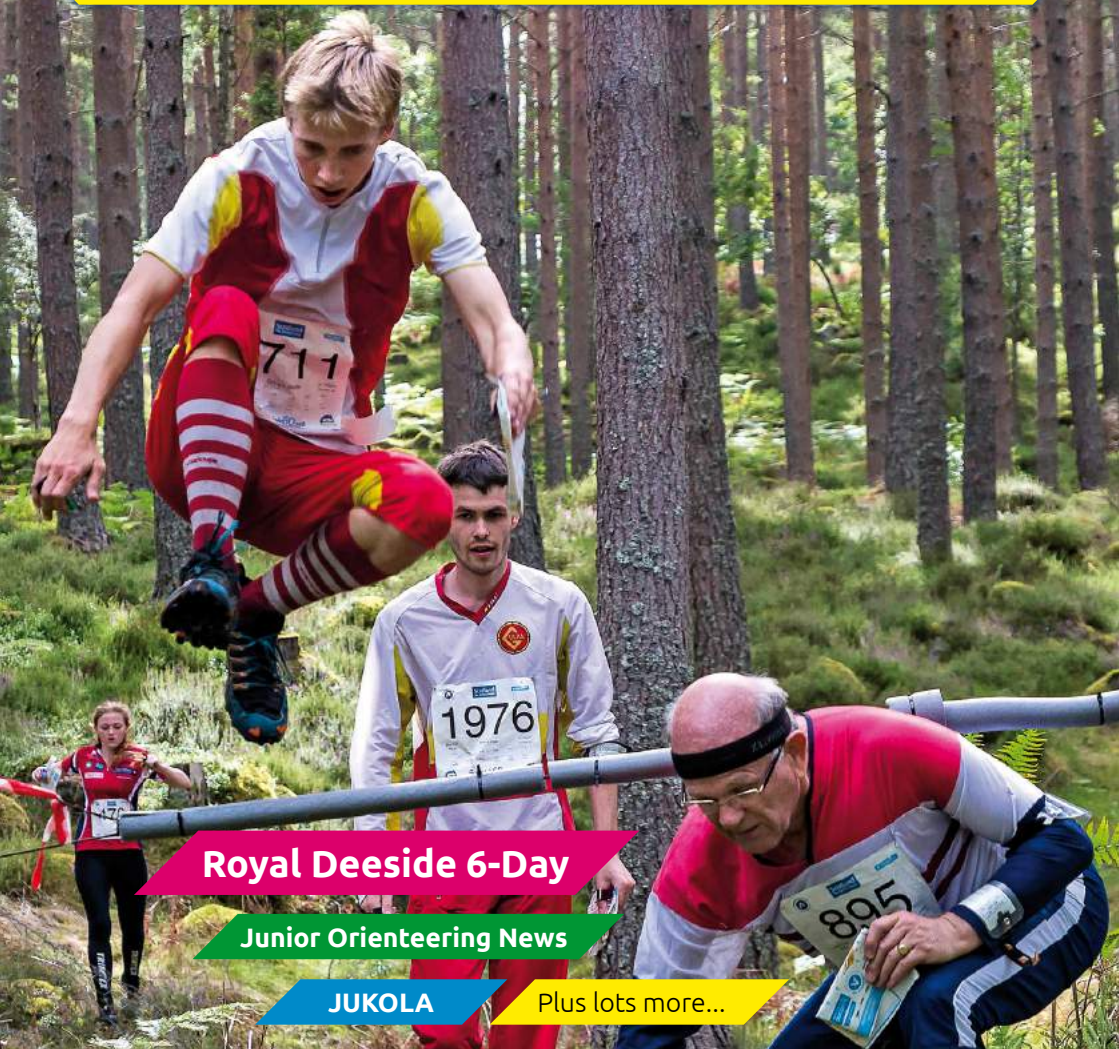


SCORE

THE HOME OF SCOTTISH ORIENTEERING

SEPTEMBER 2017



Royal Deeside 6-Day

Junior Orienteering News

JUKOLA

Plus lots more...



magazine of the
**SCOTTISH
ORIENTEERING
ASSOCIATION**

 **sport
scotland**
LOTTERY FUNDED

Welcome

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Sheila Reynolds

SCORE@scottish-orienteing.org

org

About Orienteering:

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

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

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Glenmore Lodge, Aviemore
PH22 1QZ
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SCORE Advertising:

Full page: £90

Half page: £60

Discounted rates available for multiple issues.

Contact us to discuss:

communications@

scottish-orienteing.org

Design by:

MediArtStudio

www.mediartstudio.co.uk

derek@mediartstudio.co.uk

Printed by:

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

Cover image:

Royal Deeside 2017

Scottish 6 Days

Photo by Christopher Bell,
Deeside Camera Club

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

I HOPE THAT everyone has had a wonderful summer, and that many of you capped it off with an enjoyable week (or so) in Royal Deeside to take part in the 2017 Scottish 6 Days. Although up until the 6 Days orienteering was thin on the ground here in Scotland, there were many momentous competitions taking place in Europe, with the GB team, and our Scottish orienteers in particular, lighting up the results lists.

An early summer conversation with one of our Scottish juniors, their lamenting the lack of profiles in SCORE, spurred me to seek out some interesting personal stories from our members. We are all valuable to the growth and health of Scottish orienteering, so this issue offers profiles from different ends of the orienteering spectrum: new-to-orienteering and Elite. What is the story of your journey to orienteering – were you introduced by your peers, or your parents? Scott and I were introduced by our daughter – is that the new normal in orienteering? It bears thinking about as our sport and its individual clubs seek to attract and retain new members; what is the experience of your club in that regard, and how does it impact how you go about fostering the growth of your club, and the sport itself?

I hope that you enjoy reading this issue. I'll be looking for additional profile pieces for future issues of SCORE, so if you'd like to share the story of your orienteering journey, do drop me a line. As always, if you have comments, suggestions or feedback, do contact me at score@scottish-orienteing.org.

Sheila Reynolds - Editor

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Photo by: Sarah Dunn



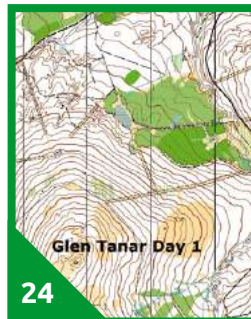
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Photo by: Sarah Dunn



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Credit: Scottish 6 Days

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**Copy deadline
for next edition
4 November 2017**



Credit: Helen O'Donoghue

President's Piece

By **ROGER SCRUTTON (ESOC)**

SOA President | email: president@scottish-orienteing.org

A HUGE "THANK YOU" to Jon Musgrave and his team of about 800 volunteers who delivered most efficiently a very much appreciated and enjoyed 6-Days event on Royal Deeside 30th July-5th August.

There have been many positive comments: "That was one of the best," from one of the 6-Days regulars. For me, the technical challenges, the village atmosphere of the arenas and the chance to chat to so many people who I don't see very often (even if these chats were chiefly about business), together with some pretty good weather that allowed participants to linger and mingle, were the highlights.

But also, it was great to see so many overseas visitors and notice one of the great strengths of the sport of orienteering - families of children, their parents and their grandparents all enthusiastically tackling their appropriate courses, alongside our GB elite athletes competing for the blue riband prizes.

They say "there's nothing new under the sun," often in a rather world-weary way. The emergence of one or two piles of old SOA business papers has raised the question of what paperwork should we keep for either planning purposes or as significant to the history of the SOA.

British Orienteering keeps an archive of key documents at Sheffield University Library dating back to its formation; Here in Scotland, if not the original paperwork, a historical record can be found in John Colls "A Few Surplus Maps: The Story of the Scottish Six Days" published in 2011 and Bob Climie's book "History of the Scottish Orienteering Association" published in 1990 and covering the period from SOA's formation in 1962 up to 1989.

So, what's not new? Bob Climie informs us that the first permanent course was set up near Edinburgh in 1969; 1970 saw the introduction of Come-and-Try-It events, initially in Glasgow; the first organised series of weekly evening events was delivered in Edinburgh in 1972 to boost member recruitment, and some of these evolved into the first urban events.

Forty years on from these grassroots developments we still see series of regular local events, now enhanced by high-quality maps, electronic punching



ROGER SCRUTTON

Photo by: Nigel Corby,
Deeside Camera Club

and a welcoming club environment, as an effective way of attracting newcomers to our sport.

An issue that Bob Climie returns to repeatedly in his book is the relationship between SOA and British Orienteering, and finding the perfect arrangement for this. An important aspect of the arrangement is our membership structure. Until 1984, when it was discontinued in accordance with a BOF AGM decision, there was a Club+SOA membership option for members in Scotland. Now, I am very pleased to say that British Orienteering has endorsed our request to reintroduce the Club+SOA option as of the 2018 membership year. Much more information on the purpose of this option and how to take it up will be coming round to clubs and appearing on our website over the next couple of months.

As we move into the Autumn season of events and competitions, enjoy your orienteering!

All the best, Roger ☺

SOA News

By **STEF LAUER (TAY)**

SOA Chief Operating Officer

WELCOME to the September edition of SCORE!

The big news from the SOA HQ is that we had a change of our **sportscotland** Partnership Manager. Since we are part-funded, the partnership affords us the expertise and input from an experienced sports manager. This role was filled by Megan Griffiths over the past few years and we say a big thank you for all her help and support over that time. With Megan taking on other responsibilities within **sportscotland**, we now welcome her successor Jane Scott – read on for an insightful Q&A with Jane in this issue.

We have just completed a full Governance/ Development Audit with KPMG – basically a health check to determine if we are on track with all things related to policies, financial procedures and strategies. These audits are a vital part of the work that we do, and help us improve the things we are doing as a Scottish Governing Sports Body.

I hope to see some of you at the Highland Wolf weekend and the EGM on September 23! ☺



STEF LAUER

Photo by: Kathryn Pierce



Scottish Orienteering Association

Extraordinary General Meeting 2017

The EGM will be held at the Highland WOLF weekend on
Saturday 23 September, at 7 till 7.30pm.

The venue for the EGM will be the Library Room of
Lagganlia Outdoor Centre Kincaig, Feshiebridge, Kingussie, PH21 1NG
Phone: 01540 651265

**The EGM is to consider further amendments to the
Articles of Association and any other business
brought forward by members.**

EGM details, including Revised Articles of Association and Bye-laws
can be found here:

<https://www.scottish-orienteeing.org/soa/page/egm-details>

Interview with Jane Scott

A warm welcome to Jane Scott, our new **sportscotland** Partnership Manager

What is your background?

After graduating from university with a degree in Tourism with Modern Languages (German & Spanish), I gained a place on the Marks & Spencer Graduate Management Trainee scheme and spent 2 years as a Commercial Manager.

I then moved into sports development and spent 4 years as the Athletics Development Officer with Edinburgh Leisure before moving on to Triathlon Scotland, where for 3.5 years I was the National Development Manager. During that time I attended **sportscotland**'s inaugural Future Leaders programme and the University of Chichester's Women's Sport Leadership Academy, which encouraged me to take up a position on the Board at Pentathlon Scotland as the Director of Development. In January 2016, I moved to **sportscotland** to become a Partnership Manager; I now have 6 SGB partners, including orienteering, sailing, table tennis, ramblers, motorsports and snooker.

My sporting background is in athletics. My events are sprint hurdles and jumps and I compete for Victoria Park City of Glasgow AC. A recent highlight was to take part in the World Championships in Perth, Australia in November 2016 where I won bronze medals in the 100m Hurdles and 4x100m Relay and came 4th in the Long Jump. And I fell in love with masters sport – it's serious and competitive, yet relaxed and supportive, all at the same time – a refreshing change and it's lovely to see people there of all ages and abilities just for the love of the sport!

Where do you see the challenges and opportunities for Scottish Orienteering?

I think that orienteering's challenges are also their opportunities. The sport doesn't have a big profile and I doubt that many people will know much about the sport nor where to go to give it a try or join a club. There is a growing appetite out there for trying different sports outwith the more mainstream sports you come across readily and I think orienteering could use that as an opportunity to raise their profile and attract a new audience. People of all ages, stages and abilities would be interested and the sport is adaptable enough to cater for this through varied length/difficulty of courses and family events, for example. Through effective partnership working with relevant organisations, such as Active Schools, Local Authorities, other SGBs and adventure event organisers, I believe that orienteering could get their profile out there and bring new people into the sport.

How does Scottish Orienteering compare to the other sports that you are working with?

I am still very much getting to know all the sports I work with, and orienteering is no exception. However, where I think you could learn from other sports is how they have adapted and modernised to grow their sport and open it up to new markets. An example from my own experience is triathlon. It used to be very much all about middle-aged, middle-class white men in lycra but if you go to an event now there is a wide variety of people

LOTTERY FUNDED

taking part, people of all ages, sizes, abilities, etc. getting involved, getting fit, making new friends and having fun. Both triathlon and other sports have also utilised links with other sports and organisations to share opportunities and workload to develop their sports and events together. Orienteering is a sport that could also make these links and I believe that by doing so, you could see quite an impact.

Where will your focus be as partnership manager?

I see two main areas of focus for me as PM with Orienteering. The first will be working closely with Stef and the Board at a strategic level to encourage the modernisation of the sport and the development of strategic partnerships to take advantage of the opportunities I have described above. The second will be supporting the development staff to deliver this at a local level, supporting club development to create strong clubs, creating local links that will help build pathways into and through the sport, and raising the sport's profile to attract new people into orienteering. ©

A recent highlight was to take part in the World Championships in Perth, Australia in November 2016



JANE SCOTT,
SPORTSCOTLAND PARTNERSHIP MANAGER

Photo by: Xabi Ariztegieta

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 or SOA membership number and address.

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

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

Thank you

New Membership Fee Options

By SARAH HOBBS

SOA Administrative Assistant

New membership option from November 2017

FOR THE NEW 2018 membership year, from 1st November 2017 we'll be offering an additional membership option to ensure that we provide for the needs of our existing members, and appeal to new members.

The new option will allow members to join only their local club and the SOA, and is suited to those who only orienteer locally and won't be participating in major events. It's important and pleasing to note that British Orienteering supports the SOA in providing this additional option.

Members who choose to take up this option will receive all the standard benefits of membership, including insurance cover, communications, reduced entry fee at events (where applicable), etc. It will be cheaper than joining British Orienteering, but there will also be some differences with regard to participating in some larger competitions, or being a main event official. Full terms and conditions of the new membership option, including benefits and limitations, can be found on the SOA website (search 'Terms of Membership'). Members will be able to join online via the SOA website; we are working with SiEntries to develop our new member database.

British Orienteering membership will still be the primary option, as it allows more flexibility for event and competition entry. However, we recognise that due to the geography of clubs and events in Scotland, many wish only to orienteer locally and British Orienteering membership is not relevant.

Over the last nine months, we've been running a pilot project with two clubs, SOLWAY and STAG, to offer members the option to join only the club and the SOA. We currently have 58 members in the scheme, made up of existing and new

club members, which represents about 38% of each club's total membership. The feedback has been positive and constructive; member feedback has been that they joined because it was cheaper and that they only orienteer locally. The club strategies that helped new members join the scheme were personal contact, welcoming newcomers, and ability to join on-the-spot. Both clubs felt they retained members who would otherwise have left.

In addition, at the end of the last membership year 2016-17, we surveyed all lapsed members by email. Of the 49 responses, 38% decided not to renew because they were too busy, 18% because it was too far to travel, and 9% because they didn't enjoy it. 33% went on to say that they decided orienteering just wasn't for them, but importantly, factors that would have encouraged others to rejoin were having this new membership option (19%), and more local events (10%).

The Board subsequently took the decision at its June meeting to offer this additional option to the whole membership from November 2017.

We aim to be as open and welcoming to new and existing members as possible, making it easy to join. As well as the new option meeting the needs of our members, our funding from **sportscotland** is based on member numbers so it is a valuable aid to growing our membership and further developing the sport in Scotland.

Keep an eye on the website for further details! ☺

Expanding Learning & Teaching Roles for Your Club Members

HOW DOES YOUR club allocate people to different roles? Who in your club knows what particular people enjoy most when it comes to putting on events or running the club, and do they know what others want to learn more about? Does your club find out what your new members particularly like about the sport, what existing relevant skills they have, and what skills they'd like to develop?

Many people tend to be reluctant to step forward and offer themselves for a role, quite possibly because the club already appears to operate like a well-oiled machine and there's no obvious space for an apprentice.

Orienteering offers several strands for particular skills to be developed, and for many of them there is no real age limit. Given the right support, guidance and mentoring, many young participants greatly enjoy course planning and often find that their own orienteering benefits from it. Some of the best coaches we've trained have been relative newcomers to the sport, and not necessarily all that good at it, if pure event results are all you go by. Some folk seem to think that you have to have been in the sport for a decade or two before you can contribute anything worthwhile – and of course that's nonsense.

Most clubs have someone who finds people to fill specific roles for events, but what about moving from that reactive approach to a more deliberate one? Have the conversation with all members to find out what they'd like to do, what their current skills are and what they'd like to learn about. And have that conversation fairly frequently – perhaps annually – so that you allow people's wishes to change as their circumstances change. Then have a think about how they can acquire the necessary skills, rather than just being dropped in at the deep end, perhaps with a hope that they've absorbed something while they've been participating in events. Learning by osmosis tends to be a bit hit and miss, which is why we offer a range of



A JOB FOR EVERYONE

Photo by: Pat Graham (MAROC)

options for learning.

SOA runs a range of courses and workshops for organisers, planners and controllers at all levels, some for delivery by an experienced person within the club, others to be led by a trained tutor. **sportscotland** kindly offer generous subsidies for coach education, and they also give us a worthwhile level of financial support for training and development of officials, so cost shouldn't be a barrier to clubs offering learning opportunities. Once you've identified what your club needs - or indeed if you're one of those individuals with a desire to learn - please talk to me or your Regional Development Officer (Rona or Johannes) so that we can assist you in meeting your needs.

There are also various documents and support packages on the SOA website to help you learn about course planning and how to use Condes. These will be easily found on the new website.

Some clubs also offer some form of "mentoring," though the precise nature of that is quite variable – which is why we're going to be talking about it at the Volunteers' Weekend which is happening in September, probably very close to the time you're reading this. We'd like to find the best way to merge the knowledgeable and wise older orienteering heads with the sprightly young legs of newcomers. If you can't be there, but have thoughts on this, do please get in touch. ©

Keeping Newcomers Interested

By **RONA LINDSAY**

SOA Regional Development Officer, Central/South

Following some ideas about interacting with newcomers in the last issue of SCORE, this time there are some suggestions for retaining new members once they have joined your club.

SOCIALS AND TRAINING

Every club is different, but there should be lots of opportunities to get to know people: Local events, club training, socials. And if there aren't? Then make some!



**CLUB TRAINING KEEPS NEWCOMERS
LEARNING AND ENGAGED**

Photo credit: Crawford Lindsay (ESOC)

You could arrange a club café meet up after an event, have an informal Wednesday night run followed by the pub (people could go to either or both), or arrange club accommodation for an event that's further away. This needn't be complicated, just as long as there is a way for members to interact and have fun. You come for the orienteering; you stay for the people (we hope)!

FAMILIARITY

One of the best things about our sport is that it is fairly easy to get to know most (if not all) of the members in any club. Additionally, orienteering is a great mixer: people of all ages and levels can compete and enjoy our sport together; there is a place for everyone. Meeting expectations is as important as making a good first impression. It is important to remember that if we are selling orienteering in a certain

way, then it needs to be that way when someone comes to an event or into a club. Bear this in mind when advertising your club and running your events.

PERSONALISE

Does your club have an information pack or club handbook? The SOA has a member pack which is sent to new members. Does your club add to this? Perhaps include a list of local events; a bit about the club they have joined; details of upcoming socials. This will really help people to understand you and what you do.

COMMUNICATE

Continue the communication you started when they were first interested. Ensure that recent members know what events and activities are available and that they're all open to everyone. Nothing too pressured, just a: "Hi, I'm X from <CLUB>, welcome! I saw you were at the event last weekend, great to see you enjoying it! Here's a link to the results <insert link>. We have another event coming up at <area>, which is <brief description of where it is>; would be great to see you there." These emails should come from the same person and you must be careful not to make them patronising or too repetitive; be aware of what other emails are being sent out from your club.

CLUB MEETING POINT AT EVENTS

An exciting first step for a new member can be going to an event further away from home, but they may need some



MEET AND GREET NEWCOMERS AT REGISTRATION

Photo credit: Crawford Lindsay (ESOC)

encouragement. A club meeting point at an event, maybe the club flag, with a few people who can take turns to be around over the day, could be a great way to meet new members. You may also wish to have some sort of refreshments (especially cakes!) available if there is not a stall at the event. As well as being nervous going to a place where they don't know anyone, not knowing exactly where they are going may be an issue too. Could carpooling be an option for your club to help newer members?

VOLUNTEERING

Our clubs wouldn't work without their fantastic volunteer workforce, and another way to involve new members is to persuade them to volunteer too. You need to start small - ask them to help with a simple job at an event (nothing too scary: perhaps assisting on registration or manning the finish for a while) and provide a mentor to help them along. Working with others, getting to know them, and having fun is the aim, then they'll come back for more. Avoid the classic orienteering task that turns out to be much bigger than expected - nothing puts people

off faster. Make sure they don't feel they've been dropped in at the deep end - be clear with exactly what you are asking them to do and remember to thank them afterwards.

MEMBER PERKS

What does your club offer? There are the obvious benefits like the event insurance, discounted entry fees and eligibility for Scottish Championships, but what else can your club add? Maybe club kit, paying for relay fees, a subsidised end of year gathering, discount at a local running shop? Coaching and training can be a member perk too. Some clubs allow anyone to come along to their training; for others, training is one of the benefits of being a club member. This is something your club can consider. Either way, having some skills practice is a great way to connect with others in the club.

The main thing is that people need to feel valued, and part of things. Valued as members, valued as event volunteers, valued as committee members. Happy and appreciated members make a happy and productive club.

I hope these ideas may help to engage with your existing members. Pick and choose, brainstorm, and tailor them to best suit you and your club.

If you have any questions about anything in this article, please get in touch with Johannes Peterson (Johannes@scottish-orienteering.org) or myself (Rona@scottish-orienteering.org). ©

Trophy Tracking

By **SALLY LINDSAY (ESOC)**

SOA Trophy Coordinator

Please read on, even if you've never won a trophy – this is for everyone!

I've recently taken over as the SOA Trophy Coordinator, which involves keeping track of the trophies for the various Scottish Championship events and the Scottish Orienteering League.

One of my first tasks is to bring the records up to date, so I've been doing a lot of research on past results and trawling through photos of prize-givings. At the Scottish Championships in May, I had the chance to look at the assembled trophies, which are a varied and interesting assortment. Some are amazingly old, with names going back to the 1960s, reading like a "Who's Who" of Scottish Orienteering.

I have several pleas for you all:

Missing trophies

Unfortunately some trophies are missing. Please consider whether you might have one stored in your loft, shed or a rarely-opened cupboard. This doesn't just apply to the winners - some trophies have disappeared during years when there was no eligible winner, or the winner didn't take the trophy. Perhaps they have been put away



TROPHY SELECTION

Photo by: Crawford Lindsay

for safekeeping and forgotten about? Let me know if you find any trophy that might be an SOA one. The trophies for the Scottish Night Championships are the worst affected, with at least 6 currently lost.

Looking after trophies

If you win a trophy and take it away with you, do look after it, especially before returning it – it only takes a few minutes to polish a trophy. If you'd like your name on it, please arrange the engraving in good time. If there's a problem (e.g. no more space on the trophy, or a new plate is needed), just contact me to discuss this, as the SOA may be able to pay for it. And if the trophy is damaged, please let me know as

soon as possible.

I'll be dealing with trophy recall for all SOA trophies, so if you're a trophy holder, expect to hear from me in due course.

New trophies

For most competitions, there are some classes, especially older age classes, without trophies. If you or your club would like to donate a trophy, please get in touch to discuss the possibilities.

For any of the above, you can contact me via an email to the SOA Operations Director, Roos Eisma, putting "trophies" in the subject line. The email address is: operations@scottish-orienteering.org

I hope to hear from you! ☺

Q&A with Kris Jones, FVO

Where do you live?

Dundee

How long have you been orienteering? How were you introduced to the sport?

14 years – My parents took me along to local events in Swansea.

What's the most recent high-profile event that you've run in, and how did you do? Are you pleased with that result?

The World Championships in Estonia. I ran the sprint relay but made a big mistake near the end. I had struggled to get myself onto the start line with a calf injury, but felt good when I was running. Unfortunately, the lack of hard running and technical training in the weeks running up to the race showed and I didn't put in a good performance.

When you race locally, do you treat each race seriously, as a training opportunity, or are those two the same for you?

It depends on the race. If it gets my competitive juices flowing then I am more likely to take it seriously.

How do you train?

Most of my weekly training is running. I try to do one interval session on the track and one other hard session a week for most of the year. In the orienteering season I get my technical training in on the weekends mainly.

Do you coach with your local club(s) or any other groups?

I am a qualified coach and have coached on summer tours and other weekends.

What has been your most rewarding orienteering experience?

My best moment in orienteering was winning the Sprint Relay at the World University Orienteering Championships in 2016. Each member of the team ran well and we ran away with the win. Everything happened as we would have planned it and it was amazing to win as a team.

Who do you find most inspiring in regard to orienteering?

I am inspired by those who devote their time and effort into helping to grow the sport and the people who do it. There are so many thankless tasks in orienteering and many people who quietly do these tasks without the recognition that they might deserve.

What is your favourite orienteering area?

I love sand dune areas (Culbin is a personal favourite) but also have a soft spot for Italian old town style sprint orienteering.

Which orienteering event(s) are you most looking forward to for the remainder of this year?

I don't have any orienteering events which I will focus on for the rest of the year, but next year will be busy with the European



KRIS JONES

Photo credit: worldofdo.com

Championships and World Championships taking place.

What are your orienteering goals?

I would love to win a World Championships, but I realise that this is not something that many get to achieve. I want to finish my international orienteering career knowing that I pushed myself to the best of my abilities and enjoyed myself along the way.

What words of encouragement, or advice, would you give to the younger juniors coming up?

Consistency is key. If you can get a little bit better each week or month, these little steps add up over the long run.

What words of encouragement, or advice, would you give to aspiring orienteers?

Getting lost is part of the fun. Every orienteer (even the best) will have been horribly lost at some stage and will most likely happily recount this tale (after some time for the embarrassment to pass). Mistakes are vital for improvement – the key is to learn from them and to try to not repeat them! ☺

Q&A with Matthew Clark

Name, club & where do you live?

Matthew Clark. I live in Ladybank, Fife and I am a member of Kingdom of Fife Orienteers.

How long have you been orienteering? How were you introduced to the sport?

I had never done any sport at all. In January 2014 I decided to start running with a Couch-to-5k app on my phone. Three months later, I could do 5k and my friend Katy McNeil, who has competed with Moravians since she was a teenager, said I should go with her to an orienteering league event at Devilla Forest in Fife.

I had a fantastic couple of hours jogging through the forest, climbing through fallen trees and actually finding controls. I left with two questions: "How can this be legal?" and "When's the next one?"

What about orienteering has made you stick with it?

Even for people who aren't the elite there is plenty of entertainment, new goals, and small-scale battles even at the bottom end of the league tables.

Maybe it's taken for granted, but the way that registering for events is so easy online makes a big difference.

And the technology of electronic punching, producing spreadsheets of your times, and tracking your route on your smartphone after every event is very impressive.

You even get a little till receipt at the finish line with your timings on. It allows you the chance for a little celebration the first time it doesn't say "39th out of 39 finishers."



MATTHEW WITH RAB PHILP

Photo credit: Matthew Clark

It all adds to the feeling that you are part of something that is serious even if you don't take it utterly seriously.

How do you train?

I live in Ladybank which is the flattest part of Scotland. I just try to run 5k and 10k faster. My training this spring for the Scottish Six Days was in the hope that Braemar was going to be on the flat too. Apparently not.

Highland Wolf is a great two days. I have learned that using the evening between events to go on the steam train and drink plenty of beer in Aviemore is great preparation for the Sunday competition. I got my best ever results. I'm not a doctor. Katy always refers to her drinks as "Sports Cider."

Have you had any orienteering experiences that made you consider quitting, or do you feel that orienteering challenges have made you more resolved to stick with orienteering?

The route at the 2015 Six Days in Achagour through the bizarre Crazy Archery course. I was the one on my



MATTHEW CLARK

Photo credit: Matthew Clark

knees beating the ground with my fists. I have since researched a bit more about error recovery.

What has been your most rewarding orienteering experience?

I loved the 2015 Scottish Six Days.

The enormous 1.5km leg in Glen Affric with no paths or fences, just different kinds of impenetrable forest and two giant ravines, was hilarious.

I had never been part of a multi-day event before. So it was new to wait for the latest results to be wallpaper-pasted onto the notice-boards. I got to know the names of everyone else at the bottom of the list and checked how they got on every day.

I set a target for how far up from the bottom I wanted to finish in 2017.

What/who do you find most inspiring in regard to orienteering?

The Swiss Hubmann brothers have a Youtube video "Go Hard or Go Home." It all looks a bit like Scotland. I show it to friends before I tell them that I am "officially the fourth best in my age group in Scotland at this sport." That relies on a fairly careful interpretation of the SOL results, but who's checking?

Do you volunteer? In what ways?

I joined the Kingdom of Fife



**MATTHEW WITH KATY & DEREK MCNEIL
AT 2015 SCOTTISH 6 DAYS**

Photo credit: Matthew Clark

Orienteers and have started to get involved in their events, which is an interesting look behind the scenes, and a good source of tips. In fact long-running orienteer Rab Phillip turns out to live round the corner in Ladybank.

What are your orienteering goals? How do you aim to achieve them?

I am hoping to persuade more people to take up orienteering. My partner doesn't want to do it, although he will attend the evening boozing between race days. Hopefully people will join regardless of any previous sporting activity.

If you could sum up, in a few sentences, the benefits that taking part in orienteering has brought to you, what would you say?

I know serious runners enjoy the sport. People who are middling to slow get a lot of entertainment and satisfaction from travelling round Scotland's most attractive places at varying speeds.

Editor's note: The questions were answered before the Six Days. Matthew has updated as follows: I had an excellent time at the at the 6 Days in Deeside, managing to get onto the top sheet of results on one of the days. ☺

Summer Internationals

By **RONA LINDSAY (ESOC)**

SOA Regional Development Officer, Central/South

IT'S BEEN A packed summer of racing for our elite orienteers, with World Cup races, the World and Junior World Champs, World Games and the European Youth Champs, as well as some big orienteering competitions abroad such as Jukola. Scottish orienteers have been representing and doing us proud across the board, junior and senior alike.

The races kicked off with the World Cup in Finland in June. Best results came from Kris Jones (FVO) - first Brit in the Sprint; Jess Tullie (BASOC) - first Brit in the Middle; and to Alan Cherry - first Brit in the Long.

Next up was EYOC, this year based in Banská Bystrica, Slovakia. This competition is for M/W16s and 18s, and is a great way to get a feel for a different sort of racing environment, with an opening ceremony, quarantines and GPS tracking as well as the experience of donning a GB top for the first time. Scots made up just over half the team, and there were a number of great performances, with 3 races in 3 days. In the sprint, Eilidh Campbell (MAROC) came an excellent 11th in W16, and Finlay Todd (INVOC) wasn't far behind, coming 22nd in M18, in a strong field. In the Long, Finlay was once again in the top 30, coming 29th, with Grace Molloy (FVO) joining him in the top 30: 28th in W18. Rounding off the weekend, Freddie Carcas (INT) had a great run on last leg of the M18 relay, battling with Norway, Denmark, Czech Republic and Austria to bring his and Finlay's (1st leg) team to 8th, tantalisingly close to the podium, just 13 seconds back. As one of the first steps on the international ladder we are looking forward to seeing what these guys can do in the future!

Then it was the seniors' turn, with the start of WOC in Estonia overlapping with EYOC. Over a week our athletes competing (for GB, Hungary, USA and

New Zealand!) ran 2 or 3 of Sprint, Mixed Sprint Relay, Middle, Long and Forest Relay.

There were some great results, with highlights being:

- 14th for Chris Smithard (FVO) in the sprint;
- 6th for Kris Jones (FVO) and Tess Strain (EUOC) in the Mixed Sprint Relay (a fantastic, but frustrating, result for the team, as a 2-minute error took them out of the running for a medal);
- 16th for Hollie Orr (former EUOC/CLYDE) in the Long;
- 17th in the Long and 15th in the Middle for Jess Tullie (BASOC);
- 18th for Jo Shepherd (former EUOC/INVOC) in the Middle;
- 4th on Leg 1 of the Mixed Sprint Relay and 7th on Leg 1 of the Forest Relay for Fanni Gyurko (FVO).

The orienteering-spectating work procrastination didn't stop there, as after WOC it was JWOC, in Tampere, Finland! For M/W 18s and 20s, it's the pinnacle of a junior orienteer's career. There were 7 Scots (i.e. Scottish natives or Scottish club members) at this year's competition, and you can find out more about the event here: <http://www.jwoc2017.fi/> Jenny Ricketts and Sasha Chepelin give their own accounts of their final year at JWOC in this issue of SCORE..

A couple of weeks later, it was the World Games in Wroclaw, Poland. With around 3500 athletes in total, this is a

collection of competitions for smaller and largely non-Olympic sports such as Squash, Karate, Sport Climbing and Speed Skating, which comes around every 4 years. Laura Robertson (ESOC) achieved a fantastic 11th in the Sprint, with Fanni Gyurko (FVO) and Tess Strain (EUOC) not far behind in 19th and 22nd. Tess further proved her great form at the moment, with 13th in the Middle race. All three had great runs for their teams on Leg 1 of the Mixed Sprint Relay, coming back in 7th (Tess), 8th (Laura), 9th (Fanni).

Outside of the international competitions, there are a number of races well attended by British Orienteers. There were lots of Scots at this year's Jukola - the largest team relay competition held in Finland every year. There were teams from EUOC in both the men's (Jukola) and women's (Venla) events. And there were other individuals running for their Scandinavian clubs. Highlights from the races include a 6th place for Halden Skiklubb with Jo Shepherd and Hollie Orr in the team. Hollie had a fantastic run coming 2nd on her leg! Anastasia Trubkina was on Leg 1 for IFK Mora who were the 8th placed team.

In the boy's race Jonny Crickmore ran Leg 1 for OK Ravinen who were 10th; Alan Cherry's team Nydalens SK were 18th; Turun Metsänkävijat 1 were 22nd with Sasha Chepelin (Leg 5) and Doug Tullie (Leg 2), and Ali McLeod (Leg 6) was running for Lillomarka who were 23rd. The EUOC boys were 128th, and Jack Leitch on Leg 1 definitely deserves a shout out for coming back in an incredible 39th!

What's next? As we go to print, there are more World Cup races in Latvia, and Euromeeting in Norway



CHRIS SMITHARD WOC LATVIA

Photo by: www.wcup2017.lv

a week later. After that, the World Cup final in Switzerland and, for the juniors, JEC (Junior European Cup) in Austria. Closer to home, there are the JHI, SHI and VHI (Junior, Senior and Veteran Home Internationals) in September/October, in Wales, Ireland, and Scotland respectively, and the JIRCs (Junior Inter Regional Championships) in September in SE England. Good luck to all competing! ☺



HOLLIE ORR WOC17

Photo by: Jānis Līgats

Junior Orienteering News

Junior Selections for Scotland

Junior Inter-Regional Championships – Selections

WE ARE delighted to announce the Team selected to represent Scotland at the Junior Inter-Regional Championships (JIRCs) in southern England on 23/34 September 2017.

| | |
|---|--|
| W14 Rachel Brown (ESOC) Pippa Carcas (INT) Amber Graham (MAROC) Hannah Kingham (MOR) (Res.) R. Rona Shearer (ECKO) | M14 Jamie Goddard (FVO) Joel Gooch (MAROC) Ellis Hunter (ECKO) Ewan Musgrave (MAROC) (Res.) R. Pierre Lardet (FVO) |
| W16 Eilidh Campbell (MAROC) Kirsty Campbell (MAROC) Lizzie Stansfield (FVO) Alice Wilson (CLYDE) (Res.) R. Izzy Cox (BASOC) | M16 Alistair Chapman (MAROC) Matthew Gooch (MAROC) Louis Macmillan (ECKO) Peter Molloy (FVO) (Res.) R. Luke Graham |
| W18 Grace Molloy (FVO) Lindsay Robertson (CLYDE) Clare Stansfield (FVO) Emma Wilson (CLYDE) (Res.) R. Jura Macmillan (ECKO) | M18 Freddie Carcas (INT) Tom Lines (ECKO) Finlay Todd (INVOC) Joe Wright (MAROC) (Res.) R. James Ackland (INT) |

Junior Home Internationals – Selections for Scotland

WE ARE delighted to announce the Team selected to represent Scotland at the Ward Junior Home International in Wales on 7-8 October 2017.

Note: Reserves are non-travelling.

Selection Panel:
Marsela McLeod (SOA Performance Director),
Marjorie Mason and
Elizabeth Furness (ScotJOS).

| | |
|---|--|
| W14 Rachel Brown (ESOC) Pippa Carcas (INT) Amber Graham (MAROC) Hannah Kingham (MOR) (Res.) R. Rona Shearer (ECKO) | M14 Jamie Goddard (FVO) Joel Gooch (MAROC) Ellis Hunter (ECKO) Ewan Musgrave (MAROC) (Res.) R. Pierre Lardet (FVO) |
| W16 Eilidh Campbell (MAROC) Kirsty Campbell (MAROC) Lizzie Stansfield (FVO) Alice Wilson (CLYDE) (Res.) R. Izzy Cox (BASOC) | M16 Alistair Chapman (MAROC) Matthew Gooch (MAROC) Louis Macmillan (ECKO) Peter Molloy (FVO) (Res.) R. Luke Graham |
| W18 Grace Molloy (FVO) Lindsay Robertson (CLYDE) Abigail Mason (MAROC) Emma Wilson (CLYDE) (Res.) R. Clare Stansfield (FVO) | M18 James Ackland (INT) Tom Lines (ECKO) Finlay Todd (INVOC) Joe Wright (MAROC) (Res.) R. Jake Chapman (MAROC) |

Junior Orienteering News

Junior Development and Coaching

Junior Development Action Plan

By **MARSELA MCLEOD (INVOC)**

SOA Performance Director

FOLLOWING THE recent Junior Development Conference, SOA was tasked with exploring representation at JIRCs as two regions, whilst retaining three separate regions for the purposes of Junior Inter-Areas. Myself, Elizabeth Furness, ScotJOS Manager, and Johannes Peterson, Regional Development Officer (North), met recently to discuss junior development and the possibility of having two teams at JIRCs.

After careful consideration, it was decided to put on hold the splitting of the Scottish Team, and concentrate our volunteer efforts in progressing the development of area squads, thus providing the missing link between club coaching and ScotJOS. It was decided that our volunteer efforts would be best directed toward fostering thriving area squads where there is an opportunity to maximise development opportunities for all juniors. These squads, then, will form

the basis for selecting teams for the Junior Inter Area Competition i.e. West, East and North. It is envisaged that in the first year two coaching days would be run in each area: one in spring and one in autumn. Depending on the success of these squads, SOA may consider the viability of dividing Scotland into two teams for JIRCs in the future.

Rona Lindsay will be taking the lead on behalf of SOA, and will work with clubs to ensure the realisation of this initiative. ☉

Junior Open Coaching Weekend

By **SUZANNE ROBINS- BIRD (INVOC)**

AT THE JUNIOR summit in April a clear need was identified for higher level coaching to be made available to those juniors not selected for the Scottish Junior Orienteering Squad (ScotJOS.)

As a result, it was decided to run an Open Junior coaching weekend based at Maryculter Scout camp using some of the excellent Deeside areas. The weekend of 17-18th March 2018 has been chosen, as it is clear of all major competitions. Twenty four places will be available to M/W 14 and M/W16 juniors currently running at TD4 and TD5 who are not part of this year's junior squad. We hope to provide a weekend of quality coaching combined with a chance for juniors to socialise with others of a similar standard



JESS TULLIE COACHING NORTH AREA JUNIORS

Photo credit: S Reynolds

from other clubs.

Further details and booking forms will be made available via the SOA website in due course. Places will be allocated on a first come, first served basis with an initial maximum number per club.

I will be looking for volunteers to help with coaching, driving, catering and control hanging. ☉

Junior Orienteering News

Junior World Orienteering Championships

By **JENNY RICKETTS (EUOC)**

FOR THE TWELVE athletes selected for the Junior World Championships in Finland, this was it, the climax of what we had been training for all year. Many of us had been on the pre-JWOC camp to Tampere last August and a few of us also trained in Tampere before Jukola so we knew what to expect.



JENNY RICKETTS

Photo by: Marjo Lalli

We flew out to Helsinki on the 5th to allow a few days to get to grips with the Tampere terrain before the competition started on the 10th of July. The team atmosphere was great and everyone was excited for the coming week as we finished off our final preparations.

The week started with the Middle Qualifier. For the whole week everyone had GPS tracking; something none of us were used to but great for analysis after. As everyone was quick enough to get into the A Final the aim was simple: have a clean run. However, this is easier said than done, and it was a mixed day in the forest with half the team making it through, including all four Scots. I was satisfied with my run, but made a few small mistakes and didn't feel good physically, so was very happy with coming 5th. For me, it was a nice way to start the week and get into racing in Finnish terrain without too much

pressure on the result.

The Middle final was a slightly different style to the previous day, and at the start there were lots of controls close together in complex terrain with a long leg with the option of a path route round some slower terrain. The first part of my race was clean but I made a mistake on the route choice due to the vegetation and went straighter than planned. After the run through I was in too much oxygen debt but tried to concentrate. This worked for a couple of controls but I then proceeded to make 3 mistakes in a row on the final 3 controls. The mistakes at the end combined with the long leg put me out of a top 20 but I was still pleased with the 24th after a challenging season.

Having struggled with exercise-induced asthma for all of this season I had some breathing issues after the Middle which meant I had to pull out of the sprint the next day. However, Sasha smashed it to come 5th which was awesome to cheer on the podium. Thankfully after the sprint we had a rest day so I had two days to recover before the long.

It was challenging to get my head in the right place for the Long as I wasn't sure how I would cope after the two middle distances and I knew I was a lot fitter in February. However after training in Tampere during the days before I was confident in my navigation and was determined to get the best result I possibly could. I decided that if used my inhaler at the beginning, part way through and at the finish I would be ok and again just really tried to focus on



JWOC TEAM GB

Photo by: Paul Murgatroyd



SASHA CHEPELIN ON THE PODIUM AT JWOC 2017

Photo by: Marjo Lalli Photography

getting the navigation right and to push as hard as I possibly could when I could.

For the first few controls I was purely aiming to find the controls which I mostly did. However I didn't see 2 straight away and was very hesitant on the ride. Additionally I should have aimed to go to the right on 7 as didn't think about not being able to climb the crags. To 11 I saw the road route but decided that for me on this day it would be better for me to go straight. The silver medallist, Veera Klemettinen caught me up part way through as well which was nice to have some reassurance through the green although there were many points I couldn't see her. Although it didn't feel like she was running very quickly at all I was struggling so got dropped pretty quickly and could only see her in the distance. The remaining controls were fairly straightforward so it was about retaining concentration and keeping pushing. I don't think I could realistically been much cleaner on the day so very happy with what I did. I ended up 13th, just under 2 minutes off 6th which was

beyond what I could have hoped for.

After lots of good results from team GB on the Long we were all very excited for the relay. We knew that on a good day we had a chance of doing well. However it was very easy to make mistakes and several people lost time. The results were not what we wanted but there's a lot of promise for the future. I was happy with my run apart from a small mistake so was very satisfied with my performances over the week.

JWOC 2017 was an incredible experience and a great final Junior International competition for me. It was so much fun to be part of the team which got one of the best overall performances from GB. There were eight top 20s, Sasha had the best overall performance by a GB athlete, and it was the first time there were three GB girls in the top 20 on the Long. Massive thanks to everyone who has helped me and the whole of team GB over the years.

For GPS traces and results: <http://www.jwoc2017.fi/> ©

Junior Orienteering News

Junior World Orienteering Championships

By SASHA CHEPELIN (EUOC)

MY EXPERIENCE at JWOC this year was a surprising, but unforgettable one. Having been through three unsuccessful JWOCs, and especially after pulling out of JEC (a home turf international) last October due to illness, I was feeling somewhat demotivated from racing again internationally.

Over the winter though, my drive was rekindled and I really stepped up my training. I delivered as planned at the selection races while continuing a heavy training schedule and reached the end of May knowing I was easily in the best shape of my life.

I flew out to Finland on the 1st of June and spent all but three days in the country before JWOC in mid-July. Aside from a week of post-Jukola illness, everything went to plan and I was even able to enjoy some relaxed holiday time. Training and racing in highly relevant terrain was boosting my confidence, so with a week to go and the illness now behind me, I was ready to give JWOC a final shot.

The Middle Qualifier wasn't an ideal beginning to the week. Although I qualified comfortably as first starter, I had really struggled to race on a pair of wobbly, knackered legs and began to suspect my risky lack of taper hadn't been a smart move. I started the Middle Final with this worrying thought in my head and rushed the orienteering in the first pick section, losing 90s. However, my legs had thankfully awakened, so I gave it

everything I could in the second half. I gained lots of places running at the winner's pace but I still ultimately finished as the biggest loser of the race – 7th by one second. Although usually frustrating, I was incredibly proud of the result. There were three races left and I now knew I was in a position to better my 7th place – which for me, was already the result of a victorious championships.

The Sprint was a very puzzling event. After having effectively no specific preparation prior to the race, I was ready for it to be a write-off. I headed out with the ambition of solid plans and only running hard when the course allowed for it. My speed felt slow and the race was riddled with hesitations, but it ended up being the best result of my life so far. I certainly enjoyed the praise and podium experience, but even now can't understand how it was possible. Perhaps this kind of unprepared and apprehensive attitude is my optimal preparation for sprint races.

Any doubts about finishing the Long race in one piece (having injured my knee in the sprint) were dissolved after some painkillers revealed a truly fresh pair of legs during my warm up. I headed out determined but soon felt low on energy in the gaffled phi loop. I lost a bit of time but then had a really solid second half. The cherry on the cake of another solid final result came from running the fastest split after a far from ideal route/execution

on the long leg. I take great pride in knowing that for a crucial quarter of the race, I was the fastest, and yet still had room to improve.

The Relay was yet another very pleasant experience that was made possible by a great first leg from Alex Carcas. I finally had a chance to race near the front of a JWOC relay, and I was happy with my run given a pair of really tired legs and increasingly sore knee. Unfortunately our anchor leg struggled with his race, but we certainly don't blame him. I'm not sure anyone could have handled the high-pressure situation well against such strong opposition, and I'm confident the team will crack it someday soon anyway!

It's hard to pinpoint, but I think the key difference this year is that instead of pushing myself to perform exceptionally and run perfect races as I have at previous JWOCs, I've successfully brought my 'average run' up to a level that can compare to the top. Initially learned from Mark Nixon, I really respect this approach, especially for such an unpredictable and variable sport.

I have many people to thank for helping me reach these results - especially coaches Oleg Chepelin and Mark Nixon, the GB and EUOC squads, and number one fan Fiina Närhi, as well as everyone for the kind words post-championships. Before JWOC, I was considering taking time out of orienteering but now there's no excuse - onto some exciting senior years ahead! ☉

Junior Orienteering News

Badaguish British Orienteering Talent Camp 2017

By ALICE WILSON, W16 (CLYDE)

IN THE WEEK before Scottish 6 Days I attended the BOF Talent Camp held at Badaguish near Aviemore. When I found out that I had been selected for this camp I was really surprised and excited because my selection was a bit unexpected, and I was pleased that several of my friends had also been invited to attend.

On the first evening, we played one of those classic "get to know everyone" games and then we had a brief introduction to the camp that gave us an outline for what lay ahead in the week to come. Each day we had a different focus, such as route choice or contour visualisation, and would do training that was specific to this goal. Every evening we would have a debriefing where we would either analyse the

training we had done that day or learn about how to get the most out of your training in an everyday setting, both technically and physically.

The first day was physically tough. We had two time trials, the first of which was a 2-km terrain time trial, and the second of which was a 1.5-km path time trial. After these we jogged down to Loch Morlich for a well-deserved dip before heading off to Loch Vaa for the "technical" (i.e. the orienteering technique) assessment. I found all of these assessments quite hard, but they showed me more clearly what my strengths and weaknesses are.

The rest of the week was less stressful and went by quickly. Each day we would focus on a slightly different area of our orienteering



ALICE WILSON

Photo by: S. Wilson

technique, such as bearings, map memory, creating a picture of the terrain ahead, etc.

Overall, I enjoyed the camp because it made me more confident in my orienteering technique and helped me decide what to work on in the future in order to keep improving, and also because I enjoyed spending time with some of my friends. ☺



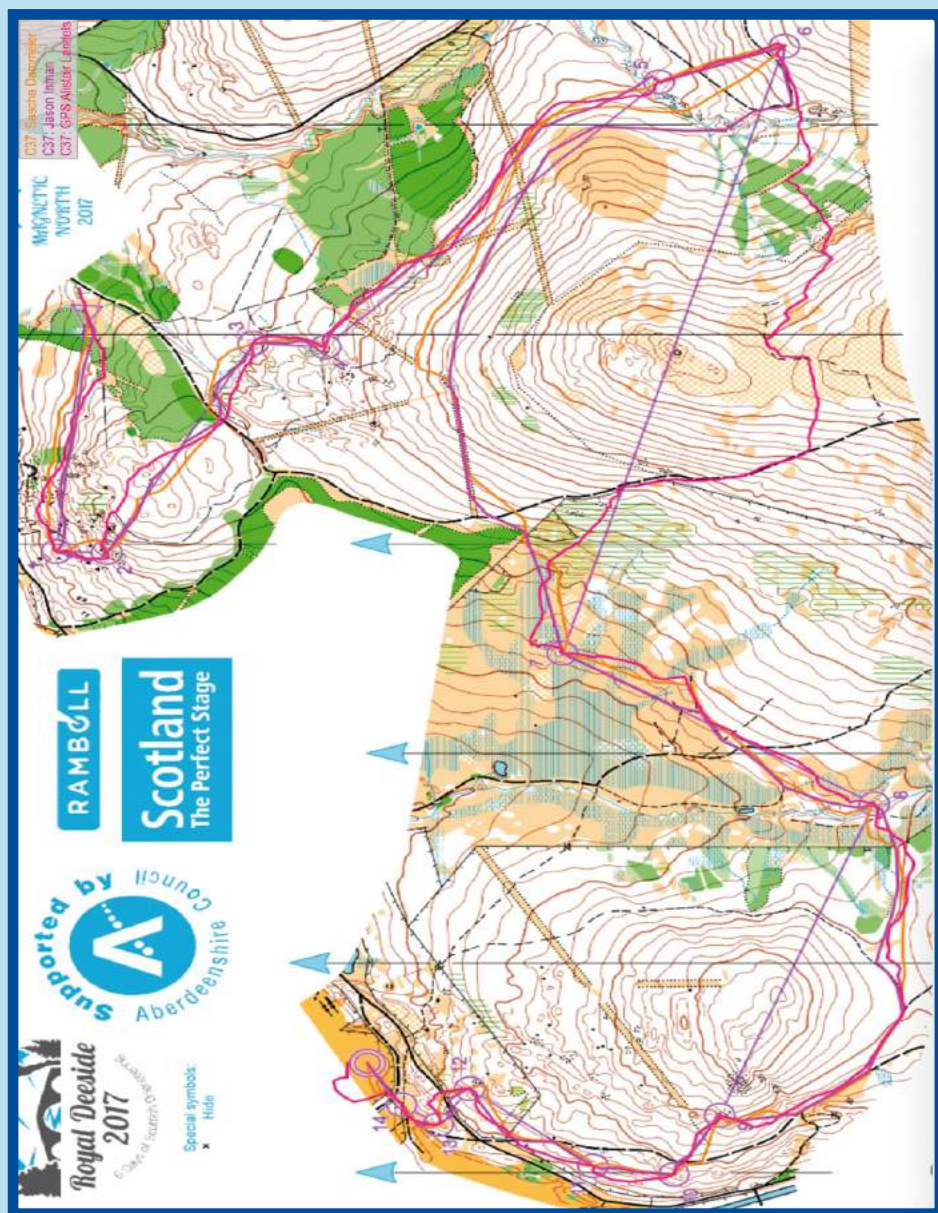
BADAGUISH CAMP

Photo by: Paul Murgatroyd

Maps & Discussion

Compiled by **J. MUSGRAVE (MAROC)**

2017 Royal Deeside 6 Days Coordinator



Roos Eisma, Day 1 Planner, Course 37 – M45L

We spent quite a lot of time deciding on the start for the longer courses, and quickly realised that we would need to bring competitors out beyond the boggy area and past the unpleasant dark green area next to it (not shown on the maps).

The actual start was a compromise in that it was a bit further than ideal, and rather rough underfoot to start with, but it gave a lot of courses access to this intricate area, and allowed good flow of the courses. A bit of gardening (many thanks to controllers Ian and Ewart) made quite a difference here.

The first section just west of the start is very steep and rocky, especially the more northern parts lower down the hill, so we decided to keep the older age groups to the higher controls, and only use the lower controls for the younger age groups. The area dictated the overall style of planning: there are sections that have very few possible control features, and some of these when checked looked too much like bingo controls. We decided to concentrate the controls in those areas with a lot of detail and to have long legs in between, where possible offering route choices and the challenge of holding a direction while circling a hill and gradually climbing or descending.

This course is too short to make it to the Eastern parts of the area, but travels South to set up a long leg over/around the hill, with Leg 6 there to bring the course higher up the hill.

The route choice is a bit more biased towards 'around' than 'over,' but this also provides choices of level for following the contour around the hill. There were limited options for control 7, as this area has few useable features and the marshes are too changeable to use. Also, with a number of similar courses and so many competitors we wanted to spread the load over multiple controls, with not too many courses sharing each individual leg. We also tried to avoid having two courses share more than a few consecutive legs, especially adjacent courses where competitors are more like to have a similar speed.

I really liked the views ahead on leg 8, but I don't know if anybody took the time to appreciate these!

The controls in the West of the area allowed us to adjust the length of each course. Courses 31, 34, 35, 36 and 37 all have a similar outline, but diverge in the final part. Course 37 still needed some more distance so could take in some controls in the very Western bit of forest before heading towards the finish, while providing another right/left/over choice. There are three controls in the pretty area just South of assembly, and three controls in the fenced off section of forest South of that. Almost all courses use one of each set of three, giving nine possible routes between them, ensuring that runners have to continue to pay attention.

Competitor Comments

1st Sascha Dammeier

It was a rather smooth run with some minor inaccuracies. To control No. 2 I have been too far East, distracted by a couple of other runners. With regard to No. 3 I had planned to attack the control more directly from the track, however the small valley with the ditch misled me to some extent. On my way to No. 7 I had problems to determine

the exact height. Eventually I spotted the clearing and corrected, although it would not have been necessary to hit the tiny stony hill exactly (as originally planned).

To No.8 it would have been easier to traverse the open heather area in front of the control but I came too far downhill resulting in a tedious ascent alongside the stream. Attacking No. 12 I ran too far uphill. >>

<< For a moment it confused me, that the upper part of the re-entrant was also very distinct, and a lot of runners were coming down. These are probably the most important comments to my route of day 1.

2nd Jason Inman

Preparations for achieving my best possible results included training for the Llairig Ghru trail race in June, and three orienteering sessions in the week before the 6 Days to help get into terrain and technical shape. I had also placed plenty of pressure on myself by only entering four of the six days, in order to stay fresh between races, and to enjoy some family-focussed days during the week (young Matthew put paid to that when he enjoyed Day 1's white course so much he insisted we go to every day!).

I had a middle start at Glen Tanar, and it was clear to see straight away, by the boggy trod out of the start kite, that there'd be some tracking to make use of. Legs 1 and 2 looked tricky so I took my time to read the contour and rock detail across the slope to 1. Thankfully the planner had placed our control on a feature on the far side of all the tricky stuff so it was easier than some legs offered. I nearly came up short on No. 2 because there was more broken ground rock than shown on the map but held my compass line and hoped - phew!

I missed the ride option to 3 and chose to red line it to the edge of the green by the big track and used the ride in from there. No. 4 was easy, with 4 to 9 more physical than technical. I was concerned these wouldn't suit me, so I pushed as hard as I could. Looking at the splits I was out-run here by the top two guys, my only saving grace being that I chose to contour round from 6 rather than climb the hill

(my belly's still making decisions for me! ;-)) which I heard was extra heathery. Going round to 9 looked like a no-brainer to me and it actually came up much quicker than I expected when ascending from the track. The rest were flat and downhill short legs pushing for home. I worked hard to read the detail, spot the right crossing points, use my compass (baseplate) lots and be on top of the control descriptions.

When finished I was pleased with my technical clean-ness but knew I'd probably be down on the better athletes. I got in a good warm down and fuel/liquids and went and sat in the river with James Williams to flush the legs.

3rd Alistair Landels

GPS route uploaded and corrected.

Control No. 2: Was a bit unsure and to the right.

No. 7: Lost 2+ minutes due to the unmapped waist-deep heather on the top of the hill, and 10 seconds getting into the control.

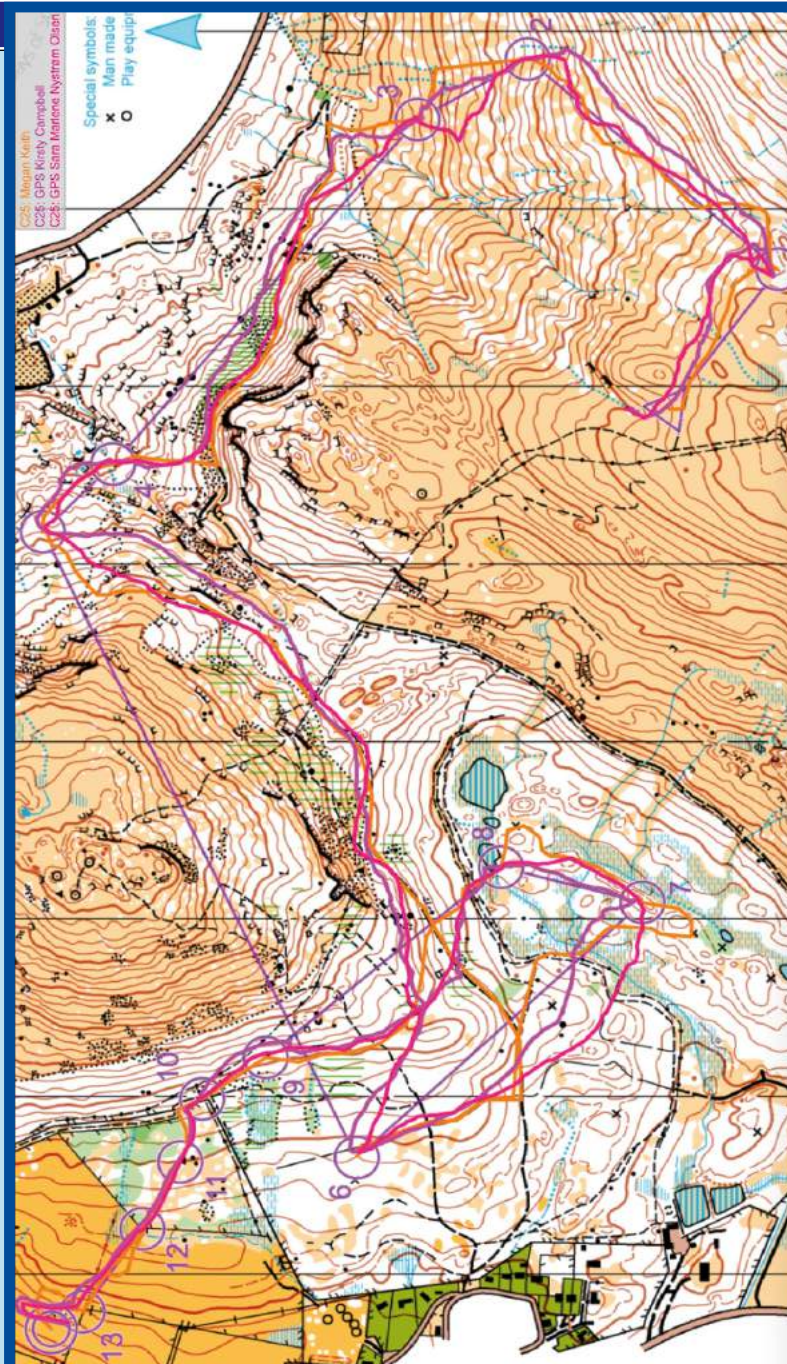
Nos. 8 & 11: Was a bit unsure of but didn't really lose much time.

No. 13: Lost 5-10 seconds running to the wrong hill :-P

Otherwise a fairly clean run.

Sascha was generally running faster than the rest of us most of the week as you can see from the splits. Am really happy with my week overall having finally put together some better results compared to most of the the last year since moving back to the UK.

Really enjoyed the changing and more technical terrain on Day 3, pity there wasn't more of that. Physically I was running ok, and glad of reading the map to distract me from the constant pain from my arthritic foot which really doesn't like the rougher underfoot conditions in Scotland.



Continue
 over
 page for
 planner and
 comments
 >>

Ross Lilley, Day 4 Planner, Course 25 – W16A

W16 uses a couple of good legs that I tried to incorporate into all the longer courses that start at our Red and Blue starts up the hill.

The area can be split into two contrasting terrain types: the steep heathery hill behind Creag Choinnich that is difficult going unless under the mature pine canopy, and the fast gentle slopes under mature pine around the base of Creag Choinnich.

I tried initially to take some courses over the top of Creag Choinnich but quickly dismissed this as it involved too much climb and prevented me using some good legs for the longer courses.

The W16 course starts half way up the steep heather hill behind Creag Choinnich and so avoids excessive climb on the course. The first 3 legs quickly descend the hill to the start of a good leg (3-4) that traverses a complex craggy slope to the base of Creag Choinnich. Although the descent to control 3 makes it easier to negotiate the heather, I inserted a traverse to the first control to ensure the worst of the long leggy heather area is avoided. Thereafter, most of the descent (1-2) is under the mature pine canopy. Contour and rock features are few and far between on this slope making these first three controls quite a tricky start.

I tried to get the traverse to the base of

Creag Choinnich (3-4) into all of the Blue/Red start courses as it offers multiple route choice over a relatively long leg. It's quite difficult to work out how to contour this hillside. There is a track that diagonally dissects the leg which some will be tempted to use to avoid the craggy slope below. However, it is difficult to attack off this track until you have climbed 50 metres above the 4th control. The direct route contours along the slope through the crags which, if negotiated carefully (avoiding the scree slope immediately below the track), isn't too bad running and potentially offers the better route choice.

There then follows another good long leg (5-6) that I tried to get into most courses. It traverses the south facing slopes of Creag Choinnich. There's a fast, but less direct, route choice that takes a sweeping curve through the mature pinewood at the base of the hill. The rest of the course is now in this fast runnable gentle contoured area before it dovetails with all the other courses through a single exit from the forest before the finish field. Navigation is easier on this half of the course but one will have to concentrate to avoid being distracted by other competitors. It is fast going, and just about every feature has a control on it as all courses use this part of the map.

Competitor Comments

1st Megan Keith

The terrain was very varied throughout the course - the open land at the start was on a steep hillside with deep heather which made running a lot slower. I found this the most challenging part because there were no obvious catching features or attack points so I had to really concentrate to avoid overshooting. In particular I found leg two the trickiest as an overshoot would

have been very costly. I tackled this leg by heading north-north-east out of the control circle until I hit the dot knoll. I then ran north-east downhill until I came to the level ground because it was the most obvious feature. After that, the navigation was more straightforward although the ground remained rough into the forest.

The second part of the course was in a wooded area with a path network which

made for faster running. Although I kept in contact with the map on the long leg to 6 I did lose some time due to bad route choice. I was thinking about traversing round until I hit the wall and path but for some strange reason I decided to head up the hill but had to come back down because it was so steep! The last few legs in the lower Creag Choinnich woods were easier and made pleasant running although I suffered from brain freeze on leg 13 and thought I might have punched the wrong control so ran back up to the checkpoint to make sure. My spilt time for that leg was 1:19 putting me 40th out of 40 on Winsplits!

Overall I really enjoyed the course and the terrain and I think it suited me best out of the six days!

2nd Kirsty Campbell

I felt well rested and ready to run on day four after the Wednesday rest day, so was feeling good heading to the start. I knew that I was starting a few minutes after Megan Keith, which I kept in mind round the course helping me to keep up a good pace trying to catch her. I had a slow start through the deep heather, making a 2-minute mistake to the first control by going too low around the spur and then having to climb up into the re-entrant.

Number 2 was a good leg, I had a clear PDP going to the control. I made sure to stay high whilst contouring around the hill so I was able to see the control from above. I was a bit slow going to 3 as it was hard to spot a pit in the deep heather so made sure my bearing was accurate and I didn't overshoot the control.

For legs 4 and 5 I was glad to get into faster terrain so took the track to the vegetation boundary and down into control 4, and then a short bearing to 5.

The long leg to 6 I made sure to have a clear plan because recently I've made most of my mistakes on long legs. I caught on to

the track and followed it round the hill, cut off it when I saw the big crags and then into a bearing across the small hilltops to my control. The next few controls went well until 9, where (again) I was too low on the slope, so lost time with the extra climb.

I liked the last 4 legs as they were short and super fast and got my speed up coming into the finish. It was fun being able to see and hear the finish with still 4 controls to go and since all the courses came through those same last controls, I didn't really need to navigate much so focused on running fast to the finish.

I missed out on first by 32 seconds to Megan, but I really enjoyed day 4 because of the mixture of terrain and technicality of the legs. I was also very pleased to beat my sister :).

3rd Sara Marlene Nystrøm Olsen

My run was fine, because I didn't make any huge mistakes. However, I didn't do a clean race. I had too many little mistakes. I lost three minutes in total on the first three controls. I followed the elephant path to the first control, and had to climb back up again. To both the second and third control I was scared of going too far down, thus I stayed too high.

Luckily I did see the controls. On the long leg I didn't find the path, and was a bit unsure when getting close to the control. I enjoyed the forest at the end better than the open bit at the start, therefore I was a bit envious of the people on the shorter courses whose courses were just in the forest. The forest is comparable to terrains near Stavanger, thus I felt at home here. The terrain at the start was heavy going, but since our course only went down it was quite fast.

I enjoyed all six days at the Scottish, but I prefer the more technical areas like day 1 and 3. I already look forward to Strathearn in 2019.

Jukola 2017

By TAM WILSON (EUOC)

The JK this year had about 2,200 runners which seems like a lot of people. The Scottish Six Days pulled in a few more with around 3,200 competitors. “Oh my” I imagine you’re saying, “That’s like the entire population of the Falkland Islands all decided to take a national trip to Royal Deeside” and you’d be right to say that.

Now consider that there were 1,545 seven-person teams in Jukola last year, meaning there were roughly 10,800 runners entered - about four Six Days'-worth of navigation-hungry nutters. That's about 2,160 cars, 197 packed coaches or 26 Boeing 747s full of people looking for a run in some tasty Finnish forest. And that's not even including the 1,270 four-person teams running in the women's race, Venla, held just a few hours earlier.

In case you haven't quite picked up on my point here: that's a crazy number of people. This year, standing beside the run-out, only a few hundred metres from the start line, we literally clapped and cheered solidly for over three minutes from the first elite blur passing until the last slightly portly old man struggling to unfold his A2 map. Three minutes of runners passing solidly. And that's only first leg runners.

For those who may not know, Jukola is an overnight 7-leg relay held annually in Finland. Now I know what you're thinking: How do they all find space to camp? How do they even all fit on the start line? How many miles long are the toilet queues? The answer is that over the last 70 years

the Finnish Army has near perfected event management. It really is something to behold; you should visit just to experience that assembly atmosphere.

Whereas in most British relays the pack thins out after the first few controls of the first leg and you are left either alone or maybe with one or two others, at Jukola the pack never seems to thin out; even running leg seven, after eight hours of racing, there are still hundreds of people about. There are always a seemingly solid stream of old Finnish men steadily running through the forest. And while you faff about in the circle failing to find the flag, they always seem to be nailing the navigation, which is maybe the most annoying part.

Let me paint you a beautiful word picture: You're running through the terrain in a line of people. It's dark but between you and the 20 or so other people in the lines' head torches, you can see where you're going reasonably well. There's another train to your left and yet another somewhere off to your right. You feel uneasy about where you're going: you suspect your direction might be off. You try to glance at your map but you can't get a good look at it



TAM WILSON

Photo by: S. Wilson

or you'll get dropped. You run the wrong side of a boulder and instantly lose a couple of places in the group. The line of people rollercoasters over the hills and valleys, before steamrolling across a marsh until you arrive at a boulder with a control tucked behind. Damn. It's not yours. The train however seamlessly punch and carry on into the night, leaving you stranded. You hastily relocate and realise your control is just over there, so you sprint over and punch the correct control just as the next train arrive and you latch on the back. Maybe it was only a 1 minute mistake, but you easily lost 20 or 30 places. Oh well, just another hour of this to go.

But when you're not making mistakes and you know where you are, it's truly unique type of race. In my experience,

you settle into an uneasy relationship with the people around you. You know it's a competition, but you feel inexplicably attached to your little group. You begin to learn their O-tops and what back of their heads look like. You're almost a team: it's you against the night. And yet at the same time, you sort of hate their guts and make a solemn vow that you will do whatever it takes to get ahead of them. If you hit a track or a faster train comes through you, you'll do everything possible to drop them and get away. It's a unique Jukola experience. (At least this is what I felt, maybe others are less clingy with random, surrounding competitors.)

Edinburgh University have sent a team for the last 3 years running, and chances are we'll be back this year to keep that streak going. Last year was our most successful with a respectable 128th place finish despite a certain team member missing a certain change-over because he was too busy being a damn idiot sleeping soundly back at the club tent, losing us about 20 minutes total and a top 100 finish; not that I'm bitter. I'm totally over it now anyway. It's fine.

I'm not sure there are many other orienteering events or even events in sport quite like it, where you get these stories of 7 friends that have run as a team for 50 odd years, always coming back for more

navigation-based fun. I even heard about a group that are now too old and frail to run, but still meet up at Jukola every year to watch and be merry. Like I said, it's a nice place to be if you're an orienteer.

So I guess what I'm trying to say is that if you haven't been, it's at least worth a visit and to be honest, it's worth one even if you've been before. I urge you, run to your club captain/club chairman/parents and ask them, nay, beg them, to get your club to send a team next year. In 2018, Jukola is just west of Lahti, a mere hour's drive from Helsinki, so is ideal for a fun club trip. I can only advise you enter your team and book your standard issue Finnish Army tent now. ☉

bto SOUL 2017

By **PAT SQUIRE (INT)**

bto SOUL Coordinator

FIRSTLY, IN my previous report I wrongly claimed that several of the areas were being used for the first time in this year's SOULs. In fact, only the Bughtlin area of Edinburgh (SOUL 2) was being used for the first times. My apologies for this error.

To date, six events of this year's series have been completed, most recently bto SOUL 6 at Ballater as part of the Scottish 6 Day's week. Not surprisingly, participation numbers were very high with 587 runs recorded; there were 677 participants at the equivalent event in Forres in 2015, when the Scottish 6 Days was held alongside WOC.

Courses for the Scottish 6 Day event started on the wooded slopes of Craigendarroch before passing through a small area of parkland into residential areas in the north of Ballater where

a variety of streets and alleyways provided a degree of route choice and attention to detail throughout.

In the Women's Ultra Vet class Sheila Strain (ELO) has now reached the 500-point mark and thus has an unassailable lead. In all other classes there will still be plenty of competition, with five events remaining in this year's series before the outcomes are decided.

The series for 2018 is starting to shape up, with 5 events already pencilled in the calendar. I will be contacting club secretaries later in the Autumn with an invitation to offer events for the series but if they, or others, wish to be proactive I will be pleased to receive details (however preliminary) of any proposed urban events that might be included in the 2018 bto SOUL series. ☉

By HELEN O'DONOGHUE (SOLWAY)

THE REQUEST of me was clear – might I write an article for Score for a target audience of orienteers new to the sport, addressing activities and games that folk could do on their own with a view to practicing orienteering skills.

Quite frankly I thought it a barmy suggestion and my first reaction was how might I politely decline. (Sorry Sheila & Lynne.) The complexity in the sport would make this unachievable. After switching off the computer I headed to bed and duly drifted off to sleep... only to wake up at 2am with my head full of possibilities, ideas and the

realisation that one article would probably not do the subject justice!

Now I am not suggesting for a moment that these articles will take the place of spending quality time with an orienteering coach - far from it. Rather, the idea is to complement the more conventional routes of learning. Offering folk the opportunity

to consolidate knowledge in their own time will reinforce learning at coaching sessions; the orienteering equivalent of the golfer who takes his clubs to the local green space to practice their swing or the footballer who practices their ball skills in the back garden.

My start point is the map, as understanding the information on them is central to our sport.

Always check what the scale and contour interval is when you set out on a course. This one has an unusual scale.

The map legend or key to the map symbols

This bar shows you the scale of the map in a different format and helps with distance judgement.

The text at the bottom gives information about when the map was drawn and if it has been updated.

Modern maps are usually drawn with north at the top and the vertical lines are there to help orienteers take bearings.

Two types of terrain are shown on this map. The top section is a more traditional forested area and the bottom is more urban in character.

Bar Hill Plantation & Colliston Park
Scale 1:5,000
Contour interval 5m

0 metres 500m

Bar Hill Plantation & Colliston Park
Scale 1:5,000
Contour interval 5m
Based on the Ordnance Survey Mapping with the permission of the Secretary of the Ordnance Survey
© Crown Copyright 2008
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Get into the habit of checking the following:

1) What is the scale on the map?

In this case it's 1:5,000. The same information is shown again in a different format i.e the bar divided into five units. This represents what 500 meters looks like on the map and makes distance judgement easier. Similarly check what the contour interval is – 5 meters is the most common

but in areas with intricate contours e.g sand dunes, the interval could be 2.5 meters.

2) The map legend or key.

Look for the unfamiliar when checking this. Unfortunately there will be times when this information is missing or covered up so it is a good idea to learn what the symbols mean. A comprehensive sheet produced by Simon Errington is available on the Maprunner website

– please respect the free-for-personal-use conditions of this and the other sheets on the web site. I would suggest that you print out and laminate a copy as it will be useful for the activities below and a useful addition to your kit bag for last minute pre-race review.

<https://www.maprunner.co.uk/resources/Maprunner-map-symbols.pdf>



Map symbols are assigned a colour depending on which of four categories they fall into. Learn what the different colours are used to represent as this will provide an initial clue when working out what a symbol means if the symbol is not immediately recognisable to you:

- **blue** = water
- **brown** = land forms e.g. hills, depressions, re-entrants (valleys)
- **black** = rock or man-made e.g. houses, paths, walls, fences
- **green, yellow & white** = vegetation. On courses from Orange upwards competitors will be cutting across country and need to have an idea of what they are likely to encounter. At this stage all you need to be aware of is that the darker the shade of green the thicker the vegetation and the slower your rate of progress.
- **purple/red** = over printing of course information. This includes not only the locations of start, finish and controls but also other information such as areas which are out of bound, prohibited routes, crossing points.

Continued >>

Orienteering Maps - Sole-O

So, by now you are some way to understanding maps. Watch the following short video on Youtube by Andy Paterson of Clydeside Orienteers to see how all of the different elements come together. <https://www.youtube.com/watch?v=vug5kiA67N8>

Which brings us to some activities to help you learn. Below are links to 3 sets of map symbol flash cards which you will need for some of the activities below. (Nb. When printing out use thicker paper to ensure that the printing is not visible from the back. Keep these cards in a safe place as I plan to use them again in a future article.)

<http://www.solwayorienteers.co.uk/score/cards1.pdf> This set covers most of the basic map symbols.

<http://www.solwayorienteers.co.uk/score/cards2.pdf> And this set will add to your knowledge.

<http://www.solwayorienteers.co.uk/score/cards3.pdf> This set covers some of the more common symbols which are over printed on maps.

1) For 1 player

Mix up the cards and challenge yourself to see how quickly you can correctly pair up the symbols to the words.

2) For 1 or more players.

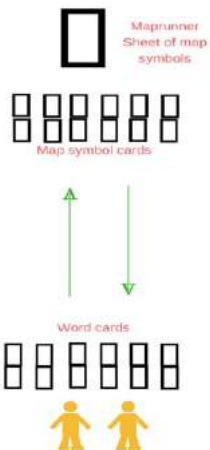
Pelmanism. Sort the cards into two piles, i.e. words and symbols. Lay them out, face down in two separate grids: one grid containing all the word cards and the other the symbol cards. Turn over two cards at a time, one from each grid. If the map symbol and word match then those cards are removed from the grids. The winner is the person with the most correctly-paired cards.

3) For 2 or more players

Map symbol relay. – Lay the cards out according to the image. Place your full list of map symbols (from the Maprunner link above) as shown. To add to the fun, lay the cards out as shown on the floor of a large open space, and construct a mini obstacle course between the two sets of cards e.g. plant pot slalom, a section of imaginary “bog” which must be jumped over... I leave the details to your creativity. Once set up and the rules regarding how to negotiate the intervening area between the two sets of cards have been established, take it in turns to pick up a word card, negotiate the obstacle course select the correct map symbol card and run back to the start. Anyone who needs a bit of a prompt can use the symbol sheet at the far end.

4) For 2 to 8 players

Kaboom. a fun competitive game, with an element of chance thrown in, which uses the map symbols flash cards above. Instructions are at this link: <http://www.solwayorienteers.co.uk/score/kaboom.pdf>



For the slightly more experienced beginner who has a reasonable knowledge of map symbols, there are several on-line quizzes on the Octavian Droobers' website - I would suggest doing this one first as some of the others are fiendishly hard:

<http://octavian-droobers.org/od/quiz/mapsymbols/mapSymbolsAll8.htm?t=>

British Orienteering has produced a spot the difference map challenge sheet which junior orienteers will enjoy:

https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_worksheet5.pdf

The answer sheet can be found here: https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_worksheet_answers.pdf

There are a couple of sub-sets of map symbols in addition to the main ones above and they address particular formats of orienteering. These sheets are also produced by Simon Errington and are on

the Maprunner web site. Many of the symbols are familiar but if you look closely you will notice some unfamiliar ones and a couple which have been reassigned:

- **Schools orienteering:**

<https://www.maprunner.co.uk/resources/Maprunner-schools-map-symbols.pdf>

- **Sprint/urban:**

<https://www.maprunner.co.uk/resources/Maprunner-sprint-map-symbols.PDF>

Orienteers interested in competing in an urban environment may be interested in a resource on the Orienteering Canada web site; a match the photo to the map segment activity. Be warned, it is hard! <http://www.orienteering.ca/wordpress/wp-content/uploads/Match-Game-Urban.pdf>

My article for the December issue of SCORE will cover setting/ orientating the map. ☺

The Orienteering Foundation

By **NEIL CAMERON**

Chairman & Trustee, chair@orienteeringfoundation.org.uk

THE ORIENTEERING FOUNDATION relies on our many generous donors to build a cash fund that the Trustees of the charity can use to support innovation or alleviate hardship and thus help develop UK orienteering. As a charity, donations often benefit from Gift Aid, greatly increasing the money raised from each donation made by a tax-payer.

Recently, for example, we have supported the Junior Regional Squads, the Scottish Schools Orienteering Association (several times in the last 4 years), an athlete selected for the European Trail-O Championships, and a new sprint map in Dundee which the local club will benefit from. We also ran a highly successful fund-raising project to support the athletes selected for the World Orienteering Championships, many of whom are from, or live in, Scotland. All of the projects we have funded, many with reports, can be found at www.orienteeringfoundation.org.uk/projects-funded.

We also seek further grant applications (see www.orienteeringfoundation.org.uk/apply-for-funding.) We welcome new donors and donations to support our work (see www.orienteeringfoundation.org.uk/donate). Indeed, thanks to one generous donor, there is currently a fund reserved for certain types of projects in Scotland alone (see <https://www.orienteeringfoundation.org.uk/applications-to-fund-scottish-projects>.)

The Trustees (see www.orienteeringfoundation.org.uk/contacts) meet four times a year (once a year face-to-face, the rest by



conference call) and would welcome discussions with anyone in Scotland interested in becoming a Trustee, or taking on a new role as an Orienteering Foundation Ambassador.

You can find more detail about the Orienteering Foundation on our website www.orienteeringfoundation.org.uk. You can also follow us at <https://www.facebook.com/orienteeringfoundation/> and <https://twitter.com/oingfoundation>.

Why not make a donation (one-off, regular, or in a will), submit a grant application, or consider becoming a Trustee or an Ambassador? The sport we all love would benefit. ©

Royal Deeside 2017 Scottish 6 Days

By COLIN MATHESON ASSISTANT COORDINATOR

Events Manager, Scottish Orienteering Association

EVERY SCOTTISH 6 Days has its high points and low points, and following on from a very successful and well-attended Highland 2015 we were very keen that Royal Deeside 2017 met expectations from our demanding customer base. We wanted to meet the aims and objectives set out in the Scottish Orienteering 6-Day Event Company Ltd.'s strategy:

- To maintain the Scottish 6 Days Orienteering Event's position as one of the major multi-day orienteering events on the world circuit
- To work collaboratively with the Scottish Orienteering Association in the development and advancement of the sport of orienteering in Scotland
- To encourage partnerships between orienteering, national bodies and the local communities in which the Scottish 6 Days takes place

In case this sounds worryingly like corporate speak, we were essentially looking to provide enjoyable and challenging orienteering courses across one of Scotland's most attractive areas, Royal Deeside. Staging the Scottish 6 Days is a massive effort, and thanks go to all the volunteers who put in so much time and effort. The Central Organising Team, led by Jon Musgrave and with members from MAROC and Interlopers, were involved in lots of pre-event preparation, and course planners, controllers and day organisers were also involved at an early stage. Sarah Dunn, Technical Coordinator, helped keep course lengths and technical standards in order. In amongst everything else we also managed to stage a successful World Ranking Event, the Middle Race over Birsemore, with M21E/W21E won by Graham Gristwood and Fanni Gyurko respectively.

The choice of areas, and excellent cooperation from landowners, allowed us to stage six days from four race arenas. From an organiser's perspective this made a big difference, and with events easily accessible from a central location (including a temporary storage facility in Ballater) we reduced travel time, set-up costs, movement of equipment and so on. The Equipment Team, led by Andy Tivendale, and Roger Coombs, Day Coordinator, were very busy pre-event, during the event, and post-event. They only enjoyed a few brief moments of relaxation every day. Once again, an event services

team were contracted in, though this time the "roadies" from Limelight were not as heavily tattooed as 2015. SPORTident (Andrew Leaney and Steve McLean) worked very long hours fully supported by Keith Roberts and son Kristian, as well as Robin & Sheila Strain, mainly hidden in the tents. Dave Coustick, dealing with radio controls, was allowed out more.

Ramboll provided no-strings financial support, and Aberdeenshire Council's contribution, including storage facilities, road signs and waste collection was very much appreciated. EventScotland funding was aimed at arena production, and in our submission seeking funds we stated that we wanted to maintain the same level of excitement and professionalism as a "WOC" year. In case it is not obvious, "Scotland the Perfect Stage" is the customer-facing slogan of this Scottish Government-funded body (part of VisitScotland). Not everything went quite as well as hoped, and until mobile coverage becomes more widespread or some newer technologies emerge we will always struggle to bring live GPS coverage or more extensive film footage. The daily videos from Poppycock Films were well received, and I hope my daily reports/ramblings about the event were also appreciated. A day-by-day account of who was winning each race could be gleaned from the results and there were always more interesting things to report on – water running out at the campsite, air ambulance (casualty has recovered well), missing competitors, livestock "issues" and so on.

Somehow, we managed to create a great atmosphere at the event, and many thanks for all the positive comments received. Work is progressing on Strathearn 2019, and we are getting close to finalising race locations across a broad sweep from Loch Earn to Dunkeld (more Strathtay than Strathearn but hey...).

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

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

Daily video compilations by Poppycock Videos can be found at the Royal Deeside 2017 YouTube Channel: <https://www.youtube.com/channel/UCH01ndh1eXkCCa5bEt2yl-w>

A day-by-day summary can be found here: <https://www.scottish-orienteering.org/soa/page/scottish-6-day-event> ☺

ALL SPORTS EVOLVE over time, and orienteering is no exception.

Some changes, like the adoption of electronic punching, are relatively quick, while others, like the gradual fading away of club newsletters, are slower. Competitions also come and go: for example, recent years have seen a growth in the number of sprint and urban races, but the demise of the 11/8 Person Relay.

What newcomers to the sport might not realise is that orienteering clubs also come and go. Look back through old orienteering results and you'll come across unfamiliar club names, some of which (like PO and WFO, who metamorphosed into TAY and KFO, respectively) renamed themselves to better reflect their catchment areas, others of which (like the English club Happy Herts which became the more comprehensible but less poetic Hertfordshire Orienteering Club) changed their names to make more sense to newcomers to the sport, and yet others of which (like the English clubs Norwich Orienteering Club and Wash Orienteering Club, which merged to form Norfolk Orienteering Club) were formed from the merger of smaller clubs.

Our sport works best if we have a diverse "ecosystem" of clubs of various shapes and sizes covering everywhere where orienteers might live and orienteering events might be held. Just as the nature and quality of the terrain varies across the country, so does the density of orienteers and hence the size of clubs: indeed it is almost axiomatic



STEVE WILSON WITH CO-PLANNER BEN STANSFIELD (FVO) AFTER DAY 6 OF THE SCOTTISH 6 DAYS 2017

Photo by: Alice Wilson

that the best terrain is typically in the places with the fewest orienteers to organise events!

However, just as it makes sense for small clubs to merge if they became too small to be viable alone, it also makes sense for large clubs to "give birth" to one or more smaller (i.e. more local) clubs if they become too large. Large clubs (sometimes sitting on large bank balances) can become unwieldy to run, and can discourage their members from "pulling their weight" in terms of volunteering at events, or even turning out to represent their club in club competitions and relays. All orienteering clubs rightly want to grow but, for the good of the sport, there should (in my opinion) be an expectation that once they reach a certain size they should divide into two or more smaller clubs, each of which will flourish and grow more effectively separately than they would do together. ☺

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.



Compass Point Scottish Orienteering League 2017

www.scottish-orienteeing.org/sol

www.compasspoint-online.co.uk



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|-------------------------------------|-------|------------|---------------|----------|
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| <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 type="checkbox"/> | SOL 5 | 24th Sept | Inshriach | (BASOC) |
| <input type="checkbox"/> | SOL 6 | 15th Oct | Forvie | (GRAMP) |
| <input type="checkbox"/> | SOL 7 | 29th Oct | Drummond Hill | (INT) |



bto Scottish Orienteering Urban League 2017

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| <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 checked="" type="checkbox"/> | SOUL 4 | 13th May | Dunstaffnage & Dunbeg ECKO |
| <input checked="" type="checkbox"/> | SOUL 5 | 19th May | Tranent – ELO |
| <input checked="" type="checkbox"/> | SOUL 6 | 2nd Aug | Sprint Scotland – Ballater – Rest day of the Scottish 6-Day |
| <input checked="" type="checkbox"/> | SOUL 7 | 20th Aug | Cumbernauld – STAG |
| <input checked="" 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>

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