

# SCORE

THE HOME OF SCOTTISH ORIENTEERING

JUNE 2017



**CLUB OF THE YEAR**

**Royal Deeside 6-Day**

**SOL & SOUL NEWS**

**WMOC 2017**

**Volunteer Weekend**

**SCOTTISH SCHOOLS IN PALERMO**

**Plus lots more...**



magazine of the  
**SCOTTISH  
ORIENTEERING  
ASSOCIATION**



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# Welcome



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

**Addresses of clubs, details of groups and a short guide to the sport are available from:**  
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**Cover image:**  
Junior relay start at the 2017 Scottish Championships.  
Photo by Crawford Lindsay

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

**WHAT'S HAPPENING** within the 24 SOA-registered clubs, and their approximately 1,900 members? Recently I've had conversations with others about the role that SOA's various outlets for communication should take in fostering connections between clubs – is that one of our roles, or is it something to be left to the clubs themselves?

As Editor of SCORE I see that the majority of content shared via SCORE, the website and the Facebook page is dominated by news from a handful of clubs. These are clubs that are active on social media, or who respond to appeals for information. All clubs could, and should, benefit from a greater depth of information shared. However, it seems a shame that with over 1,900 members, there are a handful of committed – and communicative – orienteering souls pulling a lot of the weight.

What are the small clubs doing to attract new members? Is your small club easily able to adapt to changing training needs, and how do you capitalise on that? How do the large clubs manage training with the huge range of orienteering ability amongst their members? How do large clubs welcome newcomers into the fold, and create an environment that keeps them? I would like to see SCORE reflect the diversity of its participants, its clubs, and experiences. This can only happen if clubs, and their members, come to me with their stories and experiences, willing to share. What do you want to see in SCORE, and how would you like to help make that happen? Send me an email, let's talk about it: score@scottish-orienteering.org.

Sheila Reynolds - Editor

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## Roll of Honour

2017 British Championships

Photo by: Wendy Carlyle



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# President's Piece

By **ROGER SCRUTTON (ESOC)**

SOA President | email: [president@scottish-orienteeing.org](mailto:president@scottish-orienteeing.org)

## **FOR SOME TIME SOA had the Vision statement "more smiling faces in the forest."**

I think it was coined about ten years ago and is, in fact, a most worthy vision, although we do not use it very much nowadays. When our Strategy for 2016-2020 was drafted a rather more wordy statement was used as the Vision (see <http://www.scottish-orienteeing.org/soa/page/strategic-plan-2016-2020>), that is actually closer to being a Mission statement than a Vision. Therefore, we are keen to find a concise statement as a relevant and eye-catching Vision that we can use on our new website and elsewhere. We would like to hear from you.

Should we continue to use "more smiling faces in the forest?" Can you, using your visionary powers, suggest an alternative to this? Suggestions to myself, please, at [president@scottish-orienteeing.org](mailto:president@scottish-orienteeing.org).

SOA has recently appointed its first Independent Director to its Board. For many years there was limited pressure on what might be considered to be "small" sports to have an Independent Director, but issues of integrity within companies in general and sports bodies in particular, where governance of the organisation has not been as good as it should be, have increased the pressure to the point where we were obliged to respond. You will have seen the announcement on the web site of the appointment of Pamela Carvell to this post (<http://www.scottish-orienteeing.org/soa/page/soa-appoints-independent-director-to-its-board>). We have been incredibly lucky to recruit Pamela, who has a range of business and personal interests that will be of great value to us. Welcome on board, Pamela. I am pleased to say that recruitment to other Director positions that became

vacant this year has also gone very well, and I am happy that we have a very strong Board to take SOA forward.

One of my "hobby horses" at the moment is that while report after report, and even policies, come out of England to promote the benefits of outdoor pursuits, such as orienteeing, the Scottish Government struggles to join up thinking across departments to create a coherent strategy. One of the problems is that activity in the outdoors delivers benefit across so many sectors – health and wellbeing, education, tourism and natural resource, social fabric, environment – that it is a challenge to bring all these sectors together. This is all the more frustrating because in Scotland we have a fantastic natural environment and an enlightened Outdoor Access Code. However, it is pleasing to see our two national parks – the Loch Lomond and Trossachs, and Cairngorms – recognising these multiple benefits in their new strategic plans. There are also initiatives in individual sectors, such as the Outdoor Learning component of the Curriculum for Excellence and the Natural Health Service. Orienteering has much to offer in this context, and my impression is that there is a growing awareness of our sport amongst the general public, not least because we are reaching more and more families through their children's experiences of orienteeing at school. The first step to bringing more people into orienteeing is to raise awareness and provide opportunities to participate. As British Orienteering's vision statement puts it, "Orienteering is the 'go to' outdoor sport for people wanting to test themselves physically and mentally."

All the best, Roger. ☺



**ROGER SCRUTTON**

# SOA News

By **STEF LAUER (TAY)**

SOA Chief Operating Officer

## WELCOME TO the Summer edition of Score!

A busy few months at SOA HQ. We've welcomed Chris Smithard into the team as the Development Officer for FVO. He has hit the ground running and we're delighted to have him on board.

The preparations for the AGM following the Scottish Championships in Gullane on May 20th have taken up another big chunk of time. We had an unprecedented number of applications for board members to join the SOA board – a sign that things are a-changing and people, orienteers and non-orienteers, are interested in joining as directors during these interesting times.

The new SOA website has been some time coming, time during which Paul Frost has been holding the fort and supporting us throughout the transition process. Thank you again for all your hard work, Paul!

Please bear with us while we are still tweaking the content and the structure. The launch is imminent. The new WordPress site is definitely a work in process and we are here to listen to any comments, improvements and suggestions.

In regard to Safeguarding Children, BOF have issued some interesting guidelines in relation to Social Media. Please have a look at the full document here:

<https://www.britishorienteering.org.uk/images/uploaded/downloads/Social%20Media%20-%20Rules%20and%20Good%20Practice%20for%20Coaches.pdf>

Have a wonderful Summer and keep a keen eye on our news pages! ☺



STEF LAUER

Photo by: Kathryn Pierce

# Operations News

By **ROOS EISMA (TAY)** SOA Operations Director

## SOA is looking for a Competitions Coordinator

**THE ROLE of Competitions Coordinator (formerly known as Competitions Convenor) has been empty for some time.**

Apart from convening the national competitions, an important part of this role is to regularly review the competition calendar and the rules and guidelines for national events. There currently is a need to assess whether the current competition calendar meets the needs and interests of

all groups of orienteers, and matches the ability of clubs and volunteers to organise events. This was highlighted at the recent Junior Development summit.

We are therefore looking for a volunteer to take on this role, starting off by leading a small workgroup to review the competition calendar.

The role has been rewritten to reflect the current responsibilities of other volunteers, directors and staff. We would consider further

changes to reflect a potential volunteers' skills and interests – please discuss this with me; there is some overlap between this role and other posts and we can be flexible in how responsibilities are divided. The job description can be found at <http://www.scottish-orienteering.org/soa/contacts/competitions-coordinator>.

To volunteer, or to discuss the post, please contact me at [operations@scottish-orienteering.org](mailto:operations@scottish-orienteering.org). ☺

# SOA AGM 2017

By COLIN MATHESON (MOR)

SOA Events Manager

**THE 2017 SOA AGM was held in the Golf Inn, Gullane, following on from a somewhat rain drenched Scottish Orienteering Championships. The meeting, a highlight of the SOA year, was attended by 21 members and 4 proxy votes were received – these were to prove crucial.**

SOA President Roger Scrutton welcomed attendees, and was pleased to note that the turnout would have constituted a quorum under the previous articles of association. Apologies and a list of attendees was duly noted and last year's minutes were swiftly agreed. Stef Lauer had asked that Directors and Staff contribute only three highlights to their reports published in the AGM Booklet, and during the meeting highlights were highlighted and extra information volunteered.

Ian McIntyre, Treasurer and long-serving member of the Board, received a hearty round of applause for his sterling service over the years as he finally stood down having taken the SOA through some challenging changes including the move to charitable status and increasing governance requested by sportsotland. During a time of austerity and cuts it is excellent news that sportsotland has increased their contribution to £80,000 (ring-fenced against development) in recognition of the efforts being made by the SOA and the clubs to grow membership, our key target. Ian was optimistic about the Financial Outlook, certainly up to the end of 2019.

There was much discussion about the proposal to discontinue the Scottish Score Championships – good

points made for and against. The result was very close, and the decision for the proposal was carried by a single (proxy) vote.

Accounts were approved, the reserves policy approved, changes to articles of association and byelaws approved. Ian Doig, Ian McIntyre and Pauline McAdam stood down as Directors, but Pauline was immediately re-elected to serve another term as Secretary. The SOA Board also welcomes Anne Hickling as the Development Director, David Henderson as the new Finance Director and Richard Oxlade into the new position of Strategy Director.

Roger announced the Presidents Medal was being awarded jointly to Robin and Sheila Strain, a great team and partnership who had contributed so much towards orienteering in Scotland. ☺

## Would you like to receive future issues of SCORE on paper?

If you're reading the electronic version, and would prefer a paper copy of SCORE, please contact Sarah Hobbs at the National Orienteering Centre at Glenmore Lodge. Please provide your name, BOF membership number and address.

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

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

**Thank you**

# ScotJOS News

By **ELIZABETH FURNESS (MOR)**

ScotJOS Team Manager

**SINCE THE last SCORE, we have had three ScotJOS weekends, two in Moray and one back at Sauchie Crag and Auchingarrich. The Moray weekends made the most of the contours along the coastal forests, firstly in Lossie Forest and then Culbin.**

A memorable comment from the first weekend was that the contours and terrain in part of Lossie Forest we used were 'mad' – so those of you who know it can imagine where we were

One skill we aim to practise at ScotJOS weekends is orienteering at different scales and on Saturday we started with a line exercise at 1:5,000 which helped to make sense of the ups and downs. We then moved on to a 1:7,500 scale for different exercises focused on simplification. On Sunday we went to Culbin using 1:10,000 map scale with the focus on combining simplification and compass and of course more contours. The first weekend group had some tight train times on Sunday but the second



Map extract of Lossie Forest - Photo by: Moravian OC

group were able to have a leisurely walk up to the lookout on Hill99 which many had run past but few had ever been up. During the weekend, Dave Robertson was on the coaching team and on Saturday had his final Level 2 Assessment which he passed – congratulations, Dave.

Our Stirling-based weekend was more or less a repeat of the previous one with the other half of the squad. This time the weather was much kinder – less sleet for a start! Ross Lilley joined us on the



SCOTJOS HILL99 GIRLS

Photo by: Dave Robertson

coaching team once again, though this time it was his final Level 2 Assessment which I'm pleased to report he passed. Congratulations, Ross.

Selection season is upon us – both for coaching camps and for competitions. The Association of Junior Orienteering Squads (JROS) organises coaching camps at Lagganlia (14s), Deeside (15/16s), Stockholm (16/17s), and Gothenburg (18/20s); information on all of these can be found at [www.jros.org.uk](http://www.jros.org.uk). 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 InterRegional Championships and the Junior Home International. Please get in touch if you have any questions about selection for anything and good luck to all juniors with whatever you are aiming for.

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](mailto:scotjos@scottish-orienteering.org). ©

# Education News

By **HILARY QUICK (BASOC)**

SOA Education Manager

**PLANS are progressing for the next Volunteers' Weekend, which will be held at Glenmore Lodge from the evening of Friday 15th to the afternoon of Sunday 17th September (with additional, informal activities from lunchtime on the Friday).**

We've firmed up the schedule in many areas – the Controllers' course will now be Grade B (Saturday afternoon and Sunday morning), and Heather Loudon of Scottish Disability Sport has kindly agreed to lead a lively interactive session on the Saturday morning to challenge our ideas of what disability means and how we can enable wider participation by making a few small adjustments. We'll also be offering a discussion of mentoring and how clubs can recycle the skills and knowledge that reside in the heads of people whose limbs may be beginning to creak, and the British Orienteering safety workshop for coaches, which allows a UKCC Level 2 coach to operate in "Type D - remote and exposed areas." Throughout the weekend there will be various quizzes and challenges, and plenty of opportunities to get out and run around with a

map or just sit and put the world to rights.

Sadly we aren't able to offer the generous subsidies that were available last time, but the charge of £100 per person – 2 nights fully residential excluding Friday evening meal – is still remarkably reasonable, and we're offering up to 50% subsidy for anyone who leads a session.

We're holding a number of places so that we can be sure of allowing at least 2 people per club, but bookings are coming in steadily so we recommend that you book soon to avoid disappointment! Please get in touch if you'd like to run a session, and the easiest way to find the booking form is to search for "volunteers weekend" on the SOA website, then use the link from that page to the booking form.

A wee reminder to everyone that British Orienteering now requires ALL event officials to have attended the Event Safety Workshop (though there seems to be an interim and perhaps informal arrangement for mentors who have attended to take responsibility); it really is worthwhile even for the most experienced controllers, often a very timely reminder of things they didn't have to think

about when they started controlling, and in many instances has resulted in clubs identifying things they could do to improve their event organisation. Most clubs now have approved tutors to deliver the courses, though I do need to be informed/consulted when you're considering running a course, for many reasons, most of which are entirely for your benefit. I recommend that all clubs include this workshop in their annual plans, and that all adult members (and older juniors) should normally attend as they start getting more involved in club events.

Meanwhile, our new Introducing Orienteering course is proving even more popular than the Teaching Orienteering that it replaced (and that was a good wee course itself!), having been delivered to a variety of school teachers and outdoor centre instructors. Please remember this course when you're dealing with schools, scouts or other youth groups – it's the perfect way to get them self-sufficient in delivering orienteering in their setting.

At the Development Conference in April there were expressions of interest in a coaching



weekend for juniors who aren't ScotJOS members. We're keen to make this happen, perhaps in Spring 2018. SOA will support the organisational side, but we need a licensed coach to take the lead. Please contact me ([hilary@scottish-orienteeing.org](mailto:hilary@scottish-orienteeing.org)) if you'd like to help with this, or indeed if you'd like to help in any other capacity.

Lastly, on the coach education front, the one-day Coaching Foundation is continuing to be a popular

introduction to the art of coaching orienteeing, providing for many people the first step to formal qualifications. We're continuing to offer UKCC Levels 1 and 2 this year, and work is progressing towards our Scottish Qualifications in Coaching Orienteering, which we plan to implement next year. Details are being finalised for four coach CPD (Continuing Personal Development) sessions; in addition to the safety workshop at

the Volunteers' Weekend, Solway will be hosting a session on warm-ups and cool-downs, Moravian (Elizabeth Furness) will lead a session on questioning skills, and MAROC are expected to host a session. Details will be sent to all who have chosen to receive the Coaches' Newsletter on their SOA Mailchimp options – and of course they'll be shown on the general course schedule: [www.scottish-orienteeing.org/course-schedule](http://www.scottish-orienteeing.org/course-schedule). ☺

## Coaching Corner

By **LYNNE WALKER (BASOC)** SOA Coaching Coordinator

### Are you orienteeing to your potential?

**HAS YOUR orienteeing training stagnated? How do you train (if you even train)? Are you able to concentrate on things you have yet to master, or are you always in 'competition' mode? Are you more or less always performing, even though you are attending a training session? Just how can you improve?**

In coaching talk, there is a trend towards talking about 'Learning Zone' and 'Performance Zone.' While an athlete is in the 'Learning Zone,' they are working on improving elements of their orienteeing which are at a higher level of competence than they have mastered. The athlete should be encouraged to try things, take advantage of learning opportunities (many might call these errors or mistakes, which they are not when in the 'Learning Zone'). The coach helps the athlete through discussion, analysis, repetition, feedback and reflection. The aim of the athlete is to use this time to improve.

What does the 'Performance Zone' look like? Lessons learnt in the learning zone are applied, mistakes are minimised and the athlete concentrates on the skills they have already mastered. The aim of the athlete is to be the best they can be. Does this sound familiar? Many might recall the statement "Train hard, race easy."

It is worthwhile having a look at this 11-minute TED talk, 'How to Get Better at the Things You Care About,' from Eduardo Briceño:

<https://www.youtube.com/watch?v=YKACzIrog24>

This blog post about Learning & Performance Zones in Sport is also worth a read:

<http://blog.mindsetnetworks.com/entry/learning-and-performance-zones-in-sports-2>.

Share these with your athletes, your friends, your children; have a conversation about them and question how you train, whether it is leading to improvement, or is there another way? ☺

# SOA Junior Development Summit

By **JOHANNES PETERSEN**

SOA Regional Development Officer (North)



**JUNIOR DEVELOPMENT SUMMIT ATTENDEES**

Photo by: Stef Lauer

**THERE WAS something of a festival atmosphere at Dounans Outdoor Education Centre, with some 200 runners at the excellent FVO South Achray event joining 50 delegates giving up their day to discuss the future of Scottish junior orienteering.**

Everyone agreed that Marsela Macleod did an excellent job of chairing – not an easy task given a wide range of opinions and a lot of material to get through. An ethos of “action centred + forward looking + realistic” was adopted; in short this wasn’t going to be a talking shop, we actually wanted the reality on the ground to change for the better. We divided the work

up into three topics, with each discussion being led by Lynne Walker (Junior & Talent Pathway), Sarah Dunn (Junior Competition Structure) and Lorna Eades (Schools Orienteering). We then met as a whole conference twice during the day, with excellent contributions from the Junior Panel, which consisted of John Bonsall (MOR), Pablo Alvarez-Icaza (INVOC), Daniel Stansfield (EUOC), Clare Stansfield (FVO), and Emma Wilson (CLYDE).

By the end of the day we found that we had indeed inched our way toward a number of concrete proposals, summarised in the table below. Inevitably, most of the proposals require volunteer power to implement them, so

if you see something in the list which particularly inspires you, please contact either myself or Rona Lindsay.

Many thanks for the time and effort given by all who attended; almost every open club in Scotland was represented, and we also had representatives from British Orienteering, **sports**scotland, Borders & East Lothian Councils, SEDS, and Scottish Schools Orienteering Association. A full list of attendees and their respective organisations is available on SOA’s website. Thanks are also due to the 35 people who gave incredibly detailed answers to the online survey which shaped our initial discussions on the day. You know who you are!



**CLUB JUNIORS AND LEADERS OF THE DEVELOPMENT PANEL**

Photo by: Sheila Strain

## **JUNIOR DEVELOPMENT SUMMIT OUTCOMES**

### **Junior Pathway**

- 1.1 Club-based coaching is crucial. Continue recruiting & training as many quality club coaches as possible.
- 1.2 Club coaches cooperate either in Area training or in informal local "clusters" – SOA to coordinate and encourage this to provide the missing step between club and ScotJOS.
- 1.3 SOA Junior pathway shift focus to 'development' instead of 'talent'. Performance orienteering only one goal amongst many others. Provide formal recognition of difference types of development – e.g. volunteering, event organisation, planning, Star Awards.
- 1.4 SOA to research possibility of a non-selective summer orienteering camp.

### **Junior Competition Structure**

- 2.1 Develop Jamie Stevenson Trophy to include longer courses and MW20 classes. SOA to formally adopt this fixture and ensure it is rotated between clubs.
- 2.2 SOA to recruit Competitions Convener, who will lead working group (including Junior reps) to review SOA calendar, particularly looking at an Autumn – Autumn season rather than Jan – Dec, and a cleaner calendar with no double-counting / piggybacking competitions.
- 2.3 Explore representation at JIRCs as two regions – Scotland North & Scotland South, whilst retaining 3 separate regions for purposes of JIAs.

### **Schools Orienteering**

- 3.1 Share after school club / Family Sessions model as part of RDO Grassroots Advice. Inspire other clubs to follow suit in a way that suits their local situation, focussing on just one school.
- 3.2 SOA to liaise with SSOA to help organise SSOF, particularly advertising orienteering within schools that haven't been before, and doing follow-up work to link schools with their local club.
- 3.3 Send schools packs out to clubs for WOD2017. From 2018, distribute directly to schools as part of SSOF support. Ensure schools use official WOD platform to register their events.

## Connecting with Interested Newcomers

**SO, YOU'VE set up your social media page (see SOA website news Feb 17), and thought about how you present yourself at events (see "First Impressions" SCORE Mar 17), now what?**

### **What's next for interested newcomers to orienteering?**

A person may have attended an event or signed up to the mailing list but, as we all know, this doesn't mean they will join – some do, some don't. Some who join are members for a year but then drop off. Let's accept that some individuals or families, despite how interested they seem, will never take the next step of joining a club, and that is okay. What can we do to encourage interested newcomers to join and become a valued member of the club? Perhaps the term "valued member" is where we need to begin. With most sports and hobbies, you start because you like the look of it, and you stay because you've made friends, had fun, and feel like you are a part of something. Orienteering is no different from any other sport in that respect, and the sooner you can integrate someone, the better the chance of keeping them!

### **We all like to feel included, welcomed and valued; what could your club do to ensure that interested people feel just that?**

- **Personal contact:** As mentioned by Johannes Petersen (RDO North) in the March issue of SCORE, the things that happen after someone new attends an event are important. Are they simply added to a mailing list? Are they sent any information? I've found the best way to engage with a potential member is to speak to them personally at an event or email them afterwards.

Email communication needs to be friendly, consistent and tailored to the person you are emailing, so that it doesn't feel like another mailing list email - whilst avoiding overloading anyone with information. This contact may need to continue over several weeks or months in order to encourage someone along to their second event.

- **A tear-off leaflet:** Your EOD (Entry On the Day) form could be a tear-off from part of a bigger leaflet. This could contain information on what the course names mean, how to understand map symbols, or what other events are coming up, as well as where to find out more. Having a form like this ensures that all new participants at your event have something to take away and follow up on later. It's even better if they can have a conversation with a friendly club volunteer, but when you have lots of new people at your events, you inevitably miss some.
- **Enquiries need a prompt response:** If someone does want to find out more, is it clear on your website how they can do this - is there a named person they can contact? Will they get a swift response if they do email? It might seem obvious, but the easier you make it for people to find and receive information, the more people you will get joining up. The same applies on social media; you need to be prepared to respond quickly to any messages your page receives.



**FRIENDLY FACE AT EVENTS**

Photo by: Rona Lindsay

- **Create a committee role:** The most sensible way of dealing with any enquiries is to have a club member assigned to this role. This person would be responsible for knowing who people are (both new members and potential members), and for identifying which people they can support to integrate into the club. They need to be the one to give that personal touch. It's one of the main advantages of our smaller sport - without much effort, we can connect effectively with people who are interested. That may sound daunting, but the more people you interact with, the more people are likely to join, and the larger your volunteer pool to then do some of the interacting.

Some may argue that this is the job of a membership secretary, which most clubs have already. But how many of those have a role description which actually covers the responsibilities outlined here? It doesn't have to be a membership secretary's job; it could be another position entirely, but it is one which should be there. If you'd like to update your club's committee roles search for "Job Description Templates" on the SOA website, or get in touch with Johannes or myself for more advice.

- **Pre-event coaching:** Some clubs have had great success offering coaching



**PRE-EVENT COACHING BY THIERRY GUEORGIOU FOR SCOTJOS**

Photo by: P. Graham

immediately before local events. This has the double value of getting to know prospective/newer members, as well as helping to ensure people enjoy our sport, because they know what they are doing.

### **Why do you need to contact interested individuals?**

You must give people the information they need in order to come back. There are so many other sport activity opportunities out there which they can find out about easily; we need to be doing the same. You could email about an event, a social, or a training run. People may feel that they are too novice to attend a particular event, or be nervous about turning up at a place where they will know no one - specific contact with someone in the club could make all the difference.

Once a potential member joins your club, the communication must continue, to ensure they feel part of things, or they may become one of the members who drop off after a year. There will be more advice on this coming soon; watch this space! If you have any questions about anything in this article get in touch with Johannes (Johannes@scottish-orienteering.org) or myself (Rona@scottish-orienteering.org). ©



# Roll of Honour

By **RONA LINDSAY (ESOC)**

SOA Regional Development Officer (Central/South)

**OVER THE last few months, many Scottish orienteers have been competing in larger orienteering competitions held across Britain. Most recently, the Scottish Orienteering Championships took place at the end of May. It was a great weekend with interesting courses on updated areas, sunshine (sometimes), and 37 Scottish champions crowned!**



**FORTH VALLEY OC, SICC LARGE CLUB CHAMPIONS**

Photo by: Ted Finch

Other competitions held since the last issue of SCORE went to print include the British Night Championships, the JK (Jan Kjellström) International Festival of Orienteering, and the British Long Championships, as well as team relay competitions. Some of these races were being used as selection for the Great Britain team for junior and senior international competitions this summer.

There were many great results from Scottish orienteers across all of the events, with far too many medals to list here. You can view the Scottish Orienteering "Roll of Honour" – which goes into more detail about the results and selections - here: <http://www.scottish-orienteering.org/soa/page/scottish-orienteering-association-roll-of-honour>. ©



**ROXBURGH REIVERS, SICC SMALL CLUB CHAMPIONS**

Photo by: Crawford Lindsay

# British Orienteering 2016 Club of the Year

By **TIM O'DONOGHUE** Solway Chairman

**SOLWAY'S ORIGINAL submission for this award was initiated by Hilary Quick, in her previous role as RDO, in late 2015.**

However, the award for 2015 went to Thames Valley OC, presumably for their excellent work in publicising events and introducing hundreds of new people to orienteering every year. Our club had a very active 2016, and when reviewing this at the AGM, the request was made of the committee to update and resubmit our application. One person took the lead and all the committee contributed to improving the draft; the submission can be found on the club website. Our delight at winning this time was only slightly tempered by the presentation being at Brunel University, but both Ian Turner, former Club Chair, and myself attended to accept the award.

**So what faces a club interested in applying?** There is a standard form to complete, consisting of 5 categories and includes specific questions:

- **Programmes the club delivers**

What activities does your club provide for its members? How does it ensure they have the ability to progress and develop within your sport or activity?

- **Volunteer Management**

How does your club recruit, retain and reward its volunteers?

- **Partnerships and relationships**

How does your club link to local and regional partners and build these relationships?

- **Creative Diversity**

Who does your club work with to ensure that you reach to the widest group of potential members possible, for example, ethnic minorities, people with disabilities, people of all ages? How do you ensure your activities are open to all?

- **The future**

What are your plans for the next 5 years?

While winning this award is great, and to add the club's name to a winners list that contains



Photo by: H Thom

such excellent clubs as MAROC, Grampian, SYO and TVOC is wonderful, we decided that there were many benefits to the club from applying. Some of the questions prompted a major review, reinvigoration and upgrade of the club development plan. Foremost, sharing the application across the club allowed members to understand the scope of our activities, feel that their contributions were recognised and valued, and ultimately improved the feel-good factor in the club; members were pleased to be part of the club described in the submission.

So, in many ways, applying was more important for Solway OC than winning. We encourage other clubs to consider and pursue applying in future years – in our view it is worth doing. ©



Photo by: Craig Anthony

# World Schools Championship 2017

By **BLAIR YOUNG**

Coordinator, Scottish Schools Orienteering Association

**A VERY happy but exhausted Team Scotland arrived home to Glasgow Airport from the ISF World Schools Championships on the 28th April having had the experience of a lifetime in Sicily. An action-packed week had proved very successful in all sorts of ways and the athletes met people from around the globe and experienced things that will stay with them for a long, long time.**

From the opening ceremony through the streets of Palermo to the Parliament building, via the Street race and walking tour of the City to the Nations night where everyone samples the food and drink of all the other countries, the WSOC places a lot of emphasis on the athletes gaining an insight into the lives of the other competitors.

The Scottish Team played its full part in all of these aspects and indeed were the toast of the Opening Parade with our kilted athletes led with distinction by our piper Louis MacMillan. Indeed, Louis was given a special mention in the speech by the Mayor of Palermo for bringing the Championships to life with his music. Louis gathered an audience at least twice a day at our hotel complex when he had his practice sessions on his balcony! We missed a turn by not taking them to the finish field as we could have had the biggest Ceilidh in Italian history during our long wait for transport back after the races.

The training day and the main competitions were all held on a brand new area, Ficuzza, high in the hills south-east of Palermo. Due to the late change from mainland Italy to Sicily, the map had been surveyed and drawn between December and February with apparently little consideration of the spring growth that would be there by the last week in April. This meant that vegetation boundaries were less obvious and there was a big increase in the undergrowth that faced the runners over most of the area.

It was clear from the training day that this was going to be a very tough area to navigate in and only the "bravest" would be looking at straight line route choices.

Many of the athletes came back with lots of scratches and bruises from their first encounter.

## **Classic Race**

An early start for departure from the hotel at 7.45 for the near 2 hour bus journey to the Assembly area.

After establishing our base in the finish area everyone was required to enter quarantine by 11.15 from where the runners were allowed to move through the warm-up area to their start in time order. There was some early confusion over whether or not there would be a delayed start and a couple of the English Team missed their start times because of the misinformation that they were given. Fortunately we decided to stay with the original time schedule and everyone left for the start with plenty of time to sample the warm-up area before arriving at the start.

Back in the finish area there was a long wait for the first finishers as over 60 mins passed before a trickle of athletes began to appear. Clearly the tough terrain of the training area was being replicated in the Long Distance race venue.

Soon enough, the Scottish athletes began to come back with several having excellent runs and all with stories of how tough the running had been. Best result of the day was from one of our last starters, and we all knew that



**SCOTTISH SCHOOLS ORIENTEERS IN PALERMO, SICILY**

Photo by: Lynn Young

Mathew Gooch had had a great run as he burst into the finish arena in just over 40 mins. As soon as Mathew crossed the line the announcer was able to let everyone know that we had a new lead in M2 Schools and he was from Aboyne. There was a nervous wait until the final result could be given but in the end, having led the race from the fourth control, Mathew had won by almost two minutes over the first of two Czech Republic Athletes who took the other medals.

There was further good news as it was confirmed that Peter Molloy (Stewart's Melville) had won the bronze in the M2 Select race just behind two Spanish athletes. There were further good runs throughout the Team and although some finished feeling that they had been out for a lot longer than they had expected it was soon apparent that times in general were much longer than is normal for these Championships.

### **Friendship Team Event**

This is a fairly unique format to these Championships where the athletes are teamed up with runners from other Nations and abilities to form what is hoped to be even Teams. They are then given around 60 mins to meet up and discuss how they will visit all of the controls in this mass start team score race. To add to the planning difficulties, they need to all meet as a Team at two different controls out on the course and again at the last control before crossing the line together.

This year the race was held right in the heart of old town Palermo. The public holiday meant that there were few vehicles around but also meant the streets were packed with pedestrians. More than a few locals must have needed to take avoiding action as the 650 runners exited the main square on their way to the first controls which were all in narrow streets lined with cafes! >>



# World Schools Championship 2017

CONTINUED

Best Scot in this event was Lochgilphead's Louis MacMillan who along with his New Zealand and Portuguese teammates finished in third place.

This race is one of the highlights of the week and everyone enjoyed the opportunity and experience of running through the streets and alleys of Palermo. Many of the control points were being "guarded" by families who were making a day of the event by hosting BBQs which had to be avoided as the controls were approached from all directions. This is also the only race that allows the Coaches to demonstrate their competitive nature. A Scottish coach has won the event at the last two Championships but this time Lynn Young and her Israeli and Slovakian partners had to settle for second spot less than a minute behind the winning trio.

## Middle Distance Race

The competition moved back to the forest at Ficuzza for the final race on the Thursday. Another early start and another hot day! This time everyone knew what to expect and several of the Scots had decided to go for it. Mathew Gooch's attempt to repeat Grace Molloy's double gold from the event in Turkey two years ago just fell short with a mis-punch negating what was otherwise another very good performance.

However, teammate Grant McMurtrie stepped in with the run of the day to secure a very well deserved bronze in the M2 Schools race. Grant started steadily but gradually improved throughout the first half of the race to go into third spot at the ninth control, holding this to the finish.

There was another excellent run from Louis MacMillan who put the



MAP REVIEW

Photo by: Roger Coombs

disappointment of his own mis-punch in the Long race to one side to finish on the podium in fourth place.

## Team Results

The final Team results for the Championships are decided by the best three runners' times over the combined Long and Middle races. All of the Scottish Teams finished well in their categories with Aboyne Academy just missing out on a medal in fourth place and the two Senior Teams from Banchory coming home in fifth and sixth respectfully in very strong fields. A special mention too for our least experienced Team from George Heriot's who were led by Pippa Carcas to a very creditable tenth place in their first competition outside Scotland.

Full results can be found at: <https://eventor.orienteering.org/Events/Show/5697>.

All in all, another terrific Championship for Scotland and we can all look forward to Estonia in 2019. ©



# Royal Deeside 2017

By JON MUSGRAVE (MAROC) Coordinator

## 2017 Scottish 6-Days Coordinator's Report

**FINAL PLANNING is progressing smoothly with courses being proof printed for final checking. Planning teams and day officials have made regular visits, and the last small details of parking, fence crossings, and other equipment issues are being finalised.**

Most traders have been booked and they include many local suppliers. One of the aims of the 6-Days is to support local communities as much as possible, particularly Ballater after its floods of winter 2015-16, so our focus has been on securing Deeside vendors wherever possible. One addition to the trader line-up that we hope many will find welcome is a sports massage tent, staffed by Aberdeenshire therapists. A much-needed pre-race massage at the recent JK convinced me that this is an excellent addition to any large orienteering event!

Socials have been arranged – tickets for

whisky tastings, ceilidh and more will be on sale at event registration and on the door, if any left! You'll find more information about what's on at our website.

The event merchandise stall at JK and British Champs weekends proved very popular – allowing people to see actual designs and try on different sizes. There may be additional opportunities to view and try – contact us if you have any queries related to that. Ordering is done via the website, and the deadline will be 6th June. Pre-ordered items will be collected at registration, with limited stock and sizes available for purchase at the event, the selection to be based on reporting of pre-sales.

As was discussed in the last Report in the March issue of SCORE, bussing from Ballater to all events has been arranged, and will be free, but must be booked in advance. Training will also be planned by members of SEDS as a service to the

event, with funds raised going to support the elite runners – this will also require advance booking to ensure adequate maps printed.

Entries are somewhat lower than previous 6-Day events, partly due to accommodation, or lack thereof. The organising team has been contacting local communities to try to find more space – formal or informal accommodation providers are all being approached and advertised on our website "Where to stay" page and Facebook page. The campsite has a variety of convenient amenities not usually found, more information at our website if you're considering camping as an option. ☺

<https://www.scottish6days.com/2017>

<https://www.facebook.com/scottish6days>



## World Masters Orienteering Championships 2017



ROBIN SLOAN IS PICTURED WITH GB MEDALISTS DAVID MAY AND NICK BARRABLE.

Photo by: Andy Paterson

**EVERY 4 years the annual World Masters Orienteering Championships for over 35s is held alongside the World Masters Games, which regularly incorporates over 25 sports.**

There are pros and cons to this match up, but this spring in Auckland, New Zealand, the pros were very much to the fore in a friendly city who really bought into the spirit of the WMG, with participants able to enjoy the benefits of free entry to city attractions and free public transport.

Technically, you compete for yourself at WMOC rather than your country, although it doesn't feel that way when you are there. But that means that it's very inclusive – there's no selection, anyone can enter. A large punnet of Scots made the long trip, many also taking in the additional orienteering on offer at the Oceania 2017 champs and the "Middle Earth" event at Rotorua,

and most taking the opportunity to see some of New Zealand as well.

WMOC's current format is a sprint qualification to determine which final (A, B or C) you compete in the following day, and two long qualifications, the combined time to determine final racing position.

The sprint qualification at University of Auckland (Epsom Campus – see pic) was generally agreed to be one of the most complex and tricky ever at a WMOC. Lots of mispunches and very slow leg times here.

The University City Campus hosted the final on a map with some fast parkland and tricky buildings, especially around the spectator control. Again, lots of mispunches, including former BOF chairman Martin Ward from a medal position, but some really fine sprint orienteering terrain. No Scots medals, but Robin Sloan (RR) only 3 seconds off a bronze on M70A, and Janice Nisbet (ESOC) also placed well in 10th on W60A.

The long qualification races and the final were all on the coastal dunes of Woodhill forest, some 60km west of Auckland. Serious contenders had been training on Roseisle for this all year! Tough energy-sapping terrain and a strong contingent of Scandinavian competitors meant simply qualifying for the A final was tricky. Jon Cross (FVO) came agonisingly close to a medal in 4th on M50A, but the highlight of the week was Robin Sloan's M70A gold medal, a mere 10 seconds ahead of second place David May, also GB. This is, surprisingly, Robin's first ever orienteering medal and as you can see he was delighted. ☺

# Preventing Sports Injuries

By **CORY JONES**

First Aid Training Co-operative - <https://www.firstaidtrainingcooperative.co.uk/>

## **AN ESTIMATED 80,000 fractures due to sporting activities occur in the UK each year.**

In addition to fractures, participation in sports can lead to a wide range of other injuries, including: muscle and ligament sprains; injuries to the central nervous system; internal organ damage; and concussion. Injuries are most usually caused by impact or trauma but in some cases can be the result of repetitive use or overuse of muscles, tendons and ligaments.

### **How sports injuries can be prevented**

- Use of protective equipment: The use of protective equipment can be effective in reducing injury, e.g. ankle braces.
- Training programmes: Participation in training programmes to improve co-ordination, strength, technique and awareness of injury risks, has been successful in reducing rates of sporting injury.
- Multi-component programmes: Programmes that combine more than one element (e.g. warm up sessions, regular training, ankle braces and rehabilitation of injuries) can be effective in reducing sporting injuries.

### **Common Running Injuries and how to avoid them**

Estimates say that nearly 80% of runners are injured each year. Most injuries are caused by overuse—applying repeated force over a prolonged period of time.

1. Runner's knee - Tender pain around or behind the kneecap caused by the repetitive force of pounding on the pavement, downhill running, muscle imbalances, and weak hips. Try and stick to flat or uphill terrain, and opt for softer running surfaces whenever possible.
2. Plantar fasciitis - Irritation, or tearing of the plantar fascia, the tissue on the bottom of the foot. Excess pounding on hard surfaces or wearing unsupportive footwear can be the issue. This leads to extreme stiffness or a



**PRE-RACE WARM UP & STRETCHING**

Photo by: L Young

stabbing pain in the bottom of the foot. Wear shoes with extra cushion, stretch your heels (rolling a tennis ball works great), and get ample rest to help manage the pain.

If the problem persists, doctors recommend wearing orthotic inserts.

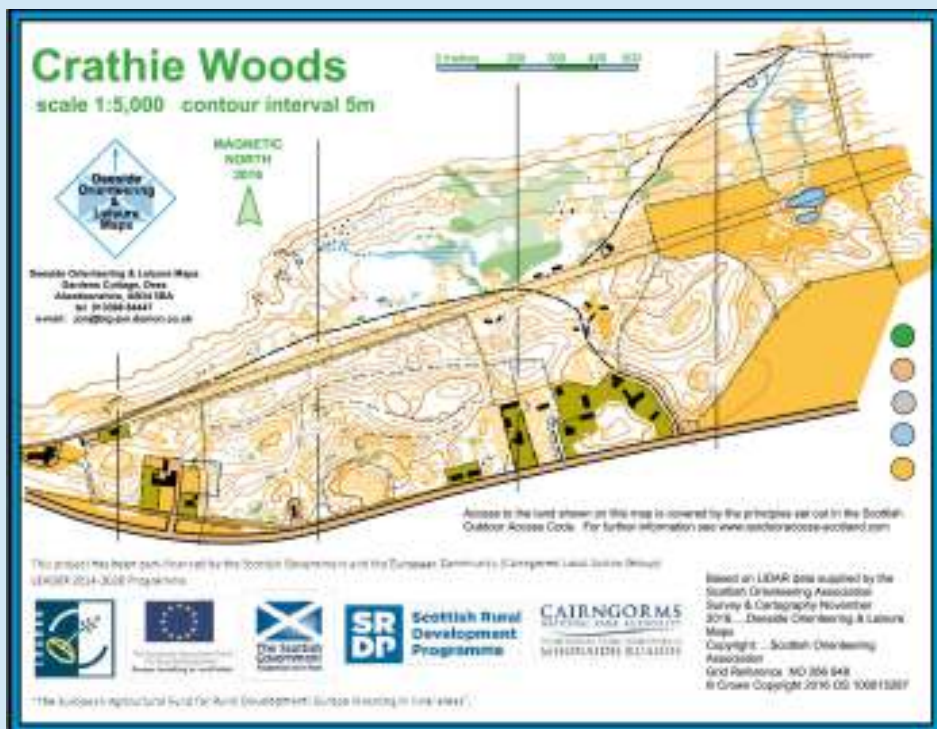
3. Shin splints - Stabbing sensation in your shins that occur when the muscles and tendons covering the shinbone become inflamed. Try icing the shins for 15-20 minutes and keeping them elevated at night to reduce swelling. Prevention - researchers have found shock-absorbing insoles that support the arch do help. Stick to running on softer grounds whenever possible.
4. Iliotibial band syndrome - ITBS triggers pain on the outside of the knee, due to the inflammation of the Iliotibial band, a thick tendon that stretches from the pelvic bone all the way down your thigh. Common culprits include increased mileage, downhill running, or weak hips. Specific stretches are required.
5. Ankle sprain - Curbs, tree roots or just an unfortunate landing are just a few of the culprits. Many experts suggest doing balance exercises (like single-legged squats) to strengthen the muscles around the ankle. Stick to some solid rest after the sprain occurs—how long depends on the sprain's severity. ☺

This content is for informational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or injury. <https://www.firstaidtrainingcooperative.co.uk/>

# WOUDS Maps

By **SARAH DUNN (MAROC)**

SOA Project Manager



**CAIRNGORM LEADER has provided the funding for the mapping of these two new areas through the "Community Orienteering and Protection of the Environment" (COPE) project.**

COPE works with schools in Braemar, Crathie, Ballater and Strathdon as well as youth groups at the heart of the Deeside and Donside communities to stage orienteering activities, and also to help train leaders to sustain activities into the future. The project also builds

on the concept 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 natural environment.

The recently mapped Morrone Birkwood in Braemar is a Site of Special Scientific Interest noted for its downy birch and a broad biodiversity associated with calcareous soils. There is also widespread juniper scrub in the area, but sadly this

has become infected with a pathogen, *Phytophthora austrocedrae*. Fencing is in place on Morrone to hold cattle that will be introduced to help break the juniper up a bit, which will, hopefully, help reduce the spread of the disease. To do our part, a good scrub of everyone's feet with disinfectant at the end of the session is required of all runners.

Small, but perfectly formed, Crathie will be an excellent area for learning about contours. ☺







# SOL 2017 Mid-Season Update

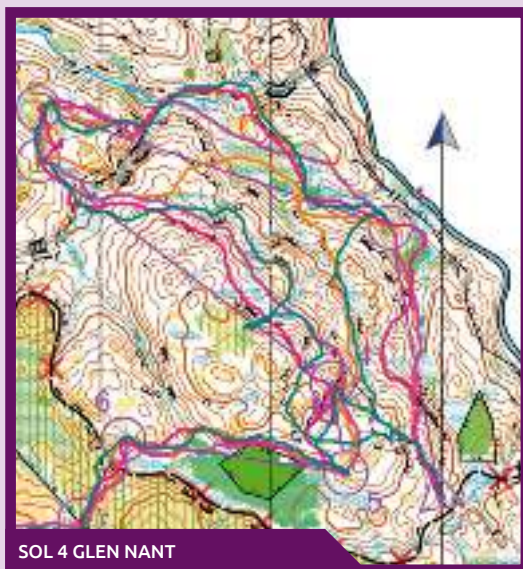
By **TREVOR HOEY (FVO)**

SOL Coordinator

**AFTER FOUR races, many of the SOL age classes are taking shape. It has been a West dominated series so far, with races organised by SOLWAY, CLYDE, FVO and ECKO, so the northern clubs are not yet represented in the league tables as extensively as usual.**

Due to clashes with other races and school activities, some of the junior classes have also seen smaller entries than usual. A consequence of this is that the top scorers table has only one junior and one more under-50. Results to-date can be found here: <http://www.scottish-orienteeing.org/sol/compass-point-scottish-o-league-2017>.

Many of the age classes have clear leaders, but runners further down the tables who have not attended all four races but who will be competitive later in the year. Close races are developing in W10, between three FVO runners, and W18 between Emma Wilson and Lindsay Robertson from CLYDE (although with Grace Molloy, FVO, having only 3 scores so far). Another FVO battle is developing in W45L, W50L is closely



Map by: Loch Eck OC

fought between Alison Cunningham (ESOC) and Jane Ackland (INT), and W60L is even closer with Pauline McAdam (RR) leading Sally Lindsay (ESOC) by only 21 points. Few of the men's classes are so close and it may be that Roger Goddard (M40L), Dave Robertson (M50L), Pete Lawrence (M50S), Ian Maxwell (M55L), Phil Smithard (M65L and Jim Clark (M80) have already secured SOL trophies for this year.

Although prizes are awarded by age class, the competition on the Blue course is very

tight – M55, M60 and W18 runners are in a close battle with only 78 points currently separating the top five scorers. The final three races in September and October all promise good orienteering on familiar areas. The first use of Glen Nant (map extract shows the first part of the Brown course with selected routes) for the latest SOL race is an especially noteworthy addition to the calendar and everyone who competed there recommends going back. ☺

# bto SOUL 2017

By **PAT SQUIRE (INT)**

bto SOUL Coordinator

**WITH 5 EVENTS** now completed, the 2017 series, consisting of 11 events, is now well under way. So far the series has been somewhat akin to the proverbial corporation bus – you wait a long time and 2 come along at once, with 3 events in January / February and then two in May on successive weekends.

The series has been geographically spread from Lossiemouth in the north to Dunstaffnage in the west and Tranent in the east. This trend will continue with future races being in Ballater, Cumbernauld, Dunblane, Aviemore, Livingston and Biggar.

With the exception of the Edinburgh City race all of the events have been on newly mapped areas and thus a legacy of mapped locations is slowly being built up for the future.



Lossie Race 2 - Course 2



LOSSIEMOUTH

Map by: Moravian OC

Numbers have varied considerably between events and within classes, but overall there has been a noticeable increase in participants this year with approximately 25% more taking part in the first 5 events compared to 2016.

In principle with the 5 best scores to count for this year's league positions we could by now have some "outright winners," but this is not yet the case. Many classes have leaders with scores in the high 400s and there are a few folks who have won each of the events they have entered and thus have totals of 300 or 400, but it would appear that there will be plenty of challenging competition over the next few months.

My thoughts are already turning to the 2018 series. Although early in the year, I would urge clubs to start

thinking about their event programmes for next year, particularly if they have any thoughts of offering an urban event to be included in the bto SOUL series. This is especially important if you would also like to be part of the UKUOL series, which tends to get completed by late Autumn.

If your club is interested, please do get in touch with me ([soul@scottish-orienteering.org](mailto:soul@scottish-orienteering.org)) at the earliest opportunity so that I can start to plan next year's series – an indication of an intention (however vague) to put an event will suffice. Preferred time of year and possible location would be even more helpful. Equally, if your club is definitely not wanting to be included in the series that would be helpful to know so that I do not hassle you unnecessarily. ©

# North Area Training Update

By JESS TULLIE (BASOC)

**WHEN NOT** busy securing a place on the GB team for the World Orienteering Championships and World Cup, Jess has been training and inspiring North Area Juniors, as well as leading the new winter training format for BASOC that was discussed in the December 2016 SCORE.

## Winter Training Update

As mentioned in the December 2016 SCORE, BASOC have trialled a new winter training format this year. I hope the following might be interesting as well as potentially useful if your club is considering doing something similar. Do get in touch if you would like any more information.

BASOC trialled four month-long blocks of focussed night training, with each month based from a different village hall, and with a different coaching aspect.

### Positives:

- Increased camaraderie in the club. Having soup afterwards especially encouraged lots of chat about maps and all sorts!
- Technical skills. Many club members have commented that they liked the monthly focus on a concept; our four were accurate compass, aiming off, contours and route choice. This helped members learn new things, have a specific focus for their training (we don't want people embedding bad practise!) and see their progress over the 4 weeks.
- Slim-lining organisation. I didn't manage to slimline it as much as I had wanted to (putting controls out in advance of the 4 weeks and leaving them there) due to the areas all being close to villages/towns, so I was nervous about them going missing. However, it was definitely less time-consuming to plan 4 sessions in one go, with progression between them.

- Whilst the Northern Night Cup was on, our club night changed to an indoor-based activity (SI training, strength training, course planning to name a few). These were well received.
- Scottish Night Championships was just up the road for us, toward the end of our 3rd block. We had a decent turnout and some really good results, which I don't believe is a coincidence!

### Negatives:

- We seemed to have some busy months and some really quiet months. Next year, I think we need to think about altering the timings, especially with respect to school holidays and overloading the calendar with other events on.

Having written this summary, I see that the positives far outweigh the negatives! It looks like we'll be doing something similar again next year, with just a few tweaks on the timings.

## North Area Junior Training

Following on from Trevor Ricketts stepping down as the North Area coordinator after an impressive stint at the helm (thank you!), I decided to offer to help. Along with Jenny Hall (INVOC), we're heading up the North Area juniors.

My main drive is to get more juniors out enjoying orienteering. I think this can be done by organising quality training whilst equally prioritising enjoyment. Training together as an area can increase opportunities for juniors to



**NORTH AREA JUNIOR TRAINING**

Photo by: S Reynolds

meet others and also allow for coaching by coaches out-with their club. Whether a junior aspires to ScotJOS or not, they are welcome along to our training days, all I ask is that they are capable of a TD3 course independently.

For this first year, the plan is to put on 2 training days. We have already done our first one, where we had 35 juniors signed up. The day was a bit of a whirlwind and I learnt a lot about how to pitch these days for such a wide range of abilities and ages! The juniors tried out a variety of skills, we played some games (sardines has always been

a favourite of mine!) and we finished up with a team competition. Many of the juniors had taken the time to enter our logo competition and I'm pleased to say that Charlotte Reynolds won – I hope you will be seeing this impressive logo soon!

Looking ahead, we're planning a training day in late summer. The main focus will be on relays, with lots of head-to-head games! Then it'll be the highlight of the North Area calendar with the Inter-areas, where I hope we will be well-prepared in both the orienteering aspect and in team-spirit! ©

# Sprint-O Race Tactics

By ANDY PATERSON (CLYDE)

**IN THE March issue of SCORE, we looked at the basics of sprint orienteering and how to prepare and train for sprint races, with expert advice from some of GB's top sprint orienteers. The aim of this issue's article is to build on that knowledge and execute your best possible race.**

So, you've read the Sprint O article in the March issue, and are at the start line, hopefully having done some "geeking" online of old maps and routegadget (if available) and on google streetview. First thing to do is have a look at the finish and run in. If you have a later start you can sometimes tell roughly where the last control is by the route the finishers are taking – one less thing to worry about – and it's not uncommon for planners to put a wee sting in the tail at the end!

At the start you should try to focus on your own race, but prior to getting in the box, have a look at what other runners on your course are doing. If they are all running off quickly in the same direction then your first control is probably straightforward – you can expect to do the same and set off quickly. Are they taking different routes (route choice leg), or worse, standing around for a while looking puzzled (complex route choice leg with traps)?

## Buffering

Once you are off and running GB team sprint specialist Murray Strain, INT, offers this advice –

"Try to keep a buffer ahead of yourself so you don't have to stop. I try to always know the next three 'things' that I need to see or do."

"Buffering" is a key skill in sprint racing. Most elites mention this when asked about their race strategy. It's basically about planning far enough ahead as you run so that you don't have to stop or slow down and wonder what to do next, allowing you to run at a consistently fast speed. The trick is not to get too far ahead of yourself, otherwise you start to make simple errors in execution.

Kris Jones, FVO (4th WOC 2016 sprint), explains it like this –



KRIS JONES

Photo by: Crawford Lindsay

"Don't try and look too far ahead. A good baseline is the overview of your route for that leg (or the next if you are

approaching the control) and what you are doing at the next couple of decision points on your route. If this is easy then you should be running faster!"

Running speed is obviously key to winning. But it is possible to run faster than you can navigate. Super-fast Scott Fraser admits his flat-out strategy can be high risk, having missed a control out at WOC, and Murray Strain has also run off the map on occasion!

Hollie Orr, Halden SK, suggests tailoring your tactics to the nature of the terrain –



HOLLIE ORR

Photo by: Crawford Lindsay

"Run fast when you can but don't rush, give yourself the time in the tricky bits to get it right, but try and be smooth, stopping and starting uses a lot of time and energy."

With sprint, as in forest orienteering, races are often won and lost on a tricky long leg. The key difference in sprint is the influence of uncrossable barriers, creating traps. With complex legs it's



sometimes best to plan your route back from the control to a suitable attack point, with the key quality of the attack point being somewhere you can easily navigate fast to, you can then slow down to navigate to the control.

### Route choice

Races are won and lost on route choice, not always by poor route choice, sometimes by taking too long to make a decision.

Kris Jones, FVO, says –

“Invest the right amount of time in each decision. Some controls will only have one route choice and some controls will be 50/50 decisions. On these controls, make your route choice decision quickly and attack it. There may however be deciding legs on the course, if you can figure out which ones these are it might be best to invest a bit more time in making the right choice.”

While Graham Gristwood, FVO (2nd sprint WC final 2010 and WOC Sprint 4th 2011), suggests –



GRAHAM GRISTWOOD

Photo by: Crawford Lindsay

“Don’t rush! You need to make good decisions, and if you need to slow down or stop to read the map, then do it! If in doubt, go left. By this I mean if the route choices look so similar that you can’t tell which is faster within a few seconds, then you are probably better off just choosing one (e.g. the left route) and executing it quickly and accurately.”

Don’t be afraid to stop and work out where to go if it’s complex, but if you are doing this a lot, you are probably not using your “buffer” to full effect.

Scott Fraser, INT, adds the following advice for fast runners –



SCOTT FRASER

Photo by: Crawford Lindsay

“I would always try look to pick routes that suited my strengths (Flat speed) - picking routes so that I could approach the control from a certain direction to run straight through it and would try to avoid routes that included a lot of stop-starting.”

### Execution

The aim of all of this is to get from A to B as quickly as you are able to. Once you know your route, is it simply about running as fast as you can?

Murray Strain, INT, explains



MURRAY STRAIN

Photo by: Crawford Lindsay

“Always try to minimise the distance run. For an elite level runner, an extra 5m - the length of a car - is an extra second. Be aggressive, cut corners and save time! For slower runners, it’s even more important as the extra distance adds more time.”

And Hollie Orr, Halden SK, adds – “Look up and around, instead of looking for a small alley or gate look for the end of the parking on the other side of the road or the tree 10m beyond, use the whole map.”

Above all, be confident, don’t wait for others to reassure you that you are heading the right way. If the map says it’s okay to jump a fence rather than go around, do it! A few seconds could be the difference between 1st and 4th... ☺

# Sprint-O Relay Techniques

By ANDY PATERSON (CLYDE)

## The Sprint Relay

**SPRINT RELAY is a distant cousin of the normal 3-person forest relay, with the current standard format being mixed teams of 4, at least two of which must be women, with the standard running order being WMMW. It's pretty fast and furious, but has suffered a bit in its infancy as the format doesn't lend itself to technical courses.**

WOC 2015 Sprint relay planner Dave Robertson, CLYDE, summarises:

"A good sprint relay course is a good sprint course. It should have lots of changes of direction, route choices, changes of terrain, long and short legs etc. However, sprint relay courses are harder to plan as there are more constraints.

The competitors shouldn't be in too much conflict with each other and are likely to be running in groups, so courses need to flow and you can't use controls in dead ends or tucked into tight corners. Ideally there will be an arena passage in the middle of the course.

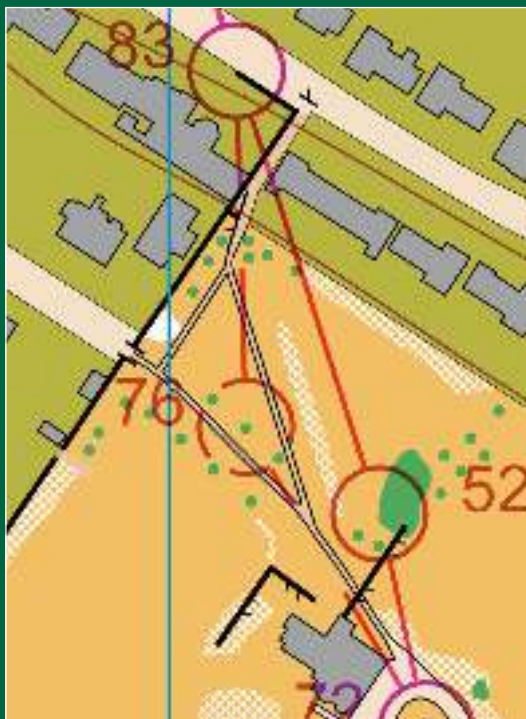
You need a men's course and a women's course, and on each course you can only have 2 gaffles. So, importantly, there will

be at most 2 first controls. The gaffles should be pretty even over each leg of the course, so if you are in the lead at the end of your leg it is because you were fastest, not because you had a course that was 200m shorter."

Some examples of gaffling from Dave's courses at WOW 2015 sprint relay at Nairn are shown below.

Graham Gristwood, FVO, emphasises the importance of maintaining focus in what can seem a very chaotic race:

"The most important thing in sprint relay seems to be focusing entirely on your own race - making decisions and route choices that are good for you, whilst ignoring the fact that there are 20-30 people running in



potentially all directions around you! It is very easy to just 'follow the pack' and take poor route choices for your forking."

And finally we asked top ranked GB female orienteer Cat Taylor, OK Linne (4th WOC 2016 sprint relay), to give us her strategy for Sprint Relay orienteering...

"The thing that's struck me most about running sprint relays is that it's not at all like running relays in the forest! Unless you're in a park, you can't see the other gaffles - other runners disappear round the other side of a building, and you might not see them for a long time. Or they might run back across you, or look like they're a long way ahead or behind. It can create a lot of sudden distractions.

Maybe it's not ever a good idea, but you definitely don't have time to second-guess the gaffling/planning once you're out on the course. It's just full focus on your own race, you can't afford to break your concentration anywhere. Because there are route choices and buildings in the way, you can be just



**DAVE ROBERTSON**

Photo by: Alastair Dunlop

a few seconds apart from another runner without getting the feeling of running "with" them. People might appear for a few seconds, then disappear again, and it's easy to get distracted - and a big risk to start just trying to catch or follow!

Sprint relays are a real test of nerve. It all happens so quickly and the noise, crowds and other runners on a big sprint relay competition make it possibly the most

intense and pressured orienteering scenario. It's really worth running one, even if they don't seem like your cup of tea beforehand." ☺



# Q&A with FVO's New Development Officer

By **CHRIS SMITHARD**  
Development Officer

## **What is your background in Orienteering?**

Orienteering has always been a big part of my life. My family have been orienteering a long time - my dad started when it came to Scotland in the 1960s and I've been running since I was small. Until this year I'd run for Deeside (alongside Sheffield Uni for a while) all my life. I moved to Stirling last November to take advantage of the orienteering opportunities that exist in central Scotland and decided it was time to change clubs.

## **What does your position as FVO Club Development Officer encompass?**

The role is focusing on 3 main areas. Increasing membership, increasing training opportunities for club members and supporting more people to become coaches.

## **What is your initial focus in the position, and do you expect that to change?**

My role is only 1 day a week so initially I'm focussing on how we can increase membership and putting on more training.

Prior to my appointment the club had conducted a survey in the club which indicated putting on more training should be a high priority. So we've started a monthly orienteering map (like ROMP at the National Orienteering Centre) – a course on a different local area each month where we leave the controls out. We see this semi-permanent course as a more flexible type of training so it'll be interesting to see how much it gets used.

Publicity is another area I'm focusing on to encourage more newcomers to come along. I've decided to use facebook advertising based on the positive experiences that Thames Valley have seen using this to get new people to come to their events. If we can achieve even half of the success they have had using it then it will have been time and money well spent.



**CHRIS SMITHARD**

Photo by: [www.willheap.com](http://www.willheap.com)

A weekly newsletter is also a new addition to keep members up to date on club news and what's coming up.

In terms of how it will change depends on a number of things. I'm hoping that once some of the things I'm currently working on are set up then other people can take them on and I can focus on other areas that need developing.

## **What are your goals in this position, short- and long-term?**

In the short term I'm hoping that the monthly map will prove successful but if not then it is to find a orienteering technical training session that will be useful and popular within the club. I'm also hoping to find a publicity method that works in getting newcomers to come along.

There were some goals set down in the application for funding from **sportscotland** and I'd like to think they were achievable in the 4 year time frame. The most interesting was the doubling of membership which is very achievable within the time frame but maybe more challenging is whether the club can sustain the membership at twice the current level. ☺



# Event Planning

By MIKE STEWART (ESOC)

Planner, 2017 Scottish Orienteering Championships

## Before and After: A Planner's Perspective

**I HAVE to travel back a long way get to my first O Event I planned. Back then I looked almost athletic and ran against a few people you've probably never heard of like Donald Petrie, John Tullie, in fact about half of the over 60s you see on the podium to this day.**

Some of them as you know are still pretty handy in the forest, unlike my good self. When Donald Wallace left the mighty Forfar Academy sometime in the early 70s it was left to callow youths like me to turn their hand to planning. My first event when I was probably 15 or 16 was a good old CATI at Montreathmont forest. The attendees unsurprisingly only lived in Forfar as I'm pretty sure I barely had a telephone installed and didn't know anybody I could invite other than schoolmates.

The map was probably at a scale of around 1:20016 and we never bothered with things like

permissions. The event was planned during a very tedious double physics class. The map was kind of big dollar bill shaped and pre water resistant era. TD didn't come into it in those days of "go out and amuse yourselves." It was all hand drawn and probably too difficult by half. I had two courses: the "wimp's course," TD5, but shorter than the "man's course," probably TD5+. Hours later everybody re-appeared from the forest, including the token teacher (Hoppy Smith for those with a memory); I didn't need an organiser or controller, pay any BOF subscriptions, and nobody got killed.

Turn the clock forward 40++ years to SOC2017 and really, little has changed. I knocked the event off in two nights in my garden shed and Donald Petrie still won it.

I jest of course. We now have specifications that would fell a rainforest and the mighty engine of CONDES that ensure the highest quality of

service is delivered to the paying and very discerning client. That was the spin. In reality one relies on a lot of hard work, time and effort, negotiations and people skills, along with a lot of input from a lot of people to deliver something like the Scottish Championships. You should try it sometime.....I'm intending to compete for at least the next five years.

As I scribe this I haven't even looked at the winning times and who did well on Saturday as I haven't had the time to chill out yet.

I don't know what was better actually, the world of technical packages and social media or the days of SAE's and chinagraph pencils. Ask your mum and dad if you don't know what any of this means.

I suppose I had better go out and do some training now. I've got a race against John Tullie in Iceland at the weekend. Wish me luck. ☺

Recently Moravian has had the opportunity to gain exposure – and raise funds – in some unique ways. I hope that their experiences will interest & inspire readers, as I'm sure that most clubs likely have both a castle and a Tesco nearby.

Mike Rodgers takes up the story.

**A MOMENT of inspiration during a chance conversation from one of Moravian's newer family members has guaranteed Moravian's juniors an orienteering summer to look forward to.**

Karen Curran, husband Mike and her family of 4 sporty children joined the club in May 2015 during the build up to WOC2015. Living in the Pilmuir area of Forres, they were in the right place to watch the WOC Sprint Qualifiers from their front doorstep and had got caught up in the buzz as preparations for the event were happening all around them. They are now regular attenders at all Moravian events and have recently started travelling further afield now they've progressed to Orange standard. While Karen was passing the time of day with Tesco's Community Champion Kerry Speed one

Thursday morning in early May, she heard that there had been a cancellation for charity bag packing in the Forres store that coming Saturday.

Karen knew that Moravian had plans to take a team down to the Jamie Stevenson Trophy in June, so she got the jungle drums beating via Moravian's Facebook chat group. Many of Moravian's active membership use Facebook for club banter and news sharing, making this sort of thing very easy to arrange. Word was also passed on to others by phone, word of mouth and email. The end result was 18 members of all ages turning out at 36 hours' notice to try to raise a few pounds towards the cost of a bus to go to the JST.

The team could hardly believe the generosity of the Forres public, as by the end of the day £511.13 had been collected. The kids had a

whale of a time, proudly wearing their Moravian colours and telling everyone about their club and what they were doing.

"What a lovely day," said Karen afterwards. "The kids were amazing, they were working like little teams helping each other, speaking to customers not just about the club and our activities but about themselves as well. A huge thanks to Tesco for having us and to their customers for their patience and kindness. Just shows what an amazing club this is to be part of."

This was something that we as a club have never considered before so I thought it worth highlighting to other clubs via SCORE. Not only is this a great opportunity to raise funds and promote orienteering, but it gives club juniors a wonderful opportunity to develop their communication skills by



**EVERY LITTLE MORAVIAN HELPS**

Photo by: Karen Curran

talking to members of the public and taking pride in their club and sport. It also goes to show that no matter how new or inexperienced, any club member can make a valuable contribution to their club. Every club must have a Tesco or three in their area so why not give it a try?

### **Easter O at Brodie Castle**

Orienteering in Moray had an unexpected publicity coup just two weeks earlier. Club member Paul Furness had been asked by the National Trust for Scotland at Brodie Castle to design two Easter Egg hunt trails, which



**LOTS OF SMILING FACES AFTER RAISING OVER £500 TO FUND A JUNIOR TRIP TO THE JAMIE STEVENSON TROPHY**

Photo by: Karen Curran

he did orienteering style. Brodie has had a strong relationship with Moravian and SOA since hosting the Scottish 6 Days Event campsite for Moray 2013. Several club events have been staged at the castle, including a 2-week long "come and try it" event in the school holidays last October, complete with e-punching, administered by Castle staff from the Castle Shop.

Thanks to a weekend of fine weather, and the reward of chocolate bunnies at the end, the Easter trails were a huge hit, with over 2,000 children taking part, accompanied by at least that number of adults.

Most of them probably had no idea that they were doing orienteering in disguise, and many probably just got round by following the family in front. Some most definitely needed a bit of help to understand the map, but hopefully a few of them might have gone home thinking that this map-reading malarkey is all rather fun. Our thanks go to Paul for all his hard work in developing our relationship with NTS and achieving a great bit of publicity for our sport! Moravian weren't involved on the days themselves but by all accounts NTS did a great job as orienteering ambassadors! ☺

**I HAVE recently attended several events (both large and small) around the United Kingdom at which there were a variety of problems with the on-the-day display of results, and on more than one occasion I left the event without knowing anything very much about the results beyond my own time (and possibly that of the winner at the time I downloaded).**

This got me thinking: in what other sport would we leave a competition not knowing who the winners were?

This observation is absolutely not in any way intended to criticise the small band of dedicated computer wizards who keep the IT side of our sport running (and without whom we would struggle to stage events at all), but it is ironic that we often know less about the results soon after we finish than we did back in the “dark ages” of control cards and pin punching. As older orienteers will remember, in those far off pre-electronic



Photo by: Steve Wilson

punching days, we used control cards with a tear-off stub on which the time was written and then displayed (in ascending time order) on a string “washing line” for each course or class. It was very low-tech, but simple, quick and effective. Of course, whereas today complete results with splits times for all runners at every control are often online by the time we get back home, in the old days punch checking was done manually and it usually took a couple of weeks before the printed results landed on your doormat (provided, of course, you had remembered to

fill out a self-addressed envelope at the event).

While I’m not a Luddite suggesting for a moment that we turn our backs on the many advantages of electronic punching, I would recommend to organisers that they at least consider having a low-tech back up (perhaps just going back to printed sheets of results?) just in case their clever high-tech multi-media web-enabled social-media-friendly display options fall over when confronted with the reality of working in a windswept tent in the middle of a muddy field in the rain! ☺

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Some personal musings on orienteering.

I tweet about both orienteering and non-orienteering matters as @S\_K\_Wilson.  
The views expressed here are the author’s own and not those of either SOA or SCORE.



# Event Preview

## LEVEL A/B

30 July	MAROC – Scottish 6Days – Glen Tanar
31 July	MAROC – Scottish 6Days UKOL – Balfour Forest
1 August	MAROC – Scottish 6Days – Birsemore Hill
3 August	MAROC – Scottish 6Days – Creag Choinnich
4 August	MAROC – Scottish 6Days – Glen Feardar
5 August	MAROC – Scottish 6Days – Glen Feardar

## LEVEL C

18 June	MAROC – Level C & JDC Event - Sluie
25 June	TAY – Jamie Stevenson Trophy – Kinnoull Hill
2 August	MAROC – Scottish 6Days bto SOUL 6 – Ballater
20 August	STAG – bto SOUL 7 – Cumbernauld
3 September	MOR – Lossie Forest
10 September	FVO – bto SOUL 8 – Dunblane

## LEVEL D

7 June	ELO – SprintELOpe
7 June	MAROC – WOUDS Event – Crathie Woods
7 June	GRAMP – Summer Series – Dunnottar Woods
7 June	FVO – WEE Duncraggan
7 June	SOL – Summer Series – Hills Wood
8 June	CLYDE – Spring Series – Mains Estate
11 June	INVOC – Abriachan
14 June	MAROC – WOUDS Event - Craigendarroch
14 June	GRAMP – Summer Series - Foggieton
14 June	FVO – WEE Bannockburn
14 June	INT – SprINTElope - Liberton
14 June	SOL – Summer Series – Cornockle
15 June	STAG – Spring Series – Cumbernauld CP
17 June	ESOC – Local Event – Bonaly
17 June	MOR – Local Event – Culbin
20 June	BASOC – Mass Start - Tullochgribban
21 June	ELO – SprintELOpe – Neilson Park
21 June	GRAMP – Summer Series – Crathes
21 June	FVO – WEE Tulliallan
21 June	SOL – Summer Series – Shambellie

## LEVEL D (Cont.)

22 June	CLYDE – Spring Series – Balloch CP
24 June	ELO – Local Event – Barns Ness
28 June	GRAMP – Summer Series – Balmedie
28 June	FVO – WEE Callander Park
28 June	SOL – Summer Series + BBQ – Mabie Forest
1 July	INVOC – Local Event – Dechmont Law
5 July	GRAMP – Summer Series – Glen Dye
12 July	INT – SprINTElope – Holyrood Park
12 July	GRAMP – Summer Series – Cheyne Hill
15 July	ESOC – Local Event – Blackford Hill
19 July	INT – SprINTElope - Dalkeith
19 July	GRAMP – Summer Series – Tollo Hill
26 July	GRAMP – Summer Series – Bennachie
26 July	INT – SprINTElope – Mortonhall
2 August	MAROC – Scottish 6Days Trail O – Cambus O May
9 August	GRAMP – Summer Series - Scolty
16 August	GRAMP – Summer Series – Templars Park
17 August	STAG – Autumn Series – Kelvingrove Park
24 August	STAG – Autumn Series – TBC
26 August	ELO – Local Event – Seafield
27 August	TAY – Hermitage Forest Sprint – Craigvinean
27 August	INVOC – Local Event – Nairn East Beach
31 August	STAG – Autumn Series - Auchinairn
2 September	INT – Local Event – Eliburn
3 September	ESOC – Local Ultrasprint – Beeslack Wood
3 September	MOR – Local Event – Lossie Forest
7 September	STAG – Autumn Series – TBC
9 September	ESOC – Local Event – Covenanters Wood

Please note that these events are those found at the BOF fixtures list as of 27th May, 2017.

Activity & Training events are not included in this list.

Please confirm race dates and locations via the SOA, BOF 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](mailto:communications@scottish-orienteering.org)

## **HAMPDEN SPORTS CLINIC Hampden Park, Glasgow**

[www.hampdensportsclinic.com](http://www.hampdensportsclinic.com)

Tel: **0141 616 6161**

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

Quote Scottish Orienteering Association member when booking.

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

[www.acephysiotherapy.co.uk](http://www.acephysiotherapy.co.uk)

Tel: **01698 264450**

Corporate rate (currently £25 per session) applies.

Quote Scottish Orienteering Association member when booking.

## **PERTH CHARTERED PHYSIOTHERAPY AND SPORTS INJURY CLINIC**

[www.perthphysio.co.uk](http://www.perthphysio.co.uk)

Tel: **01738 626707**

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## **FUTURE FOCUS SCOTLAND LTD**

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Business Mentoring and Coaching in Scotland and around the UK including HR Coaching and HR Services

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## **OBAN SEA SCHOOL**

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See [www.obanseaschool.co.uk](http://www.obanseaschool.co.uk) for ideas, photos, information.

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## **TISO**

Outdoor shops with branches throughout Scotland.

[www.tiso.com](http://www.tiso.com)

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

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## **FERGUSON LAW Private Client Solicitors**

Tel: **0131 556 4044**

[www.fergussonlaw.com](http://www.fergussonlaw.com)

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

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## Compass Point Scottish Orienteering League 2017

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

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



## Classic Forest Orienteering in Scotland

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Starts from 10:30 am.

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

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



## bto Scottish Orienteering Urban League 2017

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



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Check website for full details

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

# 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-orienteeing.org](mailto:sarah.hobbs@scottish-orienteeing.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-orienteeing.org/soa/page/email-newsletters>**  
**HAPPY READING!**

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**HAPPY READING!**

