

SCORE

The Home of Scottish Orienteering

March 2016

INSIDE:

SOA News

Mountain Marathons

EVENT NEWS

Including
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from
**Australia, Belgium
and Portugal**

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magazine of the
**SCOTTISH ORIENTEERING
ASSOCIATION**



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Picture: Crawford Lindsay, ESOC



Picture: Rona Lindsay, ESOC



Picture: Crawford Lindsay, ESOC



Picture: Crawford Lindsay, ESOC



Picture: Crawford Lindsay, ESOC

EDITOR'S INTRO

Scottish Orienteers,

Hello again – hope you'll enjoy reading this issue of SCORE. As usual, it contains event news from Scotland and a preview of forthcoming attractions.

Other articles include a summary of the results from the recent SOA communications review, reports from three different foreign events, a celebration of mountain marathons, the latest squad news, and another O-pinion piece. There's some important news from the SOA, including details about Gift Aid and also the 2016 AGM, and the coaching corner this time features a guest article.

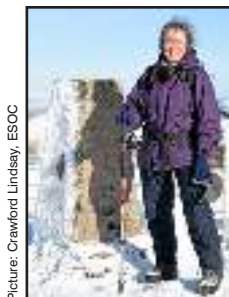
I'm very pleased to say that SCORE won a CompassSport newsletter award for 2015 – thanks to everyone who sent in articles, and to Derek Buchan, who's responsible for the design.

The next issue will be in June, and any orienteering-related articles are welcome. It's very helpful if you can give me some advance notice that you'll be sending them.

The recent poor weather has led to a dearth of photos from orienteering events, so the photo above is from the top of Culter Fell, near Biggar, on one of the few fine snowy days this year.

Good luck at events this spring!

Sally Lindsay
Editor



Picture: Crawford Lindsay, ESOC

ABOUT ORIENTEERING

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

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

Tel 01479 861374

Hilary@scottish-orienteering.org

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PRESIDENT'S PIECE

BY ROGER SCRUTTON (ESOC)

SOA President

email: president@scottish-orienteing.org

I apologise for this President's Piece being even more business oriented than usual. There are some significant changes taking place in the SOA and I would like to let you know about them.

During the course of last year, the SOA Board developed a new Strategy for the period 2016-2020 to present to **sportscotland** as part of our application for investment for this next 4-year cycle (see "SOA News" overleaf for details). It was a very ambitious Strategy, based on the buoyant position in which the SOA and most of its clubs found themselves as a result of a successful World Championships and Highland 2015 and the way club volunteers and the SOA development staff capitalised on these. We are still waiting to hear from **sportscotland** on their level of investment, which will determine to what extent we can put the Strategy into practice, but a significant change from previous years will be the SOA staffing structure.

The staffing changes we must make have been driven by two factors: the increasing external demands on us in various areas of governance, and the request from Hilary Quick to work part-time. It is now necessary for us to appoint a part-time Chief Operating Officer (COO), who will work at the National Orienteering Centre and



Picture: Crawford Lindsay, ESOC

be responsible for governance matters, which up to now have been handled by Directors in a voluntary capacity, and by Colin Matheson in his capacity as Company Secretary. We have very recently appointed a part-time Office Administrator, Sarah Hobbs, who will work alongside the COO.

The Professional Officer position will disappear; instead we will appoint an Events Manager (and we anticipate Colin taking this post), who will continue with support for the Scottish 6 Days event and be responsible for areas of development relinquished by Hilary when she moves to part-time working. There

will be some enhancement of these areas of development, already manifest in the current uptake of ROMP (Regular Orienteering Map Programme). Hilary's new role will be as Education Officer, continuing to deliver the many and varied courses provided by the National Orienteering Centre.

Over the next couple of years there will be an evolution of Regional and Club Development Officer posts, to provide more Scotland-wide support for clubs as they pursue their own development plans.

We are entering that time of year when the AGM looms. Some members of the Board will come to the end of their term of office, and although there are options to continue in office, it is quite likely we will be seeking new appointments. As mentioned above, in recent years the bureaucratic and operational demands on Directors have increased, diverting their volunteer time away from making the strategic and policy decisions a Board would normally make. The appointment of a Chief Operating Officer is to relieve Directors of these demands, and in

so doing make Board Directorships more attractive to members than they have been in the recent past.

With regard to Board membership, we currently have 5 male and 3 female directors (who are the 8 Trustees of our charity), with a reasonable spread of ages from the 35 age class to the 65 age class. I am keen to maintain or, ideally, improve this demographic distribution.

Finally, a little story from the outdoor world. My *Horizons* magazine, from the Institute of Outdoor Learning, actually carried an article on orienteering in its Winter 2015 issue. I'm sure this is the first orienteering article I've seen in the magazine, and yet we all know how good orienteering is for outdoor learning. The article is called "Orienteering for Empowerment", and is by Graeme Tiffany, an outdoor educator and member of AIRE. The article describes how participation in orienteering has helped a young man who suffers from depression and a sense of powerlessness to regain his confidence to make decisions for himself. 

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-orienteering.org By phone: 01479 861374 (has an answerphone)

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

Thank you

BY COLIN MATHESON (MOR)

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



Picture: ActivNorth

The end of 2015 and start of 2016 has been a busy time within the SOA as plans are finalised with sportscotland for their future investment within the sport.

Within the past few weeks, we have completed the Scottish Governing Bodies Investment Application, with essential information including our spend against investment, membership and club details, projections and workforce, coaching and leadership information. A 19% increase in membership (against a 2.5% target) put us in a strong position when it came to completing the form.

We also maintain an Annual Plan, and the SOA Board were very pleased to note that in addition to membership growth, there was significant increase in participation at events and activities in 2015. Well done for all your support. Of course, it is a challenge to achieve year-on-year growth, and **sportscotland**, as part of their investment, will expect to see this happen. A lot of credit goes to Hilary Quick (Development Officer); Mike Rodgers and Johannes Felter (Regional Development Officers) and Mel Nicoll and Sarah Dunn (Club Development Officers) for their contribution last year and into the start of 2016.


As Professional Officer, I have completed much of the work required for renewal of the Foundation level of the Equality Standard. Three years seem to have flown by very quickly since we first achieved this level. Note

that the Equality and Diversity Policy was recently updated and is now easier to find on the SOA website. We do very well as a sport welcoming anyone who wishes to take part.

I continue to look at access agreements and issues and represent the interests of the SOA at forums including the Outdoor Pursuits Group of the Scottish Sports Association, A9 Dualling Non-Motorised Users Group, Cairngorms Outdoor Access Event and the Scottish Adventure Activities Forum. Look out for my letter in the British Orienteering *Focus* magazine relating to capercaille.

The supply of LiDAR to clubs continues and 'thanks' to the Google Search Engine, I am fielding numerous requests for Scottish LiDAR data from many non-orienteering organisations. The data we have been provided with is only for orienteering development, e.g. mapping purposes, so I have been unable to honour these ad hoc requests from outside the sport.

It may be of interest that British Orienteering has opened up a Permanent Orienteering Course (POC) Portal, which is available to all clubs, and of course individual orienteers who find themselves stuck in some distant venue looking for somewhere to run. The portal has been partly populated already.

Preparations for Royal Deeside 2017 continue, and the return of the Coordinator from Norway is eagerly anticipated. 

Equality and Diversity policy: <http://www.scottish-orienteering.org/soa/page/equality-and-diversity-policy>

British Orienteering POC portal: <https://www.britishorienteering.org.uk/pocs>

DEVELOPMENT NEWS

BY HILARY QUICK (BASOC)

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

SOA Weekend Away at Glenmore

Bookings are now open for the 2016 Volunteers' Weekend, at Glenmore Lodge from 13 to 15 May.

The weekend will provide opportunities to enhance skills, discuss topics of shared interest, run around in some nice forests, or just relax and talk orienteering. The similar weekend in September 2013 brought many comments about how good it was to get to know others in the wider orienteering family. The timetable will include at least one session on Strength & Conditioning (or how to use a gym to improve your orienteering), as well as training on Course Planning, Condes and OCAD, coaching workshops, and a discussion of Recruiting, Rewarding and Developing Volunteers. You'll

have plenty of opportunities for outdoor activity too. People who book before the end of February will get first choice of sessions. Suggestions for other topics are welcome, especially if they're accompanied by offers to lead the session.

We're reserving 2 places for each affiliated club, leaving some 60 further spaces for individuals to book. Unclaimed club places will be released for open booking at the end of March. With generous SOA subsidy, the charge is just £35 per person – which includes accommodation and meals. See the SOA website for more details, and book early to avoid disappointment!

<http://www.scottish-orienteering.org/soa/page/volunteers-weekend-13-15-may>



Picture: Crawford Lindsay, ESOC



Event Safety & Welfare Workshops

These workshops have been run at intervals for the past 5 years, giving new event officials the knowledge and confidence to carry out their duties, and giving old hands an opportunity to reflect on their experiences and perhaps share some wisdom. British Orienteering now require all Planners, Controllers and Organisers to have attended this workshop.

We are organising workshops across Scotland throughout the year, and it will be offered at the Volunteers' Weekend in May. For some venues, there will be a small charge to cover costs,

and we expect clubs to pay that for their members. Tutors are trained and qualified to deliver the workshop, but are doing so as volunteers.

The workshops last 3 hours and are highly interactive and enjoyable, thought-provoking and informative. They are often run in a member's home or a village hall, usually after a sociable buffet meal. If you'd like to arrange a local workshop, please contact your nearest tutor or email me. For more information and the latest schedule, see the Event Safety Training item on the SOA website:

<http://www.scottish-orienteering.org/soa/page/event-safety-training> 

SCOTTISH ORIENTEERING COMMUNICATIONS SURVEY -

BY ROSS MCLENNAN (FVO)

SOA Marketing & Communications Director email: communications@scottish-orienteering.org

Picture: Crawford Lindsay, ESOC



Thanks very much to everyone who took part in the Scottish Orienteering Communications Survey that we sent out at the end of last year. We had an excellent response, with 301 individual respondents, 230 organised types completing the survey less than two days after we sent it out.

Even the tardiest respondent only took 19 days! I am confident that this level of response gives us a true representation of feelings about our communications at this time and allows us to draw some meaningful conclusions, and in turn implement some useful actions.

Below I've listed the questions with some brief comments from me. At the end I've put in what we intend to do to make things better. The full results are available on the SOA website.

How often do you visit the Scottish Orienteering website (or one of its sub-sites)?

It seems that over 95% of us visit the Scottish Orienteering website at least some of the time, with the majority of us visiting it weekly or monthly. Surprisingly, though, no one visits it hourly!

SCORE is our quarterly magazine. Do you read SCORE?

Over 80% of us read at least some of SCORE, which clearly demonstrates that it still has a very valuable part to play in our communications. However, I was really more interested in the next question:

Since SCORE is now distributed digitally are you more/less likely to read it than before?

Over 35% of us are less likely to read SCORE than previously because it is now distributed electronically. Personally, I'm surprised that this number was not higher...

We have a monthly email newsletter that is distributed via club secretaries. Do you read the monthly email newsletter?

Nearly 80% of us read the monthly email newsletter at least sometimes and many of the people who never read it don't get it! This was, I feel, the most significant finding from the whole survey.

Which social media platforms do you use?

YouTube is the most popular social media platform, with Facebook a close second, although Facebook is generally used much more frequently. Social media doesn't seem to be incredibly widely adopted by orienteers in Scotland...

Which social media platforms do you use to follow Scottish Orienteering?

Facebook is the most popular platform to follow Scottish Orienteering on, followed by Twitter. This is unsurprising, as we currently have virtually no presence on the others (partly because they are not so widely used).

SUMMARY OF RESULTS

Considering Scottish Orienteering communications as a whole, please rate your satisfaction with them currently:

It seems that we are doing fine, but that we could do better.

Considering how you would like Scottish Orienteering to communicate with you in the future, please rate the importance of each area.

The website is seen to be the most important part of Scottish Orienteering communications. Both formats of SCORE have a key part to play, but we clearly need to do much more with email, with 74% of respondents feeling that this was at least 'important'.

What topics are you most interested in?


Fixtures and general news are of most interest, no interest at all in rules or sport science!

Conclusions

So, this is all very interesting, but what does it mean? Here are my thoughts:

- The website should be the hub of our communications, and as much information as possible should be available here.
- Members should be able to read SCORE how they prefer.
- SCORE should be easier to find on the website, so people can go back to it more often.
- It should be easier to and more obvious that you can sign up for a paper copy of SCORE so people can get that if they wish.
- We need to communicate better via email.
- People should be able to sign up to email updates easily.
- We should continue to engage via social media.
- Twitter is particularly good for in the field updates.
- We should utilise YouTube more by creating and posting interesting videos.

We have done/will be doing a few key actions to take things forward. Virtually all content will be going onto the website. You will be able to get SCORE however you prefer, and we will make it obvious this is your choice. We will be greatly improving the email newsletter – look out for that soon. We will continue to update Facebook and Twitter, and we will be actively looking to produce more video content – so if you're interested in that, let me know!

I feel we only need these relatively few, relatively small, changes to make our communications great; I hope you'll agree, but I would of course be interested in any thoughts you have. Remember too, we all have the ability to take a cool photo or interesting video, so don't be afraid to get your phone out and communicate! 

EVENT NEWS

As ever, we've enjoyed a huge choice of events since the last issue of SCORE – here's a brief roundup of the highlights:

Just as the December issue of SCORE went to press, the **Scottish Score Championships** took place at Pitmedden Forest, near Perth, on 22 November, a fine clear day with lovely views. This event was also the 2015 Scottish Inter-Club Championships – the large clubs class was won by ESOC, and the small clubs class by AYROC.

Over the next few weeks, there were some entertaining festive events, and a great variety of local events including night leagues and the STAG series of score events throughout January, some with snow on the ground.

took to the streets of Edinburgh for the City Race. With the event arena in the Meadows, there was a mixture of both very fast running and long route choice, and careful map reading required - navigating through the intricate steps and alleys of the Royal Mile and the multi-levels of the Exchange district. The addition of 'King of the Mountain' and 'Sprint' legs in the courses created another layer of competition. In the evening, many competitors gathered to celebrate Burns night in the traditional way, with haggis and lots of ceilidh dancing. On Sunday the event moved to Arthur's Seat, around 450 runners of all ages braved the wind and hills of the Seat, Whinny Hill and the Craggs. There were courses on offer for all ages and abilities, with the youngest runner on the day being four and the oldest over eighty! Overall the weekend was a great success and we look forward to welcoming runners back next year."



Picture: EUOC

Edinburgh City Race
assembly area, on The
Meadows

EUOC's **Big Weekend** returned on 22-24 January, with 3 contrasting events. Zoe Harding, EUOC Publicity Officer, reported, *"The weekend kicked off with a night Sprint race around the King's Building campus. A fast, tricky, technical race was a great warm up for the two races to come. On the Saturday, over 500 runners*

There was another multi-event weekend a couple of weeks later, presented by ESOC. **The Scottish Night Championships** were held on Saturday 6 February in the North Pentland Hills, with the event centre at Bonaly. Dave Robertson (CLYDE), M50 winner, said: *"Having been kept out of orienteering by injury I was really*

looking forward to the Scottish Night Champs. The week before, Andy Paterson set up some CLYDE night training on the exposed moorland of Dunrod Hill. We enjoyed it despite the blizzard conditions, and it turned out to be highly relevant training! On the night I really enjoyed being out attempting to race, although I took a while to get into the map and had to practice my relocation skills more than I hoped. The more intricate area near the start was great fun, even when I was completely bamboozled by the paths near the start. The downhill run to the finish let me pretend I was fitter than I am, and banished memories of the slow uphill slog through the heather."

SOUL 2, incorporating the **Scottish Sprint Championships**, was on Sunday 7 February in South Queensferry. This event was the annual ESOC Sprint, a 2-part race with a chasing start for the final. The Scottish Sprint Championship placings were decided from the Prologue results. As promised, the courses wound through a wide variety of urban terrain, from complex modern housing estates to ancient alleyways and steps in the old town centre, with added interest provided by gardens, a cycleway along a disused railway and even

the beach, all in the shadow of the Forth bridges. Competitors enjoyed the challenging route choice, despite atrocious weather.

The weather left a lot to be desired during February, but GRAMP ran a successful Level C event at **Tyrebagger**, near Aberdeen, on 14 February, and the MOR Level C event at **Darnaway** on 21 February had over 200 competitors. The AYROC event at **Kames**, Muirkirk, on the same day unfortunately had to be postponed in the face of a very poor weather forecast, and will be rescheduled for later in the year.

For the university clubs, 20/21 February was an important weekend – the **BUCS Orienteering Championships**. (BUCS stands for British Universities & Colleges Sport, the national governing body for Higher Education sport in the UK.) This year the event was hosted by Bristol University, so there was a long journey for the Scottish clubs. The Individual event was at Moseley Green, in the Forest of Dean, and the Relay was at Cooper's Hill, near Gloucester. There were over 200 competitors, from around 30 universities throughout the UK. Congratulations to Edinburgh University, who were the overall winners. 



South Queensferry
High Street

Picture: Sally Lindsay, ESOC

THE AUSTRALIAN XMAS 5 DAYS

BY PAUL CABAN (INT)



Picture: Chris Caban

Paul after his run at
Kooringle (Day 4)

Due to a massive annual leave glut, I spent exactly a month this winter in Australia. Most of that was 'normal' holiday with my non-orienteering brother, but as I did all the planning and booking, somehow a few days of O was scheduled in.

The main event was to be the 'Xmas Five Days', held around New England in northern New South Wales. But I also snuck out for a warm-up evening Score event in suburban Sydney, the day before Christmas Eve.

The interweb-thingsy is wonderful (what did we do before it was invented?) and finding Registration was easy, once I realised I only had to follow the man on the bus-seat in front of me, who had a map from a previous event. Ken Daly had tried hard to scare me with stories of venomous spiders and snakes. This was all in vain: what really

scared me were things that would actually eat me, piece by piece. But as some WOC Aussies assured me that they had no marshes in mid-summer, and I'm also a fully paid-up member of Interlopers Team Driftwood (with no intention of going into water above knee deep), crocodile and shark seemed an unlikely threat. So spotting that the only control visible from the start was on a jetty where the shark-netting came in was a tad unnerving. Leave that one to last.

The event was fun, although not massively challenging: mostly streets, with the odd green pocket, plus a lot of contours. The nature of the area meant there was one obvious route, which could be taken in either direction, and with cut-offs depending on pace. I'd made a plan to go for the lot, which lasted until the first terrain control: serious amounts of ground cover slowed the pace right down. Still, it was all going well until I got completely lost in some badly-mapped buildings. Apparently it was a lot easier if you'd been there before. There was also one massive difference when compared to our local events: a completely unexpected large turn-out of M/W21 running types, which is something we don't seem to be able to attract, not in Edinburgh at least. Chatting with the organisers later, this is normal for midweek street/park races, but very few go on to do a second bush event after their first.

Two days after a self-catered Christmas Dinner (warning: brussels sprouts are ruinously expensive in Sydney), we flew north to Armidale. The format for the week was to be a university campus sprint prologue, followed by four shortened classic races, with the best four overall to count. The sprint was an evening race; the other four early morning races, with first starts at 8:00 am to avoid the heat. Even though we were at ~1000m altitude, temperatures were into the low thirties during the middle of the day. Early starts also give time for some serious sightseeing.

I'm normally quite good at sprints, but not this time. I was incredibly random, and particularly struggled to work out which fences were crossable, and which weren't. The problem was all me; certainly, the map was very, very good, and easy to read once I'd stopped running. I blame north being in the wrong direction.

Day Two was at Blue Hole, named after a big waterfall just off the map. In the start lane, the legend was instructive. There were four sizes of boulders mapped: medium, large, huge and enormous. By comparison, the sorts of things we map wouldn't even be considered pebbles with aspirations... The area was lightning fast. Open forest, with absolutely no undergrowth, and no small rocks underfoot either, apart from house-sized ones with

controls on. I had a good, almost clean, run, finishing second on the course, having had first start, and was back to the motel by 9:30.

Day Three at Oakview was very different, with the map showing lots of green, and lots of scattered rock. The first control was a cracker: on a bearing diagonally uphill, through undergrowth, looking for a rocky clearing just off the side of a wide low-visibility spur. It was only around 300m, but there were people tossing in twenty minute errors. I took it very slowly, and hit the control dead on. Result. I was very, very chuffed, which lasted until I realised that not only was I lost, but also I couldn't make anything fit. Ah. Things did improve, particularly once I got back onto the map... oops... but it was inevitably Game Over in trying to win overall.

Day Four was my last: fireworks over Sydney Harbour were too tempting to stay another day. Kooringle was more runnable than Oakview, with patches of avoidable rubble, small green pockets, and the odd unmapped kangaroo. I had my usual run, i.e. one big mistake – a 'bingo' control in thick green, that many struggled on, but overall the week had gone well, and was very enjoyable: certainly worth the small effort to get to the events. For anyone who might find themselves heading to Australia, packing a pair of fell shoes should be considered essential.

<http://onsw.asn.au/xmas2015> 

THE SYLVESTER 5 DAYS – FESTIVE O IN BELGIUM

BY HILARY QUICK (BASOC)

Off duty for once!

While Paul was away doing Extreme Christmas Avoidance, I succumbed to an invitation to Belgium for Christmas. Yes, Belgium, famed for... er... Hercule Poirot, Tintin, chocolate, beer, and orienteering. Eh? Yes, every year, starting on Boxing Day, they host their 'Sylvester' 5 day event.

Holding the event at sea level presumably minimises the risk of having to cancel because of snow, and let's face it, a lot of Belgium is at sea level, so plenty of choice. Well yes, but most of Belgium is also built up or given over to motorways. So they used some pockets of planted woodland, all criss-crossed with paths, track and drainage ditches – and barely a contour in sight!

The series competition took the total points from your best 4 scores (1000 to the winner, others scored proportionately according to their time) – so one was available for discard. But hey, I wasn't out for serious competition, still battling with a serious bout of Squelchy Knee Syndrome. I could manage a gentle jog but nothing more. This was just a holiday. But even my W60 class had the makings of good competition, with several well-respected locals and some unknown foreigners.

Day 1 was somewhere southeast of Antwerp, a flat forest with grid network of tracks and paths, a few contours (2m contour interval) and a few formlines. Some controls I hit cleanly, others I was all over

the place, wombling around in low visibility scrubland looking for a formline depression, or a boulder... 12th out of 15. NOT GOOD. So that evening I took myself off to my bedroom early and let the coach in me have a good chat with the 'athlete'. What had worked? - distance judgement. What hadn't? - ability to count up to 3, having a bomb-proof attack point and going slowly and accurately from it.

So I went into Day 2 with those points in my mind. Day 2 was in fact in Holland, not that anything was any different. No road signs saying "Welcome to Holland", and the forest was flat, with grid network of tracks and paths, a few contours... oh I tell a lie, it was different – contours were 2.5m interval here. I had 2 wobbles but the little coach person on my shoulder muttered in my ear the words "attack point", and I got my act in gear again. A satisfactory run, and I finished 4th, having lost about 4 minutes in total.

Day 3 – message to self is just to do more of the same, have a good attack point and go carefully from it. It worked – 2 tiny dithers and one dubious but safe route choice, the closest I've come to a perfect run for about 20 years, I was smiling for all of the long walk back to download. 2nd place, 10 seconds behind the winner. Did I mention it was a flat forest with grid network of tracks and paths?

Days 4 and 5 used opposite ends of the same flat forest with grid network of tracks and paths

– this one was spattered with the X symbol that for us usually means a manmade object, but here it was used for a rootstock. Many of these still had the tree attached, making for an interesting obstacle course and again limited visibility. Despite winning both these days, I was less satisfied with either run than I was on day 4, but pleased enough with my result of 2nd overall.


All the days had event centres in warm buildings with hot soup, coffee, local pies, pancakes, beer, etc. on sale, and showers available – and a very sociable atmosphere, with a lot of people spending most of the day there. Venues were easy to find, with satnav-friendly details provided. Host clubs were very friendly and helpful, and sufficiently fluent in English to cope with the immediate problems and the aftermath of my Emit card giving up the ghost on the startline on Day 4. The whole atmosphere was informal but international, with 200-300 people at each event – though surprisingly few of them were juniors, and I think I counted a total of just 9 Brits there. I'd certainly recommend the event, especially if you accept that it's sometimes good to challenge yourself to orienteer differently from how you normally would. Heading off roughly on a compass and reading the shapes to feed you in to the control can work well in Scottish forests, but it just wasn't the right technique there!

Travel would have been supremely elegant if it hadn't been



for (a) the strike by Caledonian Sleeper staff for 2 nights just before Christmas and (b) Storm Frank damaging the line north of Perth. Alternative arrangements meant I saw a lot more of Luton Airport and the M25 than I have ever wanted to see, not to mention Aberdeen and all the villages from there to Inverness, all examined at very slow speed after a night twice interrupted by fire alarms on the sleeper. Eurostar gives excellent access to Brussels and the connection to Antwerp (where we stayed) was superb.

If you're into European cities, Antwerp is worth a visit, and I think they've got a city race later this year. There's certainly a 3 day event in Belgium 13-15 August, but that's in Limburg which is further south and they have contours there.... and I might see you at Sylvester next year!

My thanks to southern friends Martin, Jean and Andy for inviting me, and to the Belgian and Dutch organising teams for a thoroughly enjoyable week. 

Extract from Ravens-Noord map. 1:10,000
2.5m contour interval.
A few formlines, but no contours!
Website: <http://www.sylvester5.be/>

LISBON INTERNATIONAL ORIENTEERING MEETING

BY IAN MAXWELL (RR)

Having experienced some great orienteering and perfect weather for running in Andalusia in February 2015, Kirstin and myself were looking to do something similar this year, and the Lisbon International Orienteering Meeting looked ideal.

It consisted of a World Ranking Sprint, an urban Middle Distance, and a World Ranking Long Distance over the weekend, preceded by a Model urban event on the Friday evening, all in or close by Lisbon.

We flew out to Lisbon on the Thursday, so were able to get a day's training on the Friday on maps provided by the organisers, before running in the Model event in the evening. This was right in the city centre on a busy Friday evening, and involved lots of route choice and hills with simple control sites. (No gripples were required on any of the controls).

The main event that we came for was the World Ranking Sprint in the Alfama district (Lisbon's old town), which consisted of lots of narrow alleyways and steps in an irregular pattern on a steep slope. Quarantine was in a park, with the finish arena on a high terrace looking out towards the sea; both ideal, as it was 20 degrees and sunny.

Daniel Hubmann won the men's race by over a minute with Marika Teini of Finland 1st in the women's race and Kirstin having a good steady run to 8th. I had an error-free run on M55, winning by 45 seconds and only losing out by 5 seconds to the leading M50 on the same course.

After the Sprint, it was a quick train journey across town for the urban Middle Distance at Parque Dos Poetas. Most of the controls were in 3 linked parks, all of which had lots of contour and raised flower beds but were short-cropped grass and very fast.

Contrasting with this, the remaining controls were in a modern urban area, so rapid changes of technique were required. On the men's elite course, local Portuguese orienteer



Picture: Ian Maxwell, RR

Kirstin Maxwell in Lisbon

Tiago Leal managed to cover the 7km in 27.13 pushing Daniel Hubmann into 2nd, with Russian Galina Vinogradova the top woman. Despite tiring towards the end, Kirstin finished in an excellent 7th place. I made a couple of mistakes, but took another win to build up a good cushion for the final event on Sunday.

The World Ranking Long Distance took place at Lagoa de Albufeira, about 1 hour south of Lisbon on an area of dunes and very fast runnable forest (a bit like the best bits of Tentsmuir). I only needed a steady run with no mistakes to make the podium, and was going well until I got distracted by one of my rivals and decided to speed up, with predictable consequences.

A 10 minute mistake on a parallel ridge dropped me to 4th place on the day, but to my surprise I still won the overall competition, as my rivals had all made other errors. Kirstin finished a very tired 13th, but was pleased to have got round the 10km course, her first Long event since the Scottish 6-Days.

Cat Taylor won the women's elite course, with Swede Fredrik Bakkman winning the men's



Picture: Kirstin Maxwell, RR

elite, covering the 14.2km in 72.35.

The whole weekend was well organised, with excellent maps and courses and good arenas to create an atmosphere (helped by dry sunny weather). Good runnable areas (unlike much of what we have had in Scotland lately) with no tricks in the navigation attracted the orienteers that we seem to miss, with a total of 137 competitors on M21 and W21 combined.

<http://liom.cpoc.pt/> 

Ian Maxwell on the M55 podium

THE ORIENTEERING FOUNDATION

BY NEIL CAMERON (NGOC)

Chair, Orienteering Foundation

Picture: Wendy Carlyle, AIRE



Balloon race at the Lagganlia 2015 training camp

If you look past individual entry fees (where local events are very good value for money), orienteering can be an expensive sport, especially for juniors. Competing often requires travelling considerable distance to events, perhaps with overnight accommodation. Aspiring juniors need time away in focused training camps, sometimes abroad to experience new types of terrain.


The Orienteering Foundation exists to promote the sport of orienteering through enhancement, innovation, and alleviation of hardship. It is a registered charity, independent of British Orienteering. It raises funds and awards grants to suitable orienteering projects.

Donors often want to give something back, especially when unable to volunteer their time. Their donations have enabled the Orienteering Foundation to give grants totalling well over ten thousand pounds in recent years. For example, SOA Junior members who have been on a Junior Regional Orienteering Squad summer training camp

in the last few years will have benefited.

There are many ways to give money, and I'd urge you to take a moment to consider whether you can contribute.

- Regular monthly or yearly donation – this provides sustained income to the charity. Even a small amount (say £5-£10 every month) makes a big difference over time, and because we're a charity, the Gift Aid claimed on behalf of tax-paying donors significantly increases the value.
- One-off donation – for those who cannot make a regular commitment as above. Easy to do online on the Orienteering Foundation website.
- A bequest in your will – even a small bequest can make a huge difference to our work. Guidance on how to do this is on the Orienteering Foundation website.
- Donation of volunteer expenses – many volunteers do not claim expenses for travel, etc. However, entry fees are there to cover event expenses, so the club has the money to pay expenses. If you don't personally need the money, why not claim it anyway and give it to a charity such as the Orienteering Foundation?

The recently revamped website **www.orienteeringfoundation.org.uk** has full details of how to contact the charity or get further information. 

BY STEVE WILSON (CLYDE/JOK)



Steve Wilson at WMOC 2012



Picture: Crawford Lindsay, ESOC.

At some point during the rather splendid JOK Christmas Dinner, towards the end of last year, the conversation turned to an old results booklet from the 1995 Tinto Twin, which Josie Stansfield (nee Evans) had recently found tucked into the pages of a cookbook.

As well as prompting some interesting discussions about how many of the people listed are still active in the sport (and about a few of those who aren't), it got me thinking about the demise of the printed results booklet.

Electronic punching has many advantages – notably automatic timing, live results, and full results online within a few hours – but has led to the extinction of the printed results booklet.

Older orienteers will remember the on-the-day results being displayed via 'washing lines' of control card stubs, with a printed booklet of the final results, complete with reports from the planner, organiser and controller, arriving by post a couple of weeks later.


There are several reasons I miss the printed results booklet landing on my doormat.

- (1) The booklet provided a concise summary of all of the results from the event, not just the course and/or class you ran (which is often all that you bother to look at online).

- (2) The booklet provided a permanent record of the results of the event, which isn't going to disappear when websites are moved or files are deleted.

- (3) The comments gave unique insights into the officials' thought processes (something you only get today if they post something online somewhere you happen to read) and give everyone the chance to learn from the things that everyone did right or wrong in the build-up to the event. Occasionally they were either accidentally or deliberately funny: I still remember the "Manned Controls' Reports" from a Varsity Match in the early 1990s.

- (4) Originally the results booklet included event accounts, so that everyone could see where their entry fees had gone, although admittedly this was already on the wane before results booklets disappeared.

While I'm not so much of a Luddite as to call for the return of the printed results booklet, I would like to make an appeal to event organisers to upload planner's, organiser's and controller's comments along with the results. They don't take much effort to write, and would certainly enhance my experience of the unique sport we all love. 

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

IN PRAISE OF... MOUNTAIN MARATHONS

BY MIKE STEWART (ESOC)

40 year KIMM anniversary entrant for 2016.



Picture: Crawford Lindsay, ESOC

Participating in Mountain Marathons is something I have done as an orienteer since I was old enough to enter at 18. My first effort was at the notorious Galloway 76 in atrocious weather conditions. After a pretty respectable Day 1 performance with my partner in the B class, a night under rain/sleet/frost with no tent poles put paid to starting Day 2.

I am a bit more organised these days and equipment has improved no end. I have probably done around 50 of them over the years and usually finish in a respectable position. Partners have been numerous, for all sorts of reasons, mainly the fun of doing it with somebody different, though I have had the odd few I wouldn't wish to have as a partner again ... and no doubt the reverse is true for some. I have also had memorable partners and tales I could tell, but won't (not at least until I retire from doing them), or you could attempt to ply me with refreshment in a corner next time you see me!

For orienteers, participating in MMs used to be a normal and sought-after part of the training calendar. It still is, of course, but not to anything like the numbers that it once was. A lot of them, like myself, are getting fairly long in the tooth now, so hopefully this article will inspire a few new faces out there to give it a go.

The format of MMs does vary

a bit, but essentially it is a test of mountain navigation for a pair of competitors carrying all the equipment they need to be self-sufficient over two days, with an overnight remote camp. There are basically two types of courses on offer in most of the formats: Score and Line. Much like orienteering and all of the 'brands' will offer one or the other, or both as a choice on entry. The Score format is probably taking over as the favoured format these days, as it suits both the competitor and the organiser, both parties knowing how long the competitor will be out for.

The map is generally produced for the event and is usually a modified version of a Harvey map or a Stirling Surveys production. There are others on the market. A MM event is like an extended orienteering event, in a larger area, though it is normally done in pairs, it does require gear to be carried, there's an overnight camp and the technical difficulty is not as high as in orienteering. Rather than the TD of the control site itself, the MM events are really more about route choice between controls, or the order to pick them up in. Get these basics wrong and you can be out for a long time, or hit by large penalty points if doing Score.

I have planned two of the OMM events myself, and my general experience is that a lot of effort is put in by a lot of people on many fronts



Tagging for the OMM, above Megget Reservoir


to provide a rewarding experience for competitors. You can expect to pay around £100 per team to compete, which at £50 to £60 per head for two days of entertainment is pretty good value, compared with other sports or adventure race formats out there. The people who put these events on do not make money out of them, and generally rely on product sales and sponsorship to break even.

I personally think that any MM event is both a great experience and a good form of training, which any orienteer should consider, regardless of age. You do generally have to be 18, though there are some opportunities for 16 to 18 year old competitors at some events, if accompanied by an adult. You

can mix and match family, friends or different sex as you wish, to suit yourselves.

I have had many a great MM I could tell a tale or two about, but why not make your own ones for yourself? Some are very sociable and summer-based, such as the French OMM with a not-to-be-missed evening social to be enjoyed. They are not all bad weather events in late autumn.

Give one a go sometime. There are always ways of finding partners out there if you haven't got one, though make sure you know what you are getting into, as there is nothing worse than too slow/too quick/bad habits to consider.

I'll see you at one of the MMs out there in the future I hope. 

COACHING CORNER

BY GRAHAM GRISTWOOD (FVO)

Guest writer for this issue



Picture: Crawford Lindsay, ESOC

Graham Gristwood at the WOC 2015 Relay, Darnaway

The spring orienteering season is nearly upon us, and it is time to start making plans. But, which races to enter? Should I race at every possible opportunity, or should I pick and choose? Should I select a few races that I want to do really well at?

It all depends what your goals are – what you want to achieve, and when.

Everything starts from the simple act of thinking about what you hope or intend to accomplish, and then working out the steps towards that goal. But let us start by thinking about the goals themselves. Having goals focuses the attention, helps plan actions, helps maintain effort and motivation, and provides a method for monitoring progress. Goal-setting can be the foundation of a relationship with a coach or mentor – providing a platform for planning the future.

Goals can either be product goals or process goals. Product goals are some type of outcome or performance – for example achieving a certain time on a running race, or running an orienteering race with less than 1 minute of mistakes. Process goals focus more on particular aspects of performance, such as improving the use of compass during orienteering.

There is a lot of information available about how goals

should be SMARTER – Specific, Measurable, Ambitious, Realistic, Time-based, Exciting and Recorded (there are several variations on this mnemonic), but the key is that goals should be clear to understand, and it should be easy to know whether they have been achieved or not. Some examples of poor goal-setting: “I want to be the best orienteer ever”, “I want to beat my dad”, “I want to be better technically”. It is important to remember that we cannot control the performance of others, we can only control our own preparations and performance – so it is key to reflect this in goal-setting. Rather than saying “I want to beat Jeff at the JK”, it would be better to say “I want to go orienteering every week and practice using my compass so I can perform well at the JK – less than 5 minutes mistakes total” - if that is achieved, it is likely you will have a good chance to beat Jeff if he is busy worrying about beating you!

Writing your goals down is also very important – ‘statistics’ show that people who write down their goals have an 80% higher success rate of achieving them*. Writing the goals down reinforces your commitment, focuses the mind, helps you remember them, and makes you accountable for your success or failure.

Make sure you have them written down somewhere so that you can see them often, allowing you to keep them in mind and to visualise succeeding in your goals.

‘People who write down their goals have an 80% higher success rate of achieving them.’

Examples of goal-setting:


- I want to be top 10 at WOC Middle Distance 2016 (an ambitious but realistic goal, time-based, specific and measurable – however it is not entirely under my control, as I can’t influence how others run).

To achieve this, I have some ‘sub-goals’:

- I want to qualify for the GB team for WOC Middle Distance, so I want to perform well at the JK Middle Distance.
- I want to prepare well for the JK Middle Distance by training in relevant terrain each week and looking at old maps.
- I want to be fit for the JK, so I want to do 8-12 hours training each week through the winter and spring, including 1-2 orienteering sessions each week. Any competition results in this period are unimportant, as it is just training.
- I want to be able to run my time trial test course in a new record time (or very close to) prior to the JK.
- I want to stay fit and healthy so that I can train as I want – this means eating, sleeping and recovering well.

This all starts with the outcome goal, but gets broken down into a sub-set of performance and process goals.

Whilst all this is relevant for orienteering at a high level, it holds true for all other aspects of orienteering, and more generally about life. It might be that your goals are simply to be able to

complete an orienteering course without getting lost, to improve your ranking within your club, or they might be more oriented to becoming a qualified orienteering coach or event advisor. So sit down, think about what your goals are, write them down, and work out how to achieve them! 

*Source – ‘The internet’

JUNIOR SQUAD NEWS

BY ELIZABETH FURNESS (MOR)

ScotJOS Squad Manager

31 juniors met for the Inaugural ScotJOS weekend in Oban on 27/28 February, a long-awaited opportunity for me to meet the squad and begin to get to know them. We were joined by Iain Embrey (SROC), Marsela McLeod (INVOC), Ben Stansfield (FVO), Rona Lindsay (ESOC) and Andrew Barr (MOR/EUOC) as the coaching team.

The focus for the weekend was 'Picture This', with exercises designed to concentrate on creating a picture of each leg and control circle, visualising contour features and recognising what you'll see on the route and use as a catching feature. Our accommodation was at Oban Youth Hostel, a rare luxury for us and one we all appreciated. The weather couldn't have been better, and of course the views were stunning.

On Saturday, we assembled at the Youth Hostel, had some quick introductions and walked up to Dunollie, the area immediately

behind the hostel. The local farmer had helpfully moved his cattle and calves, so we only had to be on the look-out for upside-down sheep, not a healthy position for them we all agreed, and concentrate on our orienteering.

After a warm-up, there were two short exercises: focusing on map to ground technique, and looking up to notice the features we had identified on the map. Two juniors recovering from injury were set the challenge of drawing in (on a blank sheet that only had the start, finish and control circles marked) just enough information for Rona to go out and complete the exercise.

To finish off, there was a fun pairs activity that required each pair of juniors to visit each of seven pairs of controls placed on seven different features, e.g. two knolls, two boulders, two spurs. They had to work out their strategy to make sure they covered all the controls between them, mark them on their own blank map and then go. After a lot of activity in quite a small area with many different routes, they all arrived safely at the bottom of the hill and the short walk back to the hostel.

Refuelled after the evening meal, we spent an hour looking

Arriving at Creag Mhic



Picture: Rona Lindsay, ESOC

at our goals for the year ahead under the headings of: **SMART** goals; **Challenges**; **Opportunities**; **Training**; **Judge***; **Others**; **Support** *(where we are against our goals)

On Sunday, we travelled the short distance to Creag Mhic Chailein, determined to make the most of the two hours we would have in this fantastic area. The 16s and 18s went to the lovely TD5 woodland to the east of the lochs.

The first exercise focused on making a good plan for each leg, ensuring direction was accurate and that the terrain matched the picture created from the map. Some went on to do map memory in pairs, and there was also the option to complete a control-hanging challenge.

Finally, to put all the techniques they had been practising to the test, there was a short course for which the juniors had to create a seeded start list with the aim of all finishing as close together as possible. That worked so well that Iain wondered whether they'd all met up at the last control and come in together. Surely not?

Meanwhile, the 14s had gone to an area of mixed woodland and open hills with scattered trees and rock detail, where there were 9 controls placed around a central start/finish point. The first exercise was for pairs to select 3 controls, with one going clockwise and one anti-clockwise, then discussing route and obvious features used. Everyone managed two or three




Picture: Rona Lindsay, ESOC

In Creag Mhic terrain

sets of these. Afterwards, Ben and Rona took a group each to try and get them lost... otherwise known as practising relocation. Fortunately they all came back, and were able to complete the short course planned to put everything in to practice (well, hopefully not the relocation).

Back at the cars, there was hot soup and lots of chat about the weekend and when we'd be getting together again. I was really happy and very impressed with the enthusiasm, energy and commitment that all the juniors showed; we're all looking forward to the year ahead.

Many thanks to all the ECKO members who supported the weekend, in particular Ross Lilley for permissions, control site checking and putting controls out, and to Kate Hunter for sorting out the accommodation and food. As ever, several parents did the driving and provided general support over the weekend. 

ELITE NEWS

BY DUNCAN COOMBS (AROS)

In tribute to EUOC's annual Speyside pilgrimage for 'The Christmas Weekend', SEDS also forged north for their version of 'The Christmas Weekend'. Whilst SEDS were at their decadent festive best, the evening concluded in a Xmas party very light on debauchery. It must be noted that SEDS also actually did some orienteering.

A number of injuries currently plague SEDS, with the unfortunate James Tullie and Tessa Strain on the long term crippled list. Kirsten Strain and Hector Haines are also absent for the foreseeable – it is rumoured that they believe there is somewhere actually even better to orienteer than Scotland! However, others hold the fort, with some notables approaching excellent shape as the JK approaches. (SEDS are looking

at you, Mark Nixon.) Jess Tullie also seems to have squirrelled her shape away well on Speyside, as she recently came home in 6th place at Portugal O Meeting.

Murray Strain and Duncan Coombs had recent circa 2hr 30mins showings at the Malaga marathon, and are still fairly blown to pieces. Kirstin Maxwell is putting in a strong showing in the XC season, hot on the heels of Mrs Haines (Rachel Smirthwaite). Generally the SEDS feeling is good, and we look forward to the first real results of the year filtering in at the JK.

SEDS fundraisers the Dark and Purple Thistles will take place on 22 April and 30/31 July respectively. So please put these in the diaries for some no-nonsense O, on some no-nonsense maps. ▀



Duncan at the London Marathon

Picture: MarathonFoto



SEDS roll call and Rudolph

Picture: Duncan Coombs

VETERAN NEWS

BY JANICE NISBET (ESOC)

Veterans Team Manager

email: scottishovets@hotmail.com - mobile: 07827 329796

Scotland Vets Selection Policy for VHI 2016

The 2016 Veteran Home Internationals will take place on 3/4 September 2016 at Cassy Water, Kilkeel, Co. Down, combined with the Northern Ireland Long Distance Championships. Please note that this is a new date, to avoid a clash with the Compass Sport Cup Final.

The Scottish team will be selected using the results of the following races:

JK Day 2 – Long Distance	Saturday 26 March	Wass Forest (YHOA)
JK Day 3 – Long Distance	Sunday 27 March	Kilnsey (YHOA)
Scottish Orienteering League event 2	Sunday 10 April	Culteuchar & Dron (INT)
Scottish Orienteering League event 3	Sunday 8 May	Affric North (INVOC)
Scottish Championships	Saturday 21 May	Balmoral (MAROC)
Scottish Orienteering League event 4	Sunday 5 June	Baluain (ESOC)

Selections will be announced in mid-June.

Orienteers need to compete in at least two of these races to be considered. Greater weight will be given to the results of the JK and the Scottish Championships. In the event of a close contest, and for potential team members not based in Scotland, the selectors will also look at the results from the British Long Distance Championships, at Brown Clee, Shropshire, on Saturday 30 April.

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

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

Brown: M35, M40

Short Brown: M45, M50

Blue: M55, M60, W35, W40


Short Blue: M65, W45, W50

Green: W55, W60

Short Green: W65

For those competitors who like to run up, their results will be taken into account on a minutes/km basis.

In general, 'retired' or 'disqualified' will be taken to be the equivalent of a very poor run: those wishing to be selected should take every precaution to avoid mispunching in a selection race.

We are hoping for a strong team. If you would like to be considered, please keep the date free and start training! Anyone who thinks they may be missed, e.g. because they are not based in Scotland, please get in touch to ensure you are considered. 



Picture: Ian Pyrah, ESOC

EVENT PREVIEW

Spring is coming, with a great choice of orienteering events ahead, including some excellent weekends, as well as plenty of Level C and D events far and wide.

Easter is even earlier this year than last, and **JK 2016** is taking place in Yorkshire on 25 - 28 March, with plenty of Scottish entries.

SCORE has just heard that **SOUL 3** (on a new map in Paisley), which had to be postponed from mid-February, will now be on 3 April. See the **CLYDE** website for more details.

22 - 24 April sees the inaugural **Scottish Spring weekend**. Graham Gristwood (FVO) explains: *"It seemed there was a gap in the market for a weekend of high quality racing in Scotland which could be a part of the UK Elite Orienteering League. I approached JOK about sharing a weekend - a Middle Distance and the famous JOK Chasing Sprint to tempt people up to Pitlochry. I was then approached by SEDS about incorporating the Dark Thistle event on the Friday night, and the Scottish Spring Weekend was born. If it is successful, hopefully it can be repeated every year."*

Scottish Spring website:
<http://scottishspring.weebly.com/>

Duncan Coombs (AROS) adds: *"Night orienteering in the UK seems to be only truly conducted by mental factions of Scottish clubs; relegated to midweek evenings and bolstered by the promise of pub grub to make it seemingly worthwhile."*

*It all begs a centrepiece, a stone-cold championship event, on a centrefold map, where the Night O bloc can do battle. Enter the **Dark Thistle**. In conjunction with the Scottish Spring, SEDS bring you a Hagaby style, TD5 Night O short-classic to be held at Dunalastair, near Pitlochry, on Friday 22 April. Mass start will be 2000-2100, across sundown, and allowing ample travel time. Entries open soon. Put your headlamps on to charge ..."*

Dark Thistle website:

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

See the next article for more about the **JOK Chasing Sprint** on Saturday 23 April.

And finally, the **Middle Distance** event will be on Sunday 24 April. Graham Gristwood



Picture: Crawford Lindsay, ESOC

Culteuchar Hill

The next double-header is the **INTrepid weekend** on 9/10 April, featuring **SOUL 4** at Livingston and **SOL 2** at Culteuchar & Dron – Robin Galloway (INT) gives more details: *"Livingston was used for the JK sprint in 2012 and presents a fantastic urban challenge for the nimblest of bodies and minds! The courses will be planned by the gold standard urban fox himself, Mr G Ackland. Culteuchar is an open hill area with great runnability, probably one of the best open hill orienteering areas in the country. Longer courses will encounter areas of coniferous forest plantation in the Dron area to the east side of the map. Pause to admire the iron age fort and to drink in majestic vistas of rolling Perthshire. The SOL courses will be planned by the well above standard M Carcas. Great weather, great orienteering, super-fast times almost guaranteed."*

continues, "STAG and ESOC have very kindly allowed us to use Bonskeid Estate (used previously for a SOL last year) - a lovely little forest with generally good runnability and plenty of variety. We have the Faskally Caravan Park for an event centre, as before. This event has been awarded World Ranking Event status, which means that the M/W21 courses will (in theory) be as good as it gets, with winning times around 32 minutes. Everybody else will get their chance too - with a Blue course, a Green course and an Orange course."

The British Long and Relay Championships are in Shropshire this year, at Brown Clee on 30 April/ 1 May – a long journey, but with the promise of good terrain.

INVOC present **SOL 3** on 8 May - Gilly Kirkwood (Organiser) reports: "SOL 3 brings a chance to revisit the fantastic terrain of Affric North. This beautiful area of Highland wilderness was the venue of WOC Long Courses in both 1999 and 2015 and was remapped by Stirling surveys in 2015. The forest is a mix of pine, birch and oak with some steep slopes and complex contour detail."

Ian Searle (Planner) commented, "The plantation areas are in the management plan to be felled, so take this chance to experience the delightful running before it changes."

There's the possibility to make a weekend of by competing at BASOC's Level D event on Saturday 7 May, at Durnain Bridge, an area of runnable pine woodland.

The Scottish Championships are on 21/22 May at Balmoral, organised by MAROC and GRAMP. John Mason (MAROC), one of the planners for the Individual event, says: "This is a special place, and we are very lucky to be allowed use of the estate. You get to see the Royal Castle, set in manicured grounds, and then enjoy orienteering across three sizeable forested hills, with contour detail and rocky features which make this a fabulous technical area. The mapping has been updated and extended using LIDAR. Rare capercaillie are nesting in the western end of the estate, but there's still plenty of space for the SOC and SRC. The assembly arena on the cricket field gives everyone a downhill run-in and that warm May sunshine adds to your sense of achievement and enjoyment. We look forward to welcoming you to Balmoral."

Looking further ahead, the **Sprint Scotland** weekend on 14-17 July is an exciting opportunity.

Graham Gristwood describes what's on offer: "4 days of sprint orienteering in and around Stirling. A total of 9 orienteering sessions (6 training sessions plus 3 races) incorporating 2 World Ranking Events, 2 Scottish Urban League races and a UK Urban League race - this is a competition not to miss. New maps for all the races, and new or updated maps for all the training sessions. Evening ceilidh and talks from current/former GB team runners. Check out the website: sprintscotland.co.uk" 

THE 21ST JOK CHASING SPRINT COMES TO SCOTLAND

BY GRAEME ACKLAND (INT/JOK)

Long ago in darkest Englandshire, a group of recent graduates had an idea. Maybe it would be possible to have a serious race with a winning time less than an hour, where the first person to finish won. To prevent it being an exercise in following, the event comprised a Prologue to split people up, and a Chase to bring them back together. A sensible winning time for each course was 25 minutes, and the JOK Chasing Sprint was born.

It had a mixed reception. One prominent GB orienteer refused to take part because "25 minute races aren't proper orienteering"*. Others were a bit miffed that speedy juniors were mixing it with established elite. And beating them. By sprinting. Then WOC introduced a Short course and it became more mainstream. The format was even used in the World Cup, and ESOC (a club who know a good thing when they see one), established their own version. There was a wee blip when the IOF appropriated the 'Sprint' name to mean 15 minutes of tarmac, but JOK clung proudly to their now-anachronistic appellation. Fast, technical forest terrain remains the order of the day.

It grew and grew, with new



Picture: Crawford Lindsay, ESOC

One of the famous trophies

classes for wee piglets and old boars. Now in its 21st iteration, the famous flying pig trophies are coming once more to Scotland, as part of the Scottish Spring. We've chosen Faskally as the perfect area: it's technical, small, but offers many route choices. Best of all we're based at the caravan site, for that all-important inter-race cake and cuppa combo.

Our current Top Hogs are Daniel Hubmann and Hollie Orr. In April, you could take their place. Unless you are, in fact, Daniel Hubmann or Hollie Orr, in which case you should feel the hot breath of pursuit upon your neck. ▀

** Step forward Yvette Hague, future World Champion at the, er, 25 minute race distance.*

LINKS:

Read more about the chasing sprint: http://www.jok.org.uk/chasing_sprint

If you want ancient pig-related humour you'll have to root around here:

<http://www2.ph.ed.ac.uk/~gja/oldstuff/chsp.html>

Relive junior-GG's glorious 2000 victory: <http://www.homepages.ed.ac.uk/gja/bishop.html>

JUNIOR EVENT PREVIEW

There are two important Scottish junior events coming up – here are some advance details.

Picture: Crawford Lindsey, ESSOC



Montagu Bridge,
Dalkeith Country Park

The Scottish Schools Orienteering Festival will be on Friday 3 June, at Dalkeith Country Park, near Edinburgh. Last year there were around 350 competitors at the SSOF, representing many different schools from all over Scotland, and it's a great day out. There are courses for all ages from P5 up to S5/6, and you can compete in pairs if you wish. All junior orienteers are welcome.

If you're interested, you need to ask your school to take out affiliation to the SSOA, and enter you for the event. This is easy to do, with modest fees. Why not persuade some school friends to try orienteering too, and then

ask your school to enter you as a team? Look out for further details and entry forms just after the Easter holidays on the Scottish Schools' Orienteering Association (SSOA) website: <http://ssoa.org.uk/>

Important: Competing at the SSOF gives juniors the chance to compete at the World Schools' Orienteering Championships in 2017, being held just north of Rome – dates not yet confirmed. You must attend the 2016 SSOF to be eligible to take part in the selection races this autumn for the Scottish team.

Full selection criteria will be published on the SSOA website very soon.


Picture: Crawford Lindsey, ESSOC



Balkello Hill

The Jamie Stevenson Trophy is an annual Scottish inter-club junior competition, named after SOA Patron Jamie Stevenson.

It's always hotly-contested, and a good social occasion, with a barbecue afterwards. This year's event is on Sunday 19 June, at Balkello, near Dundee. There are Yellow, Orange, Light Green and Green courses, with separate classes for boys and girls on each. Each club's best 6 scores are added up to find their total, so small clubs can compete effectively against large ones. Entry is through your club.

Roos Eisma (TAY) is the planner, and she says: *"All courses will probably start on the open hill, with (on a good day) great views over Dundee and the Tay estuary. The longer courses will spend some time in heather, scree and varied open forest on Balkello Hill, where quarrying has produced interesting contour features. Everyone will descend to the Balkello community forest with its detailed path network. Afterwards, there will be a local club event, and parents and supporters are welcome to stay and have a run."* 

GIFT AID AND THE SOA

BY CLAIRE MACPHERSON (CLYDE)

SOA Partnership Director

email: partnership@scottish-orienteering.org



As you may be aware, the Scottish Orienteering Association became a charity in November 2012, becoming one of the first of the few sports governing bodies in Scotland to have done this.

Becoming a charity has given the SOA opportunities that might not otherwise have been available to us. These include sponsorship of our junior squad and orienteering leagues, funding from charitable trusts to help us develop the sport, and being able to reclaim tax on subscriptions through Gift Aid.

However, with the benefits of charitable status also come the added compliance and the SOA board of directors spend a good deal of time in dealing with this. This is why it is important that we maximise the benefits our charitable status give us.

Three years ago, we asked club secretaries to assist us in obtaining Gift Aid declarations from all SOA senior members who were taxpayers. We agreed that in return for this, reclaimed tax would be returned to the clubs who participated. We have recently distributed almost £5,000 from the first 3 years of claims amongst ScotJOS and the clubs that participated.

We now want to encourage all members who are taxpayers to sign a declaration so we can claim Gift

Aid on your SOA subscription. Gift Aid declarations can be downloaded from the SOA website and emailed to me, or alternatively can be completed online.


See <http://www.scottish-orienteering.org/soa/page/charity-information>

or search for the Charity Info category.

As well as claiming Gift Aid on subscriptions, we can of course also claim Gift Aid on donations to the SOA. You can specify how you would like a donation to be used: for example, to help support our elite athletes, our junior squad or even in mapping or development. Donations can be sent to the National Orienteering Centre in Glenmore, and if accompanied by a Gift Aid declaration (or if you have already signed one) this will allow an extra 25% to be reclaimed.

Gift Aiding your subscription and any donations will also benefit you if you are a higher or additional rate taxpayer. You should detail these donations in your self-assessment tax return to benefit.

It is also possible to leave the SOA a legacy in your Will. Again, these can be specified to be for a specific purpose. Legacies to charity benefit from exemption from Inheritance Tax, which is a 40% saving.

If you have questions regarding any of these issues please do not hesitate to email me. 

SCOTTISH 6 DAYS 2017 – ROYAL DEESIDE

BY JON MUSGRAVE (MAROC)

2017 Coordinator

The 21st Scottish 6 Days event is being held in Royal Deeside between 30 July and 5 August 2017. This will be the fourth time the 6-Days has come to Deeside (previous occasions were 1983, 1993, and 2005) and the event will use some of our best areas, with a variety of terrain, superb arenas and car parking and stunning views to the hills and mountains around Deeside.

The 2017 event will be based round an event centre in the Victoria and Albert Halls in Ballater, with registration, prize-giving and socials all contained in the 4-hall complex. There will be a large well-appointed campsite (toilets, showers, recycling, etc) within 400-500m of the event centre, shops and other facilities in the centre of Ballater.

There will be training set up in several forests in Deeside for the days before the event. A full social programme will be laid on.

With all races being within 30km of Ballater, travel times along the A93 will be short and there will



be plenty of time for post-race activities – visiting some of the famous castles of Aberdeenshire (including Balmoral, which is open on 30/31 July); doing a distillery tour; exploring the Vat Burn at Muir of Dinnet; climbing famous local hills such as Morven or Lochnagar. Rock climbing in the Pass of Ballater involves little walking, or else there are bigger crags on Lochnagar or further west in the main Cairngorm massif. Mountain biking is fantastic in Deeside, with plenty of good forest tracks and also some more exciting downhill tracks for those craving adrenaline.

For those seeking more gentle recovery, there are options for less strenuous activities such as fishing, kart driving or 4WD/quad bike tours. In addition there are plenty of good quality tea-shops in the area.

See the Scottish 6 Days website for more details as they become available:

www.scottish6days.com/2017

The planned schedule is:

Sunday 30 July - Glen Tanar, Aboyne

Monday 31 July - Balfour Woods, Aboyne

Tuesday 1 August - Birsemore Hill, Aboyne

Wednesday 2 August - 'rest' day with a Sprint race in Ballater

Thursday 3 August - Creag Choinnich, Braemar

Friday 4 August - Glen Feardar, Braemar

Saturday 5 August - Glen Feardar, Braemar

MEMBER BENEFITS

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

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

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www.hampdensportsclinic.com

Tel: **0141 616 6161**

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

Quote Scottish Orienteering Association member when booking.

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

www.acephysiotherapy.co.uk

Tel: **01698 264450**

Corporate rate
(currently £25 per session)
applies.

Quote Scottish Orienteering Association member when booking.

PERTH CHARTERED PHYSIOTHERAPY AND SPORTS INJURY CLINIC

www.perthphysio.co.uk

Tel: **01738 626707**

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www.tiso.com

Free Outdoor Experience card on application at any Tiso store, using BOF membership card as proof of SOA membership. The card provides 10% discount on purchases at Tiso.

Quote Scottish Orienteering Association member when booking.

FERGUSON LAW Private Client Solicitors

Tel: **0131 556 4044**

www.fergussonlaw.com

All services offered at fixed prices. 5% discount to SOA members. Ask for Janice Nisbet (ESOC) when contacting.

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Compass Point Scottish Orienteering League 2016 - provisional dates

www.scottish-orienteering.org/sol

www.compasspoint-online.co.uk



Classic Forest Orienteering in Scotland

All races Sundays.

Starts from 10:30 am.

Full range of colour-coded courses,
from string courses for under-5s to
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<input checked="" type="checkbox"/>	SOL 1	06.03.16	Elibank, Peebles	RR
<input checked="" type="checkbox"/>	SOL 2	10.04.16	Culteuchar & Dron	INT
<input checked="" type="checkbox"/>	SOL 3	08.05.16	Glen Affric North	INVOC
<input checked="" type="checkbox"/>	SOL 4	05.06.16	Baluain, Blair Atholl	ESOC
<input checked="" type="checkbox"/>	SOL 5	11.09.16	Inshriach West, Kingussie	BASOC
<input checked="" type="checkbox"/>	SOL 6	02.10.16	Fairy Knowe & Doon Hill	CLYDE
<input checked="" type="checkbox"/>	SOL 7	30.10.16	Culbin, Forbes	MOR



Scottish Orienteering Urban League 2016 - provisional dates

www.scottish-orienteering.org/soul



Quality Urban Orienteering in Scotland

Courses from under-12 to Ultravet
Check website for full details

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

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Scottish Orienteering Association Annual General Meeting 2016

The AGM will be held following the Scottish Individual Championships on

Saturday 21 May

The Individual Championships will be at Balmoral
and the venue for the AGM will be near the event, details to be confirmed.

Members wishing to put motions or proposals to the AGM
should submit them in writing to the Company Secretary,
Colin Matheson, by Saturday 9 April.

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

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