

SCORE

The Home of Scottish Orienteering

September 2016

INSIDE:

VHI

**Scottish Schools'
Orienteering Festival**

JUKOLA

Summer Travels

PLUS lots more



magazine of the
**SCOTTISH ORIENTEERING
ASSOCIATION**



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Picture: Crawford Lindsay, ESOC



Picture: Steve Wilson, CLYDE



Picture: Rob Bloor, INT



Picture: Rona Molloy, FVO



Picture: Crawford Lindsay, ESOC

EDITOR'S INTRO

Scottish Orienteers,

This is my final issue of SCORE, and I hope you've found something of interest in the magazine over the last 3 years.

Thanks to everyone who has written something, especially those who sent articles in before the copy date, and others who replied promptly to my pleas (and wrote the right amount) – SCORE is dependent on its contributors.

The main feature this time is a roundup of various foreign multi-day events, plus news from major international competitions too, and all the regular updates. Other articles include interesting pieces about stretching and junior coaching. Please do take a look at the back page, for details about how to opt in (or out) of the SOA e-newsletters, which complement the information here and on the website. My photo this time was taken at SOL 5 (Uath Lochans).

I'm handing over to Sheila Reynolds (from MAROC) – thanks to her for volunteering. I trust you'll send Sheila plenty of material for future issues.

Best wishes for all your orienteering exploits in the coming season!

Sally Lindsay
Editor



Picture: Crawford Lindsay, ESOC

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Cover pic - The Feshie hills from SOL 5 assembly area.
Pic courtesy of 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:

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PRESIDENT'S PIECE

BY ROGER SCRUTTON (ESOC)

SOA President

email: president@scottish-orienteering.org

Orienteering – a sport of national importance to Scotland?



Picture: Crawford Lindsey, ESOC

We are having a remarkably busy time here in Scotland by way of hosting major, often international, events. For the sake of starting somewhere with a record of these events, 2010 is a good point.

In 2010 we hosted a Park World Tour event in Perth, and the Junior and Senior Home Internationals, then:

2011 – Oban 6-Days Festival

2012 – Jan Kjellström International Festival

2013 – Moray 6-Days Festival; Veteran Home International

2014 – Race the Castles; Senior Home International; Junior Home International

2015 – World Orienteering Championships and Highland 6-Days Festival

2016 – Junior Inter-Regional Championships; Junior European Cup

2017 – Deeside 6-Days Festival; Veteran Home International

2018 – British Orienteering Long and Relay Championships; Senior Home International; Junior Home International

2019 – “Perthshire” 6-Days Festival

...and so on

These events fall into three categories: the 6-Days Festivals; those events we are obliged to take our turn in organising, such as the Home Internationals, the JK and the British Championships; and those we initiate ourselves (which actually includes the World Championships in 2015, suggested to and adopted by British Orienteering in 2010, just after we hosted a Park World Tour event in Perth). Whichever way you look at

it, it is testament to the energy and stamina of the Scottish orienteering community that we can continue to host major events such as these, at the same time as maintaining the schedule of local, regional and national events we appreciate every year. The Scottish Orienteering 6-Day Event Company has long been a slick machine, attracting thousands of overseas visitors every second year to an event that is unfailingly successful, and every second year clubs and individuals step up to volunteer their time to ensure this success. However on this occasion I should like to pay tribute to the individuals who take on the responsibility of being coordinator or organiser of an enterprise that carries a finite risk in terms of finance and delivery.

Scotland is, therefore, very much ‘linked in’ to orienteering on an international scale. We might even say that it is a sport of national importance to Scotland, given that every second year the 6-Days Festival brings many hundreds of thousands of pounds into the Scottish economy (£9.4million in the case of Highland 2015). And, of course, Scotland continues to contribute far more than its pro-rata share of athletes to the GB Talent, Development and Performance squads, either native Scots or non-Scots based in Scotland (10 of the 13 GB team members at WOC 2016 have a Scottish connection). We do exercise a strong international presence. 

BY STEF LAUER

SOA Chief Operating Officer



Picture: Crawford Lindsey, ESOC

Development Officer changes at Scottish Orienteering

The only constant is change. And on that note we are in touch with you again to inform you about staff changes within Scottish Orienteering. We had four Development Officers working across Scotland to help primarily with club development and to support SOA and club membership growth. These staff members have done a fantastic job, helping to raise awareness of the sport in very difficult times. A big Team High Five to...



Picture: ActiNorth

Mike


MIKE RODGERS

Mike started back in August 2012, to focus on the club development of Moravian. Thanks to his vast experience in orienteering and his enthusiasm, he was able to support the club to raise membership to well over 200. He can be proud of his achievements over these past four years and we are wishing him all the best with his career at the National Trust for Scotland's property, Brodie Castle.

focussed on autumn and spring blocks of introductory sessions for families and after-school clubs in both Banchory and Aboyne. With Sarah's contract coming to an end, she has been working on an application to the Cairngorms LEADER Programme for funds for a completely new kind of project, called Community Orienteering and Protection of the Environment (COPE).

JOHANNES PETERSEN

And last, but certainly not least, Johannes Petersen will remain the Club Development Officer for INVOC and BASOC until October 2016, then his role will morph into the new Regional Development Officer North. We are delighted that Johannes will stay on board in this exciting new role after all his great achievements with his local clubs.

Scottish Orienteering is extremely grateful for the dedication, hard work, bright ideas and new initiatives that all four have brought to their jobs. Our thanks to sportscotland and the Robertson and Davidson Trusts for helping us to fund these positions. Here is to the next chapter of development work within orienteering! 



Picture: Alice Nicoll, TAY

Mel

MEL NICOLL

Local to Birnam, Mel has focussed on Tayside Orienteers and has been working hard to develop and promote the benefits of membership – a healthy programme of local events, coaching opportunities, regular training nights, improved capture and retention of potential member contact details and regular communication with them. Mel will continue to be involved in the club and will otherwise focus on her work with the John Muir Trust.



Picture: Sarah Dunn, MAROC

Sarah

SARAH DUNN

Sarah's home in Aboyne was a perfect base to work with MAROC and she has done so since February 2015, to re-invigorate membership in the Aboyne area, while aiming to maintain the club's strong base in Banchory. Activities have



Picture: Jane Petersen

Johannes

EVENTS MANAGER'S NEWS

BY COLIN MATHESON (MOR)

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

Picture: ActivNorth



Organisation of Royal Deeside 2017 is progressing well, and most aspects of the event are on track.

Over the past few months the main focus has been on selecting suitable race arenas and parking areas, and gaining permissions (in principle if not formal) for use of the competition areas. MAROC, one of the two central organising clubs, have a long history of orienteering in the area and have managed to build up a good reputation with land owners and land managers. Many remember the last time the Scottish 6 Days was staged in the area, assuming it was just a few years ago but surprised it was as far back as 2005. Interlopers are providing backup to the 'home' club, filling a number of key positions within the Central Organising Team including treasurer.

Jon Musgrave, Sarah Dunn and Roger Coombs have formed the core team, and provide invaluable assistance and local knowledge to help the SOA Events Manager pull together a workable plan. Under the auspices of Deeside Orienteering & Leisure Maps, Jon has mapped a new area (Balfour Forest) as well as adding major extensions to Creag Choinnich and Glen Feardar. Subject to final agreement by the Scottish Orienteering 6-Day Event Co Ltd, we plan to revert to six full races once again.



The Elites will however race in two Middle Distance events, one of which we intend to be a World Ranking event (in Birsemore).

Opening races will be in Glen Tanar, one of the progressive estates that has diversified into many areas, with their visitor centre adjacent to the race arena. Balfour and Birsemore follow (shared race arenas), before the main competition moves up the glen to Braemar and a high altitude race (690 metres) in Creag Choinnich. The final two days will be staged in Glen Feardar, and it is hoped that with financial assistance from EventScotland there will be a big screen and coverage of the final Elite races. Royal Deeside is a lovely area for walking, cycling and other tourist pursuits, but on the rest day there will be a Sprint Race in Ballater and Trail Orienteering at Cambus o'May.

The event centre will be in Ballater (Victoria & Albert Hall), and plans are evolving for an event campsite within easy walking distance. >>

EDUCATION NEWS

BY HILARY QUICK (BASOC)

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



Picture: Crawford Lindsay, ESOC




EDUCATION MANAGER - What's that all about?

FOR a couple of months now, I've been in my more focussed role of 'Education Manager', which simply involves arranging, providing or signposting training on any topic relevant to orienteering.

As you'd expect, this covers a wide range of topics and a variety of delivery mechanisms. We offer a range including structured courses leading to UKCC coaching qualifications, 'Teaching Orienteering' courses for teachers and youth leaders wanting to introduce the sport to young people, a range of workshops for event officials for delivery within

clubs, updates for coaches, and online information and learning opportunities such as a Condes User Guide and worksheet.


The course schedule at www.scottish-orienteering.org/course-schedule is constantly growing, and if you would like something to be available near you, please get in touch.

As well as arranging the training, I have a rolling programme of reviewing the content and delivery of all training opportunities; your comments and opinions to help with that are most welcome. 

<< Ballater is an attractive village with strong royal connections, currently picking itself back up after devastating floods over the winter period. By 2017 it will be all systems go once again, so we look forward to seeing you all for another great Scottish 6 Days event.

Organisation of the British Orienteering Championships for 2018 is at an early stage, with embargoes on the Individual area (Balmoral) as well as the Relay area (Torphantrick). Negotiations are ongoing with British Orienteering to ensure that there is a suitable balance of risk and reward for

Associations that decide to stage this premier competition. There are concerns that we take all the risk and British Orienteering potentially takes all the reward, and this will need to be resolved.

The Operations Director, Roos Eisma, will be seeking assistance from individuals or clubs to help stage the event – if at this stage you feel you would like to become part of planning or organising this prestigious event, please come forward and let us know. Royal Deeside is a pleasant place to be, especially in May when the tops of Lochnagar and Ben Avon are still covered in snow. 

RECENT EVENTS

Shortly after the June issue of **SCORE** came out, the annual **Jamie Stevenson Trophy** event took place on 19 June at Balkello Hill, north of Dundee. 14 Scottish clubs competed in the very varied terrain, and once again **MAROC** won the trophy.

The fifth event in the 2016 Scottish Orienteering Urban League was part of a double-header weekend in the north-east. **SOUL 5** was organised by Grampian Orienteers, on Saturday 25 June, at Westhill in Aberdeen. This new urban area gave plenty of route choice, as promised, and unfortunately there were thundery showers, so many got very wet. On Sunday 26 June, **MAROC** presented a Level C event at **Glen Feardar** (near Braemar), a very varied area, in glorious weather.


Sprint Scotland on 14-17 July, including **SOUL 6** and **SOUL 7**, was a huge success, and attracted many complimentary comments. See the report elsewhere in this issue for more details.

The **Purple Thistle** on 30-31 July offered top quality orienteering in

Middle Distance and Long races on the great terrain at Balmacara. Saturday saw rain and mist, but Sunday was much brighter and the views, as well as the orienteering, lived up to expectations. This year's event also included a short race on Saturday evening on a new area, The Plock, beside Kyle of Lochalsh.

Although many ventured abroad over the summer, various series of local events continued throughout the holiday period, with events far and wide.

The first big attraction of the autumn was **BASOC's Highland WOLF** weekend, offering three events of varying length. First came the Middle Distance race at Glen Gynack, Kingussie, on Saturday 3 September. There was an uphill walk to the starts, and courses included open moorland and forested hillside, descending to the finish in a grassy arena. Later on, **SOUL 8** was also in Kingussie - this urban Sprint started in the forest, and led through residential areas before crossing the deep valley of the Gynack Burn and returning to the same arena.

Many found the energy to attend the ceilidh on Saturday evening, which was popular as ever. **SOL 5** took place the next day at Uath Lochans, up Glen Feshie, on a new map. The terrain is mature pine forest, with plenty of contours and rock detail, including some large crags on the longer courses. 

SOUL 8 finish, Kingussie



Picture: Sally Lindsay, ESOC

SCOTTISH SCHOOLS' ORIENTEERING FESTIVAL

The 2016 SSOF was held at Dalkeith Country Park, just south of Edinburgh, on Friday 3 June.

Picture: Crawford Lindsay, ESOC



**SSOF assembly area
beside Dalkeith House**


Judy Bell (ESOC), Organiser, reports:

After worrying about the weather for weeks and borrowing lots of tents because of the lack of shelter at Dalkeith, it was a day of glorious sunshine for the Scottish Schools. With the finish beside Dalkeith House, there was lots of space to spectate and cheer on the finishers as well as to enjoy picnics in the sun, or burn off extra energy playing rounders or football on the lawns in front of the House. Another popular game was rolling down the steep grassy slopes or sliding head first down them (who needs a sledge and snow – all that was required was some good washing powder later).

However, this did not detract from the main focus of the day, which was the orienteering, with friendly competition and rivalry to the fore. Dalkeith Park is an old country estate whose terrain includes a mixture of woodland, fields and open parkland and an

extensive network of paths and tracks. Katy Lessells (ESOC) had planned excellent and challenging courses to make the most of the area. Unfortunately some further challenges (particularly for the helpers) were added on the day due to the unexpected operation of some estate vehicles in the competition zone. Thanks must go to the enthusiastic team of helpers from ESOC, ELO, KFO and TINTO, who did a fantastic job in ensuring that all ran smoothly and everyone enjoyed their runs.

There were almost 500 competitors from 70 different schools across Scotland – from Inverness in the North, down to Dalbeattie in the South, and even some competitors from the Isle of Arran. It was great to see some schools entering for the first time ever, as well as schools such as Gargieston Primary who have attended every Scottish Schools event. The prizes were spread across the whole country, with 28 different schools taking home awards.

The full results, a map showing the locations of all the competing schools, as well as many photographs of competitors as they neared their last control, are all available through the SSOF website: www.ssoa.org.uk/2016.html 

AN INTERVIEW WITH...

TERRY O'BRIEN (STAG), a well-kent face in Scottish orienteering

THERE are very few of us who have sustained such a deep commitment to orienteering in Scotland over so many years. What motivates you to keep going as a participant and, particularly, as a volunteer at such an active level?

Sometimes I do ask myself this very question.

As a participant I wasn't blessed with any natural ability although I did really enjoy Geography at school, so my initial involvement was due to the boredom of sitting in a minibus waiting for my pupils / STAG Juniors to return. Once I got the bug and chose the correct course, the rest is history - competitive in SoSOLs for over 20 years, and SOL certificates in every Age Class (S = Short Courses or Sensible Courses) since 1991.

The volunteer side of it must be related to being an educationalist / teacher, in my case, of Physical Education. I just love to see folk enjoying themselves and firmly believe that this sport is for all and not a select minority.



Terry presenting trophies at a Scottish Score Championships

One of your major achievements has been to have all, or nearly all, Glasgow parks mapped, and to regularly use these maps. What was your aim when you embarked on this and do you think you are achieving this aim?

The aim was simple: to make orienteering accessible for everyone.

Is the aim being achieved? Yes, but with limited success. STAG do not have the means to publicise our existence and orienteering in Glasgow remains caught between Glasgow Life (who run Sport and Sports Centres) and Environmental Services (who manage the Parks), but I maintain success is because of resilience and determination to pursue our aims.

You have held a number of 'management' positions in the SOA over the years. What do you think the big milestones or developments have been in Scottish orienteering that have improved the sport, or set it back?

Without doubt, the change to computer mapping revolutionised our sport, and whoever in the SOA had the vision to set up an agreement with Stirling Surveys to offer a printing service should be congratulated. STAG's first 35


Picture: Sally Lindsay, ESOC

or so colour maps were of the old system (Scribing) but since then (we are now at No. 304), maps are updated for every event by myself.

What would you like to see happening in Scottish orienteering as we go forward? Where should we focus our efforts?

I feel that the SOA needs to take a punt and, instead of employing Development Officers, should focus on marketing our sport to the wider community. Most clubs have a decent stock of maps, and being a volunteer is intrinsic to our sport, but when it comes to spreading the word, we fail miserably due to a lack of funds, knowledge and suitably qualified personnel.

Finally, almost everywhere we go these days we see headlines like “Concerns raised over number of children not engaging with nature” (Guardian, Feb 2016). From your knowledge as an experienced PE teacher and a dedicated orienteer, how do we get kids outdoors and into nature?

Very challenging indeed. Orienteering is possibly part of the answer, but in my experiences it comes down again to the place Headteachers give to Outdoor Education in their school curriculum. The option of ‘Wider Achievement’ will open up opportunity for a few, but the true essence of the outdoors can only be achieved by spending time outwith the school day and making the experience memorable and lots of fun. 



Picture: Wendy Carlyle, AIRE

Terry approaching the finish at Balmoral

World Schools' Orienteering 2017

The Scottish selection races for the World Schools Championships Orienteering (WSCO) 2017 took place at Faskally Wood, Pitlochry, on Sunday 28 August. These races were open to all students who participated in the Scottish Schools' Orienteering Festival in June, with 4 classes: M1 (Senior Boys), M2 (Junior Boys), W1 (Senior Girls) and W2 (Junior Girls). For each class, the winning School Team is decided by adding together the times of the first three runners from each school, and the five fastest runners from other schools are offered a place in the Scottish Select Team.

The winning schools were: M1 and W1 - Banchory Academy; M2 - Aboyne Academy; W2 - George Heriot's School, Edinburgh. Juniors from orienteering clubs all over Scotland were selected (too many to list here).

For the full results and further details, see the WSCO 2017 Selection news item on the SSOA website:

<http://www.ssoa.org.uk/wsc02017-selection.html>

The 2017 World Schools (WSCO) event will be held in Palermo, Sicily, on 22-28 April.

JUKOLA 2016

BY PAUL CABAN (INT)

Picture: Crawford Lindsay, ESOC



Along with Sweden's Tio Mila, Jukola in Finland is the other 'great' relay event. And like Tio Mila, as well as a race that the world's elite take very, very seriously, it also attracts orienteers - and indeed non-orienteers - of all fitnesses and abilities: it's very much Finland's 'London Marathon', except this one starts at 11pm.

Along with Sweden's Tio Mila, Jukola in Finland is the other 'great' relay event. And like Tio Mila, as well as a race that the world's elite take very, very seriously, it also attracts orienteers - and indeed non-orienteers - of all fitnesses and abilities: it's very much Finland's 'London Marathon', except this one starts at 11pm.

Although all of our best runners had competed for Scandinavian clubs, we weren't aware that Interlopers had ever entered a team for Jukola in our own name. Despite mutterings all through the winter, it looked like 2016 wasn't going to be the year, either. And then one afternoon in May, an email from Chairman Max popped into my Inbox: "Anyone fancy Jukola next month? - The closing date is today. And CLYDE have already entered." I said "yes", but that I really didn't want to have a night run, having not used my headtorch in orienteering anger this winter, and asked for the 'Urban' leg. "No problem", said Max, "There's a 16km day

leg instead of breakfast that has your name on it." Time to restart training....

And so with flights, hotels and cars booked, six immaculately organised Interlopers met up in a very nice hotel on the outskirts of Helsinki, in the middle of four days of continual rain. (We were meeting our seventh team member, an interloper from MAROC, at the event.) All set, except one of us hadn't packed a sleeping bag or mat, and one of our cars was booked for the wrong weekend (transport difficulties were contagious: two CLYDE members drove to each other's houses for the airport pickup). Still, all of this was recoverable from, and on the three hour drive east to near Lappeenranta, close to the Russian border, it even stopped raining, at least for a little while.

On arrival, the first task was to watch some of Venla, the women-only daytime relay. We got there with time to see Scotland's very own Hollie Orr finish as part of the winning team (Halden), only the second Brit, alongside Yvette Hague (now Baker) to do that. And after some of the serious stuff - eating, more eating, and hiding from the now torrential rain in traders' marquees - it was back to our Finnish Army tent, to try and get some sleep.

Fitful dozing followed, broken by periodic drips of condensation (but at least our tent didn't try



and collapse like CLYDE's) and sporadic news from the front. Freddie had had a great run; Max had had a pretty good run too, although he had to go onto reserve torch-power; and Ewan had had an absolute stonker, making up loads of places. And each cautioned that the first kilometre was horrible, and relocating at the end of it was hard. James and Graeme had also both improved our position by around 100 places each, and by the time Colin went out, I'd given up all pretence of rest and dryness, and started to get ready.

Now in order to have some hope of finishing the same day, Jukola has a cut-off time, beyond which people start in the euphemistically named 'mini mass start'. Colin's aim was to get me out ahead of that, so I'd then get towed round. Sadly, it wasn't quite to be, so I joined the ~1000 (!) others in sprinting off through the sort of rough, flat and boggy unpleasantness that I hadn't experienced since Fallen Timber

Meadows in Canada (where I DNFed long before finding any meadows). Fair to say I didn't enjoy the run out. And then I missed, twice, at the first control, and then again early on. Sigh. But I did improve, and I spent the next 2½ hours overtaking people, and the team finished just outside the top 500.

There only remained to pack and get out of the parking field, where axle-deep sludge meant everyone would need help from a tractor. While we waited, Graeme and James, with early flights, went off to hitch, and fortunately got a lift with a not-so-distant relative of Mika Häkkinen.

Next year, Jukola is even further north and east, but in 2018, it's based in Lahti, about an hour from Helsinki and easily accessible by public transport. And rumour has it, 2020 is seriously far north in Lapland, which should mean that there won't be much darkness to worry about.

See you there? If we can do it, anyone can! 

Map trestles ready for incoming Venla runners

SPRINT SCOTLAND

BY IAN MAXWELL (RR)

Picture: Crawford Lindsay, ESO



The Sprint Scotland Training Camp was held in the Stirling area over four days from 14 to 17 July and was an unmissable opportunity for anyone who wanted to improve their orienteering skills. It was open to (and attended by) all abilities, with friendly laid-back organisation and the opportunity to take things at your own pace.

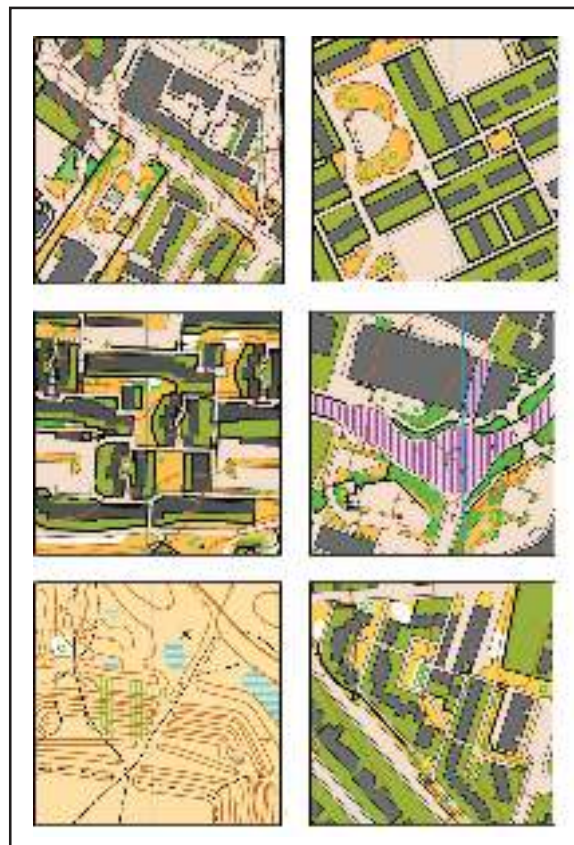


Day 1 consisted of three separate sessions on contrasting areas in Dunblane, Bridge of Allan and Braco with suggested themes for each. The organisation was first class, with a base that included shelter, toilets and a signing in and out process for each session. It proved to be a great meeting point for discussion and exchanges of ideas. The evening featured a talk by Kris Jones on Sprint Analysis.

The second day consisted of another three sessions, all within Stirling, and utilised a central base from which any of the sessions could be accessed at any point throughout the day. With sessions in the Old Town, city centre, and a housing scheme in Bannockburn, there was again great variety, finished off with an evening talk on Sprint Racing by Murray Strain.

At the weekend, the camp moved on to racing, with two races in Hallglen on the Saturday and one in Grangemouth on the Sunday, plus a Saturday evening talk by Heather Munro on "Training the Mind". Again there was variety in the areas used, with Hallglen East probably the most complex urban area I have raced in.

For results and full details, see the Sprint Scotland website: sprintscotland.co.uk 



Sprint Scotland map extracts

COACHING CORNER

BY NICOLA MELVILLE (FVO)

FVO Head Coach - guest writer for this issue

FVO Junior Stars – our experience of developing junior coaching

FVO Junior Stars is a junior section of FVO, for juniors working towards their Scottish Orienteering Star Awards. It focusses on helping them to learn the skills they need to orienteer, rather than performance.

The Star Awards provide a good basis for orienteers to progress their skill level; for coaches to develop a coaching programme; and to monitor progress and celebrate success of individuals. It build skills up through four star levels, through coached sessions and practice. It allows individuals to progress at their own rate with the coach helping the individuals to assess their levels of confidence and what they need to practice. This in turn influences the ongoing coaching programme.

The sessions are run alongside FVO local events, so that juniors can try out their skills on one of the courses as part of the training. Each session starts with a warmup, as one group, before splitting up into different ability levels. There are parent helpers for each session, which is essential for the younger or



Picture: Ben Finch, FVO


Junior Stars learn about judging distance with parent helpers

less experienced orienteers.

I initiated Junior Stars after I talked to younger juniors at our annual SnOW Activity Day in 2015. Most of the younger juniors said that the main reason they orienteered was because their parents did it, and there was a general lack of enthusiasm about the sport as something for them. Junior Stars is a fun part of the club for the younger juniors, a chance for them to meet up, and have fun with games and races, as well as learn skills. They take turns to lead the warmup, so that they have ownership of the session. Also, I encourage them to bring a picnic to have with their friends at the weekend Come and Train sessions.

FVO has built the celebration of the juniors

achieving their Star Awards into their annual awards ceremony in November. This was to give the same level of recognition to those who put the effort into attaining skills as those performing well in competitions. This reflects current coaching thinking about developing talented athletes, and guidance on long-term athlete development, that at this stage the focus should be around 80% practice to 20% competition: a focus on FUNDamentals for the young ones.

As a coach, I find the Junior Stars very rewarding, as it is frequent enough (weekly in the spring, and monthly through the winter) to see juniors progress and develop confidence. They are excited about learning, engaged and fun to coach! 

SUMMER MULTI-DAY EVENTS

There was a wide choice of multi-day events this summer, many at the same time - here are some edited extracts of various foreign experiences. Thanks to all contributors.

Swiss O Week: St Moritz, Switzerland, 16 - 23 July by Rob Bloor (INT)

After a 10 hour drive from Provence via Italy, we arrived in the beautiful Engadin Valley at an altitude of 1750m. The weather was hot. All the days were served by the special SOW bus transport, which we used on the 1st day but showed signs of strain; most unswiss! So we decided to cycle to the remaining races, as they were all reasonably close to St Moritz.



Final control on Day 2, overlooking St Moritzersee and St Moritz

Day 1 was fast with a few long road running sections but with a great finish arena. On Day 2, a short distance event very close to St Moritz meant we all cycled or walked to the event. Interesting terrain but rough under foot, another great finish overlooking the lake below St Moritz.

On Day 3 we caught the mountain train up the Bernina Pass with our bikes, with a convenient station next to the event. This was high alpine terrain (2100m altitude) with lots of boulders and rocky ground making navigation and running difficult, catching most people out at some point. Up to the top of the Bernina pass for us on our bikes before 20km of freewheeling back to St Moritz. A wonderful day to get close to glaciers, alpine flowers and cows with bells.

On the Rest Day, some went for a swim in the local lakes, while others bagged a few alpine passes on their bikes.

Day 4 brought a change to more typical mountain weather. The race was on a steepish hillside with more areas of moss-covered boulder fields and vague contour details. The sun coming out on the way back made for a pleasant cycle home. Day 5 was the cable car day, taking us from the valley floor to the event centre, with the finish a further 30mins up the hill. The race was in high alpine terrain at 2600m, all open, with a few nasty boulder fields to traverse. On getting back to download, we were told that the race was to be cancelled due to an impending thunderstorm, which duly arrived. The cable car

Picture: Rob Bloor, INT

could not run, so after a long wait all competitors walked back down the hill. With the cycle home, this made for a long day! Day 6, the final day, was more typical Swiss terrain with a few route choice legs and steep descents. We all had a good run on the last day; maybe we were getting the hang

of Swiss alpine terrain.

All in all a great week, with the added bonus of some altitude training, now only 3 years before the next SOW 2019 in Gstaad; better start saving now!

Results can be found here:

<http://www.swiss-o-week.ch/live/startseite.php?style=desktop>

O-Ringen: Sälen, Sweden, 23 - 29 July by Lindsey Knox (RR)

It was Pauline McAdam who first suggested a Roxburgh Reivers outing to the O-Ringen, as she'd realised that the location this year was much better than the next few years, in terms of getting there and organising accommodation. Despite orienteering for more than 45 years, neither John Tullie nor I had been to the O-Ringen, so this seemed a good opportunity, and we managed to get a group of 7 signed up.

Transport each day was strictly by the event buses, but luckily our house was a short walk from the pick-up point, and our first impression of the scale of things were the hundreds of bikes left at the bus stop by all the people who were staying or parked further away. The bus system was very impressive. A fleet of 5 buses left in convoy every 10 minutes for the 10-minute journey, whether they were full or not, and this



Picture: Crawford Lindsay, ESOC

was happening from 3 different locations in the area, so a huge number of buses.

The event used only 2 arenas for the 5 days, and with the infrastructure needed for over 17,000 competitors, we could see why. There were 8 Starts every day, each with their own wooden structure with roof, and maps at high level in compartments, so no bending down for either competitors or officials. It was interesting to see that they still bag their maps, and I can't imagine the weight and space of 85,000 A3 bagged maps, or how they got them up the mountain on 3 days, although we did spot a helicopter some evenings. The Finish tent was HUGE, the water at the end delivered by a > >

O-Ringen run-in, Day 3

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large bowser to an army of helpers filling cups on a clever wire mesh 'table', and results were on screens in a line of 3 large marquees. Over 200 portaloos meant I didn't queue the entire week: bliss!

As for the actual orienteering, we had 4 days on open hillside

and one in tricky woodland, and it's fair to say we didn't do as well as we'd hoped, but we all enjoyed the experience and I'll definitely go back again.

O-Ringen 2016 website:
<http://www.oringen.se/213/english.html>

Canadian and Western Canadian Orienteering Championships: Canadian Rockies, 23 July - 1 August **by Val Finch (FVO)**

Scottish Orienteering was well represented in the Canadian Orienteering Championships this summer. The event was held in the Bow Valley in the Canadian Rockies, with the Western Canadian Orienteering Championships being held the previous weekend in the William Switzer Provincial Park, Alberta. The standard of organisation, mapping and planning was very good with some very technical courses. The terrain was in general morainic with lumps, bumps and kettle holes similar to Inshriach or Loch Vaa, with more natural woodland and more undergrowth that obscured the contour detail. In Canadian terms, these were big events with over 200 entrants.

The event was particularly memorable because of the presence of bears. Occasional encounters with bears are to be

expected in the wilder parts of Canada, and are not usually a problem, but this year there had been a bumper crop of berries and a corresponding increase in the local bear population. We had been advised that we had to carry bear spray (a pepper spray) and attend a workshop on bear encounters. After the WCOC, we were told that the training areas for the Canadian Championships were no longer available and then, just a few days before the Canadian Championships, the Parks Authority closed access to the area which was to be used for the Long event and the Sprint events.

The organisers were faced with the task of extending the map used for the Middle event and using that area to plan new Long courses. They also had to secure a new area for the Sprint events. Luckily the University of Calgary campus had been used for a Sprint event earlier in the year, and they managed to get permission and set new courses.

The Scottish contingent performed very well with individual victories by Mark Purkis (EUOC),

Graeme Ackland (INT), James Ackland (INT), Jane Ackland (INT) and Donald Petrie (CLYDE).

The only Scottish orienteer who actually encountered a bear was Suse Coon (ECKO), who says that she hid behind a tree until she was sure that it had wandered off. I was rather alarmed at the COC Long event when I heard a

hooter approaching and thought that someone was chasing a bear towards me. It turned out to be an orienteer on his course sounding an air horn every few minutes as he ran along! Other runners had 'bear bells' which gave a more pleasant tinkle!

Website:
<http://www.coc2016.ca/>

Croeso 2016: South Wales, 24 - 29 July By Roo Hornby (MOR)

20 Moravians made the trip down to South Wales for Croeso 2016, mainly comprised of 5 families and one couple. A festival like this is an enormous undertaking for the Welsh Orienteering Association, who have far fewer clubs and orienteers than the SOA. However, as far as main officials are concerned, they are helped by English clubs that are close by. I know the organisers were immensely grateful for all the volunteers that came forward when they put out a wide plea, about 3 months before the event. Moravian oversaw the String Course and Results pasting on one day, and several other Scottish clubs were getting well stuck in on other days. Overseas participants were also volunteering. Parking and Assemblies were generally very efficient, including a bus service on Day 4.



Picture: Margaret Dearman, MOR

On to the orienteering itself. The areas in use were varied: lovely dunes similar to Forvie and Barry Buddon for Days 1 and 2 (with a steel works at one end and the M4 at the other....); dark, brashy forest for Day 3; amazing foggy hilltop with lots of enormous sink-holes on Day 4 (JK 2014 area) and a mix of slippery forest and parkland on Day 5. The weather was not kind, with the only day not affected being Day 2; thankfully the rest day was ok. However, what it proved is that, especially for families, a multi-day event is an excellent holiday. It offers structure and a sense of achievement for everyone, whatever the weather.

For Moravian, this proved >>

**16 age group podium,
including Chris Hornby
(MOR), winner M16B;
Joe Wright (MAROC),
winner M16A; Mairi
Weir (MOR), 2nd W16A**

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particularly so, with 5 of us reaching podium places as prizewinners (3 juniors and 2 adults), and all of our team that were doing TD2-4 courses making excellent progress.

Many of us there were regulars at British multi-day festivals, but the Kenyons were newcomers: "We loved it and if you've never done a multi-day before it's great, do it!!" Here is their full account: <http://www.moravianorienteering.org/content/welsh-5-days-faith-age-11-and-fergus-age-9>

org/content/welsh-5-days-faith-age-11-and-fergus-age-9

These really are great family holidays, so make sure you have the Scottish 6 Days in your diary for next summer (Sunday 30 Jul to Saturday 5 Aug) and PLEASE make sure you help your club as much as possible on their volunteering day.

Croeso 2016 website: <http://www.croesomultiday.org.uk/2016>

OOcup: Austria / Italy / Slovenia, 27 - 31 July by Andrew Lindsay (ESOC)

This year for the annual EUOC holiday we went to the OOcup, for 5 days of orienteering in 3 different countries, with the event centre in Tarvisio, Italy. We stayed in a gym hall with around 70 Spanish children for company, in the small town of Jesenice, between Triglav National Park and the Karavanks. The lack of cooking facilities meant a strict diet of pizza (at least for the boys) – a series of very well-rounded meals!

All the days were in classic karst terrain – lots of boulders, lots of cliffs and lots of contours. Those of us who were brave enough tackled the ultimate course, lured by the promise of an exclusive t-shirt upon completion of all 5 days. The only catch was the complete lack



Picture: Rona Lindsay, ESOC

Assembly area, Fusine Lakes, Days 2 and 3

of paths on the maps.

Day 1 was in Austria, near Villach, and sure enough it was a rocky hilly heaven with plenty of opportunities to make enormous mistakes, which I seized upon immediately. The glorious weather swiftly turned into a thunderstorm after the race, something which was a common theme throughout the week.

The next two days were in Italy, in the utterly spectacular setting of the Fusine Lakes basin. The orienteering lived up to the views, with Day 2 in a 'boulder maze'

offering a real challenge – one 5m high rock looks much like another if you're not paying attention. We went home the long way on Day 3, winding our way through the Julian Alps along narrow roads and steep slopes, the climax being the Vršič Pass, with over 50 hairpins to negotiate.

Day 4 was in Slovenia itself. Despite a chairlift to the start, there was still an awful lot of climbing to be done on the course, even with the net 200m of descent. There were such steep slopes to descend in the latter half of the course that many were

reduced to a walk. The final day was back to business as usual, with rocks and depressions galore – this was the first day I really missed not having paths on the map, as they were absolutely everywhere. The ultimate course offers a much more 'pure' orienteering experience than the standard, and it would be great to see it at some events back in Britain.

It was a great trip with some fantastic orienteering in an amazing place!

OOcup website:
<http://www.oocup.com/>

**Bubo Cup:
Cres Island, Croatia,
3 - 6 August
By Claire Ward (ESOC)**

The Ward family paired the OO cup with its sister event, the Bubo cup. Organised by the same team, the Bubo cup is smaller and lower key than the OO, and this year's four day competition was based on the Croatian island of Cres.

It was a three hour drive south from Lake Bled, and a 30 min ferry journey to the holiday island. Starts ran from 8:30-10:00 every day to protect the competitors from the intense midday heat, and many orienteers were spotted afterwards enjoying the clean beaches and pretty fishing villages.

The first day was among the olive groves, and the navigational features were entirely rock based. The map was made up of stony ground (little black dots), small, low walls (little black dots in a line), walls, ruined walls, really big piles of stones (knoll), elongated big piles of stones (the grey 'bare rock' symbol was used here), paths (piles of stones sturdy enough to run down) and the occasional bush.

It was a unique orienteering experience, and navigationally entertaining, though the thistles between the rocks made the going very painful at times. The three other days were in a stony, sloping forest with parts of good running, and navigationally challenging throughout.

Day 3 was a forest sprint, > >



Day 1 map

Picture: Claire Ward, ESOC

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which was great fun - we should try this format more often.

Competition was hot and navigation was rusty, but a good

time was still had by all.

Bubo cup website:

<http://www.bubocup.com/>

World Masters Orienteering Championships: Tallinn, Estonia, 5 - 8 August by Alastair Dunlop (CLYDE)

I had been keen to try the World Masters O-champs and had never been to Tallinn before, so decided this was the year. The opening ceremony was a new experience, parading around festival grounds in Tallinn country-by-country, followed by some Estonian folk dancing and a guess-the-flag challenge with Eddie Harwood.

The saltire also made an appearance! There are two competitions, Sprint and Long Distance, each with qualification races to get into finals. The Sprint qualifier was in Kadriorg Park, an impressive urban park with some grand buildings, and the finish run-in was inside a football stadium. This stadium looked familiar; it was the one where Estonia infamously didn't attend a game with Scotland! The standard was high, given the entries from neighbouring countries; one mistake proved to be costly and I missed the A-final by 30 seconds.

The Sprint final took place in Tallinn Old Town, finishing in Freedom Square, and it was a challenge dodging the tourists



Picture: Alastair Dunlop, CLYDE

WMOC opening ceremony, at Tallinn Song Festival Grounds

at speed, especially on cobbled streets. Jon Hollingdale had a good run, but was really unlucky to just miss out on a medal. The Rest Day gave plenty of time to explore Tallinn, the beach and the TV tower. The two days of Long Distance qualifiers were about 30 miles away, in largely runnable terrain but with a huge amount of marsh on the map.

A couple of average runs with some confusion in marshes gave me another B-final, which was in a beautiful forest, Pikasaare. Alas, some early errors, followed by impaling myself on a tree root, meant my result was a little short of world class, although there was a closing 'banquet' which included some easier orienteering round a submarine museum! All in all, an enjoyable week; next year is in New Zealand!

WMOC 2016 website:

<http://wmoc2016.ee/> 

BY STEVE WILSON (CLYDE/JOK)

Having recently agreed to plan one of the days of next year's Scottish 6 Days, my thoughts have been turning to planning fair but challenging courses. With this aim in mind, I offer the following personal suggestions for planners both new and old.

Firstly, if the relationship between the map and the ground isn't clear to you the first or second time you visit the area, then it won't be clear to the runners in the heat of competition. Spending 20 minutes convincing yourself that a particular molehill only visible with the eye of faith in a certain light from a particular direction is indeed the mapped knoll isn't a total waste of time, but please don't then be tempted to put a control on it.

Secondly, a control should never be hung such that it is much easier to find if there happens to be another runner punching it. A classic example is hiding a control in the bottom of a small pit or behind a fallen tree – such controls are often unfair 'bingo' controls if there are no other runners around, or too easy to find if there are.

Thirdly, if possible, check the vegetation a year ahead of the event. Obviously this isn't always possible for smaller events, but the number of times planners say "The vegetation growth was especially vigorous this year"

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



Picture: Rona Lindsay, ESOC

Steve Wilson at the Scottish Relays

(which usually means that they didn't take proper account of the regular vegetation growth) shows how important this is. This is always a big issue for the 6-Days, as control sites which look superb in March are often buried in head-high bracken in August.

Fourthly, if you are using CONDES, make sure to move the control numbers so they don't obscure important detail on the map. I've lost count of the number of times I've seen course maps for which this hasn't been done properly (or indeed at all).

Finally (and most obviously), don't forget to put out the finish control and finish unit! This isn't likely to be an issue at the a big event such as the 6 Days, but each of the two planners assuming that the other was doing this at a Scottish Orienteering League event some years ago is the greatest mistake of my own planning career (so far, at least). ▣

IN PRAISE OF... STRETCHING

BY HEATHER THOMSON (ESOC)

The dictionary definition of stretching is for something soft or elastic to “be made longer or wider without tearing or breaking”. From a physical perspective, this relates to the soft tissues of the body and mainly to the muscles, tendons and ligaments.

SO, WHAT ARE THE DIFFERENT TYPES OF STRETCHES, AND WHEN SHOULD THEY BE USED?

Dynamic stretching: This simply means stretching with movement, and happens naturally as we warm up for an activity. This should involve the movements we are likely to encounter during the main activity, so for running and orienteering we may start off with a walk around the assembly area after being stuck in the car for a while, followed by some gentle jogging with gradual increase in pace, then adding other components to include changes of direction and loosening off the joints.

Further examples are side steps / skips; bum kicks and ‘shooing chickens’ to warm up hamstrings; high knees for hip flexors. As a result, this type of stretching is performed in a controlled manner, which gradually takes the soft tissues through their range at a speed comfortable for you.

Static stretching: This is where the stretch position is held steady for a period of time, in order to help improve flexibility. This type of stretching has been found to reduce the muscle’s ability to

generate force so is best avoided prior to activity. The positions used for static stretching are important, as we do not want to stretch the ligaments which connect bone to bone, as these provide stability to our joints.

For example, when stretching the hamstring muscle at the back of the leg, don’t lean your hands on that straight leg, as it could push the knee beyond its ideal limit and stretch ligaments as well as the muscle you are really trying to target.

Ballistic stretching: This involves bouncing slightly at the end of the stretch – and is no longer recommended! There is a high chance of injury, as the quick bouncing action can over-stretch the muscle or tendon, because this type of movement lacks control.

WHY STRETCH?

Dynamic stretching as part of a normal warm up helps to prepare the body in a number of ways. By increasing the blood flow to the soft tissues, we help to literally warm up the area, as well as provide oxygen and sugar for the muscles to work and remove waste products more efficiently. The increase in heat improves the



Picture: Sally Lindsay, ESOC

Hamstring stretch

ability of the tissue layers to slide against each other and to stretch in the way they are designed to do. It can also help to wake up your balance mechanisms, for example, when you are standing on one leg to circle your other ankle. As a result, your body is ready to go, and injury is less likely to occur.

Static stretching is best used after activity. Muscles shorten when they work in order to move the bones they are attached to. By stretching after activity we are aiming to return these soft tissues to their normal length, and the suggestion is for stretches to be held for approximately 20 seconds to maintain the flexibility you already have, but 30 seconds or longer to improve this.

There is some research evidence to suggest that static stretching can reduce Delayed Onset Muscle Soreness (DOMS) and can help to reduce the risk of injury to the soft tissues, when performed regularly.

WHICH STRETCHES ARE BEST FOR RUNNERS?

The aim is to target muscles that are involved in the main activity, so we need to pay most attention to the leg muscles. However, the upper body is also involved in running, so loosening off the arms and shoulders, as well as rotation of the upper body, are beneficial as part of the warm up.

Afterwards, the following static stretches focus on the main leg muscles, and for all stretches:

- The muscle you are targeting should remain relaxed
- Hold on, if required, for balance
- Keep your back long without tipping sideways.
- Stretch should feel tight, NOT sore!

Hamstring stretch:

See previous picture. To add a little extra, the straight leg can rest on the heel.

Quads:

Heel towards your bottom, but check you are not hollowing your back.


Use a belt around the ankle to help you reach, if required.

Calf stretches:

There are two muscles in the calf: the outer muscle is targeted with the back leg straight...

...and the deeper muscle is stretched with the knee bent.

Individuals will add in extra stretches, perhaps to target particularly tight areas that they have, or to help with any previous injury.

If you are unsure about any stretches, please ask one of the coaches for advice. 



Picture: Sally Lindsay, ESOC

Quad stretch



Picture: Sally Lindsay, ESOC

Calf stretch - outer



Picture: Sally Lindsay, ESOC

Calf stretch - deeper

JUNIOR SQUAD NEWS

BY ELIZABETH FURNESS (MOR)

ScotJOS Lead Coach and Manager

Picture: Sally Lindsay, ESOC



Picture: Rona Molloy, FVO

It was a summer of orienteering opportunities for many of the juniors, starting with the successful trip to Sweden which you can read about on the SOA website: <http://www.scottish-orienteering.org/scotjos/scotjos-summer-in-sweden>

Then there were four camps organised by the association of Junior Regional Squads (JROS), aimed at different age groups. At the annual camp for M/W14s at Lagganlia, 6 out of the 24 places went to Scottish juniors and all had a great time, building on what they had learned in Sweden. Those who went were: Matthew Gooch (MAROC), Peter Molloy (FVO), Daniel Campbell (MOR), Louis Macmillan (ECKO), Alice Wilson (CLYDE) and Lizzie Stansfield (FVO).

The 15s have a camp in Deeside, for which Alistair Chapman (MAROC) and Eilidh Campbell (MAROC) were selected, and the 16s/17s had an amazing opportunity to go to Strömstad

and soak up the atmosphere at WOC, as well as take part in the public races. Again we were very well represented, with Grace Molloy (FVO), Lindsay Robertson (CLYDE), Clare Stansfield (FVO), Emma Wilson (CLYDE), Freddie Carcas (INT), Jake Chapman (MAROC), Tom Lines (ECKO) and Finlay Todd (INVOC) selected. Also overlapping with WOC was the Gothenburg camp for 18s/19s, for which Ewan McMillan (MAROC) was selected.

The GB Talent and Development Camp was held alongside Croeso2016 with both current (Grace, Jake, Emma) and non GB squad (Alistair, Eilidh Campbell, Finlay, Freddie) athletes selected.




After such a busy summer, there is time for some well-earned rest and recovery before we look forward to the autumn and winter season. Around the time this edition of SCORE comes out, there are the Junior Inter-Regional Championships, which this year take place in Aberdeenshire on 24/25 September. As defending champions, we will be doing our best to keep the trophy in Scotland. The team was announced on the SOA website and we will have a report on how we got on, as soon as possible afterwards.

Two more competitions follow on from that, with the Junior European Cup, also on home ground, on the first weekend in October. The GB team includes Alex Carcas, Jake Chapman, Emma Wilson and Grace Molloy. Jake and Grace are running up as 18s to give experience at that level in preparation for next year. The

following weekend is the Junior Home International; we will only need to go down to NE England for this, so we have been spoiled this year as far as travelling to competitions goes. The team will be announced after the Scottish Orienteering League event at the Highland WOLF weekend.

Looking further ahead, there are two ScotJOS weekends planned, plus the annual Junior Regional Squads' (JROS) camp for 16s, based at Hawkshead in the Lake District.

Finally, it would be great to hear from any coaches who would like to support ScotJOS at training weekends; it's an ideal way for you to gain experience working alongside others, and for us to have new ideas and insights. There is no expectation of a regular commitment, so just get in touch in the first instance via [scotjos 'at' scottish-orienteering.org](http://scotjos.scottish-orienteering.org) 

INTERNATIONAL JUNIOR EVENTS

**EYOC,
Poland,
30 June - 3 July**



THE 2016 European Youth Orienteering Championships took place in Jarosław, SE Poland, and the GB team included Scottish juniors Alex Carcas (INT), Grace Molloy (FVO), Emma Wilson (CLYDE), and Jake Chapman (MAROC).

The Long Distance race was on Friday 1 July, in very technical terrain - deciduous forest with complex systems of valleys, landslides, and small marshes. The Relay the next day was also very technical, with many gullies, and it was extremely hot. On Sunday 3 July, the weather was cooler for the Sprint, in Jarosław

city centre, but there were heavy showers, giving slippery conditions. The old town had lots of small streets, complicated by temporary barriers for the competition.

Alex Carcas commented that the Long and Relay had been very physical, and the GB team had achieved a reasonable overall position, and added: *"Then came the Sprints - one of GB's stronger disciplines. We really enjoyed this - we achieved 6 top 20s out of a team of 11 athletes! And not just that but two podium positions!! Very well performed and an amazing last day to transform this EYOC in Poland to what I believe to be one of the most successful performances for GB in recent history."*

For more details and results, see the EYOC 2016 website: <http://eyoc2016.pl/>

**JWOC,
Switzerland,
9-15 July**




THE Junior World Orienteering Championships were in Scuol, in the Engadin valley. Will Rig (EUOC), Daniel Stansfield (FVO/EUOC), Sasha Chepelin (EUOC /GRAMP), Sarah Jones (EUOC) and Jenny Ricketts (EUOC /MAROC) were in the GB team.

The first race was the Sprint, on Sunday 10 July in Scuol, an urban area with both modern and traditional buildings, shopping streets and parks, with artificial fences adding to the complexity. There was a lot of climb and it was hot. Next day was the Long Distance race, which was very tough - steep pine forest at high altitude, with rough ground. The Middle Distance Qualifier was on Wednesday 13 July, and the Final was the following day, in two

areas of forested broken hillside. The Relay, on Friday 15 July, was in more runnable forest with intricate contours.

Jenny Ricketts said: *"After months of dreaming about JWOC 2016 it was finally here, and it did not disappoint. We were surrounded by vast mountains which led to tough, challenging and exciting courses; I just couldn't help but enjoy myself. It was surreal to be able to compete against (and sometimes head to head with) the best in the world and is an experience I will never forget."*

For event details and results, see the JWOC 2016 website: <http://www.jwoc2016.ch/> 



**JWOC Sprint arena,
Scuol**

Picture: Rona Lindsay, ESOC

ELITE NEWS

BY DUNCAN COOMBS (AROS)



Picture: MarathonFoto

Duncan at the London Marathon

Unfortunately the WOC orienteering carnival was relegated a little further than normal in the column inches this month. And whilst GBR (Orienteering) didn't add to the rest of the country's record medal tally, there were many notable performances by Scottish athletes.


Hollie Orr posted the best female results of the week, arriving into 25th position in the Middle Distance. Jess Tullie, Hollie and Jo Shepherd then combined forces as an all-Scotland Forest Relay team, but, despite going totally full potato, couldn't make their good preparation stick as they finished a slightly disappointing 12th.

Lads, lads, lads: Hector Haines, Alasdair McLeod and Alan Cherry came in 19th, 26th and 37th in a good showing in the Long Distance. Hector then posted a rock-solid middle leg before GBR made the podium with a fantastic 4th place in the Forest Relay. Hector described Ralph Street's third leg as

"outstanding" and "a real nerve-jangler".

Tessa Hill's Purple Thistle enjoyed a fantastic turnout and stellar weather on the West Coast, as it raised a decent pot of money for some winter training raids. Doug Tullie lauded it as having "epic courses, good maps and plenty of purple skekfs". Venue TBC in 2017, but SEDS are open to suggestions.

Young seniors Sasha Chepelin, Daniel Stansfield, Jenny Ricketts and Jo Shepherd also gained experience across JWOC and WUOC this summer, Jo's 5th place in the WUOC Forest Relay and Sasha's 16th place in the JWOC Middle being some particularly special highlights.

SEDS now turn their attention to the most important races of the year: the Senior Home International in Wales, on 22/23 October, as they chase victory once more. Then it's onwards to a winter filled with team-building, bonding and some orienteering on the side. 



Jo Shepherd
(at the 2016 JK Relay)



Jess Tullie
(at the 2016 JK Relay)



Hector Haines (at the 2015
WOC Middle Distance race)



Alasdair McLeod (at the 2015
WOC Middle Distance race)

Pictures: Crawford Lindsay, ESOC

WORLD UNIVERSITY ORIENTEERING CHAMPIONSHIPS 2016



WUOC 2016 was held on 30 July - 4 August, in Miskolc, Hungary, with the event centre and accommodation at the university. Scotland-based athletes in the Great Britain team were: Sasha Chepelin (EUOC/GRAMP), Jonny Crickmore (Heriot-Watt), Kris Jones (Ulster University/FVO), Katie Reynolds (EUOC), Jo Shepherd (INVOC), Charlotte Watson (EUOC).

The first event was the Sprint race, on 31 July, at Lillafüred, a tourist resort with hotels, lakes and multi-level gardens on a steep hillside, giving some very intricate orienteering. The GB team had a great start to the championships, with Kris Jones winning Gold. Next, on 1 August, came the Long Distance race at Miskolc-Királyasztal, described as having "rather big land forms", on steep hills, mostly in beech forest.

The Mixed Sprint Relay on 2 August was in central Miskolc, a flat urban area with a few small parks; tricky route choice, with hundreds of locals and tourists spectating. The GB team were delighted to win this event. The Middle Distance race followed, on 3 August, at Jávorkút, west of Miskolc. This area was also quite steep, with mixed beech and pine forest. Finally the Forest Relay was also at Jávorkút, on 4 August.

In all, the GB team achieved 9 top twenty places and 2 gold medals, the most successful WUOC ever for a British team.


Sasha Chepelin (Long, Middle, Forest Relay) commented:

"This year's WUOC was a great experience for me, with the emphasis on experience. The competition was so close to JWOC, and the senior men's field was so much older/stronger, that it would have been unwise for me to put much expectation on it.

So I headed out with a relaxed but motivated race mentality and had a few enjoyable races, with a bonus 24th place in the Long after a very-nearly clean run in some exciting and fast Hungarian terrain. The Middle and Relay were somewhat messier races and I was punished harshly for every small error, but the lessons associated with this are what I was hoping to take from the champs, as well as a feel for how fast and clean you must run to succeed in world-class senior orienteering. Watching the rest of the team perform so well, and seeing GB on top of the podium twice during the week was the cherry on the cake for me."

Full details including bulletins, results and photos are available on the WUOC 2016 website: <http://wuoc2016.hu/>

There are also reports from each day in the news archive of the British Orienteering website (search by date range 28/7/2016 to 5/8/2016).

The World University Orienteering Championships are held every 2 years. The 2018 event will be in Kuortane, Finland. 

VETERAN NEWS

BY DONALD PETRIE (CLYDE)



Picture: Gill Berrow, ECKO

The Scottish VHI team

The annual Veteran Home International took place in Northern Ireland, with the Individual being held at Cassy Water near Rostrevor and the Relay at Hillsborough Forest.

The Scottish team stayed in an outdoor centre near Rostrevor, which was great for socialising and getting to know the rest of the team. Unfortunately the centre usually catered for schoolchildren, so the breakfast on Saturday was probably less nutritional than you'd expect (I had Coco Pops for the first time in many years!) Things were sorted for the Sunday morning.


Cassy Water turned out to be an upland area with a lot of open moorland of varying runnability, with an adjacent plantation in various shades of green. Fortunately there were a few mountain bike trails, with some of the legs offering them as an alternative through the tough terrain. To add extra interest, the weather decided that it would coat the hills in cloud and throw some wind and rain in to the mix. This made some of the legs on the open hillside a lot more complicated than

they appeared on the map. The Scottish team produced some good runs, but many had a tough time of it, especially on the longer courses with some short legs through thick forest. The winning times in many classes, especially the men's, were quite long, resulting in many tired competitors at the end.

Scottish wins were few and far between, but Heather Thomson (ESOC) in W40, Hazel Dean (FVO) in W50 and Andy Tivendale (MAROC) in M65 managed victories. Scotland finished a distant 2nd behind England.

The Relays were a total contrast, with good weather and the fast, runnable terrain of Hillsborough Forest. However, the forest took on the role of a 'black hole' for many Scottish runners, with some very long times being recorded, and Scotland being well beaten by England. Unfortunately the organisers couldn't produce any results on the day, due to computer problems, and at the time of writing they still haven't appeared online. Maybe just as well after the Scottish performance! In spite of the result, a good time was had by all (which is what it's all about, isn't it?)

Next year's VHI will take place in Scotland and will be held in conjunction with the Highland WOLF Weekend in Speyside, so hopefully Scotland can take full advantage of this and be victorious over the Auld Enemy.

Thanks to Janice Nisbet for organising the Scottish Team. 

EVENT PREVIEW

As SCORE goes to print, the **Junior Inter Regional Championships** will be taking place at Cambus o' May (on Deeside), and Forvie (on the coast north of Aberdeen) - look out for a report from the weekend on the SOA website.

THE **Junior European Cup** comes to Scotland on 30 September to 2 October - this international event will have spectator races, after the juniors have run: on the Friday, at Stirling University, there's a chance to run the Sprint courses; on the Saturday, at South Achray, there'll be a mass start, gaffled, Middle Distance race using the Relay 1st leg courses. See the JEC website for more details: <http://www.scottish-orienteering.org/jec2016>

On Sunday 2 October, the JEC Long Distance race will be at Fairy Knowe & Doon Hill, with **SOL 6** taking place afterwards, presented by Clydeside Orienteers. This area has mixed coniferous and deciduous forest, including some beautiful ancient oakwoods, with lots of detailed contours and rock features, as well as some very rough terrain following forestry working.

The 2016 **CompassSport Cup final** is on 16 October at Tankersley, near Sheffield. This is an annual nationwide

competition. Scottish clubs qualifying for the final were: FVO and ESOC in the Cup (for large clubs - 25 scorers); CLYDE, RR, INT and ECKO in the Trophy (for small clubs - 13 scorers).

The **Moray Mix** on 29/30 October offers a feast of orienteering in top-class terrain. Liz Barr (Co-organiser) comments: *"A weekend of wonderful orienteering in the world-renowned Culbin Forest, back in use after the long WOC embargo. Moravian Orienteers are delighted to offer 2 events over the weekend: a Middle Distance event on Saturday, expertly planned by Eddie Harwood, complements the Junior Inter-Area Relay, followed by the final SOL of the year on Sunday with superb courses planned by Jon Hollingdale. Fast, complex terrain and challenging navigation await, along with the now famous ScotJOS cakes to provide fuel for your journey home at the end. We look forward to seeing you!"*

ESOC's **Penicuik weekend** on 5/6 November will feature an urban sprint on Saturday and a forest event on Sunday. Janet Clark (Co-organiser) says: *"ESOC's weekend in Penicuik will be a contrast between the new and the familiar, both nicely sheltered for a winter afternoon. We are excited by our new urban map of the Ladywood area for Saturday, which includes Beeslack Community High School and promises good links with the school in future. Returning to Penicuik Estate on Sunday*

The shoreline at Culbin



Picture: Crawford Lindsay, ESOC



The former stables block, Penicuik Estate

Picture: Crawford Lindsay, ESOC

after a gap of several years, you'll find a new Ranger Centre attached to the Old House and the terrain as mixed and challenging as ever. This event is also the East of Scotland Individual Championships."

With the return of darker evenings, the night orienteering season will be starting soon, with leagues throughout Scotland.

The **Tinto Twin** is an annual night/day double-header presented by Tinto Orienteering Club, and is well worth attending. This will be another weekend of contrasts, at Carmichael Estate and Lanark town centre, on 12/13 November. Carmichael Estate features ancient woodlands, mature plantations, farmland and heather

moorland with quarry holes. Lanark town centre also has plenty of variety, with a mix of old and new, narrow alleyways and modern buildings. Both events will be Middle Distance, and the day event is also SOUL 9.

The 2016 **Scottish Score Championships** is being organised by AYROC, at Palacerigg Country Park, near Cumbernauld, on 27 November. This area includes mixed woodland, moorland, pasture, old quarry workings and an extensive path network. Score events give the freedom to make up your own course, instead of having to follow the prescribed one, with the added challenge of a time limit.

The **Glasgow Parks Championships** has had a change of date, and will now be on 4 December. This is always a great day out - a series of races in three different Glasgow parks, with much socialising in between. The locations are only revealed at the last minute - the first venue at 10pm on the Thursday before the event, and the other two venues on the day itself. 

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

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Compass Point Scottish Orienteering League 2016 - provisional dates

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✓	SOL 3	08.05.16	Glen Affric North	INVOC
✓	SOL 4	21.05.16	Balmoral Estate	MAROC
✓	SOL 5	11.09.16	Uath Lochans, Kingussie	BASOC
✓	SOL 6	02.10.16	Fairy Knowe & Doon Hill	CLYDE
✓	SOL 7	30.10.16	Culbin, Forres	MOR



Scottish Orienteering Urban League 2016 - provisional dates

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✓	SOUL 3	03.04.16	Paisley	CLYDE
✓	SOUL 4	09.04.16	Livingston	INT
✓	SOUL 5	25.06.16	Aberdeen Westhill	GRAMP
✓	SOUL 6	16.07.16	Hallglen, Falkirk	GG
✓	SOUL 7	17.07.16	Grangemouth	FVO
✓	SOUL 8	10.09.16	Kingussie	BASOC
✓	SOUL 9	13.11.16	Lanark	TINTO

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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