

# SCORE

The Home of Scottish Orienteering

June 2016



**INSIDE:**

Tiomila | Club-O in Norway

Staffing Changes | EVENT NEWS

*PLUS lots more*



magazine of the  
**SCOTTISH ORIENTEERING  
ASSOCIATION**



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Picture: Sally Lindsay, ESOC



Picture: Crawford Lindsay, ESOC



Picture: Andrew Barr, EUOC/MOR



Picture: Crawford Lindsay, ESOC

# EDITOR'S INTRO

Scottish Orienteers,

**Welcome to another full issue of SCORE, which I hope you'll enjoy.**

There's plenty of news from recent events, including World Orienteering Day and the Tiomila, and SOA news too: an introduction to new staff members, a report from the recent AGM, and an article about the excellent SOA Volunteers' Weekend at Glenmore Lodge. Other articles cover unusual event formats, a winter spent with an orienteering club in Norway, and some map improvement suggestions for colour blind competitors, plus the regular squad updates, coaching corner and event preview. Make sure you look at the back cover too, for a special offer for SOA members from Tiso, the outdoor shop.

The next issue will be in September, and I'm hoping to include some accounts of multi-day events in foreign parts - so if you're going to one, please do get in touch. Other orienteering-related contributions are always welcome.

My photo this time is in another snowy setting, on the summit ridge of Carn Mor Dearg (next door to Ben Nevis), at the end of April, which was somewhat less springlike than we expected when we originally planned the trip.

Enjoy the summer, wherever you may be!

Sally Lindsay  
Editor

**Cover pic** - The victorious EUOC Women's Open team approaching the Scottish Relay finish. Pic courtesy of Rona Lindsay, ESOC



Picture: Crawford Lindsay, ESOC

## 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.

Tel 01479 861374

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

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

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# PRESIDENT'S PIECE

BY ROGER SCRUTTON (ESOC)

SOA President

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



Picture: Crawford Lindsey, ESOC

**F**resh from a very successful second SOA Volunteers' Activities Weekend at Glenmore Lodge, there is no shortage of things to discuss.

My Q&A Session with a very forthcoming audience focused on the SOA's Strategy for 2016-2020, funding of our sport, club membership and SOA staffing issues. There was also an interesting question about keeping young people in the sport because you do not necessarily know where the next talented athlete is going to come from.

As it happens, the Weekend also had a workshop on Identifying and Nurturing Talent, facilitated by Suzanne Robins-Bird (INVOC), and with an equally forthcoming audience, which provided an opportunity to discuss this issue in depth. Although the workshop focused on young talent, it acknowledged that talent might equally be present and require nurturing amongst older participants.

Central to understanding how we might keep more young people in orienteering is identifying their needs: fun, a sense of achievement, easy access, regular opportunities to meet friends, a feeling of relatedness, making decisions for themselves, some guidance and so on. Easy access

is an interesting area: we now organise more local events that do not require long travel times, but even so, parental support with transport is likely to be needed to participate.

A feeling of relatedness comes through belonging to an active club, and guidance comes through coaching or from a mentor (Mum? Dad? another club member?). However, this subject arose over the Weekend in connection with talent, how we identify it, keep as-yet-unidentified or nascent talent in the sport and how we nurture it. Young people encounter two 'cliff edges' as far as developing their talent is concerned: one is when they miss out on selection for a squad, and the other is whether or not, as school leavers and possibly home leavers, they move on into an active orienteering environment, e.g. a university club. In the course of discussions at the Weekend, we wondered if there is scope within junior orienteering in Scotland to move to a structure that is more inclusive, through the use of club, area and regional competitions. I would like to see SOA sounding out opinion and ideas on this because, apart from its primary aim of identifying and nurturing talent, it would help member retention, something we are very keen on (and, I'm sure, you are bored of hearing about). 

# SOA NEWS

BY COLIN MATHESON (MOR)

email: colin.matheson@scottish-orienteering.org



Picture: Activ North

**The 2016 SOA AGM was held at Crathie Kirk Hall, following the highly successful Scottish Orienteering Championships Individual event. 26 members attended the meeting, and over 20 proxy votes were received.**


SOA President Roger Scrutton and Treasurer Ian McIntyre went into some detail of the challenges facing the SOA, and explained the rationale behind the proposals presented in the SOA AGM booklet. Highlights from Directors' reports were picked out, and there were special thanks to Terry O'Brien for his work as Operations Director over the past six years. The work of the Development staff was praised, and it was stressed how important it was to try and retain members once they had joined up. The expertise of Directors on the Board carried forward from their employment was also highlighted, particularly from Ian and from Claire Macpherson (our Partnership Director). It was stressed that the SOA has its own objectives, and our Charity status does differentiate us from British Orienteering and other Associations.

The SOA looks forward to Stefanie Lauer joining as Chief Operating Officer, and she should be relieving Directors of some of the current tasks they get involved with. Paul Frost was keen that a 'Job Description Plus' was published to describe Stef's role. Colin Matheson and Hilary

Quick take up new part-time roles with effect from the beginning of June, as Events Manager and Education Manager respectively. There are some voluntary roles still to fill - Andy Paterson is stepping down from organising the popular Scottish Orienteering Urban League (SOUL), and we still need a Competitions Convener. Sally Lindsay has produced high quality copies of SCORE, but she is standing down from this role in September.

The proposals to increase the SOA membership fees and to remove the need of members to be members of the British Orienteering Federation were accepted with large majorities. The latter (a change to byelaws) clears the way for the SOA Board to introduce club and SOA only membership options, though a number of practical and operational issues will need to be resolved.

Marsela Macleod was unanimously re-elected as Performance Director, and Roos Eisma was unanimously elected as the Operations Director.

Roger Scrutton announced that he was awarding the President's Medal to Richard Oxlade, for all his hard work for Highland 2015, including steering the Steering Group on the joint venture with British Orienteering, and helping resolve issues at Glen Affric. It was announced that Terry O'Brien will act as Coordinator for the Scottish 6 Days in 2019. 

# DEVELOPMENT NEWS

BY HILARY QUICK (BASOC)

Email: Hilary@scottish-orienteering.org

Picture: Crawford Lindsay, ESOC



Extract from the Port Rìgh (Portree) map



**A**t the time of writing we (the employed staff of the SOA) are undertaking a re-allocation of responsibilities, which is or will be elaborated on elsewhere.


The short version from me is that from the end of May I will shed my general 'development' responsibilities and focus on education – of coaches, event officials, club officials, etc. Basically, if you want to learn about something orienteering-related, contact me! I will also reduce my working time to 3 days per week, thereby giving me time to finally finish the Munros (I've had 17 left for over 10 years now) and do more training for the 5km open water swim that I appear to be doing in July.

Meanwhile, the SOA Development Fund continues to be available to help clubs with development projects; detail of how the

programme will be administered are being ironed out, but the next Board meeting that will consider applications will be in October, for which applications must be submitted during September. Details of who they should be submitted to will be publicised well before then. Meanwhile, TAY, INT and SOLWAY have been awarded grants this year. Please remember to show how your club will produce income to cover running/replacement costs of any equipment you intend to buy.

## Sligheadaireachd

Comunn na Gàidhlig held a schools orienteering festival in Portree on 10 May (sadly not quite coinciding with World Orienteering Day), complete with a map with the legend in Gaelic, and all post-run discussion totally incomprehensible to those of us who haven't yet mastered that wonderful language.

The group intend this festival to be the first of many, the culmination of a lot of work by CnaG's team of teachers who cover much of the west coast and the islands, teaching various activities through the medium of the Gaelic language. These teachers had attended a Teaching Orienteering course last September and then leapt into action with impressive enthusiasm. 

# WORLD ORIENTEERING DAY



**W**orld Orienteering Day was organised by the International Orienteering Federation and took place on Wednesday 11 May, with the aims of increasing the visibility and accessibility of orienteering to young people, and increasing the number of participants.

Schools and orienteering clubs all over the world were encouraged to participate, and it was hoped that a new World Record would be set for the number of young people participating in an orienteering event on the same day. The previous record was from the World Orienteering Championships 2003 in Switzerland, when 207,979 young people at 1381 locations ran an orienteering course.

Events took place all over Scotland, organised by clubs and schools. Over 30 were registered on the World Orienteering Day website, and geographically they ranged from Dalbeattie to Elgin

and from Islay to Aberdeen. Many Scottish clubs organised events or assisted with schools events. Events included on the British Orienteering fixture list were:

Hillend - Edinburgh Southern Orienteering Club  
Hawick Hill - Roxburgh Reivers  
Pollok Country Park - St Andrew's Orienteering Club (Glasgow)  
Balmedie - Grampian Orienteers  
Falkirk Wheel - Forth Valley Orienteers

Mar Orienteering Club, Moravian Orienteers and Solway Orienteers assisted with local schools events, which were very well-supported, and Clydeside Orienteers were involved in some schools events the same week.

At the time of writing, participation numbers were still coming in, but the record was certainly broken. See the World Orienteering Day website for further details, including a map showing events throughout the world:

<http://worldorienteeringday.com/> 



## WANTED

Responsible person to edit SCORE, starting with the December 2016 issue. (SCORE is published every 3 months, and distribution is handled by the SOA Office.)

The main attributes needed are enthusiasm and a general interest in Scottish orienteering. Previous editing experience isn't essential, and layout skills are not required, as the design work is done by a professional.

Don't be shy – if you're at all interested, please email [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org) or [communications@scottish-orienteering.org](mailto:communications@scottish-orienteering.org) for further details of what's involved.

# INTRODUCING...

## **Stef Lauer,** *SOA Chief Operating Officer*

Stef has recently been appointed as the SOA's senior administrative officer, with responsibility for governance and the implementation of the new Strategy.

### **Roger Scrutton explains:**

*"Stefanie will be half time, based at Glenmore Lodge. She has 10 years' experience of project management and operations in the customer service and outdoors industries. She is currently working with Speyside Wildlife and Wild Scotland. When at Wilderness Scotland, she led a small team delivering wilderness experiences and was one of the company's senior management team. She has also orienteered, but confesses that she isn't athletic, prefers the mental challenge and is going to join BASOC to take things a bit further."*

### **Stef says:**

*"Hello - my name is Stef Lauer and I'll be joining the SOA as Chief Operating Officer in June 2016.*

*Originally hailing from Germany, I moved to Scotland in 2005 and*



**Stef at Glenmore Lodge**

*after an interlude of a few years in Australia and New Zealand, I've been calling Aviemore home now for 5 years. I used to manage hotels and guesthouses but have worked in the adventure travel industry and in training/consulting in more recent years. I love spending time in the great outdoors - preferably on foot, but also on the bike or on the water. Relatively new to orienteering, I'm keen to learn more and I'm excited about this opportunity to help to develop this sport further." ▣*

## Sarah Hobbs, SOA Administrative Assistant

Sarah joined Scottish Orienteering in February 2016, working 10 hours per week in the SOA office, at Glenmore Lodge, mainly on tasks related to member services and communications.

### Sarah tells us about her background:

*"I am a recent arrival to the Highlands and split my time working for the SOA, reindeer herding, green woodworking, and walking. I speak Arabic and Norwegian, and have had quite a varied life working with contemporary art from Saudi Arabia, running cultural expeditions for young people (co-leading four expeditions between the UK and Middle East, including to Pakistan), and setting up national education programmes bringing current, real-life expedition data on Arctic and ocean science to classrooms.*


*"I have worked with Muslim communities for over ten years and have spent the last few years in London as a project manager looking at structural inequalities in education and health, and working*



Picture: Sally Lindsay, ESOC

Sarah at Glenmore Lodge

*to change approaches and services, including teaching medical students at King's College.*

*"I have an interest in useful plants (medical and edible!) and am wandering the Cairngorms indulging my mostly as-yet unexplored interest. Despite my interest in maps, I am a non-orienteer, which probably won't last long..."* 

This spring has seen a huge choice of events - here are some highlights.

The first event of the 2016 Scottish Orienteering League was organised by Roxburgh Reivers.

**SOL 1** took place on 6 March (just as SCORE went to print) at Elibank Forest, in the Tweed Valley, on an extended map with courses that offered plenty of route choice. Some were pleasantly surprised by the forest, as it had a reputation for rough terrain.

The 2016 **CompassSport Cup heat** for Scottish clubs was hosted by FVO, on 13 March, at Dumyat, just north of Stirling. Congratulations to the clubs who qualified for the final, which is near Sheffield in October: FVO and ESOC in the Cup (for large clubs); CLYDE, RR, INT and ECKO in the Trophy (for small clubs).

**JK 2016** was held in Yorkshire, from 25-28 March, on four varied areas with plenty of Scottish podium places - too many to list here. The Sprint was at Leeds University, and provided an interesting challenge with multi-level terrain and varied buildings. Day 2 was at Wass Forest, in steep-sided valleys on the edge of the North Yorkshire Moors, and Day 3 was on open limestone terrain at Kilnsey in the Yorkshire Dales. The Relays were further south, at Storthes Hall near Huddersfield, in mixed mature

woodland with some open areas and university campus buildings.

In the Scottish Urban Orienteering league, **SOUL 3** was on 3 April, in Paisley. Alastair Dunlop (CLYDE), event organiser, reports: "*The Paisley Urban event used a new map funded via Renfrewshire Council and the sportsotland Community Sports Hub initiative, mapped by GB orienteer Graham Gristwood. Our planner Arnis set challenging and varied courses, and Clyde were most grateful to the University of the West of Scotland for access.*"



Picture: Alastair Dunlop, CLYDE

**SOUL 3 Finish, County Square**

Interlopers presented another **INTrepid weekend** on 9/10 April, featuring two contrasting events.

**SOUL 4** took place in Livingston. Graeme Ackland (INT) was the planner, and explains his thoughts on the planning: "*There is a lot written about planning style. For sure, different planners have different styles, and you need a*

*different style for individual races compared with head-to-head. The area available imposes more limitations, but the course length shouldn't be a further constraint. So I was surprised when the INT newsletter said of SOUL 4: 'Only Graeme could combine Junior under 16, Elite Sprint and Ultravet Women 65+ on the same course.' A good 3km course at Livingston is a good 3km course, regardless of who it's for. It needs a mix of long legs, short legs, route choice and detailed mapreading, just like the longer courses. The classic maxim that 'the longest two legs are a quarter of the course' still applies. And, although officially only one of those classes can be trusted to cross roads, none of the W65+ seemed bothered about their untested chicken-impersonation skills."*

**SOL 2** at Culteuchar & Dron the next day was on an open hilly area. Max Carcas (INT) was the planner here, and he says: *"I really enjoyed planning SOL 2 at Culteuchar - always nice to have an excuse to roam the hills (and bogs)! In an area like this, it is difficult to plan TD5 controls, as there are so many catching features. However, what was interesting was the variety of routes that people took - which is what I intended..."*

The **Scottish Spring** weekend, on 22-24 April, started with the **Dark Thistle**, on Friday night at Craig a Barns. A mass start at 9pm with gaffled courses soon had headtorches speeding in all directions. This was full-on, tough technical terrain, and there were many retirements, but most greatly enjoyed the challenge.

Next day it was the **JOK Chasing Sprint**, at Faskally - Graeme Ackland planned again: *"The chasing sprint does require somewhat unique planning style. The prologue is a fairly standard short course, but the chase is a head-to-head, so the style is like a relay, only more so - because you don't have forking to split people up. Everything is designed to give better orienteers the chance to drop their pursuers, or sneak unseen past the blunderers ahead. Controls need to be either easy to find, so that pack-leaders can flow smoothly through and string the group out, or in low-visibility areas where the accurate navigators can get in and out unseen. Finishing in the caravan site meant that cleaner navigators had to make their break early. Time losses in the caravan park were typically only a few seconds - something you wouldn't even notice normally, but very evident when your opponent is suddenly 20 metres ahead!" > >*

The final event of the weekend was the **Bonskeid Middle Distance race** on 24 April, a World Ranking Event for the Elites, with the same courses open to all afterwards. This is a delightful area with very enjoyable courses zig-zagging through the woodland, on double-sided maps.

**The British Long and Relay Championships** were in Shropshire, at Brown Clee on 30 April/ 1 May - a small contingent of Scots made the long journey, with some excellent results (insufficient space to report in full here). In the Individual event, Graham Gristwood (FVO) retained the M21E title; in the Relays, EUOC won the Men's Premier.

On 8 May, INVOC presented **SOL 3**, in the technical terrain of Affric North, which is very wild, with few paths, and there was a long walk to the start to make the most of the area. Misty weather added to the challenge for those on the longest courses that ventured onto the open hill above the forest.

SOL 3 Assembly Area




Picture: Elaine Gillies, TAY

The **Scottish Championships** weekend was on 21/22 May, at Balmoral, presented by MAROC and GRAMP. As promised, it was a fantastic setting, with mostly good weather. The going was quite rough underfoot, with a lot



Picture: Rona Lindsay, ESOC

of rock and some steep climbs. The Individual event was the 9th in this year's UK Orienteering League, so it attracted competitors from far and wide. The Relays on Sunday were in the eastern part of the same area. Full results are available on the Scottish Championships page of the SOA website: <http://www.scottish-orienteeing.org/championships>

See the ActivNorth photo galleries for some great photos from the JK, SOL 3 and the Scottish Championships: <http://www.activnorth.com/-/galleries/orienteering> 

# UNUSUAL EVENT FORMATS?

BY JOHN MASON (MAROC)

A few years ago, I was chatting with Sally (your esteemed editor) about the many ways that clubs find to morph the standard O event into something original and unexpected.

I thought it might be useful to collate a list of these different event formats - not the method of transport, like Ski-O, MTBO or Kayak-O, but the formats you won't find in the IOF rule book. Keeping the O-experience fresh, by adding a twist to some of your local events, is one way of creating a buzz of interest, creating a bit of fun, and in fact some of these can really help to improve your O-skills. The possibilities are only limited by your imagination. Here are ten ideas that I've come across:

- **Modified Score** - a score event to get maximum points by visiting controls within a time limit, but with the added challenge that controls must be punched as alternating odd and even numbers.

- **Hybrid-O** - a standard O-course, but with a time window for a score section in one area of the map, partway through the course.

- **AMazing Micr-O** - using plastic stakes, tape or crowd-control barriers to build a maze with controls tucked into devious corners. This can be an event by itself, or added as part of a normal course.

- **Memory-O** - the course map misses out some controls, which you have to find by memory. For each one, a segment of map hangs at the previous control, showing the location of the next control; you need to memorise direction, distance, features, and have to keep very focused to find it.

- **Empty toner cartridge-O** - the map is missing black ink. No paths, boulders, crags or walls are shown, so navigation has to focus on contours and distances.

- **Time-O** - has Score controls that only exist at specified time windows, and other controls which have the score points doubled or trebled if you punch the control within a specified short time interval.

- **Spaghetti-O** - registration includes one piece of uncooked spaghetti to take around the course, bonus points based on the surviving length of pasta measured at download.




Phot-O example (Thanks to ELO)

- **Knoll-bagging score** - a control is put on every knoll on the map, but there are no controls marked on the map. (Memories of frantic knoll-bagging at Faskally!)

- **Phot-O** - requires a pen... at each control circle on the map, a photo of something observable from the control location has to be selected from a set of photos around the map. See the example (from an ELO Festive Frolic event).

- **O-limination**, where one control on the course can be missed out, decided by each competitor.

Perhaps we could post a compendium of these ideas on the SOA website to help inspire clubs to try mixing it up a bit? 

# TIOMILA 2016

BY ALASDAIR MCLEOD (CLYDE)

**T**iomila is a weekend of orienteering relays hosted every spring in Sweden. It is the second biggest orienteering competition in the world, this year seeing 6,400 competitors, and one of the best advertisements for what the sport of orienteering is all about.

Over the weekend, 3 different relays are run: a youth relay, a women's relay and a men's relay. That's right: only 3 classes, and everyone, from the best in the world to some clubs' 6th or 7th teams, is there competing over the same courses. This universality is one of the things that makes Tiomila a special race; everyone understands that different people are there to accomplish different things. Some people are competing at the sharp end for the win, others are fighting for a target they have set, such as top 150 team, and others are just interested in the challenge of successfully completing the relay. It is all one big adventure for every club and team, and everyone is in it together.

There is also something else that makes Tiomila special and that is the spectacle! The number of people, the huge arena, and the live TV coverage throughout the race from many cameras in the



forest give the event a real atmosphere and sense of importance. It always feels to me that a normal orienteering event has been infused with the scale and vibrancy of a music festival.

However, what I enjoy most about Tiomila is the tactics. Typically, when you run an orienteering course you are doing it for yourself; you run right on the edge of your orienteering abilities to get the best time. As you will all know, more often than not being on the edge leads to mistakes and bad decisions. In Tiomila you are looking for the best result for your team, and this leads to lots of different tactics that have to be used at different times throughout the relay.

Often you make sure you minimise your mistakes and sacrifice a little bit of speed. As the first half of the relay progresses, teams capable of doing well never streak ahead, but they often make large mistakes and fall behind,



At the WOC 2015 Middle Distance race

ruining their chances, as they are then too far down to make back the time. This is especially important in the middle section of the relay, where you are racing at night, and mistakes tend to get amplified.

As the relay moves into the later stages, teams stop trying to just stay in contention but instead work towards winning. The last couple of legs of Tiomila have some very big names running them, and world-beating performances are required to give a chance of eventually winning. >>

# SOL 3 JURY VERDICT

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At the Glen Affric SOL on 8 May 2016, a formal Complaint was made regarding the siting of the Finish on the TD4/5 courses, and the fact that the route to it was not taped from the last control. The event team were unable to resolve the complaint to the satisfaction of the complainant, so the matter was referred to the Event Jury.

THE Jury was convened to consider whether the location of the Finish, and the navigation from the last control (150), complied with the requirements set out in the British Orienteering Rules (effective 1st May 2016) and the Appendices to those Rules.

The Jury comprising Rob Hickling, Colin Matheson and Hilary Quick (controllers grade A, A and B respectively) have met and considered the protest.

Para. 30.1 of the British Orienteering Rules states that “the precise location of the finish must be clear to all competitors approaching it”; this requirement is repeated in para 5.1.1 of Appendix B, along with the requirement that it must be “easily located” (5.1.2). It was indeed clear to all approaching, properly marked and easy to

find, but it wasn’t obvious to any who had headed out of the last control (150) in the wrong direction.

Para 5.1.3 of Appendix B goes on to state “There should be no possibility of a competitor being unable to find the finish.” A number of people found considerable difficulty in finding the Finish, and had very long finish leg splits. The jury’s view is that there is sufficient evidence that the requirements for the Finish, set out in the Rules and Appendices, have not been fully and fairly met. Therefore the jury decided to uphold the protest, and concluded that the proper course of action is to void the leg 150 - Finish for all courses that used it, and to require the results to be re-calculated with those courses being deemed to finish at control no. 150. 

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## Tiomila 2016 continued

This year was a great show from some Scottish orienteers, showing how to run the right tactics for their leg and giving top class performances. Jess Tullie ran a well-controlled first leg, with big pressure in the team of the defending champions, to come back within a few minutes of the leader. Hollie Orr showed us all how to front run, starting 1st on 3rd

leg and finishing still in 1st by the end of it, a brilliant show under pressure. Douglas Tullie and Duncan Coombs put in similarly respectable showings in the men’s relay 1st and 3rd legs respectively; running very controlled races and keeping their teams in contention at that point in the relay.

If you enjoy orienteering and want to add your name to the list of Scots

competing in Tiomila, I would urge you to make the trip. It is without any doubt one of the best orienteering races in the world and should be experienced by everyone who loves orienteering.

**See also Jess Tullie’s blog for an account of her run in the women’s relay:** <http://jesstullie.blogspot.co.uk/2016/05/5th-in-tiomila.html> 

# SOA VOLUNTEERS' WEEKEND

BY HILARY QUICK (BASOC)

**T**he SOA recently hosted a Volunteers' Weekend at Glenmore Lodge, with the combined aim of rewarding volunteers for their many hours of varied volunteer input to the sport, and giving opportunities to learn new skills or brush up on old ones. Rather than me tell you how wonderful it was, I'll let some participants share their experience of the weekend. Notes from the sessions are now on the SOA website: <http://www.scottish-orienteering.org/soa/page/volunteers-weekend-13-15-may>

**Sheila Strain (ELO):** Fun!

Friendship! Food! The Volunteers' Weekend was all of that and lots more: fresh air and exercise, challenge, stimulating discussion, great ideas. What's not to like? There was plenty choice of sessions and activities, and I had to miss some that I would have liked to get to, as they clashed with other equally attractive options.

The first, on Friday afternoon, was one of the best, a coaching 'swap shop' with everyone buzzing with good ideas. There were sessions geared to the various volunteers' roles, so I spent a double session on Saturday improving my abilities on OCAD, though I have to admit that it was the pre-course preparation which took me a long time, but forced me to tackle steps in setting

up a new map drawing that I had not done before.

Sunday's indoor session for me was a well-structured one on Recognising and Developing Talent, which had me realising that this is something in which my club is lagging well behind some of the other clubs which were represented. I left that wondering about what we can do to improve on this.

In addition to these discussion and training sessions, there was lots more to do. I regretted not having booked onto the roller skiing and was entertained by watching those who were trying this!

Picture: Sally Lindsay, ESOC



I was so busy talking to my companion on the Pre-O course which Roger Scrutton had set out, that just like two kids on a White Course, we walked right past the path junction where we should have turned right, and had to relocate and return! A maze had been set up just outside the dining room, with

Roller skiing session

a new idea (to me) of building two mazes, mirror images of each other, and having head-to-head racing between people, one on each.

It took me three trips to the woods to visit all the control sites which 'Ivan O'Map' had taped. Every control had at least one mistake, between the map, the descriptions and the taping on the ground with a point for every mistake noted, and bonus points for the extra ones we found that had not been intended! I thought I was doing well with the number of errors I spotted but was well behind those with the best scores.

There were chances for normal orienteering as well. One course was intended for night orienteering, but I dashed out before it got too dark; the only problem with that was trying to run, having not long finished a delicious three course dinner.

Sunday afternoon, everyone took part in a team score event in the open moorland area between the Coire na Ciste and Coire Cas car parks, lots of contour and rock detail in there. Being based on Sudoko meant that we had to divide the 27 controls between the three on the team, such that we all found ones with control numbers ending 1 to 9.

If there is another weekend like this, make sure you jump at the opportunity to participate.



Picture: Jenny Clarke, BASOC

### **Johannes Felter (BASOC):**

Think of any challenge or opportunity facing orienteering at the moment...the chances are that the Volunteers' Weekend had a workshop to address it. There was everything from core orienteering skills, such as mapping and planning, to newer subjects like strength & conditioning and fundraising. As ever, this brought home how we have all ended up in love with a sport which could barely be more complex to organise.

Two memories stand out for me. Firstly, feeling pretty pleased with myself as my Condes skills rapidly improved during Hilary's workshop... then just as rapidly realising how little I actually know, as I came upon the myriad menus and options lurking within the relay planning >>

**Typical terrain at Sunday's team score event**

# SOA VOLUNTEERS' WEEKEND

functions...a lifetime of learning still ahead! Secondly, standing at 630m above sea level with my club mates, watching teams of runners charging across the open hillside of the 'Windy Ridge' in search of some breathtakingly beautiful control locations.


**Alison Wiseman (MOR):** Most valued workshop for me was Physical Literacy; really well run and both interesting and useful for training. I'll be doing a dynamic warm up at every event now! The Condes workshop was also very useful for me and I've come back and solved various problems I was getting stuck with.

For most valued activity I think I would have to say training at Loch Vaa... a superb range of activities to choose from, really good advice from both Roger Scrutton and Mehmet Karatay. Also the night O was great, particularly since Jane Halliday shadowed me, which was hugely useful - she can spot stuff in the dark

I think I'd barely notice in daylight, but there you go... I learnt a lot and Jane persuaded me that that she'd rather do that, even at my pace, than sit at the bar, bless her!

Actually the best bit about the weekend was the social side - being relatively new, it was great to make so many new friends that I'll now know at events, and got to know some I knew already better. It was good that there was a full programme, but spaces in between for socialising, and also you didn't have to do everything. Stephen and I managed a nice walk too and of course a swim.

I was cursing before the up-a-hill team event but actually it wasn't as bad as I thought and all in good fun, and also I think I needed a bit of hill training...

Oh, and of course the venue couldn't be bettered...perfect in every way with brilliant location, lovely rooms and facilities, delicious food. Thanks for a great weekend... would definitely recommend it. 

Discussion in the dining room



Picture: Crawford Lindsay, ESOC

BY STEVE WILSON (CLYDE/JOK)

**W**hile I guess that dedicated football fans might say differently, it seems to me that one football pitch is pretty much like another. One of the joys of our great sport is the almost infinite variety of courses and terrains we experience each year, and this particularly came home to me as I reflected upon a hectic start to the 2016 orienteering season.

SOL 1 was a proper Scottish physical and technical challenge; the Compass Sport Cup/Trophy was a fast race on a runnable area (although I still claim that boulder looked more like a crag!); the JK was a classic with four totally different races over the four days and some epic freezing hail for the later runners on day 3; the Lakes Weekend was a mud-fest on day 1 and a stern physical test on day 2; SOL 2 was fast and mostly open but not technical enough for me to do well against all the faster runners; the Northern Champs was a fun urban race in poor weather, followed by a horrible slog round grotty Mulgrave Woods in good weather; the Scottish Spring was a fast and furious JOK Sprint at Faskally, followed by a much sterner challenge against the elites at Bonskeid the next day in glorious sunshine; the British Championships weekend was a long and frustrating slog round Brown Clee using a map many of us weren't really able to relate


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



Picture: Rona Lindsay, ESOC

Steve Wilson at the Scottish Relays

to the ground, followed by an enjoyable sprint (apart from the man-eating ditch of brown mud) round the easier half of the map in the relays; while, finally, SOL 3 was a superb technical and physical challenge at Glen Affric on one of the best orienteering areas in the country.

Of course, these are just my very personal views, and others will have had different experiences of these events: perhaps they missed the hail at the JK, enjoyed Mulgrave Woods, or found Glen Affric too physical. Whatever their experiences, they will have travelled to places they would never otherwise have gone to (including, in my case, a bijou Youth Hostel in Shropshire and a sea-front flat in Whitby) and met friends from all over the country in the full range of weather offered by the British spring. What other sport can offer such a wide range of physical, mental (and logistical!) challenges? Roll on the second half of the season! 

# 30 YEARS AGO – OR THEREABOUTS

BY NEIL MCLEAN (GRAMP / MOR)



Picture: ActiNorth

At the Scottish Championships

**A**s I raked through my old results from the years 1984-1987, once again I came across many names from the past, rather like Steve Wilson in the March issue of SCORE.

Also, like Steve, it was interesting to read comments from planners and organisers: the problems of late entries, late maps and the perennial issue of our weather. In some cases, I do remember horrendous weather, but in others, when (according to the report) there had been torrential rain, I have no recollection of the rain. I guess I must have had a very good run despite the weather.

1985 was the year of Tayside 85, and I do remember the rain on Day 1. I had been in charge of control card checking. We had a small tent for the team, and as the rain got heavier and heavier, we crammed more and more checkers into the tent. There wasn't room for everyone, and my wife and I ended up under a table outside the tent, still checking cards. The cards progressively got more and more difficult to check. Younger orienteers should note that this was in the days before electronic punching. Controls had pin prick punches with a variety of punch patterns, which had to be checked against a master card for that course. It was a labour-intensive task at the best of times, but when the control

cards got wet, the job became rather problematic. Competitors were responsible for their own cards, and could protect them in plastic holders. In theory, if a card was illegible you could simply disqualify the competitor. Most checking teams did their best not to disqualify anyone. Happy days.

The use of computers was in its infancy. Martin Liddle (of Tynemouth Computer Services) and John Eades (of MAROC), as I recall, led the way in orienteering. At Tayside 1985 there were few podium places for Scots. Swedes and Norwegians dominated. Our only big winners were Alison Biggar (LINOC) 1st in D11A, Hazel McNee (CUNOC) 3rd in D21E, the late Jenny Graham (MAROC) 2nd in D40A and Jon Musgrave (GRAMP) 2nd in H21E.

In 1984, the Scottish Individual and Relay were held at Garshellach and Touch (near Stirling), the Northern Lights at Inver (on Deeside), and the Scottish Score at Dollar.

In 1985, these were held respectively at Loch Ard (near Aberfoyle), Devilla (in Fife), the Bin (at Huntly) and North Kirkhill (near Aberdeen).

In 1986, the Scottish Champs was in Dumfriesshire (at Mabie and Hills), the Northern Lights at Roseisle (Moray), and the Score at Bowdenhill & Lochcote, near Linlithgow.

I don't have the venue for the West Champs in 1984, but in 1985 it was at Ross Woods, by Loch Lomond, and in 1986 at Sculliongour, near Lennoxtown. The last of these - full name Sculliongour and Meikle Rieve - was planned by Jan Solvberg, a Norwegian member of CLYDE. Some folks will remember him well. His comment in his report, after noting that he may not plan again: "Maybe next time they'll give me an area with a couple of trees on it."


The British Champs in 1986 were at Achilty, near Contin, 25 km NW of Inverness. Ken Davidson (INVOC) coordinated the North clubs, who manned the event. Of particular note was the use of computers to produce instant results and to give the commentary team competitor details. Neil and John Eades designed the system - described as the best used up to that time.

Scottish club members had 16 podium places at BOC, but only 4 winners: Moira Cumming in W17A, Brenda Nisbet in W60, Alasdair Thin in M15A, and Bill Gauld in M50A.

Over the period, many Badge Events took place: INVOC Eagle, Moravian Bull, Midlands Champs and other club badge events. Some of these I'm sure contributed to the Scotland's Galoppen.

The Scottish Schools presumably took place each year, but I have only the results for '84 and '85.

'84 was held at Coull, near Aboyne, whose academy won the Mike Booth Trophy for the school with the most gold standards. '85 was held by Roxburgh Reivers - no venue is given, but with a thank you given to His Grace the Duke of Buccleuch, I'm guessing the forest was at Bowhill. The Mike Booth Trophy was won by Linlithgow.

In September 1986, Interlopers held a Badge Event at Drummond Hill. It was titled 'A Peter Dominic Ranking Event'. From memory, I believe that company sponsored the ranking series of events. The event doubled as the Junior Inter-Area competition. NE won, helped a little by my daughter Kirsti in W13. What I noted was that three Areas essentially were single club teams. For Midlands read FVO, for SW read Solway and for North read INVOC. That may explain why we now have three Areas - or does someone else know when it changed? 



Picture: Crawford Lindsay, ESOC

The view from Drummond Hill - Kenmore and Loch Tay

# FAMILY COACHING SESSIONS

BY JOHANNES FELTER (BASOC)

Regional Development Officer (Highland)

This article describes a systematic approach to recruiting new members

**This approach originated on Deeside, and has been tried in the Speyside and Inverness / Nairn areas over the last two years. The basic concept is to directly access local 'outdoorsy' families whose parents are willing to drive to forests and take part in sport with their children.**

1. Identify your target community.

There should ideally be some awareness of orienteering, a few pre-existing club members, and two or three local maps suitable for beginners. You also need a few local weekend events coming up, within a reasonable distance.

2. Set up a meeting with local members, coaches, parents and Active Schools Coordinators. Plan out a set of suitable evening dates. A series of three or four consecutive weekday term-time evenings seems to work best, with 6:30 - 7:30pm a popular time slot. If your club meets midweek anyway, then dovetail the family sessions with this training, to increase car park chat opportunities, and show new members what a fab club you have! You also need a nice local weekend Level D event shortly after the final family session.

3. How much it will cost? The pricing can be tricky, because you will ideally want to incorporate a year's membership fee into the cost of the session. (In 2015/16, BASOC and INVOC both charged £10 per head, regardless of age. So a family of four would pay £40 for three coaching sessions, including membership for the rest of the year.) The fees go into the club account and the British Orienteering membership dues are then paid by your Treasurer directly to the British Orienteering office, with a hard copy membership form (available from the National Orienteering Centre, or the BOF website). You can spend forever analysing the pricing – just do what's right for your club, but don't get hung up on it. If your club is serious about growing, then you'll need to be willing to think a bit differently and probably agree to subsidise new memberships.

4. Make the family session signup form easy to find on your club website. Google Forms are painless and can be embedded within most club websites. You don't need to take payment online, just collect this at the first session.

5. Now you've got dates, costs and the website sorted. Find some fantastic photos of children

Picture: Wendy Carlyle, AIRE



orienteering, remembering to get permission for use. Pay a local print workshop to design professional leaflets, or do it yourself if you have the skills. There's a Facebook group called 'Publicity Group – UK Orienteering':

<https://www.facebook.com/groups/orienteeringpublicity/> which may help you. Launch your publicity 6-8 weeks in advance, using Facebook, club member emails, word of mouth, Active Schools Coordinators... however you do it, just make sure that all publicity points back to that prominent signup link on your website.


6. Run the sessions themselves. Emphasize to parents that there is no standing on the sidelines! Everyone learns together, and what we've found is that parents absolutely love helping their children get the hang of the map. Your coaches need to be adaptable, throwing in chunks of learning aimed more at adults, whilst keeping the children engaged. When this works, it is pure magic. The more assistant coaches or helpers you have, the easier it becomes. Hand out SOA new member packs (available from the National Orienteering Centre). Have healthy snacks and squash available for a sociable chat at the end.

7. The final session. If you've timed it right, each family will have received their British Orienteering



Picture: Johannes Feller, BASOC

membership numbers by now. What you want is an indoor venue for the final session, ideally with Internet access. Set up an extended after-session social, where you can use a laptop to show how to enter events online, access the events calendar, and so on. Because you've timed the series right, there is that nice friendly local event for the new members to sign up to. This is the final step in creating independent orienteering families. INVOC even decided to give free entry to new families for a Level C event shortly after Highland 2015.

8. Be prepared for some churn. It's inevitable that a proportion of the families you've worked so hard to recruit will not commit to the sport in the long term. That means that your membership numbers will peak and then slump after 31 December. Not to worry – it's just a fact of life, and if you end up with one or two families who become core members of your club, then it will all have been worth it. 

Adults and children  
learning together

# A WINTER IN NORWAY

BY SARAH DUNN (MAROC)

Some take-home thoughts on orienteering club development

**L**ast November, Jon and I found we had somehow managed to free our lives up enough to take an opportunity for some time out.

Ewan was in P7 at school and also in need of a change, having had the same teacher for the last 3 years. So we headed for Halden in southern Norway, home of one of the world's most famous orienteering clubs, to spend four months experiencing Norway in winter. One reason for choosing Halden was that it is usually relatively snow-free, allowing orienteering training, at least for the elites, to continue through the winter. We were keen to find out more about how a big Scandinavian orienteering club worked, and to see what we could learn and bring home to the Scottish club scene. At the same time, we wanted to take the opportunity to hone our cross-country ski skills by heading

for the hills during weekends and holidays...

We had a ball, summed up by some stats from my training log which included: 39 days on skis, 35 days with some form of O technique, 12 of (Head Coach) Eva's legendary Strength & Conditioning sessions and only 7 full rest days. We also had many other interesting social and cultural experiences and met lots of very welcoming people.

So what did we find out about orienteering in Halden?

- Norwegian kids toughen up from a young age, playing out in all weathers all through the winter.
- Early years in the club are about socialising more than the sport; large numbers participate in activities but no O training is organised during the winter months.
- By 12, youngsters don't appear to be any further ahead of us in terms of their O skills.
- By 16, the top youngsters are starting to participate in elements of the elite programme.
- The weekly elite training programme includes more than 4 tough technical training sessions.
- Night O is a very important part of this in winter.

"Ikke dusj men bål"- the fire is an important part of life

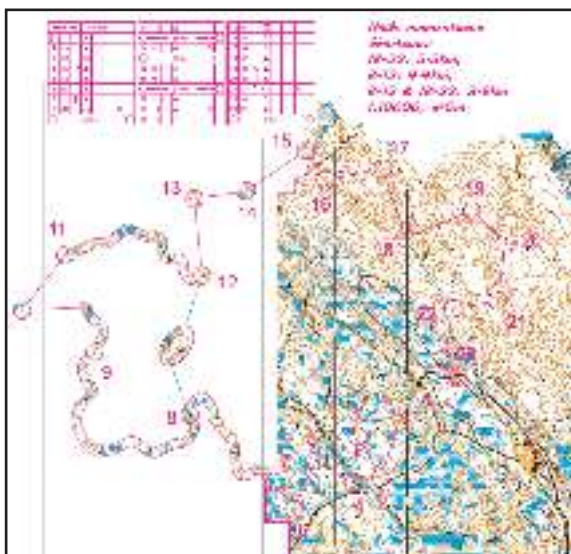


Picture: JSarah Dunn, MAROC

- Many technical training sessions are done without any tapes or controls in the forest, making it far more practical to organise frequent sessions.
- GPS tracking (Loggator) is used for every training session and event, allowing detailed analysis of performances as well as keeping athletes honest when there are no controls out.
- By 18, athletes have gained a vast depth of technical experience.
- The physical programme in winter is based around high volume, lots of time in terrain and generally only 1 interval or speed session per week.
- Weekly 'O Theory' sessions are also a core component of the coaching programme.
- There is a strong culture of group training and support amongst the athletes, especially the younger elites.
- We saw less of the competition structure due to the time of year, but clearly team events are really important to the club.
- Fires are at the heart of winter events and are essential for deciding shoe laces as well as grilling pølser! 



Loggator GPS tracking – used for every technical training session and competition



Thursday technical training from the club hut at Høiås

# JUNIOR SQUAD NEWS

BY ELIZABETH FURNESS (MOR)

ScotJOS Squad Manager

Picture: Sally Lindsay, ESOC



**T**he coaching weekend held around Stirling over the weekend 2/3 April was a great success, thanks to several people stepping up when I was unable to go: Ross Lilley (ECKO) led the coaching on Saturday and Ben Stansfield (FVO) led on Sunday. They were supported by Rona Lindsay (ESOC), Zoe Harding (EUOC) and Dave Robertson (CLYDE). Further thanks to Josie Stansfield and Ann Robertson for masterminding the catering, Pat Graham and Dan Gooch for minibus driving, Jane Ackland, Andrea Lines, Kate Hunter, Robin Galloway and Rona Molloy for additional transport and general support.

The Saturday session was at Gallamuir, a recently mapped area SE of Stirling. It's small and (almost) perfectly formed, in that it presents opportunities to practice contouring round, across and over the two hills as well as being able to go straight in the more runnable parts. The squad was joined by Lynne Walker, who was assessing three people completing their practical assessments for the UKCC Level 2 coaching qualification, and we look forward to them being available to join us again as fully fledged L2s. They are Dave Robertson (CLYDE), Ian Hendrie (FVO) and Alastair Dunlop (CLYDE).

The overnight accommodation was at Kinbuck Hall, which was in a lovely setting... until doing the risk

assessment and realising that Allan Water was across the road by the inviting open area. No ball games then! As it was, Ben and Ross devised an early evening exercise getting everyone to draw a map of the public park area in front of the hall, in which they had placed 10 SI units. The juniors swapped maps and ran the mini-event using the maps. Prizes were awarded for the fastest times and the best map.

Picture: Pat Graham (MAROC)



Mini event by the river

For Sunday, Ben had planned a series of exercise on Polmaise, designed to practice map contact and focus in changes of terrain. Everyone had plenty to keep them thinking but in case they weren't tired enough at the end, I had planned a fun 'pegs means eggs' race. It was pretty straightforward: the pegs were in pits and each peg collected could be swapped for a chocolate egg... well, maybe not quite that straightforward, as there were rules about the different coloured pegs and there were about 30 pits on the area of map used.



Briefing at Polmaise

Many of the squad had competed at the JK (the weekend before Stirling), gaining top 10 positions and podium places in both the JK Sprint and the overall competition, which were selection races for the international Junior competitions. In mid-April, the Northern Championships weekend events were also selection races, with more good results for ScotJOS members. The British Champs, all the way down in Shropshire, were the last weekend in April, with fewer squad members competing but still with impressive results, including a clean sweep in W14.

And finally, what most of the juniors who were at the selection races were aiming for, the selections to international competitions have just been announced, and there are several to congratulate.

Selected to represent Great Britain at the European Youth Orienteering Championships in Poland on 30 June - 3 July:



Jake Chapman and Grace Molloy on the winners' podium at JK Day 1

Grace Molloy (FVO) - W16;  
Jake Chapman (MAROC) - M16;  
Emma Wilson (CLYDE) - W18;  
Alex Carcas (INT) - M18.

All four have also been provisionally selected to represent Great Britain at the Junior European Cup in Scotland, 30 September - 2 October; Jake and Emma will be competing in M/W18 as a development opportunity.

The selections for the GB Talent Development camp and Junior Regional Squads' camps should be announced soon, and I expect a number of Scottish juniors to be on the lists. Of course, the most eagerly awaited camp is the one that all of ScotJOS will be on together, from 9-19 July in Sweden. We are going to Frillesas, on the coast about 60km south of Gothenburg, and will be training in the forests around there before competing at the Hallands 3 Days, just a few kilometres from where we are staying. ▀

BY DUNCAN COOMBS (AROS)



Picture: MarathonFoto

Duncan at the London Marathon


**F**ollowing a good set of performances at the JK, many SEDS athletes were selected for the Great Britain Team to take part in World Cup Round 1 in Poland, from 30 April to 2 May, with Kirsten Strain even making her long-awaited international debut!

Others selected were: Ali McLeod, Alan Cherry, Hector Haines, Doug Tullie, Hollie Orr, Jo Shepherd, Kirstin Maxwell, Kirsten Strain, Jess Tullie. Hollie Orr and Alan Cherry delivered standout runs in the Middle, arriving into 18th and 51st places respectively. Many SEDS runners had difficulty and took some holiday time in the green areas (see the map extract).

The same set of athletes are in the GB team for Round 2 of the 2016 World Cup, which incorporates the European Orienteering Championships, in the Czech Republic on 21-27 May (as SCORE goes to print).

Further congratulations go to Sasha Chepelin and Jo Shepherd who have been selected for the World University Orienteering Championships (WUOC) in Hungary from 31 July to 4 August. Both will run the Middle, Long and Traditional Relay.

In more recent news, Hollie Orr starred on the third leg at the Swedish relay, 10mila, to admirably retain the lead for Halden SK. This included an unfortunate late banana with a mobile cameraman in hot pursuit – that is pressure that no one wants to experience! Hollie's team eventually finished 8th after being overtaken by Jessica Tullie's team, Domnarvets Golf, who finished a creditable 5th.

Hector Haines' team, IFK Lidingö SOK, finished 4th, which topped the places for male SEDS athletes. But arguably the best performance was from Doug Tullie, who did the business on the critical gaffled night leg for his team, TuMe (Turun Metsänkävijät). 



World Cup Round 1 Women's Middle Distance map extract




SEDS athletes on the overall JK podium - in W21E, Jo Shepherd 1st, Jess Tullie 2nd; in M21E, Alan Cherry 2nd.

Picture: Rob Lines, SO

# VETERAN NEWS

Janice Nisbet (ESOC) is the Veterans Team Manager. At the time of writing, the VHI selections had yet to be announced, but may be available by the time you read this.

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

The 2016 Veteran Home Internationals will take place on 3/4 September 2016 at Cassy Water, Kilkeel, Co. Down, south of the Mourne Mountains. The Individual event will be on Saturday, in conjunction with the Northern Irish Orienteering Championships, and the VHI Relays will be on Sunday. There'll be a report in the next issue of SCORE. 

## TALKING POINT

BY IAN MAXWELL (RR)


### A Plea to Urban & Sprint Organisers

**I really enjoy urban events but, like a significant proportion of the male population, I have colour vision problems.**

The main problem that I have is seeing the course print colour over grey (buildings) and olive green (Out Of Bounds). There are times when I just can't see the course or large portions of it at all, which is extremely frustrating, as I never know until I pick up my map, so I can have made a 200 mile plus round trip for nothing.

There is currently no consistency on the colouring on urban maps, but lighter shades of grey and olive green, with darker overprint, definitely work better for me.

If urban mappers, printers and organisers could try wherever possible to do the following, it would make a big difference.

- Print olive green (OOB) and grey (buildings) in as light a shade as possible.
- Course overprint in as dark a shade as possible.
- White shadow around circles and numbers where practical. (Condes can do this)
- Map narrow gaps as wide as possible (the bigger the gap, the more of the circle is visible).
- Use 1:4000 scale rather than 1:5000 scale, where map size allows (reason as above).
- Alternatively, print some maps with the overprint in dark blue for colour blind competitors. 

# COACHING CORNER

BY LYNNE WALKER (BASOC)

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

Picture: Crawford Lindsay, ESOC



**I**n the last edition of *Score*, Graham Gristwood wrote about goal setting for athletes. Now that the orienteering season is well underway, have you evaluated your progress towards your goal and maybe reformed what you want to achieve this season, and when you want to achieve this?

Maybe you have already achieved your initial goal at the JK or Scottish Champs; if so, what are you now going to do? Alternatively, you might be frustrated by your performance – so, re-evaluate the process goals and ensure that they have been set to help you towards your desired performance.

Coaches should also have goals for the work they are doing. Having these can help to ensure that you are using your valuable volunteer time in the best possible way. What is the best possible way? Do your coaching goals sit well alongside the club development plan? Are you being realistic with regard to your coaching goals, the athletes you are working with, and the time you have available to give to orienteering?


As a coach we are frequently asked to respond to initiatives at short notice; these can often mean that you are under pressure to produce something quickly, and your time is taken from the overall coaching plan you have. How much dialogue do you have with the club committee regarding your coaching for the club and the club development plan? How do you

discuss discrepancies? How do you react when asked to alter from your overall plan?

Are the clubs aware of the Continuous Personal Development each coach would like to undertake to help them develop further? Are the clubs prepared to contribute towards this? For example, the CPD sessions which the SOA are holding in 2016 will cost the delegates their travel expenses as sportscotland grants pay for the hall hire and tutor travel costs (the tutors give their time for these courses); does each club pay the travel costs for their coaches? See the National Centre Coaching Courses page for details:

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

The SOA CPD courses in 2016 are based around some of the UKCC L3 topics. Anyone is welcome to come along to the sessions; you do not have to be thinking of doing your L3. While priority is given to coaches, anyone with an interest in the topic is welcome. The value from these sessions comes out of the discussions which take place during the day, and these can be at a variety of levels as the day is adapted to the delegates.

The next 'Coaching Corner' will feature a report about actual coaching in a club – we should all be able to learn something from this, and I am looking forward to reading it! 

# SCOTTISH 6 DAYS 2017 – ROYAL DEESIDE

BY JON MUSGRAVE (MAROC)

2017 Coordinator




**P**lans for the event are progressing, with plenty going on behind the scenes. All of the areas have been agreed in outline, except one part for which we're awaiting final agreement; detailed discussions will be taking place to finalise the access contracts.

Parking arrangements have all been agreed in outline. We will be meeting the owners and farmers to finalise detailed plans for access and parking.

An initial get-together meeting of the Central Organising Committee took place during the Scottish Championships weekend at

Balmoral, so that everyone could get to know one another. Some positions have yet to be filled: Social Programme, Marketing & Publicity, Sponsorship.

Days have been allocated to clubs, and some planners and controllers have already volunteered. The plan is to fill these positions by mid-June, giving time to visit the areas in the next few months, with summer vegetation. Other day officials are being appointed – if you're interested, please contact your club for more information. 



## 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 Sarah Hobbs at the National Orienteering Centre at Glenmore Lodge. Please state your name, BOF membership number and address.

By email: [sarah.hobbs@scottish-orienteeing.org](mailto:sarah.hobbs@scottish-orienteeing.org) By phone: 01479 861374 (has an answerphone)

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

**Thank you**

# EVENT PREVIEW

The summer brings evening local event series, as well as level D and C events at weekends, and although it's the main holiday period, there are some exciting events coming up, several of them very soon indeed.

As SCORE goes to print, the **Scottish Schools Orienteering Festival** will be taking place, with competitors from all over Scotland. It's on Friday 3 June at Dalkeith Country Park, and there should be a full report in the next issue. And maybe by the time you read this, many Scots will have headed south for the **British Sprint Championships**, on Saturday 11 June at Olympic Park in London, and the **British Middle Distance Championships**, which take place the next day at Leith Hill near Dorking, Surrey. Both events are part of the UK Orienteering League. Soon after that, the annual Scottish inter-club junior competition, the **Jamie Stevenson Trophy**, is on 19 June at Balkello Hill. Can MAROC continue their winning streak?

The next Scottish Orienteering Urban League event, **SOUL 5** takes place on 25 June at **Aberdeen Westhill**, organised by Grampian Orienteers. The area is a modern commuter town 8 miles to the west of Aberdeen, and there'll be a full range of courses. Pete Lawrence (GRAMP), the planner, reports: *"This brand new map covers almost all of the residential area of Westhill, resulting in a map area of 2km x 1km at 1:4,000 scale. Longer courses will have A3 back-to-back maps. The terrain will be a mixture of suburban housing types of varying complexity giving courses with route choice as the main challenge of the day. Most courses cross small areas of parkland, woodland and grass recreation grounds but with less than 10% of optimum route off tarmac."* You can make a weekend of it by attending MAROC's Level C event

at **Glen Feardar** the following day. Peter Craig (MAROC) is the planner, and says: *"Tucked away in a 'hidden valley' just four kilometres west of Balmoral, Glen Feardar has that classic Deeside combination of open hillside, birch woodland, mature plantation and patchy natural pine forest, all with the added bonus of views that become increasingly spectacular the higher your course takes you. For those with a feeling for history, you may also want to reflect on the numerous stony ruins as you run through the many deserted crofting townships that are scattered through this once densely populated but now totally uninhabited area. More probably, you will be wrestling with the challenge of working out which of the many ruins has the control beside it!"*



**The Sprint Scotland** weekend on 14-17 July sounds brilliant. Graham Gristwood (FVO) describes what's on offer: *"Graham Gristwood, Kris Jones, Fanni Gyurko and FVO bring you 4 days of sprint orienteering in and around Stirling, Falkirk and Grangemouth. With a total of 9 orienteering*

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sessions (6 training sessions plus 3 races) incorporating 2 World Ranking Events, 2 Scottish Urban League races and one UK Urban League race, this is a competition not to miss! New maps for all the races, and new/updated maps for all the training sessions. Evening ceilidh and talks from Kris Jones (8th, WOC Sprint 2016), Murray Strain (9th, WOC sprint 2013) and Heather Monro (Bronze, WOC Sprint 2005) about sprint orienteering and their experiences. Sign up to everything and get a free technical t-shirt". See the event website for full details: [sprintscotland.co.uk](http://sprintscotland.co.uk)

**The Purple Thistle** returns on 30-31 July. Tessa Strain (EUOC), the planner, explains the format for the weekend: "Come join us on the west coast for the Purple Thistle. True to the barebones concept, we've got

bit of mainland Scotland before the Skye Bridge. Camping is available at Balmacara Square, with a BBQ on the Saturday night." More details on the website:

<http://www.purple-thistle.co.uk/>

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The **Highland WOLF** has become an established autumn fixture, and this year it's on 10/11 September. James Tullie (BASOC), weekend coordinator, says: "We hope Highland WOLF 2016 will continue the quality of the previous WOLFs. Indoor assembly and town centre finish for both Middle and Sprint in Kingussie. The ceilidh returns in a great Kingussie venue. Sunday's SOL will be on a completely new Stirling Surveys map of Uath Lochans - not to be missed!"

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The **Glasgow Parks Championships** takes place on 18 September, and will also be keenly anticipated. Billed as "a magical tour of our Dear Green Place", this is a full day of races in three different Glasgow Parks, with much socialising in between. The locations are a closely-guarded secret – where will it be this year?

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Two major junior competitions are coming to Scotland in the autumn, on consecutive weekends. Junior teams from all over Britain will compete at the **Junior Inter Regional Championships**, with the Individual event at Cambus o' May, hosted by MAROC, and the Relays at Forvie, hosted by GRAMP. This is closely followed by an International junior event, the **Junior European Championships**, on 30 September/1 October - more details next time. 



View to Skye from the Plock of Kyle

some low fuss, top quality orienteering and hopefully a great atmosphere! There'll be a Middle (net downhill) and a Long race on the stunningly wild open rocky hillside of Balmacara. We've also got a short race planned for the Saturday evening on the newly-mapped area 'The Plock', the last

Picture: Crawford Lindsay, ESOC

# MEMBER BENEFITS

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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)

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## Compass Point Scottish Orienteering League 2016 - provisional dates

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

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



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<input checked="" type="checkbox"/>	SOL 1	06.03.16	Elibank, Peebles	RR
<input checked="" type="checkbox"/>	SOL 2	10.04.16	Culteuchar & Dron	INT
<input checked="" type="checkbox"/>	SOL 3	08.05.16	Glen Affric North	INVOC
<input checked="" type="checkbox"/>	SOL 4	21.05.16	Balmoral Estate	MAROC
<input checked="" type="checkbox"/>	SOL 5	11.09.16	Uath Lochans, Kingussie	BASOC
<input checked="" type="checkbox"/>	SOL 6	02.10.16	Fairy Knowe & Doon Hill	CLYDE
<input checked="" type="checkbox"/>	SOL 7	30.10.16	Culbin, Forres	MOR



## Scottish Orienteering Urban League 2016 - provisional dates

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



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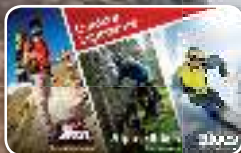
<input checked="" type="checkbox"/>	SOUL 1	23.01.16	Edinburgh	EUOC
<input checked="" type="checkbox"/>	SOUL 2	07.02.16	South Queensferry	ESOC
<input checked="" type="checkbox"/>	SOUL 3	03.04.16	Paisley	CLYDE
<input checked="" type="checkbox"/>	SOUL 4	09.04.16	Livingston	INT
<input checked="" type="checkbox"/>	SOUL 5	25.06.16	Aberdeen Westhill	GRAMP
<input checked="" type="checkbox"/>	SOUL 6	16.07.16	Hallglen, Falkirk	GG
<input checked="" type="checkbox"/>	SOUL 7	17.07.16	Grangemouth	FVO
<input checked="" type="checkbox"/>	SOUL 8	10.09.16	Kingussie	BASOC
<input checked="" type="checkbox"/>	SOUL 9	13.11.16	Lanark	TINTO

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