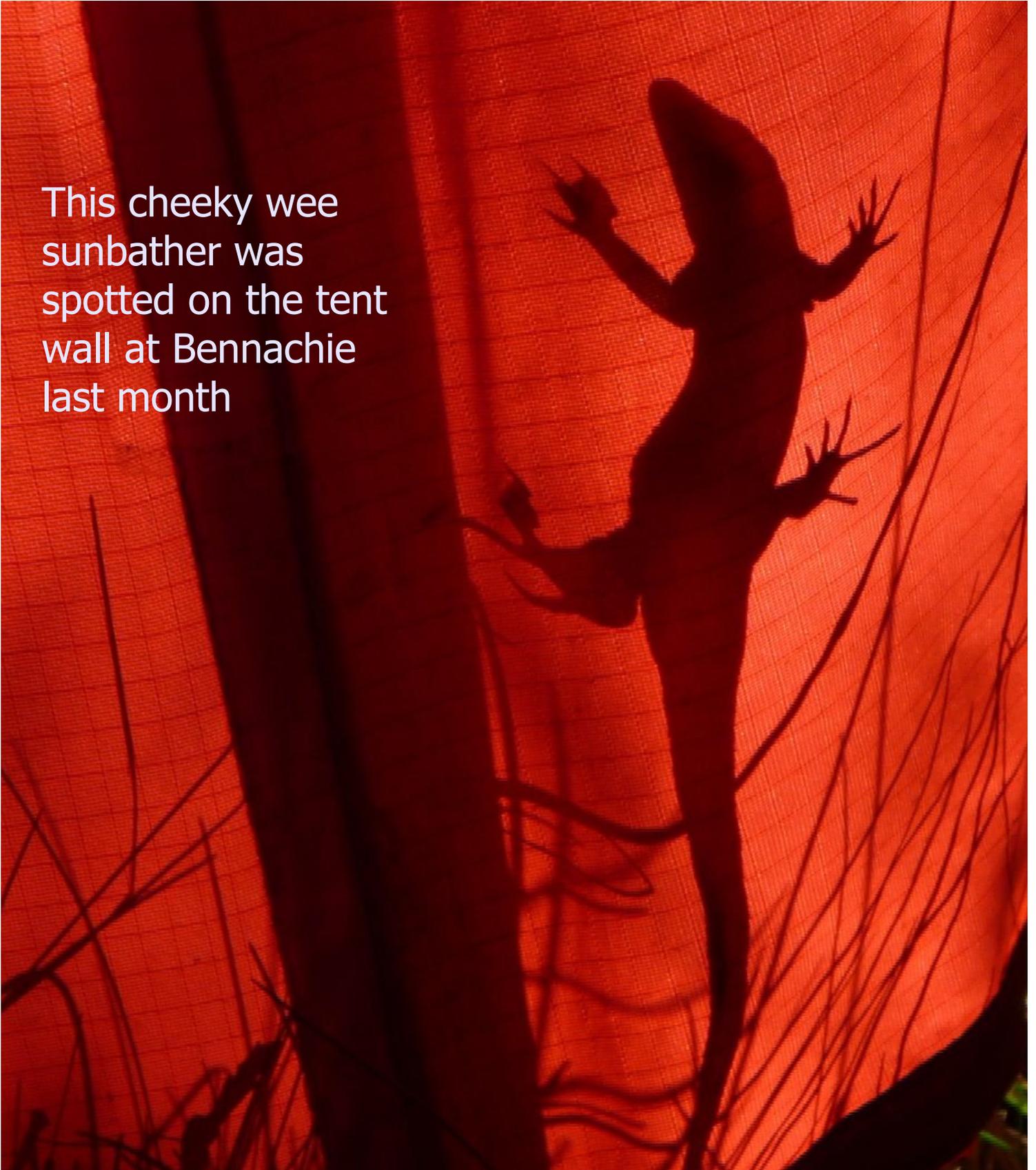


**GRAMPIAN
ORIENTEERS**

TELEGRAM

May
Jun
2011
Issue 173

This cheeky wee
sunbather was
spotted on the tent
wall at Bennachie
last month



GRAMP COACHING SESSIONS MAY

6 – 8pm and timings are flexible as we'll start groups off as and when they arrive, but please arrive by 7pm otherwise you'll run out of time/daylight! And please also let the coaches know if you intend to come to their session so they can organise enough maps etc. £2.50 per session or £8 for a set of 4 – everyone welcome, especially non-members so spread the word to friends and colleagues who might be interested.

03 Tues	Kirkhill NJ 853 117	Coaching - Beginners	Foss & Erik 01261 821220
04 Wed	Balmedie NJ 976 182	Coaching - Improvers	Anne Hickling 01224 323855
10 Tues	Kirkhill NJ 853 117	Coaching - Beginners	Foss & Erik 01261 821220
11 Wed	Crathes NO 735 968	Coaching - Improvers	Ali and Kate 01569 760469

DEESIDE SUMMER SPRINT O SERIES MAY/JUNE

MAROC and GRAMP are joining forces again, this time to put on this summer's Deeside Sprint-O Series. The series will commence on Friday 6th May and the single course event format will cater for all Orienteers of TD3 standard and above.

Expected winning times for the evening races will be in the order of 15-20 minutes.

MAY

6 Fri	Bogendriep	MAROC
13 Fri	Dunnottar	GRAMP
20 Fri	Glen O'Dee	MAROC

JUN

3 Fri	Tollo Hill	GRAMP
10 Fri	Bellwood	MAROC
17 Fri	Newmillhill	GRAMP

**Details on the
MAROC/GRAMP websites.**

Even if you can't run very fast still come and give it a go as it's a different style of orienteering where the controls come thick and fast and it's just as much about keeping the mental concentration going as keeping the legs and lungs going.

SUMMER ORIENTEERING 2011

You should all have received a flyer with this issue of Telegramp with a list of venues and dates for this year's Summer Series - we kick off with an event planned by Sasha at Countesswells on the 18th May. The GRAMP committee have agreed to donate the entry fees from this event to Sasha and his teammates in Banchory Academy's World Schools Orienteering Championships Team to help fund their trip to Italy later this year. So make sure you come to this and help the future champs of Scottish (and hopefully World) orienteering.

18:30 registration, starts until 19:30, £3 Seniors, £1 Juniors

Short, Medium and Long courses. Plenty of help for beginners available. Bring your friends! Juniors and newcomers attending 3 or more events qualify for certificates and there will be prizes for Series Winners (and anyone else who we think deserves one!)

Could you stick up a poster for us somewhere or distribute some flyers?

Please contact Anne or Rachel for copies or download them from the website.

Chairman's Chat

CHAIRMAN'S CHAT – MAY 2011

Hi all,

Well this is, by my reckoning, the ninth Chairman's Chat I've done and so far to date my carefully-crafted, long-slaved-over missives have generated a sum total of one 'Pete, I saw your bit in Telegramp and...' comment, so I either need to up my game and be a bit more interesting or give up. Or do both, so here goes:

I resign.

Still reading? I resign with effect from the AGM 2012. There, that's 18 months notice and plenty of time for someone to come forward and take over the reins, so get thinking and start canvassing support or persuading someone else they should put their names forward.

Whilst I'm on a theme, I should also say that there are a number of committee and non-committee members who have been holding down important roles within the club for a number of years now and, no doubt, some would like to step down to give others the chance to contribute. Essential work like marketing/publicity, mapping, child protection, fixtures, permissions, membership and volunteer organising could all do with additional help.

In the next Telegramp, we'll publish some summaries of these roles and I'd like you to consider whether you could help.

Finally, I tap away on the laptop the night before the orienteering stage of the 2011 Activity Mix Corporate Decathlon; I'm totally confident that it will go well. Anne Hickling once again is organising what is a really important opportunity to increase awareness of orienteering and, hopefully, generate new orienteers and club members. Many club members will be helping, so a big thanks to Anne and all the team for giving up their time but this is really too good an opportunity to miss.

Pete

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)
 Allan 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	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



It's that time of year again. (In fact I've had a tick reported from Tyrebagger back in Feb so this warning may be a bit late?)

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 **30th June** please.
 Emails to newsletter@ grampoc.com or post to 40 Ann St, Stonehaven, AB39 2DB

If you’d prefer to receive Telegram 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!

HOW TO DECIPHER CONTROL DESCRIPTIONS

This info has been quickly copied from the Technical Info page on the GRAMP website, so apologies for the slightly grobby graphics in places but it's clear enough to give you a quick guide to which column means what and which to worry about when you pick up your next set of control descriptions.

A	B	C	D	E	F	G	H	A	Control number
2	225	↘	⊙	⊞	8x4	◀	🚶	B	Control code
								C	Which of any similar feature
								D	Control feature
								E	Appearance
								F	Dimensions / Combinations
								G	Location of the control flag
								H	Other information

The most important columns to worry about are C, D and G:

D - shows which feature you're looking for and this case it's a clearing

C - you know that you're looking for a clearing but there are two shown in the control circle on the map - this column shows that it's the southeastern-most one you're looking for

G - as it's quite a large clearing this column shows you that the control flag is located in the western corner

Here are some common feature symbols you may encounter in column C:

	Re-entrant		Earth bank		Earth wall		Gully
	Small gully/dry ditch		Hill		Knoll		Saddle
	Large depression		Shallow depression		Pit		Cliff/crag
	Boulder		Boulder field		Boulder cluster		Pond
	Stream		Wet ditch		Linear marsh		Marsh
	Spring		Clearing		Thicket		Road
	Track/path		Ride		Bridge		Stone wall
	Fence		Building		Ruin		Tower
	Cairn		Special item		Vegetation boundary		

(N.B. These are all "classic" orienteering symbols – there are different ones for sprint/urban (ISSOM) maps and events which we'll cover another time but generally there are fewer commonly used ones of these so easier to remember.)

Re-entrant = like a mini-valley on the side of a hill

Saddle = the dip between two hills (and a hill in orienteering is fairly small-scale so think of the ice-house mound in Dunnottar Woods rather than Mither Tap)

Knoll = a very small hill (think of the icehouse mound up by the cafe at Crathes)

Ride = a firebreak between two lots of trees – may or may not have a path or deer trod down the middle which can be confusing so the trick is to look up for an obvious strip of visible sky between the trees

Special item = these are the best and you never know what you're going to find until you get there! Can be anything manmade – sculpture, old car, bench.

Vegetation boundary = can be really obvious like the edge of a patch of gorse or more subtle like the change from larch to pine trees

The arrows in column C have already been explained but you might also come across:

 Upper, lower or middle of several similar features shown within the control circle.

Column F can have figures, showing the size of a boulder for example, or you may see meaning either a crossing or junction of two linear features and the features in question will be shown by the symbols in Column D and E:

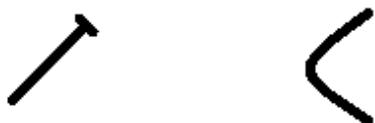


D	E	F	
			Path crossing

The location symbols in column G are fairly intuitive and different variations on these basics:



Inside the northern corner of the feature, e.g. a ruin
 Outside the western corner
 Outside western tip



At the northeastern end of a linear feature, e.g. a ditch
 A bend in a linear feature, e.g. a path



On the southwestern boundary of a feature
 In the southwestern part
 Outside the southeastern edge
 At the southeastern foot, e.g. hill



In the upper part of a feature, e.g. a gully
 In the lower part
 Between two identical features, e.g. Knolls, (which type of feature will be shown in columns D and E.)

If you want some interactive practice on control description symbols, try the online quiz at <http://www.fortnet.org/icd/> where you can even time yourself or choose a foreign language to do it in if you want an extra challenge! It's a wee bit old now but the basics haven't changed much since it was put together.

Freebie alert!

There are some brilliant downloadable files detailing all this info plus how it relates to the feature symbols on the maps, for both classic and sprint O, on Simon Errington's Maprunner website www.maprunner.co.uk. There's also a guide to the map symbols alone featured on their frontpage at the moment. *(I'm going to leave a link to these on the GRAMP website as they are so much better than mine! Thanks Simon. Ed.)*

GJO Competition alert!

Juniors should have received their GJO Control BingO cards along with this issue. Check the GJO pages to find out how to play but don't recycle this issue of TG just yet as you'll need to refer back to these pages over the next months.

CALLING ALL PLANNERS AND ORGANISERS: new info for you on the website

We've recently added some new or updated guides and manuals to the website – things like a current list of control numbers available, how the Early Email Entry system works, a form to take down details of non-BOF competitors at events and (very soon once Anne's finished all the other pies she has fingers in!) an updated Organisers' Manual to take the new BOF Safety/Insurance guidelines into account.

www.grampoc.com/club_&_tech_info/tech_info.htm

RUN TRAINING THURSDAY RUN TRAINING THURSDAY RUN TRAINING

She's back and she's going to put you through your paces like never before!! Ex-member and qualified physio, Anna, will be taking the sessions (which will last about 1 hour) covering a different hill running technique each week starting Thursday 5th May at the RGU Campus.

A list of venues, dates and techniques was circulated by Jayne by email but if you've "lost" it (the email, not the plot generally - Anna can't help you there I'm afraid) then take a look at www.grampoc.com/Events/2011/RUN_TRAINING_AD_Spring_2011.pdf.

The sessions are designed to suit ALL fitness levels (you work at your own pace) so don't be shy – there's always somebody slower than you to make you feel good! – and take advantage of some professional training.

Must share with you Kate's response to my little April Fool's joke on the website regarding possible sponsorship for club tops: "Yes! Then we can play Trump Tops Top Trumps!!". Ed.

Congratulations!!



If you go down in the woods today, you're sure of a Big Birthday Surprise.....

Foss thought she was just going to be spending her birthday fending off hordes of desperate activitymixers at Kirkhill Beginners Course. However, Helen realised it was a bit of a biggie (check the Bennachie results for details – you can't hide anything in orienteering!) and popped over armed with cakes to lead an impromptu chorus of 'Happy Birthday To You.'

So Happy Belated Birthday, Foss, and thanks for all your efforts recently with the Beginners Coaching Courses, aided by your lovely assistant Erik of course (who, one activitymixer told me, came across as an old pro!?)

Highlander Mountain Marathon

Also congratulations to..... Ali and Ian H for not only surviving this year's Highlander MM but doing rather well on the C Class – Ali teamed up with Andrew McMurtrie (now MAROC) to come 6th overall and Ian and (Cosmic) Colin Lamour came 10th. (Question is, who had the better ceilidhing style during the traditional HMM knees-up at the overnight camp?)

JK 2011

Also congratulations to..... Sasha for his consistent run of 2nd places in M14 on all 3 days at this year's JK in Northern Ireland which was very well organised by a very friendly bunch with a cracking Sprint round a university campus in Belfast, followed by a day at the seaside on lumpy dunes strewn with MOD debris and then a final day scampering over the short grass and rocky detail of Slieve Croob.

Iain McLeod was also consistent coming 8th on Day 2, 8th on Day 3 and 7th overall on M50S while, despite mis-punching in the Sprint, Evgueni redeemed himself in the classic style events for M50L coming 8th/20th/13th overall. Carolyn had a similar up and down performance with 15th/5th/12th overall in W45L while Katrina braved W18E for the first time coming a very creditable 18th overall in the end and 12th in the Sprint on Day 1. Pretty good for a first stab at serious competition.

(The rest of us were either overwhelmed by seeing so many people out and about as it's such a big event or caught the mis-punching disease briefly or simply succumbed to the lure of a full Ulster Fry and fresh soad bread for breakfast and plodded our way round much further down our respective class fields.)

Day 4 was Relays but not many of us stayed on (exams on the Easter Monday for Calum and Katrina) but the GRAMP Trotters aka Duncan Grassie, Evgueni and Bob Daly had a bash at the Men's Open Trophy which was dominated by INT/SYO/SHUOC/EUOC as usual. Sasha cadged a run with John & Rosie Getliff of Maroc in the M/W40- class and they would have been 3rd had they not been a mixed-club team and therefore non-competitive. :-)

Welcome!!

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

Elaine and Alan Parr

Lorna Graham

David Swanson

Charlie McClean

WHEN TO TRAVEL TO AN EVENT?

There was a time when I was willing to travel all over Britain to attend events. The only restriction I placed on whether or not to attend, was the quality of an area. Of course back then in the 70s and early 80s we didn't have too many local events. In fact, before 1978 only Grampian and Moravian were in existence in the North. Even when Maroc, Buchaneers and Invoc were formed, there still weren't many events. If you wanted to compete regularly you simply had to travel to central Scotland where ESOC, Interlopers, FVO and Clyde provided events. St Andrews and Edinburgh Universities also organized some good events.

Today in the north east we are in a uniquely privileged position. We can compete more or less every week of the year without moving far from home. Quite apart from convenience, we are also blessed with some excellent areas which clubs in the south would give an eyetooth for.

Why this article ?

Well, to be honest I had started it thinking that I would create a formula to see if I could rationalize my choices of where to travel to. The truth is of course that I want to run in technically challenging areas where the heather isn't too high, there are few brashings and no clear-felled areas. Where the marshes don't sink too deep, where there are no barbed-wire fences to cross and the hills aren't too steep. Not much to ask for.

Where am I going to get such events At the Scottish 6-Days of course. If you haven't been to one come and join us at Oban between 31st July and 6th August.

Neil McLean

Funny that Neil should mention this as I got an email from Eric Lovie recently saying how their holiday plans this year are causing some amusement amongst their fellow ex-pats over in Singapore: "No Asian rainforest adventure, tropical island retreat, or any of that sort of stuff for us – rather a week in Oban."

If someone's prepared to travel half way round the globe for this event then it must be good! Check out www.scottish6days.com/2011 for details and a link to the online entries.

Ed.

Taken from the BOF fixtures calendar and local clubs' websites as of 30th April. 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

MAY

- L** 3rd Tue **Beginners Coaching** Kirkhill GR NJ 853 117 See next page
 4th Wed **Improvers Coaching** Balmedie NJ 976 182 See next page

6th Fri Bogendriep DEESIDE SUMMER SPRINT O SERIES STARTS

See page 2 for series details.

8th Sun SOL 3 INVOC Dallaschyle, Cawdor www.invoc.org.uk

- L** 10th Tue **Beginners Coaching** Kirkhill GR NJ 853 117 See next page
 11th Wed **Improvers Coaching** Crathes NO 735 968 See next page
 15th Sun **Tyrebagger GRAMP Junior Training** – details on GJO website page

18th Wed SUMMER SERIES STARTS at Countesswells NJ 869 044

See page 2 for series details

This one is a special testimonial match: GRAMP will donate the entry fees to Sasha (the organiser) and the Banchory Academy World Schools Orienteering Championships Team.

21st Sat MOR Saturday League Sanquhar (Forres) GR NJ038581

Parking at Forres Academy Reg: from 10.15. Starts: 10.30 to 11.15

Open course with 25-minute winning time at TD 3-4 (orange to light green standard). Junior course of 2 Km approx at TD 2 (Yellow standard). EOD.

Richard Lander Stow - 01309 696312 www.moravianorienteering.org

22nd Sun MAROC Tilquillie No more details at time of publication.

JUNE

4th Sat MOR Saturday League Miltonduff Nr Elgin (New Area) GR NJ175602

Reg: from 10.15. Starts: 10.30 to 11.15 EOD 4 Km long course at TD3-4 plus 2 Km short course www.moravianorienteering.org

5th Sun GRAMP Balmedie GR NJ 976 182

(JD)²C and GRAMP CHAMPS EVENT

8 colour coded courses, EOD, reg: 10:30 – 12:30, starts

11:00 – 13:00 Planner: Gary Morrison Organiser: Evgueni Chepelin

Summer Series every
Wednesday and
Summer Sprint Series
every Friday

11th Sat & 12th Sun MOR Moray Mix Lossie (Urban Race) and Culbin (SOL 4)

www.moravianorienteering.org

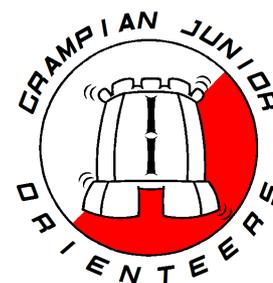
19th Sun Jamie Stevenson Trophy Perth-ish (Junior Club Team Event)

26th Sun MAROC Ballogie GR NJ 976 182

(JD)²C and GRAMP CHAMPS EVENT

8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00

GRAMP JUNIOR NEWS issue 14

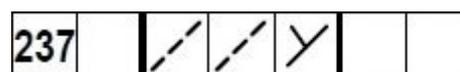
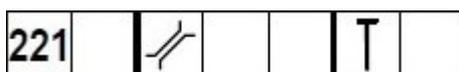


GJO Control Description BingO

One of the hardest bits about orienteering is trying to remember what all those strange symbols mean on your control descriptions so that you know what to look for on the ground.

To try and help you, here's a bit of a fun way to learn - grab yourself a GJO Control BingO card and keep checking the GJO page on the GRAMP website over the next few weeks and before you know it you'll have learnt some symbols and won yourself a prize too (what the prizes are going to be is still a secret but we can promise you they will be suitably yummy!) Here's how to play:

If you normally run a White or Yellow course then use a W/Y card (with symbols) and write your name on top of it. There are two symbols below to get you started. If they match any of the symbols on your card then tick them off now and also, if you can, write what those symbols mean on the back of your card – you can ask for help with this bit from parents or older brothers and sisters.



If you normally run an Orange or Light Green course* then use an O/LG card (with the descriptions in words) and write your name on top of it.

A bit harder for you guys as you have to decipher what each symbol means before you can match it to the correct word description on your card and no numbers either. (How mean are we?) There are two symbols below to get you started. If they match any of the word descriptions on your card then tick them off now.



(*If you are advanced enough to be running Green and upwards then you probably won't be interested in BingO despite the lure of a yummy prize? What's that? You are? Great stuff! Grab an O/LG card then and get matching!)

- ✓ You have to match the 5 symbols on your own card to claim your prize.
- ✓ We'll post new symbols on the GJO page of the website each week.
- ✓ Some weeks it will be one symbol and some weeks it may be two so keep watching carefully to match yours as quickly as possible.
- ✓ There are 10 possible symbols in total for the W/Y cards and 10 different possible symbols for the O/LG cards so make sure you're looking at the right set of symbols. They'll be clearly marked which is which.
- ✓ Once you've crossed off all 5 symbols on your card, bring it to the next GRAMP event you come to **and claim your prize** 😊 **Good luck!**

Doug: deejgee@btinternet.com Kate: kepenny@gmail.com

Recognise this video star? Follow the link from the GJO web page to YouTube for a video taken at the PWT Sprint O Race at Perth last year and watch carefully around 2 min 17 secs. Woohoo! Famous at last! 😊



Don't forget....
next GJO training
is at Tyrebagger
on Sun 15th May.

Look out for an
email from the
coaching team or
check the website
for details.

GRAMPIAN JUNIOR ORIENTEERS