

# Score



The home of Scottish Orienteering

December 2021

## A new 0 year!

Future orienteers  
6 days secrets  
2022 calendar  
Club news

Event reports  
& results  
Scottish champions  
Squad selections

## Welcome

Welcome to the December 2021 issue and my hopes are that, like me, you are enjoying or about to enjoy your club's holiday events and get-togethers which we all missed so much last year. I have got to some amazing orienteering this year around the country made all the sweeter by relishing being out and about again after lockdown. The work our clubs, SOA team and volunteers do to keep our sport thriving is immense: if you have time to you will notice a recurring theme this issue "we need your help to keep our sport growing and providing O opportunities at all levels and from all backgrounds"! Please consider getting involved from something as simple as rainbow laces day to trying our planning workshops or commitment to a volunteer or board roles.

Meanwhile I can't wait to sample the new SOA event calendar which you can read about in this issue; but there is also a fascinating chance to glimpse behind the scenes at how the Scottish 6 Days is organised. And the opportunity to take on the role of Event Manager for next time?

Don't forget to also get in touch if you would like to take over Score - currently we have no Editor waiting in the wings so **sadly this may be over and out for Score for a little while**. I hope you enjoy our December issue! All best wishes for holidays and happy hogmanay

Bridget Khursheed  
 Score Editor  
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### About orienteering:

Information on orienteering or any SOA activity, as well as addresses of clubs, details of groups and a short guide to the sport are available from:

National Orienteering Centre  
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[info@scottish-orienteering.org](mailto:info@scottish-orienteering.org)

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**Score** is your magazine so please share ideas for content (many of you already do) by sending articles and images. We are also combing our orienteering social media for ideas and stories.

Thanks very much to my reviewing team Yousuf Khursheed and Ken Horne (both RR) & of course Fiona! who have helped out behind the scenes throughout my editorial stint and whose close reading insights have been much appreciated. As always the Editor takes full responsibility for any errors please let Score know!

Studying for a career in journalism, marketing or comms? Interested in photography or making videos, there are opportunities for interning on the SOA comms team; junior orienteers still at school remember doing some work on **Score** could help with your DofE or Saltire Awards volunteering - get in touch if this is you at [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org)

*The front cover photo shows ESOC training evening at Arthur's Seat in Edinburgh -taken by our Score photo competition winner Walter Clark (ESOC); photo of Bridget on this page taken by Sam McKinnon (RR)*

## Contents

Coming up in this issue .....	4
SOA team updates .....	4
The SOA Board - where next?.....	4
Mapping the way forward SOA strategy 2020-2024 .....	6
Performance, coaching and volunteering updates .....	7
SOUL 2021 & 2022 .....	7
Anti-doping and orienteering .....	9
Medals 2020/21 Scottish Champs .....	10
The return of ScotJOS training camps! .....	11
Developing our Planners workshops reboot .....	13
SOA Development Fund applications update .....	14
Part-time job opportunities in Scottish Orienteering.....	14
Edinburgh University Elite Athlete admissions for 2022 .....	14
Junior selections announced .....	15
Event report: Scottish Success at JIRCs .....	17
Talent Scotland selection.....	19
World Orienteering Week.....	20
Invitation to Tender: SOA Level 2 Coaching Course.....	20
Event reports.....	21
Keeping young people engaged.....	24
Where have they all gone? .....	27
Score photo competition 2021 results .....	28
Behind the scenes at the Scottish 6 Days .....	29
The final Score?.....	33
2022 Scottish Orienteering Events - an exciting year ahead.....	34
News and social media round up .....	36
Upcoming events: selected major events calendar .....	38

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## Coming up in this issue

Enjoy your December **Score** - enjoy a feast of orienteering!

*Score photo competition!*



*Young orienteers*

*Event reports*



## SOA team updates



From the SOA Board of Directors:

**The SOA Board - where next? Richard Oxlade (President) & Anne Hickling (Chair) write:**

It's been another unusual year for the Board. Although some of us have seen and talked with each other as events have started up again, we haven't held a face-to-face meeting since March 2020. Zoom meetings are all very well and may seem more efficient, but they don't offer the same opportunities as everyone getting together in the same room for day of discussion.

What we are all aware of is that we are struggling to maintain a full complement of board members. We currently have 3 board members covering two roles each - one of these as an elected member for two positions and the other two in 'acting' roles in addition to their elected posts. This is unsatisfactory, for several reasons. Firstly it means that those people are devoting much more time to SOA than they might have expected to (and we are of course hugely grateful to them for stepping up). Secondly, it means that we are three people short of the number of board members we should have, and this makes the Board less representative than it should be. We also currently have a poor geographic spread on the board - all the elected directors are from central or southern clubs with a heavy bias on Edinburgh. The SOA articles state that there should be no more than two board members from any club, and we are within that. But with currently only six elected members, we also need to recruit from other parts of the country. And with most of us past retirement age, we would be delighted to have some younger people on the board as well!

So why does Scottish orienteering need a board of directors?

Scottish Orienteering is the governing body for orienteering in Scotland and has a responsibility to control, administer and develop the sport. The role of the Board is to ensure that these responsibilities are met and that orienteering in Scotland continues to grow and flourish. This involves setting a strategy, directing the staff, supporting the clubs and volunteers, promoting the sport and maintaining strong relationships with government bodies, NGOs, British Orienteering and other relevant organisations.

Although all elected members of the Board have a particular area of responsibility, everyone also has a role to play in determining the future course of the SOA and in setting priorities for the work of the staff team. Members bring different skills and experience to the Board - whether from experience in running their club, in specific areas such as IT or marketing, or just through time spent as an orienteer at any age or level. The board has a duty to ensure that the members' money (membership fees, levies) and the SportScotland grant money (for development) are used wisely for the benefit of the sport across the country. We also have to make sure that our legal obligations in areas like child protection and anti-doping are met. And of course, what is probably of greatest interest to many members, ensure that a full programme of high-quality national level events is staged each year (Covid permitting...).

Over the past year we have put out many requests for new people to show an interest in joining the board, and some of you have been approached directly about particular positions - but all to no avail. This is now a serious concern for us which needs to be addressed urgently. Without some new faces coming through to join the board, we risk jeopardising the effective running of the SOA. This could have an impact on the sport for all of us.

The positions currently vacant are Performance Director and Operations Director. In addition, Bridget will be leaving the post of Communications & Marketing Director at the end of the year, and at next year's AGM Anne will be stepping down from the role of Chair as she comes to the end of her 3-year term.

Please consider what you could bring to the Board and get in touch - we will be happy to tell you more and discuss your ideas with you. The SOA needs you!



**Fiona Keir Chief Operating Officer and Child Welfare & Protection Officer says:**

As our attention turns to the Festive Season we would like to express our gratitude to all the volunteers, coaches and event organisers for such a positive return to sport this year. ESOC for the second time this year, pulled off a tremendous championship event hosting the Scottish Score Championship at Dalkeith.

While Paul Hammond (SOL) and Pat Squire (SOUL) have worked their maths magic and compiled a list of prize winners after the completion of the SOL and SOUL series for this year. Richard Oxlade (Acting Ops Director) has drafted an event calendar for 2022 which we are excited to share. There is a lot to look forward to! Which leads on nicely to a reminder that the new membership year is upon us and 2022 memberships are now available for renewal. This month we say farewell to Denise Martin after 3 years at the helm of coaching and volunteering within SOA. Denise has been a hugely positive influence on our coach development programme and been a popular member of our team, we truly wish her all the best for her next adventure.

We are fortunate to have in post on an interim basis, Suzanne Robins-Bird who can be contacted with any of your coaching or volunteering queries. A personal word of thanks to conclude to the SOA staff team and board who have worked tremendously hard over the past few months and have again shown considerable adaptability as different challenges have been thrown at them. As you may be aware, we have had a number of vacancies within the SOA team this year. We look forward to bringing new people on board and enhance our team in 2022, and we encourage anyone interested in working with SOA to get in touch.



Here is the very latest **WOC 2024** news from **Paul McGreal (RR) Event Director**:

WOC2024 preparations are in progress and you can keep up-to-date on the website <https://www.woc2024.org/>. You will see an increase in activity in the new year as the event gets closer!

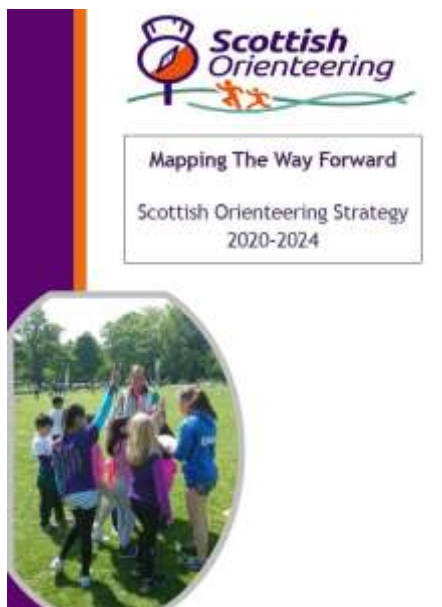
Here's the latest news on the **2021 Scottish 6 Days** from Dave Kershaw:

After our successful 2021 event, the question must already be in people's minds: where will we go next? You can keep up-to-date on the website here <https://www.scottish6days.com/>. We are seeking an Events Manager - check out Richard Oxlade's article later in Score for more information on what that involves.



See you in Moray in 2023!

## Mapping the way forward SOA strategy 2020-2024



It is time to explore the SOA strategy!

*SOA strategy front cover*

The Scottish Orienteering Association (SOA) 2016-2020 strategic plan came to an end in March 2020. We consulted extensively with members and staff and have reviewed our strategy and developed a new strategic plan for the next four-year cycle from 2020-2024.

Our vision is that “*Orienteering is a thriving sport for all, for life in Scotland*” and the SOA’s mission will be “*To support and develop a healthy and sustainable network of clubs to host fun, inclusive and high-quality events.*”

Now you can read the strategy which is downloadable as a PDF on our website available [here](#).

## Performance, coaching and volunteering updates

### SOUL 2021 & 2022

**Pat Squire** our SOUL coordinator writes: I have to start off this article with an apology. Back in September I was advised by CLYDE that they were not after all going to offer an Urban event in 2021 (it has been deferred to the 2022 series). At that point I should have had the relevant SOA web page modified to remove any reference to that event. That I failed to do and the event remained on the calendar, albeit as TBC. Some folks might, therefore, have anticipated 7 events in the series, planned accordingly and have been disappointed. For that oversight I apologise and I hope that this has not detracted from people's enjoyment and satisfaction at taking part in a 6 event series.

Thanks to the efforts of Masterplan Adventure, STAG, AYROC, MOR, INT & FVO we were able to have a viable albeit truncated league. Not only was the number of events less than previously but on the whole participant numbers were also much lower than in previous years with an average of 90 competitors per event (previously the equivalent figure has been between 156 & 214). With 4 events to 'count' towards the final league standings some of the categories were very close while other had wider margins between the top competitors. Congratulations to those winners who amassed the maximum of 400 points. The top 3 in each category at series end were as follows:

Category	FIRST	SECOND	THIRD
MYJ	Callum Robertson ESOC 400pts	Matthew Inman FVO 192pts	Peter Atkinson ELO 96pts Douglas McDonald INVOC 96pts
WYJ	Esme Kelly FVO 392pts	Eilidh Connor FVO 200pts	Hannah Inman FVO 187pts
MJ	George Rennie WCOC 183 pts	Joel Atkinson ELO 100 pts James Hammond FVO 100pts	
WJ	Lucy Hensman FVO 381 pts	Katie Hensman FVO 364pts	Scarlett Kelly FVO 290pts
MO	Rudi Paul STAG 396pts	Ross White BASOC 371pts	Jamie Rennie WCOC 366 pts
WO	Alison Campbell BASOC 382pts	Jane Chisholm BASOC 270pts	Kirsten Maxwell RR 200pts
MV	Will Hensman FVO 400pts	Alastair Dunlop CLYDE 372pts	Paul Hammond FVO 277pts
WV	Rachel Kirkland INT 400pts	Heather Fellbaum FVO 378pts	Hanne Robertson ESOC 361pts
MSV	Paul Caban INT 400pts	Colin Hall MOR 378pts	Donald Petrie CLYDE 376pts
WSV	Alison Cunningham ESOC 400pts	Vicky Thornton FVO 370pts	Lindsey Knox RR 367pts
MUV	Crawford Lindsay ESOC 389pts	Robin Strain ELO 385pts	Les Smithard KFO 358pts
WUV	Sally Lindsay ESOC 390pts	Pauline McAdam RR 387.5pts	Heather Smithard KFO 380pts
MHV	Tim Sowood INVOC 400 pts	Bill Melville TAY 286pts	Robert Philp KFO 96pts Ken Naismith INVOC 96pts
WHV	Adrienne Soward INVOC 396pts	Katherine Melville TAY 100pts	Lucille Macleod FVO 96 pts

Trophies and medals to the first 3 in each category will be presented at the Edinburgh City Race (EUOC Big Weekend) on Sat 22<sup>nd</sup> January next year. The 2022 league is already looking to be extensive league with **13 events** pencilled in so far:

DAY	DATE	LOCATION	CLUB
Sat	22nd Jan	Edinburgh	EUOC
Sun	6th Feb	Peebles	ESOC
Sat	5th Mar	Dumbarton	CLYDE
Sat	19th Mar	Dundee	MA
Sun	20th Mar	Dundee	MA
Sat	2nd April	Kildrum (Cumbernauld)	STAG
Sun	3rd April	Cumbernauld	STAG
Sun	1st May	Banchory	MAROC
Sun	18th Sept	Perth (Muirton)	TAY
Sat	23rd Sept	tbc	MOR
Sat	15th Oct	Stirling	FVO
Sun	20th Nov	Livingston (Deans)	INT
Sat	26th Nov	Haddington	ELO

At this stage this is a provisional calendar and other events can still be added. Alternatively some of these plans may not come to fruition. If the series remains with 13 events then the final league positions will be based on the best 7 scores.

*Kilmarnock SOUL (STAG) finish*

Finally, having acted as SOUL Coordinator since 2016, it is time for me to step down in 2022 and hand over to someone else with perhaps a fresh approach and new ideas. I am delighted that Paul Caban is taking over the role from next year.





## Anti-doping and orienteering

**Tim O'Donoghue (SOLWAY)** writes: in early 2021 the World Anti-Doping Agency (WADA) completed their 5 yearly anti-doping code review and issued the latest version. UKAD took this and updated and issued the rules that apply to the UK. The changes were not dramatic, but UKAD's decision to require all sports to comply with their detailed assurance system and to do it in stages through the following 12 months is dramatic: it is also challenging. Anti-doping assurance is about to take on a much higher profile within all UK sports including orienteering. The IOF has also stated that it supports & adopts the WADA code.

While the publicity and the main focus of anti-doping is normally on elite athletes, the rules apply to all participants competing in sport, as do most items in the assurance system.

- Information on the latest version of the rules can be found using this link: <https://www.ukad.org.uk/about/anti-doping-rules>
- A summary of the UKAD assurance system can be obtained by using this link: <https://www.ukad.org.uk/sites/default/files/2021-04/24%20Requirements%20Summary%20.pdf>

The required education strategy needed to be submitted by the end of October 2021 - this has already occurred and the document submitted is on the SOA website anti-doping page.

2 key underlying principles for anti-doping in sport are:

- Ensure orienteering is a clean sport,
- Athletes take full responsibility for what is in them - not knowing, not understanding, just doing what someone asked you to do; all are invalid excuses for an adverse finding.

The UKAD assurance requirements for NGBs are clustered under a number of headings:

### Organisation & Governance

- This section addresses nomination of people to anti-doping roles and listing of contacts, annual review and discussion at Board meetings, plus clarity around affiliation to the IOF and the membership structure.
- British Orienteering are dealing with anti-doping as applied to elites including the Scottish elites.



### Legal

- Adopting the UK anti-doping rules to apply to all competing members and support personnel is the key focus here along with needing a means of identifying when someone has retired from competition.

### Education

- The strategy and implementation plan have already been addressed. UKAD are looking for some access to records of training in anti-doping for Scottish orienteers.

### Communication

- The SOA webpage on anti-doping will be revised and will contain additional information and links on anti-doping.
- There will be more routine and regular communications on anti-doping.

### Intelligence & Investigations

- The SOA will provide full information to UKAD on any suspected anti-doping violation, and take appropriate action if it is found to be an actual violation.

### Testing

- There is a limited annual drug testing programme in orienteering, mainly in Scandinavian countries plus Switzerland, and presumably mainly for elite orienteers: but any orienteer who is competing is eligible for testing, including juniors.
- The SOA will provide testing programme support to UKAD if requested.
- Analysis of test samples will include checks on recreational drug use.
- Refusing to take a test is an anti-doping violation.

### Key points and summary

- Simple is best - avoid anti-doping issues by avoiding banned substances.
- Check medication and food supplements for components: the UKAD site and the revised SOA website page on this topic contain links to appropriate sites for this.
- All competitors can be tested without notice so we all need to abide by the anti-doping requirements.
- You will hear more about achieving a Clean sport and anti-doping going forwards as there will be regular communications on the topic.
- The topic applies to competitors and athlete support personnel e.g. coaches, squad organisers.



**REPORT DOPING**

During the initial phase of achieving compliance with the UKAD assurance requirements I will stand in as the SOA Lead Anti-Doping officer.

### Medals 2020/21 Scottish Champs

Medals from the last three Scottish Championship events have now been distributed to clubs. Medal winners are:

[Scottish Middle Championships, 14 March 2020](#)  
[Scottish Orienteering Championships, June 2021](#)  
[Scottish Sprint Championships, 26 September 2021](#)

Please contact your club secretary to claim your medals! Any queries, please email [info@scottish-orienteering.org](mailto:info@scottish-orienteering.org).



## The return of ScotJOS training camps!

Report by Judy Bell and Jon Musgrave

### Dinnet

In early March 2020, ScotJOS held a training camp based at Dinnet in Deeside - and as we drove away little did we know that that would be our last camp for some time. However, finally 18 months later we returned to Dinnet for our 1<sup>st</sup> camp post-Covid. Although ScotJOS have held a few individual days of training during the past year, this was our first “proper” camp for the squad members who had joined us last October and it was also a chance to say goodbye to our leavers attending their last camp before heading off to University.



*2021 Leavers Pippa and Rachel*

The weekend included night orienteering and a variety of technical sessions including a line exercise and control pick. There was also a practise relay to prepare for the Junior Inter Regionals and Home Internationals, as it has been some time since anyone has participated in relays. This was a great learning exercise for many on the perils and pit falls of relays. The very subtle contour details in the area also caught out many - as did a parallel error with a path. All great learning opportunities.

*Warm-up running drills and lovely new Scotland kit*



The weekend also included the traditional farewell from the leavers as they provided a session with a twist - including a number of challenges to hamper their orienteering ability. The learning objective was perhaps to keep concentrating on the orienteering despite the circumstances but more importantly the importance of fun in orienteering! The weekend finished with the opportunity to

appreciate elite athletes from another sport as we were able to watch the Tour of Britain pass (very quickly!) Thanks to everyone who helped make the weekend happen, including a couple of ScotJOS “graduates” Pete and Eilidh returned to help with coaching and sharing their experiences. To try to minimise the Covid risks, everyone had to do LTF tests before travelling to the camp and best wishes to Kate who was unable to join us due to a positive test. Get well soon!

*And the 1st leg of the relay is off!*



It was fantastic to see the juniors all back together and the squad becoming a team. and see them ready for the JIRCs and JHIs (and selections for the new squad for next year).

## Taynuilt

This weekend the Scottish Junior Orienteering Squad headed west to Taynuilt for their first camp of the 2021/22 season. The new juniors to the squad had quite an introduction to ScotJOS camps thanks to the great Scottish weather.... We arrived on Friday night at Airds Park for Night-O and set off just as the rain started and as the fireworks display at Taynuilt lit up the sky. The rain continued as we revisited Airds Park in the daylight on Saturday morning, and then the wind decided to join in the fun too. The theme for the weekend was all about planning - plan for each leg; picture the control; decide the route and the techniques you need. Despite the rain and marshes, the juniors really appreciated the area - and some even came back smiling!



We then retreated to the hall to appreciate the hottest showers ever in the Taynuilt Sports Pavilion and lots of hot soup. The weather even threatened to improve as we set off for the northern part of Glen Nant. We huddled in a re-entrant just below the exposed start

kite as the wind continued with heavy showers (an improvement from the constant rain of the morning). The smiles were even bigger on return from the exercises as most loved the orienteering area. After a hearty meal, thanks to Susannah and Clare, there was a lively discussion about top tips for orienteering and on using local events for training. Then it was back to some serious table tennis training - who knew that so many people could play table tennis at one time with just 6 bats and 1 table (just watch out for low flying bats!) On Sunday we visited Creag Mhic Chailein with training loops in both the wooded area and the open land. The start for the exercises was on the open area - with fantastic views of Loch Etive (between the showers) and also provided a great location for terrain visualisation as you could look out from above - and we could try to spot the juniors on the terrain.

The weekend finished with a fun “dynamic” relay. Everyone was allocated to a leg - 1st leg medium, 2nd leg short and 3rd leg long, but no-one knew who was in their team until they returned from their leg! A handicap system was used and the 2nd leg runners were lined up ready to set off in order with fastest last, and the same for the 3rd leg runners. This created some fantastic head to head running on each leg and our viewpoint made this exciting for the spectators as we could spot them for a significant portion of their course. By the end no-one was sure who had been in whose team but thoroughly enjoyed it (despite the uphill run-in).



There was even the added excitement of spotting a white tailed eagle as we waited for the 2nd leg runners to appear out the woods.

Thanks to ECKO who extended a warm welcome and allowed us to train on some fantastic areas and huge thanks to Ross Lilley and Jan Kersel, who planned the exercises, hung the controls, helped with the coaching - and even arranged our accommodation (complete with the best showers ever). Thanks also to Roger, Paul, James, Lorna, Sally and Clare for all your help with the coaching, and Susannah and Clare for the catering.

*Credit – Lorna Eades*



Thanks really have to go to the juniors who were fantastic: we sent them out in some horrendous weather and they still came back smiling, and appreciating the orienteering and the areas. It is so rewarding for volunteers to see this motivation and enthusiasm from you all. Well Done!

## Developing our Planners workshops reboot

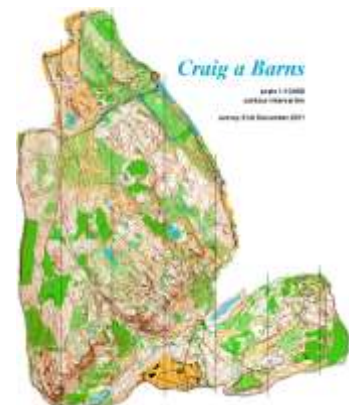


Planners workshops have resumed with a wide range of topics to explore and expand your skill set! The skillset required by a planner of events develops over time, often with help from a more experienced club member. Since March 2020 there have been many online discussion sessions taking place with a variety of topics and a host of experienced planners.

Workshops included:

- **Sprint vs. Urban:** Understanding differences & similarities between Sprint & Urban races planning.
- **Progressing to planning for National events:** Discussion and practical planning for SOL courses.
- **Planning for MapRun:** Compromise or not? Ensuring the principles of course planning vs. the limitations of MapRun.
- **Developing Juniors as planners:** Getting juniors started with planning courses, TD1 (White) to TD3 (Orange).

Orienteering needs more planners and who better to start this movement than our enthusiastic and ever so talented young orienteers. Juniors get their chance with a tailored series of online workshops designed by our experienced planners. Getting juniors started in planning is key to the success of clubs. Focused on on creating TD1 to TD3 courses, trainers Donald Grassie, Lynne Walker and Peter McLuckie cover the essentials of good planning practices to establish a solid base and understanding of the role as a planner. These workshops are fun, interactive and give the confidence needed to get involved with planning club events. Dates included Training in Condes or Purple Pen. Get in touch if you are interested in the next round.



## SOA Development Fund applications update

Funds were available in the SOA 2021 Development Fund for allocation to new club development projects. These are intended for projects which target one of the following objectives are particularly encouraged:

- re-energising orienteering and retaining existing club members
- support and development of club coaching and coach education
- building on new opportunities which have arising during the Covid-19 pandemic
- supporting grassroots development towards WOC2024
- focus on inclusivity and equality

However, any projects that will advance new and innovative ideas for development of the sport are welcomed. A summary of recent successful awards through the SOA Development Fund is available [here](#). Further information and the application form are available [here](#)

## Part-time job opportunities in Scottish Orienteering

Looking for some part-time work? Interested in working in the sport you love?

The SOA team currently has a forest of exciting projects which is bigger than our current staff team is able to move forward. We would love to hear from anyone that might be interested in getting involved to help deliver some of these, either on a short-term project basis or in a longer-term part-time role. The main pre-requisites are a knowledge and experience of orienteering, enthusiasm for the sport and interest in working with others as part of a team. Additional skills such as coaching and tutor qualifications, communications / social media knowledge, website management or technical planning expertise would also be particularly welcomed. Some opportunities could work as part-time jobs for students. Please contact [sarah@scottish-orienteering.org](mailto:sarah@scottish-orienteering.org) to express an interest and find out more about potential opportunities.

## Edinburgh University Elite Athlete admissions for 2022

Any athletes applying to the University of Edinburgh for 2022 entry who wish to be considered for the performance orienteering programme should contact head coach Mark Nixon ([mark.nixon@ed.ac.uk](mailto:mark.nixon@ed.ac.uk)) to express their interest. The performance orienteering programme at Edinburgh university offers professional coaching, strength & conditioning, physiotherapy, sport psychology and performance lifestyle support, weekly training sessions and international training camps in a high-performance orienteering environment. The programme is aimed at athletes seeking international selection at the IOF level (e.g. JWOC, WOC, etc.), with home nation representation expected as a minimum standard.

For athletes who meet the performance criteria, their application will be flagged as an 'elite athlete' which scores them additional points in the admissions process. For the majority of courses the UCAS deadline is 26th January 2022, however you are encouraged to make contact as soon as you start your application process.



## Junior selections announced

Well done everyone! Selections were announced as follows:

### ScotJOS squad 2021-2022

Congratulations to the following juniors who have been selected to be part of ScotJOS 2021/22. The ScotJOS team are looking forward to working with the new squad and have a number of training camps planned (Covid permitting!).

Adam Barrie (MAROC)  
Alice Kemsley (BASOC)  
Alice McCartney (CLYDE)  
Angus Ivory (INT)  
Angus Laird (INVOC)  
Catriona Chapman (MAROC)  
Daisy McNamara (AYROC)  
Ellie Darlow (RR)  
Ewan Bennett (MAROC)  
Ewan Musgrave (MAROC)  
Faith Kenyon (MOR)  
Finlay McLuckie (MOR)  
Finlay Raynor (INVOC)  
Finn Selmer Duguid (TAY)  
Fiona Eades (INT)  
Hannah Kingham (MOR)  
Iona Scott (INVOC)  
Iris MacMillan (ECKO)

Isobel Howard (MOR)  
James Hammond (FVO)  
Jamie Connor (FVO)  
Jamie Goddard (FVO)  
Joel Gooch (MAROC)  
Jonas Newey (MAROC)  
Kate McLuckie (MOR)  
Laurence Ward (INT)  
Maja Robertson (ESOC)  
Michael Bishenden (MOR)  
Oscar Shepherd (INVOC)  
Ranolph Whitehead (MAROC)  
Rebecca Hammond (FVO)  
Ruth Gooch (MAROC)  
Sam Griffin (GRAMP)  
Sam Hunt (FVO)  
Scarlett Britain (MOR)  
Yann Newey (MAROC)



## Junior Inter competition squads

Congratulations to the following juniors who represented Scotland at the Junior Inter Regionals (JIRCs) on 25<sup>th</sup>/26<sup>th</sup> September at South Gare, Redcar and the Junior Home Internationals (JHI) on 9<sup>th</sup>/10<sup>th</sup> October in the Guildford area.

### Junior Inter Regionals (JIRCs) squad

#### W14

Kate McLuckie, Ruth Gooch, Scarlet Britain, Iona Scott

#### W16

Isobel Howard, Iris MacMillan, Faith Kenyon, Maja Robertson

#### W18

Rachel Brown, Pippa Carcas, Fiona Eades, Alice Kelmsley

### Junior Home Internationals (JHI)

#### W14

Kate McLuckie, Ruth Gooch, Ellie Darlow, Rebecca Hammond

#### W16

Isobel Howard, Alice Kemsley, Catriona Chapman, Daisy McNamara

#### W18

Rachel Brown, Pippa Carcas, Fiona Eades, Iris MacMillan

#### M14

Fin McLuckie, Laurence Ward, Finn Selmer Duguid, Jamie Connor

#### M16

James Hammond, Adam Barrie, Ewan Bennett, Sam Hunt

Reserve: Michael Bishenden

#### M18

Sam Griffin, Ewan Musgrave, Joel Gooch, Jamie Goddard

#### M14

Fin McLuckie, Laurence Ward, Yann Newey, Ranolph Whitehead

#### M16

James Hammond, Adam Barrie, Jonas Newey, Angus Laird

#### M18

Sam Griffin, Ewan Musgrave, Angus Ivory, Oscar Shepherd

Selections for the JIRCs and JHIs were undertaken to provide as many juniors as possible with a race opportunity whilst sending strong teams to both events. Reports below.



Scotland Team JHI 2019



## Event report: Scottish Success at JIRCs

The Junior Inter Regional Championships (JIRCs) was held at South Gare, N Yorkshire in September, and the Scottish team returned victorious as Jon Musgrave and Judy Bell report.



The event involves competition between teams of juniors from 12 regions across the UK, with individual championships on the Saturday and relays on the Sunday. Each team can consist of 4 juniors in each category of M/W 14, 16 and 18. The races were held on Gare and Coatham Dunes, an intricate sand-dune area next to Redcar. The running was mostly fast with plenty of small paths and short grass in many places though also with some tough spiky marram grass as well. The contour detail was intricate and confusing - lots of small depressions and hills with little to differentiate between them. The dunes were adjacent to an old industrial area and the contrast was very striking. Both the individual and relay races used the same arena, with a great spectating dune adjacent, where we could watch for heads appearing in the marram grass and try to spot the O-top and then the wearer! There were excellent performances from the whole squad, with 8 of the Scottish juniors on the podium for the individual race.

- M14: Laurence Ward (1<sup>st</sup>), Finlay McLuckie (2<sup>nd</sup>), Finn Selmer Duguid (8<sup>th</sup>), Jamie Connor (13<sup>th</sup>)
- W14: Ruth Gooch (2<sup>nd</sup>), Kate McLuckie (7<sup>th</sup>), Scarlett Britain (12<sup>th</sup>), Iona Scott (18<sup>th</sup>)
- M16: James Hammond (1<sup>st</sup>), Adam Barrie (2<sup>nd</sup>), Ewan Bennett (17<sup>th</sup>), Michael Bishenden (20<sup>th</sup>)
- W16: Isobel Howard (1<sup>st</sup>), Faith Kenyon (7<sup>th</sup>), Iris Macmillan (8<sup>th</sup>), Maja Robertson (14<sup>th</sup>)
- M18: Sam Giffin (4<sup>th</sup>), Ewan Musgrave (7<sup>th</sup>), Joel Gooch (11<sup>th</sup>), Jamie Goddard (25<sup>th</sup>)
- W18: Rachel Brown (1<sup>st</sup>), Pippa Carcas (2<sup>nd</sup>), Fiona Eades (11<sup>th</sup>), Alice Kemsley (14<sup>th</sup>)



Points are awarded to each region for their top 2 finishers in each category. This scored Scotland an amazing 263 points, with South West (SWJOS) in 2nd place with 224 points.

Although shared accommodation for all 12 teams could not be provided this year, everyone was very happy that the event was happening and fantastic weather for the weekend created a lovely arena where friendships between the teams were made and renewed. The Scottish team stayed in Lingdale Village Hall and despite missing the fun of mixing with the other squads the team had a good time together.

The boys and girls relays both consist of 3 legs made up from a 16, 14 and 18 in that order, with 4 teams of each gender competing for the Scots and the best 2 results to count. Mixed fortunes for the Scots left 2 of the boys teams and one of the girls disqualified for a mispunch. Although in good company, with a number of other teams suffering the same fate, this made for a nerve-racking day

for the Scottish team coaches. South West were victorious in both the Men's and Women's relays with the best Scottish team results as:

- James Hammond, Finlay McLuckie & Sam Griffin (2<sup>nd</sup>)
- Michael Bishenden, Jamie Conner & Jamie Goddard (9<sup>th</sup>)
- Isobel Howard, Kate McLuckie & Rachel Brown (3<sup>rd</sup>)
- Maja Robertson, Iona Scott & Fiona Eades (5<sup>th</sup>)

Overall Yorkshire and Humberside (YHOAJOS) won the relays trophy with 252 points, South West (SWJOS) 2<sup>nd</sup> with 246 points and Scotland 3<sup>rd</sup> with 243 points.

*Brand new "go-faster" relay tops emerged for the relays on Sunday, with new kit the envy of many other teams; traditional warrior face painting completed the look.*

Thankfully the strong scoring from the individual competition meant that Scotland came away with the Overall Men's Trophy, the Overall Women's and the Overall JIRCS Trophy! Congratulations. Most importantly the team came home with lots of happy juniors who had enjoyed a great weekend of orienteering, fun and friendship and a renewed love for this crazy sport of orienteering. The policy of widening our selection for JIRCS (and thus running 6 different youngsters in each age class across the JIRCS and JHIs) means more youngsters can have a taster of such great experiences: we hope this will pay longer-term dividends for our sport in Scotland.

Huge thanks to CLOK (Cleveland Orienteering Klub) for organising a fantastic weekend of racing and for even arranging for the sun to shine. Thanks also to all parents who helped with the weekend and to all the juniors - you're all fantastic - Well Done! Results and a detailed breakdown of the scoring: [http://ww.clok.org.uk/events2021/210925\\_JIRCS.htm](http://ww.clok.org.uk/events2021/210925_JIRCS.htm).



## Talent Scotland selection

Congratulations to all the juniors who have been selected to be part of the new Talent Scotland squad and thanks to all the coaches who have volunteered to support them.

### So what is Talent Scotland?

As a result of the recent review of the Performance Pathway, British Orienteering has changed the set-up of the junior talent squads, replacing the national squad with 3 super-regional squads - North, South and Scotland. This allows more juniors to get the opportunity to be part of the Performance Pathway. This new set-up for Level 3 athletes (ages 16-18) will provide more specialised support than that offered by the existing regional squads. The Scottish Junior Orienteering Squad (ScotJOS) will still continue in its current role but many of the older juniors will also get additional support through Talent Scotland. This will include sports science workshops and presentations, strength and conditioning practical sessions, some advanced technical training sessions and personal coach support.

### Who has been selected?

Congratulations to the following juniors who have all been selected to join the squad for 2021-22. Enjoy being part of the squad and we hope you will gain from the experience:

Adam Barrie (MAROC)  
 Alice Kemsley (BASOC)  
 Angus Ivory (INT)  
 Angus Laird (INVOC)  
 Catriona Chapman (MAROC)  
 Daisy McNamara (AYROC)  
 Ewan Musgrave (MAROC)  
 Finlay Raynor (INVOC)  
 Fiona Eades (INT)  
 Iris MacMillan (ECKO)

Isobel Howard (MOR)  
 Jamie Goddard (FVO)  
 James Hammond (FVO)  
 Joel Gooch (MAROC)  
 Jonas Newey (MAROC)  
 Oscar Shepherd (INVOC)  
 Sam Griffin (GRAMP)  
 Sam Hunt (FVO)

### Who will run Talent Scotland?

Jon Musgrave (MAROC) and Judy Bell (ESOC) have been running ScotJOS for the past couple of years. Since Scottish juniors who are aiming for selection and the performance pathway are likely to be members of ScotJOS anyway, they felt it was a natural progression for them to volunteer to also manage the Talent Scotland squad. This essentially allows Talent Scotland to provide the additional support required over and above that already supplied by ScotJOS. Judy and Jon would like to acknowledge the huge team of volunteers who help make ScotJOS happen and provide so much support and enjoyment for Scottish junior orienteers - coaches, drivers and cooks who all give up their time to help. To provide additional support for the Talent Scotland squad, they are aiming for all the juniors to have personal coaches who will help and assist them in developing their training plans and reflecting on their performances, as well as coaches who will come and stand in the cold coaching or run round hills with (after) them! A fantastic group has already volunteered to assist with this and the knowledge and experience of these coaches is invaluable to the success of this project. If anyone else would like to volunteer to help in any way - please, please get in touch!

## World Orienteering Week

World Orienteering Week took place from 8th-14th September 2021. Lots of schools, clubs and other groups across Scotland participated in this year's event celebrating a return to the sport. **World Orienteering Day** was started by the International Orienteering Federation in 2016 to raise the profile and participation in orienteering as a global sport. It has quickly grown to become a week of encouraging people of all ages to try orienteering.

Scottish Orienteering has resources for a set of three easy-to-organise activities, suitable for different levels of participants (which are available to download from our **World Orienteering Week webpage**). The activities can be easily organised in a school playground, park, or even indoor setting.

*Previous Tayside participants in WOW show off their certificates*



Want to get involved in 2022? Using our SOA resources, you can create your own "World Orienteering Day" by holding an event and encouraging people to enjoy a sport which combines fitness and quick-thinking. Any orienteering-related activity counts, and it can be a really simple one. Enjoy!

## Invitation to Tender: SOA Level 2 Coaching Course

Scottish Orienteering Association (SOA) is seeking tender applications for the

completion of the Level 2 Coaching course, formally known as the UKCC Level 2, to the fully accredited SQCA Level 2 Coaching course. The tender went out in November to complete the following work:

- The main body of the course material has been completed and written. This work now needs to be taken through the final process of criteria matching and SQA approval. We anticipate this will likely take several days as the work includes liaising with SportScotland and the SQA (Scottish Qualifications Authority) plus formatting the course material to a 'ready to use' state as both pdf's and google drive files.

Our expectations were that successful recipient has sufficient knowledge of the SOA coaching courses, is likely a coach and tutor themselves and has a good understanding of online delivery. The course may be administered as a blended learning platform. We are hoping to offer the Level 2 course early next year.

## Event reports

### Scottish Junior Cup: Tentsmuir

Over 100 youngsters from all across Scotland came together at Tentsmuir last Sunday for the second round of the Scottish Junior Cup league, with the competition bolstered further by visiting youngsters from the JROS “Not Stockholm” training camp as well as the Yorkshire and Humberside junior squad. [Results for Tentsmuir are here.](#)



Huge thanks to the East area for making the event happen, especially organiser David Robertson, planner Colin Eades, controller Bill Stevenson, and Keith Brown for the computing. Thanks also to all the other helpers on the day.



*FVO Young Bloods take the MW44 Junior trophies*

### Closely run SOA champs relays 2021

Will we ? Won't we ? That has become the familiar pattern for 2021 so we were delighted when Forth Valley Orienteers (FVO) agreed, at very short notice, to host the British and Scottish Relay Championships for 2021. A beautiful day dawned allowing for an exciting event with some closely fought races between Juniors and for those contending the Men's and Women's trophies.

Fairy Knowe and Doon Hill provided a high-quality technical challenge with generally good conditions underfoot despite the deluge the day before that threatened to swamp the start area!

The first two places for the Juniors (MW44 - combined age of competitors male or female) were hotly contested with just 22 seconds separating them. FVO's appropriately named



'Young Bloods' took first place closely followed by INVOC's 'Ospreys'. For the younger teams, MW36, the tables were turned with the INVOC 'Eagles' getting the better of FVO's Flying Juniors.

*INVOC Eagles Junior MW36 winners*

The Men's race was dominated by FVO Flyers who romped in with a comfortable four minute lead over the EUOC Legends 1 and 2. However the EUOC Legendesses fared better with the first team having a significant 10 minute lead over

their second team and FVO settling for 3rd place. Whilst there were no teams from beyond

Scotland participating, the strength and depth of both FVO and EUOC is considerable and they would fare well against a larger field too. It was great to see a healthy representation of juniors from a number of clubs including ESOC, INT, INVOC, and TAY

*FVO Flyers take the Men's Open*



Relays provide an exciting way to engage young people though not all enjoy the tension that can surround relays and even the best in the world can and do mis-punch under pressure!

*Legendesses from EUOC earn their title*





Thanks as always to those behind the scenes who make these events happen. It was lovely to see so many smiling faces cheering on all competitors in the autumnal sun of the Trossachs. Scotland at her best.

*Organiser and controller checking all good to go...*

Full results available [here](#).

## Veteran Home Internationals

The Veteran Home International competition took place in SE England on 4/5th Dec. under team manager, Janice Nisbet. The VHIs was originally scheduled for early November, but had to be cancelled due to problems with access. The SE region offered to host the event, on areas close to Gatwick, with Winterfold and Pitch Hill used for the individual competition and Glovers Wood for the relays. Results incoming on website.



## Keeping young people engaged

Neil Rankin Equality, Welfare & Diversity Director, SOA Board

Early in November the Scottish orienteering community came together, virtually, to share experiences of early years in the sport and discuss ways of keeping young people involved for longer. Like many other sports orienteering undergoes a drop-off in membership from early-teens. While there is a slight spike in participation numbers around late-teens and early-twenties, caused by student clubs, membership remains low among people



in their twenties and thirties. There are a number of causes not unique to orienteering. For example young people begin to have more independence at that age and through schools and clubs there are many alternative sports and activities on offer.

Almost 40 members of the SOA community, including staff and Board members, took part in the Community Conversation and there were a number of themes that emerged. There was a sense that there is a lot of emphasis placed on the competitive offering for young people. It is important to have competitive pathways to ensure there is an outlet for those that want to compete at that level. However, some young people can feel excluded if not selected in squads and there is a lack of recreational opportunities. This can lead to some turning away from the sport. While people will return later in life there's a risk that some are put-off for life.

While young people are getting more independence during their teenage years they may also be taking on more financial responsibility. Travel and entry costs can be a barrier to participation. Younger people might be more likely to stay involved if there are more urban events that reduce travel time for those living in areas with larger populations. Young people are more likely to continue their participation if they feel a greater sense of ownership. While some might simply want to participate, there are others who may want to learn more of the skills required to plan and deliver events, or take on coaching/mentoring roles. Involving young people in event and competition planning might be a good way of creating that sense of ownership and greater responsibility.

Placing young people at the centre of sport is key to sportscotland's strategy and orienteering should look to follow their lead. By creating opportunities, like the Community Conversation, for young people to have their voice heard the orienteering community can support the retention of this demographic in future years. The Community Conversation is led by Lucy and Chloe Haines, two members of the SOA's Equality Sub-committee.



## Initial thoughts and feedback

### What do young people enjoy about orienteering?

- Getting places we may not get to otherwise
- The challenge - not having head-to-head competition directly
- Enjoy exercise and using the brain



### What do young people not enjoy about orienteering?

- Cost - especially at university for transport
- Not knowing anyone else in some regions - it can feel quite isolating
- It's OK if you are part of ScotJOS but hard if you are not
- M16 moving up to blue - big leap (similar comments made for girls moving up)
- The pressure is on to go fast when some want to enjoy the navigation

### Why do young people leave orienteering?

- Time commitment required - both time out & transport there and back. Timewise it's not efficient and it's easier once away from home to join in local sports not requiring this.
- Cost and transport as above
- Impact of part-time work especially at Uni
- Injuries and illness
- If there is no orienteering club at the university you head to, it's difficult to continue
- If their parents are not involved it becomes more difficult to attend
- A lot of emphasis is put on performance squads and many leave the sport if they don't qualify for these squads

### What makes people stay in orienteering?

- Good place to do some exercise
- Family do it
- Unique sport - unable to get the 'itch' /satisfaction from other sports
- Being selected for performance squads
- It's fun

### Points to consider

- More options for young people than ScotJOS, talent squads etc. especially if you're interested in other angles than being fast. You get left out if you're not part of that. It's very competitive. If you're not in a 'top team', you don't get access to the same training
- If more clubs put on training, coaching etc. not just for the 'top ones' that would help
- Alternative pathways need to be developed for young people - planning events and other choices including coaching (for enjoyment - not being made to do this)
- SWAT (Scottish West Area Training) has been good for training and communication beyond orienteering. It's more accessible and for some involves less travel than to other events
- JROS (Junior Regional Orienteering Squad) used to be for those not in ScotJOS. We need more regional squads/activities to provide more choice
- Parents at some schools have got young people into orienteering
- Transportation through schools helped some get into orienteering without parents

- Collaboration between community and student clubs can help student clubs with stability and access to skills/knowledge to support growth.

### Outwith the meeting

These were raised outside of the meeting sent in by both young people and older orienteers:

- Orienteering isn't the first choice of activity for some young people - they are there because their family/parents are involved
- Having friends to go with or meet at events is important and keeps young people engaged and motivated - how do we facilitate social opportunities for young people at events
- There are a range of factors that are demotivating including: sleeping on village hall floors, significant time away at weekends (especially for school exam years and Uni); being beaten by younger ones; early starts and long drives; no easy way back in if you are affected by long-term injury, illness etc.; intimidation of elites
- We need to find ways to make novices feel welcome and have their own level of competition based on their experience (other sports do this better than us)
- Residentials are not for everyone
- For non-orienteering families, it is key for the junior to have transport. Non-orienteering parents tend to: - not know what events to go to so don't plan the family calendar accordingly - or the orienteering calendar may not be clear enough in advance (eg family weekend duty); - struggle with the complex entries system and jargon ; - not have enough support to support their child and/or lose interest in driving to events unless they are involved themselves or the junior is particularly persuasive/talented/organised  
so **parental recruitment is important too!**

**School teams** are key to helping with social aspects as word of mouth is the most effective for recruiting plus friend group can flourish locally. But these need to be based around existing orienteers and a parent who can coordinate. *'Other sports eg football/cricket often become the main activity for young people as they are regular ie every week, same time, same place. And locally social. And at 15, some of the juniors have become very good at that sport so need to focus even more on it to the detriment of orienteering. And they also have 1-2 coaches who see the child every single time'*.

### Things that may help:

- more than large competitions with less emphasis on winning (for instance local leagues)
- keep the Jamie Stevenson where it seems much more about the team than the individual. More events like that would be good.
- more variety in events - for example SCORE events are a good bit of fun because there is more emphasis on the route planning, and urban orienteering is interesting as well.
- More youth-oriented events for less able orienteers might be good - there are obviously things such as SCOTJOS but for the less able young orienteer there aren't many events that are designed for the juniors as opposed to just having age categories. A good example of this is the junior cup."
- Continuing with the Scottish Schools competition
- Having good ties between local clubs and university clubs, or would-be university clubs
- Finding out if leadership schemes that other sports have instigated have been taken up by the less competitive athletes or whether it is just the same suspects
- Having good social experiences for all juniors, not just ScotJOS contenders - club weekends can be really good for this

*"It's quite natural that young people drop away from orienteering in their mid-teens but as long as they have had a positive experience they may well be back when they're older. The main thrust of efforts must be to give more people the opportunity to orienteer at grassroots level, as the more that try it the more will sign up. Trying to increase the membership of people in their 20s is like holding back the tide!" a quote from a participant.*

## Where have they all gone?

The trophy shows past winners from students at Glasgow, St. Andrews, Edinburgh, Heriot Watt and Aberdeen Universities. But today while Edinburgh has a strong club and Aberdeen also has a presence, there is little university orienteering action in Scotland. Where did students go? What changed? Can we turn it around?

*Where have they gone?*

I have received some interesting and helpful responses including: recognising how difficult it is for a small group to take on extra responsibility; that encouragement and support from University Sports Unions would help; the need for more support and help from established local clubs; local clubs may need to step in if inhouse management disappears in any year; Regional Development Officers(RDO's) should have maintaining Uni orienteering as a prime role; that the SOA should lead Scottish Student Champs organisation.

Support to universities is already part of the RDO's remit. And SOA supported the last pre-covid Scottish Student Champs running it in conjunction with the Juniors Inter-areas event with MAROC and GRAMP. We hope to pick this event up again next year. We also have made links with Scottish Student Sports and have on-going discussions thanks to Neil Rankin on ways to support students. However, as with local orienteering clubs the response to offers of help vary. Help is usually welcomed with open arms and local clubs are very supportive too.



*Scottish Student Champs 2019 held in conjunction with the Inter-area Champs*

## Score photo competition 2021 results

We are delighted to say our excellent judges - the Wilson family - have now reviewed the entries for the Score photo competition and deliberated and made their decisions. Our judges picked the amazing photo “Boulder, west side, at Ben Shieldaig North - Coast & Islands week” taken by Walter Clark of ESOC as the outright winner!



*Boulder, west side, at Ben Shieldaig North – Coast & Islands week Walter Clarke*

And we would also like to congratulate our winner in the Junior category - Fiona Eades of Interlopers for her breath-taking photo taken at the Scottish 6 Days:



We would also like to say a very well done indeed to the following who submitted photos that were Highly Commended: Caroline Tullie RR, Claire Macpherson CLYDE, John Tullie RR, and Walter Clark ESOC (again! good work) Many congratulations to our winning and commended photos and thank you again to everyone who entered! Also a huge thank you to our fantastic judges the Wilson family - Rachel, Stephen, Emma, Thomas and Alice - who came together virtually to judge from locations including Spain and the Netherlands.

## Behind the scenes at the Scottish 6 Days

### The challenges of putting on a big multiday event

**Richard Oxlade** writes: As an orienteer I've enjoyed the Scottish 6 Days for 30 years now, but it wasn't until about 15 years ago that I got involved as an official and since then have organised, planned, controlled or coordinated most years. This article summarises some of my thoughts from this experience. The 6 Days is on a completely different scale to normal championship events and SOLs. It has about 10 times the number of orienteers and of course has 6 days (7 with the Rest Day) instead of 1 or 2. Consequently the organising team has to plan further ahead, deal with more complexity, and satisfy a wider range of stakeholders. However, there is a lot of satisfaction from being involved with such a large event. Planning ahead involved 3 big challenges - selecting the location, building the team and keeping on top of the money!



Selecting the location usually happens 3-4 years in advance. We need a location that:

- has enough areas to support 5-6 days of elite TD5 courses of >10km, short courses, junior courses and string courses;
- has 5-6 areas with enough space to park up to 1000 cars (that's a lot if you consider the average supermarket car park, especially as we often can't use all of it, and it's not nicely marked up with white lines). It needs to be close to the assembly area;
- has 5-6 areas with a nice assembly area with space for the finish, club tents, traders etc;
- has areas within an hour's drive of the event centre;
- has areas without too many restrictions (capercaille or SSSI restrictions);
- will allow competitors to have a nice holiday as well.

So we expect a lot. There aren't many areas of the country that can meet these demands - Moray and Deeside immediately spring to mind. But we can't just use them - some of the objectives are to move round the country, develop new areas, update maps etc. Inevitably we end up with some compromises. Selecting the location is probably the biggest decision the 6 Days Board has to make as it can make or break the reputation of the event. Lochaber is a good example of compromise. It's a great holiday area and a part of the country we want to develop. But it's also a location where it's surprisingly difficult to find suitable areas, with a shortage of suitable parking and rougher terrain (and more bracken) than expected, especially in the summer.



**Building the team** takes time. There are 500-700 volunteers involved in a typical 6 Days. We need a Central Organising Team (COT) with ca. 30-40 people and teams for each day. Ideally the COT comes from the local club but this is tough in areas such as Lochaber. In this case we built a Scottish team with members from ESOC, FVO, ECKO, Clyde and ELO. Some volunteers do this year after year (Robin Strain, David Nicol). We also employ a professional coordinator (Colin Matheson for the last 10 years) to negotiate land access, manage contractors, and work with 3<sup>rd</sup> parties such as Police Scotland, Local Authorities and EventScotland. This also makes sure knowledge is transferred from event to event. Colin retired after Lochaber 2021 and there's currently a vacancy if you fancy having a big impact on the future of Scottish Orienteering.

Clubs are allocated to each day. It's quite a big enterprise and key officials have to be appointed early, ideally 18 months ahead so that they can visit areas map in hand in the summer before the event. This means that the maps need to be ready well in advance, and again these ideally need to be surveyed in the summer.

The forest teams usually have 2 planners and 2 coordinators - for a full 6 days we need nearly 25 volunteers. Over the years it is noticeable that our volunteers are getting older and the

demands of long (but rewarding) days in the forest or on the hill are taking their toll. If you're reading this please think about whether you could help - the 6 Days is a great opportunity to get planning or controlling experience.

Of course COVID made 2021 especially difficult. Travel restrictions and continued uncertainties squeezed 2 years work into 6 months and the mappers and day teams did a fantastic job under a lot of pressure.

**Managing the finances** is an important task. We're lucky to have some very talented finance experts such as Pat Bartlett and Kevin Reynard to keep us on track. While not a FTSE 100 company the 6 Days still has a turnover of over £300,000. Most revenue comes from entry fees, although usually we also receive a significant grant from EventScotland. Income from merchandise, social events, traders, buses, rest day activities and other sponsors also helps. Our simple financial objective is avoid making a loss. This means that we can't let our expenditure exceed about £300,000. It's a difficult balancing act. Big ticket items include mapping, event services and payments to federations (e.g. to the SOA where it pays for event coordinator/ events manager and supports the operation of the SOA itself). In most years there is just enough of a surplus to make a distribution to clubs to recognise their contribution to running the event.



**The run up to the event** always seem frenetic. Because it's held in a different location every 2 years, with a different COT and different day volunteers there are numerous issues to deal with. It's also often the time when landowners (and local communities) realise that the event is real.

Maps have to be checked, printed, checked and checked again. In the forest stiles, crossing points and bridges have to be built. Farmers have to be reminded to remove livestock, and agree how gates and crossing points can be used by competitors.

Start times have to be allocated for 3000 competitors for 6 days and special requests dealt with as efficiently (and politely) as possible. Bibs have to be ordered. The essentials have to be sorted - toilet locations and toilet movements (excuse the pun) have to be agreed. Hardcore has to be laid at field entrances and track mats sourced. The event coordinator earns his money keeping all of this together. Equipment has to be coordinated and collected from around the country for both the competition area and the assembly area. Merchandise has to be ordered, priced and delivered. And finally the programme has to be written and published.

**During the week** I always think the objective is to be serene *on the surface* - the competitors are in sense our customers and the 6 Days team prides itself on appearing professional and sustaining a great reputation.



However, under the surface there is always some frantic paddling. A minor crisis to fix here and there. Something in the forest, or something in the car park. Usually nothing that can't be fixed with the help of willing and knowledgeable volunteers like Margaret & Les Dagleish in Information, Robin Strain in the Computing Tent, David Nicol with his encyclopaedic knowledge of the entries system, or through Colin's good relationships with the local landowners. In hindsight fixing these minor crises can be very satisfying, and over the years we have had a few. Some of my favourites include:

- The toilets have run out of paper and we don't have any spare - a frantic dash by Colin to the local Sainsburys
- Someone's locked the forest gate and we can't drive the start equipment up to the start (3km away) - I was the culprit with the key!



- The farmer says we can't use tomorrow's car parking field due to the heavy rain today - hardcore sourced at very short notice from a local supplier
- We need 50 track mats at Glen Strathfarrar to get the cars out of the field in the next couple of hours and they're at Darnaway - some found (at a price!) In Inverness

**It's Saturday afternoon, the end of Day 6.** The competitors are all back safely and the last bit of equipment has been loaded into the Event Services truck. You think it's all over but not quite yet. There are still people to thank, equipment to get back to clubs, surveys to send out, accounts to complete, reports to write. It takes another few weeks but by the 6 Day Board meeting in September it really is over and the next team starts to think about 2 years' time. Time to reflect on an extraordinary undertaking for a large mainly volunteer organisation, and time for everyone to think about **the future.**

Post pandemic and post COP26 it's clear that the world isn't going to stand still. The pandemic forced us to adopt some new practices that will hopefully make things more efficient in the future. Virtual COT meetings are a lot less time consuming than travelling across the country. Pre-starts and simpler start setups reduced manning levels. Climate change is an obvious question. Most people travel by private car to and from the location, and to and from the competition areas each day. Seeing nearly 1000 cars in a field makes you think. We pride ourselves on leaving the areas as we find them, but this isn't true of emissions. Should we try to make the event more environmentally friendly?



**In conclusion** I think everyone who has been involved over the years would probably say there's never a dull moment. And the reward - thousands of (usually) smiling and happy competitors, many of whom will be back again and again. And a sense of belonging to an incredibly committed and professional team. Being involved in orienteering doesn't just have to be about running round sunlit forest, there are some fascinating and rewarding volunteer jobs helping with one of the world's largest orienteering events. Next time you see a request for help do stick your hand up!

## The final Score?

Without an Editor for 2022, this December issue of Score may be the last. Does that matter when SOA has other communications channels: a great website, social media and a monthly newsletter?

Do we need a magazine that allows bigger issues space to be discussed, celebrates Scottish members achievement and our community?

Get in touch at [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org) if you think we need Score and want to help.



## 2022 Scottish Orienteering Events - an exciting year ahead

Enthusiasm for returning to orienteering after the pandemic is evident in the nearly completed 2022 calendar. It looks like we'll have a full SOL series, an abundance of SOUL competitions and hopefully a full set of Scottish Championships. A big thank you to the everyone who has helped pull this together and to the clubs who have offered to organise these events. It's going to be an exciting year when combined with all the other planned events and activities.

### Scottish Orienteering League (SOL) 2022

Clubs have offered to organise 7 SOLs on some great areas and this is how it looks:

Date	Club	Location
13-Feb	INT	Gullane
27-Feb	Ecko	Coille Nathais
15-May	ESOC	Linn of Tummel/ Bonskeid (TBC)
04-Sep	STAG	Errochty
25-Sep	INVOC	Anagach
09-Oct	BASOC	Creag Dhubh (incl JHIs)
23-Oct	SOLWAY	TBC

Many of these will be combined with events on the Saturday to provide some great weekends across the country. As ever parking is an issue at Linn of Tummel but Janet Clark (ESOC) & Terry O'Brien (STAG) are working on a cunning plan. That should be a great weekend as TAY have also offered to put on the Scottish Middle Championships at the newly mapped South Creag Vinean. Thank you to Paul Hammond (FVO) for looking after the scoring for the SOL. The rules in 2022 will remain unchanged with the best 4 results to count.

### Scottish Orienteering Urban League (SOUL) 2022

A big thanks to Pat Squire for coordinating next year's league with up to 13 races. I won't repeat Pat's separate article but would like to note that Pat is stepping down as SOUL coordinator and we would like to thank him for his energy and enthusiasm over the last few years. Paul Caban has kindly offered to look after the league results next year.

### Scottish Championship Events 2022

We can confirm that the Individual championships (SOC) and the Relays (SRC) will be held on Deeside on the last weekend in May. The individuals will be on Glen Dye and the relays nearby. You can guarantee some quality competition from Gramp and Maroc. We are still working on the Nights and hope to hold in in the Edinburgh area on the night before Interlopers SOL at Gullane.

Championships			
Date	Event	Club	Location
12-Feb	Nights	TBC	Edinburgh area (TBC)
20-Mar	Sprint	MA	Dundee
14-May	Middle	TAY	South Craig Vinean (TBC)
28-May	SOC	GRAMP	Glen Dye
29-May	SRC	MAROC	Deeside
22-Oct	SOLWAY	Scottish Score	TBC

## Other events

- In addition to these events the Compass Sport Cup Final will also take place in Scotland on 16<sup>th</sup> October at Devilla & Tulliallan. The heats will be on a new area near Callander on 13<sup>th</sup> March.
- The Harvester relays are also pencilled in the calendar but the date and arrangements have yet to be confirmed.
- The JHIs are coming to Scotland this year and will be combined with SOL6 on Speyside. We are also planning to have another Junior Cup series which will include events such as the Jamie Stevenson.

## Club league - a new idea

During various conversations about retaining and recruiting orienteers, especially juniors, it is apparent that it would be good if we could make events more sociable.

One idea we are considering is an inter club competition using the leagues. For juniors this could help them feel more involved at SOLs and SOULs if they can see that their results are contributing to their club's results and engender more club spirit. We could have separate junior club competition and separate prizes for large and small clubs, similar to the Compass Sport Cup. Whatever we do the intention is to make our Scottish events feel more inclusive.

Details still need to be worked out. No extra work would be required for organisers: we would use existing SOL and SOUL results to calculate club scores. Let me know what you think.

## Develop your skills

The extensive 2022 events programme provides a great opportunity to develop your skills. Please let your club committee know if you want to be involved! For example you can be mentored as a planner, or develop your controller or organiser skills. We will be with you every step of the "course".

## Get involved with Scottish Orienteering

It's an exciting and busy year ahead and most of you will be involved with your clubs in some way in organising, planning and controlling. However, most of this wouldn't happen without quite a lot of work behind the scenes to coordinate leagues and events, make sure we have appropriate rules and standards, and develop volunteer skills. Clubs do a lot of this but some of it has to happen at a Scottish level and at the minute the SOA team (board, staff and volunteers) is quite stretched. If you read this and feel excited about the year ahead please could you also think about the following vacancies:

- **6 Day coordinator and Events Manager post** - this is a 4 day a week paid post replacing Colin Matheson. It's a great opportunity for a keen orienteer to make a significant contribution to Scottish Orienteering including the 6 Days event and WOC2024. If you are interested please look out for the job advertisement or in the meantime please feel free to talk to me or Dave Kershaw.
- **Operations Director** - currently I'm covering this as it's vacant following Ade Chapman's resignation. It's a great opportunity to get to know the clubs, and shape the future of the sport in Scotland.
- **Advocate roles** - these are effectively champions for the main volunteer roles: organising, planning and controlling. Lynne Walker has shown how valuable this can be as Planning Advocate with the training programme that she's developed. We'd like to do the same for controllers and organisers, and alas Lynne is also standing down after 2 years in the role. If you have the energy and enthusiasm to help develop new officials please get in touch!

## News and social media round up



*Congratulations to Féarglas who took the world title in October!*



*STAG leading the way by example*

*Great picture from GRAMP's mountain challenge*



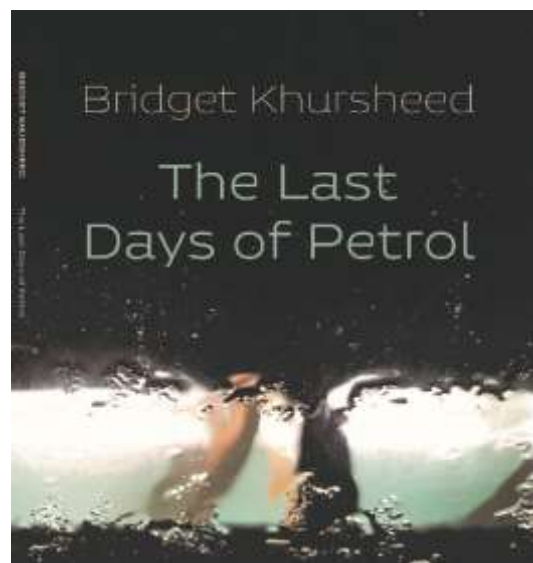
## The poetry of orienteering

Score has featured SOA member's poetry before and this time there is a new poetry collection coming in 2022 from our outgoing Score editor Bridget Khursheed (RR) which may be of interest.

*The appropriately named **Last days of petrol** book cover*

The Last Days of Petrol is published by Shearsman Books in January 2022.

You can find more information and order on the [Shearsman website](#) and all good book outlets.



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## Upcoming events: selected major events calendar

A great start to the orienteering new year.

### January - April 2022

21 <sup>st</sup> /22 <sup>nd</sup> / 23 <sup>rd</sup> Jan	Big Weekend Edinburgh	EUOC
6 <sup>th</sup> Feb	SOUL Peebles	ESOC
12 <sup>th</sup> Feb	Scottish Night Champs	TBC
13 <sup>th</sup> Feb	SOL Gullane	INT
27 <sup>th</sup> Feb	SOL Coile Nathais	ECKO
5 <sup>th</sup> Mar	SOUL Dumbarton	CLYDE
19 <sup>th</sup> /20 <sup>th</sup> Mar	SOUL Dundee x 2 including Scottish Sprint Champs (20 <sup>th</sup> )	MA
2nd April	Kildrum (Cumbernauld)	STAG

You can confirm dates and locations on the [BOF Events page](#), [SOA Events page](#), or at the club events page(s):

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

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

Image disclaimer: if we have missed your picture credit please let us know. We have checked all images included are free to use.

### Next time

This is the last Score from your editor and I have really enjoyed my two years - even if Covid meant I needed to find a different kind of content to what I had expected. I would recommend editing! Get in touch if you want to take over as Editor or indeed to send us your story at [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org).

Will December be the last Score ever from SOA? Watch this space 😊

## Club • Area • Website

AROS - Auld Reekie Orienteering Society • Edinburgh • <http://www.aroslegends.com/>

AUOC - Aberdeen University OC • Aberdeen • <https://www.facebook.com/aberdeenorienteering/>

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

GRAMP - Grampian Orienteers • Aberdeenshire • <https://grampoc.com/>

## Club • Area • Website

INT - Interløpers 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 OC Glasgow • Glasgow and greater Glasgow area <http://www.stag-orienteering.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/>

## The Scottish Orienteering Association

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