

SCORE

The Home of Scottish Orienteering

March 2017

INSIDE:

**Sprint Training
& Race Prep**

EUOC's Big Weekend

FOCUS CLUBS

**PLUS
LOTS MORE**

**Safeguarding
in Sport**

**BOF
COACHING
CONFERENCE**



magazine of the
**SCOTTISH ORIENTEERING
ASSOCIATION**



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Cover pic -
Chris Spencer/ActivNorth Photography



Picture: S Wilson, CLYDE



Picture: Sarah Dunn



Picture: Crawford Lindsay, ESOC



Map: BASOC/SCOA

EDITOR'S INTRO

Scottish Orienteers,

MY thanks go out to all who make the commitment, and take the time, to submit a piece to SCORE that will inform and interest our readers.

The content of SCORE is very much determined by the good-will and efforts of members of the orienteering community, and many of the individual pieces submitted for this issue follow a theme, though completely unplanned. The President's Piece raises interesting questions about the make-up of our orienteering community and how to expand it, and the other pieces, from a variety of contributors, address some of those questions from differing perspectives. I take that as an encouraging sign – SOA staff, clubs and members are similarly focused on expanding orienteering's reach, exposure and membership, and many are working in creative ways to achieve those goals. With our recent holidays and orienteering off-season mostly event-free, much of the space in this issue is dedicated to exploring some of those ways, and I hope that you'll find them helpful and inspiring.

As always, I welcome comments, suggestions & submissions of pieces and photos – send them to me at score@scottish-orienteering.org. Good luck to everyone as you begin the new season.

Sheila Reynolds
Editor

COPY DATE FOR NEXT ISSUE: 5 May 2017

The December 2016 issue incorrectly attributed photo credit for Roger Scrutton's President's Piece photo to Crawford Lindsay. If you are the photographer and would like to receive photo credit, please contact me at score@scottish-orienteering.org.



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 1QZ

Tel 01479 861374

Sarah.Hobbs@scottish-orienteering.org

SCORE Advertising

Full page: £90

Half page: £60

Discounted rates available for multiple issues.

Contact us to discuss:
communications@scottish-orienteering.org

SCORE Editor

Sheila Reynolds

SCORE@scottish-orienteering.org

Design

MediArtStudio

www.mediartstudio.co.uk

email: derek@mediartstudio.co.uk

Printed by:

Groverprint & Design,
Studio 2B1, Industrial Estate,
Newtonmore
PH20 1AL

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

PRESIDENT'S PIECE

BY ROGER SCRUTTON (ESOC)

SOA President

email: president@scottish-orienteering.org



A couple of articles in the recent British Orienteering Focus magazine caught my attention. In the summary of the recent survey of the Sporting Background of Orienteers I was surprised to see that the gender balance in orienteering across the UK stands at only about one-third female.

SOA membership by comparison is at about 55% male, 45% female. British Orienteering is initiating research to better understand this gender imbalance*. Existing research suggests that men tend to pay more attention to the way their surroundings are laid out – map reading, for example** - which might be an explanation in orienteering. However, in my own area of research, outdoor education, orienteering exercises have been used to find out if there is any difference in male and female spatial awareness, and the result is that there is little or no difference.

I was also interested to see what motivates participants to go orienteering. British Orienteering has long promoted the competitive element as the principal attraction, but, and I'm not surprised, only 2% of respondents saw competition as a motivator. By far the prime motivators are challenge and adventure in the outdoors, and sheer enjoyment

and fun, which together account for 40% of responses. However, this outcome rather depends on what respondents think of as "competition" – is it getting into the top three and winning a medal, challenging yourself to do better than last time, or beating an old friend and rival even though you are half way down the field? Analysis by age might be informative, since juniors, whilst enjoying themselves, tend to be "competitive," whereas those of us on the wrong side of 65 might be just out for the enjoyment.

The other article in Focus that caught my eye was the Development Update from Craig Anthony. The article is largely about recruiting and retaining juniors and families in the sport. This is particularly important to SOA because continued investment in orienteering from **sportscotland** depends on growing our membership. On 1st April there will be a SOA Development Summit on "The Future of Scottish Junior and Schools Orienteering" to better understand this important area. My feeling is that we are still looking for the elusive keys that will open the doors to more juniors and their schools. How can it be that school teachers praise the many benefits of orienteering for pupils and yet it is so difficult for schools to engage with the sport on a regular basis? 

* (<https://www.britishorienteering.org.uk/index.php?pg=home&action=news&id=MzY1NA==&rt=aHR0cDovL3d3dy5icml0aXNob3JpZW50ZWVyaW5nLm9yZy51ay8=>)

**https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked/transcript?language=en



Scottish Orienteering Association Annual General Meeting 2017

The AGM will be held following the Scottish Individual Championships on Saturday 20th May, 5:30 – 6:30 p.m.

The Individual Championships will be at Gullane, East Lothian

and the venue for the AGM will be the Garden Room at The Golf Inn, Main Street, Gullane, EH31 2AB.

Members wishing to put motions or proposals to the AGM should submit them in writing to the Company Secretary, Stefanie Lauer, by Saturday 25th of March.

By email attachment: stef.lauer@scottish-orienteering.org

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

Nominations for Director Vacancies on the SOA Board

The tenure of Pauline McAdam's (Secretary), Ian McIntyre's (Treasurer) and Ian Doig's (Development) Directorships come to an end in 2017. Both Pauline and Ian Doig are eligible for re-election for a further three-year appointment. However, all three positions are open for nominations, which must be submitted to our Company Secretary, Stef Lauer (stef.lauer@scottish-orienteering.org) by 8th April, six weeks before the 2017 AGM on 20th May. Nominations should include the name and contact details of the Nominee, the Proposer and a Secunder.

Job Descriptions for the three Directorships are available at

<http://www.scottish-orienteering.org/soa/contacts/secretary>

<http://www.scottish-orienteering.org/soa/contacts/treasurer>

<http://www.scottish-orienteering.org/soa/contacts/development-director>

Potential nominees and/or Proposers are welcome to contact me, Roger Scrutton (president@scottish-orienteering.org), if they would like further information at this stage.

The SOA Board also wishes to appoint an Independent Director. We wish to appoint someone from one of the following areas: education, the charity sector, finance, the legal sector, governance, equality, volunteering, marketing and publicity. An Independent Director must have no material connection with The Scottish Orienteering Association and is therefore unlikely to be an active member, although knowledge or experience of sports or outdoor activities would be an advantage.

A Job Description for this position is available on request from me, Roger Scrutton (president@scottish-orienteering.org). We would be pleased to hear from members if they have friends, acquaintances or colleagues from outside SOA who might be interested in filling this position.

SOA NEWS

BY STEF LAUER (BASOC)

SOA Chief Operating Officer



Picture: Kirsten Dreyer

I hope you all had a cracking start to 2017, have kicked off the New Year with fresh enthusiasm and are off to a good beginning.

The SOA is having a fresh start into the New Year as well with a brand-new logo which we recently launched. After a fresh logo, the next step will be a brand-new website. Paul Frost is stepping down as web developer for the SOA website – after many years, we wish to thank him for all his hard work and great efforts in keeping the organisation on the right tracks in all things IT related.

We have awarded the contract to build the new website to Olly Bowman of Rock Solid in Aviemore, and he will have big boots to fill. Work started in February, and we'll keep you updated on progress via social media.


At the SOA, we are taking Safeguarding Children in Sport seriously – please read on for the article on Child Protection. We



recently had our annual check-up by Children 1st and have accomplished a 100% compliance rate. If you have any questions, please get in touch.

As some of you might be aware, the SOA is currently running a pilot membership scheme with SOLWAY and STAG to offer the option of 'SOA + Club' membership. The uptake has been steady and we've learned a lot already about the set-up of such a scheme. We'll be monitoring this progress closely and, again, will keep you informed.

And last but certainly not least, the SOA has registered under the Living Wage Accreditation and can proudly display our commitment to being a fair employer.

Enjoy this edition of SCORE and thanks for reading! 

SAFEGUARDING IN SPORT

BY STEF LAUER (BASOC)

SOA Chief Operating Officer

Scottish Orienteering are working closely with the organisation 'Children 1st,' who run 'Safeguarding in Sport' in collaboration with **sportscotland**, SOA's part-funder.

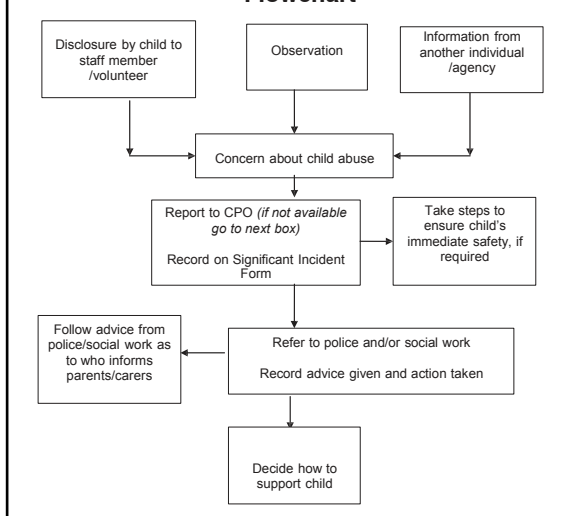
Children 1st supports volunteers and staff in sports organisations across Scotland to keep children safe by providing advice, consultancy and training on the development and implementation of child protection policies, procedures and good practice.

Each year, the SOA undertakes improvements to child protection policies, best practice, etc., particularly in light of the recent media coverage of cases in other sports. Hence, Children 1st have issued a checklist of what is best practice to have in regard to Child Protection in every club. It's not limited to PVG checks, and SOA are working with the clubs' Child Protection Officers (CPO) to comply for the benefit of children in sport.

Our advice to clubs with junior members is to ensure that you have:

- A named contact for the co-ordination of child protection, with a role description, who has attended the recommended training.
- A Child Protection Policy which reflects national guidelines, adopted by the Board/Executive/Management Committee (this can be the SOA Committee).
- A Code of Conduct for working

Responding to concerns about a child - Flowchart



with children and young people (adapted from the British Orienteering Code).

- A variety of child protection training offered at appropriate levels for those working or volunteering with children and young people in sport (offered through **sportscotland** and Children 1st).
- A procedure for the recruitment and selection of those who work with children and young people, including access to PVG Scheme Membership checks, administered through your CPO.
- A procedure for responding to concerns about the >>

SAFEGUARDING IN SPORT


welfare or abuse of a child, within or out-with, sport (see attached flowchart).

- A disciplinary procedure for managing concerns and allegations of poor practice, misconduct and child abuse which includes provision for referrals to the Children's List.
- A procedure for reviewing the management of concerns about poor practice, misconduct and/or child abuse.
- An updated Child Protection Policy along with a policy on

Disciplinary Procedure for a breach of our Code of Conduct will be published on our website in due course.

- An updated flowchart of what to do if you are concerned about a child's well-being is attached.

For further information, please visit <http://www.children1st.org.uk/what-we-do/how-we-help/safeguarding-in-sport/>.

The designated SOA Child Protection Officer is Stef Lauer, stef.lauer@scottish-orienteering.org. 

SOA Event Levies

British Orienteering has increased the event levy from £1.10 in 2013, to £1.25 in 2016, then to £1.50 in 2017, and has extended the levy to all events of Category D or greater. Since 2012, the SOA levies have remained at £1 for events with a BOF member senior entry fee over £8.

SOA recognises that local events play an important role in bringing new members into the sport and we want to ensure that these events are as accessible as possible. The SOA board therefore considered raising the SOA levy limit to £10. In December, feedback was sought from all clubs regarding this proposed change. SOA thanks the many clubs that responded and gave detailed insight into their budgets around smaller and larger events.

Some clubs responded that raising the levy limit would make no difference to them; other clubs were happy with the increased room to adjust entry fees to rising costs. In general, clubs agreed that local events should be affordable and supported the increased limit.

At the January board meeting it was therefore decided to raise the SOA levy limit from £8 to £10 for the senior entry fee (discounted BOF member rate if it applies), with immediate effect. The responses indicated that the levy model could perhaps be simplified and the board will research a number of options. Any changes to the levy model or the levy rate itself will be proposed and voted on at the next AGM.

HAVE YOUR SAY

BY ROOS EISMA (TAY)

SOA Operations Director

Future of the Scottish Orienteering League

The Scottish Orienteering League (SOL), coordinated by SOA, aims to provide high quality venues, maps and courses throughout Scotland and throughout the season.

Other key objectives include fostering elite development and selection, encouraging national level competition, acting as a flagship and publicity vehicle for SOA and individual clubs through quality events, and to coordinate with other high-level BOF events.

The intention of the wider calendar of national, regional and local events is to meet the needs of all orienteers in Scotland, covering a range of ages, abilities, skill levels geographic locations and interests.


The event calendar is not static, and has changed over the years in response to changing demographics and interests: the 11-person relay has disappeared, urban and sprint events have grown, and weekends that combine a number of different events have become increasingly popular.

It is therefore essential that we continue to review and revise the event calendar. There are some signs that perhaps changes to SOL are needed:

there have been comments on the scoring system, organisers have received requests for some of the courses to be classic long or middle distance, a new trophy coordinator has not come forward, and, most importantly, we have not received enough offers from clubs to fill a full SOL series in 2018. Entry numbers, however, show that the series remains popular.

Some of the suggestions that have been made include allowing a greater variety of events both in distance (sprint, middle, classic) and environment (urban, forest), to reduce the number of events in the series, to simplify or drop the series scoring system to allow more flexibility in courses, and to provide more support to clubs (or combinations of clubs) to put on level B events.

Before we develop proposals in any detail we need to know more about what does and doesn't matter to our members. My request at this point is very open: tell me about what the SOL means to you as an orienteer, a coach, a parent, an event official or a committee member. Tell me what aspects are important to you, and which aren't.

Share your thoughts and ideas with me at operations@scottish-orienteering.org. 

EDUCATION NEWS

BY HILARY QUICK (BASOC)

SOA Education Manager

Coach Qualifications - significant change ahead!

For several years now, we have been delivering UKCC (UK Coaching Certificate) coach education and qualifications.

Those qualifications have been overseen by a National Source Group (NSG) comprising representatives from all 4 home nations (myself and Lynne Walker representing Scotland), and the standards and requirements have evolved, largely with the aim of keeping them in line with the various national qualifications frameworks. In Scotland we have regularly run courses at levels 1 and 2 for several years, and we ran one at Level 3 in November 2015.* In addition, our Coaching Foundation course continues to be a popular introduction and potential stepping stone to either Level 1 or Level 2.

One of the changes we welcomed in 2016 was the removal of the link between a coach's qualification and the TD level that they could coach; coaching is now limited by area type rather than TD level, though of course it would contravene the Coaches' Code of Conduct to operate beyond your own technical competence.

The most recent proposals put to the NSG involved making what we considered significant changes to Level 2, making it an "entry level" qualification and the only coach qualification available (though England might now be considering having a Level 1 for outdoor centres).

We consulted senior Scottish coaches and the unanimous view was that to meet the needs of Scottish clubs, we needed to keep the 3-tier structure, underpinned by the Coaching Foundation course, and with Level 2 being a robust qualification requiring competence at TD5. We would like there to be at least one Level 2 coach in each club, supported by


several assistants at Level 1. Level 3 would be an attractive option for those wanting to coach individuals or squads at performance level.

We are therefore now in discussion with **sportscotland** and the SQA (Scottish Qualifications Authority) to have our updated, robust and worthwhile coach qualifications in place by the end of 2017, and from that date no further UKCC courses will be offered.

Courses planned for this year will go ahead as planned and their UKCC qualifications will continue to be awarded by SQA. There is no change for those of you currently working towards Level 2 or Level 3. From 2018 we will have a "Scottish Qualifications in Coaching Orienteering" scheme, with three levels similar to the current UKCC levels, and with the learning shaped to suit the needs of the sport in Scotland.

We will in due course have discussions with British Orienteering to ensure mutual recognition of each other's qualifications.

It's worth emphasising that ALL coach qualifications for orienteering remain valid for life – those of you with BOF qualifications from many years ago are still qualified – but we strongly recommend that you bring yourself up to date with current practice, by attending CPD (Continuing Personal Development) sessions or a Coaching Foundation course, or indeed gaining a new qualification. And of course, you should be licensed... see www.scottish-orienteering.org/coaches for more information. Please contact me to discuss your own intentions, or indeed with any questions about coach education.

* From this course, one learner, Sarah Dunn, is to be congratulated for recently completing the qualification. The other five are making good progress. 

RDO FOCUS CLUBS INITIATIVE

BY JOHANNES PETERSEN (BASOC) & RONA LINDSAY (ESOC)

SOA Regional Development Officers

Is your club ready for fast-track development?

Picture: Crawford Lindsay, ESOC



Scottish Championships 2016, Balmoral


The SOA Development Team will always work to support all SOA clubs (large, small, in-between, University...). In this issue of SCORE, we are also highlighting our brand new programme called 'Focus Clubs.'

All open SOA clubs are now eligible to apply for additional support. Here's what's on offer:

- Enhanced support from your Regional Development Officer (either Johannes or Rona)
- Assistance with achieving a minimum of sustainable 10% membership growth in 2017
- Part-funding from SOA for employment of a Club Development Officer specifically for your club

We currently have capacity to support eight Focus Clubs throughout Scotland. If you'd like your club to be part of this exciting programme, there are a number of criteria which we'll be using to select the eight clubs. Clubs will need to meet, or show that you're willing to work towards, the following criteria:

- First and foremost, readiness to embrace change
- Willingness to commit club funds to contribute to costs of employing Club Development Officer (with remainder of funding coming directly from SOA and third parties – e.g. **sportscotland** Direct Club Investment)
- Take part in a club accreditation scheme
- Up-to-date Constitution & robust Development Plan
- Membership of at least one local Community Sports Hub
- Willingness to contribute to open map sharing – publicly share 3 quality club maps for use by anyone with interest in orienteering (subject to sensible restrictions to protect access)
- Modern & effective membership communication systems

To express interest please contact Rona Lindsay at rona@scottish-orienteering.org or Johannes Petersen at johannes@scottish-orienteering.org to start the conversation. Full details are available on the SOA website. 

REGULAR ORIENTEERING MAP PROGRAMME (ROMP)

BY COLIN MATHESON (MOR)

SOA Events Manager

Map: BASOC/SOA



The Regular Orienteering Map Programme (ROMP) has been a regular feature of Scottish Orienteering for a number of years.

ROMP is intended as a training facility for individuals or clubs who would like to take the opportunity to orienteer on some of Scotland's finest terrain. By training facility, I mean "orienteering controls set out in the forest with marked up map and control description sheet(s), accessible to all orienteers over a specified time period." To date, ROMPs have normally used quality technical terrain in close proximity to Glenmore, for example, Loch Vaa, Inshriach and in 2016-2017 Uath Lochans. For the World Orienteering Championships 2015 ROMP extended a bit further, incorporating Moravian and INVOC areas. The hope is that areas used for ROMP will be relatively free from vandalism or disturbance, and with controls sited away from main paths and tracks there is a reasonable expectation that as a runner one can turn up at a control site and expect to see a marker. Electronic punching is not part of the deal.

SOA members can request maps from the Events Manager and can expect a pdf emailed back within a fairly short timescale. Printed copies (on waterproof paper) can be sent out for £3.50 a copy to cover costs, and non-SOA members will also pay this charge for printed copy and/or pdf. OCAD files are not generally made available. The


uptake is modest, normally around 50 orienteers, but ROMP has been used for organised training by various groups and controls have typically been incorporated into local club evening events e.g. BASOC Night Tue=O.

Unfortunately, many of the best orienteering areas close to Glenmore are also home to capercaillie, and lekking areas identified by the Capercaillie Group are extensive. Restrictions apply from the 1st March, and these areas should not be used for orienteering from this date through to the end of August. The Agreement we have with the Capercaillie Group does not advise a blanket ban on orienteering in capercaillie woods, but on a case-by-case basis concessions may be given. Further information about orienteering and the environment is provided in the Good Practice Guide, available on the SOA website, <http://www.scottish-orienteering.org/documents/general/SOA-good-practice-environment2.pdf>. By the time this article in published it is likely that ROMP for 2016-17 as it stands will be over.

If you are unable to make it to the ROMP area other options to orienteer may present themselves, over and above registered events or activities. Permanent Orienteering Courses (POC) are in existence throughout Scotland (and the wider UK). Typically, courses have been set up with a lower level of technical difficulty in mind, and

as part of a Facilities Strategy (in draft), consideration is being given as to how best we pull together information and advice on POCs. A recent review identified various sources of information – these include individual club websites (POCs often well-hidden or even non-existent), BOF website, SOA website and other sources such as Forestry Commission Scotland. Currently there are many additions or omissions if websites are compared, and this is before the actual condition of the POCs is taken into consideration. There is no POC-standard for control sites, and many of you walking or running in a forest will have

encountered tatty boards or wooden stakes, often including a faded pin punch or letter. There are also good examples, for example post-WOC 2015 new maps and new control markers were established in Inverness and Nairn. These courses are deemed semi-permanent, and the markers may be moved in due course. Attachment to street furniture is an advantage, not really an option in the forest where more of a 3-D marker is better.

I am interested to hear from individuals or clubs about their experiences with ROMP and POCs – how should we take things forward? 

Duthie Park Permanent Orienteering Course

BY PATRICIA GRAHAM (MAROC)

ONE Wednesday night in September, we headed along to Grampian Orienteers Autumn Urban Sprint at the Duthie Park in Aberdeen. Not fit or fast enough to try to shadow my speedy 12 year old round the streets of Ferryhill, I decided we would both try the MOBO app on our phones on the permanent controls around the Duthie Park instead.

It was a fine night and the park was very busy, full of dog walkers and military fitness groups. We got our iPhones set up fairly easily and headed off to the start, just up from the Winter Gardens.

My daughter set off first and I followed on a minute or so behind her, gaining advantage due to previous knowledge from many visits to the park in years gone by. We had a great time racing round the park wielding our phones and ‘capturing’ the controls on our screens. The military fitness participants looked on enviously at us having fun careering about, negotiating steps, flowerbeds and fountains as we went. I am convinced they thought we were engaged in an exciting new version of Pokemon Go!

Afterwards we could compare our times and split times on <http://mobo.osport.ee/>. We did the medium course at just under 2km which is supported by the MOBO app but there is a shorter 1km course as well.

We had such a great time doing this and there was a lot of people obviously intrigued as to what we were up to. Hopefully they will give it a go too! I would definitely recommend anyone to try the Duthie Park Permanent courses. They are suitable for all ages and all members of the family, even dogs and buggies. We ended up trying to race one another but the courses are also ideal to wander round.

One of the controls was a bit tricky for the phones to read as it had faded slightly with the sun but I believe this has now been replaced.

Information is on the Grampian OC and Aberdeen City websites: www.Grampoc.com & <http://news.aberdeencity.gov.uk/new-orienteering-course-for-the-duthie-park/> 

FUNDRAISING AND DONATIONS

BY IAN MCINTYRE (INT)

SOA Treasurer

As most of you know, since 2012 the SOA has been a registered charity in Scotland. Our charity number is SC043563, and our main charitable objective is the advancement of public participation in sport, namely orienteering.

To date our charitable status has assisted both the SOA and Scottish 6 Days gain more than £80,000 in sponsorship or grant awards from private companies, local councils, grant awarding bodies and individuals. We are extremely grateful to all who have assisted and we list them on our annual financial statements, available on the web.

We can still do better, however. Many donations, including personal membership subscriptions are eligible for Gift Aid under current HMRC rules. We can claim back 25p of every pound from UK tax payers for a one-off registration. We saw a good uplift in registrations this year. The SOA has benefited by £2,600 in 2016 all of which has been distributed back to ScotJOS, SEDS and 16 participating clubs. There is little effort involved and potentially another £500 to £1,000 waiting to be claimed if everyone who is eligible were to participate.

My request is that if you are reading this, are a UK taxpayer and have not already done so, please follow the link below and complete this simple Gift Aid form. You will then be benefitting your club finances at no cost to you for as long as you remain a member with nothing more to do.

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


There is another way you can benefit the SOA for comparatively little effort. Many large corporations operate a variety of matched giving schemes. This is where the corporation matches employee fundraisers'

efforts, time or personal donations to eligible charities. The terms of the schemes are usually specific to the corporation and will sometimes require the SOA to be registered with them or their agents.

In recent years, BP employees have raised more than £10,000 through this route and this year more than £1,000 in donations from Lloyds Banking Group employees has also been received.

If you work for a company that operates a matched giving scheme, please enquire about the possibility of matched giving. Usually any time that you spent supporting the sport is eligible (eg. organising or coaching but not competing yourself). You might be surprised how much time you put in! The SOA treasurer would be happy to assist you find any information that you may need to register. Companies currently operating a matched giving scheme can be found at this link: **<http://www.qcl.org.uk/cmsAdmin/uploads/companies-that-offer-matched-giving-schemes.pdf>**.

With all donations and grant awards to the SOA, whether from organisations or individuals, we will make every effort to use the funds in the manner requested by the donor providing that the request lies within the charitable objectives of the SOA, and to ensure that that any obligations, e.g. publicity, are met.

Good luck and thanks for all you have done, and all that you may do in future, to support Orienteering in Scotland in whatever way that is. 



Ian McIntyre

BIG WEEKEND REPORT

BY ANDREW BARR (EUOC)

Edinburgh University Orienteering Club's Big Weekend Report.
20th-22nd January

Overall the Big Weekend was very successful for EUOC. The event is extremely important for the club as it is the primary way the club earns its money to fund our training weekends away and a vital trip to BUCS.

Friday started the events off with the Fight with the Night race - a night sprint around King's Buildings with a certain amount of sneaky gaffling, planned by Tam Wilson. After some very funny (and a little controversial) details, the race was successful with over 150 people competing.

Saturday featured an urban race around Edinburgh planned by Tim Morgan, including plenty of technical orienteering on the Royal Mile and a killer 3km long leg across much of the city centre. The weather was clear and cold, and over 450 intrepid runners made their way round some of the best courses the Scottish capital has to offer. Not even a very angry Russian security guard or a colossal anti-Trump march were able to stop the race! Ensuring people were getting the full EUOC experience, there was a ceilidh in the evening for those whose legs were still functioning.

Sunday was the cherry on the cake for the weekend as the weather continued to hold off and competitors got to enjoy some vintage Edinburgh terrain with the race on Arthur's Seat. There was chaos all over Whinny Hill as courses crisscrossed the technical gorse several times to make the most of the nicest part of the area, leading to several map turn-overs and a map exchange! Furthermore, the course had a micro-O section round Salisbury Crags on a 1:1000 map which was highly enjoyable, especially when runners had it 75% of the way round the course and had to be on



Map exchange for the micro-O section



their toes mentally.

Organiser Michael Adam had the following comment: "Organising the Big Weekend was a very stressful process with several errors along the way, but ultimately all worth it with everyone that I've spoken to having had a great weekend. Of course it couldn't have happened without all the help from EUOC members, especially Tam Wilson, Tim Morgan and Callum White who planned the superb courses over the weekend and also Robin and Sheila Strain who, as with many Scottish orienteering events, did an amazing job with everything SI related. Now all I've got to do is persuade someone else in the club to organise the event next year..." A big thank you to all that participated and we hope to see everyone on the 19th-21st January next year for EUOC's 10th Big Weekend with three more incredible Edinburgh orienteering races. 

JUNIOR SQUAD NEWS

BY ELIZABETH FURNESS (MOR)

ScotJOS Team Manager

Picture: Paul Furness, MOR



Catching up from the end of last year, we finished our squad programme in mid-December with a great weekend around Pitlochry. There was some drama just beforehand when Jon Musgrave, who was to have been Lead Coach for the weekend, spent it in hospital having his appendix removed!

Luckily, Sarah Dunn was able to step in at the last moment and she, Jess Tullie and Rona Lindsay kept it all going. We stayed at the Atholl Centre in Pitlochry which has great kitchen and dining room facilities plus beds/floor space to accommodate us all. Many thanks to Jane Carcas and Rachel Wilson who co-ordinated the catering with assistance from Steve Wilson, Lucy Shearer and Marjorie Mason; all much appreciated.

Our first exercises were at Black Spout which is a very small area at the south end of Pitlochry, but we had learnt from Thierry how it is possible to make good use of even a small area, plus we had an 'After Dark' session in Faskally later once we had refuelled with soup and rolls. The focus for these exercises was contours and compass, using both to navigate and steer round the

After Dark debriefing led by Rona Lindsay.



Picture: S.Wilson, CLYDE

terrain. In the evening Jess organised some team games which were a lot of fun and showed how competitive we all are, even when playing games. On Sunday we went back to Faskally for more exercises focusing on our theme for the weekend and finished off with a wonderfully festive finale when Jess challenged everyone to come back looking like a Christmas tree, adorning themselves with tinsel, baubles and suchlike that were to be found at various control sites.

And so to 2017. There is no doubt that in Scotland we are successful in attracting juniors to the sport and developing their skills, as shown by the large junior squad selected in January. This does mean that weekend logistics are challenging, as well as reducing the amount of coach-athlete contact. To cope with this, the age groups have been split across different weekends so that everyone will have 2 weekends plus the Last Blast weekend for everyone together, when this year's 'leavers' will set all sorts of orienteering fun and games for the rest of us.

Another organisational challenge is that the 18s, who start university in September, in effect 'leave' then as weekends after that often clash with university activities, exams etc., and so we will be changing the ScotJOS programme to run from September through to the following August. This year, 2017, will be a transition year with the programme for the current squad running through to the beginning of September, after which the 2017-18 squad will be selected and programme announced.

The Selection criteria for all juniors in Scottish clubs who aspire to join ScotJOS have been posted on the SOA website, as well as the selection criteria for the Scotland teams for Junior Inter-Regional Championships and the Junior Home International.

Our first split ScotJOS weekend was Feb 4th-5th when the M/W18s and M14s overcame the adverse weather conditions for a series of coaching exercises planned on Sauchie Crags and Auchingarrich. The focus for the first day was leg planning, and for the second Attack Points + fine navigation in the circle. Ross Lilley is working through his Level2 Coaching qualification and planned the exercises for the M14s which they did with enthusiasm and energy, whilst the others worked through various exercises planned by myself. There was still enough energy in the group to make short work of the Ogres that patrolled an area near the Wildlife Park at Auchingarrich, protecting pegs and controls that teams needed to collect, so thankfully we all managed to enjoy a hot drink in the cafe afterwards. As a contribution to the organisation of the weekend, the W18s prepared the meal on Saturday evening, and as there were lots of clean plates they may have set a precedent. Thanks girls! Thanks also to control hangers and collectors Graham Gristwood, Ross Lilley and Ben Stansfield and to Jane Ackland, Esther Gooch and Josie Stansfield who assisted with driving, catering and general support.


The SOA Summit in Aberfoyle on the future of Scottish junior orienteering is

Picture: S Wilson, CLYDE



something we are looking forward to as an opportunity to spend time discussing and formulating a junior talent and performance pathway. There is a wealth of potential talent within our clubs and we are very aware that ScotJOS cannot provide the only opportunity for juniors from different clubs to come together to learn, develop and improve their skills. If you haven't already, please do complete the short survey via the SOA website.

We are very pleased to report that one of our talented juniors has been selected as a PGL Sponsored Athlete for 2107, thus raising the profile of orienteering as a great sport for juniors to get involved with; Grace Molloy (FVO) was one of hundreds who applied and next year it could be you who keeps orienteering in the limelight. See the PGL website for more information <http://www.pgl.co.uk/en-gb/news-hub>.

Finally, we'd love to hear from any coaches who would like to support ScotJOS weekends; they are always varied and fun, and as a coach I love to work alongside others to get new ideas and insights. Expenses are paid (travel, accommodation, food) and there is no expectation of a regular commitment, so just get in touch in the first instance via scotjos@scottish-orienteering.org. 

Festive finale at Faskally.

COACHING CORNER

BY ALASTAIR MCLEOD (CLYDE)

Picture: Gary Murison/garymurisonphotography.co.uk



Alastair McLeod

Alastair McLeod is the guest writer for the 'Coaching Corner'. Ali is a world class athlete, representing Great Britain in the World Orienteering Championships in 2015 and 2016; he is part of the Great Britain Performance Squad. Ali is giving us all an insight into what we can do to make ourselves the 'best we can be' for the approaching competitive season. Lynne Walker

Preparing for the Orienteering Season

The orienteering season in the UK is condensed into spring, summer and fall with all the major competitions occurring over this period. Having a long break over winter is an opportunity to prepare yourself for the next year.

There are many ways you can do this: working on your fitness, improving your mental routines to cope well in pressure situations and improving your orienteering technique. In this piece, we will focus more on the technical and mental, discussing some of the things you can do over the winter to improve aspects of your orienteering so that as you move into the spring you are prepared to do your best.

BUILDING THE BASICS

Winter is a great time to practice the really basic techniques, and EVERYONE has to practice these techniques to make sure they have been trained and ingrained ready for the season to come. You should ask yourself some questions such as:

- Every time I look at the map is my thumb at my position on the ground and is the map set? It should be.
- When I look at the map did I do it with a purpose? Every time you look

at the map you should learn some new information that will help you navigate.

- Have you made a plan for the leg before you start it? Having a plan will make it easier to navigate, because you know what you are expecting to see. It will also help you make smaller mistakes, as you'll notice more quickly when things are not as you expected them to be.
- Have you checked your control description before you reach the control circle? Knowing what you are looking for before you get there makes the feature much easier to find.
- Can you take a compass bearing? If you can accurately use your compass to go in the correct direction you can simplify complicated areas of navigation.
- Can you picture what the upcoming terrain will look like from the information on the map? This helps you look for what is coming up next, and if what you see matches your expectations you will navigate more confidently and faster.

All the points above can be trained individually. You can do this by running an orienteering course or a few

orienteering controls with the mind-set of “for this section I will concentrate on....” Training these individual skills will improve your ability to perform them and should help them become ingrained so that when you start to bring all these skills together they should happen more naturally and easily.

REPLICATION AND ROUTINES

Practicing things over and over again makes you good at them. So if you are wanting to be good at doing orienteering races then you had better practice the things you will do in and around a race. This doesn't just involve how you will find the controls out on the course it also involves how you will prepare for the race.

- **Pre-Race Routines:** Have a think about what works well for you before a race. Do you like to eat or go to the bathroom at certain times? Do you need a lot of time to prepare yourself? Once you know what works for you try to replicate this before races and training to get yourself used to it.
- **Warm-ups:** The point of a warm up is to get you ready to race. This means that you have to find something that works best for YOU, and that you trust. It has to get you in the right physical and mental state for YOU before you start. Once you have a warm up routine that you like, repeating it in training and before races will get you in the best place to race.
- **Start Lane Routine:** What do you like to think about in the start lane? What gets your thoughts in the right place so that you are prepared to orienteer well? Like having a warm up routine,

having a routine of what you think about in the start lane can help you get ready to orienteer.

- **Mentality during training:** If you are training for orienteering you are teaching your body and mind to perform skills in a certain way. If during training you are not orienteering well (not taking that compass bearing you should have, not reacting to that hill that you thought shouldn't have been there) then you are teaching yourself to orienteer badly. You should try to mimic the same level of orienteering technique intensity during training as you would use during a race.

You can practice these routines by re-creating the race conditions (start times, call-ups, etc.) in training exercises, or by using orienteering competitions that are less important to you to practice your routines. This way, when a more important race comes along you will be doing all the things that you have practiced and are good at.

PREPARATION

If you have an important race that you want to prepare for, there are a few extra things you can do beyond reading the final details that will help you. By preparing well you make the situations that will arise during the race less surprising and you will be able to deal with them better. This will lead to a better orienteering performance.

Every race is unique. It is in a specific area, is a specific type of course and is planned by a specific person. There are ways to deal with all the things that make a race specific - by preparing yourself for them. >>

COACHING CORNER

AREA

You can get an old map of the area, look at photos of the area on the internet and talk to people who have run there. Then you might want to try to answer some of these questions:

- What will everything look like? Will it be pine, will it be birch, what will be underfoot, what will the rocks look like?
- What sort of orienteering techniques will I need for this area? Compass bearings, contour visualisation, good leg planning?
- What sort of control features will I need to find? Will they be big, will they be small, what will they look like?
- What areas will be fast to move through and how far will I be able to see? Is the green visible, is the yellow fast, what time of year is it, will there be leafy trees, will the brambles be up?

COURSE

From the map and the details of the race you can make some predictions of what you think the course might be like. This will help you identify what sort of problems you might face. Some things you may end up considering include:

- Will the controls be close together? Will I have to change direction quickly, will I have to know what is coming up next, will I have to concentrate hard for long periods?
- Will there be route choice? How far will I have to look ahead, how wide will I have to look on the map to see all the route options, how fast are different areas of running, what features make navigation simple and fast?
- Does the type of orienteering change throughout the course? Does the area have obviously different sections where I will have to change the way I orienteer;

will I have to change the way I orienteer if I get tired on a long course?

- Will there be external distractions? Is there gaffing, am I likely to see other people, is there a spectator control, how will all this affect my concentration?


PLANNER

The planner is there to set a course that will challenge your orienteering skills. You are trying to outwit the planner by orienteering round their course very well, and they are trying to lure you into making a mistake. Looking at a map of the area in the mind-set of the planner can help you prepare for some of the challenges you might face. Planners often try to:

- Give you little time to make important decisions. Having long route choice decisions after lots of intensive short legs or right at the start of the course.
- Make you change the orienteering techniques you have to use. Having a vague leg where compass is important after lots of legs where compass hasn't been, or making you find a very different type of feature such as a boulder after only being made to find contour features before, or using areas where visibility changes and the distance you can see ahead of you has changed.

ON THE DAY OF YOUR IMPORTANT RACE

Good results come from good performances, and good performances come from being focused and in the moment. When you are in the moment you are doing everything that you have practiced.

All you can do is what you have practiced – so do that – that is your current level, be proud of it. If you are not satisfied then you can always do more training next winter! 

SPRINT ORIENTEERING

BY ANDY PATERSON (CLYDE)

Part 1 – Training and preparation

Former SOUL coordinator, level 1 Orienteering coach and sprint orienteering fan, Andy Paterson of CLYDE finds out what it takes to be good at sprint, with contributions from a panel of elite orienteers. This month he looks at training and preparation for sprint orienteering, while the June issue's article will focus on race strategy, both for sprint and sprint relay.

TRAINING

Although the 12-15minute winning times mean sprint orienteering technically isn't about sprinting, physically it helps to be fast. Kris Jones (FVO) – 4th WOC 2016 sprint – has a PB of 14:11, and Scott Fraser (INT) – WOC silver medallist in 2013 – has a PB of 14:09, which means these elite athletes can run at 2'50" per km - to put that in context get on your mountain bike with your Garmin and try cycling at that speed!

To get this fast most elite orienteers will do weekly interval training. Interval training, running at or near your lactate threshold for a specified distance, 600m perhaps, repeating several times with a short recovery period between runs, gradually increases muscle tolerance to running at speed. If you're serious about this sort of training, it is a good idea to join up with a group to keep you motivated and speak to a coach who can help

you plan your training schedule.

Top young orienteer Grace Molloy (FVO) – 4th EYOC Sprint 2016 – advises:

- "Always plan training so that you arrive at race in peak physical form."
- "Training at race speed on sprint areas - I often find there are not enough sprint events so I use old courses from online and run them myself."

GB team sprint specialist Murray Strain (INT) used to train by running between two waste bins and "dibbing" the cigarette disposal holes on the top of each bin. If that sounds a bit out there, think about what that's doing –

- Developing the ability to accelerate/decelerate quickly in the leg muscles
- Interval training, stretching the ability to run faster
- Practicing the technical aspect of dibbing the control.

Of course, the introduction of touch free punching looks likely to reduce the need for both acceleration/deceleration and dibbing practice in bigger events in future!

The perceived wisdom with coaching and training has often been to focus on your weaknesses to try and bring them up to the required level; it's a strong argument, but 2013 WOC sprint silver medallist Scott Fraser (INT) >>

SPRINT ORIENTEERING

has a different perspective. He feels if you have one clear strength you should play to it:

“Unlike many orienteers who focus on improving their weaknesses throughout the year and before big races I chose to focus on improving my strengths (my flat speed) but with the important point of being aware of my weaknesses (my power/acceleration). In races I would always try to pick routes that suited my strengths, picking routes so that I could approach the control from a certain direction to run straight through it (minimal stopping involved) and would try to avoid routes that included a lot of stop-starting.”

PREPARATION

If you have taken care of the physical aspects of training, there are still some key issues to address before you are ready to race.

It should go without saying that you'll do better if you understand the rules and the symbols on the map and on the control descriptions, but after almost any sprint race you will hear experienced forest orienteers express bafflement at symbols or control descriptions that they thought were something else. Worse, you may see one of them climbing over a fence that shouldn't be crossed, or almost as annoying, they shout at you for crossing a fence you know you are allowed to cross!

So it's worth spending a bit of time, if not learning, then at least familiarising yourself with the key map symbols on ISSOM (sprint) maps and the differences from ISOM (forest) maps, especially the ones marked **FORBIDDEN TO CROSS** in sprint. There is no fate worse than a DQ against your name in the results, although being named and shamed on Nopesport possibly runs it close!

Why not check out Simon Errington's excellent online resource here <https://www.maprunner.co.uk/map-symbols/> for a full list of all ISSOM symbols.

Although the control descriptions are the same for forest and sprint O, you'll come across many unusual ones in sprint you haven't seen before. Check out Simon's quiz here to test your knowledge.

<https://www.maprunner.co.uk/cd/>

Ready to race?

Not quite. One of the subtle ironies of orienteering is that the first time you are likely to come across a new method of electronic punching is that big race you've been working up to all season. Is it SportIdent or EMIT? SI Air or EmiTag? Do you have one? Do you know how to use it?

Take any opportunity to try out new technology, and get used to its limits, if possible, in a race that isn't one of your main targets. At

big events there will often be a practice control – don't ignore it! This author found out the hard way at the 1st control in the 2016 Edinburgh urban race that an SI Air dibber switches on when you check it at the start, so if you forget to do this....

Almost all of the elite orienteers asked emphasised the importance of practicing route choices, on the race map if that's available. CONDES or Purple Pen can be an invaluable tool for setting your own practice courses on the computer if you have access to this.

Kris Jones (FVO) recommends: "Practise making route choices. This is the main challenge of sprint orienteering and you can practise it at home. Look at old sprint maps, decide on which route you would take and look at splits or measure to find out which routes which were fastest/shortest. To challenge yourself, only let yourself look at the map for a short amount of time."

You can then move on to practise executing your chosen routes. Tess Strain (EUOC) – 5th WOC 2013 Sprint – suggests you look at old courses and run them in your head in "real time." Talk through exactly what you are thinking about at each moment, for example: "Out of the start, going left round building to first control. Now have 50m until building corner where I will turn right. Until I get to building

corner I am looking at route to 2, memorising the route out of control 1..."

For big events it pays to be very familiar with the race area. WMOC sprint bronze medallist 2015 Jon Hollingdale (MOR), recommends "map geeking:"

"Map geeking. Get used to the map and the competition area by drawing courses on the map in CONDES then "running" them virtually in google streetview."

and Grace Molloy (FVO) agrees:

"Plan courses on the

competition area and get others to plan courses for you to think about what routes you would take."

So, in summary:

- Get faster
 - Use interval training to improve your speed over 3-5km
 - Know your basics
 - ISSOM sprint map symbols, control descriptions and punching systems
 - Practice – Making and executing route choices.
- And now you're ready to race!

Next month we'll have a look at how the elites get from start to finish in 12-15 minutes. ▣



For example this potentially difficult to spot covered alleyway from the Forres WOC 2015 map (courtesy of Steve Smirthwaite MOR)



Turns out to be right next to the Town Hall and when you know that it's not difficult to locate at all.

ROYAL DEESIDE 2017

BY JON MUSGRAVE (MAROC)

Coordinator

2017 Scottish 6-Days Coordinator's Report



Much has been happening since the last SCORE report – the planning of courses is moving on well, with all teams producing benchmark courses to allow the technical coordinator to check for consistency. Final map survey checks are to be made soon, and this will allow the planning teams to finalise their courses.

The race arenas and car parks have been checked recently and are looking good - flat, firm and dry with spectacular views across the forests and landscape of Deeside. Traders are being contacted – a great range of good quality providers is being assembled, including top quality coffee vendors!

The sprint race in Ballater looks like it will be a great success, with plenty of entries already received.

The campsite has been visited with council officials, and water and power supplies are being arranged. The toilets will be higher quality than normal O-events – we are going for toilet caravans with lighting, so there will be no dark, damp smelly chemical toilets with banging doors late at night. Shower blocks will also be arranged. Recycling and waste facilities will be made available by Aberdeenshire Council.

The local commercial campsite, famous for the floating caravan videos from January 2016, has a laundry and the machines will be

available for clothes washing for our campers, with exact details of cost to follow.

Catering in Ballater is fairly extensive, and in addition we are looking to provide evening meals in the event centre using one of the local top quality suppliers. The usual packed social programme is being arranged, from pipe bands to ceilidh to whisky tasting sessions.

Bussing from Ballater to all events has been contracted to a local company. This is available to all competitors and family members FREE, but will need to be booked in advance so that we can arrange adequate space. This is a new approach for the 6-Day event, but we hope it will provide an easy, less stressful, way to get to the events and will also reduce the number of vehicles on the road and in the car parks, thereby reducing our environmental impact.

Another first is that Aberdeenshire Council will provide recycling bins at each event, plus a skip for non-recyclable waste. All competitors will be encouraged to recycle as much as possible into the appropriate bins. Again, this is an attempt to reduce the environmental impact of the event.

Training will be available on 4 maps in Deeside, the planning and control placing is being done by members of SEDS as a service to the event in return for any surplus going to support the elite runners. ▀

BY SHONA PARK

Active Schools Coordinator - Aboyne Network

Schools Orienteering in Deeside: Building a Pathway to the Club

Orienteering is a growing sport in Aberdeenshire, with more and more schools getting involved as the sport lends itself so well to many areas of the curriculum and encourages outdoor learning.

Active Schools Aberdeenshire have been working in partnership with Scottish Orienteering Development Officer, Sarah Dunn, and Mar Orienteering Club to provide taster sessions in both Primary and Academy schools. These taster sessions take place in PE time and introduce orienteering to classes with basic games and map-reading skills. The teachers are also trained in leading orienteering and how to progress it.


Last spring the tasters were a great success and culminated in three festivals taking place in the network: two Primary festivals, one at each end of the cluster and one inter-school Academy festival with Aboyne, Banchory and Alford. The festivals demonstrated to pupils what is involved in an orienteering event and how it can include teams as well as individuals. The children were introduced to orienteering courses at Deeside Activity Park, Dess and Creag Choinnich Forest, Braemar. Both locations were equally challenging for the pupils and great to explore and get to know the local area. The children who took part in the Braemar Orienteering festival on the 11th May were also involved with World Orienteering Day and helped to break the previous record for the number of people taking part on that day.

A follow on from the local festivals was a personal invitation for the top boys and girls to take part in the Scottish Schools Orienteering Festival. MAROC then organised a bus to

take all interested students from the cluster to the event in Edinburgh, where they had some fantastic results. The Aboyne Academy team subsequently qualified for the World Schools Championships this year in Italy in April.

The school taster sessions and festivals also provide a great opportunity to encourage participation in our primary after-school clubs and holiday camps, run by club coaches. These activities are key in making the link from schools orienteering towards the regular club setting. They offer a format that is familiar to parents for further participation in the sport, and a direct link to club activities through the coach. The coach has contact details for youngsters expressing an interest in furthering their participation, and can develop individualised communication with their parents to support participation in mainstream orienteering.

This year, development work in Upper Deeside is being facilitated through the Cairngorm LEADER funded project "Community Orienteering and Protection of the Environment." In Mid-Deeside we aim to continue a similar model through the schools festivals and after-school club programme. However, a lack of development funding in this area may impact on the direct contact and support that can be provided to individual schools.

The work we have done in promoting orienteering in and around the schools has definitely increased the awareness and involvement of families in the community and it has also benefited the schools with them being able to provide outdoor education through other methods. 

FIRST IMPRESSIONS

BY JOHANNES PETERSEN (BASOC)

SOA North Area Resource Development Officer

You Only Make a First Impression Once

Picture: Chris Spencer/ActiNorth Photography



Ask me for help.

If you're reading this, the chances are that you will know a lot about orienteering. For the purposes of this article I'm asking you to forget all that and transport yourself to an imaginary pre-orienteering state of mind.

Picture yourself as a total newcomer arriving to a typical event...what do you experience? Think about this for a few moments.

A mass of confusing jargon. What does Level C event mean? I didn't realise I had to bring my own compass. And what on earth is a dibber? I feel a bit stupid now. What time does the race start? Download? What's that? Why can't I see the start or finish? Where are all the other people? Can I please have a look at the map first before choosing my course? There are kids running around who just seem to know what to do! I thought this was just a community event but when I'm in the forest everyone is racing past me without so much as a smile. Now I've finished my run and I'm trying to get my result – oh rubbish, I'm disqualified – I didn't realise I had to use the dibber at the start, no-one told me that!

Ours is a difficult sport to get into, there's no doubt about that. One time-honoured method for recruiting new orienteers is by an individual 1:1 process where things are gradually explained to the newcomer, with lots of personal encouragement along the way. That's certainly how I got started: you have my eternal gratitude Paul Lane (British Army Orienteering Club). On the flip side we also

know that just one or two negative early experiences can put a keen newcomer off for good. In this article I put forward a range of simple practical suggestions you can use at your next event to maximise the chances of a first-time visitor becoming just as hooked as you are.

- If you think there's a chance of many newcomers at your event, try to recruit one or two volunteers whose sole job is to welcome people at the "front of house." You might think that the folk on registration can do this, but in reality, they will be task-focused with nitty gritty data entry jobs, and that's not the best state of mind for patiently explaining things to a novice. The ideal person for this "front of house" role is someone sociable and smiley with a reasonable knowledge of orienteering. Some clubs have had really smart high-vis vests produced saying "Ask me for help" to make it really obvious for those who don't know anyone and are too shy to ask.

- If at all possible, have a very compact assembly / start / finish layout. This simple measure solves so many issues and makes life really stress-free for beginners. It might mean a bit of boring first leg for the TD4 / TD5 courses, but that is probably a price worth paying.

- Use your judgment to advise newcomers about the best course choice. This one decision can be make or break. Personally, many of my friends are hill runners who really have to be firmly advised not to enter the Blue or Brown at their first event because the advertised distance looks so short to them. It can



really help to reveal the map to discuss at their leisure before they start. Indeed for lower-level events you could just hand out maps out to all runners at registration which saves on hassle – you just have to trust competitive runners not to take a peek.

- Include a 'social' course. This can be timed as normal so you've got all the usual safety checks, but then you could either not publish the results, or just make it obvious that running in this class isn't about how fast you go. If you were to set up the social class as a score course, then a mis-punch or missed control doesn't automatically generate that discouraging 'DNF' result (alternatively, in Auto-download you can change settings so that a mis-punch doesn't result in disqualification).

- Can you create some kind of social opportunity? Not every event can have an indoor venue, but even just tea and biscuits in the club tent can detain folks for long enough at the end to create that magic 15 minute window when new connections are forged. People typically stay in a sport because of the friends they're making – so that simple cup of tea is more important than you might realise.



Left: A busy start area – is there someone free to help out uncertain beginners

Right: Indoor venues are unbeatable for post-event socialising. INVOC's Vizionteering event run in conjunction with R4it.

- Contact details. After an event all the key officials tend to be pretty exhausted, so it's easy for those precious email addresses from the EOD slips to end up forgotten in a pile somewhere. Could someone in your club just take 5 minutes to make a phone call or write an email getting in touch? "Great to meet you today. Just in case you miss it, the results are up on our website now – here's the link. Looks like you had a really good run apart from that big wobble on number 8 – that was a tough bit. Our next event is next Sunday – that's an urban event, totally different but really good fun. If you'd like to come, I just realised one of our longstanding members lives round the corner from you, I think they might want to lift share... etc."

Follow these simple steps and before long you'll have a clutch of new members. In the next issue of SCORE you can read more about how to keep these new members in your club once you've got them in.

Got any comments on this article, or great ideas of your own about welcoming newcomers? Why not start a discussion on the SOA Facebook or write in to SCORE? 

FVO COACHING VENTURE

BY DAWN GODDARD (FVO)

FV O have recently secured sportscotland funding for a part-time coaching and development co-ordinator for the Club. It's not been a straightforward process, lasting over a year, which included an initial funding knockback.

In this article, I share both the reasons behind why our Club needs this new role, and our journey to secure the funding.

FVO aims to both increase membership, and provide regular coaching at all levels of ability to club members. While the benefits of the latter are obvious, the increase in membership is expected to generate more volunteers - so this means more planners, more organisers and more coaches.

We see families and students as those most likely to take up, and stick with, our sport. But there are many barriers to getting involved: fear of unfamiliar areas, reluctance to travel, lack of skills and support to develop these skills, and other family commitments. FVO want to break down these barriers by introducing very local events in 'hubs' where there is already orienteering interest, and by making these events very regular, friendly and supportive. With the right support and coaching, new participants are more likely to stick with our sport. Considerable effort to advertise and welcome



newcomers at FVO's 2016 autumn program of 'Come and Try' Events, has already resulted in a significant increase in numbers participating, so we are confident that more effort will meet our aims.


Sportscotland offer a two- to four-year investment opportunity to sports clubs known as 'Direct Club Investment.' Our first application for funding failed due to lack of understanding on both sides; **sportscotland** did not understand orienteering, and we did not understand the criteria the Funding Committee were looking for. So, we started again, rewriting the business case from scratch and developing our relationship with our key **sportscotland** representative. With the help of Active Stirling, a research survey was organised to understand what's stopping new participants getting involved. We spoke to Pauline Tryner, development officer

at SYO, to understand why her club's new Schools program has been so successful. Particular thanks go to Stef Lauder and Rona Lindsay at SOA, who have been very supportive throughout this process. In-depth challenge by **sportscotland** made us refine, revisit and more deeply understand why our development officer was needed, and in this long process, **sportscotland** really learned about orienteering.

Some eight months later, after several meetings with **sportscotland**, our top-notch

business case (albeit now version 17!) sailed through the Funding Committee, with the enthusiastic support of our key contact.

After advertising the role across orienteering media and in the wider sports community, in early February, we finished our shortlisting and advertising. I am delighted to announce that an offer has been made, and accepted, and our new Coaching & Development Co-ordinator expected to begin in March.

Expect a follow up article soon on how FVO is developing this role. 

ELITE NEWS

BY DUNCAN COOMBS (AROS)

Jess Tullie is the only SEDS-er to really poke her head above the parapet this 2017 with a solid 4th and 7th place finish at the Costa Blanca Trophy.


Most have been active on the local (and not-so) local XC circuit. Particular highlights include Fanni Gyurko posting a notable 3rd place at the East District Champs, and Murray Strain taking a credible 7th place at the English Southerns.

2017 Transfer Window News

- Nydalen SK superclub secure Vare good signing Alan Cherry
- Englander Tessa Strain in Tyrns as glory hunting husband Murray interlopes to join her at Tyrving IL
- AROS fulfil orienteering heritage diversity quota by accepting former Clyde member Alasdair Mcleod

SEDS Elite Manifesto 2017

Ruling SEDS elite to reject ultra-conservatism and push progressive agenda for change including:

- Immigration to be embraced as Scottish-based non-Scottish SEDS Associate Member Squad announced – all resident athletes to unite and mobilise together to reap net orienteering benefit
- Re-distributive contribution system to be introduced to maintain SEDS affordability and improve orienteering conditions for the SEDS youth in 2017
- SEDS are to relaunch their principal goal of development in 2017 by involving and investing in the future ruling (age-) classes
- Trump England again 

COMMUNITY ORIENTEERING

BY SARAH DUNN (MAROC)

SOA Project Manager

Community Orienteering and Protection of the Environment Project (COPE)

Following a successful application to Cairngorm LEADER, the Community Orienteering and Protection of the Environment (COPE) project got underway at the beginning of October, with funding to support development work in Upper Deeside and Donside over the coming two years.

The basic premise of COPE is to provide an opportunity for the students of the local community to develop orienteering skills and get involved in the forthcoming 2017 Scottish 6-Days and 2018 British Championships, both of which will be hosted in Deeside.

Starting to learn about maps in the gym hall is valuable before progressing into the playground. These sessions give a basic introduction to lots of children.



Picture: Sarah Dunn (MAROC)



Picture: Sarah Dunn (MAROC)

Running in parallel with this is the theory that learning generated through introducing people to a recreation that has environmental appreciation at its core offers a robust long-term strategy for protection and enhancement of the national park. Consequently, early introduction to activities such as orienteering has the potential to deliver multiple benefits for the region.

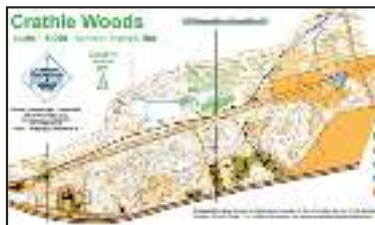
The companion article on “Schools Orienteering in Deeside” outlines a pathway that we have been following to help translate initial interest in the sport into regular club orienteering. This pathway can be capitalised on by all clubs through forming connections with their local Active Schools programme.

Within the COPE project we are following a similar route, but with a notable difference from most development opportunities in the sense that the size of the Deeside and Donside communities are very small, hence expectations on the scale of recruitment need to reflect that.

As we move into the spring we will move into the next stage of the pathway, hosting a schools festival and short series of after-school club opportunities. These in turn will lead on to a series of low key events planned for May / June.



Picture: Sarah Dunn (MAROC)



Map: DOLMISOA

Once the basics are there, it's good to set children loose on a voyage of discovery. All you need is a safe environment such as that offered by Braemar Games Field.

Funding support has allowed us to map several new areas adjacent to the schools.




Picture: Sarah Dunn (MAROC)



Picture: Sarah Dunn (MAROC)

We want the project to have longer lasting impact than the duration of the project, so education of teachers and other youth leaders is also a key activity. This course inspired several new leaders to come up with plans such as FairTrade orienteering around the Co-Op as well as more traditional concepts.

Above all we try to make experiences exciting. Braemar scouts have already been night orienteering in the Games Field and are about to be let loose in the dark on a new map of Morrone Birkwood. This session will include a Story O where the youngsters will learn something about the natural history of the area they are exploring.

To keep up to date with developments on this project you can follow the COPE facebook page at: <https://www.facebook.com/COPEorienteering/>. 

COPE is very grateful to Cairngorm LEADER for supporting this project.

This project has been partially funded by the Scottish Government and the European Community through the LEADER 2014-2020 Programme



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COACH CONFERENCE

BY IAN HENDRIE (FVO)

British Orienteering Coaching Conference Jan14th/15th 2017

THE Coaching Conference was held at Manchester Metropolitan University (MMU) Crewe Campus on January 14th & 15th. As this was only 10 minutes from Crewe railway station Fiona, Rachel and I decided to have a family day out to Crewe as we were interested in the presentations on the first day (we had other commitments on the Sunday so couldn't attend that day). We caught a train at 6 a.m. and were back home by 10.15 p.m., having also made use of some cheap train fares. Here are some brief notes and thoughts on the conference.

SYSTEMATIC ORIENTEERING (A top-down approach to navigation)

Systematic orienteering was the subject of the main presentation by Mark Nixon who is the lead technical coach for British Orienteering and head of performance at Edinburgh University. Although Mark works with elite athletes I feel this can be applied at all levels. Rather than look at individual skills and work from the bottom-up he looked at the whole orienteering process of getting from the start to the finish as quickly as possible. Orienteers still need all the skills relevant for the technical difficulty of the course they are doing but he looked at the 'big picture'.

How do we analyse performance? Using a model of orienteering performance, developed by Kris Jones and Mark Nixon, this could be thought of as the following:

<p>PLAN: stop if you haven't got one DIRECTION: which way am I going? PICTURE: of terrain from map DISTANCE: how far have I gone?</p>

What is the orienteering process?

- Read the map
- Route Choice (whole route but not the detail)
 - Exit (from previous control)
 - Route
 - Attack point
 - Control
- Add details (to the route)
- Select skills
- Execute

How do people improve?

Some intervention is required.

After a performance, there's a need to review it to identify positives and negatives. From the negatives, make corrections to avoid these in future

performances. Do you have all the skills required for your course – if not, training in these skills will be needed, e.g. contour interpretation or running on a compass bearing.

PHYSICAL TESTING FOR THE GB SQUAD

There was a demonstration of the lab testing with Alice Leake from the Development Squad undertaking her test. On the treadmill Alice ran for 3 minutes at a low speed during which time her breath was being analysed. At the end of 3 minutes she had to give a score of how easy/hard this felt and also a blood

sample was taken to be analysed. This was repeated several times by increasing the speed 1 km per hour each time until it was too hard to continue.

All data is analysed by the staff at MMU and used as input into Alice's training plans. This is repeated regularly to see if the training is leading to improvements.

DISABLED ORIENTEERING FOR ALL

After lunch, there was an activity session put on by Peter Roberts introducing trail orienteering on the campus orienteering map. The skills of map interpretation and site description are paramount in trail orienteering. We did Pre-O with 6 stations; at each station a group of flags (3 to 5) were viewed from a decision point on the path, with runners required to match the flag to the circle on the map and its description. There was also a Temp-O activity, a timed exercise similar to Pre-O.

THE JOURNEY OF A TALENTED ATHLETE

The journey of a talented athlete was described by Jackie Newton who is head of performance at British Orienteering, along with Mark Nixon, and Paul Murgatroyd, who is the lead physical coach at British Orienteering. The British Orienteering Talent programme was described, along with its vision to deliver medals at World Championships (JWOC and WOC).

The programme identifies talented athletes with the ability to succeed and provides them with a talent development environment required to achieve this.

The programme is Coach-led, Athlete-centred and Performance-focused.


The following topics were discussed in groups:

- What is talent in orienteering?
- Describing athletes (Age, technically, physically and socially) at various stages in Long Term Athlete Development
 - Learning to train
 - Training to train
 - Training to compete

SECOND DAY WORKSHOPS

On Sunday there were workshops for:

- Safety for coaches working remote terrain
- Exploring ways to use a small area to provide enjoyable activities for newcomers
- Running drills and terrain intervals
- New coach training launch
- Tutors, assessors, verifiers meetings

For anyone interested in finding out more, the presentations can be found on the British Orienteering website (switch to Member view if not already in it) under Coaching/Coach Support/Coaching Conference Presentations & Activities. 

TICKS AND LYME DISEASE

BY CORY JONES

Email: Cory@firstaidtrainingcooperative.co.uk

Picture: First Aid Training Cooperative



Cory Jones

Our guest author, Cory Jones, **Head of Training** at the **First Aid Training Cooperative**, is summing up some vital information about our well-loved tick. Read on and find out more about how these ticks... tick.

What are ticks?

Ticks are small arachnids, about the size of a poppy seed. They are external parasites that live off the blood of birds and mammals – including people.

What do they do?

Ticks live in the soil and emerge to climb tall grass, shrubs, bushes and low level tree branches up to a height of 20-70cm in search of a blood host. They can attach themselves almost anywhere but prefer dark creases like the armpit, groin and back of the knee. You won't feel a thing, as the tick injects a toxin to anaesthetise the bite area and once embedded they will steadily engorge as they feed on your blood.

When are they active?

When we could guarantee a cold hard winter, ticks had peak populations in May and September. In more recent years with generally milder winters, tick numbers have built up and they are a potential threat most of the year. They are dormant over winter but reappear in early

spring, if the winter is mild they will appear earlier in the season. Watch out for ticks on your cats and dogs – that's when they will be looking to hook a ride with humans too.

Lyme disease

Lyme disease is caused by the bacteria *Borrelia Burgdorferi* (Bb), and all areas of the UK have Bb-infected ticks. They estimate around 2000 cases per year go unreported.

The classic sign of Lyme disease is a bull's eye rash (erythema migrans), consisting of a red ring-shaped rash which gradually spreads from the site of the tick bite, usually with a fading centre. It appears 2 – 40 days after infection and is one potential sign of Lyme disease – so if you develop one take a photo immediately to show your doctor in case it disappears.

However less than 50% of people with Lyme get this rash.

If left untreated a whole range of symptoms can develop, including a flu-like illness, facial palsy, viral-type meningitis, arthritic-like

joint pains, nerve inflammation, disturbance of sensation or clumsiness of movement and encephalitis (swelling of the brain).

If you suspect you have Lyme disease then head straight to your GP. Explain you have been bitten by a tick and you suspect Lyme disease, they may offer you a blood test or simply a dose of antibiotics.

TBE

Another threat from some ticks in Europe is Tick Borne Encephalitis (TBE) – a viral disease that attacks the nervous system and can result in serious meningitis, brain inflammation and death. TBE incubation time is 6-14 days and at first it can cause increased temperature, headaches, fever, a cough and sniffles. The second phase can lead to neck stiffness, severe headaches, photophobia, delirium and paralysis. There is no specific treatment for TBE once infected.

TBE is endemic in many forest and mountainous regions of Europe. Take a look- <https://www.thebmc.co.uk/Handlers/DownloadHandler.ashx?id=1193>

Removal of a tick using tweezers

Attached ticks should be removed promptly. The best method is simply to pull the tick out with tweezers as close to the

skin as possible and avoiding crushing the body of the tick or removing the head from the tick's body. Alternatively you can use specialist tick twisters or tick cards. The risk of infection increases with the time the tick is attached, and if a tick is attached for fewer than 24 hours, infection is unlikely.

Preventing Lyme disease


You can reduce the risk of infection by:

- wearing appropriate clothing in tick-infested areas (a long-sleeved shirt and trousers tucked into your socks)
- wearing light-coloured fabrics that may help you spot a tick on your clothes
- using insect repellent on exposed skin
- inspecting your skin for ticks, particularly at the end of the day, including your head, neck and skin folds (armpits, groin, and waistband) – remove any ticks you find promptly

Useful Links and Information

www.tickalert.org

www.lymediseaseaction.org.uk

Please assist the Rural Health & Wellbeing Team at the University of the Highlands and Islands in their efforts to mitigate the risk of being bitten by a tick by completing their survey at: <https://checkforticks.wordpress.com/>. 

BY STEVE WILSON (CLYDE/JOK)

Picture: Colin Matheson



There are several aspects of orienteering in Scotland which most of us (especially people who haven't orienteered regularly outside the country) probably take for granted, such as the quality of our terrain and the huge amount of work done by a relatively small core group of people to put on such a wide range of events.

One particular aspect of Scottish orienteering we really shouldn't take for granted is the Scottish Orienteering League (SOL).


This annual series of top quality events gives a structure to the Scottish orienteering season and, along with the various Scottish Championships (classic, relay, sprint, night, etc.), provides the perfect focus to the orienteering year.

Compare this with the situation in England where, at least since the demise of National events a few years ago, there is often what seems to be an endless procession of slightly mediocre and somewhat pointless Regional events. The relative rarity and consistent quality of SOL events, together with the added incentive of the overall league scores, provide us with a focus and motivation often lacking in the rest of the UK.

There is an analogy with cricket here, a sport which is actively considering the introduction

of a year-round World Test Championship to give some structure and greater meaning to what would otherwise be just bilateral Test Match series.

With this in mind, we must be careful not to take the SOL for granted, or to let its status as our premier year-round competition be eroded. For example, in the past nothing was ever scheduled to clash with a SOL weekend – more recently this hasn't always been the case. Furthermore, there have also been rumours about tinkering with the format of the SOL events (perhaps by including middle distance or perhaps even urban races in the series). I believe this would be a mistake, and would only serve to dilute the unique status and appeal of the SOL 'brand.'

In summary, let's all appreciate the SOL for the unique competition it is, and this year let's all play our part in it by competing in as many SOL events as we can, and by helping out at our "local" SOL event if we can! 

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

EVENT PREVIEW

Level A/B

5 March	CLYDE SOL1 - Mugdock
12 March	KFO – CompassSport Cup Heat – Tentsmuir Forest (North)
2 April	FVO – Double Dukes – Aberfoyle
23 April	SOLWAY – SOL #3 – Drumlanrig Woods
14 May	ECKO – SOL #4 – Glen Nant
20 May	ESOC – Scottish Champs – Individual – Gullane Dunes

Level C

19 March	STAG – SoSOL – Cathkin Braes CP
19 March	MAROC – Potarch
26 March	RR -- SoSOL – Eildon Hills
13 May	ECKO – bto SOUL – Dunstaffnage & Dunbeg
19 May	ELO – bto SOUL – Tranent South
21 May	INT – Scottish Champs – Relays – Binning Woods
11 June	INVOC – Abriachan
25 June	TAY – Perth (TBA) – Jamie Stevenson Trophy

Level D

8 March	FVO – Night Series – Dumyat
18 March	ESOC – Local Event – Dregghorn
18 March	MOR – Local Event – Mayne Wood
19 March	FVO – Come & Train – Falkirk Wheel

Level D (Cont.)

19 March	INVOC – Local Event – Littlemill
25 March	ELO – Local Event – Saltoun Woods
25 March	SOL – Winter Series – Mabie Forest (tbc)
26 March	BASOC – Local Event – Uath Lochans
26 March	MAROC – Corsedarder
31 March	SEDS – Dark Thistle – Fairy Knowe & Doon Hill
1 April	FVO – Double Dukes – South Achray
1 April	INT – Local Event – Polkemmet
8 April	ESOC – Local Event – Corstorphine Hill
9 April	GRAMP – Local Event – Crathes Castle
22 April	MOR – Local Event – Millbuies
29 April	ELO – Local Event – Vogrie CP
30 April	STAG – Score #4 – Faskally Woods
6 May	TAY – Come & Try – tbc
6 May	TAY – Come & Try – tbc
10 May	ESOC – Local Event – Hillend
24 May	STAG – World Orienteering Day Event – Pollok CP
24 May	TAY – World Orienteering Day Event – Rodney Gardens
27 May	ELO – Local Event – N Berwick Law
27 May	MOR – Local Event – Findhorn Dunes
3 June	TAY – Come & Try – tbc
4 June	BASOC – Moray & Highland Junior Championships – Dulnain Bridge

The Scottish Inter-Club Championships
will again take place at the Scottish Individual Championships
20 May ESOC hosting at Gullane Dunes

**Please note that these events are those found at the BO fixtures list
as of 21st February, 2017.**

Mid-week night series and activity events are not included in this list.
Please confirm race dates and locations via the SOA, BO or individual club websites.

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.

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

www.acephysiotherapy.co.uk

Tel: **01698 264450**

Corporate rate
(currently £25 per session)
applies.

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www.tiso.com

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www.scottish-orienteering.org/sol

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Full range of colour-coded courses,
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10km+ Black courses for Elite orienteers.

<input checked="" type="checkbox"/>	SOL 1	5th March	Mugdock CP	(CLYDE)
<input checked="" type="checkbox"/>	SOL 2	2nd April	Trossachs	(FVO)
<input checked="" type="checkbox"/>	SOL 3	23rd April	Drumlanrig	(SOLWAY)
<input checked="" type="checkbox"/>	SOL 4	14th May	Glen Nant	(ECKO)
<input checked="" type="checkbox"/>	SOL 5	24th Sept	Inshriach	(BASOC)
<input checked="" type="checkbox"/>	SOL 6	15th Oct	tbc	(GRAMP)
<input checked="" type="checkbox"/>	SOL 7	29th Oct	tbc	(INT)



bto Scottish Orienteering Urban League 2017

www.scottish-orienteering.org/soul



Quality Urban Orienteering in Scotland

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Check website for full details

<input checked="" type="checkbox"/>	SOUL 1	21st Jan	Edinburgh – Part of EUOC's Big Weekend – EUOC
<input checked="" type="checkbox"/>	SOUL 2	5th Feb	West Edinburgh – ESOC
<input checked="" type="checkbox"/>	SOUL 3	19th Feb	Lossiemouth – Scottish Sprint Championships – MOR
<input type="checkbox"/>	SOUL 4	13th May	Dunstaffnage & Dunbeg ECKO
<input type="checkbox"/>	SOUL 5	19th May	Tranent – ELO
<input type="checkbox"/>	SOUL 6	2nd Aug	Sprint Scotland – Ballater – Rest day of the Scottish 6-Day
<input type="checkbox"/>	SOUL 7	20th Aug	Cumbernauld – STAG
<input type="checkbox"/>	SOUL 8	10th Sept	Dunblane – FVO
<input type="checkbox"/>	SOUL 9	23rd Sept	Aviemore – part of Highland Wolf Weekend – BASOC
<input type="checkbox"/>	SOUL 10	28th Oct	Livingston – Part of INTrepid Weekend – INT
<input type="checkbox"/>	SOUL 11	12th Nov	Lanark Area (tbc) – 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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