Relay. Claire doesn't do uneventful - fighting with the forest in the Relay meaning a damaged eye then a swollen knee. This may be her last WOC but if so she can be safe in the knowledge she fought right to the end.

We can't forget to mention Graham Gristwood, now based in Stirling (18th Long, 20th Middle, 4th Relay) and Charlotte Watson of Edinburgh Uni (29th in the Long on her debut).

We hope you enjoyed cheering everyone on and all the juniors watching got some inspiration! Ooh Aah GBR!!

Now we start planning for next year (after going for 5 in a row at the SHIs of course!)

## **Edited extracts from an article by Alasdair McLeod:**

2 years ago I started to train with WOC2015 in mind. I had never been to a World Championships before, but had been in and around the GB team for a good few years. I wanted to get to run in my home terrain and be part of the WOC experience.

Graduating from university and starting a job with some routine really helped me train consistently. The winter of 2014 saw me feeling the fittest I had ever felt. Then disaster struck and while out night training I stood on a spike that went through my foot. No running for me for 5 months. I continued training hard but instead of running I went aqua jogging, possibly one of the dullest activities you can do. I splashed around in circles for endless hours and watched the 2014 orienteering season go by.

2015 got off to a good start as I set off to rack up as many World Ranking Orienteering points as I could.

The better your ranking, the later you start, and the more advantage you gain from tracks in the forest and having good orienteers around you. I started 2015 ranked around 750ish. After some good races in Portugal, Spain, Norway, Sweden, the Lake District and Tullochroisk, this had improved to around 80th place.

To qualify for the GB team at the world championships involved a series of 3 races, each race filtering runners in a smaller pool. First was the JK, then a set of world cup races in Norway and Sweden, and finally the WOC test races in Deeside. In the world cup races I managed to secure myself a place to run the Long race at WOC. Delighted! And at the test races here I managed to get a second race at WOC in the Middle. Double delighted!

Standing on the start line of my first WOC race. A Middle race in Darnaway. The beeps start, the start official rests his hand on my shoulder, the long beep sounds, I lean forward, pick up my map and run off toward the start kite past the onlooking TV camera, frantically trying to find the start triangle on the map and into my first ever WOC race. When I looked up, nothing seemed to fit with what I was expecting. As the race continued I settled into my orienteering, kept fighting forward as hard as I could and through the middle of the course made a few mistakes; afterwards I would find out that in total I probably lost 60 seconds but while crossing the finish line I was distraught! Enjoying the spectacle was saved for the last 90 seconds of my race where coming towards the penultimate control I could hear the crowd screaming and cheering.

The Long was the race I had really wanted to do well in all year. It was



Picture: Crawford Lindsay, ESOC

Approaching the finish at the WOC Middle Distance race

heathery and wet but not as tough as had been thought when preparing. I relaxed after 2 controls and tried to keep a steady pace. Things were going well to begin with; the next few controls didn't go that well. However, I still had a smile on my face. I was loving the terrain and the experience and I was going to make the most of it. Things started to improve. By the time the course had got into the second half I was comfortable and enjoying myself. Approaching the arena I could hear more noise and I gave everything I had on the final easy section of the course; sprinting down the run-in to complete my final WOC race.

I feel so privileged to have been able to race at a home WOC. I am very proud of the two performances I put together and the journey of training that allowed that to happen. Both race maps are now proudly displayed on my wall at home. > >

**Alasdair's full article will be on the SEDS page of the SOA website very soon:**  
<http://www.scottish-orienteering.org/seds>

## Extracts from a report by Jess Tullie:

WOC 2015 had been my goal for a long time. I've had many ups and downs over the past few years. I wasn't successful enough to gain early selection, so it came down to the final test races in July. I had never felt so nervous. I was delighted to win both of the forest races and gain selection to the team. My feelings were a mixture of excitement, apprehension and perhaps most of all, relief. I had achieved the first part of my goal; I would be standing on the start line in GB colours on home soil.

Unfortunately I struggled with illness for the next couple of weeks. I stayed at home for as long as possible before joining the team accommodation at Ardersier. I knew it would all begin to feel real when I got there and I needed to conserve energy!

Race day finally arrived for me on the Tuesday. Driving in the bus from quarantine in Forres Academy to the pre-start at Conicavel will remain with me as one of the most surreal moments in my life. Standing on the start line, I was excited to get out there and see what challenges had been planned. Hours of poring over old maps had finally come to its conclusion.

Number 1 was a really tricky control and I wobbled into it, I had a big grin when I found it though! Time to concentrate and get the job done. By the end of the long leg, we were in a wee group. This had both advantages and disadvantages! The girl starting behind me was clearly moving well, but I still had to keep on top of my game.

I was on my way from the 3rd last control and a lonely cry of, 'Go Jess!' came from the arena, shortly followed by a huge noise! Incredible! In some ways the last couple of controls were 'easy', but at the end of a physically and mentally taxing race I



Picture: Crawford Lindsay, ESOC

At the JK Relay 2015

was finding it really hard to concentrate. Thankfully I got through this section cleanly and burst into the arena to a wall of noise. Only then did it dawn on me that I'd had a pretty good race! I couldn't really aim for a result before coming, as I've never run in a senior World Championships before, but top 20 was a dream. To finish 17th was an incredible feeling for me.

Unfortunately, Hollie didn't have such a good day, struggling with injury problems. It was decided in the evening that she wouldn't run in the Relay and I was asked to step into her place. It certainly took me a while to get used to the idea of running last leg and feel confident about it.

The Relay was such a fun experience. Thankfully I'd only had a day to get nervous for this one! Cat had a great run and came back in 11th. We were still in the game for a top 10. The crowd was just as loud as the day before, if anything even louder! I think I even managed to smile on the run in!

The whole week was such an experience that I will always remember.

Read the full report on the BASOC website:

<http://www.basoc.org.uk/jess-world-champs-report> 



# VETERAN NEWS

BY JANICE NISBET (ESOC)

Veterans Team Manager

Picture: Ian Pyrah, ESOC



**T**he Veteran Home Internationals are on 3 and 4 October 2015, hosted this year by the Welsh Orienteering Association, and take place at Llynnoedd Teifi, close to the even less pronounceable town of Pontrhydfendigaid, in Mid Wales.

Llynnoedd Teifi is a large scenic area of open moorland at an elevation between 300m and 550m. The area is hilly, with numerous rock features and only a few, often indistinct, paths. It is mainly rough pasture interspersed with small lakes and areas of marsh, so should be very runnable. We are therefore expecting some fast times and wet feet.

As usual, there have been a few changes to the team due to injury

and other commitments, and the updated team list is below. Many thanks to the runners who have accepted the invitation to join the team, particularly those who stepped in to fill gaps, in a couple of cases at very short notice.

And good luck to everyone! 

Age Class	Women	Men
65	Joan Noble	Martin Wilson
60	Pauline McAdam	Eddie Harwood
	Mary Williams	Rob Hickling
55	Christine Patterson	John Tullie
	Jane Halliday	Martin Dean
50	Hazel Dean	Jon Musgrave
	Marsela McLeod	Dave Robertson
45	Jenny Peel	Jason Inman
	Alison Cunningham	Ben Stansfield
40	Mary Ross	Roger Goddard
	Lorna Eades	TBC
35	Heather Findlay	Anthony Squire

## "A Few Surplus Maps"

The story of the Scottish 6 Days from the very beginning (after WOC 1976), up to and including Oban 2011, plus a supplement covering Moray 2013.

An entertaining read, as well as an interesting reference book, it has 216 glossy A4 pages in full colour, with maps, photos, event details and background information.

Now available at the reduced price of £5 - contact Hilary Quick to order a copy: [Hilary@scottish-orienteering.org](mailto:Hilary@scottish-orienteering.org)



(Note: this is a heavy book, not suitable for posting, but arrangements can be made to collect the book at events.)

# EVENT PREVIEW

As this issue of SCORE goes to press, **SOUL 7** is about to take place in Jedburgh, organised by Roxburgh Reivers. This new venue is eagerly anticipated, with its old buildings, narrow alleyways and lanes.

There's plenty more to look forward to in the coming months, with a huge variety of events throughout Scotland. MAROC are organising a Level C event at **Wood of Easter Clune**, near Aboyne, on 4 October. The following week sees ESOC's event at **Hopetoun House** on 11 October. This is the first event of the 2014/15 South of Scotland Orienteering League, and also incorporates the annual East of Scotland Orienteering Association Championships.

The **CompassSport Cup Final** will take place on 18 October on the limestone terrain of Helsington Barrows, near Kendal in the Lake District. Four Scottish clubs qualified for the final - good luck to FVO, who are in the large clubs category (competing for the CompassSport Cup) and to MAROC, Interløpers and CLYDE in the small clubs category (competing for the CompassSport Trophy).

The **Tinto Twin**, the annual night plus day double-header presented by Tinto Orienteering Club, is always held on the weekend when the clocks change, giving organisers and competitors an extra hour overnight. Blair Young (planner) explains: *"The 28th edition of the Tinto Twin will be held over the weekend of 24/25 October. There will be a welcome return to the original format of the TT, with both Night and Day events being held at Firpark, Newbigging, near Biggar. This is the first time the area has been used for a large event since 2007 and will feature a newly updated map."* It's good when the day event revisits the night venue, giving a chance to see where you went wrong in the dark!

STAG are staging another interesting multi-event weekend at the end of October. **What's it Called? Cumbernauld!** will include the final two SOUL events of the year. Terry O'Brien (event organiser) reports: *"Plans are progressing for STAG's latest project centred on the town of Cumbernauld. Spookily (it is at Halloween!) over 30 years ago our first ever mainstream event - a colour coded event at Glencryan LNC - was based at Cumbernauld High School. In 2015, subject to final permissions from North Lanarkshire Council, this series*



Picture: Crawford Lindsay, ESOC

Helsington Barrows

*of three events - Sprint, Middle & Urban - incorporating SOUL 8 and SOUL 9 - shall again be based at the school now renamed Cumbernauld Academy following the merger of Cumbernauld and Abronhill High Schools. STAG hope you will consider supporting our events over the weekend of Saturday 31 October and Sunday 1 November. Entries can now be made via Oentries."*


Further north, INVOC present a Level C event at **Anagach**, Grantown on Spey, on 1 November. The Level C events continue through November; there's a choice on Sunday 8 November, with Moravian organising an event at **Aldroughty & Quarrelwood**, Elgin, and ELO organising one at Lothian Edge, near Dunbar. The following week, there's a GRAMP event at **Raemoir**, near Banchory, on 15 November.

**The Scottish Universities Student Championships** will also be on 15 November, organised by Heriot Watt University Orienteering Club, and is planned to be a mixed Sprint Relay at Riccarton campus.

**The Scottish Score Championships** event is on 22 November, hosted by KFO. This competition incorporates the Scottish Inter Club Championships, and will be held at Pitmedden Forest, SE of Perth. This is a Forestry Commission wood with some open fields giving panoramic views to the

north. There's a network of paths, and the forest is mostly quite runnable. Score events are good fun, presenting a different kind of challenge from linear courses; you need to work out where best to go, and accurately assess how long it will take you. You have the freedom to go wherever you like, gaining points for every control you visit, and with no risk of disqualification if you can't find one of them! It's always interesting comparing your choices with others' afterwards.

Last but not least, it will soon be the start of the night orienteering season, with night leagues all over the country. BASOC, INVOC and MOR are coordinating a series of 6 night events from November to March; STAG's Dark Park series, in and around Glasgow, is on Thursday evenings, starting on 12 November; MAROC and GRAMP's Deeside Night Cup will be starting soon; and EUOC's Fight with the Night series will get underway in Edinburgh in the next few weeks.

As well as all the above events, there are local series and school leagues in various parts of the country – there's surely something to suit everyone! 

Picture: Crawford Lindsay ESOC



Pitmedden Forest

# MEMBER BENEFITS

This page provides our members with useful services and products provided by like-minded people - with the added bonus of discounted rates!

If you have a product or service you'd like to feature on this page, please email your details to [communications@scottish-orienteering.org](mailto:communications@scottish-orienteering.org)

## **NATIONAL STADIUM SPORTS INJURY CLINIC Hampden Park, Glasgow**

[www.sportsmedicinecentre.org](http://www.sportsmedicinecentre.org)

Tel: **0141 616 6161**

£6 discount on physiotherapy sessions (£32 instead of £38) and 10% off all Health and fitness packages.

*Quote Scottish Orienteering Association member when booking.*

## **Scottish Orienteering partner organisations ACE PHYSIOTHERAPY (Motherwell / East Kilbride)**

[www.acephysiotherapy.co.uk](http://www.acephysiotherapy.co.uk)

Tel: **01698 264450**

Corporate rate  
(currently £25 per session)  
applies.

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## **PERTH CHARTERED PHYSIOTHERAPY AND SPORTS INJURY CLINIC**

[www.perthphysio.co.uk](http://www.perthphysio.co.uk)

Tel: **01738 626707**

Rates on application.

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Outdoor shops with branches throughout Scotland.

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## Compass Point Scottish Orienteering League 2015 - provisional dates

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

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



## Classic Forest Orienteering in Scotland

All races Sundays except 20 June.

Starts: 10:30 am onwards.

Full range of colour-coded courses,  
from string courses for under-5s to 10km+

Black courses for Elite orienteers  
(with Middle Distance at SOL3 and 5).

✓	SOL 1	08.03.15	Gullane Dunes, East Lothian	INT
✓	SOL 2	22.03.15	Bonskeid Estate, Pitlochry	ESOC/STAG
✓	SOL 3	12.04.15	Mark Hill, Dumfries	SOLWAY
✓	SOL 4	03.05.15	Glen Dye, Banchory	GRAMP
✓	SOL 5	20.06.15	Tullochroisk	FVO
✓	SOL 6	21.06.15	Dunalastair	TAY
✓	SOL 7	06.09.15	Loch Vaa, Aviemore	BASOC



## Scottish Orienteering Urban League 2015 - provisional dates

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



## Quality Urban Orienteering in Scotland

Courses from under-12 to Ultravet

Check website for full details

✓	SOUL 1	31.01.15	Riccarton	ESOC
✓	SOUL 2	14.02.15	Erskine	CLYDE
✓	SOUL 3	02.05.15	Aboyne	MAROC
✓	SOUL 4	19.06.15	South Stirling	FVO
✓	SOUL 5	04.08.15	Forres	S6D
✓	SOUL 6	05.09.15	Grantown on Spey	BASOC
✓	SOUL 7	27.09.15	Jedburgh	RR
✓	SOUL 8	31.10.15	Cumbernauld Sprint	STAG
✓	SOUL 9	01.11.15	Cumbernauld Urban	STAG



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