

**GRAMPIAN
ORIENTEERS**

TELEGRAM

Mar
Apr
2010

Issue 166

Does my bum look big
in this control?

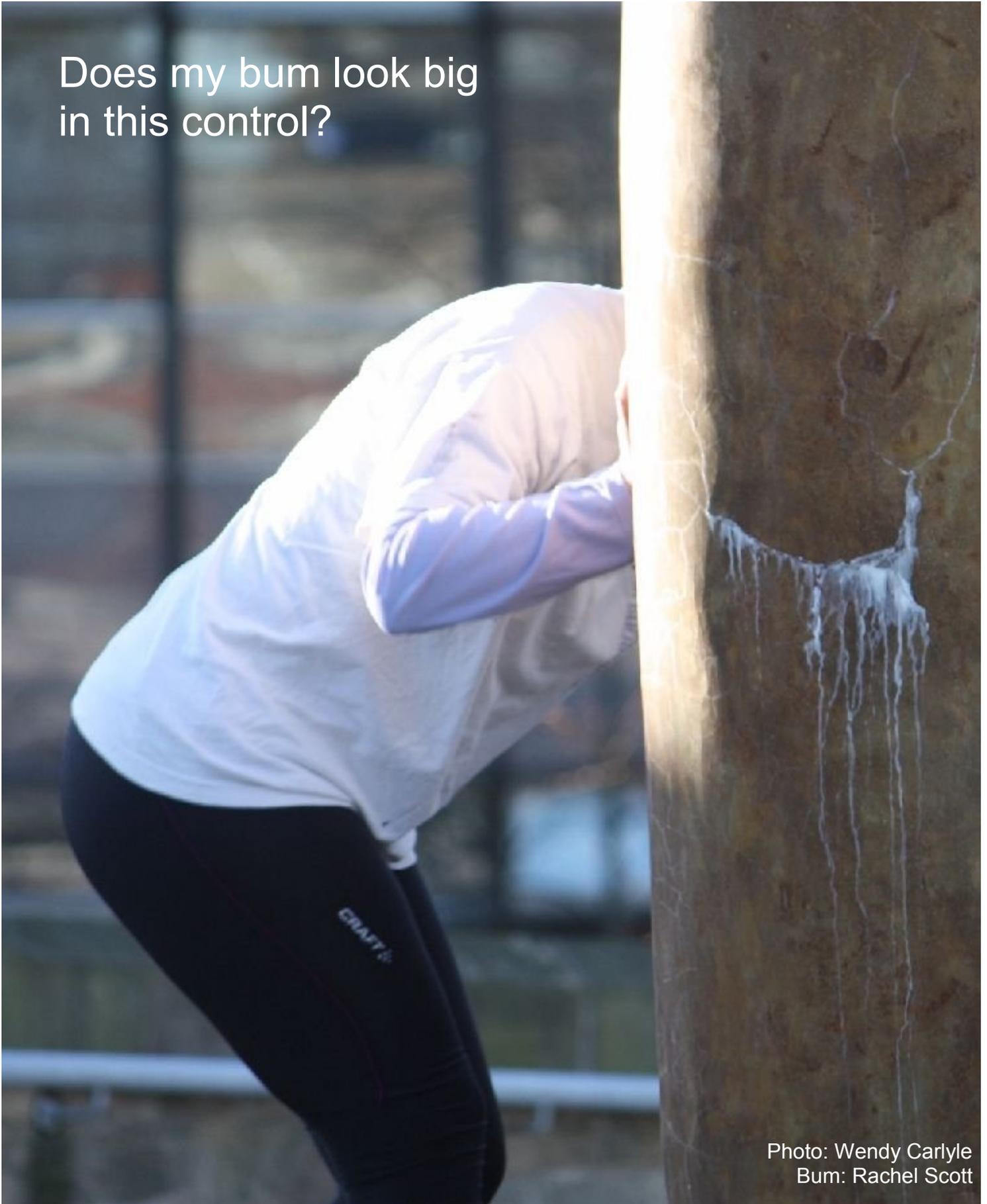


Photo: Wendy Carlyle
Bum: Rachel Scott

The Grampian Mountain Challenge

13th and 14th November

This **new** and **exciting** event will challenge both elite mountain marathoners and any orienteer who likes **big days on the hill!**

With a few **fresh twists** to the tried and tested mountain marathon format, we bring the **full-on** two-day event to **Deeside**.

Involves orienteering in forest and mountain-side in **pairs or solo**, over **two days** with a **remote camp** in between. There will be **hot food** and **entertainment** at the camp and here's the really **great** bit - you **don't have to carry your tent!**

Put this weekend in your diary to compete or to help (before or during the event.)

Organiser: Sean O'Sullivan
Planner: Ali Robertson
Controller: Ian Hamilton



CHAIRMAN'S CHAT – MARCH 2010

Some club members may be aware of, and even interested in, the machinations going on at British Orienteering about the 'new' event structure. I can sense eyes glazing over already, so I'll try and keep this short and summarise the approach the club is taking for our own events. In essence, it's no change. OK, maybe that's too short.

Grampian Orienteers generally put on three types of competitive event; one Scottish Orienteering League (SOL) event each year, 5 or 6 '8-course colour coded' events (previously known as District Events) and 20 or so smaller events (typically 2 to 4 courses). As a structure this seems to have worked well for club members and other orienteers over the years and provides a suitable range of informality and competitiveness, so we see no need to change this to fit an externally driven agenda.

Where things have become tricky is the grading of these events. SOLs are clearly Level 2 events and the small events are equally clearly Level 3 events; as the great Zaphod Beeblebrox would say, "So far, so hoopy." But where do the 8-course events sit? We have been encouraged to try to 'upgrade' these from Level 3 to Level 2 - nobody's given us a cogent argument why yet, I can only assume it is in order to try to 'professionalise the offer' to use horrible marketing-speak. In discussion, within the committee and on soundings I've taken from club members, there are too many disadvantages in doing so for us to go down this route – e.g. the 12-month embargo on 6 or 7 of our areas, the need to find (and provide to other clubs in similar position) Level 2 controllers for these events and the need to provide toilets at all these events (not financially viable unless we go back to 'thunderboxes' and toilet tents -a real blast (!) from the past.) It is said by some that these things are negotiable and that not all Level 2 events have to follow these rules, but this surely makes a mockery of the distinction in the first place then?

As a consequence, we propose to keep our '8-course' events at Level 3 and concentrate on providing the basics of high-quality courses, good organisation and a friendly, accessible experience for all and others can argue about event structures. (See page 5. Ed)

Sadly, the weather's scuppered the Glen Dye event so, there's not much 'O' to look forward to locally but gird your loins and get some training miles in – when the spring comes the calendar's going to be jammed. Finally, get your offer in to help Jayne MacGregor organise our Scottish Orienteering League event on June 6th and I'm sure she'll find something nice for you to do!

Pete

WELCOME !

A warm welcome to..... John Lees

CLUB CONTACTS

* = committee member

Chairman	Pete Lawrence*	chairman @grampoc.com
Secretary	Ian Hamilton *	secretary @grampoc.com
Treasurer	Kevin Reynard*	treasurer @grampoc.com
Mapping	Tim Griffin	mapping @grampoc.com
Emit kit & club archive	Rob Hickling	historian @grampoc.com
Fixtures		fixtures @grampoc.com
	Anne Hickling* (Fixtures Coordinator and Officials)	
	Alan Rae (Fixtures Permissions)	
	Adrian Will (Fixtures Registration BOF)	
Membership	Jayne McGregor*	membership @grampoc.com
Newsletter	Rachel Scott	newsletter @grampoc.com
Website	Rachel Scott	webmaster @grampoc.com
Coaching	Ali Robertson*	
Child Protection	Sean O'Sullivan*	
Publicity	Gary Morrison*	
Social	Vacant	

And don't forget the members @grampoc.com email address if you want to share something with the rest of us – secondhand smelly O shoes for sale, petitions, request for lifts....

Deadline for articles, photos and news for next TG is **30th April** please.
Emails to newsletter @grampoc.com or post to 40 Ann St, Stonehaven, AB39 2DB

Food for thought

All newsletter editors of British clubs received the following from Dick Towler with a request to pass it on to our members to mull over. So I have, but I'd also point you towards page 11 of the current issue of CompassSport for an article in support of working with the new system put forward by Chris Burden and Andrew Kelly of AIRE.

GRAMP as a club will not be responding so it's over to you to take personal action if you feel strongly enough one way or the other.

Ed

Why British Orienteering Needs a 4 Level Event Structure

At the 2010 British Orienteering AGM, to be held on Saturday 3rd April 2010 at the JK, we are tabling the following Proposal:

That the current BOF Event Structure be amended, with effect from 1st January 2011, from a 3 tier structure to a 4 tier structure, the Levels to become:

- **Level 1 Events** - British Orienteering's major events, including the British Championships (Sprint, Middle, Long, Relays) and the JK.
- **Level 2 Events** - comprising a limited number of high quality events, including the best of the traditional age-class based cross country events, high profile city races and the Harvester Relays.
- **Level 3 Events** - comprising a wide range of typical Sunday morning events for competitors largely from within their Region, including colour-coded cross country events (former District events), urban races, etc.

- **Level 4 Events - small scale events aimed at providing local competition (e.g. within a club) and increasing participation. e.g. introductory events, club summer evening events.**

This Proposal, if carried, will have the effect of creating a 4 tier Event Structure, by the insertion of an additional Level to enable a clear distinction between those events aimed at attracting competitors primarily from within the Region, and those aimed at a wider audience.

Following the introduction of the new Event Structure, clubs are now being encouraged to register their former District Events in the new Level 2, as Regional Events, instead of in the New Level 3, as Local Events, as was initially intended. Merging the former Regional and District Events into a single tier of Events of widely differing qualities, has created a number of problems, all of which may effect the quality or cost of our orienteering, including:

- **Identification of Quality Events:** How is a competitor to decide which of these Events are worth travelling to if they are all now described as Regional Events?
- **Entry Fees:** If Clubs choose to register their former District Events as Regional Events, they may well be tempted to increase their entry fees for these Events.
- **Embargoes:** The requirement for a 12 month embargo on areas to be used for Regional Events has been dropped, to permit former District Events to be registered as Regional Events.
- **Controllers:** Level 2 Regional Events should be being controlled by Grade 2 controllers, but there aren't enough of them for all the former District Events, so now experienced Grade 3 Controllers are being allowed to control Level 2 Events. Newly qualified Grade 3 Controllers can only control Level 3 Local Events, many of which don't need a controller at all.

The creation of a separate Level for the best of the old Regional Events, along with other events aimed at a national audience, will enable all of these, and other, problems, which didn't exist under the old Event Structure, to be easily resolved.

To get our Resolution adopted at the AGM, we need your support, either to attend and vote at the AGM, or to use your Proxy Vote, details of which will be sent out to you by British Orienteering. Few members of British Orienteering have yet had an opportunity to express their opinions on the current Event Structure. Use your chance to do so now.

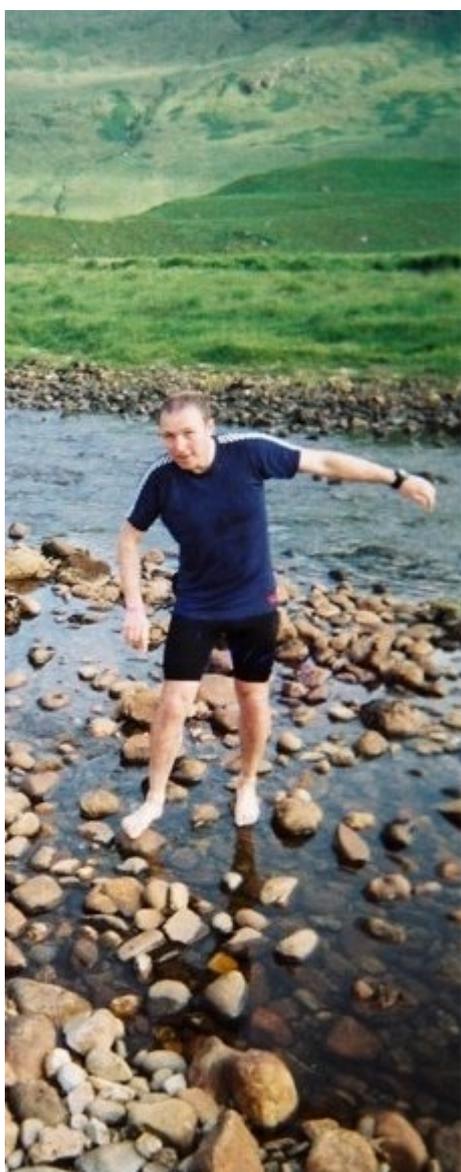
Mike Atherton	01539 531838	mike@atherton.go-plus.net
Sue Birkinshaw	0161 980 5068	SueB@mdoc.org.uk
Roger Smith	015395 68671	roger.smith100@btinternet.com
Dick Towler	07771 998554	dick@acorn.plus.com

FA'S FA AND FA DIS FIT IN GRAMP

Ever wondered about what goes on behind the scenes in the club? Here's the answers. Rather than a dry list of roles and names, I've invited our key players to summarise their responsibilities and also tell us a bit about themselves, so this is the first in a series of Fa's Fa (Who's Who) snippets that will appear over the next few issues of TG.

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.



Sean O'Sullivan Committee and Child Protection + Summer Series Co-ordinator

Keeping kiddies safe. Making sense of piles of government official-speak.

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

I started, because Sarah told me she was good at orienteering when she was at school, and I carried on, because I was getting beaten by too many W10s and M60s - sorry to pick on two groups! I've now found that if you enter Brown, there are no W10s and M60s, so it's OK to come last!

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

I think I was actually first on a Green course at Balmedie once. I seem to remember that on RouteGadget I 'virtually' sprinted past Neil M to win by 10 seconds.

Weirdest/most embarrassing O experience?

Probably spending 40 minutes on one control during Night O, only to give up and head back to base, then finding the control on my walk of shame!

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?

Most things I have tried have been fun, but I mostly prefer a long run in the woods without too much driving to get there. Night O is good fun.

Tell us a (brief, clean!!) joke

A guy asks his waiter how they prepare their chicken. The waiter says that there's nothin' special... we just flat out tell' em they're gonna die...

Gary Morrison Committee and Publicity

Publicity Officer, sounds important, but will generally involve much pestering of local press agencies, businesses etc, and shouting from roof tops with a loud hailer* to increase the public's awareness of Gramp Orienteers, and the many benefits of Orienteering.

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

Originally introduced / 'press ganged' by Donald Wallace in the late '70s when I was at school. Then followed a 20 year absence from the sport. Then re-introduced by my wife Victoria in September 2008, in a successful bid for me to kick smoking.

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

- a. Finishing my first event, September 2008 Perwinnes Moss Summer Series without the need for Oxygen!
- b. Surprisingly coming 2nd at Scottish Championships 2009
- c. Finishing the OMM 2009 with Rob Hickling

Weirdest/most embarrassing O experience?

Perwinnes Moss 2009 Summer event, tackling the Gorse Bushes with much thrashing and a few choice words, eventually getting through to the other side only to find that my actual saving of time was minimal to say the least! And that I had 2 weeks of removing gorse needles from my person. Never again.

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 enjoy Classic, Score, Night and Relay events. This year I intend to do the Longer O courses, some Mountain Marathons, and, a slight departure from Orienteering, I have entered some Ultra Marathons.

Tell us a (brief, clean!!) joke

2 x Goldfish in a Tank and one says to the other;.... ' How do you drive this thing?'



*And he's already started shouting with a great interview for BBC Radio Scotland's 'Out of Doors' programme broadcast Feb 20th. He walked the BBC reporter, Claire White, around some of the POC controls at Crathes whilst explaining and enthusing about orienteering.

I've left a link to a podcast on the GRAMP website. Gary's bit is around 13.55 minutes into it.

Ed.

Jayne Macgregor Committee and Membership

After stints as Secretary, Telegram editor and Fixtures Sec (some at the same time!!), I now look after Membership which involves welcoming new members (including explaining the O buzz words and the intricacies of the fixture list) and persuading existing members to renew their membership. The job has been made much easier as a) BOF has taken over the renewals administration and b) the GRAMP website is such a great resource.

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

First started orienteering in SE England in 1978 soon after I met Alan – no choice really.

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

Won W21B at the Irish Orienteering Championships in ~1984 and I have the mug to prove it (if I could find it!!)

Weirdest/most embarrassing O experience?

I was running the last leg in a Clyde Womens Open relay team at Anagach in the 1992 Scottish Champs and had a 5 minute lead as I set off, only to get completely lost as I couldn't work out the vegetation changes and ended up almost last. My only excuse was that Katy was only 3 months old (brain still hormonally challenged) and I'd not been 'proper' orienteering for nearly a year.

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 most enjoy being out in a technical forest on my own (or at least with Milo) and even getting wet and muddy. Don't have much interest in anything other than classic Foot-O, although Relays can be quite fun if you're not left hanging about in the pen for the dreaded mini-mass start. Would admit to enjoying organising events if I could be sure Anne wouldn't find out!!

What's your favourite restaurant in Aberdeen?

Tricky one – Nazma for a curry or Simpson's for some posh nosh.

WANTED - MORE ORGANISERS

Many thanks to everyone who has already volunteered to plan or organise one of our events this year. We have a full complement of planners now but are still looking for organisers for a couple of events later in the year:

Sunday 3 October – Forvie

Sunday 28 November – Tyrebagger

If you'd be interested in either of these, contact Anne on [hickling4 @aol.com](mailto:hickling4@aol.com) or 01224 323855

Gramp Child Welfare Guidelines

This document clarifies the British Orienteering child welfare policy, as set out in *O-Safe* (Sept 2007) and the Scottish Orienteering Child Protection Policy (Jan 2009). In cases of uncertainty *O-Safe* and SOCPP supersedes the text in this document, and the SOA or BOF Lead Child Welfare Officer can resolve conflicts. Grampian Orienteers adheres to BOF and SOA child welfare policy.

In general, it is considered that 'inappropriate behaviour' needs no further explanation – it is clear that this involves grooming, sexual contact, racism, mental or physical abuse, but can include other behaviour. In addition to avoiding inappropriate behaviour, no person involved in club business/ events should put themselves or any other person in a suspect position or that in which accusations could be made. The following two lists for prohibited actions and recommended practice are BOF policy. Young people/ children are terms used interchangeably and refer to under 18s. The same principles apply to vulnerable adults.

Grampian Orienteers engage in competitive activities with both adults and young people. Competitors, planners, controllers, organisers, officials and other adults have social contact with each other in a public environment, but would not normally have substantial contact with young people. Coaching takes place within competitive events and at specific training events (may be junior specific), and the qualified coaches and other adults who perform this role will be Disclosed (i.e. criminal records checked). Adults involved in related activities that have substantial contact with young people (e.g. transport/ accompaniment of juniors to competitions) will also be Disclosed. If the contact is only with family members no Disclosure is required.

Prohibited actions:

- Acting as a coach or other official with substantial access to young persons, without being Disclosed to the club Child Protection Officer within 3 years, or if specifically prohibited
- Share a room or travel with a young person (1 to 1)
- Allow young people to use inappropriate language without challenge, or make accusations without recording or acting upon them
- Physical contact for coaching etc. without obtaining the appropriate parental consent
- Use of a young persons image without their and their parents permission

Recommended practice:

- If a 1 to 1 situation is required, for coaching, first aid etc., or changing rooms are being supervised it is recommended another responsible adult is present,
- Be a good role model – don't smoke or drink in front of young people
- Don't use a young persons name with their image
- Act if you have any concerns regarding the behaviour of any person towards a young person

Sean O'Sullivan, Grampian Orienteers Child Protection Officer

And in keeping with this policy you'll find a photo permission form enclosed with this issue of TG if you have Juniors in your household. Please fill it in and return it asap. I'm hoping you'll all say yes as TG and the website will be pretty drab otherwise.

Thanks in advance.
Rachel

DEESIDE NIGHT CUP 2010

Sam and Co. did the honours and braved a foul night to put on the final event for this year's DNC at Crathes. A blizzard and bad roads weren't enough to deter 26 nutters/enthusiasts desperate for a final fix from venturing out (Is your journey really necessary? Yes! I must run about in the dark and cold with an increasingly soggy map otherwise I shall die of withdrawal symptoms!) and Finlay Langan and Richard Oxlade retained their leading positions to win the Night and Mini Cups overall respectively. Full results are on the website - the trophy winners were:

	<i>Junior Men</i>	<i>Junior Women</i>	<i>Senior Men</i>	<i>Senior Women</i>
Night Cup:	Finlay Langan	Kirsty Coombs	Jon Musgrave	Sarah Dunn
Mini Night Cup:	Douglas Marshall	Jessica Mason	Richard Oxlade	Jonquil Nicoll

Best course - Ben Preece, Coull

Most regular attender - Alastair Marshall (12/12)

Toughest of the Tough course - Neil McLean, Bennachie

The following was emailed to me by Jon Musgrave whilst stuck in his Deeside snowhole the day after Crathes, obviously getting very bored hence the exhaustive stats:

"The snowiest DNC series ever (and hopefully it will stay that way!) with snow lying at 7 of the events - Dess, Ballogie, Glen Dye, Sluie, Bennachie, Coull & Crathes (the small patch (30cm x 15cm that I saw at Balmedie wasn't enough to qualify!)

Thanks to all the planners, especially the ones who battled through snow and ice to place and collect controls. Thanks to the landowners for letting us use their land. Finally thanks to all the competitors who turned up through thick (snow) and thin (ice) to make the series the success it has become.

Some stats: 343 competitors over the 12 events, 84 juniors and 259 seniors. 65 different people attended. "Ian" is the most common name (4)

I'm not sure what we can do for next year to improve the event, difficult to top areas like Glen Dye and Coull in the snow! I think the format of best 8 is working well and should be kept.

Jon"

I would also like to thank Rod McGovern for acting as the GRAMP DNC Co-ordinator this year, teaching me a thing or two about Excel formulae in the process as well as working out the logistics of getting the night kit to and from the planners in time.

The results above look rather MAROC dominated but there were plenty of GRAMPs out there too. Some DNC stalwarts - like Evgueni who gamely chased down Finlay and Jon for 3rd place in the Night Cup and Sam 2nd in the Mini Cup and Lesley 2nd Senior Lady Mini Cup – and some new faces too, most notably Helen Rowlands who got a lovely warm welcome on the DNC blog from old hand Gen then proceeded to beat her in the Mini Cup by 2 points. Ouch!

Rachel



On-line entries to the JK, British Champs and Scottish Champs are open. I would ask anyone who will be making an entry to any of these events to ask yourself a question 'Do I want a run in the relays?' and, if the answer is 'Yes!', to drop me an e-mail.

Small print: You will be charged 1/2 of the entry fees per person unless you are a Junior.

Evgueni chepelin @talk21.com

OH, HOW THE MIGHTY HAVE FALLEN

In the 40 years or so that I've been orienteering, I seem to always be speaking with folks about how to improve their success-rate in the sport. Much of that time with youth groups, as club / junior coach, and with miscellaneous individuals. I have tried to help them to understand maps, scale, feature recognition, direction, use of compass etc. Some people seem to catch on more quickly, that's life. Others seem to learn in a very slow deliberate manner but also get there eventually.

Common themes arise time after time: 'I have difficulty in seeing vegetation changes', 'I have difficulties with understanding contours', 'I lose my concentration.' These 3 examples just keep coming up as I speak with folks. Club coaching can help with the first 2, but the 3rd, loss of concentration, can probably only be solved through the individual themselves. Orienteers often create their own problems by making the map fit and by failing to be deliberate in their use of techniques. After all, none of the techniques are particularly difficult so long as we actually use them!

Where are you leading, another 'fairy tale' perhaps? Well actually it is confession time.

The DNC has just reached its conclusion for another year. After more than 35 years of avoiding this type of orienteering I have to confess that I have thoroughly enjoyed the vast majority of the events. Mind you, you had better have a 4x4 and/or studded tyres if you are to reach the events and get home safely. I had to abort on 2 evenings. Having had 3 cars written off in 8 years (2 of these en-route to orienteering events) you will understand my caution.

Night orienteering is a real test of one's techniques. Generally my techniques and concentration are good. 43 individual Scottish titles should testify to that, but, on a few evenings this year my brain has slipped out of gear. On a number of occasions I have failed to use a deliberate technique. Where I might have gotten away with it in daylight, in the dark I was punished heavily. Similarly, while normally I would rarely 'follow' without backing it up with keeping in touch with the map, I have to confess that after 'following' someone I was left standing in the dark without the slightest idea of where I was. I was justly punished.

These lessons (reminders for me) are ones which we all need to experience. If we are going to do as well as we can, then we need to focus, we need to be deliberate in our use of a technique, we should never blindly follow anyone, we should learn to understand vegetation changes and contours --- the rest is easy. At least it should be.

Neil McLean



GRAMPs in action at the Edinburgh City Race – photos by Wendy Carlyle and Rachel.
Cover photo: One of the first controls was inside a hollow 'boulder' (sculpture) outside Dynamic Earth.

Taken from the BOF fixtures calendar and local clubs' websites as of 28th .
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.)

MARCH

7th Sun GRAMP Coaching Day - Postponed

7th Sun MAROC Bellwood GR NO557985 – likely to be postponed – check!

Courses up to Green plus a Special Green.

Organiser: Alistair Marshall www.marocscotland.org.uk

14th Sun GRAMP Glen Dye GR NO645907 Postponed – lack of access due to recent
snow has meant no time to prepare properly and the parking is still deep in snow and
unlikely to melt in time without causing flooding instead. Sorry!

14th Sun INVOC Gallowhill www.invoc.org.uk

20th Sat MOR Roseisle Short O and Junior Event GR NJ110660

TD3 course 25 min winning time plus Junior course 2km

Organiser: Kim Eden 01807 590716 www.moravianorienteering.org

21st Sun MAROC Redburn GR???????

7 colour coded courses. Reg from 10:30. www.marocscotland.org.uk

APRIL

10th Sat FCS Bennachie GR NJ 698 216

Turn up and go any time while Visitor Centre is open. Coaching will be available

11am to 1pm. www.grampoc.com/Events/FCS.htm

10th Sat MOR Sanquhar Woods Short O and Junior Event GR NJ038590

3.5 Km course at TD3-4 for adults and experienced juniors. 2 KM TD2 course

for beginners. Organiser: Derek McNeil 01309 671240

www.moravianorienteering.org

11th Sun MAROC Creag Choinnich GR NO152918

7 colour coded courses. Reg from 10:30. www.marocscotland.org.uk

Organiser: Alastair Marshall

17th Sat BASOC ??? TBC

18th Sun MOR The Forests of Forres Orienteering Race GR NJ 038590

2 courses (long & short approx 7 Km/4 Km) plus a yellow-standard course. The
courses will take in Cluny Hill and Sanquhar plus some semi-urban sections

Organiser: Kim Eden 01807 590716 www.moravianorienteering.org

MAY

8th Sat MOR Quarrelwood Short O & Junior Event GR NJ 185635

TD 3 course with approx 25 mins winning time. Junior Course approx 2 Km at TD 2

Organiser: Ian Howells 01309 671178 www.moravianorienteering.org

9th Sun GRAMP Balmedie GR NJ 976182

7/8 colour coded courses. Reg from 10:30.

Organiser: Sam Gomersall 01224 314002 NJ977182

www.grampoc.com

STOP PRESS: The Summer Series Guidelines for Organisers/Planners have been updated with important changes for 2010. You can find a link to them on the GRAMP website on the Technical Info page: www.grampoc.com/club_&_tech_info/tech_info.htm

IMPROVE YOUR ORIENTEERING

Spring technical coaching
Wednesdays at 6pm – 7 April – 12 May

Are you quite new to orienteering and starting to try the more technical courses? Or have you been doing green or light green courses for a while but still find yourself choosing a bad route or misreading the contours? Either way you could benefit from a bit of coaching.

The spring series involves six short coaching sessions aimed at orienteers moving on to light green and green courses. This is a progressive series covering some of the key techniques for success in orienteering. To get maximum benefit it's recommended that you attend all six sessions.

Each session will last for about an hour; cost £2 per session or £10 for the whole series.

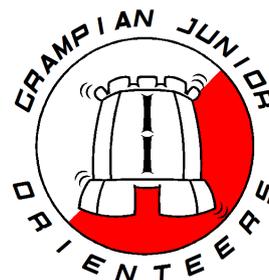
Please register your interest with Anne (hickling4@aol.com or 01224 323855). More details, including venues (which will all be close to Aberdeen) nearer the time.

I am running these sessions as part of the qualification process to become a Level 2 coach. Please help me by coming along (as well as helping yourself to become a better orienteer!)

Anne

GRAMP JUNIOR NEWS issue 7

In this issue ... ScotJOS selections, 2010 JD2C, Junior inter-areas, Junior Coaching 2010, Junior Website

**ScotJOS SELECTIONS:**

Five Gramp Juniors have been selected for the 2010. Scottish Junior Orienteering Squad (ScotJOS). Well done guys and have a great season!

M14 Sasha Chepelin W16 Katrina McLeod M16 Calum McLeod
M18 Tim Gomersall & Marnoch Hamilton-Jones

THE 2010 JON DUNCAN JUNIOR DEESIDE CUP (JD)²C

The first two events have been held and the current standings are on the website. Don't worry if you have missed them though, there will be 8 more events over the year so there is still time to take part. The next JDC event is on March 14th at Glen Dye.

IMPORTANT: The courses that count in the (JD)²C are the standard colour-coded events (White, Yellow, Orange, Light Green, Green, Blue and Brown). Sometimes other courses are offered like Long Orange or Short Green. Runs on these courses **DO NOT** count towards (JD)²C.

JUNIOR INTER AREAS COMPETITIONS

This event will take place on 5-6th June 2010 and all Gramp Juniors that are confident running yellow courses alone are invited to compete. The event consists of an individual event and a relay:

- The relays will be held on the Saturday at Deeside Activity Park, Dess, Aboyne. .
- The individual will be at Glen Dye as part of the Gramp SOL.
- We'll be staying overnight at SYHA Aberdeen.

Look out for more information and an invitation to attend soon.

JUNIOR COACHING 2010

The first coaching event was originally scheduled for Sunday March 7th. However this has now been **postponed** as the Maroc event at Bellwood will now be held that day. Keep an eye on the website for confirmed dates.

JUNIOR WEBSITE

Don't forget to keep looking at the Gramp Juniors website for up to date information on events and more. Go to www.grampoc.com and click on the bouncy castle logo.

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

Me - Kate Robertson
Call me - 01569 760469

Email me – kepenny@googlemail.com
Text me – 07795 273739

Did you know that SOA has two incentive schemes?

If you complete enough courses you can claim 5/10/25/50/100 Badges – or if you complete 3 courses with a fast enough time to qualify for the colour standard then you can claim Colour Badges all the way from White to Brown Standard.

Lots of GRAMP Juniors have already won badges and many more of you are close to getting your next badge soon.

WELL DONE GUYS!

HAVE YOU CLAIMED YOUR BADGE YET?

Check on the Junior section of the GRAMP website to see who's won what and whether you can claim your next badge yet.

www.grampoc.com/Juniors/SOA_participation_awards.htm

www.grampoc.com/Juniors/SOA_colour_coded_badge_awards.htm

Talk to Oonagh Grassie and she'll send you your badge.