

SCORE

THE HOME OF SCOTTISH ORIENTEERING

DECEMBER 2017

MAP PRACTICE

SOL & btoSOUL 2017

Orienteering and the Environment

COACHING NEWS

Plus lots more...



magazine of the
**SCOTTISH
ORIENTEERING
ASSOCIATION**

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Welcome



SCORE Editor:

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:

National Orienteering Centre
Glenmore Lodge, Aviemore
PH22 1QZ
Tel 01479 861374
Sarah.Hobbs@scottish-orienteing.org

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Ian Turner (SOLWAY) at
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Photo by Nigel Corby
Deeside Camera Club

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

WITH THIS ISSUE OF SCORE, I've reached the one-year mark as Editor. I'm very thankful to those of you who have patiently guided me through the process, submitted pieces, willingly or not, and provided feedback, positive or not.

Many thanks go to SOA staff and members. My (volunteer) position is better for having the support of SOA and its members, just as the content is dependent upon the same. With every issue I reach out to clubs and their members asking for your ideas, thoughts and contributions. As I hope that you've seen in the recent issues of SCORE, those contributions have been numerous, and varied; thank you to all who have made it so.

In this issue you will find contributions from all levels and ages of orienteers, reflecting the cycle of orienteering engagement that is so rarely found in other sports, and that is part of its unique appeal. Just as Hannah Kingham mentions being inspired by Kathryn Barr, I notice that your average SOA orienteer finds their inspiration in orienteers that they interact with regularly – their coaches, their peers, veteran orienteers, or even a particularly keen new orienteer. Thankfully, our juniors are finding their role models in their clubs and at the events they attend, not on the television or internet. Orienteers look to each other for support and inspiration, for fellowship and friendship; thank you to all who have offered that same support, inspiration, fellowship and friendship to me in my time as SCORE Editor.

As always, I welcome any SCORE-related thoughts, questions or concerns, and can be reached at score@scottish-orienteing.org. If you would be willing to take a quick survey about SCORE, it would help a great deal in ensuring that each issue engages with the interests and concerns of our orienteering community – the link to the survey can be found here: <https://hilaryq.wufoo.eu/forms/zc8gcd19tggt0/>.

Happy holidays!

Contents

Education News	8
Low Manpower Local Events	9
CompassSport Cup and Trophy Final	10
Interlopers, Forth Valley and BASOC compete for the CompassSport Cup & Trophy	
30th Annual TINTO Twin Weekend	11
Partnering Orienteering and Conservation	12-13
Athlete Profiles	14-17
New-to-orienteering, returning orienteers and elite – meet some of our SOA members.	
SOL 2017	18-19
Junior Orienteering News	20-25
Hannah Kingham, ScotJOS News & the Junior Inter-Areas	
Map Discussion	26-27
Dave McQuillen of SOLWAY discusses his run at the Great Tower	
STAG Anniversary Competition	28-29

1985 Scottish Relay Championships



30

Photo courtesy of Donald Wallace

MAROC Men's 1985 Scottish Relay Champions, Ian Ritchie, Andy Tivendale and Donald Wallace. The event was held in Devilla on the 26 May, and many runners emerged from the forest with black streaks down their faces, a mixture of sweat, and coal dust from undergrowth, due to the proximity of Longannet and Kincardine power stations.



12

Photo by: P Chapman



6

Photo by: C Mathieson



16

Photo credit: J Tullie

MAROC's 40th Anniversary	30-31
btoSOUL 2017	32-33
EUOC Big Weekend	33
Setting Your Map	34-37
Orienteering Technique Analysis	37

REGULAR FEATURES

- 4 > President's Piece
- 5 > SOA News
- 6-7 > Event News
- 38 > O-pinion
- 39 > SOL/SOUL Schedule

**Copy deadline
for next edition**

26 January 2018



9

Photo by: R Lindsay

President's Piece

By **ROGER SCRUTTON (ESOC)**

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

IS ORIENTEERING A sport or a recreational activity? We would all be quick to say it is both. It is also a vehicle for learning in schools, for social cohesion through the club environment and for developing individual member skills.

Additionally, it is worth remembering that orienteers contribute to running the sport through volunteering. These are the sorts of planks on which SOA's status as a charity is based. They also form part of the philosophy on which the new Club+SOA membership option is based.

The fact is, people like to have choice over how they engage with their leisure time activities. As it happens, in our sport itself, choice of route between controls is an essential skill and a feature that makes orienteering a more entertaining activity than simply following a prescribed route. From 2007 to 2012 British Orienteering had National and Local membership options, family membership (offspring in full-time education and under 25 free) and free first-year membership. I'm not so sure about the last of these, but basically a good set of options. In

2012, all options except individual membership at Senior or Junior level were withdrawn, and even with a decrease in the membership fee, membership of orienteering clubs fell by nearly 8% across the UK (on average we suffered more in Scotland because a high percentage - up to 80% in some clubs - of our members were BO Local members). Psychologically, offering choice has a positive and empowering effect, but removing choice, as happened here, has a negative effect. This is, in part, why Club+SOA membership has been introduced.

The Club+SOA option is intended to be something like the pre-2012 BO Local membership option. It cannot deliver all the benefits that BO membership provides, but it is particularly suitable for those who choose to spend some of their leisure time orienteering locally. Junior membership of SOA



ROGER SCRUTTON

Photo by: Nigel Corby,
Deeside Camera Club

is free (as it is in some clubs), which encourages families to join at a very reasonable cost. We have also recently introduced a zero membership fee for students in full time education, including those who are technically Seniors.

Following on from the Club+SOA project, I hope that in the near future SOA will be able to launch a project to improve the promotion and marketing of orienteering as a "sport for all." This would offer a choice on the membership level at which you can join, as well as options on how you can engage with the sport – recreationally, competitively, socially, as a volunteer, or any mixture of the four.

Have a peaceful and enjoyable Christmas and New Year break. ☺

Membership Renewals

A friendly reminder to all SOA members that it is now time to renew your Scottish membership for 2018. In November, the SOA introduced an additional membership option to give existing and new members the option of joining their local club and the SOA only.

The option was introduced with the support of British Orienteering to provide a more relevant option for people in Scotland who only orienteer in their local area. There is more background information on the SOA website. If you have questions regarding the renewal options, please contact the SOA offices, or your club's leadership, to discuss further.

New SOA Website

We've been working on developing a new SOA website for many months now, and will finally be able to launch it for the beginning of 2018. Keep your eyes peeled!

SOA Club Accreditation Scheme

On the cards for launch in 2018 is a Club Accreditation Scheme developed by our

Regional Development Officers and clubs. The scheme will seek to support and empower our clubs to create an environment that is inclusive, safe and child friendly, based on good practice, and the best it can be for competitors, coaches, officials and volunteers.

There will be three levels of award: Bronze, Silver and Gold, and the levels will also take into account developing high levels of governance and encouraging lifelong participation through sustainable pathways and club development.

Watch this space!

Staff Changes and Job Vacancy

We are saying a fond farewell to Stef Lauer as she heads for pastures new, and are immensely grateful for the significant contribution she has made. Her resignation is effective from the end of December. We are now in the process of recruiting a new team member to take on the role of Chief Operating Officer; applications for the position closed on the 22nd of November, so we hope to have the position filled and an announcement made before the end of 2017.

SOA also bid a fond farewell to Johannes Peterson, Regional Development

Officer (RDO) for the North of Scotland, in September as he pursues a full-time career as a Mountaineering Instructor. We are grateful for the many contributions that Johannes made to the development of orienteering in his three years with the SOA, wish him all the best in his new endeavours, and look forward to seeing him at future orienteering events.

We are delighted to announce the appointment of the new RDO North: Sarah Dunn. Sarah is a well-known face in the orienteering community and currently works on a separately-funded project 'Community Orienteering & the Protection of the Environment' (COPE). Her additional role as RDO North commences in December 2017 on a 2.5 days/week contract. We wish her great success in this new role!

SOA Board Changes

Roos Eisma has made the decision to step aside from her role as Operations Director due to time and family commitments, and Terry O'Brien has been co-opted to the role in anticipation of being formally elected at the AGM in 2018. Mark Nixon has taken up the volunteer role of Competitions Convener. ☉

Event News

By COLIN MATHESON (MOR)

SOA Events Manager

Orienteering and Access

As part of the review and overhaul of the SOA website, I have drafted a new document entitled 'Orienteering and Access in Scotland.'

The document has been circulated to the National Access Forum Secretary, Scottish Land & Estates and Forestry Commission Scotland for review and comment. It is hoped that this document, which will be reviewed on a regular basis, will act as the main reference document for orienteers but it is worded to be accessible and helpful for land managers. The report includes useful links to various external websites, and the avid reader can delve deeper into the ins and outs of access legislation should they so wish.

The SOA recommends that it is good practice to contact land managers where practicable, even where the Scottish Outdoor Access Code applies. Information about land ownership and where to find information is given, but often the only way forward is to turn up at an area and knock on doors or flag down likely 4x4s or tractors! Potential restrictions to access are described, and thanks go to Paul Chapman who has also written on this subject for

SCORE.

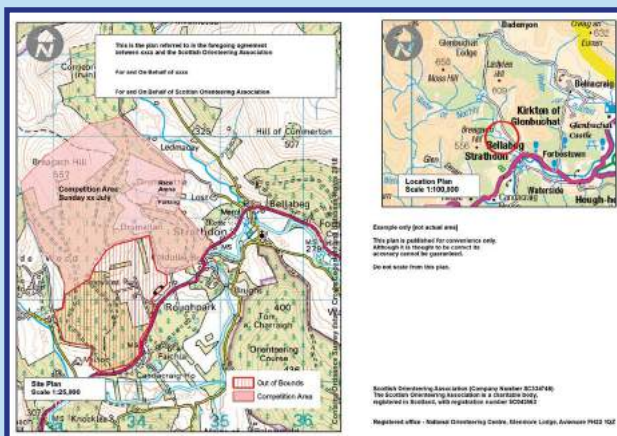
A very useful Countryside Calendar was tracked down, a collaboration between Scottish Natural Heritage, Scottish Land & Estates and National Farmers Union Scotland.

You will have to research the difference between a dairy and a beef bull yourself – it's a bit like trying to remember in the heat of the moment what the different options are for dealing with black, brown, grizzly and polar bears. A table showing restrictions due to shooting and stalking is included – the second half of February, in theory, is the only time available for orienteering.

Advice on permissions and

agreements is included, along with a sample agreement similar to one used successfully with various land managers for the Scottish 6 Days. Submitting an extract of an Ordnance Survey map will make much more sense than an orienteering map, and the Events Manager can assist using his GIS skills and experience.

A section on embargoes is included, as well as advice on use of drones. It is hoped to minimise the number of documents currently on the website. If anyone with a strong interest and/or experience in access would like to review the document prior to publication please contact me at the earliest opportunity.



Strathearn 2019



TERRY O'BRIEN IS VERY EXCITED TO HAVE FOUND A BOULDER OVER ONE METRE IN HEIGHT

Photo by: Colin Matheson

The Central Organising Team for Strathearn 2019, the next Scottish 6 Days, is coming together and it is hoped that announcements over areas can be made soon.

There is almost certainly going to be a much greater contrast in areas than Deeside 2017, with all levels of runnability represented. Bracken is more of a limiting factor than many other Scottish 6 Day venues, and Coordinator Terry O'Brien, Allan Downie and others, including the events manager, have been meticulously checking out possibilities of open runnable forest (and hillside). Strathearn has been used in a fairly broad sense, and it is likely that events will spill over into adjacent parts of Perthshire (Grandtully

and Craig a Barns).

Comrie Croft has agreed to extend their existing camping facilities and will take ownership of the event campsite. Subject to agreement it is hoped that the event centre will be based in Crieff. Two new areas have been identified, and extensions to existing areas as well as different car parking and race arenas to cater for the demands of 3000+ orienteers have been earmarked. Permissions in principle are looking generally positive. Some of the areas previously identified had to be ruled out, land managers frequently citing shooting interests (pheasant pens) as their main objection. Assistance from major landowners such as Drummond Estates is very much appreciated.

British Orienteering Championships 2018

Planning and controlling for the British Championships weekend (19th and 20th May) is essentially complete and Jon Musgrave is revising maps to the new ISOM2017 standard along with revisions requested by the controllers.

British Orienteering has verbally agreed to us paying twice the usual levy rather than any profit-sharing agreement. Clubs have come forward to assist with starts (MAROC) and the race arena (ESOC) for the Individual Championships, and GRAMP have kindly agreed to provide teams for the Relays.

Clubs and individuals are required to assist with car parking, entries and enquiries, commentary and other miscellaneous tasks. An analysis of previous British Championships indicates that we might be looking at a total entry of around 1,000, so nothing like the scale of what has just happened in Deeside. Please contact me (acting as Coordinator and Day Organiser) if you are able to offer help. ☺

Coach Licensing and Continuing Personal Development Logs

British Orienteering introduced their coach licensing scheme some years ago, so a reminder seems timely. Being licensed ensures that the coach is covered by British Orienteering's insurance, and gives the club and participants the reassurance that the coach has shown commitment to best practice.

There are 4 essential aspects to your licensed status:

- Coach qualification (this does not lapse or expire)
- Coaches' Code of Conduct signed and sent to British Orienteering
- British Orienteering membership must be current
- Evidence of current coaching practice and ongoing learning (CPD log)

Continuing Personal Development (CPD) is an important aspect of coaching; no coach should ever consider their learning journey to be complete. Your log is your record of your recent experience and ongoing learning, where you should summarise what you've done and what you gained from it. All qualified coaches are required to submit their CPD log for scrutiny at least every 3 years, in order to renew their licensed status. Scottish coaches wishing to renew their licence should submit their log to me between 1 January and 28 February 2018; I will review all of them, give feedback and inform British Orienteering of all those whose licence should be renewed. You can check your own details on the British Orienteering website to see when your licence expires, but you don't have to wait the full 3 years if you want to submit our log more frequently. Your log should cover either the period since you gained your qualification (if less than 3 years), or 1, 2 or 3 complete years. The required totals with then be applied pro-rata.

There's a template for the CPD log on the SOA website, along with all other documents mentioned here, and several items covering other aspects of coaching at this link:
www.scottish-orienteering.org/coaches

SAFEGUARDING/CHILD PROTECTION/PVG

Anyone who usually coaches under 18s or vulnerable adults must be a member of the PVG (Protection of Vulnerable Groups) Scheme through the SOA. PVG Scheme membership is not a requirement for your licensed status.

AREA TYPES AND FIRST AID QUALIFICATIONS

You are covered by British Orienteering's insurance only if you are coaching on an area type that is within the scope of your qualification, as in the table below.

First aid cover must be available appropriate to the area type, also shown in the table. It will usually – but not necessarily – be

the coach who is providing the FA cover. The important thing is to ensure that cover is available throughout the session.

(For descriptions of area types, see the PDF available from the SOA Coaches' page.)

Area Type	Coach Qualification (Min.)	First Aid Qualification
A or B	UKCC Level 1 or BOF Level 2	Emergency FA (half-day)
A, B or C	UKCC Level 2 or BOF Level 3	Emergency & Basic FA (full day)
A, B, C or D	UKCC Level 3 or BOF Level 4 (or UKCC Level 2 plus attendance at Coaching Safety workshop)	Practical/outdoors FA (2 day)

Note that UKCC Level 2 coaches will be insured to coach on type D areas if they have attended British Orienteering's Safety Workshop for Coaches Working in Remote or Exposed Areas; we will be scheduling some of these workshops in Scotland in 2018.

We've run various CPD sessions within Scotland in recent years, and intend to continue these, covering whatever topics will be useful to you as coaches. Topics might include technical, physical or psychological aspects of the sport – do please let me know what you want!

Other learning opportunities for coaches include:

- Courses run locally by UK Coaching, sportscotland and local authorities – these can have the advantage of giving you more contact with coaches of other sports, which will probably make you realise how much you have in common!
- Online learning opportunities including materials on the UK Anti-Doping website, and an excellent "Exploring Coaching and Sport Psychology" course available free of charge from the Open University's OpenLearn scheme via www.open.edu/openlearn/free-courses
- Lots of relevant reading matter on topics such as sleep and nutrition, which can be found on the internet (though of course we advocate careful consideration of the authorship of any apparently learned articles – who has paid for the research and how thorough is it?)
- Regular articles and blogs available via the "Connected Coaches" forum of UK Coaching

Include details of this learning in your CPD log, and add a few comments about its usefulness so we can share good sources of learning. Do please get in touch with any questions about anything relating to your development as a coach, and remember to send me your completed log in January! ☺

Low Manpower Local Events

By **RONA LINDSAY (ESOC)**

SOA Regional Development Officer, Central/South

What can you do if your club simply does not have enough volunteers to run regular local events?

EVERYONE AGREES THAT the way to encourage newcomers into your club is to hold low-key local events where people can try it out, build their confidence, meet some friendly club members and explore somewhere new without having to travel too far from home. However, for some clubs, it may seem that they are too small to be running regular events as it takes up too much time and requires too many people.

It's important to recognise that there can sometimes be a tendency to overcomplicate our events or request too many helpers. There may be ways to simplify, relying on fewer people, while also allowing helpers to really focus on their job of engaging with interested participants or sorting out the results and download, which allows smaller clubs to run successful events. Volunteers enjoy it more if they feel like they are really making a difference.

Here are a few ideas:

- **Have an unmanned start.** At a recent Wednesday evening event I attended, after you registered you headed out to the start just round the corner (close enough that if there was a problem, help wasn't too far away) where there was a clear unit, start unit, the maps and some last minute instructions about map changes/barking dogs! This meant that just two people set up and ran the event. You could simplify further by giving maps out when people register/ before they go to the start. Then your volunteers can focus on introducing people to orienteering, welcoming them to the event, explaining what to do and providing more of a buzz around your registration/download.
- **Re-use courses.** Printing can be expensive, planning time-consuming. If you have lots of leftover maps from a previous local event (providing there aren't loads of map updates), you could run the event again or certainly re-use the White, Yellow, and Orange. Chances are most people coming won't have come last time, or in the juniors' case will have moved up a class since you last ran the event. This could really help if your planners are already busy planning other things.

- **Semi-permanent courses.** This is something we can really learn from the Scandinavians. Practically everywhere I have been running while in Sweden or Finland, I found controls without even meaning to. Obviously more people know about orienteering there, but it's still a great idea – people can go orienteering where and when they want. The advantage of semi-permanent courses is that you can update the course much more frequently and make it more interesting. The ROMP map-of-the-month does exactly that, and is a great addition to the Speyside area. More recently there has been a similar scheme in the Stirling area. You don't even need to use real kites - you could use tape or small canes. As long as you make it clear on the map or in the details it should work fine.

- **Participants put out the controls.** This means you don't have to hang any controls. I have been to a couple of informal score events where people are assigned to a control based on age and/or experience, and at the (mass) start of the event they have to go and place their control (if you are worried about people's abilities to place controls, you could mark them clearly with tape beforehand) and then they can start to visit other controls. Before the time limit is up you have to go and collect in your control and get back to the finish. While you are carrying your control you can't punch/score points for any others.

- **Mentors for event planners.** As mentioned, planning an event can take up lots of volunteer time, even more if you are relatively inexperienced. It can also be daunting to plan an event when you have never done one before. Having a mentor system within your club to help train and educate new volunteers could encourage more people to come forward and help to spread the load.

I have no doubt that a number of clubs already do these, indeed all are examples of things I have experienced, but how much are you sharing what you've done or created? If you, or your club, have any more ideas or tales of successful low-key events, get in touch; I'd love to hear more examples of how to make our events less work! ☺

CompassSport Cup and Trophy Final

By **COLIN MATHESON (MOR)**
SOA Events Manager

Scots take advantage of Virtuous Lady!

Many congratulations to the orienteers from Interlopers, Forth Valley and Badenoch & Strathspey who made the long trip to the CompassSport Cup and Trophy final in West Devon.

In the face of Storm Brian, named after the recent IOF President Brian Porteous, Devon Orienteers successfully staged this major event on the area near Yelberton known as Virtuous Lady. FVO had moved on from winning the Trophy, for small clubs, to winning the Cup, for large clubs, but this time had to settle for 2nd place. Congratulations to Interlopers, who retained the CompassSport Trophy - a great result. ☺



NICK BARRABLE OF COMPASSSPORT PRESENTS THE GOLDEN SHOE TO MURRAY STRAIN OF INTERLOPERS

Photo by: Mark Lockett, Cornwall Orienteering Club.

Steven Scott, FVO

Despite four course wins and a Golden Shoe performance from Rachel Hendrie, Forth Valley's ten-year winning streak in the Compass Sport Cup came to an end, as the team finished runners-up to Bristol OK.

The 1,000-mile round trip to the south-west of England proved a logistical challenge, and three of the Scottish qualifiers elected not to take up their berth in the finals due to the excessive distance, but a strong team of 46 athletes made their way to Yelberton aiming to claim the British Clubs Championship for a third successive year.

Team captain Jon Cross said '... it was a great effort by everyone for us to have 46 on the start list all the way down in Devon, and I think we put up a very honourable defence of the title.'

Jess Tullie, BASOC

Badenoch and Strathspey Orienteering Club (BASOC) were absolutely delighted to qualify this year for the Compass Sport Trophy final. For the last couple of years, we've made the qualifying round a club weekend trip away, including a training day on the Saturday, some fun in the evening and then the competition on the Sunday.

I'm not sure everyone quite knew what they were letting themselves in for when they ran so well in the qualifying round. There were a few surprised looks when we said we'd qualified for a race in Devon!! At one point, we hoped we might get a larger team to go down, but as it was there were just 6 of us representing.

These 6 all had a great time and actually scored some pretty good points. In 2018 we'll again be going to the Scottish round and who knows, perhaps we'll get a full team out for the final if we succeed in qualifying!

30th Annual TINTO Twin Weekend

DICK CARMICHAEL (TINTO)

WHEN IN 1986 the Youngs from STAG in Glasgow, and the Carmichaels from BOPOC NZ (1974-80) and via ESOC (1980-1986) in Edinburgh, started TINTO for Lanark & Biggar we all had kids but were committed deliverers of orienteering events; now called volunteers?

We made maps, we planned courses, we invented events and delivered them. Thirty years later, the Young and Carmichael families with McLennan support – Ross made the Biggar map, and mum Marcella did the organiser job – delivered their 30th creation on the weekend November 11-12th.

At times over the decades we thought the TINTO Twin could grow to be a national British iconic event. We Carmichaels were passionate about night orienteering, and the Youngs came from STAG, St. Andrews Glasgow, so a night and day combination weekend with two orienteering runs in 24 hours to find the winner in all ages with trophies for both sexes from 12 to 65 was surely a winning combination.

However, grow membership in changing times we have not; our kids were cured after 15 years from over-exposure, and student-aged youngsters moved to city university clubs. This year TINTO's rural legacy depended on Blair as planner, Lorna as entries, Marcella as organiser, and myself as start/finish delivery – "Impossible" you will all say, but with over twenty supporters from West and East clubs helping us, we

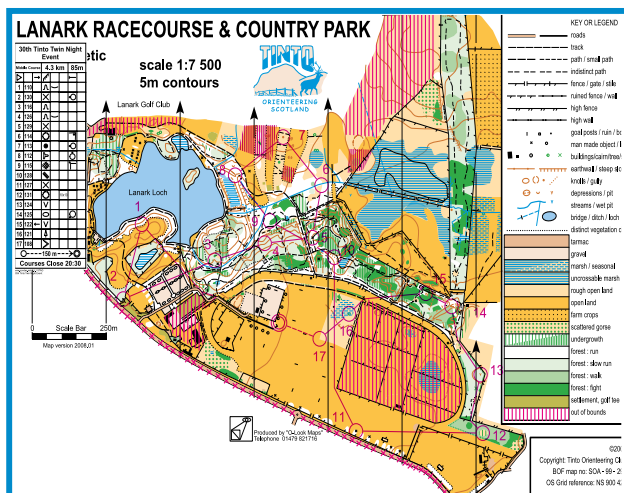
delivered our 30th year of TINTO Twins in 2017.

Les Smithard, Ewart Scott, Rhona Fraser at starts, Paul Caban, Roger Scrutton, the Lessels and Lindsays, the Strains on computers, lots of soup support at night, particularly from the McAdams, and Terry O'Brien controlling, to name just some of the many whose support and assistance were invaluable. You were all great.

Now it is btoSOUL Urban days, and weekly forest nights, with boycotts from those who don't like Night O, and boycotts from those who don't like Urban, so our event strategy

from 1986 is now redundant, and we don't see many under 21s at the TINTO Twin event (well done, ESOC Brown family). Maybe it's more fun on the computer – and a new app is needed? What next? Who knows! Watch this small club space.

In our 30 years as a club, members have contributed to the delivery of Scottish 6 Days, PWT, IOF events, British Orienteering majors and SOA Championships, and managed to stage a TINTO Twin in 2017 when the average age of the five members is 65. We aim to inspire others and we are not done yet! ☺



Credit: Blair Young

Partnering Orienteering and Conservation

By PAUL CHAPMAN, (MAROC)

Orienteering and the Natural Environment in Deeside and Beyond

ON THE SECOND day of the Scottish Six Days at Balfour Forest, I was looking for my first control when I remembered having flushed a male capercaillie in exactly the same location in July 2004.

The huge bird, which is of course the MAROC mascot, had been sheltering under a fallen tree and took flight with a clatter of wingbeats, before disappearing through the trees to the west. This memory was a good reminder of how orienteering involves the exploration of the natural environment and the habitats of some of our most iconic wildlife. It is a sport which provides an opportunity to encourage interest in, and a desire to protect, nature and wild places, something that is central to SOA's Community Orienteering and Protection of the Environment (COPE) project.

The forests of Deeside and neighbouring parts of north-east Scotland are of particularly high environmental value. This is the only part of Scotland where the native Scots Pine is the main commercial forestry tree, rather than the non-native Sitka Spruce, and also has significant areas of ancient pinewoods and native birch woodland. This results in open forests with a rich understorey of native shrubs that provide a habitat for a wide range of species of conservation interest, including pine martens, red squirrels, crossbills, redstarts, tree pipits and spotted flycatchers.

Being able to understand and appreciate the habitats and wildlife around you can add a great deal of enjoyment to orienteering. As a newcomer to the sport, but with an existing interest in the natural environment, I have been pleasantly surprised to find it is possible to do this even when trying to get around a course as quickly as possible. Whether it is running past bird's-nest orchids at Crathie, seeing an abundance of Scotch Argus butterflies on the last of the Six Days at Glen Feardar or hearing crested tits trilling in the tree canopy overhead at the Inshriach SOL, there always seems to be something to add interest to a course.



GOSHAWK'S NEST

Photo credit: Paul Chapman (MAROC)

Effective conservation depends on having accurate and up-to-date information about the status of our habitats and species, and citizen science initiatives such as biological recording by volunteer members of the public are increasingly important in providing this data. Orienteers with an interest in wildlife can therefore help to underpin conservation efforts in Scotland by submitting records of what they see to a biological records centre. In the north-east there is a very well-established records centre (nesbrec.org.uk), and the situation in other parts of the country can be found at brisc.org.uk. NESBREc's recently-published Mammal Atlas is an excellent example of the work undertaken by the organisation to support biodiversity in the North-East and Cairngorm areas. Several orienteers, including myself, contributed to its publication. More information can be found at this link: <http://www.nesbrec.org.uk/mammal-atlas/>.

Of course, there are also environmental responsibilities that come with orienteering in the natural environment. The sport has always taken this responsibility very seriously and consideration for the environment and mitigation of potential impacts are central to the SOA's 'Good Practice Guide: Orienteering and the Environment in Scotland.' The SOA also has an agreement with the Scottish Capercaillie Group to minimise disturbance to this iconic and



PIRI-PIRI BURR AT SLEWDRUM

Photo credit: Paul Chapman (MAROC)



**THE ELUSIVE & ICONIC
CAPERCAILLIE**

Photo credit: Paul Chapman (MAROC)

endangered species by restricting orienteering activities within known sites during the breeding season. Thanks to this responsible approach, orienteering events can often take place in designated national nature reserves and sites of special scientific interest.

Nonetheless, some risks remain which planners of events and participants should be aware of. The capercaillie is not the only species that is legally protected from disturbance and it may not be immediately obvious that other species are present. For example, quite a number of Deeside forests used for orienteering support breeding goshawks, which are a secretive species and even landowners may be unaware they are there. However, nesting birds of prey often make loud alarm calls when disturbed, which may alert

course planners to their presence. Developing club contacts with local raptor study groups or RSPB staff may also help avoid problems for events held in spring and summer.

Biosecurity is another environmental concern for forest recreation, and orienteers are becoming familiar with measures to reduce the risk of spreading tree diseases between forests. However, there are also risks relating to the spread of non-native plants. On Deeside an invasive plant from New Zealand called piri-piri burr is found at some sites used for orienteering, particularly alongside forest tracks. It has also been found at the coast near Forvie, where there have been concerns it could smother the native flora of the sand dunes, as has already happened at Lindisfarne in Northumberland. Piri-piri burr produces clusters of hooked seeds which can become attached to socks, clothing and dog fur and then transported to new sites. Efforts to control the plant are being undertaken at some sites, largely by community-based volunteers. If orienteers become aware of this plant and what it looks like, they can help prevent its spread by avoiding running through or placing controls near patches of the plant and by removing burs and seeds from clothes after visiting a site. Further information about non-native invasive species can be found at www.nonnativespecies.org and, if orienteering abroad, be aware that there may be similar issues in other countries.

Orienteering can be rightly proud of its high standards of care and respect for the environment. Looking to the future, clubs should make use of the large number of participants with an interest in nature and wildlife to ensure that this good practice continues into the future with the next generations of orienteers. This could include more projects like COPE, ensuring that there is good communication with local nature conservation bodies and making sure that environmental constraints are fully detailed in forest descriptions held by clubs. ☉

Athlete Profile

Lindsay McManamon, and her son, Barry McManamon (6), live in Amulree, Perthshire, and are members of Tayside Orienteers. Here they share a bit about their orienteering journeys.

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

Barry: 3 years, my mum introduced me to orienteering.

Lindsay: I first started orienteering as a teenager at school and then went a few times independently with a friend (20 years ago!), but only recently started back to it about 9 or 10 years ago.

What is your clearest early memory of orienteering?

Lindsay: I always remember orienteering with my friend near Finzean and having a great laugh as she got stuck in a sandy bog and then getting lost!

What about orienteering has made you stick with it?

Barry: Finding the controls and getting better at it.

Lindsay: I grew up roaming the hills with my family and could read an OS map before words so have always loved that aspect of it and I love running so the combination of the two is perfect for me!

How do you train for events?

Barry: Monthly club training, ESOC junior training, and club events.

Lindsay: I attend the monthly club training sessions and do a bit of independent running - I am changing how I do this though from predominantly road/rough track running to more off road (and hilly!) running to reflect orienteering ground better. I also try to get to as many events as I can within the limits of other life and work commitments!

Have you had any orienteering experiences that made you consider quitting?

Barry: Yes, doing an Orange course (a level too high, I think) and I fell in the water! But I felt better after I dried out.

Lindsay: I had a run of tricky events a few years ago that made me question whether it was for me but since joining TAY and attending more training sessions where I have got a better handle on distance and map features I feel like I'm getting there!

What has been your most rewarding orienteering experience?

Barry: Getting lost with my dad! But, we found raspberries and then managed to figure out the right way.

Lindsay: I really enjoyed the recent Scottish 6 Day event in Deeside...I was running well and the atmosphere was amazing - Brilliant! It was a real confidence boost.

Which orienteer(s) do you find most inspiring, and why?

Barry: Bill Melville (TAY). He's very helpful and gives me lots of advice.

What is your favourite orienteering area?

Barry: Kinnoull Hill, Perth. This was where I first went orienteering.

Lindsay: We've been to so many different areas and each one has something different to add...I'm afraid I'm going to sit on the fence! I love to get out and so each area has been special in some way!

What orienteering event are you most looking forward to this year?

Barry: The TAY Christmas score event.

Lindsay: I have to agree with Barry and say that I am really looking forward to the TAY Christmas score!



LINDSAY & BARRY

What are your orienteering goals, and how do you aim to achieve them?

Barry: To do a yellow course completely on my own.

Lindsay: To gain confidence in running Light Green through better fitness and improved decision making.

What do you find most rewarding in regard to orienteering?

Lindsay: I enjoy the team spirit and new friendships I've made through the Club but I also am loving sharing these experiences with my son and watching his skills and confidence grow with each time we go out.

Do you mentor, coach or plan?

Lindsay: Not currently but it is something I would like to help the Club with in future.

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

Lindsay: Orienteering has brought so many different benefits, through improved fitness and health by having a focus for exercise. Then there's the social aspect, meeting new people and making new friends has been great and I'm sure this will continue. In addition, the added confidence this has given me to get out and about has been super and as I said before I love to be able to do this with my son and I look forward in the future to get his younger sisters involved too (and my reluctant husband...). I would recommend it to anyone! ☺

Q&A with Angus, Morven & Drew Thom

Solway Orienteers

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

Angus (Age 13): I have been orienteering for nearly three years. I have always had a keen interest in maps and map reading and so the natural step was to try orienteering. My dad found out about an orienteering club (Solway Orienteering) in Dalbeattie and I went to my first event in Dumfries. Despite it being very cold and wet, I thoroughly enjoyed it. The members of the club were very welcoming and encouraging.

Morven (Age 11): I have been orienteering for two years and only tried it because my older brother Angus was doing it. My first event was held at Dalbeattie and what fun it was despite getting lost! I then entered the Dumfries & Galloway School Competition and I was determined to do it by myself.

Drew Thom (Age 9): I just started orienteering last winter because I saw my brother and sister enjoying it so thought I would have a go. I have only done a few White courses sometimes with the help from my parents but most recently I have done one on my own and came first!

What is your favourite thing about orienteering?

Drew: I enjoy learning map skills and it is a great way of keep fit while having fun.

Morven: I think it is good to be outdoors and you have opportunities to travel all over the country.

Angus: I enjoy going to places that we would never really go to usually and not knowing what the courses will be like.

What is your favourite orienteering area?

Morven: It has to be Dumfries & Galloway of course! There are some great woods to run in like Barhill Plantation and Shambellie Wood near New Abbey.

Drew: Me too!

Angus: I enjoyed competing at Balmoral Estate but High Rigg near Keswick was good too because it was very different terrain and very open.

How do you learn your map skills for orienteering?

Angus: Solway Orienteering Club have club nights in Dalbeattie which are organised by Tim and Helen O'Donoghue. We learn something new every



Photo credit: Helen Thom

time such as map symbols, compass reading and planning courses. Both Tim and Helen are great at encouraging us to do better and make the club nights fun.

If we have done a competition the week before, Tim always goes over our course and time splits with us and discusses where we did well or went wrong which is very helpful for the next competition.

Morven: Both Angus and I will be learning how to plan and set a White and a Yellow course for our next Club competition which we have never done before.

What has orienteering taught you?

Angus: Orienteering has taught me to be confident in making decisions and problem solving. It is a great way of keeping fit both physically and mentally.

Morven: It has taught me to be more confident and that I don't need to just think about beating my brothers!

Drew: I have learnt that I can do something on my own. ☉

Q&A with Jess Tullie, BASOC, W21E

When I'm not orienteering, I work part-time as a primary school teacher with a particular interest in teaching music. This stems from being brought up playing the flute and piano as well as singing in the Coventry Cathedral choir. I don't play or sing so much now, but do so for relaxation and the occasional outing! I am about to start teaching individual piano lessons too, which I'm really looking forward to! Another thing I love doing is gardening, although I have to admit to mainly being interested in things you can eat rather than flowers to look at!! Our veg patch is growing in size and it's very satisfying when most of your dinner comes from your garden :)

I live at Dulnain Bridge (about half way between Anagach and Loch Vaa), and have been a member of Badenoch and Strathspey Orienteering Club for five years.



JESS & JAMES TULLIE

Photo credit: Simon Wrigley

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

I've been orienteering as long as I remember. My parents started orienteering when Dad remembered he'd done it whilst training in the police force and they thought it would be a good fun way to get fitter.

What's the most recent high-profile event that you've run in, and how did you do? Are you pleased with that result? What could you have done differently to change the outcome in terms of training & planning, execution?

In July, I competed in the World Championships and achieved a 17th in the long race and 15th in the middle. I'm really chuffed with both of these results, especially as I had a worrying couple of months in the run up through illness and injury. Even without that, I'm delighted, as my goal over winter was a top 20 with a dream of a top 15. I have learnt that the mind is a powerful thing,

as I managed to get myself into a really good place psychologically on the day. The training was already in the bag after a consistent winter, so I could still stand confident on the start line. Obviously, I do believe that I can get to the World Championships in a better place physically, and that thought is helping to drive my winter training now!

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

I treat all races seriously in the sense that the root of my elite orienteering career is that I absolutely love racing orienteering! However, one of my key messages for this winter, is to have a focus for every orienteering session I do and to try to improve my 'average run' as that is all you can expect to do under pressure.

How do you train – weekly sessions with the club, extra runs, map training on your own, attending other clubs' events, other sports, etc.?

My main training partner is my dog, Midge. Living where I do is absolutely amazing for orienteering and all the possible physical training I might want to do, but it's not a busy place for elite orienteers or runners!

I look at the positives in this, that I can do the exact training that I want to do, I never need to 'fit in' with someone else's plans. This winter I'm having a key focus on hill strength, which is keeping training fun – poring over maps to choose the mountain that I'll do my hill intervals up next!! I always look forward to SEDS weekends, where I can train with other like-minded people – great fun as well as great for my orienteering.

Do you have a coach? How do you interact with them (meet weekly? Monthly? Primarily through email/text/etc)?

James, my husband, is my coach. We're a team, that has strengthened due to his long-term injury; any results I achieve are his too. I like talking about training, so we end up talking about it a lot!

Do you have a mentor?

I don't have a mentor as such, but the GB team management and in particular for me, Liz Campbell, are always there for supporting and challenging me to achieve my potential.

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

We are a small club, where a handful of people do an awful lot of volunteering. I am on the committee and take a particular interest in the junior section of the club. I would love to see this grow and put on various opportunities for new families to get involved. I have also recently jointly taken over the running of the North Area juniors with Jenny Hall (INVOC). My part of the job is to put on some training days, of which we've had two this year.

What has been your most rewarding orienteering experience?

That's a hard question. I think I have 2 top ones. Firstly, standing on the start line of Tiomila in pole position, with the number 1 bib on. It was my first Tiomila and first big race for my Swedish club, Domnarvets. The whole day was wonderful – grinning on the start line, a decent run, 5th place for the club and many new friends made. The other experience has to be WOC Middle race this year. There's something special about feeling (mostly) in control in really tricky terrain. I got to sit in the leader's chair for about half an hour before someone beat my time. Pretty cool!

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

I take inspiration from many people, especially fellow GB athletes who are all striving to achieve their dreams. This year I didn't run in the WOC relay, so I got to watch all of it. To watch my Domnarvets team mate, Emma, race first leg so impressively was inspirational. How she bounced back from a disappointing race the day before to winning a relay gold the next day was incredible. In the post-race interview, when asked about how she kept focussed with other controls around, she said that she hadn't seen any – what incredible focus!!

What is your favourite orienteering area?

Probably Darnaway. The terrain is beautiful, and I love how it changes at different times of year. Also, I have happy memories associated with it, as I raced in my first WOC race there!

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

There aren't so many events left, but fast becoming a highlight of my winter is the Northern Night Cup (NNC).

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

My goal is to have achieved what I know I can achieve. This isn't necessarily results based (although an improvement on my top 15 would be nice!), but the knowledge that I've done everything I can to achieve a top result.

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

Make the most of opportunities to experience new terrain and meet new people. These both keep the enthusiasm and love for the sport.

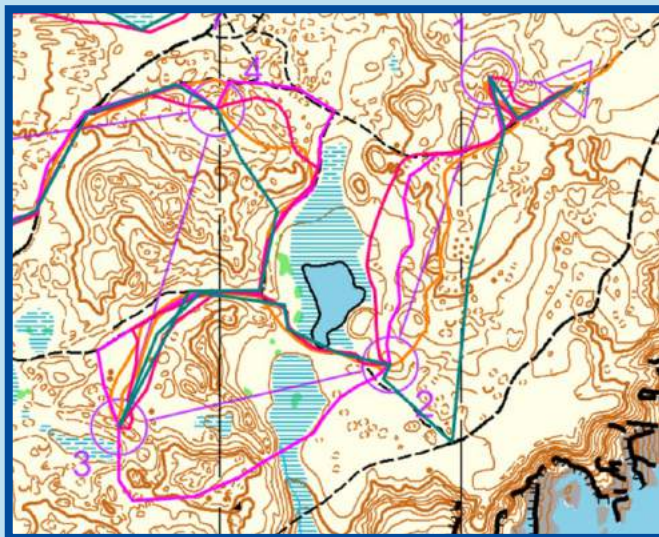
What words of encouragement, or advice, would you give to aspiring orienteers?

You don't know if you don't give it a try! ☺

SOL 2017

By **TREVOR HOEY (FVO)**
SOL Scores Coordinator

BACK IN MAY, the early SOL 2017 races had produced a dominance of southern runners at the top of leader boards. As expected, the northern clubs scored strongly in the autumn events at Inshriach, Forvie and Drummond Hill. Each of these produced interesting racing and the usual high-quality terrain, planning and organisation. The return to Drummond Hill was very much appreciated, especially with autumn colours and fine weather.



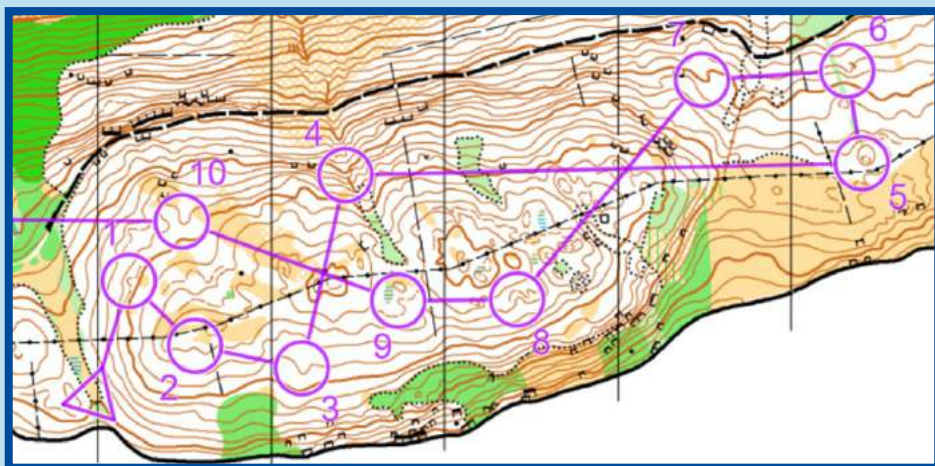
Map 1 The start of Light Green on the dunes at Forvie. Credit: Grampian OC

The numbers of competitors in 2017 has fallen back somewhat post-WOC and other unusual circumstances, but the number of unique runs is ahead of both 2012 and 2013 (Table 1).

The series remains popular across all courses, and age groups, although the number of runners on the Black course only reached double figures at SOLs 1,3 and 5. Planners might want to manage workloads by not having any controls that are only used by Black?

<i>Number of runners</i>	2009	2010	2011	2012	2013	2014	2015	2016	2017
Black	52	84	41	50	37	101	104	54	47
Brown	69	82	66	64	70	149	95	105	95
Short Brown	111	128	91	106	90	116	89	107	88
Blue	162	179	138	144	157	172	148	173	172
Short Blue	127	133	94	87	117	116	113	141	128
Green	140	123	111	110	118	146	125	167	164
Short Green	73	59	70	59	65	91	95	111	95
Light Green	86	50	73	75	73	85	80	100	92
Orange	60	47	75	59	72	71	78	108	83
Yellow	55	50	74	53	44	41	41	85	65
White	59	43	73	34	35	31	53	67	37
TOTAL number of runners	994	978	906	841	878	1119	1050	1346	1066
Number of unique runs	2351	1897	2347	1802	2091	2428	2495	2640	2157
Mean number of SOLs per runner	2.4	1.9	2.6	2.1	2.4	2.2	2.4	2.0	2.0

Table 1: Number of competitors scoring points in SOL races (dnf, mispunches not included) are included. Runners scoring points on more than one course are included in both courses.



Map 2: Part of the Blue course at Drummond Hill. Credit: Forth Valley Orienteers

Table 2 shows the class winners, total number of runners and total points. Close finishes this year were M14 (45 points between Ewan Musgrave and Finlay Raynor), 57 in M21E (Matt Fellbaum being top of the EUOC pile at the head of that class), 33 in M55L as John Tullie (RR) prevailed ahead of Donald Petrie (CLYDE), 87 in M70L (Alastair Lessells holding off Neil McLean), 90 in W12 between two MOR runners, Isobel Howard and Faith Kenyon, 20 in W16 where Katrina McGougan (BASOC) held on from Lizzie Stansfield (FVO), 73 between the top three in W18, Grace Molloy (FVO), Emma Wilson and Lindsay Robertson (CLYDE/EUOC), 93 in W50L between Alison Cunningham (ESOC) and

Jane Ackland (INT), 34 in W55L (Christine Patterson (CLYDE) from Maggie Scrugham (ESOC), 19 in W60L where Pauline McAdam (RR) finished ahead of Gill Berrow (ECKO), and only 14 in W70 as Joan Noble (INVOC) stayed ahead of Eleanor Pyrah (ESOC).

A particular mention though to M40S, where Al Dunlop (CLYDE) saw his lead overtaken in the final race as Alistair Duguid (TAY) scored 20 more points at Drummond Hill to win the class by 2 points overall.

As always, thanks to everyone involved in organizing the SOL events in 2017, and good luck to those who are mapping, planning, organizing, controlling and helping in 2018. ☺

Summary	N	Total points	Mean points / runner	# class winners
FVO	115	256856	2234	8
MAROC	88	155750	1770	4
ESOC	81	200328	2473	11
INT	70	161849	2312	2
MOR	67	133729	1996	5
INVOC	62	119570	1929	3
EUOC	48	90559	1887	5
CLYDE	46	116047	2523	5
GRAMP	44	87215	1982	2
SOLWAY	33	39684	1203	1
ECKO	32	78781	2462	
TAY	32	58225	1820	4
RR	30	57171	1906	4
BASOC	23	41874	1821	1
AYROC	21	31303	1491	1
BL	17	19142	1126	
WCOC	15	18093	1206	
ELO	13	25781	1983	
KFO	11	29054	2641	2
SYO	10	12324	1232	
AUOC	9	8856	984	
MDOC	8	7994	999	
STAG	8	14993	1874	
SROC	7	8623	1232	
NOC	6	5695	949	
TINTO	6	8449	1408	
GUOC	2	1598	799	
AROS	1	771	771	

Table 2

Junior Orienteering News

By **HANNAH KINGHAM (W14)**

Moravian OC

AS SOON AS I started orienteering, I began to notice all the Scotland Junior Orienteering Squad (ScotJOS) tops that many people were wearing. It then became my ambition to get into ScotJOS. I looked up to Kathryn Barr then, and still do, as she was already in the squad, and I set myself the goal to be like her. Last year my ambition became a reality as I became one of the people running in a ScotJOS top.

The ScotJOS weekends are great training opportunities but they are also a great chance to meet likeminded juniors with similar ambitions. It's great fun when at a big event you get the chance to catch up with fellow squad members that you may not have seen for a few months. ScotJOS has certainly opened many doors for me, for example my recent trips to London and mid-Wales for the Junior Inter-Regional Championship (JIRC) and Junior Home International (JHI) events.

The JIRC was my first-ever selection race and my first race at a British level. We flew down to London at 6:30am, and were competing at 11am. One bit of advice I would give to anyone is this: take your time to the first control. I learnt this the hard way, and what made it worse was that it was at my first major competition. I spent sixteen



SCOTTISH JUNIORS AT THE JHIs

Photo by: W Carlyle

minutes looking for a control roughly 15m from a path - I was dead last at this point! I persevered and managed to finish 19th with the rest of the course being error free. I had a much better run at the relays the following day as I was cautious to number 1, fourth-fastest on leg 2, and my team finished 6th. Scotland managed to come back with every single trophy so that was a fantastic result for the team. The evening of the JIRC (after the individual) was great fun as I got to meet orienteers from all over the UK. Someone brought a pack of cards and we played 'Irish Snap' (a ScotJOS favourite) in a big group.

Two weeks later I was in Snowdonia for my second time representing Scotland. The JHIs was a much tougher competition as it was the best four from each country, not region (like the JIRC). On the first day I was the very first

starter - it was a very misty hillside with very minimal paths so it was quite scary being the only two people out there (an Irish W18 started at the same time). Other than her, I only saw two people throughout my course and they were fellow W18 and M16 Scottish teammates. I got to the first control okay given the fact that sometimes I could only see 30m ahead of me. However, on the shortest leg of the course I lost concentration and ran off without taking a bearing, the control should only have taken around 40 seconds but I took 4 minutes as I went back to the previous control. I was really pleased with my final result of 6th, however I was even more pleased for two of my fellow teammates who finished 1st and 2nd.

That night our cabin was suddenly filled with 10 Irish people all wanting a go on the Wii as we were the only



HANNAH AT THE JHIS

Photo by: W Carlyle

cabin that had one. Later that night there was a twmpath, a welsh ceilidh, it was great fun as everyone gave 100% and nobody cared who they danced with. Louis Macmillan took his bagpipes and we taught everyone the 'Gay Gordons.' The relays the next day were great as there was no mist and you could see around seven controls from assembly, so it was a great spectator race. The planners were a bit cruel as there was a massive hill right at the start and from the last control to the finish it was also uphill so it was great when it was a close race. I came back with a clean run and brought my team up one place. I was 5th fastest on my leg and my team finished

5th. Overall, the weekend was a blast.

ScotJOS also promotes a huge variety of life skills such as independence. At the JHIs we were in self-catering cabins, and had to do all our meals and snacks apart from dinner. All the ScotJOS coaching builds on the foundations laid by Moravian coaches. Moravian is very lucky to have a fantastic selection of qualified coaches, I would like to thank ALL the Moravian coaches for helping me reach this level. I would like to give a special thanks to Mike Rodgers, without whom I would not be where I am today as he is the person who inspired me to start orienteering. ©

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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

Junior Orienteering News

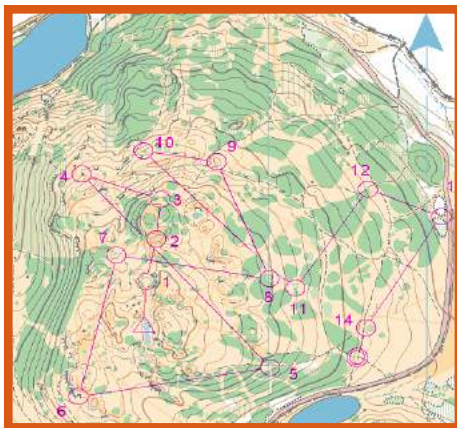
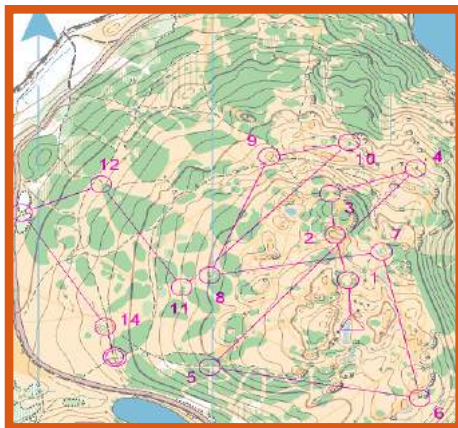
Scottish Junior Orienteering Squad

By **ELIZABETH FURNESS**

Team Manager

AT THE BEGINNING of September, we said goodbye to 12 squad members who are moving on to the next stage of their lives be it university or work. This group were not going to go quietly and planned a fun-filled 'Last Blast' weekend based in Edinburgh for us all to ... enjoy ;)

Starting off on Saturday afternoon we gathered in lovely weather at the foot of Arthur's Seat by Loch Dunaspie for a prologue race planned by James Ackland and Freddie Carcas. Despite everyone's suspicions, it turned out to be just that ... a short, sharp run around the hill, and then on to the chasing start further up the hill on the other side of the road. Maybe we were all lulled into a false sense of security because everyone lined up, were given their maps and set off. But... Spot the Difference – the older/faster juniors got the map on the left and the others got the map on the right. It was such fun standing at the top (beyond #3) and watching the mayhem.



For the evening's entertainment, Emma Wilson and Roanne Lilley had devised a music quiz that mixed teams had fun with, followed by pass the parcel with forfeits (don't ask!). I delved into the past and projected photos of the leavers when they were much younger, though mostly recognisable, which caused some amusement.

On Sunday we travelled the short distance to Bonally Park for the much anticipated 3-arm race. Of course it isn't as simple as just taping arms together – oh no, flour, eggs,

press-ups, nursery rhymes, face paint, wigs, 3-legged legs and dry Weetabix all made an appearance. The photos show lots of smiles and laughter.

So, goodbye to Roanne, Clare Stansfield, Kathryn Barr, Emma, Lindsay Robertson, Abi Mason, Jake Chapman,

Tom Lines, Finlay Todd, James, Callum Hunter and Freddie – we'll miss you!

The squad calendar now runs from October through to the following September with the 2017-18 squad announced as follows (names in bold move up an age class in January):

M14

Jamie Goddard FVO
Joel Gooch MAROC
Pierre Lardet FVO
Ewan Musgrave MAROC
Finlay Raynor INVOC

W14

Rachel Brown ESOC
Pippa Carcas NT
Anna Cox BASOC
Amber Graham MAROC
Hannah Kingham MOR
Rona Shearer ECKO

Table continued over page

M16 Daniel Campbell MOR Alistair Chapman MAROC Matthew Gooch MAROC John Getliff MAROC Louis Macmillan ECKO Peter Molloy FVO	W16 Eilidh Campbell MAROC Kirsty Campbell MAROC Izzy Cox BASOC Kat McGougan BASOC Eilidh Shearer ECKO Lizzie Stansfield FVO Alice Wilson CLYDE
M18 Joe Wright MAROC	W18 Jura Macmillan ECKO Grace Molloy FVO

ScotJOS Last Blast!

Here's a wee look back on what was a messy
but brilliant weekend!!



Photos by: Roanne Lilley

Calendar

Nov 18/19	ScotJOS Inaugural Weekend	Taynuilt incl ECKO event (Sun)	I'd welcome any coaches to any of the weekends – please just get in touch to register your interest or sign up. The ScotJOS selection policy and information about all the selection opportunities for national junior camps and competitions will be posted on the SOA website later in December.
Jan 27/28	ScotJOS weekend	Stirling area	
Mar 3 /4	ScotJOS weekend	Pitlochry *Train on Saturday and SOL on Sunday	
May 5/6	ScotJOS Development weekend	Inverness	
PROVISIONAL			
July 1 – 14	ScotJOS Summer Camp	Location TBC	
Sept 1 /2	ScotJOS Last Blast weekend	Edinburgh	

Junior Orienteering News

Junior Inter Area Competition

By **RONA LINDSAY (ESOC)**

SOA Regional Development Officer Central/South

THE JUNIOR Inter Area competition is an annual competition where the 3 areas in Scotland (North, West and East) compete during a relay and individual event to see which area will come out on top.

This year the relays were held at Dechmont Law in Livingston, where parents and friends juggled competing in the Scottish Orienteering Urban League race with supporting the juniors who were racing in the relays. With a Yellow, Orange and Light Green leg for each team to run, in either the Open or Girls category, areas need a variety of ages and experience in their team. New Team Managers this year for both the North (Jess Tullie and Jenny Hall) and East (Claire Ward and Katherine Ivory) added to the excitement but the strength of the areas was shown by all 3 having a relay team on both podiums!

OPEN:

• 1st North

Oscar Shepherd (INVOC)/
Finlay McLuckie (MOR)/
Joe Wright (MAROC)

• 2nd West

Jamie Goddard (FVO)/
James Hammond (FVO)/
Louis MacMillan (ECKO)

• 3rd East

David Ivory (INT)/Finn
Duguid (TAY)/
Max Bloor (INT)

GIRLS:

• 1st West

Rona Shearer (ECKO)/Kirsty
Flint (FVO)/Jura MacMillan
(ECKO)

• 2nd North (Isobel Howard (MOR)/Kate McLuckie (MOR)/Katrina McGougan (BASOC))

• 3rd East (Maja Robertson (ESOC)/Emily Atkinson (ESOC)/Rachel Brown (ESOC))

Overall it was all to play for, with West taking the lead going into the individual races on the Sunday: West 64, North 56, East 48.

After a fun evening with all the teams staying together in Stirling Youth Hostel, the action continued on Sunday at the Scottish Orienteering League event at Drummond Hill.

With beautiful views out over Loch Tay, interesting courses criss-crossing through the woods and a big challenge from the East team who were regularly scoring in the top three, it was the North's strength and depth which put them on top, winning the Individual Day trophy: North 78, West 50, East 47. Adding the scores from both days together meant that overall North were this year's winners! Overall Points – North 134, West 114 and East 95. Well done to the North Area and all the competing juniors!

Peter Molloy (M16) FVO

At the end of October juniors from the East, West and North of Scotland gathered at Dechmont Law for the annual inter-area competition. Superior tent facilities for the West gave our runners an early boost – our palatial tunnel dwarfed the decidedly average-sized East tent, and – oh dear – the North had simply forgotten to bring one at all!

The event kicked off with an exciting relay around the area, with podium places secured by all three areas in both races and West clutching a slim overnight lead. The orienteers then headed off to Stirling Youth Hostel for a night of fun and an excellent quiz, where youth triumphed over age, and the adult teams let themselves down badly on the music round!

After a welcome long lie in, thanks to the clocks changing, it was away to Drummond Hill SOL 7 for the individual competition.

Everyone performed well in the hilly, technical terrain, but it was the North team that stole the show, with some super results sealing a convincing win, not just individually, but also overall. With the youthful and growing East contingent hungry for a win, it's safe to say that team West has its work cut out to win back the trophy in 2018!



JIA OPEN

Photo by: S. Wilson

Fiona Eades (W14) INT

East Area won the wooden spoon again. This would be an issue if the orienteering was the main focus of the weekend. But no, the main point is that loads of the Scottish juniors from W/M10 to W/M18 (or rather anyone who can get around at least a yellow course on their own) get together for a weekend of orienteering

then staying together in the same accommodation where we can have fun, socialise and get to meet the people we run against all year round. This year we stayed at Stirling Youth Hostel, which we had all to ourselves.

The dormitories were arranged so that we shared a room with kids our own age group. The evening meal was

split into 2 groups.

The early group (younger kids and some helping adults and older kids), while the older juniors went to the play park until it was their turn to eat. Later in the evening there was a fun quiz, topics included Halloween, Orienteering and Music. Hot Chocolate and biscuits were served before heading to bed. ☺



JIA GIRLS

Photo by: S. Wilson

Map Discussion

DAVE MCQUILLEN (SOLWAY)

Great Tower Wood, Lake Windermere

Living in the South West means that we are a long way from most of Scotland's best orienteering terrain. On the plus side we have the Lake District on our doorstep; with easy access to the M6 a day trip even to the South Lakes is possible. With lots of maps of excellent open fell and forests and very active NWOA clubs putting on events, there are orienteering opportunities every week.

So it was that two carloads of SOLWAY members headed to Airienteers' Regional event at Great Tower Wood beside Windermere. It is a compact area packed with rock and contour features with only the most prominent rock mapped.

I had entered the Green course as appropriate for my last year as an M70. It was on the short side at 3.5km but with 175m of climb and potentially bad weather in November, probably about right. Having lost concentration part way round my course at Drummond Hill the previous week, I was determined to remain focussed this time, particularly as I knew it would be tricky.

Picking up the control description sheet I was delighted to see that there were only twelve controls, indicating that there might be

"When I got the map I saw a well-designed course with varying leg lengths, changes of direction and only one acute angle. Doglegs are a pet hate of mine but this one was round a hill, so arguably not a dogleg in practice."

at least one long route choice leg. For some reason these are now rare and the Green course is often just a control picking exercise. When I got the map I saw a well-designed course with varying leg lengths, changes of direction and only one acute angle. Doglegs are a pet hate of mine but this one was round a hill, so arguably not a dogleg in practice.

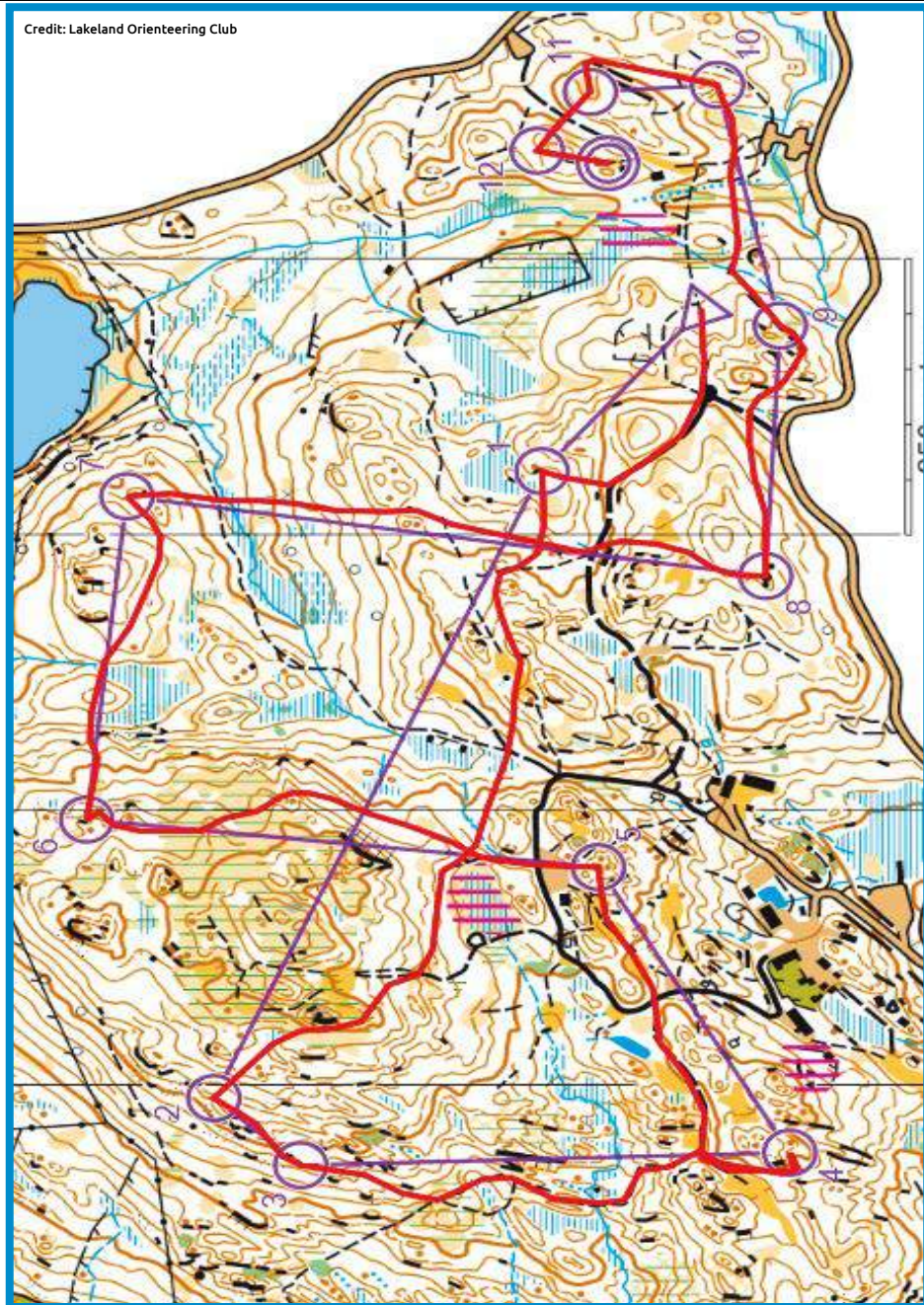
I took a few seconds to decide that the track to #1 was safest and I wanted to be sure rather than quick to get the first one in the bag. It turned out to be both as I was 7th out of 76 to the first control. The line for the long leg to #2 went straight across the hill with bracken hatching on the map. Going left and taking in some climb rather than trying to contour round a complex slope seemed like a good idea as it presented good check points en route and an attack point in the small re-entrant north of the high crag. I made my way slowly diagonally down the steep and stony slope to #3 before picking up speed to hit

and follow the paths towards #4.

Having left Carol McNeill behind at #2, an unprecedented event for me, I was wary of getting overconfident and after a few moments dithering I retraced my steps to follow the path towards #5. The extra distance cost me some time but I was back on focus. #6 looked like a tricky leg and I opted for a fairly direct route with gradual climb, risking bracken on the hill rather than staying low with a stiff uphill scramble to the control. By now I felt I was on autopilot and #7 and #8 presented no difficulties with clear features to pick off all the way. The road and car parks were visible for the last few legs making them relatively easy. Only a patch of brambles between #10 and #11 slowed me down.

With 14th place overall, and first of ten M70s by eight minutes, I felt I deserved my cup of soup before driving home. ☺

Credit: Lakeland Orienteering Club



STAG Anniversary Competition

STAG celebrated our 35th Birthday in October 2017 so here are 35 multiple choice questions to test your knowledge of our Club which continues to thrive & promote Orienteering as a Sport For All, as a Sport For Life as well as our home City & surrounding area (+ Highland Perthshire)

Send your 35 answers, i.e. the correct letter & answer, by email to score@scottish-orienteering.org, with 'STAG' in the subject line, no later than 31st January 2018.

The top 3 best scores shall receive a FREE ENTRY to STAG's SOL @ Errochty Forest in October 2018. One entry per person allowed.

Good Luck

Terry O'Brien, STAG Hon.President

- Q1. STAG was formed in October 1982 but the roots of the Club developed from August 1980 in which Glasgow School?**
a) St. Andrew's Academy b) St. Andrew's High
c) St. Andrew's Secondary.
- Q2. An event for Glasgow Primary School Children was first held by STAG in which Park in 1983?**
a) Pollok Country Park b) Strathclyde Country Park
c) Tollcross Park.
- Q3. Where was STAG's first colour-coded event, held in 1984 and controlled by Gareth Bryant-Jones, staged?**
a) Gleniffer Braes b) Glencryan c) Glencoe.
- Q4. 1985 was International Youth Year, and STAG organized a fundraising venture for Easterhill Day Centre, Glasgow & SURVIVE International Medical Aid. Did Club Members:**
a) Climb Ben Nevis b) Relay Run The West Highland Way
c) Hold a sponsored Orienteering Event.
- Q5. STAG's first major SOA event was held in March 1987, the former Scottish Schools Championships, at Bar Hill Twechar. Who was the Controller?**
a) John Biggar b) John Major c) Johnnie Rotten.
- Q6. The first Glasgow Parks Spring Series was held in 1989. How many events formed the Series?**
a) 10 b) 11 c) 12.
- Q7. STAG was the 1st Scottish Club to win the Compass Sport Trophy for Small Clubs (The Building Block Trophy) back in 1992. Where was the final held that year?**
a) Bigland (NWOA) b) Pwll Du (Wales) c) Kyloe (NEOA).
- Q8. In 1994 STAG was the first Scottish Club to host the Final of the Compass Sport Cup & Trophy in Scotland. Where was it held?**
a) Allean b) Dalnamein c) Faskally.
- Q9. How many current & past members of STAG have served, or are currently serving, on Scottish Orienteering's National Body since 1982?**
a) 4 b) 5 c) 6?
- Q10. In 1987, STAG's event for primary schoolchildren moved to Glasgow Zoo Park, and eight years later this became the largest-ever event for Primary Schoolchildren in the UK, and perhaps the World. How many participated?**
a) 3,046 b) 3,460 c) 3,604.
- Q11. STAG's 21st Anniversary Event was held in Tollcross Park. Who planned the courses?**
a) Sarah McAdam b) Myra McAdam c) Pauline McAdam.
- Q12. STAG first mapped Errochty Forest in 2002. For what event?**
a) The Junior Home Internationals
b) The Junior Inter Regional Championships
c) The Veteran Home Internationals Relays.
- Q13. Which former STAG Members helped form TINTO in 1987?**
a) Peter & Libby Lamb b) Blair & Lorna Young
c) Pauline & Craig McAdam.
- Q14. In 1999 the Park World Tour held their event in what Glasgow Park?**
a) Cathkin Braes CP b) Kelvingrove Park c) Pollok CP.

Map by: Airienteers OC/aire.org.uk

Q15. Out of a current STAG/SOA/BOF Senior membership of a 23, how many STAG members attended Event Safety Courses run by SOA/BOF in 2015 & 2016?
a) 4 b) 6 c) 10.

Q16. How many SOLs has STAG hosted since 1987?
a) 10 b) 11 c) 12.

Q17. STAG's first SOUL was held in 2009. Where?
a) Cumbernauld b) Strathaven c) Glasgow City.

Q18. Who is STAG's most northerly member?
a) Peter Lamb b) Jackie Riley c) Graham McFadyen.

Q19. Which STAG Member is a Qualified Grade 1 SFA Football Referee?
a) Gerry Thomson b) John McKendrick c) John Robertson.

Q20. STAG's first Junior Internationalist came from "The Quinn Family" but was it
a) Raymond b) Kevin c) Paul.

Q21. In early 2018, STAG will host our 600th orienteering event. Where have most STAG events taken place over the past 35 years?
a) Tollcross Park b) Faskally c) Pollok CP.

Q22. When it became too difficult to organise & police events for Schools, STAG began to offer to create resources for schools on-site including the planning & installation of permanent courses. To date, how many schools have such facilities on their campus?
a) 20 b) 25 c) 32.

Q23. How many STAG Club Tours, not counting the recce in 1990, to the "O" Ringen have taken place?
a) 1 b) 2 c) 3.

Q24. How many Orienteering Suit Designs has STAG had in our 35 years history?
a) 4 b) 5 c) 6.

Q25. STAG has maps of all Glasgow's major parks. Within which park is the highest point in the city of Glasgow found?
a) Ruchill Park b) Cathkin Braes Country Park c) Springburn Park.

Q26. How many school maps have STAG members produced over the past 35 years?
a) 100 b) 150 c) 200+.

Q27. Which STAG area can only be safely accessed via an underpass & drainage tunnels under the main road?
a) Faskally b) Dalnamein c) Grandtully.

Q28. During the years 1985-1989, STAG promoted what Campaign?
a) Glasgow's Miles Better b) Glasgow The Friendly City c) People Make Glasgow.

Q29. When the 1988 Glasgow ZOOrienteeing Festival received TV coverage from both BBC & STV who was the BBC reporter on the day?
a) Arthur Montford b) Bill MacFarlane c) David Dimbleby.

Q30. Where was STAG's 35th Anniversary Event held recently at
a) Faskally b) Grandtully c) Errochty.

Q31. In the early 1990s, STAG training nights sowed the romantic seed between 2 members now married & with family
a) Craig & Pauline McAdam b) Tim & Zoe Griffin c) Peter & Libby Lamb.

Q32. STAG was the 1st Club to host the British Schools Championships but whereabouts
a) Pollok CP, Glasgow b) Strathclyde CP, Motherwell c) Dechmont Ranges, Cambuslang.

Q33. Who has controlled most of STAG's Major Events since 1982?
a) Blair Young b) Alastair Lessells c) Lynne Walker.

Q34. In the early 1990s STAG had a Club Member who was renowned for the size of his homemade sandwiches. Who was this?
a) Bernie Lafferty b) Duncan Lissett c) Angus Fergusson.

Q35. In 1995 Terry O'Brien was presented with an award for services to Orienteering. Was it
a) The Dumb Compass Award b) The Silva Medal, or the c) The Chichester Trophy. ☉

MAR Orienteering Club

By JON MUSGRAVE (MAROC)

MAR Orienteering Club Celebrates 40 Years of Orienteering



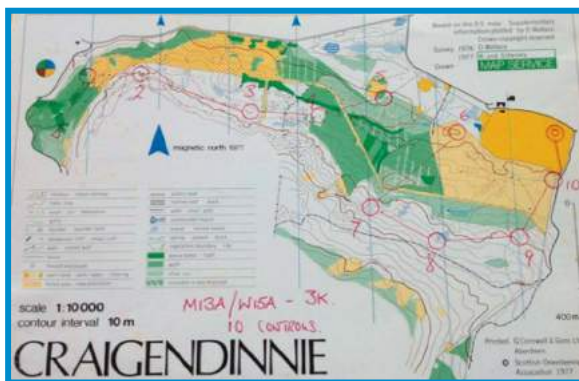
MAROC MEMBERS AT HIGHLAND '87 6-DAY EVENT

NOVEMBER 2017 WAS the 40th anniversary of the founding of MAROC, and a dinner was arranged to celebrate the milestone. After much publicity and sending of e-mails, phone calls and even (gasp!) physical post, seventy past and present members gathered at Raemoir House Hotel for a meal and a chance to catch up with some well-kent, and some less remembered, faces.

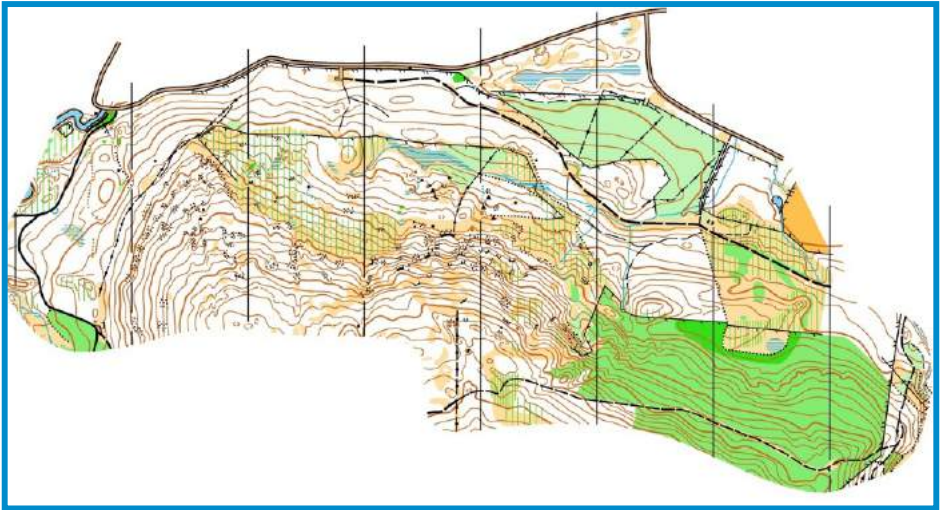
Donald Wallace, the founder of the club, was invited to speak and gave a presentation on the first 10-12 years of the club – most of which was new to the present members.

Donald had several slides of past members to share – many of whom are still orienteering, and some still in MAROC. He also had photos of some of the original club maps which elicited much interest – the lack of detail and, on one, the note “partially surveyed...,” were a reminder of how much the sport has developed over the years. Results and newspaper reports were also included – it appears that

publicity from certain NE papers was more readily available in years past than now!



First map of Glen Tanar



2017 Map of same part of Glen Tanar

What hasn't changed in MAROC is the emphasis on junior members, as evidenced by its position at the top of the 1980 Jan Kjellstrom Junior men relay results. Originally Aboyne Academy, and more recently Banchory Academy, have provided a steady flow of club members and success. In recent years MAROC have had continued success at the JK relays, with podium finishes 2014 through 2016. With new juniors continuing to join the club thanks to after-school clubs and other newcomer initiatives the future continues to look bright for the junior side of MAROC.

The evening was a great success and many Friendships were renewed, with the time flying past so that Donald's talk did not finish until very late. Several people wanted to stay longer to carry on reminiscing – maybe next time!

Many thanks to the Raemoir House Hotel for accommodating seventy of us in one room, to Hazel Wright for liaising with them, John Mason for sorting the payment, to Donald Wallace for coming up from his home in the Borders, and finally the all club members old and new, past and present, who came along. ☺



Team		Leg 1	Leg 2	Time
1	469 MAROC	8	4	83.31
2	472 North West OC 1	10	2	83.56
3	421 Airlintours 1	14	8	83.57
4	458 Bell-Vader (CB)	12	13	86.49
5	465 Manchester & District OC 1	5	13	87.48
6	485 Walton Chasers	2	3	88.05
7	440 Sarpborg GL (N)	18	6	88.18
8	481 Thames Valley OC	13	5	88.26
9	434 Dowside 1	7	7	88.36
10	422 Airlintours 2	4	14	91.03
11	430 Bristol OK 1	32	19	92.50
12	436 Lancaster Orienteers 1	31	21	93.43
13	455 Dowside 2	11	11	96.45

CO-ORDINATOR'S REPORT

This book will doubtless lie around, part-read, for several days, occupying bookcase or armchair or floor-space. Thereafter, as it surfaces from the file or from amongst your O-treasures, you will feel again the warm memories of your Dowside visit and think kindly on the place and its people.

The Scottish Six-Day Orienteering Event is built on the effort of several teams throughout the Scottish O-clubs—they have richly deserved the thanks you have already generously expressed. The Central Organising Committee determined four years ago to make your visit to our homeland a memorable one—that determination latterly verged on the fanatical, but it was not to be.

The true story from Day 3 which was told at the Prizegiving deserves repeating. The old crofter, as he surveyed you all, assured us, "Aye, they're maybe a bittie mad, but they're happy—there's a lot of folk in this world are nae mad and are never happy."

Remembering that we shared with you for one short week our common interest in Orienteering, that you delighted in our countryside and departed from us relaxed and happy.

We look forward with enthusiasm to meeting you and your friends at Teyside in '85.

George Graham,
Co-ordinator.

btoSOUL 2017

By **PAT SQUIRE (INT)**

btoSOUL Coordinator

Eleven events, 2,354 runs, 14 trophy winners – these are the bare figures that summarise the 2017 btoSOUL series which once again has taken Urban Orienteering devotees around the streets of Scotland, from Lossie in the north to Biggar in the south, Tranent in the east to Dunstaffnage in the west. Events have ranged in size from the extravaganza that was Ballater, part of this year's Scottish 6 Days, to the more compact but still challenging Cumbernauld.

The Men's vet class was the most popular with 318 runs completed over the series whilst only 14 were recorded for the Women's Hypervet class.

With the final event being held recently in Biggar as part of the Tinto Twin weekend the 2017 series is now concluded and this year's trophy winners are:

CLASS	MEN	WOMEN
Open	Michael Adams EUOC	Kirsten Maxwell RR
Junior 12-	Joseph Lawlor ESOC	Maja Robertson ESOC
Junior 16-	Alasdair Raynor INVOC	Rachel Brown ESOC
Veteran 40+	Ray Ward INT	Claire Ward INT
Supervet 55+	Ian Maxwell RR	Lindsey Knox RR
Ultravet 65+	Phil Smithard KFO	Sheila Strain ELO
Hypervet 75+	Jim Clark ESOC	Janet Clark ESOC

Half of these winners gained the maximum 500 points in the series – Maja, Rachel, Claire, Sheila, Janet, Phil and Ian. The narrowest margin of victory was in the Men's Veteran class where Ray Ward pipped Jon Hollingdale by just half a point (482.5 to 482). Maja, Rachel, Lindsay, Sheila, Phil and Alasdair retained their titles from last year with Phil completing an impressive 4 in a row, only to see Sheila go one better and make it 5 in a row! Congratulations to all.

The prize-giving to the first three in each class will be made at the first btoSOUL on 20th January in Edinburgh.

To everyone who took part in at least one race this year, I hope you enjoyed the event and will want to continue your exploits in the year ahead. For 2018 there are already 12 events pencilled in, but there is still time to add one or two more if clubs contact me in the very near future. As a reflection of the increased size of the league I would be

proposing to increase the number of scoring runs to 6.

If anyone has any observations about this proposal, or indeed any aspect of the btoSOUL series, particularly ideas to enhance the series, I would be very pleased to hear from them (soul@Scottish-orienteering.org).

Please note that SOA-only members will still be able to enter events in the series and be eligible for prizes. I will amend the Guidelines to reflect this. ☉

Thanks are due to:

- BTO Solicitors LLP for providing continuing support to the series
- Previous coordinator Andy Paterson for help and advice whenever required
- Robin and Sheila Strain for advising on various IT matters and for assisting with the processing of results at many of the events
- Roger Thetford for managing the series leagues
- The event officials and Club helpers who enabled the events to happen
- All the participants at the events

EUOC Big Weekend

By **MATTHEW FELLBAUM (EUOC)**

EUOC Big Weekend 19th – 21st January 2018



EUOC are hosting the 10th anniversary of the Edinburgh Big Weekend, on January 19-21st 2018. With this event we will be holding our first-ever indoor race in the JCMB, one of the university buildings.

On the Friday evening you'll get to run a fast and furious 'Fight with the Night' in the

Kings Buildings campus, on Saturday we will be going back to the stunning George Heriot's School as the assembly and finish location for the city race, and on Sunday expect some top-notch courses around Holyrood Park.

The Saturday and Sunday races are the first of the UK

Orienteering League for next year, so will be a perfect opportunity to get some good scores early on in the season!

Entries are now open, and will close in early January. We'd love to have as many people come as possible, for what we hope will be the best edition of the big weekend yet! ☉

Setting Your Map

By HELEN O'DONOGHUE (SOLWAY)

SOA Events Manager

In the September issue of SCORE, my piece, Sole-O, was about map symbols. This article builds on this knowledge while focussing on the key skill of setting the map.

If there is a map reading skill which I would pick as being "THE ONE" to practice, practice and keep on practicing, it would be this one. Master this skill until it becomes second nature and I promise you will reap the navigational benefits.

Let's start by comparing an aerial photo and a map of the same area - they are aligned so that north is at the top (Diagram 1). Notice how the linear

features run in the same direction: the map is 'set' (also sometimes called orientated).

It is useful to remember that the map is essentially a drawing of the terrain and that we, the competitors, are all akin to ants running around on the surface of the earth. When a map is set the relative positions of the features on the ground match their relative positions on the map. There's no need for mental gymnastics to determine the correct direction of travel - the map will show you! You need to know roughly where you are and you then look along the course line on the orienteering map between where you are and where you want to get to - that is the direction you need to head along.

So far, so good and still simple, but the problems for beginners start when flushed with success, they change direction for their next leg. The map



Diagram 1

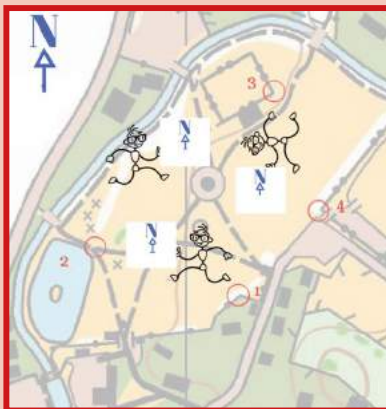


Diagram 2

needs to remain set, regardless of how many changes in direction your course demands. This is illustrated in **Diagram 2**. It sounds easy, but this skill requires practice until it becomes automatic.

Let's explore a few activities which provide the practice that you can use to improve your skills in this area:

A good starting point is this useful YouTube video featuring Nigel Williams from Glenmore Lodge which demonstrates this skill clearly: <https://www.youtube.com/watch?v=pkIMXgaU7Hc>.

Notice how he uses more than one feature while setting the map – this is important as it reduces the chance of making a 180-degree error.

This ability to set a map using line features is a very good skill for all orienteers to have but is particularly useful for the younger orienteer with adult in tow.

Now on to something active; use the following link to find an exercise called Counting Cones. It is essentially an orienteering course condensed down to the bare essentials and is designed specifically for practicing map setting without a compass (its source is British Orienteering's Tri-O pack). It is intended for use in schools, but don't let that put you off, Counting Cones is one of my all-time favourite exercises as it is equally relevant to the new orienteer and the experienced navigator alike – it just depends on how you use the activity. You can find it on this link: https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_

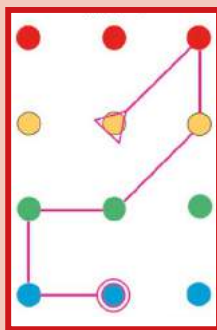


Diagram 3

and number on would work just as well as coloured cones (few of us have a set to hand!) – just make sure you weigh them down to prevent them blowing away! Coloured chalk on a paved area would also be a good solution. Lay them out as shown in **Diagram 3** with 3 or 4 large paces between pots/pots/cones/chalk marks. (See page 45 for the instructions for numbering your markers).

resources.pdf.

This deceptively simple activity will soon show up any lapses in technique. You will need to print out pages 39 to 45.

Plant pots or disposable plates with the correct colour

Counting Cones

Aim: To practice setting the map and keeping it set on each leg.

Organisation and instructions:

1. Set up the coloured, numbered markers in keeping with the map/diagram provided.
2. Choose your course.
3. Follow the route, remembering to set the map for each leg and also to add up the numbers on the way round.
4. Check that the total at the end is correct.

Setting Your Map

Once you become proficient at this exercise you can mix it up a bit - here are some suggestions:

- 1. Find a friend to race against.**
Make sure that your markers are spaced sufficiently far apart to avoid collisions. Choose a different course each and have a race – swap maps and see if the same person wins. I can guarantee that it won't be as easy as you think, but it will be fun!
- 2. Increase the difficulty by removing the colours from the maps.**
- 3. Make a larger grid, say 4x4 markers and then have fun creating your own maps and courses.**
- 4. Try creating grids of different shapes and see how this affects the difficulty.**

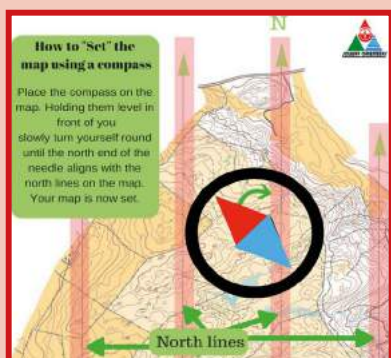
If you live near a football pitch or a netball/tennis court you could try out the courses on the links below which use markers placed on the pitch/court lines. Again, these exercises are surprisingly challenging.

Football pitch O (from British Orienteering):
https://www.britishorienteering.org.uk/images/uploaded/downloads/development_schoolgames_resources_pitchorienteering.pdf

Netball court O (from British Orienteering):
https://www.britishorienteering.org.uk/images/uploaded/downloads/development_schoolgames_resources_netballnumbers.pdf

Tennis court O (from South African Orienteering Federation):
<https://www.orienteeing.co.za/wp-content/uploads/2012/05/Tennis-court-grid.jpg>

Once you feel comfortable with this method of setting the map it is time to learn how to use a compass to achieve the same end. This is an essential addition to the arsenal of navigation skills for those looking to move up onto more technical courses (Orange and above). Frequently competitors on these courses are in terrain where it may be difficult to set the map solely using features on the ground and the risk of making 180-degree errors increases.



Here are a couple of videos on the topic both featuring SOA's very own Hilary Quick:

- 1) Setting the map using a compass
<https://www.youtube.com/watch?v=geWFeAy9jOs>
- 2) Keeping the map set while on the move
<https://www.youtube.com/watch?v=llM-ogWX8VU>

Now it is time to look for more opportunities for practice. If you are lucky enough to live near a permanent O course you have an ideal opportunity. Your orienteering friends won't be there and there won't be the positive feedback of snazzy electronic timing, but there are some serious positives. For instance, you can practice skills which are new or need refining. You can even re-run legs either to iron out problems or to explore the merits of different route choices. There is no pressure to complete the whole course so you can concentrate on the aspects which you wish to practice.

Some permanent orienteering resource links:

<https://www.britishorienteering.org.uk/pocs>

<http://scotland.forestry.gov.uk/activities/orienteering>

<http://mobo.osport.ee/>

Ask your club coach if they could set

up a coaching session based around this topic – perhaps a short course where the controls are placed close together but requiring lots of changes in direction. An “Odds and Evens” relay is also an excellent activity and has the added advantage of simulating some of race day pressures. The activity is number 14 on the UKCC Level 1 cards.

My final suggestion to you is to take every opportunity to put this skill to good use. Whether it is using an Ordnance Survey map on a country walk, or a street map while visiting an unfamiliar town, look for creative ways to utilise this skill. With practice it will become second nature to set the map, and you will know that it has really sunk in when an un-set map is upsetting (as reported by my daughter on an open day at King's Building, Edinburgh where the map on the entrance board was 180 degrees out of alignment and she promptly got lost).

The topic for the next article will be about distance judgement. ☉

Orienteering Technique Analysis

By **CHRIS SMITHARD (FVO)**
FVO Club Development Officer

WANT TO IMPROVE your technique? Kris Jones and myself are looking for volunteers to take part in a trial of a new service that aims to help you improve your orienteering technique.

We help to analyse your technique by breaking it down into 5 core principles. By ranking these principles on whether you did them well or poorly for each leg we help build a picture of your strengths and weaknesses. Then we provide appropriate recommendations to help you improve based on this.

It's a system that we have used to improve our own technique and we'd like to share it with others.

It's open to anyone who is competing at TD4/

Light Green standard and above.

You must be prepared to commit 20 minutes after each race or training session you do over the next 3 months. This will involve analysing your orienteering technique on our website and then using the results of the analysis to train smarter at your next event of training session.

For more info or to get involved please drop me an email at elevate.orienteering@gmail.com. ☉

SOMETIMES I THINK we take for granted what a great sport we are involved with, and so, in the spirit of cheering ourselves up in these rather unsettled times, here are six of the many different things which I personally think help to make orienteering such a fantastic hobby.

1. It takes you to so many places you would never otherwise visit, both at home and abroad. Who hasn't been running through a remote forest in, say, Finland or the USA and thought "I would never have come here if it wasn't for orienteering?"
2. You get to meet so many great people. Almost everyone in orienteering is interesting and enjoyable to spend time with. Of course, there are the occasional exceptions (such as the two competitors who were rude to me about our courses on Day 6 of the Scottish 6 Days this year), but they are, thankfully, very rare (and in any case you're unlikely to be too unpleasant to someone when you'll probably meet them in the toilet queue at a subsequent event!).
3. It helps children develop into independent and self-confident adults. When I was growing up in a non-orienteering family I would never have dreamed of travelling to a foreign country to sleep on the floor of a club hut and then go running in the surrounding woods, but my children take all of this kind of thing for granted. Moreover, if you can navigate through a strange forest using only a map and a compass, then many everyday challenges seem pretty straightforward in comparison.
4. It teaches you to manage your time, to cope with deadlines, and to handle pressure (especially relays).
5. Every race is a new challenge. Even on a familiar area, the courses, the weather, the vegetation and your fellow competitors will be different, so no two orienteering races are ever the same.
6. The pure joy of orienteering at speed through technical terrain, and especially the thrill of rounding a knoll or dropping into a small re-entrant to find the control exactly where you expected it to be, never goes away and keeps us coming back for more week after week, and year after year. ☺



Photo by: Steve Wilson

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.



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www.scottish-orienteeing.org/sol

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<input checked="" type="checkbox"/>	SOL 1	4th Mar	Linn of Tummel	(ESOC)
<input checked="" type="checkbox"/>	SOL 2	11th Mar	Beecraigs	FVO)
<input checked="" type="checkbox"/>	SOL 3	25th Mar	Auchengarrich	(AROS/GB Squad)
<input checked="" type="checkbox"/>	SOL 4	23rd Sept	tbc	(BASOC)
<input checked="" type="checkbox"/>	SOL 5	7th Oct	Errochty	STAG)
<input checked="" type="checkbox"/>	SOL 6	24th Oct	Roseisle	(MOR)



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<input checked="" type="checkbox"/>	SOUL 3	18th or 19th Feb	tbc	INVOC
<input checked="" type="checkbox"/>	SOUL 4	25th Feb	Tweedbank	RR
<input checked="" type="checkbox"/>	SOUL 5	15th Mar	Stirling Uni	FVO
<input checked="" type="checkbox"/>	SOUL 6	25th May	tbc	MOR
<input checked="" type="checkbox"/>	SOUL 7	7th July	Dundee (Menziehill)	TAY
<input checked="" type="checkbox"/>	SOUL 8	21st July	Perth tbc	Sprint Scotland
<input checked="" type="checkbox"/>	SOUL 9	26th Aug tbc	Strathaven tbc	STAG
<input checked="" type="checkbox"/>	SOUL 10	Sept	Aberdeen tbc	GRAMP
<input checked="" type="checkbox"/>	SOUL 11	27th Oct	Forres tbc	MOR
<input checked="" type="checkbox"/>	SOUL 12	3rd Nov	Livingston tbc	INT

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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