

# SCORE

THE HOME OF SCOTTISH ORIENTEERING

SEPTEMBER 2018

**Elites and Juniors in Europe**

**Sprint Scotland and Masterplan Adventure**

**SOA Development, Strategy & Performance**

**Spòrs Gàidhlig**

**Plus lots more...**



magazine of the  
**SCOTTISH ORIENTEERING ASSOCIATION**

 **sport scotland**  
**LOTTERY FUNDED**

# Welcome



**SCORE Editor:**  
Sheila Reynolds  
SCORE@scottish-orienteing.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

**SCORE Advertising:**  
Full page: £90  
Half page: £60  
Discounted rates available for multiple issues.  
Contact us to discuss: communications@scottish-orienteing.org

**Design by:**  
MediArtStudio  
www.mediartstudio.co.uk  
derek@mediartstudio.co.uk

**Printed by:**  
Groverprint & Design,  
Studio 2B1, Industrial Estate,  
Newtonmore  
PH20 1AL

**Cover image:**  
Grace Molloy, FVO.  
Photo by Chris Bell,  
Deeside Camera Club.

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

**JUST AS SUMMER goes quickly, so goes my time as SCORE Editor – this month marks two years since I raised my hand to volunteer.**

In this issue there are several pieces that highlight the importance of volunteers in delivering orienteering all along the spectrum, new orienteers to elite. From the SOA offices to an island in Sweden, educating and developing orienteers requires a tremendous amount of effort on the part of volunteers, and we are lucky to have so many that are committed to furthering the sport and its participants. Personally, I am very grateful for all of our excellent members who have made my position as SCORE Editor easier through contributing pieces, providing advice and support, and being patient as I learn the ins & outs of orienteering and SCORE – thank you.

As some of you may know (if you've been following SCORE since my beginning as its editor), I don't orienteer, but can often be found at events as a volunteer, or cheering on my husband, Scott, and daughter, Charlotte (or both). If you see me, say hello!

As always, I encourage all of our members to contact me if you would like to contribute a piece, or have a comment or question regarding SCORE – I can be reached at score@scottish-orienteing.org.

## Contents

<b>News from the Board</b> .....	<b>4</b>
News from SOA's Development Director and Chair, Anne Hickling	
<b>Education News</b> .....	<b>5</b>
Volunteers' Day and Education Matters	
<b>SOA Strategy</b> .....	<b>6-8</b>
SOA's President and Strategy Director, Richard Oxlade, shares the results of the recent Strategy survey and SOA's plans	
<b>Introducing New Board Members</b> .....	<b>9</b>
Meet Nick Barr, SOA's new Marketing & Communications Director	
<b>Introducing New Board Members</b> .....	<b>10</b>
Meet Tim & Helen O'Donoghue, SOA's new Co-Coaching Coordinators	
<b>Sprint Scotland</b> .....	<b>14</b>
Kirstin Maxwell and family experience the inaugural Sprint Scotland Spring Series	
<b>Masterplan Adventure</b> .....	<b>16-17</b>
Introducing SOA's newest member club	
<b>Gaelic O</b> .....	<b>20-21</b>
Spòrs Gàidhlig has been orienteering its way around Scotland	
<b>Ticks &amp; Lyme Survey</b> .....	<b>22-23</b>
Researching Ticks & Lyme – can you help?	



36

Photo courtesy of Stephen Wilson

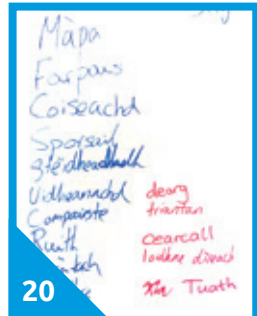
## WMOC 2018

A week of varied competition at WMOC 2018 in Denmark



14

Photo credit: Hanne Robertson



20

Credit: Sarah Hobbs

### Athlete Profiles ..... 26-27

Meet the McLuckie Family of Moravian Orienteers

### Physical Training ..... 28-29

Mehmet Karatay offers tips on Strength & Conditioning

### O Training ..... 30-31

Helen O'Donoghue offers some tips on pacing, map scale and more, in Distance Judgement Part 2

## REGULAR FEATURES

- 4 > News from the Board
- 5 > Education News
- 32 > Junior News
- 38 > Events & Clubs list
- 39 > SOL/SOUL Schedule

**Copy deadline  
for next edition**  
2 November



24

Photo credit: woc2018.lv J. Ligats



32

Photo credit: jwoc2018.hu)



# News from the Board

By ANNE HICKLING (GRAMP) SOA Board Chair and Development Director

**THIS NEW FEATURE in SCORE replaces the 'President's Piece,' and the intention is that there will be contributions from all of the Directors over future issues. I'm sure that this will be of interest to the membership, and will keep you all better informed about what the Board is doing for orienteering in Scotland.**

Since the AGM in May I have held two positions on the Board – as Chair and as Development Director. For this piece I'll concentrate on the Development role; the job of Chair is, I think, self-explanatory, so I'll just say this time that I feel we have a strong group of directors on the Board now, and I'm looking forward to working with all of them over the coming year to move Scottish orienteering forward.

Development is key to advancing the sport across the country. We need to continue to attract new people to orienteering, to retain them in the sport and to develop their skills – and enjoyment – in orienteering through high-quality coaching and training. Much of this is the work of the clubs, and of course we all depend on them to continue to stage the great programme of events and activities that we all enjoy. Club members, as volunteers, take on the many vital jobs required to run a club and its programme, and we need to encourage a continuing pool of volunteers and ensure that they are recognised and appreciated.

Our Development staff team, funded by **sportscotland**, is there to support the clubs in all of that work; SOA's two RDOs (Regional Development Officers) are between them looking after the two halves of Scotland (North and South/Central). Together they are providing a variety of support to clubs, such as developing a programme of 'come and try' events to draw new people in, exploring new ways

of orienteering (see Sarah's article elsewhere in this issue about MapRun), helping with funding applications, or – the first stage in all of this – helping clubs focus on their priorities and draw up development plans.

Over the past year Rona Lindsay (RDO South/Central) has been working hard on the SOA Club Accreditation scheme, and this is now being rolled out. We hope that all clubs will achieve the bronze level over the next few months, and that some will be working toward the silver and gold levels. There's no Scotland-wide sports club accreditation scheme (though some local authorities have their own), so SOA has set up the club scheme to demonstrate to funding bodies, landowners, local authorities and the public that our clubs are properly constituted and well run, and offer quality orienteering in a safe environment.

I'm sure that you've all heard the great news that the 2022 Sprint World Orienteering Championships are coming to Edinburgh. This is a wonderful opportunity for us to present orienteering to the Scottish public, to show what an exciting sport it is for everyone, and inspire them to get involved. It will be a lot of work but the benefits should make it all worthwhile! ☺





# Volunteers' Day and Education Matters

By **HILARY QUICK (BASOC)** SOA Education Manager

As mentioned in the last edition of SCORE, we will be holding a Volunteers' Day this year at Kinnoull, near Perth, on Saturday 22nd September. The two main sessions are primarily intended to strengthen and extend the skill levels and raise the confidence of people who have some experience of officiating at small events and are considering taking on something larger, such as league events or a day of the 6 Day Event. The morning session will look at event organisation and the afternoon will focus on planning and controlling. Both sessions will be highly practical, and we will share the combined learning gained by those who've done the roles on many occasions. To a certain extent the content will be driven by the needs of those who attend, so do please let me know of any particular topics you want to cover.

Alongside those sessions we will hold some informal coach CPD (Continuing Personal Development) sessions to share good ideas and have an excuse for a run-around outdoors.

Bookings are coming in and I would urge you to book soon to avoid disappointment. Space is genuinely limited so we can't take more than 12 people on each indoor session. Numbers for the outdoor coach CPD are more flexible, and non-coaches are welcome to come and be coached or just have a run.

There is no charge for attendance; tea/coffee and a DIY sandwich/buffet lunch will be provided.

There's more on the website at <https://www.scottish-orienteering.org/soa/page/volunteers-day>, where a link to the booking form can also be found.

The EGM has been cunningly arranged to follow at the same venue, and we are also offering the inaugural Scottish Orienteering Young Leader course the same day, in Perth. This is an excellent opportunity for young people aged 14-17 to take the first steps in learning some of the art of coaching. Details are at <https://www.scottish-orienteering.org/soa/page/proudly-launching-scottish-orienteering-young-leader>.

## **Coaching Coordinator(s)**

I'm delighted to confirm that Helen and Tim O'Donoghue (SOLWAY) have taken on the role of Coaching Coordinator, and will be playing a key role in communicating with coaches and encouraging all

to consolidate and extend their skills. See elsewhere in this edition for their first contribution in that capacity.

## **UKCC Status**

The history of the UKCC (UK Coaching Certificate) and orienteering's involvement with it go back more than 10 years, UKCC having been established with the aim of getting a common standard of coach education across all sports. It's a long story, but now **sportscotland** are leading a review of it in Scotland, alongside consideration of the practicalities of awarding coaching qualifications, which is currently done through the SQA (Scottish Qualifications Authority). While those discussions are continuing, we are implementing the Scottish Qualifications in Coaching Orienteering (SQCO), which reflect the existing UKCC standards but with a particular bias towards the needs of coaches in Scotland.

**sportscotland's** Coaching Framework sets significant store by the societal needs for coaches to engage the non-sporting population in meaningful and enjoyable physical activity, as well as improving standards of competitive participants at all levels. This framework suits orienteering well, and we are already aware that people stay longer in the sport if they feel they are improving their skills.

We've been examining delivery options for coach education that would allow us to exploit technology better in order to be flexible in timing of learning, but there are many complex considerations, so progress is slow. Whatever happens, there is general consensus that we must be consistent in applying appropriate standards of tutoring and assessment. At the time of writing the detail is still very fluid, so watch the website for announcements and updates.

## **... and finally...**

I've now been employed by the SOA for 15 years, and have decided that it's time for a career change. I'll be leaving at the end of September, by which time I hope my successor will have been appointed and we will have had an orderly handover. I will continue to coach, organise, plan and control, and to work as freelance tutor, assessor and verifier, and hope to persuade my various failing joints to let me at least jog round orienteering courses from time to time – so I hope to continue to see you in those sunny forests. ☺

## The Future of Scottish Orienteering – The Strategy Review

**WHEN I JOINED** the SOA Board a year ago Roger suggested that I take the grand title of “Strategy Director,” so I decided that it would be a good idea to take a look at the SOA strategy and see how we were getting on.

It was easy to start. The SOA has a well-written and comprehensive 2016-2020 Strategic Plan, agreed with sportscotland, who provide us with a lot of financial support. Not surprisingly I soon discovered that not many orienteers had read it. I guess that’s quite understandable - most of us would rather be running in beautiful Scottish forests than reading long strategy documents!

Initially I talked to the SOA staff and the Board, and had the inevitable ad hoc conversations in wet fields. I also went to a sharing best practice session held by the Scottish Sport Association and was struck by an extremely positive Scottish Gymnastics talk about their strategy – it was club-focused and began with wide ranging conversations with the members. It seemed like a good idea.

So, it was time to put together some questions, dig out the clipboard and have some conversations. We know what it’s like to be approached in the street or at the airport by someone carrying a clipboard, so we started with some trepidation. Fortunately, everyone we spoke to was very generous with their time and we heard lots of opinions; in the end we gathered feedback from about 120 orienteers. Inevitably many were very experienced, but some were newer to the sport and their contributions were particularly valuable (and different!).

### **What did we learn?**

The feedback was nearly always

*“A common complaint about these types of conferences is that a lot of good ideas are generated but as we can’t do everything, we do nothing. So, our challenge is put these ideas into practice, and to do this we need to turn them into a set of properly resourced action.”*

constructive and appreciative of the efforts that the SOA staff and volunteers put into the sport in Scotland. There are some real positives that we should celebrate:

- We have some of the best terrain in the UK
- We put on a lot of quality events – some are outstanding (World Championships, 6 Days)
- We have a lot of very experienced and enthusiastic staff and volunteers
- Membership numbers are steady (they’re falling in some sports)
- We have been given significant funding to support development of the sport

To provide some data (we love data!) we asked everyone to assess our progress against the five aims in the Strategic Plan using a scale of 1 - 4 (1 – Quite poor, 2 – OK but could do better, 3

– Quite well, 4 – Outstanding). These are the average results:

- |                                 |     |
|---------------------------------|-----|
| 1. Promoting orienteering       | 2.6 |
| 2. Developing clubs             | 2.7 |
| 3. Developing members           | 2.8 |
| 4. Developing talented athletes | 3.2 |
| 5. Improve governance           | 3.2 |

This tells us that we are doing “quite well,” but from the conversations it appeared that there were a few areas where members thought we could do better. A few themes emerged:

- We could market the sport better – in particular newcomers to the sport think it’s difficult to find out what’s going on
- We could provide more support to our volunteers – experienced volunteers sometimes feel overloaded, and inexperienced volunteers are put off by the complexity of the sport and can feel excluded
- We could be better at sharing best practice so that clubs don’t re-invent the wheel
- The event calendar could be more balanced and publicised more clearly (especially for new orienteers)
- Event presentation could be improved for some of our higher profile events
- We don’t always value non-elite

athletes as much as we could

- We could always do with more money!

### **Club conference/strategy workshop**

Armed with this information, about thirty orienteers met at the National Scout Centre at Fordell Firs near Dunfermline at the end of April. Most of the SOA staff were there, some of the Board members, and members from a number of clubs. Our request: help us identify some short- and long-term actions to address the themes that were identified in the survey.

The workshop was a great opportunity for some of the staff to describe what is already going on. Sarah Hobbs shared the new marketing plan with its emphasis on attracting and welcoming new members. Sarah Dunn and Rona Lindsey described the work that they’re doing as RDOs to help clubs develop.

I also asked Paul McGreal (World Orienteering Championships 2015 Director, professional event organiser, >>



PAUL  
MCGREAL,  
POLKA DOT  
SHORTS  
THANKFULLY  
NOT IN  
EVIDENCE



ONE OF THESE PHOTOS SHOUTS ‘COME ORIENTEERING!’



and occasional orienteer with RR) if he could come along and be provocative. He was. Both sartorially (my biggest regret is not getting a picture of him in his polka dot blue shorts) and verbally. Drawing on his own experiences organising triathlons, his challenges for us were:

- **Presentation of the sport.** Are we too amateur? For example, we don't take care with our photo opportunities that would help non-orientees imagine themselves taking part. I inadvertently helped him demonstrate this with my intro slide (below, left) in contrast to the one used on the SOA website (below, right)! How would you like to imagine yourself?
- **We use too much jargon** (we love jargon!). Too much jargon is simply off-putting to newcomers.
- **We should use more smiling faces in our marketing.** If the people doing the sport look happy, people will be attracted to it.
- **We could benefit from more professional organisation.** It's not just about the planning and the courses. You could say 'of course Paul would say this' – but there's a point: many of our competitors (e.g. adventure racing) use professional organisers.
- **We should focus on participation not just membership.** Participation in the many activities and events that we run is an important measure of the health of the sport so we shouldn't get too focused on membership numbers.

We spent the majority of the conference in separate workgroups developing a comprehensive set of ideas and actions for each theme. There isn't space in this article to list the output – but it's fair to say that there were many good ideas that could

be put into practice in the short-term and over the long-term.

## What happens next?

A common complaint about these types of conferences is that a lot of good ideas are generated but as we can't do everything, we do nothing. So, our challenge is put these ideas into practice, and to do this we need to turn them into a set of properly resourced actions (i.e. time and money is allocated to them). This is the stage that we're at now. The Board has discussed the proposed actions and we have a strategy review with sportscotland, our largest financial supporter, on the 10th September. In the future you should see progress in the following areas:

1. A renewed focus on marketing:
  - a. More time spent on social media driving traffic to the new website
  - b. A more understandable and accessible events calendar to attract & retain new orientees
  - c. New promotional materials to help clubs introduce the sport to newcomers
2. More help for clubs in addition to that already being provided:
  - a. Resources to help clubs be more efficient
  - b. Standardised event guidelines to improve presentation of the sport
3. More support and recognition for volunteers:
  - a. More events to reward and incentivise volunteers and share best practice
  - b. More systematic & tangible rewards for volunteers
  - c. Refreshed training for organisers and planners.

Finally, thanks again to everyone who provided honest feedback, and special thanks to the folk who came along to the conference to help us. ☺



# Marketing & Communications News

By **NICK BARR (MOR)** SOA Marketing & Communications Director

**Now that I've been in post as the Marketing and Communications Director for a short time, it may be a good time to introduce myself to those who don't know me.**

In terms of orienteering, I'm a member of Moravian Orienteers and have been for over 10 years. I'm married to Liz and we have Andrew and Kathryn as our son and daughter. We live in what I would describe as a near perfect location for orienteering, 25 miles east of Inverness – 6 minutes' run from Culbin and 15 minutes from Darnaway, up in Moray. We have Roseisle, Lossiemouth and the Cairngorms on our doorstep.

I was first introduced to orienteering by Mike Rodgers of Moravian Orienteers about 10 years ago, largely on the back of local school orienteering and my son Andrew. As both our off-spring took to the sport, Liz and I developed a liking for it too and we've ended up travelling far and wide in support of junior orienteering and the elusive 'perfect run' for ourselves. I get a lot of enjoyment from orienteering; I will also admit to being very frustrated at times if I don't think I've been able to run properly. I love orienteering in runnable forest and open moorland – the sense of moving quickly and (hopefully) knowing where you are makes a very satisfying combination!

I've eased up on my main work, at least for a while, so when the opportunity arose to volunteer to be the Marketing and Communications Director, I went for it. At the moment, my SOA focus is on the new website which we hope will go live early September. This new site will offer us a really good opportunity to be proactive



**NICK BARR**

Photo by: Liz Barr

with relevant information for existing members, whilst also hopefully be attractive to people looking to give orienteering a go for the first time. It's so important that we evolve with time and we ensure that we have a good influx of new people and new ideas.

I work closely with other members of the SOA Board, and in particular Sarah Hobbs at Glenmore Lodge and Pamela Carvel, our Independent Director. As I become more involved in the evolution of Scottish orienteering, and try to understand more about what people want to hear about, I'll try to ensure that's reflected in our communications.

I'd also like to acknowledge the enormous effort that Sheila Reynolds (SCORE Editor) puts in to ensure that we have the quality magazine you're reading now. I've just read Sheila's analysis of the latest SCORE survey results – interesting reading!! It would appear that you'd like self-deprecating humour – hence my inclusion of my gormless face.

Until next time.... And in the meantime, enjoy running! ☺

# SOA Coaching Coordinators

By HELEN & TIM O'DONOGHUE (SOLWAY)

**We are now in the process of taking on the SOA Coaching Coordinator role and welcome the opportunity to introduce ourselves through the pages of SCORE.**

Our membership in Solway Orienteers reaches 25 years this year, and we have been fully involved with the running of the club for many of those years – both on the organisational side and also with competing.

Our run of consecutive Scottish 6 Day events attended currently stands at 11 and we already have accommodation lined up for 2019. The 6 Days is a useful way of remembering our wedding anniversary as our honeymoon was the 1995 event.

We are both licensed coaches: Tim at Level 2 and Helen level 1, and Tim is also a Grade B controller. Both our daughters orienteer, but neither has developed the ambition or glint in the eye required for aiming at ScotJOS membership.

We have been involved in the design and running of string courses for the Solway day in the 6 Days for the last 5 events. We are retired, although with one daughter at university and the other still at school, along with all of our orienteering activities, we have yet to identify any slackening in the pace of life. Few people living north of Perth will recognise us as we tend to apply a maximum travel time rule to single



Credit: Isla O'Donoghue

events of 2.5 hours, and this will continue for the next 3 years.

Our main coaching interests focus on encouraging the ordinary orienteer to develop and expand their skills, as we see this as essential to the health of clubs and the sport. Neither of us are qualified to train new coaches.

As we've become involved with the Coaching Coordinator role we have identified initial priorities, which we set out here (with the proviso that they can alter as time progresses):

1. Communicate with SOA member club coaches (UKCC and coaching foundation trained) on a reasonably regular basis, providing information that should hopefully be of interest and useful.
2. Encourage and foster communications between

coaches aimed at sharing of ideas, issues and learning.

3. Encourage and foster coaches working together across clubs as a means of spreading learning and experience and developing support.
  4. Review delivery approach for CPD materials with the intent of ensuring higher levels of use of CPD for coaches.
  5. Mentoring – encourage coaches to get involved with this developing theme.
- We look forward to working with clubs and individuals to encourage and foster the growth of the coaches, experienced, new, and yet-to-be, within SOA. If you have any questions or comments regarding our plans, or coaching development in general, please feel free to contact us at [coaching@scottish-orienteering.org](mailto:coaching@scottish-orienteering.org). ©

# SOA Performance News

By GRAHAM GRISTWOOD (FVO & MA) SOA Performance Director

## Performance Focus

My first couple of months have already been a busy period for Scottish Performance, with my first tasks being to appoint a replacement ScotJOS management team and arrange selection and publication of the teams for the Junior Inter-regional Champs, the Junior Home International and the Senior Home International!

We have very strong teams for all 3 events, and we have also had a huge number of Scottish and Scotland-based athletes selected for JROS (Junior Regional Orienteering Squads) and British Orienteering Summer Tours, as well as for the Great Britain team at various international competitions including the European Youth Championships, the Junior European Cup, the Junior World Championships, the World University Championships and the World Championships. It would take several pages to list all the selections, but you can find them on the Scottish Orienteering Association website.

I would like to say a massive thank you to Elizabeth Furness for her work managing and coaching ScotJOS over the last couple of years. She had big shoes to fill, and I think it is fair to say that she did an excellent job and has left Scottish Junior Orienteering in a really

good situation. We have a brilliant team taking over, with Marjorie Mason remaining as Treasurer, and Jon Musgrave, Esther Gooch and Judy Bell coming in as Lead Coach, Team Manager and Administrator respectively.

I would also like to thank Marsela McLeod, my predecessor in the Performance Director Role, for her years on the board of Scottish Orienteering, during which she has overseen unprecedented Scottish success on the international scene.

At the time of writing this, the following have taken place:

- European Youth Championships in Bulgaria, where Megan Keith (INVOC) took an amazing Gold Medal in the W16 Sprint.
- World University Championships in Finland, where Alex Chepelin (EUOC) was 5th in the Sprint and 8th in the Middle, and part of the team that came 4th in the Mixed Sprint Relay with Jonny Crickmore (also EUOC) in the team as well.
- Junior World Championships in Hungary, where Matt Fellbaum (EUOC) took a fantastic Silver Medal in a tricky Sprint, and Grace Molloy (FVO) was part of the Relay team which came 4th.

Further news regarding elite results, as well as athlete pieces, Team GB news and

more, can be found at <https://www.ontheredline.org.uk/>.

## Have your say on Scottish Elite Orienteering

As part of my new role, I am very keen to engage with as many people as possible who have an interest in elite orienteering – whether it be at Junior, Senior or even Veteran level!


I would like to hear your thoughts on what we do currently, what we could do, and what we should do in the future.

## Support our Elite Athletes

I am also trying to build up a team of people who are willing to support our elite athletes – specifically those representing, or aiming to represent, Scotland and Great Britain in orienteering.

There are many ways to support our athletes – it could be as a coach/planner/control hanger on junior or senior training weekends, but it could also be in an administrative role, as a selector, or helping out with fundraising activities.

The work need not be onerous, as many hands make light work, and many people contributing half a day would make a big difference.

Please contact me on [performance@scottish-orienteering.org](mailto:performance@scottish-orienteering.org), or speak to me at an event. 

## MapRun A Tool for Simple Club Training and More

**After reading about the MapRun smartphone app in the Dec 2017 issue of CompassSport I decided to see if we could trial it in Scotland.**

The app was developed in Australia by Peter Effenev and allows users to set up “virtual” orienteering courses, without the need for any physical controls, using your smartphone. It utilises a satellite signal to record your GPS location and match it against the real-world locations of controls on your orienteering course, and registers when you’ve reached a control by emitting a beep. It is most suited to urban and park areas – for reasons I will come to – but I believe it offers great potential for helping to develop orienteering in some of the following ways:

- As a simple means of setting up a club training activity
- For use with school or youth groups, especially where leaders do not have orienteering expertise
- To set up local “Strava” style leagues that might entice runners to give orienteering a try

### App Performance

I have now set up some ten MapRun courses in Deeside and have run informal training sessions in Aboyne, Banchory and in a relatively open part of Dinnet Muir. At each of these we have had a mixture of success with the app, with some complications linked to user, but also with more random effects linked to the strength of satellite signal and the quirks of different phones. I have tested each of the courses myself and have always been successful, although there have been occasions when the tool has been very slow to respond. This could cause some issues with more novice participants if they are not confident that they are in the correct location. For urban/park type areas I have also had very few problems with armchair planning the courses;

my most satisfying experience being setting up a course at Lochgoilhead Scout Centre (which I had never visited before) and then turning up on the weekend for a run round and finding everything working perfectly.

The developer recommends the tool for use in an urban/park setting where control placement can be achieved very accurately by selecting features that are visible on satellite images (i.e. identification of real-world GPS coordinates using GoogleEarth). However, as many of our maps are now based on Lidar contour information, the real-world locations of distinct mapped contour features should, theoretically, be quite accurate. To test out the potential utility of the app in a real forest setting, I set up a course in a relatively open part of Dinnet Muir, using hill tops and depressions as the control sites. The performance of the app here was more varied – one participant ran smoothly round the course and declared it to work “just like SI Air” whilst others found the response time at control sites to be slower, presumably due to the effect of tree cover on the satellite signal.

### Uptake and Interest

To date, uptake and interest in the app has been slower than I had hoped, both from a participation perspective and a visionary perspective. Over the summer holidays I arranged for a new MapRun course to be released and publicised on the MAROC website every week. The main target audience for this was families, as a fun holiday activity. However, only ten different people have so far recorded results on one or more of the courses. Having said that, there has been some very positive feedback from these folks:

*“Using the MapRun app was great. I got totally hooked on orienteering and have since bought my own thumb compass. I really liked the fact that you could go anytime that suited you to do the courses*

*and of course you could go back and better your time! MapRun is such a clever idea and I'm sure it will be very popular with kids/adults of all ages. It was very easy to set up and use and handy that it can get sent straight to Strava...." [An adult runner who had not tried orienteering before]*

*"Enjoyed using it, like the flexibility of being able to do it when it suits, but get frustrated sometimes when it's not beeping at a control" [An experienced 11-year old orienteer]*

*"Provided an opportunity to make training runs almost as interesting as a real orienteering event. Helps me to do training runs in terrain, compared with running on tracks and trails, and complements more technical club training. Not quite as much fun as taking part in events with other people and some issues with GPS which we traced to a heavy-duty phone case" [a top W14.]*

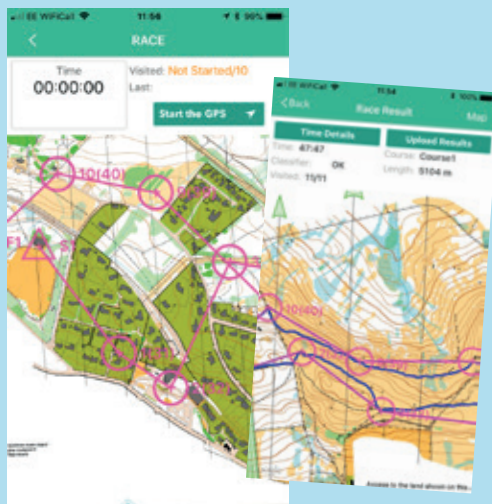
I ran one session for Aboyne Academy running club, in place of their usual Monday run. The course was set out using the school campus map, including a small area of adjacent woodland. Many of the non-orienteers in the group really enjoyed the experience, and there is definite potential for building on this with schools.

I also used the app to help support a child with a severe visual impairment so that he could participate in his school orienteering festival. By equipping him with a smartphone he was able to get the audio feedback from reaching controls that had been marked up for him on a simplified tactile map.

Having promoted it around the north area clubs, several other people have also had a go at planning, and there are courses set up in Perth, Elgin, Westhill and Stirling Uni. Comments from the planners of these are:

*"I think it has great potential. Some of the limitations will improve as the technology improves - software, phones, GPS signal"*

*"Seems a good idea but has not met with much enthusiasm in the club"*



### Give it a Try!

I would love to see lots more people trying out the app so that we can get a better feel for its appeal and strengths. To me the attributes of the system sell themselves:

- No need for physical controls to be set out, saving time and effort
- Courses can be planned and set up remotely
- Courses are available for as long as you wish, for use at any time
- Personal results and GPS tracks can all be automatically saved and uploaded
- Ongoing leaderboard maintained as long as the event is open

So how do you go about giving it a try? First, download the MapRun app to your phone from your smartphone app store. As a participant you can have a go at any of the courses that have already been set up (please contact me if you need a PIN for some of them). If you want to have a go at planning a course for your club, then I can help to get you started.

There is also more information on how to use the app available on the MAROC website:

<https://www.marocscotland.org.uk/virtual-orienteering-MapRun-in-aboyne>

<https://www.marocscotland.org.uk/maroc-MapRun-madness> ©



# Sprint Scotland 2018

By KIRSTIN MAXWELL (RR)

Masterplan Adventure recently staged a multi-day Sprint event, Sprint Scotland, that included four days of sprint events in the Falkirk area, with coaching and talks taking place the first three evenings. Kirstin, a member of Team GB, attended the event with her father, Ian, a veteran orienteer who has represented Scotland in several VHI events, and her mum, Eileen, and has provided the following write-up about their Sprint Scotland experience.



DENNY WEST

Credit:  
Masterplan  
Adventure

As a family we are big fans of sprint orienteering, so when the Sprint Scotland team were putting on four days of training and racing not far away there was no doubt several Maxwells would be there.

Grangemouth may not be high on most people's list to visit but it is a haven for sprint orienteering, with an endless supply of tricky housing estates. The Masterplan team had put on three exercises for the day, and with the sun shining it was a very enjoyable day. The first of these a "starts" exercise with several small map extracts showing the start and two controls only. I've been working on my start a lot this season, so it was good to reinforce this.

Following this was a map memory exercise with one long leg followed by two short legs; the idea was to plan the short ones with running the long then not read the map while running them. Sometimes things just click, and you have

a really good session and I did some of my best orienteering in a long time on this course! We are all too good at analysing the negatives, so I was careful to also analyse why this went well to hopefully find that good feeling in a race soon!

Lastly was visualisation, which mum found particularly useful, showing that she does not pay enough attention to where the control is in the circle, often not reading the control descriptions. It was decided to do the last part of this course as a duo at race pace, putting together everything learned that day with Dad shadowing, which was especially fun, racing hard with everything going well under pressure!

The following day the Scottish summer did not disappoint, and we were greeted by rain for our visit to Hallglen housing estate in Falkirk. For those who have not been, it is almost as if the area had been built with sprint orienteering in mind, as it consists of a maze of little passageways between the houses and even has the added complication of a steep slope. On offer was a map memory course with map extracts at each control where you had to memorise the next leg and run without a map.

I found this difficult, but eventually both Mum and I realised we could remember more than we thought which has given us confidence when applying this technique in race situations. As you cannot remember everything in entirety, this session trains the brain to remember more and to recognise the important things to look for.

Following this was route choice – Dad and I ran it head to head, which made it more exciting and showed that different routes are better for different people. I also found myself subconsciously using the map memory technique from earlier, so the training had obviously had an effect.

Finally, there was a line course. I wondered what I could get out of this session since following accurately with head in the map is something I'm good at and trying to get away from. Fortunately, another of Sprint Scotland's offerings was having experienced coaches on hand to provide advice on how to structure the sessions to suit individual needs, and Chris Smithard recommended that Dad and I go together, with one person in front doing the line course, the other following along and at some point telling the other to put the map away to see how long they could keep going. After completing half of the course in this way we switched back to orienteering individually and both found that we could plan ahead and flow through the controls much better than previously. Definitely a session I'd do again.

It was good to have a set of races following the training to put everything into practice. Particularly from my point of view, since all three were World Ranking events and had attracted an incredibly high-class field including members of the British, Belgian, Danish, Finnish, Norwegian, Austrian, New Zealand and Czech national teams preparing for the World Champs just a few weeks later.

Both Saturday races took place on a new map in Denny. The first course was mostly in a typical Scottish housing estate with the last few controls in a tricky scrubland requiring a change of technique which caught a lot of

people out. This was my best result of the weekend and I was happy to finish 13th against such tough competition. The second race was entirely different in character, starting straight into the scrubland before long route choice legs in the housing estate. I made an error at the first control and didn't really get back into my flow after it, but Dad continued to show his dominance in the Scottish urban orienteering, taking two wins, and Mum showed that the two days' training had paid off, with a 2nd place and a win, going into the last race only seconds down overall.

It was back to the delights of Grangemouth for the final race where we were presented with a course featuring lots of subtle route choices. I unfortunately got too many of these wrong, but still feel like I'm making progress.

Mum was reminded that sometimes things do not always go right when her visualisation training went out the window with a big mistake on number 1, but fought back hard to claim second overall. Dad took another win and was happy to take home a big box of shortbread, but was disappointed when it was presented to him by the Men's Elite winner Kris Jones rather than the Women's Elite winner and World Champion, Maja Alm, who blew away the rest of the field in all 3 races.

It was great to see everyone from young juniors to ultra- vets alike all enjoying a high-quality weekend of training and racing with elite runners taking the time to mingle and inspire the next generation. Hopefully with Sprint WOC coming to Scotland we will see more events like this. A huge thanks to everyone involved in putting on a great weekend. We are certainly already looking forward to the next Sprint Scotland... ☺

## Introducing Masterplan Adventure

**MASTERPLAN ADVENTURE is a new orienteering club registered with British Orienteering and the Scottish Orienteering Association.**

The club's Constitution and Development Plan (both available on the website) include the following aims and objectives:

- To promote the sport of orienteering
- Organise a program of events that is high quality, highly visible and a credit to the Scottish Orienteering Association and British Orienteering
- Identify new areas for orienteering in new places and produce high quality maps
- Identify and fill gaps geographically and in the orienteering calendar to provide more people with more opportunities to go orienteering
- Help other Scottish Orienteering clubs who don't have enough members to put on the program of activity that they would like to
- Increase membership of both the Scottish Orienteering Association and Scottish orienteering clubs
- Offer opportunities for coaching
- Support Scottish Junior Squads and Elite teams financially in exchange for

volunteer activity at events

- Support our members to achieve their sporting ambitions

The idea of creating this club came about when Graham Gristwood, Fanni Gyurko and Kris Jones, with support from Forth Valley Orienteers, organised Sprint Scotland in 2016. It was a great success, but it was also clear that there was a need to find a way to organise events like this within British and Scottish Orienteering, but outside of the existing 'club structure' - which is not designed in such a way as to allow a group of like-minded individuals to put on interesting orienteering events and activities in a creative way, unbound by geographical boundaries or inter-club politics. An example of this is that we saw an opportunity to put on a sprint race in Ballater the day before the British Orienteering Championships in Balmoral; the organising team and local clubs would have had no time or spare volunteers to organise this event, but they were happy to have it, as it added value to the event as a whole.

At the moment we are in discussions with a couple of clubs regarding potential partnerships - there are a number of clubs in Scotland who do not have a huge

membership or volunteer base, but they do have maps and a desire to have events locally in order to service existing members, and also grow membership. The aim is that we would be able to use our expertise and experience in planning, organising and mapping to put on events with these clubs with mutual benefits.

### **Frequently Asked Questions:**

Since the inception of the club, there have been a number of questions and topics consistently raised by people when discussing the club -

#### **Where is the club based?**

We have decided to be a non-geographical club, partly so that we are not tied down by where we can and can't put on events, but also so that we are not competing with any other club for members - we are not trying to grow club membership, and would specifically direct any newcomers to join whatever the local club might be. Most Masterplan members are members of other clubs as well.

#### **So, who can join then?**

We are not looking to increase membership, as Masterplan Adventure is not intended to be a competitive club. We are, as noted above, a club that has been formed specifically for the purpose

of planning, organising and staging orienteering events in the UK. Currently there are eight members of the club, members who support our aims and objectives, and are willing to contribute significantly in various ways to the activities that we put on. All members continue to represent our first-claim clubs when competing.

#### **Are you a club or a company?**

We are a 'normal' orienteering club, subject to the same rules and regulations, and financial restrictions, as every other orienteering club.

#### **But you earn money from the events?**

First and foremost, the club operates like any other club financially, and we have a constitution and governance which has been approved by both British Orienteering and the SOA. Money goes into the club accounts, and covers all the normal running costs, such as mapping costs, affiliation fees, etc. Any expenditure has to be approved by our Management Committee, and our accounts will be audited as is the case with any other club.

#### **But you give money to SEDS and ScotJOS?**

Yes, as a club with a very small membership, we would be unable to put on anything more than local events on our own. We therefore have come

to an arrangement whereby in exchange for some assistance at our events, we give a proportion of all event income to support SEDS and ScotJOS activities. From entry money for Sprint Scotland this year, we were able to contribute £400.

#### **So, what do members get out of it?**

If the club makes money at the end of the year, the intention is that the Management Committee will give training grants to some members, much in the same way that other clubs do to support their talented athletes. These training grants are designed to support our members with any costs associated with achieving their international ambitions, such as the cost of travelling to training camps or championships. Of course, the Committee will take into account the financial future of the club, with regards to budget planning for future years. There are other ways that the members will benefit from the club activities as well, such as payment for the creation of event maps, and for any coaching activities that we may engage with in the future.

#### **So, do you only do sprint races?**

We identified that there is a lack of sprint races in the British Orienteering calendar,



an area of expertise for us, so most of our events have a sprint focus. Our biggest events are Sprint Scotland ([sprintscotland.co.uk](http://sprintscotland.co.uk)) as well as an Autumn Wednesday night sprint series in conjunction with FVO. We also plan to have an annual New Year's Day Resolution Sprint race (we had a test event in Hallglen this year). We will look at opportunities to put on forest (and possibly urban) events in the future as well.

#### **Why the wolf logo?**

The logo comes from the famous 'Stirling wolf' who allegedly roused the locals to defend against Viking invaders - just a small nod, as Stirling is the home of many of our members, and the first Sprint Scotland event was based in Stirling.

You can find contact details, and information about us and our events, on our website: [www.masterplanadventure.uk](http://www.masterplanadventure.uk). ☺

## Lakes 5 Days 2018

**THIS WAS THE seventh Lakeland five-day event, continuing the successful series which started in 1994. Being the closest “foreign” multi-day event to Scotland, it always receives a strong Scottish entry (though no statistics are available, I’m afraid). And because the hilly terrain often suits Scottish runners, we tend to do rather well in the results.**

Over the years there has been rather an unfortunate Lakes 5 Days tradition of heavy rain, causing rising rivers, flooding of campsites, and washed out races. After the driest May-July for many years, the rain gods decided to have another go at the event this year. We had one very wet day (Day 1), one wet morning (Day 5) and another day when the organisers required cagoules to be carried just in case (Day 2). Fortunately the car parks stood up well, and on Day 2 the farmer kindly provided an alternative parking field when the original field was rendered unusable by the previous day’s rain.

Three races were on tree-less high moorland (Days 1, 2 & 4). The ambient conditions on Day 1 at Silver Howe & Blea Rigg were very unpleasant, to say the least; strong westerly winds and horizontal heavy rain. Because of the thick mist and lack of distinctive catching features, it paid to apply techniques from night orienteering: conservative route choices using linear features such as the more prominent valleys and streams, etc. Much better to take an extra few seconds for the leg, but stay in close contact with the map. An example was leg 8-9 on course 4; most people would take a fairly direct route south of

the tarn in clear weather, but the path option to the north was favoured by many in the cloud.

### SILVER HOWE & BLEA RIGG



Map Credit: Warrior O.C., Surveyed & Drawn by Martin Bagness

By contrast, the visibility was perfect on Day 2 at Angle Tarn Pikes, and straight routes and fast times were the norm. Route choice was more limited, though there was a “left or right” choice for many on the longer courses, which had a long leg from one side of Angle Tarn to the other. The eastern route was less marshy underfoot but most faster runners chose the western side and seemed to make time gains.

### ANGLE TARN PIKES



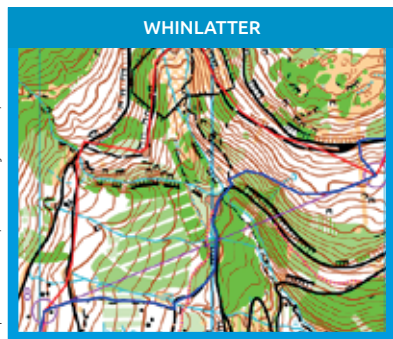
Map Credit: MDOC, Surveyed & Drawn by Stirling Surveys, Updates by Martin Bagness



Day 3 at Whinlatter was in steep forest, with moorland legs on the longer courses. After two days of open moor, plenty of mistakes were made by the inattentive in the lower vis forest. The results showed many new names in the top ten positions in the classes.

There were interesting route choices caused by steeply incised valleys. This was dramatic in some cases – see example. Roundabout track routes, which avoided climb through the green, often proved best, as the forest floor was quite cluttered.

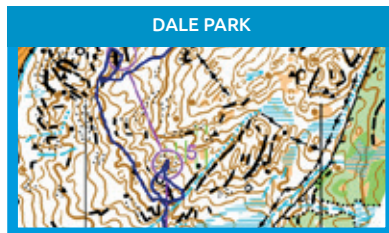
Map Credit: WCOC, Dick & Andy Warner, Pete Nelson



Askham Fell on Day 4 was open limestone terrain with gentle slopes and many depressions and pits. It was very fast (suited the speed merchants) and courses were one third longer than the first three days. Straight line routes were almost invariably best. But it was a beautiful day and everyone had fun ... and had dry feet at the finish.

The final race at Dale Park was a middle distance race on a compact map of delightful and very complex oak woodland. It gave a chance to shine to

those with less running speed and better technical skills.



Map Credit: Lakeland OC, Stirling Surveys

There were plenty of controls and people running in all directions! It was hard to ignore other runners and concentrate on your own navigation. Many mistakes were made within and near the circle; even the class winners admitted to multiple small time losses! The decision had been made to enlarge all the maps to 1:7,500 due to the (excessive?) level of mapped detail. It was certainly tricky to judge distance, and tick off features along a chosen route at middle distance race pace (in the rain).

It was a week of well-planned courses, good maps and good organisation. There was a well-attended urban event on the rest day, which I cannot comment on as I didn't go there, but by all accounts went well. Minor organisational gripes were the absence of arena wi-fi results, the slow posting of results on the web each evening, the lack of points scores (not published until Day 3), and inaccurate information in the programme about the walk to the start on Day 5. But the Lakes organisers should be congratulated on delivering another fine holiday event for us to enjoy. ☺

## Gaelic Goes Orienteering

Spòrs Gàidhlig, a Gaelic-focused outdoor activities social enterprise, has been orienteering its way around Scotland. We enjoy orienteering and all that it involves, and also see the many benefits when young people take part in orienteering. To orienteers the benefits are obvious: fun, learning new skills and developing existing ones, moving through new environments, learning how to navigate. All of these are valuable and well understood.



HILARY QUICK AND SPORS GAIDHLIG INSTRUCTORS

Photo credit: Sarah Hobbs

Our focus at Spòrs Gàidhlig is to provide young people with the opportunity to use Gaelic in a fun, engaging and safe environment; this is very important from a language development point of view. If we do not provide opportunities to young people to use the language in engaging settings, they will not use the language at all. We aim for high quality experiences in Gaelic but we also welcome those new to Gaelic and those actively learning. In short, we are open to all.

Orienteering is one of the activities Spòrs Gàidhlig offers to schools and other groups. We also use it as part of our residential camps programmes and as a standalone activity. In addition

to orienteering, we offer gorge scrambling, climbing, hill walking, mountain biking and others. These can be standalone or part of a programme with specific objectives such as increasing confidence.

Over the last 3-4 years we have been very lucky to have the support of the Scottish Orienteering Association through Hilary Quick, who lives up to her name. We have quickly learned how to offer a variety of orienteering programmes and events in Gaelic. We have held orienteering tournaments in Glasgow, Inverness and Skye, usually with 60-100 children from local schools. Using SI equipment has made everything easier apart from when it's not set up properly and you have 100+ children wanting to know their results!

We use the word 'sligheadaireachd' as the Gaelic equivalent of 'orienteering.' 'Slighe' means 'route,' as we are literally 'routing.' No power tools are involved though. We have developed new terminology for every aspect of orienteering, and our events are delivered in Gaelic. Each language element has been carefully considered so that it makes sense and its meaning is clear.

The great thing about maps is that they generate discussion and interest. The Gaelic word 'coille' means 'forest' and is something we use a lot. Colour and numbers are also easy to use with



**INTRO O SESSION FOR SPORS  
GAIDHLIG INSTRUCTORS**

Photo credit: Sarah Hobbs

an orienteering map. As it happens, we also own the largest map of Scotland in existence; it's called Mapland Alba and is a 1:50,000 OS map of the whole country with no insets apart from Sealltainn (Shetland) which is in its box unfortunately.

Our parent organisation, Comunn na Gàidhlig, employs development officers in various areas and these dedicated individuals have been delivering orienteering programmes in their local schools. Children really do love learning how to read an orienteering map. We have learned, though, that they know their own playground like the back of their hands!

Spòrs Gàidhlig is based at Glenmore Lodge near Aviemore. 'The Lodge' as many know it, has been very supportive of everything we do and we are indebted to their staff for being so adaptable and practical in their support.

Our current focus is to train Gaelic-speaking instructors and we will begin recruiting our second intake as you read this article. People are key and it's not easy to find dedicated individuals. Add to that the need to be fluent in Gaelic, and you can understand how challenging



**O INSTRUCTION FOR THE SPORS CREW**

Photo credit: Sarah Hobbs

it is to plan for the future with such a low human resources base. We are very fortunate to have dedicated staff willing to deal with the ups and downs of an organisation working all over Scotland with limited resources.

Our ambition is to operate a dedicated Gaelic outdoor centre somewhere in the Highlands, and orienteering will certainly feature as a core activity in our programmes. Until that day, hopefully not too far in the future, we will deliver both at Glenmore Lodge and also throughout Scotland.

Orienteering is a great activity and lends itself to many different environments. It's an activity that can be used in any language, in any environment and with any person. We hope to expand what we are doing, hold more tournaments and programmes and welcome more young people.

Spòrs Gàidhlig can be contacted through our website at [www.spors.scot](http://www.spors.scot) or [fios@spors.scot](mailto:fios@spors.scot). Although we are based at Glenmore Lodge, we operate throughout Scotland and welcome all inquiries.

Suas leis a' Ghàidhlig! ©

# Tracking and Mapping Ticks

By RITA RIBEIRO & DR. HARRIET AUTY

## Improve mapping of ticks and Lyme disease risk in Scotland – your participation needed!

**Rita Ribeiro, PhD student, Scotland's Rural College and Royal (Dick) School of Veterinary Studies, University of Edinburgh, and Dr. Harriet Auty, Veterinary Epidemiologist, Scotland's Rural College.**

My name is Rita Ribeiro, and I started my PhD in October 2017 with the Royal (Dick) School of Veterinary Studies, University of Edinburgh and Scotland's Rural College (SRUC). The main objective of the research is to identify areas in Scotland with higher risk of tick bites and of Lyme disease infection.

As orienteers you will know that the number of reported cases of Lyme disease has been increasing in Scotland, especially in the Highlands. However there is little information available about the rate at which people encounter ticks in the environment, which would help us to understand the reasons for the increasing reporting rate, and how we might reduce Lyme disease risk. The ecology of the tick (*Ixodes ricinus* in Europe) and the bacterium (*Borrelia burgdorferi* s.l.) that cause Lyme disease are complex and depend on factors related to the presence of suitable hosts (such as rodents and birds which can both feed the tick and that can transmit the bacterium to the tick), habitat and weather. This means that tick density, and the rate that people encounter ticks, is very variable.

In order to learn more about tick encounter rates, and how they vary with different geographical areas, habitats and times of year, my supervisors and I have developed a citizen science project where volunteers report the number of ticks or tick bites they find on themselves



**RITA COUNTING TICKS**

Credit: Dr H. Auty

whilst engaging in outdoor activities, such as camping, walking, running, cycling, climbing, orienteering, or forestry work. The results of this project will help to provide better and more up to date information on tick-human encounters and high-risk areas for ticks.

For this project we are aiming to engage with people who work outdoors, or regularly participate in activities outdoors, i.e. people who are frequently exposed to the risk of tick bites. We are therefore particularly keen for orienteers to participate in this project, given the range of different geographical areas and habitats used for the sport and how frequently many of you get ticks!

**SRUC: Epidemiology Resources**

Home About the Epi Unit Models Applications

**Guidance for completing the form:**

- Please record your outdoor activity whether you find ticks or not.
- Please do not report ticks found on or attached to pets.
- Please do not report ticks seen on vegetation.

**1a. What date did the activity take place?**  
2018-06-13

**1b. What time did the activity start?**  
80 07

**3. What was the predominant type of activity that you were doing?**  
Orienteering

**4. During your activity, how much have you been exposed to vegetation?**  
I have mostly been on roads/large paths.

**2. How long did you spend doing the activity (hours)?**  
0 1 2 3 4 5 6 7 8 9 10

**6. How many were in your group?**

**Share/Hide Time and Conditions**  
The sliders will restrain if you slide them to their current maximum value. This will enable you to include any number of ticks or any length of activity.

## What does participation involve?

Participation involves making a quick report after each outdoor activity that you do, telling us a few things about the activity and whether you found any ticks or not. We have developed a website and an Android app through which you can report, with a few quick and easy questions. Important points in the website and app are:

- We are only interested in ticks seen on people - either crawling on the body or clothes or as a tick bite. Please do not report ticks seen on vegetation or pets.
- Data on tick absence is as important as data on tick presence, so please do report all of your activities, even if you do not find any ticks.

## Extract from TickApp data collection form

Data collection started from June 2018 and we currently have several groups of volunteers collecting data. The project will run every tick season (March to October) through

to September 2020. Although we encourage volunteers to participate regularly, you do not have to commit to continuing to report until the end of the project – any reports are welcomed. All volunteers will be informed of the results and how we have interpreted the data we have collected.

We will also be attending some orienteering events where we will collect information on how often people have picked up ticks during the event and carry out sampling of ticks in the environment, so we look forward to meeting some of you over the next year or so.

## How do I get involved?

Please do get involved in this citizen science project by following the link [https://epidemiology.sruc.ac.uk/projects/lyme\\_disease\\_risk/](https://epidemiology.sruc.ac.uk/projects/lyme_disease_risk/) and help us to gather more information about the risks that ticks pose. In the meantime, if you have any questions, do not hesitate to contact me – [rita.ribeiro@sruc.ac.uk](mailto:rita.ribeiro@sruc.ac.uk). ☺

## PORTION OF TICKAPP DATA ENTRY FORM.



# From the Field – Elites in Europe

By SASHA CHEPELIN (EUOC, Halden SK)

## World University Orienteering Championships 2018, Kuortane, Finland



SASHA  
CHEPELIN

Credit: JWOC2017  
Marjo Lalli

**THE BI-ANNUAL FISU World University Champs took place this year in Kuortane, 2.5m-contour-interval-Finland. The event is unique, most notably since only 3 athletes podium in each race (not 6), and every champion is celebrated by playing the rather bleak FISU national anthem (every. single. time.), but also because the races are somewhat inferior to the larger championships. Don't get me wrong though – it's a big deal to win the races, as they often become precursors for upcoming stars in orienteering.**

For me, the races were perhaps the most relaxed major champs I have ever run. After having lived and trained in Halden for several months, I was keen to see how my form had changed since last season. I had no goals; these would serve no purpose for me except disappointment should they not be reached, especially as my current orienteering technique could produce any kind of position. However, with GB's excellent result two years ago in the sprint relay, it was tempting to think something similar could happen.

This was my debut at the event and it was exciting, with the highlight being the pre-race jog over to the changeover with everyone on your leg. At WOC this may have been the most awkward process ever, but here there was some great pre-race chat with some athletes taking to the F1 swerving technique to warm up their wheels. In the end, the courses were almost solely dependent on speed but we still fought for a credible 4th position, classic GBR.

Middle races are interesting in that they can often be much tougher than a

Long. The Middle the next day was no exception, as it hit a very humid 33°C, with a number of retirees and medics instructed to extinguish finishers with water because of the temperature. I suffered after a good start, but it was one of those cases where although I walked as much as I ran the last few controls, so had everyone else, so my result was better than it felt. The terrain was beautifully typical of Scandinavia, so I was happy to finish as first non-Nordic, as someone nicely pointed out afterwards.

The following Sprint was excellently planned but still proved to be very fast with 7m of total climb. Thankfully, my legs had recovered well and let me spend more of my focus on the intricate route choices. I had a near-perfect race, losing maybe ten seconds, but it took me a further three hours to be awarded 5th place, as two of my controls hadn't registered and some control-watching saints vouched for me once the race was finished. I was aware that my pace needed work, but I'm proud to have run as well as I did on another very warm day.

Unfortunately, the Relay didn't go to plan with my team suffering slightly after the tough week, although I was relieved to run a bit more relaxed and it was lovely to see the GBR B team finish as 7th nation! I'm happy with the results, but after being dominated at O-Ringen the following week my hunger for improvement is enormous and I hope to perform better at the 2018 World Cups at home in Halden!

**Full results, video and photos can be found here:**  
<http://www.wuoc2018.com/>

By **ALAN CHERRY** (EBOR, Nydalens SK)

## World Orienteering Championships 2018, Riga, Sigulda, Latvia



ALAN CHERRY

Credit: WOC2018 JLIgats

**THE WORLD ORIENTEERING Championships 2018 were held in the streets of Riga city centre and the steep, densely-forested river valleys of the Guaja River, one hour east of Riga.**

The week started with the sprint competitions. Team GB managed a full house through the qualifiers and the top results were Alice Leake with a fantastic 8th place, and Kris Jones with 10th place. The sprint relay was again an exciting battle between many teams, and team GB ended up in 7th place after being caught up by the Maja Alm train.

The focus was then shifted to the forest. The terrain was mostly scary green slopes with few obvious features.

The forest floor was hard and fast but the dense vegetation and fallen trees made progress slow.

The middle race was tricky and saw many top runners making big mistakes. Including our own Ralph Street losing almost two minutes on the first control, but then turning his run around and finishing only two minutes down on gold in a very good 13th place. In the women's race Megan Carter Davis came a respectable 20th place.

The forest relay was held in similar terrain, and while the women's race ended in an unfortunate mispunch for GB, the men's race was an exciting battle. After two very solid legs from Peter Hodgkinson and Kris Jones, Ralph Street was sent out in 3rd place, but with ten or more other teams with world class runners. After a nail-biting finish, team GB came 6th place.

The final race was the long distance. Some new information about the terrain was given at the last minute, and the race would start with pit hunting in flat green forest before entering the usual ravine terrain. Alan Cherry was very pleased with a respectable 26th in a strong field (and beat Hector Haines!). Jessica Tullie had the best result from GB with 25th place.

WOC 2018 was a great week, but one that was characterised by many 'near-misses' for team GB. The squad is strong, full of the '91 vintage, and hungry for more. Next stop Norway 2019!

**Full results, video and photos can be found here: <https://www.woc2018.lv/>** ©

# Athlete Profile

**Peter & Morag McLuckie, and their children, Kate and Finlay, are members of Moravian Orienteers, and live in Elgin, Moray.**



THE MCLUCKIE FAMILY

Photo credit: Morag McLuckie

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

**Morag (W45)**

I was introduced to orienteering by my Dad in the 1980s, when it was a very new sport in Moray. I then orienteered as a Forres Academy pupil, with maths teacher Peggie Gordon driving us to events all over the country – in a landrover! I stopped orienteering for about 25 years before re-starting, thanks to my children. I initially just shadowed them on White courses but then ran W40S courses two years ago and started running W45L last year.

**Peter (M45)**

When the rest of the family started orienteering a few years ago, I helped Finlay to begin with and eventually, as he became more confident, I decided to have a go myself. In truth, he became too fast

for me. I have gradually made my way up to running my age category with my first major attempt being the Scottish Champs this year.

**Kate (W10)**

I started orienteering about 4 years ago at the Moray & Highland Junior championships organised by Mike Rodgers. I went along because I had got a leaflet at school about local orienteering events. I also got really inspired to do more orienteering when Tessa Hill (now Strain) came to our school to talk to us a few years ago.

**Finlay (M10)**

I did my first event in Culbin in 2014 when I was 5 years old. My Mum and my sister persuaded me to do orienteering one Saturday instead of football. I thought it was really fun but everyone else seemed to do it very quickly! After that I started to do more events with my family.

**Which clubs have you been a part of?**

We've all only ever been a part of Moravian. It is a great club to be a member of, with a thriving group of Juniors.

**What's your clearest early memory of orienteering?**

**Morag**

I have happy early memories of orienteering as part of a W15 team in the British Schools championships in Birmingham (I think!). I also remember the Tayside '85 and Loch Lomond '89 Scottish 6 Day events being highlights of my early orienteering days. My worst early memory is of a failing headtorch at a Night O Event (in Darnaway?) and feeling very alone and very lost! It took a lot of courage for me to attempt and complete the Scottish Night O Champs in Darnaway last year.



**KATE AND FINLAY**

Photo credit: Morag McLuckie

### **Peter**

I remember seeing orienteers in the Boat Inn in Aboyne (my local-ish) in the early 90s when there must have been a major event on in the area. In those days I was more into navigating around pews than forests and fells.

### **Kate**

I remember when I was really little, doing a type of string course with my Grandpa in the Park in Aberlour. There were pictures of Disney characters at each control.

### **Finlay**

I can remember my first event in Culbin which was the Moray & Highland Junior Champs. My Dad shadowed me around the White.

### **What about orienteering has made you stick with it?**

#### **Morag**

Everyone in the family enjoys it and can do it at

their own level. I love being outdoors and orienteering offers such an incredible variety of different outdoor experiences (as was demonstrated at the recent Lakes 5 Day!). It also offers constant physical and mental challenges and although it can be extremely frustrating, this only seems to make me want to get out and do more of it!

#### **Peter**

Being outdoors and exercising is the main draw. I am a fairly stubborn person and get incredibly frustrated by mistakes when orienteering (of which I make too many). I want to prove to myself that I can do it well and live in hope that the dream will become a reality at some point. Also, I would be on my own at weekends otherwise.

#### **Kate**

Orienteering makes me happy and I aim to stick with it for my whole life because I don't know what I'd do without it and have big ambitions for the future!! I think it builds up your level of resilience a lot and I now will never give up on anything, no matter how long it takes or how challenging it is.

#### **Finlay**

I've stuck with orienteering because I like maps and I like running - and it is a really good challenge. Once I started going to events, I just wanted to go back and do more! Also I have made friends in Moravian and all over Scotland that I enjoy seeing at orienteering events.

### **How do you train?**

#### **Morag**

We go to as many events as we can fit in around other activities (although thankfully, at the moment everyone seems happy to make orienteering events a priority!) We go to Club training sessions when they happen, do the Moravian Athlete Development (MAD) courses which are great and go out and practise with old maps occasionally (which we call "imaginary orienteering").

#### **Peter**

Training is mainly 'on the job' given other commitments during the week. I keep fit by running and cycling. I do enjoy the de-briefs after events with the rest of the family involving the perusal of maps and the 'why on earth did I do that' conversations. That's kind of training for me.

#### **Kate**

I always try to go to training and events when they are on. I do have to juggle orienteering with lots of other activities, such as orchestra, swimming and theatre group at the weekends.

#### **Finlay**

I sometimes train with the Moray Roadrunners Club in Elgin which improves my running. I'm also in the school running club which happens once a week. Over the course of a week I also do other sports such as tennis, badminton and football. ☉

## Use Your Glutes - Part 1

**HOW DID YOU perform in last month's movement screen? We looked at energy leaks, and how poor movement patterns can set you up for injury. If you did the screen you may have found several points that need work. Over the next two issues we'll delve deeper into how well you use your glutes and find out how to improve, if needed. When you get this right, your running feels like you've shifted down a gear to overtake!**

The gluteus maximus is your largest muscle and its main role is keeping you upright and propelling you upward and forward[1]. In the Western world it is chronically underused due to the hours we spend sitting each day. Large muscles produce more force and avoid fatigue for longer, especially if they are strong. How well are you using your glutes? When you run uphill which part of your legs feel the burn? If the answer is your bum, you are probably on track already, so well done.



**Gluteus Maximus**

To use any part of your body well, three things are needed: mobility of the area, control of the muscles, and strength. In this piece we'll focus on checking and improving mobility and control, and leave strength for the next issue. Following are simple tests of your glute function and some remedial exercises that can be performed to optimise function

if needed. Before doing these tests, perform a five-minute warm-up focusing on getting your body active; an easy jog or some star jumps, followed by a run-through of the exercises before doing them as tests, is ideal. During the warm-up avoid holding the test positions statically, instead focus on moving in and out of the positions.

### Mobility

Good mobility lets your body physically get in position to use the right muscles at the right time. The required mobility is sport-dependent. A road runner needs less hip mobility than a steeplechaser; orienteering is somewhere in between. These two tests will focus on the mobility around your hip joint.



**Initial position, showing hollow in back**



**Pass position. The flat back removes the hollow**

For the first test, kneel in a doorframe with the door frame touching the inside of your back leg

and your upper back. There should be a natural hollow between your lower back and the doorframe. Can you tilt your pelvis backward to remove this gap?

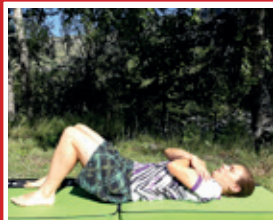
Try it on both sides. If you can, great; your hip flexor muscles have sufficient mobility to allow you to use your glutes well. If you struggle, this test is also a good stretch for increasing your mobility: work on coming in and out of the position twenty times, trying to go a bit further each time. Massaging your hip flexor may also help. If you easily removed the gap then there is no need to work on improving your hip flexor mobility, and doing so may even lead to other issues. A similar, more detailed, test can be found here: <https://youtu.be/KCADorwJ6lk>.

The second test looks at hamstring flexibility. Lie flat on your back and then raise one leg as high as you can while keeping it straight. Measure the angle your leg makes with the ground and then repeat for the other leg. 70° is good for road runners, 90° degrees for hurdles and steeplechasers. For running through terrain 80° degrees is a better number to aim for. If you can't quite manage these angles, you will be slower running through terrain, or using other parts of your body to compensate, leading to energy leaks as described in the previous issue. Improving mobility takes time, and this test itself can become a useful exercise, although there are also plenty of others. Work on this on your rest days and after your runs. *Please, please, do not do these stretches as part of your warm-up for orienteering.*



## Control

Good control means your brain knows when and how to send electrical signals to your muscles to get them to work as needed. Your brain also needs to know which muscles to coordinate for maximum power and stability.



Initial position



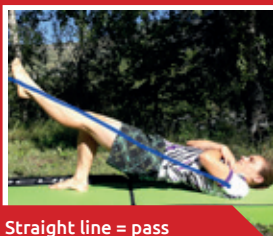
Straight line = pass

To check your level of control over your glutes and smaller stabilising muscles, lie on your back on the floor with bent knees, keeping your hands off the ground.

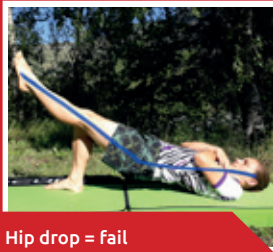
Push your hips up to make a straight line between your shoulders, hips and knees. Can you hold this glute bridge for 30 seconds? Stop if you have discomfort in your lower back; discomfort

in your glutes is fine. If you experienced lower back pain, then you have some major movement flaws and are initiating movement with your lower back instead of your glutes, which will be happening as you run as well.

If you managed 30 seconds with no pain, take a break and then try the single-leg glute bridge: lift one leg so that your shoulders-hips-knees-and-ankles are in line.



Straight line = pass



Hip drop = fail

This time check if your hips stay level throughout or if one side of your pelvis drops. You should be able to hold this position without cramp in your hamstrings. If you did experience a pelvic drop or cramp, you need to work on hip stability before working on strength.

The Clam (<https://youtu.be/y-s7nasg18o>) and the Donkey Kick (<https://youtu.be/SJ1Xuz9D-ZQ>) are great exercises to teach you to initiate movement from the glutes as well as improving stability and control. These exercises are about control, not strength, so aim to be able to do plenty of repetitions, perhaps three sets of 50 comfortably, before you move to strength training. These should be at a low intensity so they only get difficult near the end of the set, if at all.

One way of learning to engage your glutes, once you are able to do the clam and donkey kick exercises comfortably, is to do the glute bridge with someone pressing down on your hips with most of their body weight. Your lower back won't be strong enough to hold this position so you'll have to use your glutes.

## Strength

Once you have the required mobility and control, it's time to work on getting your glutes stronger. This will help you increase your endurance and your power to enable you to use your new movement patterns. If the muscle tires, weaker and less appropriate muscles will compensate leading to an energy leak. Stronger muscles keep going for longer – part two of 'Use Your Glutes,' in the next issue, will discuss this further. ○

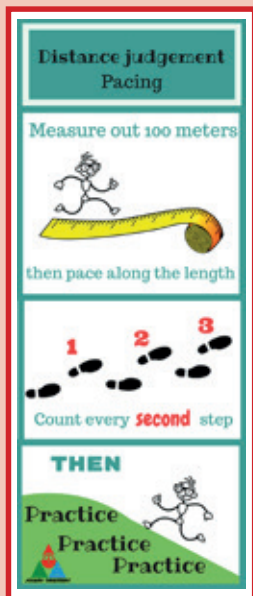
**Suggested Reading:** Run Like an Athlete, Jay Dicharry, Lotus Press, 2013

**Citations:** (1) Library of Congress, Science Reference Service, <https://www.loc.gov/rr/scitech/mysteries/muscles.html>

# Distance Judgement. Part 2

By HELEN O'DONOGHUE (SOLWAY)

I hope you have had the opportunity to practice using "ticking off" and "catching features" - the techniques mentioned in the last article. These won't always be enough to get you round some of the more technical courses, so it's now time to add pacing to your skill set.



## PACING

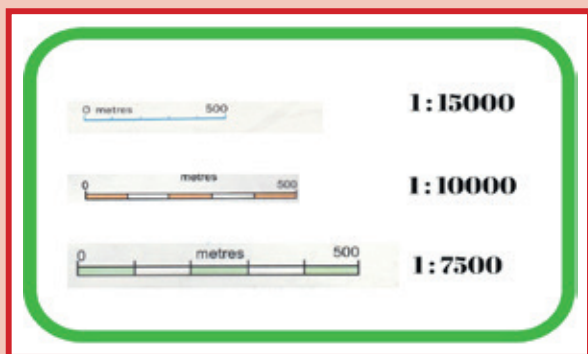
Put simply, pacing is a technique which allows you to work out, from the number of paces counted, roughly how far you have gone or need to go. Developing this skill takes a bit of time and effort, and the first thing to do is to work out how many steps you take to cover 100 meters.

Situations where this technique can be useful include:

- When running in an unfamiliar area it aids making the map "fit". This is especially true if the terrain is very complex where knowing the distance covered assists in identifying features or distinguishing between similar features.
- If there is a section of track running, pacing will help to prevent over or under estimation of the distance covered.

- Pacing is important if you are heading down a track or ride which peters out - the location of the end of such a feature may have moved since the map was drawn and it will be important to have a feel for this.

However, a word of warning: this method has its limitations and should be used in conjunction with other orienteering techniques. It is not 100% accurate and the typical error is about 10%. Being 10m out on 100 is not too serious, but 40m in 400m could create problems, so it follows that it is not suitable for sole use in judgement of longer distances. Whenever possible you should 'tick off' distinctive features to confirm your position and restart counting from zero. It is also worth remembering that in some situations pacing is of little use, e.g. on very steep or extremely rough terrain where your stride length will be inconsistent.



## MAP SCALE & ATTACK POINTS

Remember that orienteering maps are not all drawn to the same scale so it is important that you check every time you go orienteering as to which scale is in use for that competition. The information is usually shown in two forms, a ratio and a bar which is divided up into 100-metre sections. Here are the more common map scales which are generally in use.

**Tip:** Performing complicated mental arithmetic while competing is far from easy. It is much simpler to know how many units of 100 m you need to cover and use your fingers to keep track.

At this point it is worth introducing another technique which you can use alongside pacing: attack points. Attack points should be large &/or distinctive features which will be easy to identify - in this example it is a track junction. From this point pacing can be used to prevent over-shooting the control.

## Attack points



Attack points enable runners to cover most of the distance between controls and quickly relocate. This shortens the distance which requires precise navigation. Use attack points which are distinctive and easy to find - in this case the junction of tracks.

## Activities

To kick things off here is a link to a short You Tube video on the subject of pacing by SOA's very own Hilary Quick: <https://www.youtube.com/watch?v=jY7ZcZ22g5A>.

- 1) Now it is time to work out how many double paces you take to cover 100 metres, following the method outlined above. Make sure to practice while walking, running, going uphill, downhill, contouring, going across rough ground, path running and as many other distinctive terrains as are available to you.
- 2) Visit an orienteering area which has public access and for which you have an orienteering map. Choose a short path route which has lots of junctions or distinctive features. Pace each section of the route and make a note of what distance you think each one is. When you have finished check your answers using the scale on the map.
- 3) Ask your club coach to set up an exercise based around pacing. Before any exercise on this

topic it is a good idea to have a 100-metre section marked out to enable some initial practice – in Solway we try to revisit this topic at least once a year, not just for those learning this skill but also as a refresher for experienced orienteers. It is a popular topic. Here are some ideas to get the ball rolling:

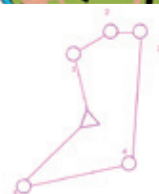
- a) Ask the group to pace 100 meters along a chosen route and stop when they think they have gone far enough. You might be surprised at who is the most accurate!
- b) White Map – This is an ideal exercise for using an area which is technically easy where the controls can be easily seen from a distance, e.g. park, school grounds. Set up a course which uses a “white” map (see example on right). Ask the group to pace out the distances between controls and then tell you the distance in meters.

To set the White Map exercise up you will need the following:

- a) A map of a park, school grounds or similar

- b) Access to Condes and some knowledge of how it works... or make friends with your club's mapping guru.

Plan your course so that the controls are located on mapped features and then remove all colours and details so that only the course is printed. ☺



Above is the same course – one showing the map and the other with the details removed, leaving only a 'white' map.

**The next topic will be IOF pictorial descriptions**

# Junior Orienteering News

## Junior International Competitions and Training Camps

By RONA LINDSAY (ESOC) SOA Regional Development Officer South/Central

**AS ALWAYS, there have been a host of junior international competitions and camps throughout the summer, and Scotland has been well represented.**

First up was the European Youth Orienteering Championships (EYOC) for M/W16s and 18s. Held in Bulgaria at the end of June, five Scots competed for team GB: Eilidh Campbell (MAROC), Megan Keith (INVOC), Lizzie Stansfield (FVO), Matthew Gooch (MAROC) and Peter Molloy (FVO).

For all except Eilidh, this was their first time competing internationally at this level and it was a great opportunity to gain some experience and see what competing at this level is all about. They competed in a Sprint, Long and Relay. The highlight of the weekend has to be the fantastic Gold medal won by Megan in the sprint, GB's first ever female medal at EYOC! There were also top 20 finishes for Peter (Long 15th) and Matthew (Sprint 19th, Long 16th). Megan said afterwards: *"It was lots of fun and a great experience! The sprint day was definitely the highlight for me as I got my best result but all the days were enjoyable! Goals for the future: to keep improving my navigation and gain more experience."*

Next up was the Junior World Orienteering Championships (JWOC) for M/W18s and 20s. There were six Scottish juniors or club members in the GB team competing at this event in Hungary 9th-14th July: Grace Molloy (FVO), Laura King (EUOC), Emma Wilson (CLYDE/EUOC), Matthew Fellbaum (EUOC), Alex Carcas (INT/EUOC) and Eddie Narbett (EUOC). Races on offer were Long, Sprint, Middle Qualifier and Final, and Relay. All the athletes performed well over the week but the stand out performance goes to Matt Fellbaum for his fantastic Silver medal in the tricky sprint race! Speaking to Matt later in the summer, he said: *"Getting a medal at JWOC was incredible! To pull off a great race when it counts is such an amazing feeling, and to share the day with some of my best friends made it all even better."* He added *"It felt absurd. I have idolised people who get medals at JWOC for so long, and now I am one of those people. It was very enlightening: I did nothing*

*special, I haven't suddenly become incredible. I just did the right things at the right times, I prepared as well as I could, and I had a decent race on the day. To learn that that's all it takes to achieve amazing results is huge for me, and I hope that young Brits realize that too."*

Other JWOC highlights include a top 20 (17th) for Grace, also in the sprint, a 4th place on Leg 1 of the relay for Eddie, 4th overall for Grace in the girls GBR1 relay team (the best British result at JWOC), and 7th for Alex and Matt in the boys GBR1 relay team (the third best British result at JWOC).

Later in July (21st-28th) there was the British Orienteering Talent Camp at Blencathra in the Lake District. Eight Scottish juniors were invited to attend; this camp is intended to give M/W16s a chance to experience what being in the Talent Squad is like and gives coaches an opportunity to get to know them. Alice Wilson (CLYDE) reports: *"I really enjoyed the week of training as on each day we tackled different basic orienteering skills as well as different orienteering disciplines. We started on the first day by doing exercises that broke down our orienteering and focused on the basic skills, so that throughout the week we could build upon what we had worked on the first day and so that by the end of the camp we were practicing our racing techniques."*

Into August and the JROS camps began. First up were Lagganlia (M/W14s) and Deeside (M/W15s and 16s) running in parallel 4th-11th July. Based in Scotland, these camps are a great way to get to know other juniors from across the UK and are usually lots of fun, with this year's being no exception. The juniors reported:

*"I had the best time at Lagganlia! I loved all the different types of training that we did and it helped my orienteering in so many different ways, all the coaches worked so hard to give us the best*

*experience possible and it definitely paid off. We all made lots of new friends and had an amazing week that was so fun and rewarding!" –*

**Anna Cox (BASOC)**

*"Deeside was a great opportunity for me to improve my orienteering whilst having fun with my friends! During the week we had two or three training sessions every day. We also had a sprint race, a night-O and finally a classic race to practice the techniques we had learnt during the week but this time under pressure. The highlight of tour personally was running through the 'pengaluscious skog' of Glen Dye on the classic race at the end of the week. For me, the low point of the week was getting pooped on by a bird, whilst eating my ice cream in the rain. #passion4fashion #yellowjersey #zestypoints" –*

**Pippa Carcas (INT)**

*"The week was a great experience with some amazing training and superb areas, set in idyllic Strathspey and based at Lagganlia. During the course of the camp we worked on both teambuilding and orienteering which together made it a superb week."*

For the older juniors there was an opportunity to go to a British Orienteering Pre-JWOC camp in Silkeborg, Denmark, which is held each year where the Junior World Champs will be the following summer. Those who attend are juniors who will be in the mix for the team. There were ten from Scotland or Scottish clubs at the camp. The camp had a mix of forest and sprint sessions and there was the opportunity for first leg relay practice with runners from Norway, Sweden and Denmark. Tom Lines (ECKO/EUOC) commented: *"The Pre-JWOC tour was very useful to me in preparation for next year's competition in Denmark. The areas around Silkeborg/Aarhus are quite unique and I enjoyed the fast and technical slopes of the terrain. The combination of classroom/physical sessions gave me a good overall idea of how the courses might look next year."*

Stockholm and Gothenburg JROS camps rounded off the summer, also for the older juniors (M/W17s and M/W18s respectively), these are slightly longer tours, approximately ten days, and give the athletes a chance to go to a camp abroad in tricky Scandinavian terrain. There were again lots of Scottish juniors at these camps. The juniors said:

*"Stockholm was an extremely enjoyable experience with a lot of lovely scandi skog ;) The training was very useful with many a fun swim in between." –*

**Lizzie Stansfield (FVO)**

*"The tour was a great experience spending 12 days training and competing in the amazing but hard Swedish forests, everyone got on really well and had a lot of fun :)" –*

**Mairi Eades (INT)**


*"I liked the forests, which were good for training. They were rapid and we got some good racing in. Rhys (coach) let me try out his compass which worked much better than mine!" –*

**Peter Molloy (FVO)**

*"The Stockholm trip was a great experience. With the new terrain and coaches to support me I have come away with new skills to develop. It also gave me an idea of the performing level others outside UK run at." –*

**Matthew Gooch (MAROC)**

As always, none of these tours could have happened without the support of the volunteer coaches involved. Having coached on a number of these tours myself over the last few years I can say how much fun they are as well as being really rewarding, I would definitely recommend getting involved if you are at all interested in coaching. Even if you don't have much experience, there are a range of roles required on each tour and there's something for everyone. Get in touch if you'd like more information!

**Full results, video and photos of EYOC 2018 can be found here: <http://eyoc2018.eu/>, and the 2018 JWOC here: <http://jwoc2018.hu/>** 

# Scottish Junior Orienteering Squad

## Junior Summer Tour

By ELIZABETH FURNESS (MOR) ScotJOS Team Manager

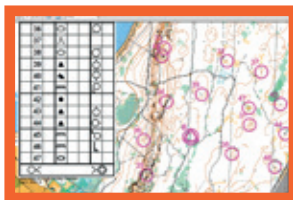
**IF IT'S AN even year, it's ScotJOS summer tour, and this year we were off to Gotland, the Swedish island in the middle of the Baltic.**

The destination for our tour came about when I received an email out of the blue from an M18 with a Scottish name (Duncan Robertson) but with a Swedish email address; he was enquiring about opportunities for competing in Scotland and in the following email 'conversation' which included his dad, Iain, I mentioned that I was looking at options for our 2018 camp and explained what that entailed, including wanting a competition towards the end of the tour. Within a month, Iain had organised the Gotlands BRO club house, reserved minibuses and cars and arranged our ferry tickets plus a coach to transfer us from Arlanda airport to the ferry terminal. There was also the Gotland 3 Days at the end of our proposed dates – all meant to be!

So, I had 24 very eager juniors ready to sign up and 'just' needed coaches/drivers/cooks... which aren't as easy to source as you might expect (all expenses are paid by ScotJOS). Rona Lindsay (ESOC) and Phil Vokes (LUOC) signed up early as coaches and able to drive, and then Alison Matheson (INVOC) pitched in to help with catering followed by Max Carcas (INT) who offered

himself as a general supporter/driver giving us just enough people to drive the juniors around but not enough to shop, cook and cater as well. A plea in SCORE resulted in a phone call from Moira Laws (TAY) who is a well-qualified and experienced coach, but offered to fill the catering role. Finally, Calum McLeod (GRAMP) was signed up as coach/driver which gave us flexibility to send control hangers out ahead of the main group. The team was complete at last.

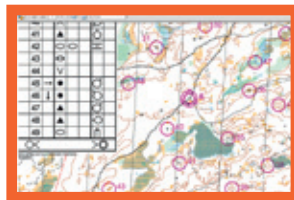
Anyone I spoke to about Gotland said how different the terrain was from mainland



Sweden and the map files certainly looked 'interesting' with all the contour intervals 2.5m, some fairly white areas of the map and some quite detailed and craggy rock features. The reality turned out to be quite a challenge to our usual 'Scottish' orienteering mindset of using contours to aid navigation. It soon became apparent that accurate use of compass was key, although the white forest was not always easy to get through as a lot

of the areas were generously covered with juniper and a type of broom, so using what features you could was also required.

We were able to train in areas that had similar terrain to the 3 Day competition so we felt well prepared when the time came. The event format is Middle-Middle-Long (with Chasing Start), making for an exciting finale to our camp. The top nine in each age class wear bibs showing their current position and I'm pleased to say there were several from ScotJOS who had to pick up a bib at the start though there were mixed results by the finish with gains and losses in placings. Nevertheless, there were a number of trophies which had to be packed for the homeward journey, notably Matthew Gooch (MAROC) 1st in M16, Peter Molloy (FVO) 3rd in M16, Izzy Cox (BASOC) 3rd in W16, and Ewan Musgrave (MAROC) 3rd in M14.



Of course, the non-forest time was just as enjoyable; experiencing several different places to swim, a walk around the World Heritage



city of Visby, discovering the many and varied fossils on the beach right below our accommodation, marvelling at the enormous sea stacks on the tiny island of Faro and entertaining our host club (Gotlands BRO OK) with home-made shortbread and dancing to the excellent piping of Louis McMillan, the video of which featured on their club website.

During the eleven days we planned seventeen different exercises on five different areas, went to a local evening training event, used the 2 Days as training and competed at the Gotlands 3 Days with over a thousand orienteers from across Scandinavia. The food consumed included many kilos of pasta and potatoes, 200 burgers, 200 hotdogs, 500 meatballs, 125 pieces of fish, 6kg of Jagtsinka, 100 loaves of bread, several kilos of



Photo by: R. Lindsay

cheese plus fruit, salad, cake, ice cream and many melons (we loved watermelon!). Alison and Moira did an outstanding job of shopping, preparing and cooking\* so we were all well fed.

\*with support from Max on the bbq!

Many thanks to the team of coaches/cooks and to the juniors for being such great ambassadors of Scottish orienteering. It was my second ScotJOS tour and sixth time in Sweden with juniors, and I can definitely recommend Gotland

as an orienteering holiday destination.

Our last weekend with the current ScotJOS squad is Last Blast on Sept 1st & 2nd when we will be saying goodbye to the second year 18s, Grace Molloy (FVO), Jura Macmillan (ECKO) and Joe Wright (MAROC). It is also my farewell after a whirlwind 3 years which I have really enjoyed. I am going to complete my Level 3 coaching qualification and aim to continue as a personal coach as well as volunteering at the odd squad weekend. ☺

**The following comments and feedback were received once everyone was home – this really makes it feel worthwhile. Thank YOU.**

"The girls have not stopped talking about it since they came home - a great experience in orienteering terms and memories that will last a lifetime ... thank you so much."

"[W16] had a GREAT time"

"Thank you very much for organising and leading the tour. It was lots of fun in different areas and terrain. I felt that I really benefited from it and would defiantly [sic] go back again, especially with the ScotJos family. Thanks again for all your hard work."

"Immense thanks to everybody involved in the "ScotJOS Sweden Tour". [W18] had a fabulous time with a fantastic group of people. She loved everything about her experience there."

[From Iain in Gotland] "I bumped into Karin and Kjell from GotlandsBro in town yesterday and they left glowing reports of ScotJOS, especially your ceilidh evening which seems to have made an impression!"

## World Masters Orienteering Championships 2018

**LIKE THE "REAL" World Orienteering Championship (WOC), the World Masters Orienteering Championships (WMOC) are held in a different country each year; however, unlike WOC, WMOC is open to all orienteers over 35 years of age who have the time, money and enthusiasm to take part.**

This year's WMOC was held in eastern Denmark, i.e. just about as close to the UK as it could be without actually being in the UK. It was therefore no surprise that there was a large entry from the UK (279 entries – the 5th largest after the Scandinavian countries), including a healthy Scottish contingent, with an especially large turnout from FVO. Competitors compete for Sprint, Middle and Long Distance titles in the usual age classes from M/W35 up to M/W100. Unfortunately, the only M100 who had entered wasn't able to run, and so the single M95 was actually the oldest competitor this year. Interestingly, the largest class this year was M70 with 385 entries.


The format of WMOC has changed somewhat over the years, but currently consists of Sprint and Middle Distance qualification races sorting runners into A, B, C, D, and, in some classes even E, Sprint and Middle finals (with the A final determining the medallists), and a Long Distance final determined by the results of the Middle final (with "promotion" and "relegation" between finals for the top and bottom 25% of each), plus model

races for each discipline on similar terrain. There were too many good Scottish performances to list here, with many people making some or all of the three possible A Finals, but (despite some near misses) in the end no Scots came home with a medal this year. Personally, I'm currently exactly on the "A/B borderline," with the result that I qualified for the A Finals in the Sprint and in the Middle by one second and one place, respectively, but just failed to get out of the "relegation zone" and so ran the B final in the Long.

The terrain was rather better than expected and the weather was excellent. While the Sprint qualification was held in a fairly forgettable science park, the Sprint final offered a sterner technical challenge right in the historic heart of Copenhagen beside the Danish Parliament in Christiansborg Castle. The Middle and Long races were in rolling, and generally pretty runnable, forests on the north coast and in the centre of Zealand, respectively. However, for me the highlight of the week wasn't actually part of the official competition but was a fantastic indoor orienteering event held in a complex, multi-level school in Naerum just as WMOC began. The double-sided map had five interconnected levels, with taped-off areas, one-way-only corridors, staircases, and chicanes made from furniture all marked. There were controls on toilets (marked as a wet pit), sinks (marked as a pond), strength

training equipment, and even a piano, and many of the legs involved solving brain-bending three-dimensional puzzles where the fastest route was almost never the shortest and sometimes involved going up or down one or more levels. I did the "Hardcore for Men" course (yes, that's really what it was called), and spent over 40 minutes thinking harder than I can ever remember doing at a regular orienteering event. Indoor orienteering must be very tricky to organise and requires extensive marshalling of one-way corridors, closed doors and taped-off areas, not to mention the possibility of injury due to collisions if the competitors try to run too hard, but it is certainly an exciting addition to our multi-faceted sport.

Overall, it was an excellent week of varied competition with plenty of opportunity to sightsee (Shakespeare's Elsinore, Louisiana Museum of Modern Art, and the Karen Blixen Museum were particular highlights), check out the extensive beaches, and even (just!) fit in a Danish parkrun on the morning of the Sprint qualification. Next year's WMOC is also quite accessible (and possibly not as expensive) in Latvia, so why not sign up and test yourself against some of the top runners in your age group from around the world?

**Further information and full results can be found at:**  
<http://www.wmoc2018.dk/> 

# btoSOUL 2018 Series

By PAT SQUIRE (INT) Urban League Coordinator



**AFTER A GAP of nearly three months, there have been two events recently in July – SOUL 5 in the Menzieshill area of Dundee organised by TAY, and SOUL 6 in Denny organised by Sprint Scotland as part of their 5-day extravaganza of racing and coaching.**

Despite being a challenging area for urban courses, numbers at the TAY event were low, probably as a result of being timed in the first week of many school holidays. By contrast far more took part in the sprint event in Denny, especially with the Elite courses being allocated World Ranking Event status.

Both events offered participants challenging courses requiring fine navigation at times together with rapid decisions as to route choice around areas not renowned for their architectural merit.

With the first event of this year's series being voided, and few people having attended all of the other five events to date, the categories are still wide open. Three events are still to take place in the series, and we may well have to wait until the final races in November before the leagues are fully settled.

The remaining events are:

<b>SOUL 8</b>	<b>15th Sep</b>	<b>Aberdeen</b>	<b>GRAMP</b>
<b>SOUL 9</b>	<b>27th Oct</b>	<b>Forres</b>	<b>MOR</b>
<b>SOUL 10</b>	<b>3rd Nov</b>	<b>Livingston (tbc)</b>	<b>INT</b>

I am delighted to announce that bto Solicitors, who have sponsored the series since 2014, are willing to continue their support into the 2019 series.

We are most grateful to them for their ongoing support and look forward to continued association with them.

The 2019 series is already starting to shape up, with four events pencilled in to date. I will write to all clubs later this year regarding the 2019 programme; any club who may be considering offering an Urban event which could be included in the series is invited to make contact with me at [soul@scottish-orienteeing.org](mailto:soul@scottish-orienteeing.org). ☺

---

## Thirty-first Tinto Twin Event

By LORNA YOUNG (TINTO)

**On Saturday and Sunday, 20th & 21st October 2018, Tinto Orienteering Club will hold its thirty-first Tinto Twin event.**

As Mark Twain would have said: The report of "our" death was an exaggeration. So Tinto proudly presents the 31st Edition of Britain's only annual night and day orienteering competition - The Tinto Twin, born in 1988 and still going strong - a bit younger than Johnnie Walkers!

The night event will take place at Carmichael Estate and the day event at Firpark, Newbigging (subject to final permissions).

Completing both the night and day events in the course assigned to your age class will mean that you are eligible to win a Tinto Twin Trophy (age classes 14+).

Full details available on the Tinto website (<http://www.tintoorienteeers.org/home/events/thirty-first-tinto-twin-night-event-2018/>). ☺

# Fixtures & Clubs

## Level A/B – National/Regional

15 Sept	GRAMP - btoSOUL 8	Balgownie
19 Sept	MA - Autumn Sprint Series	Hallglen
23 Sept	BASOC - CompassPoint SOL 3	Dunachtonmore
26 Sept	MA - Autumn Sprint Series	Denny
3 Oct	MA - Autumn Sprint Series	Grangemouth
6 Oct	STAG - CompassPoint SOL 4	Errochty
27 Oct	MOR - btoSOUL 9	Forres
28 Oct	MOR - CompassPoint SOL 5	Roseisle
3 Nov	INT - btoSOUL 10	Eliburn/Livingston
25 Nov	RR - Scottish Score Champs	Elibank Forest

Please confirm dates and locations prior to events at BOF Events page, SOA Events page, or at the club events page(s).

<https://www.scottish-orienteeing.org/soa/category/fixtures-events>

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

Level C/D Local Events can be found at club events page(s).

### Club information and links are provided below:

**AROS** - Auld Reekie Orienteering Society

• Edinburgh • <http://www.aroslegends.com/>

**AUOC** - Aberdeen University OC

• Aberdeen

• <https://www.facebook.com/abderdeenorienteering/>

**AYROC** - Ayr OC • Ayrshire • <https://www.ayroc.co.uk/>

**BASOC** - Badenoch & Strathspey OC

• Speyside extending to Fort William

• <https://www.basoc.org.uk/>

**CLYDE** - Clydeside Orienteers

• Glasgow, Renfrewshire & Dunbartonshire

• <http://www.clydesideorienteers.org.uk/home/>

**ECKO** - Loch Eck Orienteers • Argyll

• <http://www.ecko.org.uk/>

**ELO** - East Lothian Orienteers

• Edinburgh & the Lothians • <http://www.elo.org.uk/>

**ESOC** - Edinburgh Southern OC

• Edinburgh & the Lothians • <https://www.esoc.org.uk/>

**EUOC** - Edinburgh University OC

• Edinburgh University

• <https://euoc.wordpress.com/>

**FVO** - Forth Valley Orienteers

• Stirling & surrounding areas • <https://fvo.org.uk/>

**GUOC** - Glasgow University OC

• Edinburgh & the Lothians

• <https://www.facebook.com/groups/GUOC.Orienteering>

**GRAMP** - Grampian Orienteers

• Aberdeenshire • <https://grampoc.com/>

**INT** - Interlopers OC • Edinburgh

• <http://www.interlopers.org.uk/>

**INVOC** - Inverness OC

• Inverness & Highlands

• <http://www.invoc.org.uk/>

**KFO** - Kingdom of Fife Orienteers

• Fife • <http://www.kfo.org.uk/>

**MAROC** - Mar OC

• Aberdeenshire • <https://www.marocscotland.org.uk/>

**MA** - MasterPlan Adventure

• <http://www.masterplanadventure.uk/>

**MOR** - Moravian Orienteers • Moray, Nairn & Banffshire

• <http://www.moravianorienteering.org/>

**RR** - Roxburgh Reivers

• Scottish Borders • <http://roxburghreivers.org.uk/>

**SOLWAY** - Solway Orienteers

• Dumfries & Galloway

• <http://www.solwayorienteers.co.uk/index.htm>

**STAG** - St Andrew's (Glasgow)

• Glasgow • <http://www.stag-orienteeing.co.uk/>

**SUOC** - Stirling University OC

• Stirling University

• <https://www.facebook.com/StirUniOrienteering/>

**TAY** - Tayside Orienteers

• Dundee, Perthshire & Angus

• <https://www.taysideorienteers.org.uk/>

**TINTO** - Tinto OC • Lanarkshire

• <http://www.tintoorienteers.org/home/>



## Compass Point Scottish Orienteering League 2018

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

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



## Classic Forest Orienteering in Scotland

All races Sundays.

Starts from 10:30 am.

Full range of colour-coded courses,  
from string courses for under-5s to  
10km+ Black courses for Elite orienteers.

<input checked="" type="checkbox"/>	<b>SOL 1</b>	<b>25th Mar</b>	<b>AROS/GB Squad</b>	<b>Auchengarrich</b>
<input checked="" type="checkbox"/>	<b>SOL 2</b>	<b>8th Apr</b>	<b>ESOC</b>	<b>Linn of Tummel</b>
<input checked="" type="checkbox"/>	<b>SOL 3</b>	<b>23rd Sep</b>	<b>BASOC</b>	<b>TBC</b>
<input checked="" type="checkbox"/>	<b>SOL 4</b>	<b>7th Oct</b>	<b>STAG</b>	<b>Errochty</b>
<input checked="" type="checkbox"/>	<b>SOL 5</b>	<b>28th Oct</b>	<b>MOR</b>	<b>Roseisle</b>



## bto Scottish Orienteering Urban League 2018

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



## Quality Urban Orienteering in Scotland

Courses from under-12 to Ultravet  
Check website for full details

<input checked="" type="checkbox"/>	<b>SOUL 1</b>	<b>20th Jan</b>	<b>EUOC</b>	<b>Edinburgh (VOIDED)</b>
<input checked="" type="checkbox"/>	<b>SOUL 2</b>	<b>4th Feb</b>	<b>ESOC</b>	<b>Broxburn</b>
<input checked="" type="checkbox"/>	<b>SOUL 3</b>	<b>25th Feb</b>	<b>RR</b>	<b>Tweedbank</b>
<input checked="" type="checkbox"/>	<b>SOUL 4</b>	<b>10th Mar</b>	<b>FVO</b>	<b>Stirling University</b>
<input checked="" type="checkbox"/>	<b>SOUL 5</b>	<b>7th July</b>	<b>TAY</b>	<b>Dundee (Menzieshill)</b>
<input checked="" type="checkbox"/>	<b>SOUL 6</b>	<b>21st July</b>	<b>Sprint Scotland</b>	<b>Denny Summerston</b>
<input checked="" type="checkbox"/>	<b>SOUL 7</b>	<b>26th Aug tbc</b>	<b>STAG</b>	<b>Glasgow</b>
<input checked="" type="checkbox"/>	<b>SOUL 8</b>	<b>15th Sept</b>	<b>GRAMP</b>	<b>Aberdeen</b>
<input checked="" type="checkbox"/>	<b>SOUL 9</b>	<b>27th Oct</b>	<b>MOR</b>	<b>Forres</b>
<input checked="" type="checkbox"/>	<b>SOUL 10</b>	<b>3rd Nov</b>	<b>INT</b>	<b>Livingston</b>

## COMMUNICATING WITH SOA MEMBERS

The SOA recently began offering a range of options for how members can receive news by email. The aim is to share information which is more tailored to member interests, as suggested in the Member Communications survey last year. As well as the quarterly SCORE magazine, we produce the following e-newsletters:

- **Weekly newsletter** (website news)
- **Monthly newsletter** (website and other news)
- **Coaching newsletter** (for those interested in coaching)

SOA members can specify which newsletters they want to receive by clicking 'Update subscription preferences' at the bottom of any e-newsletter received from us. It is sent from MailChimp, and clicking the link takes you directly to your own profile. Alternatively, you can email Sarah Hobbs, Membership & Communications Officer ([sarah.hobbs@scottish-orienteering.org](mailto:sarah.hobbs@scottish-orienteering.org)) with your preferences, and she will update this on your behalf.

See also the recent news item on the SOA website:

<http://www.scottish-orienteering.org/soa/page/email-newsletters>

**HAPPY READING!**

# CompassSport

The UK's Orienteering Magazine

Packed with maps, event reports, coaching tips and advice, MTBO, Mountain Marathons/Rogaining, Competitions and much much more.

Subscribe online using all major credit cards at [www.CompassSport.co.uk](http://www.CompassSport.co.uk)

52 pages, full colour, 6 times a year  
£35 for BOF Members and  
£36 for Non BOF Members.

*'A luxury you can afford.'*

