

**GRAMPIAN
ORIENTEERS**

TELEGRAM

NOV
DEC
2010

ISSUE 170



Seaton Parklife?

Lots of controls to fetch in and only one pair of hands?

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with optional **COLLECT-O-TROLLEY® DOLLY!**

**As seen
at Forvie!!**



The result of a successful collaboration between a frustrated control collector and Prof. Pat Pending of Esson Enterprises, the truly amazing **COLLECT-O-TROLLEY®** features all-terrain wheels, Komfigrip® handle and a removable, high capacity box capable of carrying twenty-several staked controls.

No more prising your hands off freezing aluminium!

No more trying to stretch your pinkies that little bit further around cumbersome stakes!

No more tripping yourself up as your arms lengthen inexorably!

Just pop the controls into the box and trundle on your way!

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The optional **COLLECT-O-TROLLEY® DOLLY** will make your life even easier by doing it all for you. The **DOLLY** is the culmination of years of ground-breaking genetic engineering: by splicing genes from hawks, homing pigeons, a top Ryder Cup caddy and bloodhounds onto stem cells taken from Wombles, Esson Enterprises have created the ultimate control collector. Relatively low maintenance*, the **DOLLY** comes equipped as standard with a hi-vis fluorescent yellow beanie, for safety during the stalking season and long range location, and can be accessorised with your club colours.

*Daily application of lubricants (ideally a bottle of a good French red) and free use of the **COLLECT-O-TROLLEY®** for golf on weekdays.

CHAIRMAN'S CHAT – NOVEMBER 2010

Stop – press!

We've just heard verbally that the club has been successful in its recent application for £1000 funding from the Scottish Orienteering Association to support a junior development programme. We are also awaiting a decision on an application to Aberdeen City Council for £2000 funding for the same project. If successful, this means that we will have turned £1000 of our money into £4000 for spending on making at least 10 new schools maps, updates to some of our mapped areas within the city, purchasing kit to help the Active Schools team and schools themselves to teach orienteering and to enable as many families as possible to make the leap from school sport to club orienteering.

If this kicks off (wrong sporting metaphor, perhaps?) it will be the major development focus for the club next year but one thing I'm really keen to get feedback on is how to expand the number of adults in their twenties and thirties in the club and how to integrate newly competing orienteers into running club events and activities from as early as possible.

To me, this has a double benefit, firstly by developing a more inclusive identity for the sport and the club; it's so easy at our events just to turn up, run and head off without really engaging with anyone and secondly, introduce newcomers to the reality that orienteering is a sport that requires organisation and that only comes from the competitors themselves. I don't see this as a negative thing; over the years I've planned, organised and controlled many events and enjoyed the challenges they bring and the rewards of seeing through a successful event. Where this part of the sport becomes a drag is when the demands on individuals builds and builds; we can avoid this by getting more people involved and then we all do less and enjoy more - a virtual circle I'd dearly like to see.

So, two things we could focus on: attracting and engaging the future lifeblood of the club and making it easier for newer club members to contribute to the sport – not much to ask for then...

Please get in touch with any ideas (you know where I live!) and see you all at the AGM.

Pete

By way of illustration how rewarding helping run an event can be, here's the email first time organiser Helen Anderson sent to Forvie helpers. Ed.

"Thank you to everyone for helping at Forvie today, I really appreciated this. There is a great camaraderie amongst orienteers which always makes for a pleasant day out.

The only thing left for me to do now is the last instruction in the organiser's manual, i.e. a warm bath and a glass of something. Cheers!"

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.



Doug Guy Deeside Night Cup Co-ordinator

I help co-ordinate the DNC which roughly involves picking half a dozen suitable areas and then press ganging willing volunteers into organising each event (never a problem). The thought of venturing into a forest at night is likely to turn most people into a quivering wreck which just adds to the thrill of the challenge..... honestly its really good fun - till your light goes out unexpectedly!!

Outside of the DNC, I like to help out with controlling and planning events (coming up with good course combinations is very satisfying).

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

Donald Wallace - my gym teacher at Aboyne Academy - was instrumental in getting not only me but many others involved in orienteering. I would have been 13 years old at the time. I was one of the founder members of MAROC and the now defunct AAOOC (Aboyne Academy Orienteering Club). We enjoyed great success as a school and a club and several members achieved Junior International caps for Scotland as a result.

My first events were local club events and I certainly remember making some horrendous mistakes as I really had no idea what I was doing (not much has changed since then), but I could run back then and the thrill of charging through a sunlit forest has never left me and, I suspect, never will.

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

I have had some decent results over the years but I would doubt if I would make it into any Hall of Fame. As a Junior, I was good enough to make the BOF Junior Squad and have ran as a Junior, Senior and Veteran for Scotland. Highs include winning 2 x JK relays (Maroc), winning Individual Home Internationals (M19), winning a couple of 6-day events at Deeside 83, part of winning British Universities relay team (1982?), Scottish native Champion (1984?), M21A British Champion (1986?), Scottish Universities Champion (1987?).

A couple of regrets - never managed to beat Steven Hale as a Junior and have yet to beat Jon Musgrave in the DNC....maybe this year?

Weirdest/most embarrassing O experience?

My first night-o experience was pretty freaky. As part of a Junior tour to Austria in 1980, we took part in a 12 person relay. I went out in the middle of the night during an electrical storm - it was absolutely lashing down and all the local farm dogs were howling..... I didn't think I was going to get back alive.

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 everything about orienteering..... the ultimate thrill for me is running full tilt (not so fast now) in an ace area and not messing up the orienteering. I would love to be able to spend a whole year doing a World-O Tour.

If you were were a superhero, what would be your special power?

If I was a superhero (if only)..... I love everything to do with nature so am getting pretty freaked out by all the threats to our natural world so would be kicking up all kinds of storms to stop this from happening.

Neil McLean **Man without portfolio** better known as the mini-Compass Point man. (Actually Neil is the Summer Series Ubercontroller but maybe he's forgotten? Ed.)

I suppose that I can be considered the X man, - ex-committee member, ex-mapper, ex- club captain, and ex club coach and junior coach. In all of these I've always seen myself as a mentor -- guiding and encouraging members. Entertaining the kids to let parents have stress-free orienteering. Even now I still see myself filling that role with anyone who seeks help, even Marocs, Invocs and Moravians.

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

When I was at Moray House College in Edinburgh [studying to be a youth and community worker] in 1966, someone from the newly formed SOA came to speak to my class. I knew right away that this was the sport for me. However I was too busy with rugby. Move on 2 years and I met a Girl Guide leader who told me of the West Area Championships at South Achray. I took some youngsters along and enjoyed it. Unfortunately I didn't hear of any other events until the following year. Move on 4 more years and I was living near Elgin. I shared an office with the Outdoor Education organiser. He, Bob O'Brien, organised a minibus load of teachers and myself to go to a Badge event at Kinnoull Hill. That was Feb. 1974. He entered us all in M21A and I was fastest of the folks on the bus. A while after that Bob Climie came north to be head of a school for difficult youngsters. The school wasn't ready and my office was moving. A bunch of officials were moved to temporary accommodation. Bob O'Brien, Bob Climie, Peter Cromar and myself had offices beside each other.--- Moravian O.C. was founded and I was hooked.



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

Difficult to say. Probably the 2 times I've won an individual day at the Scottish 6 Days. I know I don't run fast enough to beat everyone in a big field – the good runners all have to make mistakes and I have to have a clean run. Inshriach at Spey 1995 and Tullochroisk at Tay 2010 were my days.

Weirdest/most embarrassing O experience?

It hardly counts as weird or embarrassing, but was very memorable.

At the Swiss 5 Days in 1980 on Day 3 I injured my ankle badly. I had 3 days in hospital – they wanted to cut me open and suture the ligament. I was there with the family in our caravan and due to go on to Denmark for the Jysk 3 Days and to visit some friends. To do the operation we would have to cancel the rest of the holiday. The kids were looking forward to Legoland !. An alternative was a plastercast and we could continue to Denmark. Leena was willing to drive and so we did that. By Day 1 of Jysk I was getting around fine on my crutches and the event officials let us park at the assembly area and I took part in the event slowly. No mistakes and I was far from last. It rained on Day 2 so I dns. Next day was a chasing start based on aggregate time for Days 1 and 2. They gave me an early start so that I didn't finish too late. I was therefore finishing at a busy time. I had developed a hopping, half running style using my crutches like extra legs. On the run-in I was catching a small stout man. There was a big cheer for me and one Brit ran out to place a floral garland around my neck. The stout man turned round to see what was happening behind him, his eyes opened wide and he struggled to move faster to keep ahead of me. Again, I was not last on my course.

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?

First let me say that I don't enjoy running – it hurts !, but when there is a map in my hand and a route to navigate my competitive nature cuts in, a primeval hunting or fleeing instinct takes over and I just go.

To enjoy an event it has to be technically difficult. Give me contours, not too many brashings, not big, long steep hills, no descending boulder strewn slopes, few paths, difficult route choice decisions and no long track runs. [it hurts my calf muscles]

Every age change to shorter courses suits me fine. Whether it is classic, night, sprint or relay I enjoy them all, but especially score events. No streets please !

What about these fairies?

The short story I wrote was inspired while walking down a spooky dark path at Bennachie. I was actually thinking about the 'little people' spoken of by West Highlanders like my gaelic speaking grandmother. The Irish Gaels call them leprechauns. If North America can have their 'big foot' sasquatch why shouldn't we have 'little people' in our forests.

PS Grampian's day at next year's 6 Day is to be at Ardnaskie and perhaps in the eastern extension of that area. The whole area was known as Airds Park and the eastern bit called Muckairn where some of my forebears were born. Perhaps the friendly 'little people' there will recognize me?!

Deadline for articles, photos and news for next TG is 1st week in January please.
Emails to newsletter@grampoc.com or post to 40 Ann St, Stonehaven, AB39 2DB

Deeside Night Cup (DNC)

Time to strap on a headtorch and venture out on Wednesday evenings for this year's DNC. Starting at Balnagowan on 24th November, MAROC and GRAMP take it in turns to host 12 events from Deeside to Aberdeen and this year even as far afield as Forvie. No concessions are made for it being dark and each event has a long and short course of Green standard wherever possible.



But isn't it scary and hard orienteering in the dark? Can be! But it can also be exciting and magical, especially in the snow or when it seems like you're the only living thing for miles, not to mention the satisfaction of finding the reflective controls – double the smug factor of doing it in the daylight!

If you take it steadily and deliberately and look for really obvious features to use as handrails or attack points rather than drifting about on a vague bearing you'll be fine.

Small print: this is not a guarantee!

Nov 24 th	Balnagowan	(OS Grid Ref: NJ 518 003)
Dec 1 st	Raemoir East	(NJ 712003)
Dec 8 th	Shooting Greens	(NO 632 944)
Dec 15 th	Forvie	(NK 004 271)
Jan 5 th	Sluie	(NO 607 973)
Jan 12 th	Hazlehead	(NJ 890 055)
Jan 19 th	Bogendriep	(NO 686 917)
Jan 26 th	Perwinnes Moss	(NJ 935 115)
Feb 2 nd	Birsemore	(NO 534 968)
Feb 8 th	Tyrebagger	(NJ 851 111)
Feb 16 th	Coull	(NJ 518 003)
Feb 23 rd	Scolty	(NO 687 947)

Starts from 6pm, courses close 7.30pm, £2-ish fee, bring a torch and spare battery, warm clothes depending on the weather.

Check the website before setting out as sometimes we have to change venues or cancel due to snow but last year we managed to stick to the schedule despite some pretty heavy dumps.

Despite what Oleg said on the Adventure Show about "It's not supposed to be easy!" when challenged about his puny headlamp, a good lamp makes a hell of a difference and Sam Gomersall and Iain McLeod look after a couple of GRAMP headtorches you can hire to try out Night O with before splashing out on your own - £2 per hire.

Same as last year, we shall have the DNCblog going for any last minute instructions from organisers and for people's feedback on events and the series as a whole. See you out there in those dark and scary woods?

CONGRATULATIONS!!

To Ali and Kate for shaking off the time-eating demons of parenthood and proving they still have it in them to train for and run the Aviemore Half Marathon in 1:36:54 and 1:59:18 respectively.

To Laura and Alasdair for tying the knot 16/10/10.

Tinto Twin winners: W45L Lesley Gomersall 1st, W40S Helen Rowlands 2nd, M65L Neil McLean 1st, M18 Tim Gomersall 1st, M16 Calum McLeod 2nd, M14 Sasha Chepelin 1st.

LOOKING BACK

Having known our 2 committee worthies who were featured in the last Telegramp since their earliest days in orienteering, I thought I would have a look back at the earliest results I could find for them.

Kevin was very blonde back then which contrasted well with his Gordon's rugby strip. He was right about the event at Assich [near Cawdor]. It was that year's Northern Lights and his crash into the gate post may explain his poorer result that day. A year later [1982] he won Northern Lights, having won the Grampian Schools at Forgue the previous weekend. Later that same year Kevin ran for Scotland at Blair Atholl and was the top team member in an event which doubled as the Scottish Junior Championships and the Inter Area. David Robertson now of Clyde Orienteers was second to Kevin.

At that time the Juniors had their own championship separate from the Seniors. That October there were over 300 juniors, and 115 adults ran in 'spectator' courses. Kevin's sister Mandy won W15 that day. Of note, was the planner's name--- Dick Burbridge. For those who don't know he is now Dick Carmichael of Tinto. He had to change his name when he inherited the clan chieftanship.

By 1987 when Ali started orienteering there were far more events and I got rather bogged down looking for Ali's results. I promise to look out his good ones later. My first memory of Ali was at Craig a Barns, probably late 1987. His mum had got badly lost and his dad and brother went out looking for her. Young Ali waited patiently with me at the Ultrasport stall while we packed our stock away. He was quite worried* for his mum and eventually she was found, very cold but unhurt. More about Ali to follow.

Neil McLean

(*Not much has changed then?! Ed.)

GRAMP CHRISTMAS AGM AND SOCIAL 7pm - Saturday 11th Dec



Same venue as last year in the Scout Hut on Oakhill Crescent at 7pm (prompt).

To get there turn off Kings Gate north up Oakhill Road next to the Atholl Hotel, then turn first left on Oakhill Crescent. Keep going past the garages and along the unmade track to park outside the Scout Hut. N.B. The Scout Hut is on a narrow lane, late-comers may need to park on Oakhill Road.

Followed by Gramp Champs prizegiving, supper and games afterwards. Bring a dish to share for the supper please.

Everyone welcome – Juniors as well as Seniors – and we want to hear your views, ideas, gripes, suggestions on anything to do with GRAMP events and activities so don't hold back!

2011 events – Anne Hickling has circulated a list of our planned events for next year and will be pinning a notice to the wall at the AGM for you to sign up as Planner or Organiser. See Pete's Chairman's Chat regarding pitching in and helping -it really is a great way of getting more involved in the club and giving something back without having to jump in at the deep end with something like a committee post! We will supply mentors to guide first-timers through planning and organising or, if you prefer, you can shadow someone this time and then take the plunge.

Post-AGM Double Score* Event Sunday 12th Dec

Duncan Grassie is busy cooking up a double-header Score event for the day after the AGM.

Plans so far:

Mass start at Garthdee at 10:30 for 45 minute Score challenge.

Another mass start at 12:00 at Duthie Park for another Score challenge but here's the rub – depending on how well you do at Garthdee you'll be handicapped (to try and even things up a bit) and you'll have a measly 15 minutes or a generous 30 minutes for Duthie Park.

More details will appear at the AGM and on the website or phone 01569 766866 nearer the date. Anybody fancy a drink at the Inn on the Park afterwards?

*Score = you have to find as many controls as you can in any order but within a time limit. You gain points for each control found but you also lose points (at an alarming rate usually!) for every minute or part of a minute that you are late back. Be warned and don't bite off more than you can chew.

GRAMP CHAMPS 2010

Each year we nominate 10 events to count towards the Champs and your points from your best 5 runs out of those 10 count towards your Champs totals.

Points are gained depending on which course you run and how well you do compared to the course winner's time:

- within each event, the Gramp member who is highest placed for each course scores the maximum course points: White 200, Yellow 400, Orange 800, Long Orange 1200, Light Green 1600, Green 2000, Blue 2800, Brown 4000.

- points for subsequent runners are calculated using this formula:

$$\text{score} = [(\text{winner's time})/(\text{runner's time})] * (\text{maximum course points})$$

By this time of the year, enough folk have run in enough events to make it worth while paying attention to all Iain McLeod's hard work calculating and collating the scores, to see whether you're anywhere near winning one of the coveted trophies which will be presented at the AGM.

Jun												
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Lachlan Kirk	M10	3336	1668	178			0	797		400	293
2	Keith Yardley	M10	3200	1600	400	0	400		400	400		
3	Struan Kirk	M10	3154	1577	86				800		399	292
4	Oliver Nash	M10	2432	1216	504			712				
5	Patrick Lees	M10	2328	1164		800					364	
6	Greg Blagden	M10	1926	963	253		710					
7	Sam Griffin	M10	1410	705	200			200	200			105
8	Jan Barraclough	M10	1310	655	78		93	122			184	178
9	Duncan Will	M10	918	459			259					200
10	Noah Griffin	M10	618	309	66			64	83			96
11	Alex Lang	M10	384	192								192
12	Patrick Lang	M10	330	165								165
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Thomas Nash	M12	1841	1227	512			715				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Alexander Chepelin	M14	15016	11376	2202	2000	1932	2442			2800	
2	Rob Wilkinson	M14	7529	5704			1221	*0	0	1600	1600	1283
3	James Stewart	M14	3399	2575					1600		975	
4	Jonathan Blagden	M14	1864	1412			1412					
5	Daniel Reeve	M14	1056	800	800							
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Jack Gomersall	M16	13149	10604	2089	2132		1486			2635	2262
2	Calum McLeod	M16	11367	9167	2336	2302		2082				2447
3	Aiden Blagden	M16	2308	1861	746		1115					
4	Jonathan Blagden	M16	1545	1246	1246							
5	Sam Povey	M16	547	441								441
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Marnoch Hamilton-Jones	M18	20098	17326	4000	3540	*2105	2981			3521	3284
2	Tim Gomersall	M18	14217	12256	2800	2660		2800			3996	
3	Ross Hendry	M18	1724	1486							1486	
4	James Gray	M18	464	400								400
Se												
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Duncan Grassie	M21	11733	11733	0	4000	688		3045		4000	
2	Ali Robertson	M21	11177	11177	2000		2196	3377			3604	
3	Mark Stockton	M21	7509	7509	1918			1771			1426	2394
4	Andy Brooks	M21	5755	5755	3274							2481
5	Ed Stronach	M21	3024	3024				3024				
6	Sean O' Sullivan	M21	2875	2875	2875							
7	Gordon Urquhart	M21	2066	2066							2066	
8	Lionel Evans	M21	1600	1600				1600				

9	David Esson	M21	1237	1237		1237						
10	Antoine Delafargue	M21	0	0								0
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Adrian Will	M35	10072	10072	1949	2165		1945		2252	1761	
2	Mike Winn	M35	3031	3031				3031				
3	Matthew Parkes	M35	1552	1552				1552				
4	David Lees	M35	1047	1047	1047							

Vet

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Tim Griffin	M40	12000	12000				4000	4000			4000
2	Iain Barraclough	M40	10698	10698	*1563	2479	1719	2184			2249	2067
3	Gareth Yardley	M40	10389	10389	1945	2175	1761		1936		2572	
4	David Kirk	M40	8462	8462	1447	2829		1876				2310
5	Gary Morrison	M40	5398	5398	2947							2451
6	Allan Rae	M40	5087	5087				1722	1769		1596	
7	Gary Hughes	M40	4117	4117	1200			2917				
8	Brian Povey	M40	849	849	849							0

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Doug Guy	M45	17782	16935	3753	3699		3980			3503	2000
2	Kevin Reynard	M45	13363	12727	3062		2175	1757		2720	3013	
3	Evgueni Chepelin	M45	13054	12432	3791	3921	2800					1920
4	Sam Gomersall	M45	12234	11651	2551	2365	*1862	2269			2433	2033
5	Rod McGovern	M45	7791	7420		1846		1787			2183	1604
6	Pete Lawrence	M45	5025	4786		2638	2148					0
7	Tim Nash	M45	3770	3590				3590				
8	Dennis McDonald	M45	2414	2299							2299	
9	John Reeve	M45	1991	1896	1896							
10	Stuart Anderson	M45	1335	1271				1271				
11	Gavin Hunter	M45	1195	1138	1138							

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Bob Daly	M50	18644	16212	2462	3234		3216	3401			3899
2	John Wilkinson	M50	14766	12840			*1567	1849	2800	2800	2626	2765
3	Ian Hamilton	M50	12468	10842	2443		2035	3121				3243
4	Donald Grassie	M50	12045	10474	1813		1359			2396	2723	2183
5	Richard Oxlade	M50	11192	9732	2602	2800					2000	2330
6	Iain McLeod	M50	11187	9728	2689	2480		2425				2134
7	Kenneth Neil	M50	7958	6920				2000	2000		1435	1485
8	Rob Ferguson?	M50?	2591	2253		1341	912					
9	Andy Sentence	M50	1937	1684							1684	
10	Gordon Hendry	M50	1348	1172							1172	

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Rob Hickling	M55	17703	14162		3475		3349	3601		3737	
2	Dave Armitage	M55	12173	9738					3293		3123	3322
3	Paul Duley	M55	10670	8536		2516		2314			2666	1040
4	Alan MacGregor	M55	236	189				189				

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Chris Aust	M60	8670	6193	1305	1581				1885	1422	
2	George Esson	M60	3681	2629	1120			1509				
3	Ewen Rennie	M60	2537	1812							978	834

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Neil McLean	M65	9950	6219		2270		2223			1726	
2	Erik Van der Kam	M65	3770	2356		1140		1216				

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Angus Aitken	M80	10380	5190	880		914	1111	1264		*620	1021

Jun

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Laura Barraclough	W10	3934	1967	365	*0	800	253			261	288
2	Morven & Kirsty Farquarson	W10	1356	678	92		105	117		200		164
3	Josie Gomersall	W10	1346	673	73	200	200				200	0
4	Erin Guy	W10	710	355	199			156				
5	Maya Reynard	W10	666	333	202			131				
6	Naomi Lang	W10	594	297								297
7	Hannah Will	W10	460	230					103			127
8	Bethany Littlejohn	W10	382	191								191
9	Maya Chillingworth	W10	270	135	135							
10	Family Craig	W10	196	98	98							

Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Kate Wilkinson	W12	3360	2240			*0	499	0	800	397	544
2	Elizabeth Bromby	W12	282	188						188		
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Emily Hughes	W14	731	554				554				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Katrina McLeod	W16	5828	4700		1597		1682				1421
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Kate Robertson	W21	7281	7281	1600		1600	1796			2285	
2	Seonag Robertson	W21	2647	2647	1259			1388				
3	Helen Cromie	W21	1593	1593							1593	
4	Sarah O'Sullivan	W21	829	829	829							
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Victoria Morrison	W35	1550	1550	815			735				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Helen Rowlands	W40	8422	8422	*1242	*1226	1575		1707	1827	1688	1625
2	Laura Frisch	W40	7356	7356	1246		*982	1595		2000	1367	1148
3	Zoe Griffin	W40	6602	6602	1810				2113	2679		
4	Marlis Barraclough	W40	2883	2883	736			800			547	800
5	Debbie Steele	W40	1373	1373				1373				
6	Marianne Lang	W40	1242	1242								1242
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Lesley Gomersall	W45	10337	9845	1960	1984	*1339	1829			1986	2086
2	Rachel Scott	W45	8776	8358		1800	1429	1980			1472	1677
3	Carolyn Mcleod	W45	7913	7536		2813		1923				2800
4	Fran Wilkinson	W45	3814	3632			0	480	1256	855	1041	0
5	Rebecca Nash	W45	1780	1695				1695				
6	Helen Anderson	W45	1318	1255				1255				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Anne Hoy	W50	6788	5903	914	1600	951	1155		1283	*0	*0
2	Sonia Armitage	W50	2662	2315							1045	1270
3	Alison Lovie	W50	1811	1575				1575				
4	Lesley Bromby	W50	965	839						839		0
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Oonagh Grassie	W55	8474	6779	1230	1328		1564		1057	*800	1600
2	Anne Hickling	W55	7240	5792	1065	1087	965	1423				1252
3	Jayne McGregor	W55	5851	4681	1055		1024	1069			481	1052
4	Foss Foster	W55	3705	2964		1487		1477				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Genevieve Jones	W60	7008	5006	989	1319	860	1178				660
2	Margaret Aust	W60	3263	2331	1001	0				935	395	
3	Lindsey Esson	W60	2738	1956	616		589	0				751
4	Sheena & Lynne Farquhar?	W60	1218	870	328			542				0
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8
1	Helen Greenwood	W70	1399	777				777				

The weighted column refers to a sort of handicapping system devised to try and compare everyone's performance regardless of age within the general categories of Junior (10-20), Senior (21-35) and Veteran (45-80+). The website carries a full listing ranked by the weighted totals if you want to see how you measure up to the rest in your category.

(Sorry the type is so small but there's so many of you these days it's the only way to fit you all in. It was either this or a cut down version in bigger type showing the top 5 in each class followed by a blank page with a dig from me about how it was left intentionally blank as so few folk had sent me anything to put in what's supposed to be the club newsletter not Rachel's personal blog. There! I've managed to get the dig in anyway so PLEASE, PLEASE, PLEASE send me something – anything! – for the next issue and don't make me rant again! Ed.)

WELCOME !

A very warm welcome to new members:
Antoine Delafargue
Iain Tomlins

Also “Farewell!” to Marnoch Hamilton-Jones who headed off recently for a gap year travelling through the Americas via Iceland (cheaper fares if you stop off apparently) – all sounds fantastic and we’re jealous! And “Farewell-ish!” to Tim Gomersall who now lives in Dundee most of the time studying medicine but still well within striking distance of the local orienteering events. Shrewd move!

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@g.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.

I’ve had a few emails bounce recently from those of you with Tiscali addresses, particularly emails with attachments. Not much I can do about this I’m afraid so keep your eye on the website for news if you think you haven’t received anything by email recently.

Rachel

We took £52 at Forvie in donations for carparking which went towards the Collieston Pier Fund as requested by Andy Harper, the farmer whose field we used. Any other ideas of how GRAMP can help local communities? Not only does it mean we give something back to the areas we use but it’s also great publicity for the club.

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

NOVEMBER

6th Sat MOR Sat League Lossie Forest GR NJ257671

2.1km TD 2/3 Yellow course plus a 4.1km TD 3/4 Sprint course

EOD, reg: 10:15, starts 10:30 – 11:30.

Organiser: George Paterson 01343 811271 www.moravianorienteering.org/

7th Sun MAROC Coull GR NO511015

(JD)²C and GRAMP CHAMPS EVENT www.marocscotland.org.uk

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

13th – 14th GRAMPIAN MOUNTAIN CHALLENGE Invercauld

Long O (like 30km!) See www.gmc.grampoc.com

21st Sun ESOC Scottish Score Champs Penicuik GR NT215595

Score courses are where you find as many controls as possible in any order but within a time limit – and if you're late back you lose points.

Different time limits for different age groups for Chaps plus Yellow/White/String Limited EOD, online entry via Fabian4 by 14/11/10

Organiser: Janet Clark 0131 225 7771 www.esoc.org.uk

28th Sun GRAMP Tyrebagger GR NJ847110

(JD)²C and GRAMP CHAMPS EVENT

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

Planner: Allan Rae Organiser: Adrian Will

DECEMBER

1st Wed GRAMP DNC - Raemoir East GR NJ687003

See page 7 for Deeside Night Cup info in full

NB Night O every Wed until 15th Dec then restarts 5th Jan to 23rd Feb. See page 7.

18th Sat MOR Sat League RAF Lossiemouth GR NJ223698

Organiser: Rupert Hornby 01343 810533 www.moravianorienteering.org

26th Sun MAROC Pudding Shaker at Dess GR NO572003

No details yet but usually mid-morning start www.marocscotland.org.uk

JANUARY

2nd Sun GRAMP Tollo Hill Hogmany Hangover Handicap GR NJ923022

11am mass start – novelty event followed by social at the Reynards.

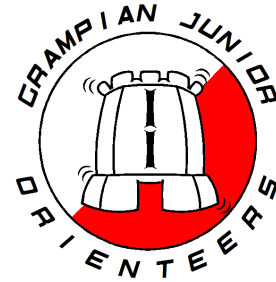
(Thanks Reynards!)

GRAMP JUNIOR NEWS issue 11

DON'T FORGET TO VISIT THE GJOs HOMEPAGE:

www.grampoc.com

Then click on the Gramp Juniors logo (the bouncy castle one)



(ALMOST) FINAL (JD)²C RANKINGS AFTER CAMBUS O'MAY :

With only one event to go in the Jon Duncan Junior Deeside Cup, are you in contention for a top prize? Your last chance to boost your points tally is on Sunday 7th November at Coull. Some contenders for top 3... (full standings are on the website)

- **M8: Struan Kirk** - currently lying 4th with only 4 out of a possible 5 qualifying runs
- **M10: Lachlan Kirk** – currently 3rd
- **M14: Sasha Chepelin** – currently leading by a massive 588 points!
- **M16: Jack Gomersall** – currently leading
- **M16: Calum McLeod** - currently 3rd with only 4 out of 5 possible qualifying runs
- **W8: It's currently a GRAMP 1, 2, 3:** Morven Farquharson, Kirsty Farquharson, Maya Reynard
- **W10: Currently a GRAMP 1, 2:** Laura Barraclough and Naomi Lang, with Josie Gomersall not far behind in 4th
- **W12: Kate Wilkinson** – Currently lying 4th
- **W16: Katrina McLeod** – Currently lying 4th

The prize giving will be at Tyrebagger on November 28th.

TINTO TWIN SUCCESS FOR THE LADS!

The Tinto Twin is a two part event involving a night O and a day O course the day after. This year it was held at Inshriach 30th/31st October with a very Halloween-ish flavour and also saw the Great TT Cake War as ScotJOS and Banchory Schools competed to sell their cakes the fastest. They shouted and waved cakes at everyone passing but didn't quite resort to lying down in front of cars to stop them leaving without buying some!

Well done to **Sasha** who won M14, **Calum** 2nd on M16 and **Tim** who won M18 despite having to run "softly" to stop his headtorch from going out all the time. Ask him to give you a demonstration of running softly next time you see him!

There was also an informal competition between the Northeast clubs at the TT day event in which GRAMP came last I'm afraid but then we did have only 8 runners so next year invite your friends to come orienteering and we'll aim for a much bigger team.

1st INVOC 488, 2nd MAROC 467, 3rd MORAVIAN 441, 4th GRAMP 376

SURFING FUN

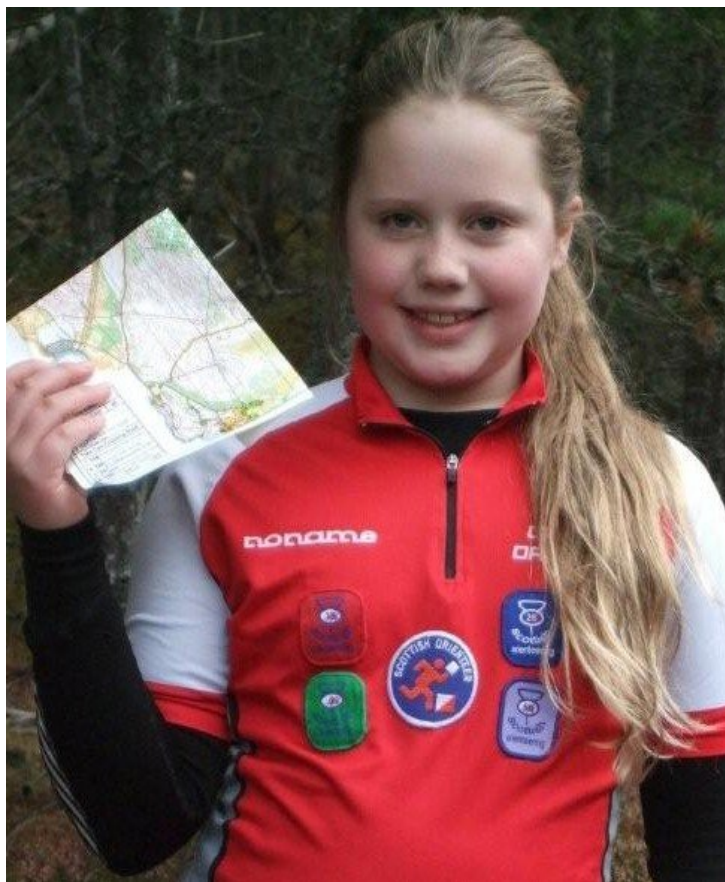
Bored during the long winter nights?

Our webmaster extraordinaire (Rachel) has scoured the internet for some sites that might keep you amused, including a game of 'circle the cat' which is highly addictive and a game called 'Samarost' where you need to watch carefully for clues, keep moving your mouse over the pictures until you see a hand cursor and then click on things in the right order to help the wee mannie solve the problems to save his planet from a collision with a spacecraft. Or you can also amuse yourselves with the rather unusual answers to some real life exam questions.

All this and more can be found on the Gramp Junior Homepage. Of course, if you know of any good videos, games or sites on the web let me know and we'll share it with the other GJOs.

A WEE TIP (from Club Coach, Ali R)...

"Christmas is just around the corner and it doesn't just mean presents and turkey – oh no, it also means the end of the year is coming, bringing with it the start of 2011. For some of you that means moving up to a new age class. You can get a sneak preview of what sort of courses to expect from your new age class by checking out Routegadget from many of this year's events"



SOA PARTICIPATION AWARDS

Congratulations to **Josie** who has successfully completed 50 orienteering courses and was awarded with her badge at the recent SOL at Inshriach. **Keith Yardley** was given a yellow SOA colour coded award and a badge for 25 courses completed – well done ☺

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

Me - Kate Robertson

Email me - kepenny@googlemail.com

Call me - 01569 760469

Text me – 07795 273739

Or - find me in a forest somewhere!!