

**GRAMPIAN  
ORIENTEERS**

# TELEGRAM

JUL  
AUG  
2011  
Issue 174



Carolyn storming up the run in to handover at the Scottish Champs Relays (Too fast for Helen to twig who it was and cheer!)



The Victorious 48- Relay Team – Jack, Calum and Sasha – brought home the silverware for GRAMP



Rob Hickling bagged M55L  
and Tim Gomersall M20L



- Other GRAMP winners:
- |                            |                     |
|----------------------------|---------------------|
| Christopher Pearson Yellow | Sonia Armitage W50S |
| Sam Griffin M10B           | Oonagh Grassie W55S |
| Sasha Chepelin M14A        |                     |
| Ali Robertson M21S         |                     |
| Richard Oxlade M50S        | Dave Armitage M60L  |

# Chairman's Chat

## CHAIRMAN'S CHAT – JULY 2011

Hi all,

It's less than a month to go until the Scottish Six Days and I'm beginning to get a feeling of anticipation but am also slightly nervous that there might be a perfect midge storm brewing if there's a combination of damp and mild weather and lots of queues (starts/toilets/Wilfs-as-was etc).

I'm sure I'm not quite as nervous as Richard Oxlade, the Organiser for 'our' day this year. Sadly the number of GRAMP entries is quite well down on previous S6Ds and so we're going to have to stretch ourselves quite far to make sure we put on the best organised day with the best atmosphere. The Assembly arena and car parking are in a lovely location on the shores of Loch Etive and Ardnaskie is a good area with a nice combination of technicality and runnability; I'm sure Ian (Searle) and Ewen (Rennie), the planners, will have made the best use of it.

So, if (or rather when) Richard and Adrian (Will) come to you over the next few weeks with task allocations, please do your best to be as flexible and giving of your time as possible (page 8 for more details). Our partner club this year, KFO, may only have half a dozen entries, so we're already calling in some reinforcements from clubs in England but even so, I'm sure we'll have to put in some long shifts. Having Organised and Planned at the last two S6Ds I know how much work goes into the day but the stress levels are kept pretty manageable when we've got a great team.

Back on home turf, the Summer Series continues to be popular and well run – special thanks go to our novice organisers for having their first go at planning. I'm looking forward to a last bit of terrain training before S6D and then keeping my fitness afterwards in the run up to our Scottish Orienteering League event at Glen Dye in September. Yes, another big event on the horizon, followed soon after by joint hosting the Veteran Home Internationals.

Sometimes it seems the club is running just to stand still and the amount of work put in by club members to keep things going is humbling, not least the support given to the rest of Scottish Orienteering by those controllers ensuring others' events are safe and fair and those who fill roles at national level. All I can say is 'thanks' and hope that we continue to enjoy our sport both in competition and by seeing others enjoy it through our efforts.

Pete

## CLUB CONTACTS

\* = committee member

Chairman	Pete Lawrence*	chairman@ grampoc.com
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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 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. Ta. Rachel



Wee reminder.....

Check yourself for ticks after running through undergrowth – not only do they look icky in the office on a Monday morning they can carry Lyme disease.

Sometimes they manage to attach themselves, in which case remove them carefully with a tick removal tool or grasp gently, don't squeeze, between thumb and forefinger and twist and pull gently and they should come out. Dispose of them according to your mood/religion/preferences!

Deadline for articles, photos and news for next TG is **31st August** please.  
 Emails to newsletter@ grampoc.com or post to 40 Ann St, Stonehaven, AB39 2DB

If you'd prefer to receive Telegramp in .pdf format rather than by post tell me (same contacts as above) and I'll add you to the list.

The advantages of .pdf are full colour version, you get it a few days earlier and you'll be helping the planet and club funds by saving on paper and postage.  
 The disadvantages? You can't read it in the bath while having a long, hot post-O soak!

**RUN TRAINING THURSDAY RUN TRAINING THURSDAY RUN TRAINING THURSDA**

Don't forget you can take advantage of the skills and knowledge of ex-member and qualified physio, Anna, who is taking the Run Training sessions , lasting about 1 hour and covering a different hill running technique each Thursday.

A list of venues, dates and techniques is available if you visit :  
[www.grampoc.com/Events/2011/RUN\\_TRAINING\\_AD\\_Spring\\_2011.pdf](http://www.grampoc.com/Events/2011/RUN_TRAINING_AD_Spring_2011.pdf)

## **Congratulations!!**

To Tim Gomersall for winning this year's LAMM 'C' Class along with Dan Gooch of MAROC. The Lowe Alpine Mountain Marathon is always something a little bit special, starting with the way they keep the exact location under wraps until 2 days before the event, and you can always bank on at least a bus ride from assembly to your start (even if it turns out to be a mere 500m up the road just to fool you) and trains and boats have also been used in the past. Being summer, the overnight camp is usually a far more pleasant experience than the October OMM (with its dreaded extra hour lie-in) but the courses are just as tough with anywhere from 35 to 65km+ over the two days across spectacularly rugged mountain terrain. You've got to be pretty fit just to finish let alone win.

The LAMM website has Winners' Reports and for C it says: "We won, wow! And we've had a great pint of An Teallach ale at 10 in the morning. What more could you ask for? Oh, the run... really nice. Some more good route choice and just lovely running with views everywhere. The 6am start was tough but appreciated as it'd be hot out there at noon. What else? Did anyone spot the 'SI birds'? In fact Golden Plover going beep beep just like the SI units. Most uncanny. We had a great day and thank you very much the organisers."

I'm guessing Dan wrote that and the most sobering fact in there is not that our (not so) Tiny Tim was drinking beer but that they were doing it at 10 in the morning. Even allowing for the 6am start that's quick running in anybody's book!

## **Welcome!!**

A very warm welcome to new members.....

Suzanne Reid	Nicola Kennaway	Chris, Wendy, Dylan and Andrew Driver
Hazel Clyne	Steven Johannesen	Paul and Rosie Smith
Adam Wilson	Colin and Pauline Lamour	
Kate, Murray, Ailsa and Isobel Anderson		
Matt Parkes, Jemima and Maya Chillingworth (welcome back!)		
Angus Cooper, Carol Gilmour, Kirsty and Finlay Cooper		
Nathalie Franck	David Marshall	Rosalind Wilson-Hay

## ROUTE GADGET

Ever thought about your run after an event and tried to work out why it took you so long to get from 3 to 4 compared to everyone else? You know you didn't make a huge mistake, so did they drop through a wormhole in the space-time continuum or did they just pick the less gorse-ridden side of the hill to go round?

In the good old days, many orienteers used to spend hours in a rainy, windswept assembly field huddled around a soggy, flapping map discussing routes with fellow competitors. They would then go home, dry their map out and draw their route on manually to help analyse their performance and hopefully learn from their mistakes.

With the advent of software for planning and timing, a bright Finnish spark, Jarkko Ryyppö, came up with the idea of RouteGadget (aka RG) which allows you to not only draw your route onto your map electronically but also allows you to compare it with other people's routes and even run "races" between them to bring it all to life – all in the comfort of your own home, glass in hand.

(BTW On RG, you can now see that everyone else went from 3 to 4 by a nearby track which although looking like a much longer route at quick glance actually proved much quicker than the direct crosscountry route that you took. Dagnabbit!)

All this obviously relies on other competitors also using RG so I'd like to encourage you to have a go next time, if you're not already an addict. It helps you, others and even planners who learn from their successes (and sometimes mistakes) and go on to plan better and better courses which is good for everybody.

### How to use RG?

Paul Frost (he of SOA website, numerous others and RouteGadget UK fame) has put together a brief guide to using RG [www.routegadget.co.uk/index/competitor/how-to-draw-a-route](http://www.routegadget.co.uk/index/competitor/how-to-draw-a-route) (I'll leave a link on the GRAMP website Tech Info page) and there are also links to video tutorials on that site but here's a quick summary....

Drawing your route:

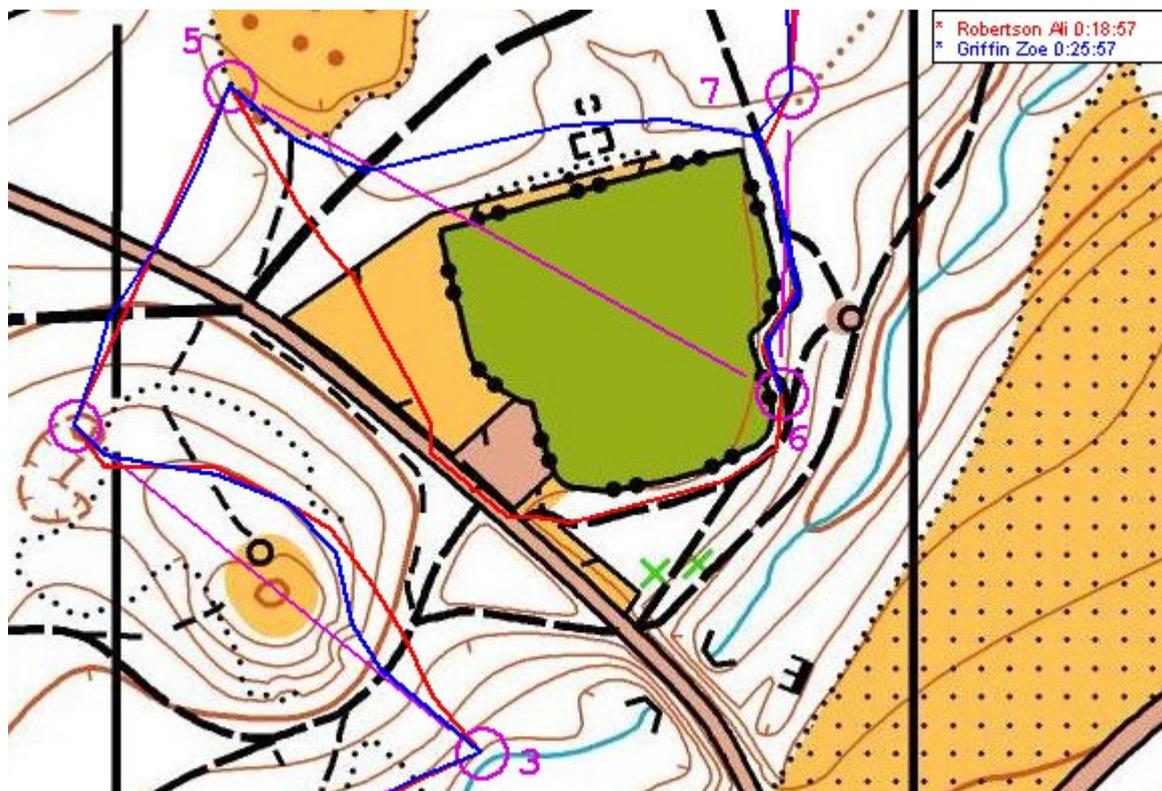
1. Click in the box next to "Draw your route" (top righthand side).
2. Select your course and your name from the drop down menus underneath that.
3. The first control is highlighted and you can start plotting by simply clicking on the map at the various points you passed through between the controls. (Be honest!!!) Each time you click in a control circle the next control becomes highlighted and so on.
4. To pan across or up and down, click and hold and drag the map around to reveal the next bit of your course, let go and then continue clicking to plot your course. You can use the + and – buttons to zoom in and out.
5. To make the animation more realistic you can use the "+3 secs" button to show where you stopped to relocate or admire the view. E.g. 30 seconds = 10 clicks.
6. Once done, you might like to add some comments/excuses in the comments box and then click on "Save Route".

Uploading GPS tracks:

Some folk don't draw their route but upload a file from their GPS instead. For instructions visit [www.routegadget.co.uk/index/competitor/gps-uploading-a-route](http://www.routegadget.co.uk/index/competitor/gps-uploading-a-route) .

#### Viewing routes:

1. Select the course to view from the dropdown menu about a third of the way down the screen on the right where it says "Choose competitors (max 10)".
2. A list of names appears and any with an asterisk next to them means that they have also drawn their route. You can select several names by clicking on them to highlight them and then clicking on the "View Routes" button at the bottom.
3. You can pan and zoom as described above.
4. You can click on "View comments" to see what other folk have said.



#### Viewing the animated version:

1. Select the names of the people you want to "race" and click on the "View Routes" button if you want to see their routes as well as the action.
2. Click on the "View Animation" button (leave "Mass Start" selected) to start the "race" and small coloured squares representing the different names selected will start to crawl from the Start triangle towards control 1.
3. You can speed things up using the "Speed+/Speed-" buttons and drag the map around and zoom as already described.

For some really close head-to-head racing try going to the MOR website, follow the link for RouteGadget for the recent SOL at Culbin and watch Sasha and Calum battling it out on the Blue course!!

#### Other (possibly hitherto unimagined) advantages to using RG.....

- ✓ RG can be a great resource for a bit of homework on upcoming events. If you can find an old event to look at on the relevant club's RG site then you can get a preview of the map and the kind of courses to expect.
- ✓ Sam Gomersall recently admitted to visualising himself and Jack as two little squares battling it out at Tyrebagger. Presumably he was visualising himself as the red (leading) square?

✓ Or top tip from Zoe (emailed to GJOs recently):

"After having the usual "I don't want to go orienteering" on last Sunday morning and knowing we had half an hour or so spare before venturing out to Tyrebagger, I introduced our Sam (7 yrs) to RouteGadget. We showed him the plotted routes on the Blue and Brown - the blue he found particularly interesting and hilarious thanks to the other Sam G. However not many juniors had plotted their courses on the white. Still we could show him the race he had with one other and Noah (4 yrs). It really captured his imagination and Noah's - we went to Tyrebagger with no further moaning.

After perusing a few events on RouteGadget it doesn't look like many juniors on the less technical courses use it. But I feel that as part of the JGO it could be a good way to get them more interested, and when they do make mistakes it can help them see what they did and learn from that. I remember in the dark dim past I used to religiously plot my course on my map when I got home and analyse where it all went wrong. It's something that all elite orienteers do and we all could benefit from doing it, parents and kids alike. The kids will love watching the adults races too.

But RouteGadget will only captivate the juniors if more of them use it. It's easy to use and easily found on the GRAMP website. If it's not readily found on other clubs websites you just need to go into the routegadget website instead – [www.routegadget.co.uk](http://www.routegadget.co.uk).

I'll be getting Sam to plot his course tomorrow for Tyrbagger so Alex and him can race each other. Can you encourage your juniors to do the same? And why not plot on your route too. They'll love to see where you've been. Let the coaching team know how you get on! "

### **6 DAYS UPDATE SCOTTISH 6 DAYS UPDATE SCOTTISH 6 DAYS UPDATE SCOTT**

It's now less than 4 weeks until the 6 Days and preparations are progressing well. As a reminder GRAMP are running Day 2 at Ardnaskie and will need help from everyone going from the club. KFO are the other Scottish Club helping on the day but as some of you know I have been concerned that we don't have enough helpers this year. Fortunately South London Orienteers (SLOW) have confirmed that they can provide an additional 18 helpers, most of whom are very experienced orienteers, organisers and planners so I'm now in the process of re-allocating tasks to take this into account. It means that everyone who wants to run on the day will be able to and means that we can rotate helpers and give you a break. I should be able to send the task list out (by email) by the end of this week so please look out for it in your inbox. I've spoken to most of you about your preferred jobs but if you're wildly disappointed please let me know asap.

There are some other changes this year. The most significant is the reduced size of the Central Equipment Team which means that we have more to do on the preceding day. That means that I'll need everyone's help that day to erect tents, lay out starts etc. A team will also be required to dismantle the Day 1 assembly area. Fortunately Day 1 is not too far away so it should be relatively easy to get across to the Day 2 assembly area after your run. I'll send out more details about timings, parking etc in the email and am hoping to continue the traditional fish and chip supper that Sam instigated at Barry Buddon a couple of years ago.

Richard Oxlade

Taken from the BOF fixtures calendar and local clubs' websites as of 30<sup>th</sup> June. 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

**JULY**

Summer Series every Wednesday 6:30 pm – see venue list in last TG

**17th Sun INVOC Rogie NH 433 596**

Yellow 2.1km, Orange 2.4, L Green 3.2km, Green 4, Blue 5.8km  
 Registration 1000 - 1200, latest start 1230 EOD  
 Signposted from the A835 at Contin. [www.invoc.org.uk](http://www.invoc.org.uk)

**17th Sun MOR Hopeman Gala Mega Sprint O NJ147698**

1.5km/2.1km/4km TD 3 **LOADS** of controls!  
 10:00 – 13:00 or later if enough demand post-Rogie EOD  
[www.moravianorienteeing.org](http://www.moravianorienteeing.org)

Scottish Six Days Sun 31<sup>st</sup> July to Sat 6<sup>th</sup> Aug

**AUG**

Summer Series every Wednesday 6:30 pm – see venue list in last TG

**13th Sat MOR Saturday League Roseisle GR NJ110660**

Parking Roseisle FC carpak?? Reg: from 10.15. Starts: 10.30 to 11.30  
 Long course 3km at TD 4 (light green standard).  
 Short course of 2.5 km TD 2 (Yellow standard). EOD.  
 Andrew Stevens - 01309 641594 [www.moravianorienteeing.org](http://www.moravianorienteeing.org)

**21st Sun MAROC Corsedarder GR NO587939**

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

**SEPT**

**4th Sun GRAMP Crathes GR NO 735 96**

(JD)<sup>2</sup>C and GRAMP CHAMPS EVENT  
 8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00 EOD  
 Planner: Ian Hamilton Organiser: Rachel Controller: Sarah Dunn MAROC

**11th Sun MAROC SOL 5 Cambus O'May GR NO404981**

12 colour coded courses to choose from so if you want to be competitive in your age group check the details on [www.marocscotland.org.uk](http://www.marocscotland.org.uk) to find out which one to enter. String course for really Juniors too.  
 Pre-entry online preferred and advised to secure a map.  
[www.marocscotland.org.uk](http://www.marocscotland.org.uk)

## Badge update

Several Juniors who have received badges over the recent months. I am delighted to say that the Junior Coaching Sessions have provided more support for the various badge schemes. Most recently on the 5<sup>th</sup> June at Balmedie, congratulations go to Morven and Kirsty Farquharson for gaining their White SOA badges and also completing 5 courses to receive their first participation awards. On the same day Maya Reynard also received her white SOA badge. Well done girls! On 15<sup>th</sup> June at Tyrebagger, new members Andrew and Dylan Driver also achieved their first participation awards so congratulations to the boys too!

Other enthusiastic badge collectors are:

Sam Griffin – White SOA badge and Participation Award for completing 25 courses.

Noah Griffin – Participation Award for completing 10 courses

Keith Yardley – Orange SOA badge

Josie Gomersall is still the lead player though in the Participation Awards having received her badge for **50** courses.

In May, I also ran a 4 week orienteering club after school targeting the Primary 4's, 5's and 6's at Scotstown Primary in the Bridge of Don. I was helped by another teacher and we had a regular attendance of 16 children. The first 2 weeks were spent becoming familiar with the playground maps and symbols. They did relay races to help them learn the map symbols. They practised keeping their maps set using grids of cones and enjoyed trying out their newly gained knowledge and skills on 'proper' orienteering courses in the playground and even ventured out into Westfield Park. Finally they had the opportunity to use emit which always brings out the competitive element!

Very kindly, David Kirk set out the Perwinnes Moss courses early on Wed 7<sup>th</sup> June. I opened this up to some of the younger children from school (accompanied by parents) and 12 turned up. All the children really enjoyed it and there were some very hot, red faced adults at the finish.

From my experiences of working with the children at school over the last 2 years, there is always a tremendous enthusiasm for the sport. Unfortunately, the old problems remain of getting these children along, with their families, to other events. Any suggestions gratefully received!!

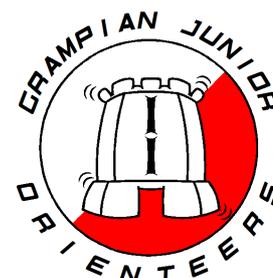
Oonagh Grassie (Badger)

## Junior Inter-Area Competition, Lanark/Biggar area, 29th and 30th October.

This competition is a 2-day event that takes place each year between 3 teams from East, West and our own area, North (Gramp, Maroc, Invoc, Moravian and Basoc). The Saturday will be a relay competition - relay teams are made up of 3 legs: Light Green, Orange and Yellow, and there will be Girls relay teams and Boys relay teams. The individual event will be held in conjunction with the Tinto Twin event near Biggar on the Sunday and juniors will run their normal course in that.

If you missed out on Kate's recent email and would like to take part, contact her now.

## GRAMP JUNIOR NEWS issue 15



### SCOTTISH ORIENTEERING CHAMPIONS 2011

Congratulations to Sam Griffin (M10B) and Sasha Chepelin (M14A). Bad luck though to Calum McLeod who came 2nd in M16A so missed out on a trophy but got a sooper-doooper fridge magnet instead! Hats off to Calum, Sasha and Jack who won the 48- Relay Trophy by a stonking 10 minutes 22 seconds ahead of their MAROC rivals!

### RESULTS ROUND-UP: Recent Gramp Junior Top 3s...

EVENT	COURSE	TOP 3
C4: Balmedie	White Yellow Orange	Sam Griffin (1), Maya Reynard(3) Struan Kirk (3) Keith Yardley (3)
SOL 4: Culbin	White Blue	Sam Griffin (2) Sasha Chepelin (1), Calum McLeod (2)
SOL 3: Dallaschyle	White Blue	Sam Griffin (1) Sasha Chepelin (1)

### Jamie Stevenson Trophy 2011

On Sunday 19<sup>th</sup> June I was at the junior orienteering event, the Jamie Stevenson Trophy, with GRAMP. There was a great atmosphere, the weather was brilliant and sunny and it was looking like it was going to be a great day.

Tentsmuir is a very scenic place with at least four different habitats extremely close together. There are the woods, the sand dunes, the beach and a strip of land between the dunes and the beach and it is full of small ponds and marsh grass.



At the camp, where all the attending clubs have a tent, there was a parade where each club got their banner and walked around the camp, waving it around.

We were more successful than last year as we managed to secure fourth place. There was a great GRAMP turnout with over a minibusful of juniors. The best individual results were by Naomi Lang, Kate Wilkinson, Katrina McLeod and Lachlan Kirk who all came third on their courses. Unfortunately I could not finish my course as I went over my ankle badly.

The best bit of the day for me was the BBQ!

Keith Yardley  
Gramp Junior Roving Reporter

(More photos on our Flickr site)

**JON DUNCAN JUNIOR DEESIDE CUP ...** after 4 events some of the GRAMP juniors are holding off strong competition from the MAROC team. In top 5 positions are (full standings on the website):

- M8: Sam Griffin (3), Patrick Lang (4)
- M10: Struan Kirk (5)
- M12: Keith Yardley (3), Lachlan Kirk (5)
- M14: Sasha Chepelin (1)
- M16: Jack Gomersall (1), Calum McLeod (2)
- W8: Laura Smith (4)
- W10: Josie Gomersall (1)
- W12: Laura Barraclough (4), Naomi Lang (5)
- W14: Katie Wilkinson (3), Chloe Reynard (4)

**WELL DONE** to Sasha, Calum and Katrina who helped Scotland to 2nd place in the Junior Inter-Regional Championships (JIRCs) held in NW of England 2/3 July.

Katrina came 8th in W18 and her relay team were 5th, while Calum and Sasha were 13th and 15th respectively in M16 and their teams 10th and 8th.

### JUNIOR TRAINING ...

It was great to see so many happy faces (26) at the Junior Training at Tyrebagger in May. After trying to lose you all in the woods at the beginning playing sardines, you all worked very hard at your respective courses. Well done. I hope you will continue to practise at the Wednesday evening events which have now started. We will organise more Junior Training events in the Autumn.

**JUNIOR SOCIAL ...** Hope everyone enjoyed the bowling and pizza social we held in May. We had a super turnout – 16 juniors and a few competitive adults!

Well done to our youngest bowler - Noah Griffin who achieved the highest score of 109. Tom Nash wasn't far behind him with a score of 106 and received a prize for the most strikes. Sophia Rots bowled consistently well throughout and came in third

place – score 98. You all did very well. Hopefully we will organise another Junior Social soon.



Jamie Stevenson Team 2011

Will you be in next year's photo?

**GRAMP JUNIOR ORIENTEERS KIT ...** You may have noticed some of our juniors sporting rather trendy hoodies with the Gramp Junior Orienteers logo on. (If you squint hard at the JS flag photo you'll see Struan wearing his.) They only cost £8 and I know there are lots of new juniors out there who don't have one yet so if we get enough interest I could place another order. Sizes available .... children's ages: 5-6, 7-8, 9-11, 12-13, adult sizes: S, M, L, XL

Doug: [deejgee@btinternet.com](mailto:deejgee@btinternet.com) Kate: [kepenny@gmail.com](mailto:kepenny@gmail.com)

GRAMPIAN JUNIOR ORIENTEERS