

SCORE

The Home of Scottish Orienteering

December 2016



INSIDE:

An Interview with
BRIAN PORTEOUS

Training with
THIERRY GUEORGIOU

JHI, JIRC & JEC

2016 SOL & SOUL

PLUS lots more



magazine of the
**SCOTTISH ORIENTEERING
ASSOCIATION**



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Picture: Colin Matheson, MOR



Picture: ActiNorth



Picture: Patricia Graham



Picture: www.compassport.com



Picture: Crawford Lindsay, ESOC

EDITOR'S INTRO

Scottish Orienteers,

I hope that you'll all enjoy this issue of SCORE – it's a bit of a leap into the unknown for me. I'm no orienteer, but rather an orienteering parent looking to give back to the orienteering community through volunteering.

Charlotte, our daughter, discovered orienteering through the efforts of an energetic P4 teacher, then moved on to after-school orienteering offered through MAROC and Active Schools. My husband, Scott, decided to orienteer as well, having been warmly welcomed and assisted by MAROC, and thus another orienteering family was born... Our orienteering journey is a reflection of some of the pieces in this issue that centre on attracting, and fostering the growth of, new orienteers. More than the results on a scoreboard – though Scotland has some very impressive ones – it is the sport and its participants that draw individuals and families in, many for a lifetime. Orienteering is unique in that way, I think, and I hope that my appreciation of that can, and will, be reflected in SCORE during my time as its editor.

Please do feel free to contact me with suggestions, feedback and – particularly! – any pieces that you &/or your club would like to share in the pages of SCORE.

Sheila Reynolds
Editor



Picture: Claire Andrews

ABOUT ORIENTEERING

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

Addresses of clubs, details of groups and a short guide to the sport are available from:

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Glenmore Lodge, Aviemore
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Cover pic - Izzy Cox, BASOC.

Pic courtesy of Chris Spencer - www.activnorth.com



PRESIDENT'S PIECE

BY ROGER SCRUTTON (ESOC)

SOA President

email: president@scottish-orienteing.org

Picture: Crawford Lindsay, ESOC




Forgive me, but I cannot resist making some comments following the outcome of the vote at the British Orienteering (BO) EGM on 29th October to increase membership and levy fees. Even with this increased income, because it is anticipated there will be a significant reduction in their investment from Sport England, British Orienteering will have to rationalise its operations from April 2017 onwards.

It seems to me that the obvious way to address the issue of rationalisation is to identify the three or four activities that BO absolutely has to carry out as the UK-wide Governing Body of orienteering, which apply equally across England, N. Ireland, Scotland and Wales. I would argue that these three or four activities are maintaining the rules, guidelines and standards in the sport, an events and results service, the talent and performance programme and membership of the International Orienteering Federation. It has become clear that many other activities, such as raising sponsorship, club and volunteer development and marketing and publicity, are as, or more, effectively done at the local level.

An important question is, who should run our membership system? In orienteering at

present it is run by BO, but in other sports, such as canoeing, the system is run by the Scottish governing body; in the Scottish Canoe Association example, members have the option to join British Canoeing as well. Is this a model that would suit us better in orienteering? For the moment, SOA is continuing to research the feasibility of introducing a Club + SOA membership option that is designed to run in parallel with the BO system.

On a lighter note, as indicated in the most recent of Sarah Hobbs' monthly emails to members, there has been much to cheer about in Scottish Orienteering recently, some of which is reported on in more detail in this edition of SCORE. Please make sure you have signed up for the regular member email service from the National Centre at Glenmore Lodge.

Finally, did you know you can plant a woodland in your local area for free, and thus invest in the future of community orienteering? See: <https://www.woodlandtrust.org.uk/plant-trees/>. Admittedly, a field in which to plant the trees is much less easy to come by, but bear this possibility in mind if as a club you are looking to create local partnerships with like-minded organisations – and SOA's status as a charity might help here. 

SOA NEWS

BY STEF LAUER

SOA Chief Operating Officer


Picture: Crawford Lindsay, ESOC



One of the advantages of being based at Glenmore Lodge is that one is immediately aware of the change of season. Driving or cycling in from Aviemore, the low hanging mist over Loch Morlich and the colours of the insidious trees are letting you gently know: Winter is coming. Time to reflect on some busy months at SOA HQ...

The staff changes continued throughout the summer. Big news being that we were successful in winning a grant through Cairngorm LEADER to fund a new 2-year development project in upper Deeside and Donside linked to the 2017 Scottish 6-Days and 2018 British Orienteering Championships, both of which are to be held in Deeside. This project,

C.O.P.E. (Community Orienteering & Protection of the Environment), allows Sarah Dunn to move from her previous CDO work into her new role as its Project Manager. Sarah will work with schools in Braemar, Crathie, Ballater and Strathdon, as well as youth groups at the heart of the community, to stage activities and also to help train leaders to be able to sustain activities into the future.

With Rona Lindsay and Johannes Petersen now firmly in their posts as Regional Development Officers Central/South and North respectively, we have a strong team in place to begin work with their clubs and to identify projects they can assist with. Keep connected with us via social media & our website to stay in touch with further developments! 

RDO NEWS

BY JOHANNES PETERSEN

Regional Development Officer, North

Picture: Jane Petersen



SAVE THE DATE – Saturday 1st April 2017 at Dounans Outdoor Education Centre, Aberfoyle. SOA Development Summit: 'The Future of Scottish Junior & Schools Orienteering'

Invitations will be issued shortly for all clubs to send two delegates.

In addition, Junior representatives from across Scotland will be invited. All SOA members will be surveyed for their views in advance. When we gather in April we will aim to agree action points to ensure the brightest possible future for Scottish Junior & Schools orienteering.

It will be possible to take a long lunch break to compete in the FVO Double Dukes Middle Distance Race!

Chair: Marsela McLeod

Organiser: Johannes Petersen, Regional Development Officer, North

johannes@scottish-orienteering.org
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OPERATIONS NEWS

BY ROOS EISMA (TAY)

Operations Director

We are looking for help, from clubs or individuals, to deliver the British Championships in 2018, and to coordinate the SOA trophies.



Roos Eisma

British Championships

The SOA has in principle agreed to host the British Championships in 2018 in Deeside. The weekend has the same format as the Scottish Championships, with the Individual on Saturday 12th May and the Relay on Sunday 13th. Both are level A events.

We look forward to welcoming British Orienteers to a high-quality event in excellent Scottish terrain. Some questions remain, however, about the viability of the event. One is about the levy that BOF will impose, which the SOA President & Treasurer will review and negotiate. The other question is about whether we can get an event team in place. Local and nearby clubs have hosted a series of large scale events in recent years and have indicated that they cannot take responsibility for these championships, though they will be available for local input.

All clubs have been approached as to whether they can make a contribution to the event, but we are also interested to hear from individuals:

- Can you take on a role? This can be a larger role such as day coordinator, but a smaller contribution would also be much appreciated. We're happy to break down tasks in whatever way works for you. Could you for example coordinate traders, toilets or parking? Colin Matheson is responsible for overall coordination of the weekend. We are happy to work with inter-club teams.
- Could you be a helper on the day(s) itself?
- Are you a level-A event official and

want to organise/plan/control? This is also an opportunity for level-B/C officials who want to further develop their skills to be involved with a high-level event as an assistant to a more experienced individual. A controller for the Individual is in place.


Comments or suggestions are welcome. Although at this point we cannot make any firm promises, I am hoping that we can offer all clubs and volunteers something in return, in the form of shared profit or practical support with travel, accommodation and sustenance. We appreciate that there is significant travel involved for most clubs and individuals, and are looking to minimise the number of visits and meetings so that most or all of the preparation can be done remotely.

Trophy Coordinator

SOA is looking for a volunteer to coordinate the SOA trophies that are awarded to the various classes at Scottish Championships and the Scottish Orienteering League.

The primary responsibility would be to keep track of the trophies: who they've been awarded to, and their current location. You would also advise the Board if any trophies need to be repaired or replaced, and if the trophies that we have still match the events and classes.

The trophies are normally with clubs or individuals, and you will not be expected to store a large number of trophies.

If you are interested, or would like further details, please contact me at: operations@scottish-orienteing.org 

EDUCATION NEWS

BY HILARY QUICK (BASOC)

SOA Education Manager - email: Hilary@scottish-orienteering.org



Picture: Crawford Lindsay, ESOC



We are delighted to confirm that the next Volunteers' Activity Weekend will go ahead at Glenmore Lodge from 15th to 17th September 2017. The weekend is intended to strengthen the feeling of community across orienteering clubs by sharing skills and experiences, and helping to form (and renew!) friendships.

Bookings will open in January; cost will be £100 per person (includes 2 nights B&B, most in twin en-suite rooms), Saturday dinner, lunches and daytime refreshments.

Obviously it's a bit early to announce a timetable, and we'll make sure the sessions are relevant to those who book, but we do hope to offer some sessions at "Masterclass" level as well as introductory/improver level, in various topics. In addition to formal sessions, there will be a number of practical activities and you will have ample time for informal discussions and opportunities to ask questions of SOA Board members and staff - and of course there'll be time to orienteer in some of the lovely Speyside forests.

If you'd like to suggest items for sessions or for informal discussion, do please e-mail hilary@scottish-orienteering.org. More details will follow - in the meantime, put the dates in your diary!


One of the topics I'd like us to explore at that weekend is the matter of mentoring. It was identified at the 2014 Club Development Conference as a good way to share skills, and of course it's been an intrinsic part of coach education for many years.

What mentoring goes on in your club? How do you match people with mentors? What characteristics do you want in your mentors?

In the shorter timescale, please remember that as from 1 January 2017 British Orienteering require ALL event officials to have attended an Event Safety Workshop. We are continuing to arrange workshops at various venues around Scotland, mostly as evening sessions but also with some on Saturdays.

A course is currently planned for Saturday, 11th of February (daytime) at Kinnoul, near Perth.

Please see the course schedule at www.scottish-orienteering.org/course-schedule for details and a link to booking form, and get in touch if you'd like a workshop to be arranged near you. The session works best when it involves a mixture of people from different clubs, and the social interaction never does any harm!

Finally, and on a slightly different tack, I'm pleased to inform you that I've become the northern outpost for CompassPoint; Rick will still bring his van to major events, but I have a modest stock of the kind of items that we all lose, break or forget from time to time, and I'll have them on sale at events - by prior arrangement with organisers, of course. This isn't a money-making venture, just an attempt to make sure everyone has ready access to the equipment they need. The SOA Board have given their blessing, and hope this strengthens the link with CompassPoint. 

EVENTS MANAGER'S NEWS

BY COLIN MATHESON (MOR)

SOA Events Manager – email: colin.matheson@scottish-orienteing.org



Highland 2015 - World Orienteering Championships and Scottish 6 Days Deeside

People's Choice Sports Event of the Year

Awards Ceremony...How it Works (with apologies to Ladybird)

Picture: The Drum

Back in May the following email dropped into my Inbox: It's the final week for entries so make sure you don't miss out on the Scottish Event Awards 2016. Enter now!


The Awards, with EventScotland as its headline sponsor, provide the perfect opportunity to reward those often behind the scenes. Back for their 9th successive year the Scottish Event Awards give those working within the Scottish events industry the recognition they deserve! Whether you are an event organiser, promoter, supplier, in-house team or venue, the Scottish Event Awards is your platform to shine in 2016. This year The Scottish Event Awards have introduced a public vote award - Event of The Year. Entries are shortlisted by the judging panel and before a public vote selects the worthy winner.

I duly paid up the registration fee of £166 and submitted a document including an Executive Summary, Objectives, Organisation (Strong Partnerships) and Results (Outcomes), and held my breath for a couple of months. A few action shots from ActivNorth accompanied the entry.

Two months later an email arrived saying that we had been nominated for Sports

Event of the Year but also appeared as an entry in the PEOPLES CHOICE AWARD – EVENT OF THE YEAR. There was a warning: *PLEASE BE AWARE THAT WHAT IS ON THE WEBSITE IS WHAT YOU HAVE ENTERED AT ENTRY STAGE AND WILL BE USED FOR ENGRAVING IF YOU ARE A WINNER – PLEASE HIGHLIGHT ANY CHANGES TO MYSELF IF THERE IS AN ERROR,* so I did check back to see that I had indeed said that our event was Highland 2015 - World Orienteering Championships and Scottish 6 Days. The email was followed up a few weeks later with an opportunity to vote: "Dear Public Choice Award Nominee, Votes are now open! – we will be taking votes from now until the end of August and the winner will be announced at the ceremony on October 5th. Here is the link to the survey etc."

This is where you, dear reader, helped in a big way. The link was promoted on the SOA and British Orienteering websites and through social media, websites and local press including the widely read Nairnshire Telegraph, <http://www.gurnnurn.com/> and <http://www.insidemoray.com/> Special thanks go to Mike Rodgers for all his help on the latter outlets. The Royal Deeside



2017 Central Organising Team agreed that we could promote this event as well as send out the link via SIEntries. Thanks go to Simon Firth who carried out this task – we were sure that we were operating within the Data Protection Act.

Roll forward a month and the invitation to book a place at a table arrives – black tie event, Radisson Hotel Glasgow, one small sparkling drink included.

Richard Oxlade, Event Coordinator was first choice to collect the gong (if any) but put business in Malaysia in front of the dubious pleasure of sitting amongst several hundred potential award recipients from across the spectrum – light shows, penguins, music festivals, horse trials, modern art, worthy causes and other sports events were all in the mix with numerous categories of awards. £200 later I (and not Richard) with authority from the Scottish 6 Days Board was signed up to Warm tartlet of creamed leek and roasted smoked salmon, lemon and chive crème fraiche; Braised daube of beef topped with solferino of peppers, parsley mash potato, honey roast carrot and parsnip, sugar snap peas rich red wine sauce and warm chocolate fondant, puff candy ice cream and blueberry paint (yes, really). At £35 for the house red I stuck to eau du robinet.


The award ceremony was, if truth be told, quite a long drawn out affair, enlivened (?) with a Canadian comedian. There were some encouraging signs when a few of the other guests at my table were announced as winners and trod the red carpet. Highland 2015 was up against the World Gymnastics Championships and Swimming World Championships for the Sports Event of the Year. We received a Commendation (one of only a few that evening) but alas no

Oscar. The crowd (on their £35 bottles of wine) were starting to get fairly raucous but then came the big announcements of the evening.

Gymnastics was to take the Grand Prix but the PEOPLES CHOICE AWARD (the only one in BIG LETTERS) goes to... the Scottish Orienteering Association for Highland 2015 – World Orienteering Championships and Scottish 6 Days. Neil Brownlee, Head of Business Events at VisitScotland dished out the attractive Perspex trophy while the crowd clapped/cheered/booed as appropriate. This was a genuine surprise – I thought winners had some sort of advance notice so it really was a great night for orienteering.

My thank you speech was confined to friends on Facebook, but genuinely it was thanks to all of you (and all the rest who voted) for getting us this great accolade, and wider publicity for the sport as a whole.

The Highlands and Islands Tourism Awards, while not as successful, or as filling, receives full marks for entertainment value. Scottish Orienteering were finalists for last year's Highland 2015 orienteering. On this occasion another group of people clad in coloured lycra took the final honours - the Etape Loch Ness.

The 16 items mentioned on the menu fitted comfortably on a small side plate and unfortunately the chippie was closed by the time I got back to Nairn. Many thanks to fellow finalist Jennifer from Gordon Castle (Highland Games) and her boyfriend for the lift home. Highlight of the evening was the “ambassador of the year” award to monster watcher Steve Feltham, who gave a most amusing speech - living on the shores of Loch Ness for 25 years waiting to spot the monster would unhinge most folk. 

JUNIOR SQUAD NEWS

BY ELIZABETH FURNESS (MOR)

ScotJOS Lead Coach and Manager

Picture: Sally Lindsay, ESOC



Pictures: Wendy Carlyle, AIRE

Twenty three members of the squad were part of the Scotland teams taking part in the Junior Inter-Regional Championships (JIRCs) and Ward Junior Home International (JHI) over the past couple of months. They all did us proud, both on the courses and around the accommodation. At JIRCs we posted a comfortable margin in the scores after the individual day and went on to win the Boys relay competition and the overall competition – quite a trophy haul.

NOTABLE RESULTS:

- M14** 1st Matthew Gooch (MAROC),
3rd Peter Molloy (FVO), 4th Louis Macmillan (ECKO)
- M16** 1st Jake Chapman (MAROC),
3rd Alistair Chapman (MAROC), 6th Joe Wright (MAROC)
- M18** 1st Finlay Todd (INVOC)
- W14** 1st Megan Keith (INVOC), 2nd Lizzie Stansfield (FVO)
- W16** 4th Eilidh Campbell (MAROC)
- W18** 4th Clare Stansfield (FVO), 5th Lindsay Robertson (CLYDE)

BOYS' RELAY

(M16-M14-M18) 1st Jake Chapman, Matthew Gooch, Finlay Todd

Matthew Gooch was awarded the trophy for Best Individual Performance having won M14 on Saturday by 5 mins 25sec as well as his storming run in the relays.

Hard on the heels of this competition was the Junior European Cup (JEC) hosted by FVO at which four current and 3 ex squad members competed.

The 18s were Alex Carcas and Emma Wilson, plus Jake Chapman and Grace Molloy running up as 18s for experience. Thomas Wilson, Dan Stansfield and Jenny Ricketts were all competing in M/W20. It was a great weekend with a buzzing atmosphere and if you haven't seen Andrew Barr's drone video of the relay then it's worth



checking out (<http://www.scottish-orienteeing.org/jec2016>)


No rest for the many of the athletes (or me!) as we were then straight in to the JHI down near Newcastle. Again 23 of the squad were in action in the Scotland team with everyone putting their all in to both races – and the disco!; they were a credit to Scotland. We had some excellent results on what was a very physically tough and demanding area.

- W14** 1st Lizzie Stansfield (FVO)
- W16** 1st Grace Molloy (FVO)
- W18** 3rd Clare Stansfield (FVO)
- M14** 1st Peter Molloy (FVO)
2nd Matthew Gooch (MAROC)
3rd Daniel Campbell (MOR)
- M16** 3rd Jake Chapman (MAROC)
- M18** 1st Finlay Todd (INVOC)

Despite a magnificent 1st place for boys followed by 5th, 7th and 10th, and nothing much between, and the girls coming home in 3rd, 4th, 5th and 7th, the final result meant that England were winners

of the Relay Day and Overall but only by 15 points. Next year...!

To show what an all-year-round sport we enjoy, there are three more weekends coming up for ScotJOS and other invited juniors before the end of the year. Nov 5/6 will be very special as we are joining in with MAROCs' exciting training weekend with guest coach and speaker, Thierry Gueorgiou – he of multiple world championship titles. At the beginning of December there is the annual weekend for M/ W16s at Hawkshead, organised by the Junior Regional Squads; a great mix of quality technical coaching and socialising with peers from across the UK. Finally the weekend after is the ScotJOS Development weekend; our GB Talent athletes will be away at a camp with that squad so a number of up and coming 12s and 14s will be invited to join us for the weekend in Pitlochry.

So, there will be lots to report next time. Until then, thank you to all the coaches and parents who give so much support to us. 

COACHING CORNER

BY JESS TULLIE (BASOC)

For this edition of Score, Jess Tullie reflects on her experience of clubs and coaching while in Sweden. She then goes through how this is being implemented as a trial in BASOC as part of Tuesday=O, 6:30pm

BASOC has, for a long time now, organised a weekly training night on Tuesdays throughout the year.

After my trip to Sweden this year we are trialling a change to the structure of the nights. To give a brief background to the changes before I explain them, I spent 3 months of spring living in Falun, Sweden. The main reason was for my personal orienteering improvement and enjoyment, however I'm always keen to learn things to help develop orienteering back in Scotland. I'm going to leave the details of the elite side of things for another day, but describe the pointers that have influenced our club training evenings.

A common theme in Sweden's orienteering clubs is having a weekly training night (although interestingly not always for the whole year), from their club hut. After meeting, they split off into small groups and do various coached exercises (juniors all learning and improving their orienteering whereas adults often do a running session). Once they've finished their training they use the club hut showers and saunas

before having dinner (heavily subsidised by the club). I really loved the social aspect of these evenings and it was always amazing to see the amount of kids running around the hut. Talking to some of the coaches, they spoke about how teaching young children in a familiar setting was perfect as they gradually grew more confident as their skills improved.

Back to Scotland and I wondered how we could pick out the best bits of what I had experienced yet also use our strengths too. I have to admit that I used to go to our Dark-O Tuesdays just to support them and rarely did I enjoy them (being afraid of the dark doesn't help!). Arriving in the dark, going for a run and getting back in the car and going home afterwards with barely seeing anybody. I am strongly of the opinion that we should ensure that the club is one that people want to be a part of.


What we have come up with is winter months being based from village halls (the closest we get to a club hut, although disappointingly no saunas...), with coaching and



Picture: Lynne Walker (BASOC)

Roger Scrutton and Moira Laws during the Coaching CPD day at The Hermitage in September 2016

soup. Now, we arrive at the hall, have a group introduction to the session, go out training and then back to the hall for some soup, debrief and general chat. This winter we are basing the 4 months from different halls, and each month has a different coaching focus. Within the month, the structure is the same; week 1: learn, week 2: practise, week 3: fun/group challenge, week 4: test (SI timed).

The first month has had the focus of 'aiming off'. I hoped that this would be a great way of increasing people's confidence in the dark, as well as being planned so that all abilities could learn and feel comfortable. So far so good, but I will see how the winter goes and update you all in the Spring!! 

ROYAL DEESIDE 2017

BY JON MUSGRAVE (MAROC)

Co-ordinator

The event preparations continue to move forward with much work going on behind the scenes from the Central Organising Committee that consists of 32 orienteers from Interlopers and MAROC.

One major advantage to having the 6-Day event based in Deeside is that it is home to a thriving club whose members know the landowners (having worked with some for 40 years!) and have many contacts with locals.

Planners now have draft maps, including summer vegetation, with planning teams having paid initial visits to their areas to start the long course-planning process. All of the areas are currently very dry - a similar summer in 2017 to this year would result in fantastic fast conditions underfoot. Access agreements are either in place or in the process of being finalised for all six days.

Car parking is arranged and plans are being made to improve access tracks and gateways where needed to ensure a smooth, swift flow of vehicles in and out of parking areas. Traffic plans are finalised and applications have been made

to Aberdeenshire Council for various restrictions (warning signs, temporary speed limits and even a one-way system).

The budget has been agreed by the Scottish Orienteering 6-Day Event Co. Ltd. and entry fees set, these involve an increase on last year but include free parking and/or free bus travel from Ballater to the events. The exact cost of many pieces remain unclear at present, but over the next couple of months these figures will be clarified as quotes for external costs are received and contracts agreed.


The camp site is progressing with an in-house team having taken on responsibility for the setting up and running of it – it will include toilets, hot showers and sinks for washing up etc. The site is superbly located next to the Ballater Games park and within easy walking distance of the event centre, shops, cafés and hotels of Ballater. Fortunately, all three major mobile phone networks have recently upgraded their networks and so all can offer 4G coverage in the village - communications moving from the 19th century to the 21st in one bound!

Local residents will be receiving information telling them of the event and how it



will impact them traffic-wise by the end of the year, and we are meeting with local business and community groups to let them know what is proposed and to discuss ways they can benefit from this major event in Deeside (and help us put on a better event!). Local media and newspapers are being kept informed of the event and the likely impact on the area – both positive (more visitors, increased tourist spend) and negative (more vehicles, some road restrictions). Food traders are being invited to attend and we hope that many of them will be locally based to ensure that, as much as possible, profit from the event flows into local businesses and communities.

Event entries will be going live on 1st December 2016 – who has the fastest finger and will get the prestigious number 1 entry?

More information about the Scottish 6 Days 2017 can be found at <http://www.scottish6days.com/2017>. 

BY MURRAY STRAIN (INT) & JON MUSGRAVE (MAROC)

This year the Senior Home Internationals were held in Newborough Forest, Anglesey – location of the 1995 & 2001 British Championships and various other major races since.

The Scottish team selected was the strongest we could assemble despite various call-offs and unavailables. The English team also looked pretty strong – they had managed to get a pretty good turn-out of their top runners so it was going to be a tough weekend.

Anyway, to cut to the chase - after a roller coaster of a campaign we came home from Wales with both the Individual and Overall SHI trophies - well done team!

It was a narrow victory in the end but that just makes it all the sweeter (1 point in 50!). 17 out of the 18 in the team scored points over the weekend (and Emma - the 18th - was right behind Claire in the individual and had a coin toss gone the other way could have been in a scoring relay team too) which just goes to show how important it is to have depth and to keep going, no matter how tough it feels - every place matters.

The terrain was forested sand-dunes with the added spice of a large ridge in the middle of the map with many large crags. There were also a few bits of bramble... okay, the brambles



Picture: Kirsten Strain, INT

were horrific in places and merely grim in others, but at least the map had been updated to show them (mostly) correctly, and the course planned to avoid the worst patches.

The individual and relay courses were planned by some sadist – 14.7km for M21, 10.5km for W21, 11.3km for M20 and 7.7km for W20 – enough to keep the best orienteers busy for a long time!

The eventual individual result was that Scotland won 3 classes (tying in W20) and were 2nd in the other, so led the overall scoring by 27 to England's 22.

The relay was again long courses (7.5km and 6.2km). The races developed in a fascinating way with plenty of changes in the lead teams and huge leaps

2016 SHI

and drops behind as runners struggled with the technical challenges of the intricate sand-dunes and the pressure of racing for their country.

However, the biggest challenge was undoubtedly at the end of the second leg the men's race – Doug T. had missed a control and so instead of being in 1st, 4th and 7th, the men were 3rd and 6th... not good enough to get sufficient points.

However, heroics from Spongey (injured the previous day and not planning to run) and Murray meant we ended up with 2nd and 4th – just enough points – phew! The women likewise kept in touch (apart from the stacked English team) and finished 2nd and 5th. The relay scores ended up being England 27, Scotland 23... a victory margin that was close, but sufficient ;-)

It would be difficult to pick out the performances of the weekend for fear of offending someone by missing them out, but here goes anyway:


- Spongey, for his resurrection

from the dead to push GG all the way in the relay.

- Jenny and Sasha for their 20 individual wins.
- Claire and Emma for answering their Nation's call and stepping from W18 to some of the longest W20 & SHI relay courses I can remember. Great work!
- Jamie, for the fastest 2nd leg despite thinking he had no one to hand over to.
- Sasha, again, for (a) not recognising Kris Jones in the individual and trying to burn him off, then (b) pushing the same KJ all the way in the relay.

Also, many thanks to all the team for being such an easy group to work with - turning up on time, answering queries and just generally getting on with the job.

Finally, thanks also to Hollie for doing all the pre-weekend co-ordination despite not competing herself.

Results can be found here:
<http://deeside-orienteeing-club.org.uk/results/Results.htm> 

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 By phone: 01479 861374 (has an answerphone)

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

Thank you

AN INTERVIEW WITH...

BRIAN PORTEOUS, IOF President



Picture: WOC

Brian at VIP-race

BRIAN Porteous of FVO and former Scottish Orienteering President has retired as IOF President after 4 years in the post and a total of 14 years in senior IOF positions. At his final IOF General Assembly, he was honoured with the award of an IOF Gold Pin, and has been elected as the third IOF Honorary Life President.

Brian, I've been looking back at an interview with Caroline Povey at BOF prior to your election as IOF President in 2012 and you talked a lot about opportunities in regions and development. This is an important issue for SOA, albeit on a much smaller scale. Do you have any advice for us on moving forward with development in Scotland?

Scottish orienteering has much to teach the rest of the world about

the development of the sport and as President of the IOF, I was always proud of the Scottish track record. The way in which SOA has used the power of a major event - the Scottish Six Day - as the driver for development is a lesson others should copy. Not only has the Six Day provided finance but, critically, it has made it possible to produce maps where there were not too many orienteers and this in turn has stimulated clubs to start. I think therefore that Scotland does not need too much advice except to continue to do more of the same by developing strong clubs and staging events of all levels from local to international.

In the UK we bemoan the fact that orienteering receives very little exposure in the various media. In IOF you have been instrumental in improving its exposure via television. Do you think better exposure is something that we will ever achieve here in the UK? Where should we focus our efforts?

The IOF may well be the key here. This year's WOC TV was 'sold' in various forms to over 60 countries and territories and we now have contact with Eurosport which might mean that the WOC and World Cups could be seen in the UK in future years. Tom Hollowell the IOF CEO is certainly

working to try to get orienteering broadcast in the UK, Germany and France as these are very important markets. Ultimately though I believe that it is our Olympic ambitions which will secure much more widespread coverage – the IOF is working hard to get orienteering into the winter or summer Games and achievement of that objective will change the broadcast landscape at a stroke. In the meantime, there is much to be said for WebTV and perhaps Scottish and British Orienteering might look to ways of delivering low cost web based content and continuing to improve arena presentation so that increasingly it can be seen that we have a sport worthy of inclusion in the Olympic Games. All levels of media coverage are useful and local press and radio can be especially helpful. If each club had an active press officer regularly feeding stories and pictures into the local papers they would certainly use the material produced. We still have the habit of being the best kept sporting secret around!

As you will know well, GB has been edging closer to achieving podium positions at international events on a regular basis. Now that you no longer have to exercise



Picture: Forbes Gazette

complete impartiality, what pathway would you suggest the GB talent and performance programme follows to make the breakthrough?

GB is doing outstandingly well considering the very limited resources available and it really is disgraceful that no support is forthcoming from UK Sport! In my 'day job' as a management consultant, I have advised regularly on pathway development – not least for Irish Rugby! To answer your question fully would require much more space than is available here and the last thing I want to do is over simplify the performance process. The key is probably making sure that all parts of the process are well-resourced and joined up. This means that recruitment (into elite programmes), coaching (technical and physical), support services like sports medicine, > >

Brian Porteous

AN INTERVIEW WITH...



Mr & Mrs Adam with
Brian Porteous

Picture: Forbes Gazette

physiological advice and sports psychology, lifestyle management, financial support for athletes and coaches, overseas training and competition all need investment. This is exactly what is happening in the Olympic sports, and orienteering, because of the success already achieved, deserves better support. Successful sports make sure that each step in the pathway is clear and resourced.

How far away do you think we are from seeing orienteering in the Commonwealth Games, in which Scotland could compete as a separate country? How can we work towards this?

This objective would be very difficult to realise – even more difficult than to get orienteering into the Olympic Games. In theory, it is possible because cities choose more of the sports than in the Olympics, but no city bidding for a Commonwealth Games would win many points for including orienteering when the

sport is especially weak or non-existent in many African and the Caribbean nations which dominate in Commonwealth Games circles. The IOF is working hard to change and to grow the sport in these areas but it will take many years.

You are a long-time member of Forth Valley Orienteers. Now that your IOF work has finished will we see more of you at events, participating or volunteering? Are there things you would still like to achieve in orienteering?

I am very proud to have been a founding member of FVO and I would like to get involved more but I have two problems. The first is that 50 years of orienteering (yes I went orienteering at Falkirk High School first in 1967 and then attended my first Scottish Schools Championships in 1968) have taken their toll on my knees and presently I can cycle but I cannot run. Secondly, I am completing my training to be an Ordained Local Minister in the Church of Scotland which means that Sundays are rather busy! I am working to solve the first problem (or to take MTBO more seriously!) and I hope that I may be able to get to more events in 2017 – maybe even the Six Day.

Brian, thank you very much and best wishes for the future.

INTRODUCING...

Picture: Sally Lindsay (ESOC)



Rona Lindsay,


SOA Regional Development Officer Central/South

THERE have been a few changes in the SOA over the last few months, including the creation of my position. Over the next 2 years I'll work in Central/South Scotland, with Johannes Peterson as my Northern counterpart, on the development of orienteering in Scotland. We are very much a team and want to be available for clubs to contact; anyone can get in touch with either of us and we will do our best to help you, or put you in touch with the right people.

My first orienteering experience was in June 2002, when I went to a local event in Princes Street Gardens with my family. It was part of National Orienteering Week, a drive to publicise orienteering. For my family this event, combined with some friendly follow-up work to welcome us into the club, did its job. We have all been orienteering ever since and it's great that we can do it together. Sport was never something I'd enjoyed much - PE was one of my least favourite subjects at school - but orienteering was different. You had to do something when you were running, so much so that you don't always realise how far you've run or how long you've been out for. It changes every time and there's always a new place to run, a new mistake to make.

I was lucky enough to get into

ScotJOS and I was in the GB squad for a bit, competing and training all over the UK and Europe. Last year I graduated from Edinburgh University with a Genetics degree, having spent 4 great years in the orienteering club (EUOC). I started coaching while at uni and was also involved in some development for EUOC. More recently I have started junior coaching with JROS and ScotJOS.

I have now been working as a Regional Development Officer for just over a month and I've barely even started. The thing with development is that it's a slow burner and takes time. Whatever you put in now, the results may not be seen for months, or even years. That's not to say I've been doing nothing; I've been really busy meeting lots of people from within orienteering and sportscotland and I've had to learn a lot in a short period of time. I have attended a few club committee meetings so far and I'm looking forward to meeting the rest of the clubs I cover in the near future. I'd like to see more people enjoying our sport; I am passionate about getting orienteering out there and changing some of the negative perceptions of it. There are a lot of great ideas floating around so I'm excited to be able to try them out and see where we can get to. Watch this space! 

SOL 2016 REVIEW AND RESULTS

BY TREVOR HOEY (FVO)
SOL Scores Coordinator

Another year of high quality events across Scotland produced some close finishes in the Compass Point SOL series.

The series started in the steep forest at Elibank and the mostly open hillsides of Culteuchar and Dron in the spring, before moving to re-visit the 2015 World Championships long distance terrain of Glen Affric. Due to access issues, the planned SOL4 event had to be cancelled so SOL4 was re-allocated to the Scottish Championships at Balmoral,

leading to a larger number of runners than normal for SOL events. The age class-course combinations for the Scottish Champs are different from those used for the SOL series, so the scoring had to be adjusted as a result. For each age class, scores were calculated using the normal formula so the age class tables include SOL4, but some classes have to be omitted from the tables arranged by course. The three autumn races were all parts of weekends – Uath Lochans following from

middle distance and sprint events on the Saturday, Fairy Knowe and Doon Hill as part of the Junior European Cup weekend hosted by FVO and CLYDE, and finally Culbin with middle distance and junior relays on the Saturday.

The numbers of competitors in 2016 show significant increases in all courses except Black, which was inflated in 2014 and 2015 by WOC preparations. The number of unique runs (excluding dnf, retired etc) at 2640 is the highest over the past 8 years.

Number of runners	2009	2010	2011	2012	2013	2014	2015	2016
Black	52	84	41	50	37	101	104	54
Brown	69	82	66	64	70	149	95	105
Short Brown	111	128	91	106	90	116	89	107
Blue	162	179	138	144	157	172	148	173
Short Blue	127	133	94	87	117	116	113	141
Green	140	123	111	110	118	146	125	167
Short Green	73	59	70	59	65	91	95	111
Light Green	86	50	73	75	73	85	80	100
Orange	60	47	75	59	72	71	78	108
Yellow	55	50	74	53	44	41	41	85
White	59	43	73	34	35	31	53	67
TOTAL number of runners	994	978	906	841	878	1119	1050	1346
Number of unique runs	2351	1897	2347	1802	2091	2428	2495	2640
Mean number of SOLs per runner	2.4	1.9	2.6	2.1	2.4	2.2	2.4	2.0

Table 1: Number of competitors scoring points in SOL races (dnf, mispunches not included) are included. Runners scoring points on more than one course are included in both courses. Total for 2016 includes SOL4 (Scottish Champs) runners who ran different courses at SOL4 from the normal SOL course.



Blue course (at left) at SOL6, showing diverse route choices, and few pieces of forest un-trodden on in the tricky thick forest. Part of the Orange course (above) at SOL2.

SOL 2017

5th March	Mugdock CP (CLYDE)
2nd April	Trossachs (FVO)
23rd April	Drumlanrig (SOLWAY)
14th May	Glen Nant (ECKO)
24th Sept	tbc (BASOC)
15th Oct	tbc (GRAMP)
29th Oct	tbc (INT)

The FVO race is part of the 'Double Dukes' weekend with a middle distance race on the Saturday and hopefully the Dark Thistle night race on the Friday evening. BASOC's event will also play host to the Veteran Home International individual race.


The series will, as always, make use of some of our

best terrain at optimum time of the year.

New and updated maps are in preparation, and the return to the Trossachs gets us back to the classic Scottish area – technically difficult with no paths, great views, and a real challenge on the TD5 courses in preparation for the spring season with the JK, British

Champs (Lake District, so not too far to travel) and Scottish Champs.

The SOL series relies on mappers, planners, organisers, controllers and many on-the-day volunteers.

Thanks to everyone involved in 2016 in any capacity, and good luck to all the event officials for 2017. 

SOL event details and results can be found at <http://www.scottish-orienteering.org/sol>

BY ANDY PATERSON (CLYDE)

Urban League Coordinator



THE Scottish Orienteering Urban League (SOUL) series celebrated its 5th year in some style, with long-term sponsors bto solitators announcing a further 2-year extension to their sponsorship of the league taking our partnership up to 2018. bto have offices based in Glasgow and Edinburgh. For more information see www.bto.co.uk.

The series this year made a welcome return to Edinburgh in January following a break for EUOC post Race the Castles, Where Laura Robertson and Jonny Crickmore gave us fair warning of their intentions for 2016 in the open classes.

We stayed in the East for Race 2 with the Scottish Sprint O champs at South Queensferry, where the option of running through the Forth Road Bridge was taken by many. Race 3 at Paisley eventually went ahead on a different date due to access issues with the University, but by all accounts the new GG map was worth it. Race 4 took us to a new (for most) area of Livingston, an area which just keeps delivering surprises, this time with some great long legs.

Our first trip up north for the year came in race 5 at Aberdeen (Westhill) in

2016 Results	Women	Men
Young Junior (12-)	Maja Robertson (ESOC)	Finlay Raynor (INVOC)
Junior (16-)	Rachel Brown (ESOC)	Alasdair Raynor (INVOC)
Open	Laura Robertson (ESOC)	Jonny Crickmore (EUOC)
Veteran (40+)	Rachel Kirkland (INT)	Jon Hollingdale (MOR)
Super Veteran (55+)	Lindsey Knox (RR)	Donald Petrie (CLYDE)
Ultra Veteran (65+)	Sheila Strain (ELO)	Phil Smithard (KFO)

June on another new map. Unseasonably wet weather tested the ability to plan ahead, with more long legs to force the brain into action. We then headed to Falkirk/Grangemouth for Sprint Scotland, a definite highlight of the year for sprint orienteers, with 4 training events and 3 races, two of which were SOUL races. Numbers were boosted by many overseas competitors taking advantage of a bit of O tourism to hone up their sprinting skills.

SOUL 8 at Kingussie was a sprint distance mixed race with urban and forest legs –

one of this writer's favourite types of event. It's a real skill to maintain focus when the terrain changes from forest to urban. And finally, back to Lanark and a more traditional urban race, this time in middle distance format.

9 unique races – 12 champions.


The 2016 prize giving, which as usual will have prizes for the top 3 in each category, will take place at the Edinburgh Big Weekend on Sat 21 Jan 2017. See you there!

Thanks to all the clubs, controllers and competitors who have contributed to all of the 2016 events.

hto SOUL Dates for 2017

21st January	EUOC – Edinburgh – Part of EUOC's Big Weekend
5th February	ESOC – West Edinburgh
19th February	MOR – Lossiemouth – Scottish Sprint Championships
14th May tbc	ECKO – Near Oban tbc
19th May tbc	ELO – East Lothian tbc
2nd August	Sprint Scotland – Ballater – Rest day of the Scottish 6-Day
20th August tbc	STAG – Near Glasgow tbc
23rd September	BASOC – Part of Highland Wolf Weekend
14th October tbc	INT – Part of INTrepid Weekend tbc
November	FVO – tbc
November	TINTO – tbc

Special congratulations this year to...

- Finlay and Alasdair Raynor (INVOC) who travelled down to Lanark and won to secure their series wins in style.
- Sheila Strain who won WUV for the 4th year in a row!
- Rachel Kirkland who won this year by 1 point at the 5th attempt after being 4th, 3rd, 2nd and 2nd in the past 4 years!
- ESOC who have scooped 9 out of the 10 possible WYJ and WJ titles since the league began. With Maja Robertson and Rachel Brown continuing a 4 year winning streak. 

New Era for SOUL Series

As you may know after 5 years of coordinating the SOUL series from its inception in 2012 as a regional offshoot of the NOPESPORT (now UKUL) urban league, current SOUL coordinator Andy Paterson (CLYDE) hands over the reins to Pat Squire (INT).

Event details and results are available at the SOUL website: <http://www.scottish-orienteeing.org/soul>.

WORLD CLASS WEEKEND

BY JON MUSGRAVE (MAROC)

World-Class Weekend with Thierry Gueorgiou

MAROC club were fortunate to share a weekend of instruction & racing with World Champion Thierry Gueorgiou over the 5th and 6th of November. Thierry met with approximately 60 MAROC & ScotJOS members for the training sessions, with ten to fifteen additional orienteers from other clubs attending the evening potluck & presentation.

Once Thierry had agreed to come he planned all of the training exercises with provided maps - two sessions on Saturday and a short warm-up type exercise on Sunday. Saturday morning was a pairs exercise with forked courses in Cambus O'May, with the option of contour only maps. Saturday afternoon was based on Muir of Dinnet near the Cambus O'May Hotel, a multi-discipline course that started with a corridor, moved to a "follow the contour" section, contour only, blank map bearings, and finished with a short control pick course through some of the nicest woodland in the area.

Sunday morning was based on the small contour rich area south of the A93 near Cambus footbridge - a choice of control pick, corridor or bearings -

based on what was weakest the previous day (always work on weaknesses in technical training).

The exercises were all challenging and appreciated by the orienteers who took part. Many thanks to Thierry for accepting the invitation to Deeside and for his efforts in preparing a fantastic weekend of learning for all.

Thanks to MAROC for contributing generously towards the weekend costs and to SOA for helping with a grant from the Development fund.

Some of the participants share their thoughts:

Thierry G - what an orienteer this man is, 19 World Champs medals to his name won in 12 of 14 consecutive World Championships. When there is the opportunity to hear him speak, there was no choice about what to do that evening - drive 90 minutes to Aboyne for this (and 120 minutes home due to snow on the Lecht!).

What was the talk like? The word everyone used was 'inspirational'; he talked to an audience of mixed ages and experience for 90 minutes and no one fidgeted or started to show lack of concentration. He had prepared a talk relevant to



Picture: Pat Graham (MAROC)

the majority of his audience, the MAROC & ScotJOS juniors, but we all took something from it.

- Motivation: you have to be motivated to achieve what you aim for. It is all very well deciding what you want to be, do you actually have the motivation and commitment to do it? The mock up picture of a schoolboy Thierry beating Petter Thoresen was a very strong image.
- Be prepared to change what you do; if you are not succeeding with your present plan then analyse it, look for weaknesses and change.
- Break down of training: if you want to be a better orienteer, then spend more of your training time practising orienteering.
- Have someone you can talk to, seek advice from, is prepared to guide you, who believes in you. Thierry had his Dad.
- Enjoy what you are doing.

Lynne Walker & Paul Frost

It was a fantastic opportunity to have a multiple world champion become a temporary member of our club for the weekend: preparing then delivering training and coaching, eating supper then educating and inspiring us with his fascinating technical talk and dare-to-dream journey, only to pitch up the follow day and race in the same forest as us. Although it was only for a few seconds, I can now say that I raced alongside Thierry G, or at least was present in the same forest as him.



Picture: Pat Graham (MAROC)

And then to top it off, he sheltered in a crowded gazebo, drank soup and ate home bakes whilst chatting about the things we talk to our regular club members and friends about after a race, like route choice and techniques we used – no talk of any errors from Thierry though! My abiding memory? Thierry standing beside Grant,



Picture: Pat Graham (MAROC)

just the two of them, and Thierry casually chatting about Grant's course, the map, the forest, how it went – inspiring. What other sports could this happen in?

Let's not forget that the weekend did not happen by accident – a big congratulations to Big Jon for making it all happen.

Andrew McMurtrie

I really enjoyed the weekend and the training was, unsurprisingly, some of the highest quality I've ever run. Given the grotty weather I think Thierry's involvement did a lot to keep the group spirits high. It's easier to want to be the next 'world champion of training' when the current one overtakes you in the forest.

James (M18)

Thierry was inspirational in so many ways and it was a privilege to be involved with the weekend as a coach. It was great to see all the athletes make the most of everything he planned, including the use

he made of a relatively small area for the training exercises on Sunday morning and talking to him afterwards about how what they had practised would translate into racing in competitions. I have no doubt there were a few dream goals made after this fabulous weekend.

Elizabeth Furness

The whole weekend was quite inspiring. Thierry was very generous about revealing his philosophies and techniques that has made him world champion 11 times. He liberally illustrated his talk with bits of film, photos, maps and diagrams; it certainly gave me lots of ideas for my own performance and for coaching.

Ross (Coach)

Thierry's talk was extremely interesting and has certainly given me a lot to think about! I really enjoyed it and am looking forward to the final [ScotJOS] weekend in Pitlochry.

Peter (M14) 

OL KUFSTEIN VISIT AND THE SOLWAY SUMMER O-FEST

BY TIM O'DONOGHUE & DAVE MCQUILLEN

It started very simply – an email arrived from a small Austrian orienteering club, OL Kufstein, asking if there would be some orienteering training opportunities during a proposed summer holiday in Scotland. A local couple had emigrated to Austria some years ago and Lucy had taken up orienteering while there. Now a club trip to Scotland was being considered and their hope was to find some orienteering in August in her family's home territory based at Kippford.

Committee meetings, appointed co-ordinators, and exchanges of emails resulted in 'some training opportunities' growing into something greater – the challenge of staging a mini-orienteering festival in the middle of summer sounded like it could be fun. With both clubs realising that we really were serious about this, flights and accommodation were booked, and volunteer officials arranged for each of the events. We now had an ambitious plan to run four competitions, two training sessions and two social events over five weekdays including a rest day.

Reality started to intrude in May and June as the warm spring hastened vegetation growth and initial checks of one area showed it to be too overgrown for realistic use while bracken prompted revisions to early armchair plans for other areas. We had decided to limit publicity about the week so as not to overload each event team and



compromise the tight logistical schedule. Invitations were sent only to members and friends of Solway and our neighbouring clubs. Pre-entry was required as we intended to subsidise pre-printed maps for all the activities. Details were placed on the club website with unexpected consequences.

So what happened?

Day 1 - Monday afternoon our Austrian visitors, a lovely group of families and individuals, were presented with a challenging introduction to orienteering in South West Scotland in a sunlit Dalbeattie Town Wood. Our visitors adapted well to the terrain although one less experienced runner did return via the centre of town, arriving just as we were thinking about forming a search party.

The first surprise was the appearance of a family who had seen the event on the website while driving up to the area for a holiday. They arrived without O gear and asked if they might join in. We were dubious about whether they had sufficient skill to tackle the TD5 courses until one introduced herself as Megan Carter-Davies.

OLK runners confer

Megan then proceeded to win every race she entered.

Monday's introductory social evening was a pizza night with salads, side dishes and desserts supplied by members and went with a swing. An energetic and enthusiastic game of O-Twister played by the juniors of both clubs set the tone for an excellent evening.

Day 2 - On Tuesday morning we moved north to Drumlanrig. We held a simple training session in the morning where two long line courses with SI-units had been set, one for juniors and one for seniors. It was interesting to see that controls on the junior course placed in visible locations but off the senior line proved to be highly attractive for some competitors.

After lunch, there was a 60-minute Score event with Orange and Yellow courses for juniors. Varying tariffs for certain controls and their extensive spread in both the open and forested areas created loads of options for routes. There were big smiles from competitors at the finish once they got their breath back. Some had been so absorbed by the navigation that they were unaware of how many of the higher value controls they had visited.

Day 3 - After the rest day on Wednesday, our visitors were able to walk to the assembly at Mark Hill. First up was a training session with a focus on compass, pacing and relocation with parts of the map blanked out and a novelty Raupe (Caterpillar) course was set for the

younger juniors. Once people had recovered from the training it was straight into the competition with a choice of good quality Blue, Green, Orange and Yellow courses as at Dalbeattie but with significantly more climb.

The second surprise for some people on their runs was to encounter a television cameraman and reporter in the forest. ITV Border had heard of the week of orienteering and they arrived at eleven and stayed with us all day, interviewing and filming people in the forest. They were delighted with the bonus of being able to interview a British world champion as well as the Austrian visitors. Hours of filming were edited down to about six minutes for broadcast on ITV's Border Life.

After rapid control collection, we all rushed off to one of the pubs in Kippford for supper and refreshments. It is rumoured that some of our visitors enjoyed the opportunity to sample a number of Scottish malts at the end of the evening.

Day 4 - All too soon we were assembled on Friday morning for a Sudok-O mass-start team event at Corncockle & Spedlin's Flow near Lochmaben. The competition was inspired by the one on Cairngorm at the Volunteers Weekend earlier in the year. Each person in the teams of 3 had to get 9 controls with codes finishing in the digits 1 to 9 and between them each team had to visit all the 27 controls. >>



Tim O'Donoghue offers advice to young runners

Picture: Solway OC

OL KUFSTEIN VISIT AND THE SOLWAY SUMMER O-FEST

The difference being that teams were given just ten minutes to work out who would do which controls before the start was signalled by an Austrian cow-bell. Tailoring the courses to the abilities and speed of team members certainly got people thinking and was a wonderful way of involving everyone and making good use of the area.

The day closed with brief speeches and the prize giving for the whole week. Our Chairman devised novel ways of making sure everyone won one of the specially designed commemorative 'Giraffe' neck tubes, which can be seen in the group picture. So, apart from some course winners we also had prizes for achievements like, 'nearest to the average time'; 'most active control collector from an English club'; and everyone's favourite, 'only non-starter on Day 1'.


After their return to Austria Lucy commented on Facebook, "OLK had a fab week and they are all raving about the events, the welcome and the prizes!! We hope you enjoy the schnapps and we all appreciated the little Austrian touches throughout the events!" Writing this two months on, we are looking back on what was an amazing experience and a great success. We took on a substantial



Picture: Solway OC

task for a small club and delivered the whole week only through significant contributions from the officials, by people working together and by many others assisting when needed, not least of which was collecting controls each day. It was hectic and tiring but fun and we've made a lot of new friends. We are now looking forward to a return visit to Austria sometime soon.

We are still looking forward to trying the schnapps at our New Year event!

Footnote: Planning of the week involved extra challenges, not least of which was allocation of the limited equipment available and making sure it was in the right place at the right time. Contact the club if you'd like to run something similar and would like some details. 

Solway & OLK at the end of a successful week

Additional photos can be found at Solway Orienteers' photo gallery

<https://www.flickr.com/photos/solwayorienteers/sets/>,

and their ITV feature found at

<http://www.itv.com/news/border/update/2016-10-22/watch-border-life-online-21-10-2016/>

BY STEVE WILSON (CLYDE/JOK)

Driving home from the recent Moray Mix it occurred to me that this weekend represented just about everything that is great about Scottish orienteering. This very popular and successful weekend, which also incorporated the annual Junior Inter-Area competition, consisted of two days of high-quality racing around well-planned courses on one of the best areas in the UK, namely Culbin Forest.

Saturday saw large numbers of juniors of all ages from across Scotland taking part in the Inter-Area relays. Relatively short and easy courses suitable for all abilities led to some fast and furious racing, with the West Area ultimately dominating the podia, but only a handful of points ahead of North Area overall. The courses were planned with a run-through near the end, and drew a large crowd of spectators. Non-juniors enjoyed a range of middle distance courses in some glorious technical, but runnable, terrain.

Afterwards most of the juniors and their families enjoyed a very convivial evening at Inverness Youth Hostel, reminding me of what nice people almost all orienteers are almost all of the time!

Sunday was the final Scottish Orienteering League (SOL) event of the year with many League titles still at stake and the juniors' performances also counting towards the Inter-Area competition. The classic distance courses were generally on the long side, but I



Picture: Steve Wilson CLYDE/JOK

West Juniors celebrate their success

didn't hear anyone complaining about spending extra time in such great terrain, and, when the dust eventually settled, it turned out that the West Area had just done enough to hold off a strong performance by the North Area to claim the overall title. Personally, I had probably my best run of the year but (as usual), after leading for much of the season, I lost the overall SOL title to a better orienteer collecting their fourth scoring run.

Perhaps we sometimes take for granted our access to top quality areas and the extra level of competition provided by the season-long SOL, not to mention the behind-the-scenes efforts of all the volunteers who make the events happen and, of course, all those involved in all the many and varied logistical arrangements for the Inter-Area competition, the success of which will hopefully play a part in helping to ensure the vibrancy of the sport we love in the years ahead. The Moray Mix weekend made me appreciate all of these things just a little bit more. 

Some personal musings on orienteering.

I tweet about both orienteering and non-orienteering matters as @S_K_Wilson.

The views expressed here are the author's own and not those of either SOA or SCORE.

COMPASSSPORT TROPHY 2016

CLYDE's CompassSport Journey

BY STEVE WILSON CLYDE Club Captain

FOR me, CLYDE's road to a best-ever second place at this year's CompassSport Trophy final in Sheffield began a year earlier when, after a big club effort, we narrowly missed out on the podium with a pleasing but frustrating 4th place at the final in the Lake District.

We'd done well, but I couldn't help feeling that we'd just fallen short of what we could have achieved: small clubs like CLYDE don't have the strength in depth to cover for key absences and one or two unavailable runners probably cost us a place on the podium.

Looking ahead to 2016, I could see that a couple of key changes in age classes would give us a much better spread across the different courses and – just as importantly – the venue for the final wasn't prohibitively far from Glasgow.

It was relatively easy to get most of our stalwarts (plus a couple of new people) to turn out at the Scottish qualifying round at Stirling University in March, and we won easily despite a careless mis-punch by the Club Captain.

Then began a long campaign of persuasion (involving many emails) to get our strongest possible team out for the final. As always, some signed up immediately while others equivocated to the last minute, but undoubtedly the commitment of our

World Championship runner (Ali McLeod) to the cause was a huge boost. Luckily (for me, if not for them) my parents generously offered to host the team at their house in Yorkshire on the Saturday night, and in the end they fed and housed 18 CLYDE members (most of whom had travelled in the CLYDE mini-bus, others of whom travelled down independently after the FRA relays), a task involving moving my sister and her young family (who had – with remarkably poor timing – sold their house the previous week and so were living with my parents) into a nearby Bed and Breakfast for the weekend!

In the end, we got just about our best team (comprising 28 runners) to the final, and, apart from one missed start time and the temporary disqualification of Ali McLeod when he was in the place one of the controls should have been but wasn't, things went pretty smoothly on the day. A second place overall behind worthy winners INT was the best result we could have possibly achieved, making all the pre-race efforts worthwhile.

Next year our distribution of runners across the age classes doesn't look quite so good, and, especially with the final being held in Devon, we might decide to focus our energies elsewhere (Harvester Trophy, perhaps?) before (hopefully) coming back strong in 2018.

The best little orienteering club in Britain

BY GRAEME ACKLAND Interlopers

THE CompassSport Trophy is Britain's National Club Competition for Small clubs, meaning those with less than 125 members. Scottish clubs have traditionally done well, with FVO dominating the competition between 2008 and 2014, before finally moving up to the large clubs. In 2015 SROC, from the English Lake district, took

the trophy on home terrain on a tiebreaker from Interlopers. This set the scene nicely for 2016.

To get to the final, clubs have to negotiate a qualifier, held this year at Stirling University. The competition has some curious rules: to reach the final clubs had to finish in the top four of the heat, except for INT who had to finish in

the top three. A strong Clyde team took a deserved victory, with RR in second. ECKO, TAY and SOLWAY battled it out for third place, with INT lagging behind, until very late in the day Interlopers got a full team home, and scrambled into third, allowing ECKO to take the final spot.

By tradition, the final is held >>

Forth Valley Orienteers

BY JON CROSS

BEING the holders of the 2015 Cup carries responsibility. FVO needed to stage a defence of our title in 2016. But the 2016 final was in Sheffield, not really a day trip from Stirling. And more than that, Sheffield is the backyard of South Yorkshire Orienteers. The mighty SYO, the most successful CompassSport Cup club of all with a total of twelve wins.

We worked hard to put together a strong team for the final to try and contend against SYO, against holders BOK, against fellow Scots ESOC, and against the other finalists. With well over sixty club members signed up to travel, we were one of the larger teams, but still neither we nor any other finalist could match the huge turnout from the home club – the final start list showed them with a mighty 98 entrants, including last minute signing of new Sheffield resident, GB star Cat Taylor.

The Cup requires clubs to score their best 25 runners (with no more than four from any one course). That's a lot and it makes turnout important – but nonetheless it is not all simply about numbers. It is about club spirit, about everyone understanding it is not just about the club stars turning up and performing, it is about a breadth of club members across the courses and age range all turning up and giving their best. And it is about everyone supporting one another, sharing knowledge and hints and tips and tactics, cheering one another down the run-in, recognising that every single performance matters.

That was what we asked for from our club members, and

that is what we got. Everyone gave it their all and tried right to the end. Our top stars performed. Our juniors shone. Our veterans excelled. Val Finch, ignoring doctor's orders to take on her course despite her recent knee replacement, set an example to admire. Our scoring runs came from people both expected and less expected. Of course, not everyone had the run they would have wished, but being a team is about the collective effort, and as many as a quarter of our runners produced their very best result of the past twelve months, with more than half of them having one of their top ranked races in that time.

To our delight and perhaps also our surprise, we found ourselves in the end clear winners and the recipients once again of the CompassSport Cup! A great day for us and an achievement of which we are very proud. Our successes in the 2015 and 2016 competitions have hugely exceeded our expectations and simply the process of trying to win has been fantastic for building the collective spirit in our club. (Being able to celebrate victory on the coach journey home is also good for that of course!).

Credit should go to SYO for organising a hugely enjoyable day's competition as well as for contending so strongly for the Cup – and we would like to pass on our thanks also to so many of the clubs (both Cup and Trophy) for their kind words and congratulations on the day.

The final is in Devon next year. Now that really is a challenge...

The best little orienteering club in Britain (continued)

in a bramble patch in England, and this year was the turn of SYO to host at Tankersley, an interesting post-industrial area of mining detail, bomb craters, and a zillion paths. Unfortunately for the holders, several top SROC runners were ill, and competition was re-joined between INT and CLYDE.

The rules require clubs to have

13 counters, at most two from each of 9 age classes, so demographics are key. CLYDE had the larger team, but INT had many strong runners, including three ex-WOC athletes – but none of them even counted. Instead, with no finishers over 55, the pressure falls on the youngest runners. With our internationalists an irrelevance,

the title rested on the performance of 13-year old Pippa Carcas and 11-year old Fiona Eades. The girls rose heroically to the task, fastest W14 and W12, sweeping Interlopers to a long-awaited victory. With half a dozen second places down the years, a trophy last won in 1996 was on its way back to Edinburgh!

EVENT NEWS

As always, Autumn has seen a full calendar of events both large and small, with some of them covered at length here in the pages of SCORE by organisers, coaches, and attendees.

EVENT dates and page space are two significant issues that dictate what is, and is not, covered here, but one other important determining factor is communication – SCORE aims to be inclusive of pieces that are submitted about club events, so please do send in a write-up about your club's event(s)!

INVOC's 3rd annual Vizienteering Run on the 2nd of November, sponsored by Run4It, raised the curtain on the Northern Night Cup series. Orienteers and non-orienteers donned their headlamps and running shoes to navigate the alleyways, streets & housing estates in the centre of Inverness. Results can be found at http://www.invoc.org.uk/results/2016/1102_Vizienteering/45_mins_course.html.

STAG opened their Dark in the Park series, which runs through the 16th of March, on the 1st of November, and hosted their 18th annual Parks Championships event on the 4th of December. Results &

details can be found at their website: <http://www.stag-orienteeing.co.uk/home/events/>

ESOC's Penicuik Weekend on the 5th and 6th of November started with an urban race on a brand new map which called for quick decision-making amongst the many pathways and courtyards of the Ladywood housing estate, and a change of pace for controls in the neighbouring woods.

On the Sunday, Penicuik Estate was the venue for the final event in this year's South of Scotland Orienteering League, incorporating the East of Scotland Championships. The varied terrain proved to be rough and steep in places, with the compensation of some glorious autumn colour around the estate.

Final results and further details can be found at <http://www.esoc.org.uk/results>.

AYROC hosted the 2016 Scottish Score Event at Palacerigg Country Park on the 27th of November. Results and further

information about the event, which used a map recently updated by Terry O'Brien, can be found at <http://www.ayroc.co.uk/>.

Moving on to ongoing and future events, following are just a few of the larger events, as well as some of the club holiday events open to all comers. Be sure to check club websites and facebook pages for updates on events, and check the BO fixtures list for a comprehensive list of events.

Northern Night Cup 2016/2017

INVOC, Moravian & BASOC club together to bring you the Northern Night Cup – bigger, better, and back for its second year!

- 6 awesome night events, 3 before Christmas and 3 after
- Generous sponsorship from Run4It & BrightBikeLights.com
- *Two* fab wee areas new to orienteering
- Indoor assembly, soup & hot drinks
- No fuss league scoring

- short, medium & long courses

- Great craic & end of season prize-giving party after final round at Forres Golf Course.

Full details at <http://www.orienteering.scot/northern-night-cup>

Deeside Night Cup 2016/2017

GRAMP & MAROC will make best use of the dark nights, with each week offering two courses, 3km and 5km, at TD5/Green standard as far as possible. No concessions to the dark.

There are lavish prizes for the best M/W Junior and Senior in each Cup and a host of frivolous prizes for things like the Toughest of the Tough for the most grueling courses and Best/Worst Mistake.

Seriously though, this is one of the most competitive leagues around and worth turning out for if only for the challenge of finding your way around areas you thought you knew pretty well until someone turned the lights out!

Full details at: <https://dncchat.wordpress.com/>

Tayside Christmas Score & Social Event at Drummond Castle, Sunday, 18th December 2016

Tayside are delighted to invite you to their Christmas Score event at Drummond Castle, by kind permission of Drummond Estates.

It will be a Local D, Score & Social event, with the option of lunch afterwards at the Crieff Golf Club at 1:30 p.m. There are changing facilities at the Club if you'd like to spruce yourself up beforehand! And if the prospect of a morning of orienteering at the estate that was the setting for Outlander's Versailles scenes doesn't entice, perhaps a lunch menu that includes Roast Sirloin of Beef & Chasseur Sauce will.

Further details at <http://www.taysideorienteers.org.uk/events/christmas-score-event>.

BASOC Festive Frolic, 27th December 2016

A chance to burn some of those calories you have consumed.

Church Wood

Type of event: Local Race-(D), Social, Tue=O

Type of terrain: Parkland,

Woodland

Further details at: <http://www.basoc.org.uk/events/festive-frolic-27-dec-2016>

ELO Festive Frolic, 31st December 2016

ELO's annual Festive Frolic will take place at Vogrie Country Park, which lies between Pathhead and Gorebridge, with (probably!) a mass start at 11 a.m.

The first Festive Frolic was in 1984, organized by Brian & Shena Porteous as an ad hoc event relay. As always, this event will be more than just orienteering! ELO always strive to keep the event interesting, fun and challenging by adding an extra twist, with puzzles to solve, questions to answer, and clues to work out in order to find the controls.

The café at Vogrie should be open so that folk can gather there and get something to eat whilst waiting for the prize-giving.

Further details at: <http://www.elo.org.uk/events/>

MAROC Level C at Glen O'Dee, 8th January 2017

MAROC are holding their first Level C event of 2017 at Glen O'Dee with >>

registration inside the Burnett Park Pavilion, Banchory on Sunday 8 January. This is always a very popular and well attended event to kick start the new year and shake off those holiday cobwebs! Banchory Schools Orienteering Club will be selling hot soup, tea, coffee and home bakes to help fund their trip to the World Schools Orienteering Championships in Sicily next April.

Further details at <http://www.marocscotland.org.uk/events/glen-o-dee-8-jan-2017>.

EUOC Big Weekend 21st & 22nd January 2017

Next year's EUOC Big Weekend will be on the weekend of the 20th - 22nd of January!

You can expect some top-quality races, from the fast and furious night sprint on Friday evening (part of the infamous FWTN league), to the intricate old-town streets of central Edinburgh on Saturday, and finally to the physically tough, but scenic and complex Arthur's Seat on Sunday. As usual, there will be courses for all ages and abilities, as well as a traditional Scottish ceilidh on Saturday evening to add to the already very popular orienteering weekend.

More information about the Big Weekend can be found at <https://euoc.wordpress.com/big-weekend/>.

STAG's Dark in the Park Series, picks up after the holidays on the 2nd of February, with their Score series beginning on the 1st of January, and their first Night Sprint on Saturday, the 11th of February. Further details of their events can be found at <http://www.stag-orienteering.co.uk/home/events/>.

MORAVIAN Double-header weekend – Level C Scottish Night Championships at Forres on the 18th February & Level C Sprint Championships at Lossiemouth, 19th February 2017

Moravian Orienteering Club will be hosting the Scottish Night and Scottish Sprint Champs on the weekend of the 19th & 20th of February. The Night event will be at the iconic Darnaway with an aim for an indoor assembly (unfortunately not in the Castle).

The Sprint Champs is also part of the SOUL and the UK Urban League and will be in Lossiemouth with the intention of having 2 races (no chasing starts) in different parts of the town (with both likely to have some element of cross-country as well as urban). We are still working on the logistics of the weekend and more will be revealed via www.moravianorienteering.com and our facebook page.

We look forward to welcoming

all comers from not only the SOA, but further afield as well.

CLYDE will host the first SOL of 2017 at Mugdock Country Park, 5th of March 2017.

Further details will be found at their website when finalized: <http://www.clydesideorienteers.org.uk/home/>.

KFO Compass Sport Cup Heat 1 at Tentsmuir Forest, 12 March 2017

The Scottish round of the CompassSport Cup/Trophy will take place in the northern part of Tentsmuir, a technically challenging area of forested land beside the Tay Estuary, with many small and intricately detailed sandy hills and ridges. Tentsmuir has a long history in orienteering, having seen the staging of championship events such as the 1978 British Individual (long distance) race, Scottish Individual and Relay events, as well as the 100th day of the Scottish 6-day event series (day 4 in 2009).

Following thinning in some blocks, a complete resurvey is being carried out by Deeside OLM, using a LIDAR base. Fast and navigationally demanding racing is anticipated and KFO looks forward very much to staging this event.

Further details will become available at <http://www.kfo.org>.

uk/ 

MORAY SCHOOLS EVENT

BY MIKE RODGERS (MOR)

On 6th October Moravian Orienteers hosted, in partnership with Moray Active Schools, their 8th annual Moray Schools Orienteering Festival.



Picture: Chris Spencer/www.activnorth.com

**Primary Girls 2-3-1,
Katie McLuckie, Alana
Coutts & Faith Kenyon**


ON a brilliantly sunny day more than 200 youngsters from 23 local schools joined an army of Moravian helpers, enthusiastic parents and the whole of the Moray Active Schools Team to witness what has been called one of the best events in its history.

The day began with the warmest of welcomes from Mr. Edge, Head of Senior School Gordonstoun. Superb racing -- and great outdoor learning for the less experienced -- ensued.

Winning the right to battle it out with schools across the rest of Scotland at the Scottish Schools Festival next June were Forres Academy, with the top two primary

schools Bishopmill (Elgin) and Kinloss. Both primary schools have benefited from the skills of local PE specialist Jenny Bichan who has featured orienteering in her PE classes for many years, resulting in a great many juniors taking up the sport outside of school.

The winning schools will benefit from the new sponsorship arrangement between Moray Schools and Inverness solicitors Innes & Mackay. The law firm in the Highland capital are laying on a 57-seater coach that will enable these top-performing schools to travel in leisure to the 2017 June Scottish Schools event. The cost has always been a barrier in previous years to Moray being represented at the SSOF, so Innes & Mackay have opened up a whole new opportunity for these schools who for many years have been enthusiastic participants in local orienteering events.

It will be a great experience for the winning students, and the first time that Moray will have been represented at the Scottish Schools. 

Full Report...

A report about the Moray schools event, including photos by ActivNorth, is on Moravian's website.

<http://www.moravianorienteering.org/events/gordonstoun-school-moray-schools-orienteering-festival-thu-06-oct-16>

Information about the Scottish Schools Orienteering Festival -- normally held on the first Friday in June -- will appear on the Scottish Schools Orienteering Association web site when event details are decided. <http://www.ssoa.org.uk/>

CULBIN JUNIOR RELAYS

BY TREVOR RICKETTS (MAROC)

Scottish Junior Inter Area Competition

The 29th annual Scottish Junior Inter Areas Competition was held at Culbin on 29th/30th October 2016, and was hosted by MORAVIANS with support from INVOC.

The Scottish clubs combine together to form 3 Area teams that compete for a trophy: North, comprising juniors from MAROC, GRAMP, INVOC, MORAVIANS and BASOC; West, made up of juniors from FVO, CLYDE, ECKO, AYROC, TINTO and SOLWAY, and East, taking its juniors from INT, ESOC, RR, TAY KFO and ELO.

The competition offers a similar experience to the Junior Inter Regional Championships, but for a broader range of juniors and it is far more inclusive: The courses on the 3 Relay legs are Orange, Yellow and Light Green, which enables any junior who can run a Yellow to participate and also includes juniors up to MW18 including some that have represented Scotland and GB. Team numbers are flexible allowing all that wish to, to take part, but in order to account for different-sized area teams, only two Open and two Girls Relay teams from each area count in the scoring, and in the individual event, scoring is based on the top two from each area in each class (one at MW18).

This year, the Relays took place at West Culbin in Moray. We enjoyed a bright, warm and sunny Autumn day and there was much excitement as everybody gathered for the start. For some juniors this was their first experience of a relay, and for some from smaller clubs this might be their only opportunity to be a part of a junior relay team. Many of the runners were dropping down a level from their A standard, and so



the pace was quick – under 5 mins/km for the winner of the Open 3rd leg, for example.

The path junction where the handovers took place has probably never been so noisy! The enthusiastic cheering was deafening at times especially when Naomi Lang and Grace Molloy came storming down the final slope battling it out for their respective teams, North and West.

West were able to field a more experienced team than either North or East this year, and with the exception of North's win in the Girls, West picked up all the relay medals with a clean sweep in the Open. This meant that they carried a substantial point lead over to the Individual day. The small, young East team had a difficult relay day, finishing 3rd.

After a very sociable evening spent at Inverness Youth Hostel it was off to Culbin East for the Individual competition as part of SOL 7. Again, the organisation and weather were good, and the contour detail challenging.

North and East both fared better in the Individual and North had clean sweeps in the W12 and M16 classes which helped them to win the Individual Day Trophy. However, it was not enough to rein in West, who held on to take the overall Inter Area Trophy.

Over the years the winning tally is: West: 6 East: 8 North: 14.

MEET THE SOA CLUBS

BY JANNE HEIKKINEN (AUOC)

AUOC: The Journey of a Small Orienteering Club

In the summer of 2013, the club was founded at the Aberdeen University Fresher's Sports fayre. The club had no affiliation with the Sports Union and thus the aim of the year was to show them that we could be an independently functioning club.

Luckily, we received aid and much needed help from local club GRAMPOC and SOA, which allowed us to buy the necessary equipment and to go to orienteering events.


We started off with only 2-3 core members in the first year. As we developed further, we managed to gain Sports Unions recognition as well as affiliate ourselves with SOA. Our membership numbers have increased and currently we are looking at roughly 10 core members. However, as university ends for some, it is a challenge to increase membership count on a year to year basis.

We train three times a week. Two sessions focus on endurance, speed and fitness, with one session focusing on orienteering. Our running sessions are based around Old Aberdeen and our orienteering training sessions are based around Aberdeenshire and even further! We aim to always use new areas and travel 2-3 times a month to an undiscovered forest. Whenever there is a big event, we always try to make it – especially championships.



Picture credit: Michaela Kollistnikova

The future of AUOC lies in the hands of its members. We are a student-led club and we aim to introduce orienteering to a wide range of people. The support and help we have received from our neighbouring clubs and from SOA have helped us gain in publicity and we hope that this connection will stay strong. Our ambition is to become more recognised year by year, gain more members and spread the word of orienteering within the University and eventually around Scotland!

With best orienteering wishes from Aberdeen University Orienteering Club (AUOC). 

2016 AUOC Members

JOHN COLLS AWARD

BY EWART SCOTT (ESOC)

The John Colls Award, Edinburgh Southern Orienteering Club

Many Scottish and indeed UK orienteers will remember John. I met John when I joined ESOC in 1969; we were on the ESOC committee for a fair bit of time together in the early seventies.


John was a very able fell runner, hill climber, mountain marathoner, orienteer, planner and controller and did all these to a high standard. His orienteering administration was also varied from ESOC President, SOA President to BOF vice-chairman and of course he was one of the driving forces behind Highland 77, the series better known now as Scottish 6-Days. John, Sheila, Stuart and David emigrated to Australia in the early eighties, but John never lost his love of ESOC and of Scottish orienteering.

Following my election as ESOC president, Eddie Harvey asked if the Club could honour John in some way. As a committee we felt since we had many performance trophies we should find some way to recognise a significant contribution to the Club not through competition. Sheila kindly permitted us to use John's name in this way and so the John Colls Award for services to the Club was established in 2015. Joint winners then were Ben Brown and Margaret Dalgleish; Ben for his outstanding



Picture: Ron Nolan (ESOC)

work using SI and computers at events, even being on the computing team at Highland 2015, and Margaret for her role as day co-ordinator at Highland 2015 where ESOC were the core of the COT.

At our recent prize giving the award for 2016 was presented to Janet Clark. Janet chairs our events sub-committee, and is on the East of Scotland Orienteering Association and does an incredible amount of orienteering work generally, as many of you will know. 

Ewart Scott with 2016 John Colls Award recipient Janet Clark and her grand-daughter Zoe

2016 JUNIOR EUROPEAN CUP



BY JASON INMAN (FVO)

Lead Organiser

The Junior European Cup is an international for M&W16 and 18-year-olds and is hosted by the 6 original nations who rotate responsibility. This competition sits separate to other IOF competitions and in doing so has the flexibility to enable the host country to present a high quality but low-cost 3-day international without being tied to IOF competition rules and regulations.

I hosted this competition in 2010 because it was GB's turn to host and no-one else stepped forward. In fact, it wasn't even on British Orienteering's major fixture list, so they were very reluctant to have anything to do with it. The SOA, at the time, took a similar approach so it was with trepidation that a band of Scottish volunteers hosted it in Tayside and Fife.

Thankfully, immediately post 2010 I ensured the event was registered with BO for our next turn – 2016 – and the SOA Board were sufficiently pleased with how the 2010 event had gone that I received strong support and encouragement from the SOA board to bid and host the 2016 event. As it happened, British Orienteering were again hiding their head under the carpet about the event and when I submitted an informal bid to host it again in Scotland and with the support of the SOA I didn't receive any

negatives from BO. I didn't receive any positives either!

And so, in 2015 my preparations for this international began in earnest. The first priority was to secure the date with the lead 6 nations (GBR, FRA, GER, NED, BEL, SUI) and other regular attendees. Once agreed, I then needed to seek accommodation for up to 150 people and accessibility to some sprint, long and relay areas. We had used a Scottish Outdoor Education Centre (Registered Charity) in 2010 and the Chief Exec, Dave Spence, was very supportive so, naturally, this was my first port of call. I had an idea to make use of the Dounans Centre in Aberfoyle and then look to host the events in close proximity to this over the weekend. Secured!

My next priority was to secure the volunteer support. Thankfully the key people that helped in 2010 had such a fun time they were more than happy

to volunteer again and having Louise Longhurst and Jon Cross on board gave me real confidence we'd be able to deliver once again. Other key folk came on board relatively easily and volunteer planners, organisers and controllers were signed up by the autumn. This was made easier by having the support of Clydeside Orienteers (Al Dunlop, Kate Thomas and Patrick Walder) who agreed to schedule their SOL on this weekend and host the JEC Long Distance courses as part of this.

Next job – permissions. FVO had agreed the use of Stirling University and South Achray well in advance (so far, in fact, that I was able to source grant funding to update both maps) so on I went to access permissions. The Uni was pretty straightforward. I thought the Forestry Commission would be the same. As it happened this enquiry simply initiated an 8-month drawn-out effort to gain access to use >>



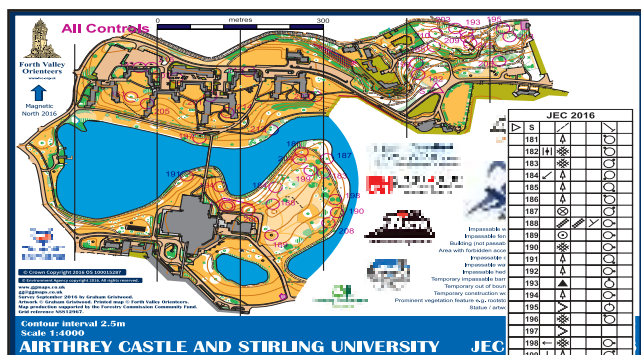
Swiss victory celebration

Picture: Crawford Lindsay, ESOC

2016 JUNIOR EUROPEAN CUP

the SSSI area of Fairy Knowe & Doon Hill. At first they placed a blanket ban on use of the whole sensitive area, but over time and with perseverance from a number of SOA representatives, we were able to show that orienteers would not, in all likelihood, be able to trample their fully grown oak trees and, once a dialogue was properly opened, it became clear that we'd very easily be able to plan around the small pockets of other sensitive areas they were concerned with. I am really pleased we all persisted with this as it was going to set a precedent for other access enquiries across the National Forest Estate in the future. I believe that the FC in Scotland now have a clearer idea about what orienteering involves thanks to the efforts of Roger Scrutton, Fiona Murray and Colin Matheson. So, we eventually received an informal "yes" and were able to progress (Let's not mention that I had to collect the official permission the day before the event!). But, not before Clyde, feeling the pressure of a large restrictive area, had decided to go ahead with extending the area to the north. This proved costly for them, but a bold undertaking, and I'm sure their costs in doing this will be recouped over the next decade, and a worthy extension to a quality area.

Paul Frost became the "go-to" man for the website which was linked from the SOA site and the



look and feel of this made a real difference to the professionalism of the whole event. I learnt a bit about social media and attempted to grow an online presence through use of the website, Twitter and Facebook. I've yet to really know how successful this was. It was certainly time consuming!

I then went out to the community to seek support for the event. The Aberfoyle Community were very welcoming and very pleased to host the Scottish Juniors in their village hall. Go-Ape, Loch Katrine Steamship and Tiso were very generous in providing prizes. Most generous was the Scottish 6 Days. I'd approached them about a potential prize of an entry to the next 6 days – Royal Deeside – for all podium (top 3) finishers, and they said yes! Imagine – no Brits won any podium prizes – so all 48 prizes were given to overseas competitors. Given their age, the likelihood of the athlete travelling to Royal Deeside with their

family or club and bringing adult fee-paying entrants was high. And then there was all the free publicity. Bonus!

As Lead Organiser, the last few months before JEC brought an immense workload – liaising with three days of officials, preparing the multi-page bulletins, ensuring the map printing was world class (we survived a real last-minute hitch here!), collating entries, preparing start lists, inviting nations for entries, collecting the monies, receipting etc etc.

Also, we'd factored in 150 as a maximum number of staff and athletes. In the end Louise and I decided to waive this and welcome all – so we saw lots of individual entries from Slovakia, Czech, USA and huge entries from Russia, Sweden, Norway, GBR and Switzerland – in the end we topped out at 200 people and Dounans was full to brimming! This gave Louise a damp forehead and logistical nightmare. We were nearly saved when team

GB decided the accommodation wasn't good enough for them. Latterly, they lowered their stupidly high standards and so we were back at 200.

But, in the end, having a packed-out centre worked really well. The kids had a sweaty JAM-packed disco on the last night, the dining hall and meeting rooms had a good buzz about them, and the atmosphere in the whole place and assembly areas were professional but fun.

All three races went extremely well thanks to the key volunteers and their open and positive attitudes. Graham Gristwood planned some exciting sprint courses at the Uni, and Jon Cross organised a small, beautiful finish arena with close proximity to toilets and indoor facilities, all ably controlled by Graeme Ackland. Roger Goddard put in some sterling early work planning and bracken bashing at South Achray for the relays and handed over to Ali McLeod after his WOC attendance so that he could concentrate on organising a brilliant arena immediately adjacent to Dounans Centre. Ted Finch, despite Delhi Belly on the day, did a grand job of ensuring all boxes were ticked. Kate Thomas was one of the earliest on board as event organiser for the Sunday SOL /JEC Long and the most perfectionist in her efforts. Patrick Walder had planned in 2010 and I was chuffed to have

him back on board to produce some more challenging courses, controlled and supported by Trevor Hoey.

Throughout the weekend old friend Chris Poole hosted the PA, Dave Coustick and Jon Marsden oversaw the radio controls, feedback to PA, and live results. Two of the hardest and longest-working were Robin and Sheila Strain – I never really appreciated how much goes into the preparation for a three-day international using SI-AIR (who sponsored us!), results, RouteGadget, start lists etc. When I reflect how many nights Robin and I emailed “night, night” to each other before retreating for a few hours, it brings an amused smile to my face.


And then there's the on-the-day helpers. This international couldn't have been such a huge success without the willingness and can-do attitude of hundreds of volunteers, mainly SOA members, who are already stretched by their local clubs' & regions' activities. It was amazing to see so many smiley faces at dawn set-ups and dusk take-downs, and how willing they were to do the craziest of tasks (roping across a waist-high river as an example ;-)). SEDS were out in good numbers. Clyde and FVO members were out in even greater numbers, and I am extremely grateful to both clubs for being so supportive.



GB and ScotJOS girls at JEC

In the end 18 Swiss athletes managed to absolutely trounce the 24-strong teams of Russia, GBR, Sweden and Norway and saw podium places in all races, won both relays (and came second in both too!) to secure overall victory against Sweden (2nd) and Norway (3rd). Great Britain managed a number of 4th places throughout the weekend, including overall. I was really pleased to see them fielding a full team and making the most of every race opportunity.

Special thanks go to my wife and family who have endured months of missed Dad opportunities whilst I was elsewhere – in a forest, office, spare room, or with the “other woman”. I'm looking forward to Christmas and catching up! I might have the accounts finalised by then ;-).

So. 2022 – Great Britain are expected to host this competition again. Around the first weekend in October. Somewhere that isn't heavily bracken-ed-up. Scotland seems like the perfect venue. Be afraid, be very afraid ;-)... 

TINTO TWIN

BY DICK CARMICHAEL (TINTO)

TINTO Chairman

TINTO ORIENTEERS was founded thirty years ago with core members The Carmichael family from ESOC, and The Young family from STAG. The belief then was that small active local clubs were best for the development of the sport and we would be the club for Clydesdale and South Lanarkshire. However, in 2016 we are down to only 5 active, and now aged, members as our families have grown and moved away and we have no university or even city or big town to support our membership aspirations.

At the founding meeting we decided on a signature event comprising a night and day orienteering event held within 24 hours with Tinto Twin trophies for the class winners. The weekend of November 12/13 2016 was thus our 29th annual event and planning duties fell (as off before) to Dick Carmichael for the night event in a little used corner of Carmichael Estate and Blair Young for the Urban day on the excellent map of Lanark town made by Ross McLennan. Organising duties were delivered by the entire membership, with friends of TINTO lending their vital support with soup, starts,

parking and timing support. In particular, 2016 controllers Ted Finch and John Biggar and results and timing from Robin Strain deserve particular thanks.

The night event at Carmichael Eastend was blessed with a very full moon and a very dark damp night, and competitors were, as always, challenged, with the simplification techniques required for accurate night O being tested to the full.

The SOUL event start was delayed until midday because of the Remembrance Sunday march in Lanark and a bigger start list assembled at the Lanark Lifestyles Centre for the middle-distance sprints. Once again, challenging courses produced close results with a total of 34 runners completing the two events and being eligible for the Tinto Twin trophies.


Prize-giving for the combined event was completely different from all our early years. All trophies for age groups under 40 in Men remained unclaimed and only W14 and W21 had winners in age groups under W45, with four couples on the podium for the over 65's! M/W60 had fewer competitors, with unchallenged victories, whilst M40, 45, 50 and 55 had close contests.



2016 TINTO Twin at Carmichael Estate

In some years the Tinto Twin, when combined with a SOL in Inshriach (for example) at the October clocks change weekend, has had up to 700 runners. However, in 2016 with a mid-November date matched by a Lake District forest O and a mountain marathon, the attraction of Night O and Urban O together was put to the test.

There will be a 30th TINTO TWIN on this same weekend in 2017 and a 31st TINTO TWIN in the spectacular sunny Troodos forest in Cyprus in the third week of October 2018. Thereafter who knows what happens when the average club member is aged 70!

Further information and full results can be found at <http://www.tintoorienters.org/home/results/twenty-ninth-tinto-twin-day-event-bto-soul-9/>. 

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COMMUNICATING WITH SOA MEMBERS

The SOA recently began offering a range of options for how members can receive news by email. The aim is to share information which is more tailored to member interests, as suggested in the Member Communications survey last year. As well as the quarterly SCORE magazine, we produce the following e-newsletters:

- **Weekly newsletter** (website news)
- **Monthly newsletter** (website and other news)
- **Coaching newsletter** (for those interested in coaching)

SOA members can specify which newsletters they want to receive by clicking 'Update subscription preferences' at the bottom of any e-newsletter received from us. It is sent from MailChimp, and clicking the link takes you directly to your own profile. Alternatively, you can email Sarah Hobbs, SOA Admin Assistant (sarah.hobbs@scottish-orienteering.org) with your preferences, and she will update this on your behalf.

See also the recent news item on the SOA website:
<http://www.scottish-orienteering.org/soa/page/email-newsletters>
HAPPY READING!



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