

**GRAMPIAN  
ORIENTEERS**

# **TELEGRAM**

*Jan  
Feb  
2011*

*Issue 171*

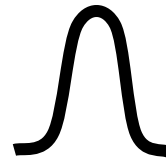
Two happy people:


Gareth Yardley (right), Grampian Mountain Challenge 'B' Solo Winner, because it was worth the frozen extremities in the end

Sean O'Sullivan (left), GMC Organiser Extraordinaire, simply because it's all over now!



# What's one of these?



- a. Morph's nose
- b. Haven't a clue
- c. A dead one of these? 

If you answered a, b or c then you really need to come along to the **club coaching sessions!!** From basics like **setting your map** and finding **linear features** to the more advanced stuff like **point features**, deciphering **control descriptions** and getting the hang of **contours** – all will be revealed.

More details to follow on the website and by eGRAMP but in the meantime here are the dates for your diaries....

## JANUARY

16 Sun	Countesswells NJ 869 044 Parking TBC	Training	Anne Hickling 01224 323855
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## FEBRUARY

6 Sun	Dunnottar Woods NO 863 843	Training	Ali & Kate 01569 760469
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## APRIL

19 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginners</b>	Foss & Erik 01261 821220
20 Wed	Tyrebagger NJ 847 110	Coaching - <b>Improvers</b>	Anne Hickling
26 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginners</b>	Foss & Erik
27 Wed	Scolty NO 688 948	Coaching - <b>Improvers</b>	Ali and Kate

## MAY

03 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginners</b>	Foss & Erik
04 Wed	Balmedie NJ 976 182	Coaching - <b>Improvers</b>	Anne Hickling
10 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginners</b>	Foss & Erik
11 Wed	Crathes NO 735 968	Coaching - <b>Improvers</b>	Ali and Kate

## NOVEMBER

20 Sun	Foggeton TBC	Training	TBA
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# CHAIRMAN'S CHAT

## CHAIRMAN'S CHAT – JANUARY 2011

Happy New Year to all Gramp members!

It was great to kick off the year with the HHH at Tollochill followed by a get-together at the Reynards', who hosted us in style. Social activities have been a bit thin on the ground recently but I know Helen Anderson is cooking up various plans to give us the chance to meet in various dry and warm places for a change, kicking off with the Curling on 12th February. OK, I know it's not warm when you're on the ice but it is great fun and there's the scoff afterwards to enjoy all the more after a little bit of hardship. Please get in touch with Helen with ideas, offers of help and, most importantly, confirmation you'll be coming along!

There's more from me later in this issue of Telegramp, so I'll just keep this short – must get out and fulfil my new Year's Resolution to train regularly and give myself a chance of getting ahead of my peers in the Scottish O League this year. That's my goal – what's yours and how are you going to achieve it?

Pete

At Easter, my brother, Bruce, is planning an epic - a monster triathlon, raising money for *Cancer Research UK*. First the Bob Graham Round, followed by tandem from John O'Groats to Lands End and then the Devizes to Westminster Kayak Race to round it all off.  
<http://theepictri.com/> Please support him if you can. Thanks.

Jon Duncan

### activitymix 2011

Anne is not resting on her laurels despite having bagged the Quaich (congratulations – well overdue!) and is busy liasing with the activitymix folk again this year.

We've set up some training sessions purely for Mixers on March 26<sup>th</sup> at Tyrebagger and April 9<sup>th</sup> at Scolty and then the activitymix orienteering event itself on Saturday 30<sup>th</sup> April at Bennachie.

Your help at these events would be most appreciated – Anne 01224 323855

Deadline for articles, photos and news for next TG is 28<sup>th</sup> February please.  
Emails to [newsletter@grampoc.com](mailto:newsletter@grampoc.com) or post to 40 Ann St, Stonehaven, AB39 2DB

## GRAMPIAN MOUNTAIN CHALLENGE Invercauld 2010

Even without the seriously good prizes, virgin mountain marathoner Gareth Yardley would have got the MM bug judging from his account below. But then the GMC was no ordinary mountain marathon – part orienteering, part mountain marathon, with hot food, beer, music and the infamous space heater at the overnight camp.

“The caterers didn’t have a single pot that wasn’t the size of a dustbin!”

“Getting back into the tent that night was less of a matter of rolling back the flysheet and more like opening a gigantic door made of ice”

### GMC: THE BATTLE FOR B SOLO – A WINNERS TALE Gareth Yardley

I've always fancied doing a mountain marathon, but never quite got round to it - so when one appeared on the doorstep it was too good an opportunity to miss. I was pretty fit from hill running and munro bagging in the spring, but activities tailed off over the summer and into the autumn - together with an ankle injury and climbing holiday in the weeks prior to the event things were not looking too good. But then I bought an ankle guard at SOL7 and did a couple of longish orienteering courses to get back up to speed.



My plan for the event was to keep it steady, keep moving and pack some spare clothes in case the weather reverted to how it was earlier in the week. Day 1: The hill climb for the second control on the forest section was a shock to the system, but then it was a fairly steady run to Cullardoch, where it was head down and speed walking to get to the top. By the descent I was getting tired and fell in every patch of deep snow, things weren't helped by Alec Keith flying

past as though I wasn't moving; actually, lying face down in the snow, I wasn't moving..... I was exhausted by the time I reached the camp at Corndavon where I sat by the fire at download for half an hour before I could move again. Noodles, soup and a jet engine of a heater finally started to make me feel human again. It was a great place for a camp - wild, beautiful scenery, but I retired for a snooze instead of taking in the view. Helen, who was helping out, woke me for the evening meal which continued the revival process, which was again helped by a couple of beers. The main tent with food and beer were excellent - without them it could have been a long cold night in the hills. Over a beer, I finally caught up with Alec Keith - an old flat mate from all those years ago in Edinburgh, but no great tips on mountain marathons were passed on. After Day 1 I was happy enough with 4th and was more concerned with not slipping down the field, rather than moving up.

Day 2: Considering how I felt the night before I felt surprisingly rested in the morning. During the run, both legs and mind seemed to be working well - one brief spell heading for control 4 in the wrong set of trees was rectified before too much damage was done. I was definitely slowing by the forest leg and when Duncan overtook me a couple of controls from the end I just accepted what I viewed as the inevitable. I knew that I'd done a good run, but was shocked at download to hear that Duncan had lost time earlier in the day and I was now in the lead overall. In the end it was shockingly close - 1 min 20 separating the top three after 7 hours out on the hills. Looking at the splits, Kevin Harper (in third) lost 10 + minutes in the forest at the end and could easily have won too. I was pleased with my run over the two days and with the win; but with such narrow margins the win was sheer luck. The hot food at the finish was most welcome and a prize finished things off nicely! Well done to Sean and everyone involved in the organisation, I thoroughly enjoyed the whole event and am keen to do another - anyone want a partner for the Highlander, LAMM or GMC next year?

### **GMC: THE BATTLE FOR B SOLO – THE OTHER SIDE OF THE STORY Duncan Grassie**

This was the first time I had attempted anything resembling a mountain marathon. Although part of the attraction was to take part in an event which was organized by friends and clubmates, I had been looking for a chance to try such an event but without having to go “all in”. Given that this mountain marathon was different by being on my doorstep, kit was transported for the overnight stay and there was an orienteering element, it gave me no excuse for giving it a shot and so too early in the morning on Saturday 13<sup>th</sup> November, I found myself lining up with 80 other runners on the start line for the first Grampian Mountain Challenge.

Having no expectation of how I was going to do I entered the B course, expecting that my orienteering would get me into the top half but not expecting to be in the prizes. The first day we headed off into Inver forest for a 4-5km loop before a mountain section of 20km up in the hills on the Invercauld Estate. The orienteering was good but it took me a while to get up the hill to #2 while a few pairs seemed to make short work of it. My navigation was good down the hill and I had got used to wearing a small rucksack on my back so I soon made the time back up!



As I grabbed the map for the mountain marathon section I laughed to myself at the mountain marathoners huddled over a map planning their routes. Thinking I was all set I set off straight to hit a path to #1... Only to find that it was a lot longer than I'd thought (jumping to the 1:40000 scale had fooled me) and the marshy stuff stopped me bouncing along like I'd done on the heather. I quickly learned that for this type of event:

- a) you need to make sure that you use the features on the map more accurately since there are fewer of them
- b) looking ahead at the terrain on the ground rather than just the map is crucial to make sure you keep up the speed.

After a couple of 2-3 minute near misses I set up off up a ~900m peak with our control on the trig pillar at the top! I had no real feel for how I was doing but I had overtaken a few people after starting last and felt pretty confident. It was tough 100m from the top though and walking the last 10 minute I quickly got an appreciation for how useful hill running reps training would have been to get me through the ice at the top. Downhill towards the finish was pretty good fun through some snow drifts though I got a bit of a shock a couple of times after falling through the ice into a river bed after dancing across it!

Running the last 1.5km with Tim Griffin on the A course I saw that Ali, Sean and their big team of Gramp helpers had done a good job of getting a marquee and a bothy set up for the night. Even more impressive when you consider the short daylight in November and the fact that they were able to get everyone round and everything set up in daytime. After watching all this and putting up my own tent I quickly set to the task of reconstructing myself, managing to sneak two lunch/dinners while no one noticed. Highlights of the campsite were:

- a) The 'jet engine' – a massive gas heater which explained how I was able to sit in my short and t- shirt with no shoes on in the Cairngorms in November
- b) Stories of the leaders on the A course showboating – Alec Keith's 180 degree errors and Oleg and his partner filling their cameras with photos in an attempt to win the photo competition
- c) Beer from the Cairngorm brewery and pasta from the Scouts group
- d) Music provided by a fiddle group wandering round the tent depending on where item a was placed!
- e) Swift results/Routegadget from Doug Guy and his team
- f) Finding that I was in first place on the B-course with the first 4 people within 7 minutes!



After a good meal and warmth I fell asleep. Although my sleeping bag did an excellent job I kept waking up with a cold nose – next time I'll bring a balaclava! There was some snow in the night which was to have an effect the next day...

After waking up and scraping the ice off the ceiling in my tent I quickly grabbed a bacon roll and got ready to set out. My first mistake of the day was to set off as one of the earliest starters (you could start anytime between 7.30 and 9), the second was soon afterwards when I

headed off the last track on the first leg with a rough idea of where the control should be around the hill. The sheer lack of mountain marathon discipline on my part resulted in a 58

minutes split to #1 where others managed 35-40 minutes! Navigation was replaced with vague wandering for 1-2 km in the rough direction of the control and I was suitably punished since as I'd learned the previous day you can't afford vagueness on a 1:40000 map. Everything looked completely different in the snow that fell overnight and shamefully I was forced to rely on a number of later runners running towards the control on a bearing for guidance of where the control might be.

After I found the control I was able to channel my anger suitably and got some of my fastest running of the year round the snow covered slopes for the next 5-6 mountain marathon legs. Getting to the map changeover back to orienteering in Inver I had believed I was the first to get there. My hopes were dashed however when I noted Gareth ahead of me on the 3<sup>rd</sup> orienteering leg. Even though I caught him, he was able to stay with me and was the deserved winner of the B course by 1 minute 10 seconds after running consistently both days. Being consistent seemed to be an important attribute since you could mess up a lot of hard work in one control to an extent not even seen in orienteering and I was surprised that despite being in 1<sup>st</sup> place on the first day I hadn't managed any fastest legs in the mountain section. I was lucky to finish 2<sup>nd</sup> in the end with only 8 seconds back to 3<sup>rd</sup> place!

All in all the Grampian Mountain Challenge was a great weekend. I am definitely up for competing/organizing such an event in future years since it attracts both mountain marathoners and orienteers and was just a useful way to meet like minded folk who aren't orienteers. The feedback from the mountain marathoners was very positive on the orienteering side – it seemed to be pitched just right. I had no complaints about the event and it was very useful for showing up my navigational weaknesses. Congratulations were also due to Oleg Chepelin who won the A course with partner Tom Owens. Thanks should go to the valiant efforts of the organization team led by Ali, Sean and Ian and I hope that we can make this excellent event a regular fixture.

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Photos unashamedly pinched from Ian Hamilton's Flickr stream – follow the link from the GMC page [www.gmc.grampoc.com](http://www.gmc.grampoc.com) where you can see more and read about the logistics involved.

Special thanks to various people but not least lots of Scout Groups for catering and equipment and the sponsors who donated prizes - Braemar Mountain Sports, Craigdon Mountain Sports, Cotswold Outdoor, Lakes Runner, Run 4 It, Tiso. (If you need to get a belated Xmas prezzie for someone you know what to do!)

Congratulations to the GMC team – Sean O'Sullivan Organiser, Ian Hamilton Controller, Ali Robertson Planner - for pulling off a great event with the aid of several GRAMP stalwarts. November was always going to be a bit of a gamble weatherwise but they got away with it and managed to attract enough runners to even make a bit of a profit.





**GRAMP ROLE OF HONOUR 2010**

Just in case you've forgotten how successful we've been in 2010, both individually and as a club, here's a reminder:

**Awards:** British Orienteering Club of the Year 2010  
 Aberdeen Sports Council Junior Boys winner – Alexander Chepelin  
 British Orienteering Service Award – Anne Hicking  
 Aberdeenshire Sports Council Service to Sport Award  
 - Neil McLean Highly Commended  
 ClubCAP accreditation for Excellence in Aberdeenshire Sports Clubs

**Club events:**

- 3rd in Large Clubs Inter Club Championships
- 5th in Jamie Stevenson Trophy (Marnoch, Calum, Josie, Katrina, Alexander, Tim)

**Area Events:** North Area winners in Junior Inter Area Championships  
 (Calum, Katrina, Alexander, Jack, Marnoch and Keith)

**International Call-ups:**

Scottish Vets for VHI – Scotland 2nd under Team Captain Rob Hickling

Scottish Junior Squad for JHI – Scotland 2nd

(Alexander Chepelin, Calum McLeod, Katrina McLeod, Tim Gomersall)

Scottish Junior Squad for Junior Inter Regional – Scotland 2nd

(Alexander Chepelin, Katrina McLeod, Marnoch Hamilton-Jones)

**Winners in Major Events:** (in no particular order and apologies if we've missed anyone!)

*British Champs*

M14A Alexander Chepelin

*Scottish Orienteering League (SOL)*

M18 Tim Gomersall

M21S Ali Robertson

M45L Evgueni Chepelin

M55L Rob Hickling

M65L Neil McLean

M80 Angus Aitken

W21S Kate Robertson

W40S Laura Frisch

W45L Carolyn McLeod

W55S Oonagh Grassie

*Scottish Sprint Champs*

M18 Tim Gomersall

*Scottish Night Champs*

M18A Tim Gomersall

M45S Sam Gomersall

*British Night Champs*

M50S Iain McLeod

*British Sprint Champs*

M14 Alexander Chepelin

*British Middle Distance Champs*

M14 Alexander Chepelin

*Scottish Champs – Individual*

M45S Sam Gomersall

M65L Neil McLean

W21S Kate Robertson

W45L Carolyn McLeod

W55S Jayne MacGregor

*Scottish Champs – Relays*

Handicap 15+ GRAMP Scowpers  
 (Carolyn, Lesley & Rob)

*Scottish Score Champs*

M14 Alexander Chepelin

M18 Tim Gomersall

M40 Tim Griffin

M45 Evgueni Chepelin

M50 Bob Daly

M55 Rob Hickling

W40 Zoe Griffin

*Northern Lights*

Pitgaveny Trophy Alexander Chepelin

Contours Trophy Rob Hickling

## FA'S FA AND FA DIS FIT IN GRAMP

Ever wondered about what goes on behind the scenes in the club? Here are the answers. Rather than a dry list of roles and names, I've invited our key players to summarise their responsibilities and tell us a bit about themselves.

Maybe you're a whizz on computers, happen to know a landowner for a forest you think would be good to map, would be interested in getting involved in coaching.... Don't be shy! If you read about something here and think "I could help do that!" then feel free to get in touch with the relevant folk and offer.

Ed.



**Ian Hamilton Secretary**

Official point of contact for the club, so I deal with a lot of correspondence (usually by passing it on to someone else!). Keep records of committee meetings and AGMs.

*Who would you like to thank (or blame) for getting you hooked on orienteering?*

I did a few orienteering events when I was at school. I do not remember now who was responsible, but they were local Cleveland Orienteering Club (KLOK) events. Other things then took over and I forgot about orienteering for the next twenty years, until, at a party at the house of Clare and Peter Martin (now in MAROC) we saw a list of GRAMP summer evening events and thought "that sounds interesting"...

*Best result? Or the one you're most proud of?*

Not many notable results to report! One of the nice things about orienteering is that you can still enjoy the competition even if you don't win. I did win a Scottish Night Orienteering Championships trophy once, mainly due to a combination of unexpected circumstances, like the real winner being English and therefore ineligible for the prizes. The most satisfying results I remember were coming 2nd in the LAMM D class, and 8th in the C class the following year, both with Marnoch.

*Weirdest/most embarrassing O experience?*

Weird: running through a wedding in the centre of Stirling.  
Embarrassing: total disorientation at a night event resulting in running about a kilometre in the wrong direction and then attempting to re-locate by running another kilometre in a different wrong direction. But the real mistake was then faithfully recording this on Routegadget.

*Which bits of O do you enjoy - Classic O/Score/Night/Sprint/MTBO/Urban/ Relays/ maps/running/Catching Features/Nopesport/CompassSport/anything else O related you can lay your hands on?*

I have enjoyed all the flavours of orienteering that I've tried. Favourite is probably the long events: Long-O and mountain marathons.

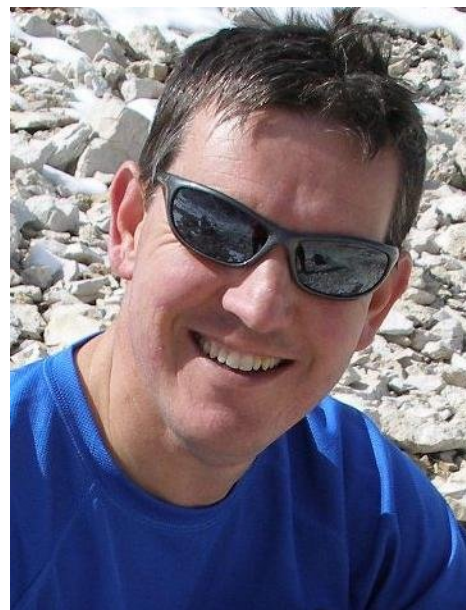
*Cheese and tomato or cheese and jam?*

Can I have cheese and onion?

**Pete Lawrence      Chairman**

One year in and I'm still trying to find out what the Chairman does!

I suspect it's a role that is as much as you want/have time to make of it. Minimum requirement seems to be chairing the 4-5 committee meetings we have each year to keep track of and plan for club activities. Also, trying without a lot of success to keep across the various administrative changes to our sport, usually sponsored by British Orienteering (new event structure, events officials requirements, insurance matters etc.) that seem to 'challenge' us regularly. I think a really important role is trying, with other committee and post holders, to focus the range of things we try to do at any one time – it's evident to me that our limiting factor is volunteer time and so we need to try to ensure we pick on a number of key things and do them really well rather than trying to do too much.



*Who would you like to thank (or blame) for getting you hooked on orienteering?*

The Royal Air Force in general and Warrant Officer (as he was in those days) Pat Martin in particular. My first experience of orienteering was on an adventure training course I attended when I first joined the Air Force in 1985 – it was a Score challenge on the Permanent Course at Anagach, so it's easy to see why I was rather taken by the idea. When I settled into my first 'proper' job in the Air Force, Pat headed the O Club at my first base and introduced me into the sport through the East Anglia Forces league events, held on Wednesday afternoons – those were the days, orienteering on the government's time and getting paid for it. Pat's one of the many stalwarts in our sport, for many years he grappled with the tortuous paper-based BOF fixtures system as Fixtures Secretary and was a leading orienteer in his age group until his body began to fail him a few years back.

*Best result? Or the one you're most proud of?*

Competitively, I have to say I don't know because it hasn't happened yet... In a broader sense, co-planning the Barry Buddon Day of the Scottish Six Days in 2009. Great place, great weather, a great team (that's us, GRAMP!), a great many very happy faces and, as far as I'm concerned, a great result.

*Weirdest/most embarrassing O experience?*

Embarrassing but fortunately not for me. Attending the Royal Air Force O Champs some time in the late 80's when we had we organize a search party for the 'Officer Commanding Royal Air Force Orienteering' – an Air Vice-Marshal who managed to run off the map in deepest Forest of Dean. Lot's of deferential 'Hard Luck, Sirs' when he finally arrived in the back of a local's car...

*Which bits of O do you enjoy - Classic O/Score/Night/Sprint/MTBO/Urban/ Relays/ maps/running/Catching Features/Nopesport/CompassSport/anything else O related you can lay your hands on?*

Pretty much everything except the bureaucracy that goes with organized sport. Many well intentioned people within the sport do their best to minimize this but it's the world we live in and we have to make the best of it. Recently, I've been doing a lot of urban orienteering and

this has been a real breath of fresh air for me but, when (if!) I get reasonably fit again, I'm sure the thrill of running through complex forest (back to Anagach again!) can be beat.

*Tell us a brief (clean) joke.*

Can I tell two – please, Ed? Both from the Dandy Annual 1973:  
 What sits at the bottom of the sea and shivers? A Nervous Wreck  
 Who swims around the sea terrorising other fishes? Jack the Kipper

## **Rob Hickling      Emitman and club historian**

For Gramp, I look after the club's Emit electronic timing equipment, and I run the timing system at some events. I also look after Gramp's historical archive of old Telegrams and stuff.

For the SOA, I'm the Scottish Veteran's Team Manager and a selector. Recently I've taken on the role of SOA Controllers' Co-ordinator (so, would any budding controllers out there please see me!).

*Who would you like to thank (or blame) for getting you hooked on orienteering?*

This is one of the few things that I can blame my otherwise perfect partner for. At Uni in 1977, because I had a car, Anne persuaded me to drive her to a couple of events. I didn't run then though, in fact I went down the pub while she was out on her course. Anne finally persuaded me to try it myself later on, when I ran out of excuses, in 1981.

*Best result? Or the one you're most proud of?*

I don't really have any stand-out results. I was pleased to come 5th in a strong field in M50L in the British Champs at Culbin East in 2008; that was a pretty clean run. I've helped GRAMP to win a couple of Scottish Relay classes, which has been good.

I've had some decent mountain marathon finishes in the long classes in the KIMM/OMM, LAMM, SLMM and the Highlander, but those were probably more down to my partners than me! I've been selected six times since 1997 to run for Scotland in the VHI. I also ran for Scotland in the Vilnius 3-Days event in May 2004, coming 2nd in M50 (and winning one day). The proudest moment was when I wasn't running - I was team manager when the Scottish Vets team won the VHI competition in 2008.

*Weirdest/most embarrassing O experience?*

In summer 1984, Anne and I went to the French Five Days near Bordeaux. This was our first overseas orienteering experience. We had a tricky start to the week. I nearly lost my O-shoes after leaving them in the car park on the training day, but went back and found them. Anne lost a contact lens (and



didn't have a spare) and then, while we were at the opticians in Bordeaux, our car was broken into and our O-kit was stolen ☹.

Anyway, we sorted all that out, and replaced our kit, and started the race on Day 1. I was running M21A2 (there were so many M21s that M21A was split into M21A1, M21A2 and M21A3 with 150+ on each course). We had late starts, about 12 noon, in 35deg heat. I was "perspiring freely", shall we say. I picked up my map and ran off. My course was over 12km and the first leg was over 1km long.

Some considerable time later, I found my first control, but the code didn't match. I ran around a bit and finally realised that I'd picked up the map for M21A3. I couldn't drop a day, as all five days counted. So, cursing myself, I ran back 1km, picked up the right map and completed the course, about 40 minutes longer than expected, embarrassed, sunburnt and several litres of body fluid lighter.

*Which bits of O do you enjoy?*

Most bits really. Competitively, I like the challenge of traditional long distance classic races the most. I also really enjoy running in a competitive relay team. I've done mountain marathons for many years; I'm not sure I "enjoy" the pain of MM's though, but the satisfaction of completing them is great.

I can see the appeal of Sprint and Urban races, but I'm frustrated with my limited (and declining) speed over tarmac these days. I'd have enjoyed them more when I was a faster runner, but Sprints weren't around 25 years ago!

Being techy-minded, I like the computing side of O, such as updating maps using OCAD software, using Routegadget, etc. I enjoy course planning and controlling, and get a lot of satisfaction from doing both those jobs well, so that an event is high quality and fault-free.

*If you were marooned on a desert island, what would you take to amuse yourself with?*

A decent pair of binoculars, and an identification guide to the birds and animals on the island. And I might be able to spot a ship on the horizon too.

## CLUB CONTACTS

\* = committee member

Chairman	Pete Lawrence*	<a href="mailto:chairman@grampoc.com">chairman@grampoc.com</a>
Secretary	Ian Hamilton *	<a href="mailto:secretary@grampoc.com">secretary@grampoc.com</a>
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Fixtures		<a href="mailto:fixtures@grampoc.com">fixtures@grampoc.com</a>
	Anne Hickling* (Fixtures Coordinator and Officials)	
	Allan Rae (Fixtures Permissions)	
	Adrian Will* (Fixtures Registration BOF)	
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Coaching	Ali Robertson*	
Child Protection	Sean O'Sullivan*	
Publicity	Gary Morrison*	
Social	Helen Anderson	

And don't forget the [members@grampoc.com](mailto:members@grampoc.com) email address if you want to share something with the rest of us but try to restrict it to event/club related stuff from now on please. Any other oddballs, like the Streetview O, just email a link to me and I'll add it to the QI bit bottom right of the frontpage of the GRAMP website.

Taken from the BOF fixtures calendar and local clubs' websites as of 31st Dec. Bear in mind that things may change by the time the events happen so don't take this list as gospel truth and check on the relevant club's website (or ask a fellow Gramp to do so if you don't have access.) EOD = Entry on the Day

## JANUARY

**Night O every Wed** until 23<sup>rd</sup> Feb. See page 7 of last issue of TG for venues.

### 15th Sat MOR Saturday League Quarrelwood GR NJ 185 635

Parking: Eight Acres Hotel, Elgin Reg: from 10.15. Starts: 10.30 to 11.15  
25-minute winning time long course at TD 3-4 plus a 2 Km TD 2 course for juniors  
Eddie Harwood - 01343 843294 [www.moravianorienteering.org](http://www.moravianorienteering.org)

### 16th Sun GRAMP Training Countesswells GR NJ 869 044 Parking TBC

Details to follow on the website and via eGRAMP.

### 30th Sun MAROC Glen O'Dee GR ?????? (No details at time of publication)

[www.marocscotland.org.uk](http://www.marocscotland.org.uk)

## FEBRUARY

### 6th Sun GRAMP Training Dunnottar Woods GR NO 863 843

Details to follow on the website and via eGRAMP.

### 13th Sun MOR Darnaway (Level C BOF Ranking event) GR NH 994 550

Reg: from 10.00 but online pre-entry preferred. Starts: 10.30 to 12.30  
Nicholas Barr 01309 641680 [www.moravianorienteering.org](http://www.moravianorienteering.org)

### 20th Sun MAROC Bogendreip GR ??????

(JD)<sup>2</sup>C and GRAMP CHAMPS EVENT [www.marocscotland.org.uk](http://www.marocscotland.org.uk)  
8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00.

### 26th Sat MOR Saturday League Quarrelwood GR NJ 185 635

Parking: Spynie Hall Reg: from 10.15. Starts: 10.30 to 11.15  
Long course 3.5 Km approx (TD3-4) with estimated winning time of 25 mins.  
Short course at TD 2 standard suitable for children and total beginners.  
Debbie McWilliam - 07989 650877 [www.moravianorienteering.org](http://www.moravianorienteering.org)

### 27th Sun GRAMP Tyrebagger GR NJ 847 110

8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00  
Planner: Allan Rae Organiser: Adrian Will (Rescheduled from November)

## MARCH

### 5th Sat TAY Perth Scottish Sprint Champs

6th Sun INT Dalrulzion, Nr Blairgowrie SOL1 [www.interlopers.org.uk](http://www.interlopers.org.uk)

### 13th Sun GRAMP Scolty GR NO 688 948

(JD)<sup>2</sup>C and GRAMP CHAMPS EVENT  
8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00  
Planner: Pete Lawrence Organiser: Ali Robertson

## CHAIRMAN'S REPORT FROM THE 2010 AGM

Looking around the room I see few of you know me through my working life where, on occasion, I have speak in public, often in front of a hostile crowd. Indeed, not long ago I had to face down around 200 hostile middle class NIMBYs – hopefully it won't be such a tough 'gig' tonight, if only because there aren't 200 of you here.

But that's work and, as I'm not getting paid for this, this must be 'play'. So, if we're in playful mood then the tone of this report should be positive, shouldn't it? Perhaps then, I shouldn't raise difficult or bad news issues.

Such as the impending loss of access to 40% of the Balmedie map on spurious Health and Safety grounds given by Trump Golf International.

Or, that I get the impression that in general the quality of our orienteering areas is declining; more clear felling and industrial management techniques are being used in forests meaning that large swathes of our mapped areas are being sanitised.

Or, that our map portfolio is patchy in quality and generally managed in a reactive way.

Or, that we haven't yet managed to establish a vibrant junior development programme that could provide the future lifeblood of the club, not just through the juniors themselves but by engaging their parents in the sport.

Or, that it's very easy for a small, niche activity like ours to feel like a closed-shop for newcomers. With barriers to entry like weird maps, technical skills requirements and peripatetic venues for events, it's easy to see why people might be dissuaded from returning.

Or, and I promise this is the last of me sticking my 'or' in for a bit, the problem of volunteer workload. It's an age old problem but a real risk nevertheless. Our sport is getting increasingly more difficult to run – standards and expectations rise each year. A simple example is 'why don't we have Routegadget for all the Summer Series events?' Think about it. All events would need to be managed through a laptop requiring greater knowledge of the EMIT software and someone to ensure the courses are uploaded onto the internet immediately after the event. Maybe that doesn't seem much until you realise that computing is still another one of those dreaded barriers to entry for organisers and someone has to ensure they are tied to the internet for 15 Wednesdays during the summer.

... a massive amount of work to ensure our events and activities happen...

There is a hardcore of people, many of them in this room, who put in a massive amount of work to ensure our events and activities happen and work well. But what would happen if a few of them say 'enough is enough'? I know I've thought it at times in the last few years and you'd be pushed to find someone more enthused by our sport.

I don't have answers for these threats and I don't want to overstate them, because, as I hope to demonstrate shortly, we have a successful and vibrant club but I sincerely believe that unless more club members engage in the day-to-day running of the club and thereby share the burden and spread skills and knowledge, we'll find ourselves becoming more inward looking, prone to loss of capacity and in danger of slipping into a cycle of decline.

How we can achieve that engagement is something I'd like to hear your views on – maybe you feel the 'Committee' structure is too cliquey, distant or formal? Maybe you think I'm being overly pessimistic? Maybe I should shut up and get positive!



2010 has been, rather surprisingly for me, a stand-out year for GRAMP. I'm not surprised that we've been able to put on loads of well-attended events and successfully provided a Scottish Orienteering League event at Scolty in June. I know that we have many capable people in the club with experience, enthusiasm and the knowledge, so what we've provided this year is pretty much what I would expect to be the minimum.

I was surprised, as I suspect many of you were too, to discover that we were made British Orienteering Club of the Year. My pessimistic gene piped up again with the thought, 'if we're the best, god help the rest' but that's unfair – we deserved the award. Club membership has significantly increased in recent years and we've managed to keep the numbers up again this year. We strive to put on 50 events or activities a year (albeit the weather's stymied us a bit this year) and the Summer Series continues to be popular with established orienteers and newcomers alike.

...Gramp also more than punches its weight across Scotland...

Gramp also more than punches its weight across Scotland, with Donald and others continuing to hold down important posts at SOA and Anne and George integral to the success of the Scottish 6 Days. We also provide a significant number of officials for major events, with our controllers being everywhere this year it seems (and now Rob's taken on the Controller of Controllers role that's unlikely to change).

So things are looking good and we have a packed year to look forward to in 2011. Anne Hickling has set out a great programme of events and activities for next year. We have a SOL event in September on an updated Glen Dye map, Day 2 at the Scottish Six Days – get your offers in to help Richard and Adrian early, a 15 event summer series and, new for 2011,



a September urban series. We are also working with Maroc on the VHIs, expanding the fledgling Friday evening Sprint Series in May and, of course, the Deeside Night Series.

Anne, along with the coaches, is also setting out a great coaching programme in the spring and autumn and we have another chance to influence hundreds of potential new recruits in April when we host a round of the 2011 Activity Mix competition.

We are not far from achieving a goal the committee spoke about earlier this year, which is to have a meaningful event or activity on every Wednesday evening of the year.

My own view on how to bridge the autumn gap in October and November is to expand our urban map portfolio and put on simple, twilight events to keep our fitness up and test the brain.

Another exciting venture for 2011 is the schools development programme we have received funding for from SOA, we await with hope the results of another bid we have made to Aberdeen City Council which will allow us to really embed the sport in many schools across Aberdeen and build on the excellent work Anne Hickling has done with Active Schools in recent years.

So we're not short of ambition and there are many other opportunities for us out there – our sport has so much to offer so many people and in an increasing number of ways, the rise in urban orienteers adds another dimension and can only help the visibility of our sport. The only limit we have is us – how much can we individually give to developing orienteering, and crucially, bringing others into the sport both in competitive terms but also in getting them involved in running events and looking after the future of the sport. If we do that, we can all step back, relax and get out there with a map in our hands – easy, isn't it?

... we're not short of ambition and there are many opportunities for us out there...

Finally, I'd just like to thank everyone for what they've given to the club this year and shortly I look forward to hearing your thoughts on how we can improve the club and our sport.

But before that I'd like to present the Chairman's Quaich. Normally, I'd say this is a difficult task – there are many deserving people in the club whose names aren't on this yet but if you've been listening at all to my report, it'll be obvious who I think has been the absolute core and driving force behind the club for a number of years now. I'm sure it's only be modesty that has prevented our last Chairman from having this name engraved on the Quaich but it's definitely high time it was there.

The recipient of the Chairman's Quaich is - Anne Hickling.

# WELCOME !

A very warm welcome to new members:  
Giedrius Vidzikauskas  
Kevin Barclay      Amy Barclay

Keen-eyed CompassSport readers may have spotted Jayne's namecheck on page 38 of the latest issue?

JD named her as the most inspiring member of GRAMP (when he was in the club) for working tirelessly and modestly behind the scenes.. Woohoo!

Acknowledgement from one of the British Orienteering gods!

## GRAMP CHAMPS 2010

Here's a quick summary of the top three in each class - congratulations to all of you!  
The full results should be enclosed with this issue of TG on separate pages with bigger text!

<b>Jun</b>													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Keith Yardley	M10	4000	<b>2000</b>	400	0*	400		400	400			400
2	Struan Kirk	M10	3154	<b>1577</b>	86				<b>800</b>		399	292	
3	Oliver Nash	M10	2432	<b>1216</b>	<b>504</b>			<b>712</b>					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Lachlan Kirk	M12	2502	<b>1668</b>	178			0	797		400	293	
2	Thomas Nash	M12	1841	<b>1227</b>	<b>512</b>			<b>715</b>					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Alexander Chepelin	M14	15016	<b>11376</b>	2202	2000	1932	2442				2800	
2	Rob Wilkinson	M14	8971	<b>6796</b>			1221	*0		1600	1600	1283	1092
3	James Stewart	M14	3399	<b>2575</b>					1600			975	
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Jack Gomersall	M16	13786	<b>11118</b>	2089	2132		1486*				2635	2262 2000
2	Calum McLeod	M16	11367	<b>9167</b>	2336	2302		2082					2447
3	Jonathan Blagden	M16	3296	<b>2658</b>	1246		1412						
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Marnoch H-Jones	M18	20098	<b>17326</b>	4000	3540	*2105	2981			3521	3284	
2	Tim Gomersall	M18	14217	<b>12256</b>	2800	2660		2800			3996		
3	Ross Hendry	M18	1724	<b>1486</b>							1486		
<b>Sen</b>													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Duncan Grassie	M21	15733	<b>15733</b>	0	4000	688		3045		4000		4000
2	Ali Robertson	M21	11177	<b>11177</b>	2000		2196	3377			3604		
3	Mark Stockton	M21	9290	<b>9290</b>	1918			1771			1426	2394	1781
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Adrian Will	M35	10356	<b>10356</b>	1949	2165		1945		2252	1761*		2045
2	Mike Winn	M35	3031	<b>3031</b>				3031					
3	Matthew Parkes	M35	1552	<b>1552</b>				1552					
<b>Vet</b>													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Gareth Yardley	M40	12063	<b>12063</b>	1945	2175	1761*		1936		2572		3435
2	Tim Griffin	M40	12000	<b>12000</b>				4000	4000			4000	
3	Iain Barraclough	M40	10698	<b>10698</b>	*1563	2479	1719	2184			2249	2067	
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Doug Guy	M45	17782	<b>16935</b>	3753	3699		3980			3503	2000	
2	Evgueni Chepelin	M45	15994	<b>15232</b>	3791	3921	2800					1920	2800
3	Kevin Reynard	M45	13363	<b>12727</b>	3062		2175	1757		2720	3013		
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Bob Daly	M50	19970	<b>17365</b>	2462*	3234		3216	3401			3899	3615
2	John Wilkinson	M50	14766	<b>12840</b>			*1567	1849	2800	2800	2626	2765	1684*
3	Iain McLeod	M50	14314	<b>12447</b>	2689	2480		2425				2134	2719
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Rob Hickling	M55	22129	<b>17703</b>		3475		3349	3601		3737		3541
2	Paul Duley	M55	13420	<b>10736</b>		2516		2314			2666	1040	2200
3	Dave Armitage	M55	12173	<b>9738</b>					3293		3123	3322	
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Chris Aust	M60	10910	<b>7793</b>	1305	1581				1885	1422		1600
2	George Esson	M60	3681	<b>2629</b>	1120			1509					
3	Ewen Rennie	M60	2537	<b>1812</b>							978	834	
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Neil McLean	M65	9950	<b>6219</b>		2270		2223			1726		
2	Erik Van der Kam	M65	3770	<b>2356</b>		1140		1216					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Angus Aitken	M80	10380	<b>5190</b>	880		914	1111	1264		*620	1021	

<b>Junior</b>													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Laura Barraclough	W10	3934	<b>1967</b>	365	*0	800	253			261	288	
2	Josie Gomersall	W10	1722	<b>861</b>	73	200	200				200	0*	188
3	Morven & Kirsty Farquarson	W10	1356	<b>678</b>	92		105	117		200		164	
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Kate Wilkinson	W12	4560	<b>3040</b>			0*	499	0*	800	397	544	800
2	Elizabeth Bromby	W12	282	<b>188</b>						188			
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Emily Hughes	W14	731	<b>554</b>				554					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Katrina McLeod	W16	5828	<b>4700</b>		1597		1682				1421	
<b>Senior</b>													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Kate Robertson	W21	7281	<b>7281</b>	1600		1600	1796			2285		
2	Helen Cromie	W21	3514	<b>3514</b>							1593		1921
3	Seonag Robertson	W21	2647	<b>2647</b>	1259			1388					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Lorna Graham	W35	3399	<b>3399</b>				2096				1303	
2	Victoria Morrison	W35	2239	<b>2239</b>	815			735					689
<b>Veteran</b>													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Helen Rowlands	W40	8422	<b>8422</b>	*1242	*1226	1575		1707	1827	1688	1625	1572*
2	Laura Frisch	W40	7356	<b>7356</b>	1246		*982	1595		2000	1367	1148	
3	Zoe Griffin	W40	6602	<b>6602</b>	1810			2113	2679				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Carolyn McLeod	W45	10801	<b>10287</b>		2813		1923				2800	2751
2	Lesley Gomersall	W45	10337	<b>9845</b>	1960	1984	*1339	1829			1986	2086	1813*
3	Rachel Scott	W45	8776	<b>8358</b>			1800	1429	1980		1472	1677	
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Anne Hoy	W50	6788	<b>5903</b>	914	1600	951	1155		1283	*0	*0	
2	Sonia Armitage	W50	2662	<b>2315</b>							1045	1270	
3	Alison Lovie	W50	1811	<b>1575</b>				1575					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Oonagh Grassie	W55	8774	<b>7019</b>	1230	1328		1564		1057*	800*	1600	1297
2	Anne Hickling	W55	7644	<b>6115</b>	1065	1087	965*	1423				1252	1288
3	Jayne McGregor	W55	5851	<b>4681</b>	1055		1024	1069			481	1052	0*
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Genevieve Jones	W60	7683	<b>5488</b>	989	1319	860	1178				660*	1142
2	Margaret Aust	W60	4668	<b>3334</b>	1001	0				935	395		1003
3	Lindsey Esson	W60	3732	<b>2666</b>	616		589	0				751	710
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Helen Greenwood	W70	1399	<b>777</b>				777					0

(Yellow background = shadowed)

\* = score dropped as superseded by higher score and only best 5 scores count towards total)

### 2010 Overall Champs

The weighted totals are used to work out the overall GRAMP Champs in three age divisions: Junior M/W10 to M/W18, Senior M/W21 to M/W35 and Veteran M/W40 to the oldest club members there are that year!

Junior: **Marnoch Hamilton-Jones**  
**Katrina McLeod**

Senior: **Duncan Grassie**  
**Kate Robertson**

Veteran: **Rob Hickling**  
**Carolyn McLeod**

## SCOTTISH 6 DAYS MORAY 2013

GRAMP has agreed to act as lead club along with Moravian O.C. at the 2013 6-Day event, to be based in the Elgin/Forres area. MOR are an active but small club so many of the leading roles will require to be filled by Gramps. A volunteer is worth a dozen pressed men, so while I have some people in mind to ask if necessary I will welcome volunteers to take the lead in the following areas (some of which can be split if someone is keen only to do part of a job):

*Information and Newssheet* - collating local and event information to deal with enquiries; preparing and issuing a daily newssheet with up-to-date event and social information.

*Marketing* (to the "O" community) and publicity and press (telling the wider world what is happening).

*Sponsorship* - I anticipate the SOA Professional Officer and I will deal with SportScotland and Local Authority support but the event will be enhanced if commercial sponsorship is also available. Some work has already been done here.

*Camp-site Manager and Camp-site bookings* - running a booking system, getting people to the correct size of pitch, ensuring facilities are in place.

*Social* - running the social programme associated with the event.

*Merchandise* - deciding what is to be sold, sourcing supplies, running the sales operation.

All these and many of the others will involve a team, so even if you are not comfortable about taking a leading role if you are interested in a particular aspect of the way this superb event comes together let me know. Also, if you are interested in a role but are uncertain what it will entail please let me know and I will be happy to let you have a more detailed "job specification".

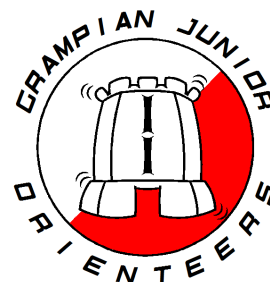
I would like all team leaders in place within the next couple of months so we can agree more exact parameters for each role and so that the team leaders in particular can see how the job is done at Oban 2011. For many jobs the real work will only start, however, in Autumn 2012 or later. I will not pretend there is not a lot of work and commitment required but while the saying is trite it is also true - the more you put in the more you get out. I have found there is a tremendous buzz in being actively involved in a big event. Even if you are reasonably new to the sport and have not (yet) attended a 6-Day event don't be shy; there are plenty people around who can give guidance. All help will be gratefully received.

George Esson  
Moray 2013 Co-ordinator      [george.esson@btinternet.com](mailto:george.esson@btinternet.com)



**GRAMP JUNIOR NEWS issue 12**

**In this issue:** Jon Duncan Junior Deeside Cup, more about the Jon Duncan Junior Deeside Cup, training (to help you win things in the Jon Duncan Junior Deeside Cup....!)

**Jon Duncan Junior Deeside Cup 2010**

Congratulations to **Lachlan Kirk** 3<sup>rd</sup> M12, **Sasha Chepin** 1<sup>st</sup> M14, **Jack Gomersall** 1<sup>st</sup> M16, **Calum McLeod** 3<sup>rd</sup> M16, **Morven & Kirsty Farquharson** 1<sup>st</sup> W8, **Laura Barraclough** 1<sup>st</sup> W10 and **Josie Gomersall** 3<sup>rd</sup> W10. Most of them were given their trophies or medals at the AGM as the Tyrebagger event was cancelled due to snow.

And well done also to Struan Kirk, Sam Griffin, Keith Yardley, Robert Wilkinson, Maya Reynard, Naomi Lang, Kate Wilkinson and Katrina McLeod - obviously winning is good (!) but in order to win you have to have competition and these guys all put in really good performances and, in some cases, nearly made the top three.



We've already decided which events are going to count towards the 2011 (JD)<sup>2</sup>C and the first one is Bogendriep on Sunday 20<sup>th</sup> February. Check the GRAMP website for the rules and make sure you enter the right course for your age class.

**2011 (JD)<sup>2</sup>C events:**

Feb 20th	Bogendriep	Jun 26th	Ballogie
Mar 13th	Scolty	Aug 21st	Corsedarder
Mar 27th	Redburn	Sep 4 <sup>th</sup>	Crathes
Apr 17th	Bennachie	Oct 30 <sup>th</sup>	Inver
Jun 5th	Balmedie	Nov 13 <sup>th</sup>	Raemoir

**Junior Training**

To help you get better and hopefully winning lots in this year's (JD)<sup>2</sup>C, Ali, Anne and Kate have enlisted extra help from Doug Guy and Carolyn McLeod to put together some plans for junior training. We want to try and get a Junior thing going like Maroc have and being part of 'Team GJO' will help you improve your orienteering loads so don't be shy, come and meet the gang, learn lots and have fun. Meanwhile there are the training events at Countesswells (16th Jan) and Dunnottar Woods (6th Feb) to come along to - more details to follow on the GRAMP website or by email.

**QUESTIONS? COMMENTS? ARTICLES? JOKES? KIT ORDERS? ANYTHING ELSE?**

Me - Kate Robertson      Email me - [kepenny@googlemail.com](mailto:kepenny@googlemail.com)  
 Call me - 01569 760469      Text me - 07795 273739  
 Or - find me in a forest somewhere!!