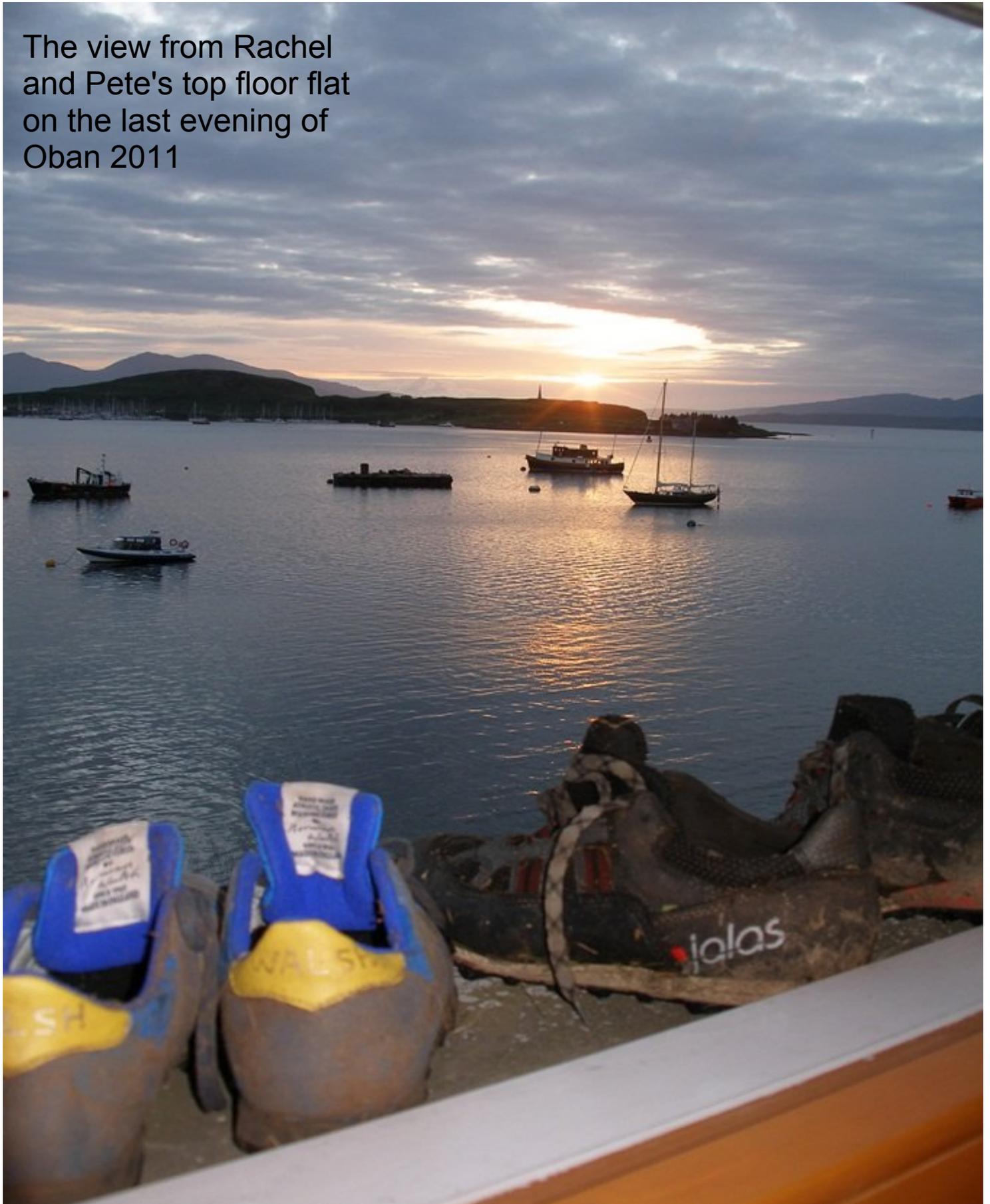


**GRAMPIAN  
ORIENTEERS**

# TELEGRAM

Sep  
Oct  
2011  
Issue 175

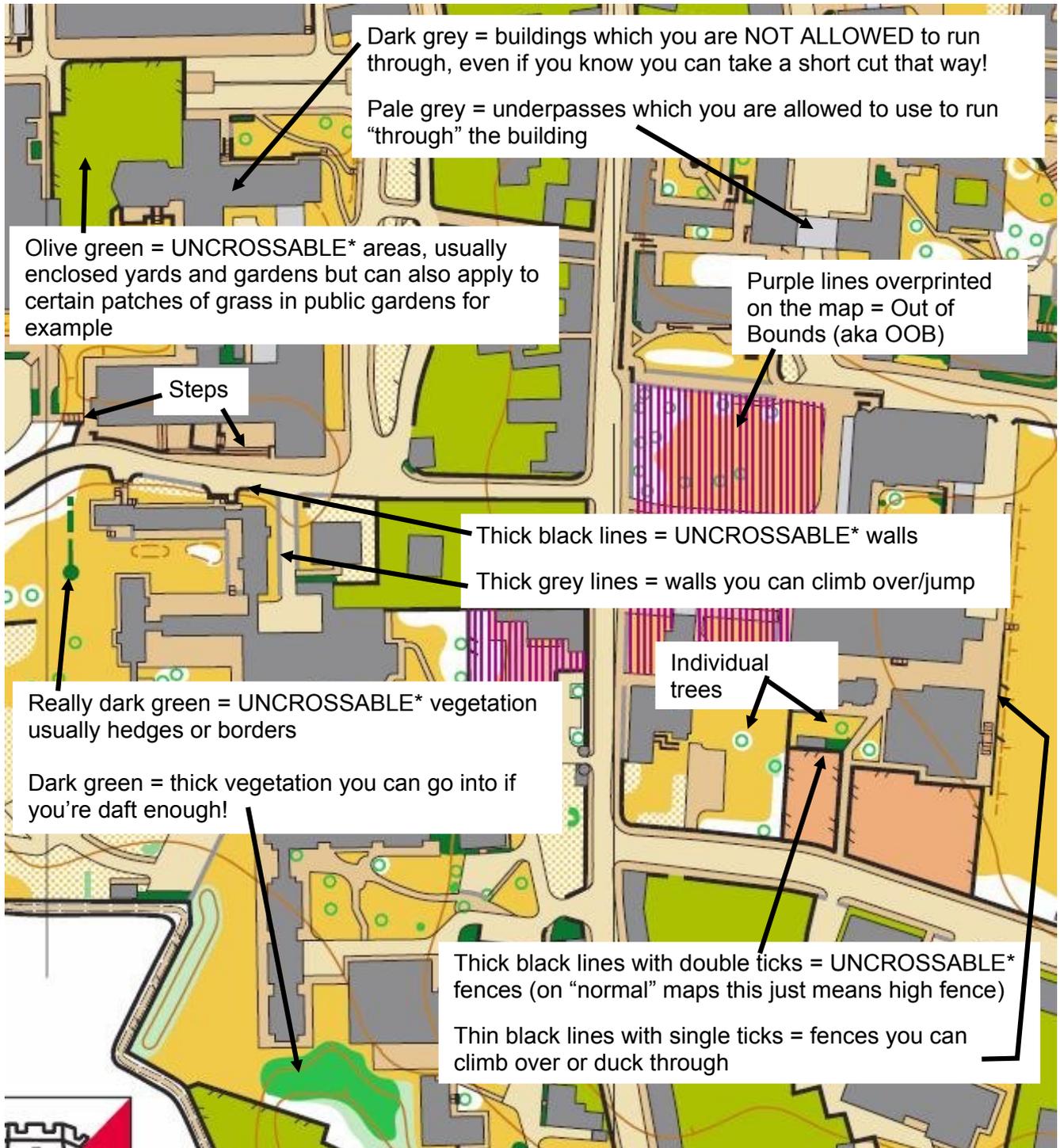
The view from Rachel  
and Pete's top floor flat  
on the last evening of  
Oban 2011



## GRAMP AUTUMN URBAN SPRINT SERIES STARTS WED 7TH SEPT

### SPRINT MAPS vs “NORMAL” MAPS

Here are a few important things you should know about the colours and symbols on Sprint maps compared to those found on “normal” maps.....



\*In all cases, **UNCROSSABLE** means **NOT ALLOWED** because we don't have permission to do so from the owners, not because we think you're too wimpy to manage it physically!

## Sprint O Control Descriptions

As promised, here's a quick bit on some common Sprint O control symbols you may not have come across before:

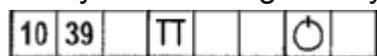
	Building		Steps		Open Ground
	Thicket		Tree		Canopy or building 'pass through'
	Linear Thicket (usually a hedge)		Monument		Tunnel

Fence and Wall are just the same as normal.

Tip:- remember to check which side of the feature the control is by checking the last but one column as it can help you plan your approach saving vital seconds (or if nothing else that DOH! feeling when you realise you've been caught out!)

For example, is it the inside or outside corner of a wall? Also make sure the feature's shown as crossable on the map before hopping over anything. See opposite for an explanation of how uncrossable fences/walls are shown on the map.

Some of these symbols are quite intuitive and others take a bit more remembering or thinking about. Sometimes you'll need to keep up with some imaginative mapping and planning to realise what it is you're looking for. My favourite to date is this control from RAF Lossie:



The northern edge of a canopy or 'pass through' (one of those mini-tunnels that take you through a building) turned out to be underneath the northern most wing tip of a Tornado.

### GRAMP Autumn Urban Sprint Series

Sep 7 Hazlehead & Craigiebuckler  
 Sep 14 Duthie Park & Ferryhill  
 Sep 21 Balgownie  
 Sep 28 Aberdeen University  
 Oct 5 Seaton & Hillhead

NB Not all these areas are mapped to ISSOM (Sprint) standard but we'll endeavour to make them as 'tricksy' as possible with plenty of controls and route choice to keep your brain working all the way.

Don't be put off by the Sprint tag. This O discipline is just as much about swift and accurate interpretation of the map and control symbols to make a route choice and then sticking to it and executing it accurately in very complex surroundings. Fast running won't necessarily be an advantage if it's of the headless chicken variety!

£3 Seniors, £1 Juniors/Students, starts at 18:00

Check website or Fixtures List for locations

## CHAIRMAN'S CHAT – SEPTEMBER 2011

I'm going to lead my bit this month with the great news that Scotland is to host the 2015 World Orienteering Championships: what's that got to do with GRAMP, though? OK, it's going to be around Inverness, only two hours away, but most clubs members rarely travel outside Aberdeenshire to compete, never mind aspire to international competition and, anyway, it's four years away. What difference is it going to make to us? Maybe nothing obvious for some club members but, believe me, it's going to have a really big influence on our sport.

The last World Championships in 1999 was a big deal for British Orienteering but even that was nowhere near the opportunity 2015 will bring. I predict that by 2015, live transmissions of Orienteering will not be the luxury of the Scandies. GPS tracking on big screens (debuted in Scotland for the first time at the Six Days in Oban) will be routine and the whole razzmatazz of a mainstream sporting occasion will be our benchmark. This is going to take a whole load of effort with many people within the sport challenging themselves in many different ways as part of the contribution that will be required to deliver a sporting, marketing and financial success.

Most directly for us, being the Lead Club (along with Moravian) for the 2013 Scottish 6 Days, we are probably going to be the test bed for 2015, both technically but also in sporting terms as I envisage that many potential 2015 competitors will be inking the Scottish 6 Days into their training diaries even now. This may also bring in other, extra competitors keen to get a feel for what Scottish Orienteering is all about. So, getting 2013 right is going to be even more important for us than usual and that means starting early and getting as many club members as possible enthusiastically contributing to the preparations. George Esson, with a little (!) help from Anne Hickling, has already appointed a good number of the officials but there's still a variety of ways that we can all help to make it a really special event for the anticipated 4,000 competitors.

I can see many other opportunities in the coming years to raise the profile of our sport in the north of Scotland with the limitations being our own rather than anything external, so without gushing too much, I urge everyone to bring their skills to the fore and help develop the club and sport in addition to having a great time out there actually running with a map in hand!

No chance to rave about the last S6D or the Summer Series or promote the new Urban Sprint Series or look forward to the Glen Dye Scottish Orienteering League event, there's a whole lot going on and that's thanks to all of you making it happen. Long may it continue.

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 GRAMP website. Ta. Rachel

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

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

The advantages of .pdf are full colour version, you get it a few days earlier and you'll be helping the planet and club funds by saving on paper and postage.

The disadvantages? You can't read it in the bath while having a long, hot post-O soak!

**WEBSITE UPDATE**

Thanks to all those who filled in my questionnaire about website usage – armed with that info I'm going to swap us over to a different style of website (sometime in mid-October following the Veteran Home Internationals which GRAMP is helping to organise) designed to keep you happy and free up some of my time by making it easier for others to post things like results and event info direct.

Hopefully it will all go smoothly but the website may be down for 24 hours or so. If you try to access it and it's not there, don't send me an email - I will know all about it and be tearing my hair out too much to answer!

Rachel

**OBAN 2011** A look back at this year's S6D from a wide variety of perspectives.....

**Ali Robertson**

BEST - Earning 3rd place on Day 6 after a really hard / clean run

WORST - Only making 1 1/2 mins of mistakes on Day 5 and still being 14 mins down

MOST PAINFUL - My aching back most mornings before I got running and loosened it off

TASTIEST - Mackie's Toffee Apple ice cream in Oban, or Adrian's risotto meal at our cottage (*This point is being hotly contested by Adrian. Ed.*)

SADDEST - It was my last 6 Days as an M21

MOST INTRIGUING - the Rhunacairn Cottage run in champs

HARDEST - Getting my legs moving on Day 4 in rough terrain

MOST ANNOYING - The ignorant motorists who whizzed past me ignoring my attempts to slow them down on Day 2

MOST PLEASING - Seeing Kate's name in 1st position on Day 1 when I finished my run

PROUDEST - Seeing Oliver's name on the String Course start list before the event

MOST EMBARRASSING - Asking Katrina where I was on Day 2

MOST MEMORABLE - Enjoying the view back to our cottage from the Day 6 start as I cooled down before my run

**An Anonymous(-ish) Controller's Week**

**Saturday**

4,000 maps & Control descriptions to check - controllers' lives are really interesting on Day 0

**Sunday**

Take it nice and easy - nothing stupid - admire the scenery and look forward to the fish and chips at night - maybe I slightly overdid the "take it easy" bit...

**Monday**

Wakie wakie controls - long walk to the start up hill - too knackered to run

**Tuesday**

Body beginning to get used to this - bit faster - and saved a bit for a sprint finish - at least twelve people said it was the fastest they'd seen me move all year - maybe I over did it

**Wednesday**

In the forest (and marsh) on my own, checking controls in the sun - just bliss

**Thursday**

Long walk to start in the rain - then up down - finally chilli, cheese & nachos & ice cream in the rain - what a combo

**Friday**

Panic panic panic the night before + BTJ (big traffic jam), then feet up and laugh at the portaloos man with the sinking feeling (N.B. he also drove his car off the road the night before - someone should check his licence)

**Saturday**

up up up up up up up flat flat whoooooooooosh finish - best run all week - and the ultimate compliment... told by my housemates that they didn't expect me back so soon

Great week - but Moray 2013 will be even better...

### Fran Wilkinson

I guess John probably deserves a mention finishing the day 2 run with a gash in his leg that subsequently needed stitching (think it happened on the way to the 8th control - Honestly - some people will do anything to get out of road marshalling duty...!). Kate had a great run on the last day coming in in 9th place to bring her score up into the Bronze Standard for W14A. Rob did well to complete all his courses as he'd never run Blues before.

Highlight for me was the view and atmosphere from around the start on Day 6. Lazing around on the top of that hill in the sun before running. Could have stayed there all day (although it's just as well we didn't as it started to rain later!). And we were all very pleased that it was a pretty 'midge free' week.

### Paul Duley

FUNNIEST: Day 6, last but one control then a stile. Spotted Ian McLeod in front of me and then Calum McL sprinted past and got to the stile just behind a competitive-looking SYO woman orienteer. Calum, eager to press on, was a bit quick to try to climb the stile and we were treated to some agricultural Yorkshire language as the SYO lady removed Calum's studs from her fingers. I am glad to say it did not seem to slow him down any in the run-in (and lost me time as I was still laughing).

	Sam Griffin	Noah Griffin	Zoe Griffin	Tim Griffin
BEST:	coming in at the finish	seeing what the string course pictures were each day and getting prizes at the end	Cycling on Lismore and having a cuppa on Ian's boat in the glorious sunshine on the rest day	2 decent runs to finish the week
WORST:	getting lost	rainy day	making a 90 degree error on Creag Mhic which otherwise would have been a good run.	making big errors on Creag Mhic which should have been the most enjoyable day
MOST PAINFUL:			the walk to the start on Day 6 when my body was already complaining after 5 days of O.	collecting controls with a sore back
TASTIEST:	doughnuts	ice lollies	ice lollies from the local caterer on Day 3	meal out at the blue oyster
SADDEST:	leaving cousins dog behind after being on holiday with it the week before			
HARDEST:	power line day on M10B (day 4)			
MOST ANNOYING:	staying 1st all day until the last minute when someone beat me by 27s	no string course on the rest day	bad traffic management for the events especially leaving them	the man who couldn't read the courses close notice on our day

MOST PLEASING:	when Arild (friend from Norway on M45L) won	getting sweeties on the string course	Having friends round after Day 6 to eat up all the left overs and drink up all the wine	driving out the field at the end of Gramp's day
PROUDEST:	getting my gold badge	showing granny round the string course	Sam, after having tears on the start line, getting round on his own	Sam managing courses on his own
MOST EMBARRASSING:				getting a (sports) massage in sight of the walk to the start on day 3

### George Esson

SADDEST: Lindsay Jack not being there Day 6 with his nice meaty chilli and glorious ice cream  
(*Don't fret - he'll be at the Scottish Champs next year we think. Ed.*)

### Audrey Wilson-Hay

Oban 2011 lived up to expectations – great courses on varied areas, amazing organisation and a wonderful atmosphere in the assembly area, (and of course, Wilf's food though now called Scott's).

If you've never been to a 6 day event you've missed out on an excellent o-holiday experience. My first 6 day was 1991, so I had to participate in 2011 and collect my 10<sup>th</sup> slate coaster. Roz rediscovered her enthusiasm for the sport and we introduced Will to the challenges of long orange – and he's interested in going to more o events.

Big respect to all those who made Oban 2011 possible! We stayed on in the area for another week and everyone local we talked to about the event was very impressed by their take on the whole experience! Amazing!

### Jayne MacGregor

WORST EXPERIENCE: the wo(man)-eating bogs of Shenaville (*christened Shenevil by some. Ed*)

MOST ANNOYING: Thought having a punching start on Day 2 would be a good thing. But instead of having the usual 20 minute wait to 'get in the zone', I breezed straight through the magnificent start lanes only to spend 25 minutes finding the first control (only 100m from the strat triangle!!)

MOST TOUCHING: the way Alasdair Farquharson kept me 'topped up with tea' during the Day 2 String Course competition

STUPIDEST: Getting to the start on Day 6 (2.2km & 200m climb) with nearly an hour to spare, then nearly missing my start time (too much time spent looking at the fabulous view and chewing the fat with other GRAMPs)

BEST: seeing the Day 2 assembly area coming to life after all the hard work of the previous 12 hours

PROUDEST: the way the Scottish Orienteering Community always pull together to put on such a fabulous event (the comments on the SOA website almost bring a tear to the eye)

BRAVEST(?): Challenging members of BAOC (British Army) who were using the Helpers Toilet on Day 2

## Richard Oxlade

**BEST VIEWS WHILE RUNNING** - Days 1 & 6. Day 5 probably had some nice views but I was watching my feet all the time. Should have done the same on Day 6 (see most painful moment).

**MOST COMPETITIVE MOMENT** - playing Rob at table tennis while Anne (x2), Jayne & Chantelle were learning about mens' underwear habits at the 6 Days quiz

**MOST IMPRESSIVE PERSONAL INJURY** - slashing my shins on barbed wire on Day 2. Thanks to First Aid for the bandage.

**BEST MEAL** - fish & chips in the Day 2 field. Thanks to Jayne for this.

**WORST START TIME** – 10.01 on Day 5. (*Mine = 14:00 on Day 6 & feeling like I should be turning out the lights on my way round. Ed.*)

**SCARIEST MOMENT** – watching half a dozen 6' M21(ish) runners thundering past the little (W8?) girl on the road run-in on Day 2! I'm amazed she was still standing.

**MOST CONFUSED MOMENT** – where's the Gramp tent?

**FUNNIEST MOMENT** – finding out that the 6 Days Coordinator had nicked the Gramp tent.

**STUPIDEST MISTAKE** – parallel error at Craig Mhic on Day 3. Therefore also the most annoying, frustrating etc. If only... Note to self: go and practice using a compass.

**MOST PAINFUL MOMENT** – falling flat on my face & cracking a rib towards the end of Day 6. And every time I've sneezed since then.

**MOST UNPLEASANT MOMENT** – sinking up to my ankles in the mire by the rubbish dump on Day 5.

**MOST KNACKERING 5 MINUTES OF THE WEEK** – crossing the untracked tussocks in the waist high bog myrtle infested marsh near the start of Day 5.

**WORST RUN** – Day 5. Goes without saying really – only had to see the toilet lorry stuck in the field to know it wouldn't be a great day!

**BEST SUNLIT FOREST** – Craig Mhic. The only forest that I ran in. What a great area.

**BEST RUN** – Day 1 (2<sup>nd</sup>). Probably because it was technically quite easy. It went downhill from there.

**BEST START LOCATION** – Day 6. Great views. And the weather was nice.



Hey, hey! We're the Munchies! (Photo: Sheena)

### Sheena Farquhar

At the beginning of the week I had been speaking to the Red Cross about their work and had asked out of curiosity / nosiness (am a Nurse in real life) if they had a Heart Defibrillator with them - and they did - I was quite impressed with their service.

The Image that sticks in my mind from the 6 Day event is that of a chap stopping on the LONG STEEP CLIMB up to the start on Day 6 to take a few desperate puffs of his inhaler !! - and that was well before the start of his course!!

I thought the Red Cross might have been in demand that day and their Heart Start Machine!!

I really enjoyed the the OBAN 6 DAY EXPERIENCE. Personally I was just so glad to complete the course each day without the need for resuscitation and was not the lady who had 6 TICS removed from her midriff on Day 1.

### Kevin Reynard

Chloe getting so competitive and doing so well

Maya going out on her own - 3 days in a row

Jackie going out on her own - 2 days in a row

Maya hitting meltdown on day 4.....

My own feet not getting mashed bashed or blistered - at all

Best excuse for the late start lane on day 2 - "Your toilets ran out of loo roll" and it was all my fault, apparently, pointed out in a threatening fashion

Wondering why they bothered with the big screen on Day 3?

Coffees at the place that wasn't Wilfs were excellent

Traffic nonsense leaving day 4

The young ladies who did so well to get the tent up on the string course, despite the nay-sayers who thought it was not possible

And what a pain finding a place to stay for 2013 is turning out to be!! It might be easier to buy a place in Findhorn.....

### Neil McLean

Since coming home from Oban 2011 I have been trying hard to separate my own negative feelings about the event and think about the general atmosphere and qualities of the areas etc. I went to the event with low expectations for my own performances as I was very unfit and recovering from a hamstring injury, but I was determined to enjoy the quality technical areas even if I was walking most of them. Perhaps my negative feelings were picked up by others, as I seemed to hear moans after moans by other participants. The general view being that the event didn't run as smoothly as previous events. This was a moan I heard often from folks who had been to many previous 6- Days.

Although in the past I have really enjoyed 2 of the areas, this year I seemed to be finding all the tussock grass, bogs, virgin bracken and all the other ground conditions which render movement difficult. Perhaps if I had been fitter they would have been less of a problem. Some of the areas have been spoiled with ruts created by cattle grazing and the wet summer hadn't helped much either.

On a positive note to end. I liked the little fold out programme and the Tuesday evening ceilidh was very good. Will I go to another 6- Days --- of course I will.

*S6D video RD 2005 – Jayne discovered a copy of a quick news item on Grampian TV for S6D 2005 filmed at Scolty. We have it digitally but it's a bit of a monster to post on the website so if anyone wants a giggle at Doug getting very serious about ticks then let me know and we'll get the CD to you. Ed.*

# Congratulations!!

Elizabeth Bromby and other GRAMP and MAROC juniors raised nearly £65 for the “Pyramid of Knowledge” school in suburban Luanda (Angola) during the recent Six Day event near Oban. The “fluffy tiger” prize, for the youngest person to guess the correct name of “Tigress” was collected by Ben Cairns of LOV . Shannon of MAROC received the “fluffy dog”, as the youngest person to correctly guess its 3 year age. Both winners are 5 years old. Thank you to Josie, Erin, Shannon and Megan for all your help in raising this money and to those who participated and knocked down the tins with the tennis ball. At the 2009 Six Day event, the same team raised over £30 for the Royal Marsden Cancer Hospital.



Sam and Lesley Gomersall will be celebrating their Silva Wedding Anniversary this month!

# Welcome!!

A very warm welcome to new member..... Norman Liley (ex-TVOC)

*(And don't worry – you won't be subjected to the treatment above until I've known you for at least ten years! Ed.)*

# FUTURE FIXTURES

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

## SEPT

### 7th Wed Autumn UrbanSprint - Hazlehead & Craigiebuckler

Park in carpark by Pets Corner

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

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

### 14th Wed Autumn UrbanSprint - Duthie Park and Ferryhill Park by boating pond

### 17th Sat MOR Findhorn GR NJ043647

Registration from 1015 to 1115. Starts from 1030 to 1130. Courses close 1230.  
Long Course TD4 approx 3.5 Km. Short Course TD 2 approx 2 Km. £4/£3  
[moravianorienteering.org](http://moravianorienteering.org)

### 18th Sun INVOC Anagach GR NJ040275

Registration 10:30-12:30. Starts from 11:00 to 13:00. White to Brown

### 21st Wed Autumn UrbanSprint - Balgownie Park at east end of Laurel Drive TBC

### 25th Sun Glen Dye SOL 6

Pre-entry via [OEntries.com](http://OEntries.com) – limited EOD with £1 surcharge  
Fuller than full range of colour coded – enter course designated for your age class if you want to be competitive in Scottish Orienteering League, details on [www.grampoc.com](http://www.grampoc.com)  
£11 Senior (£13 Non BOF) £5 Junior/Student/Senior on any course up to Light Green TD4

### 28th Wed Autumn UrbanSprint - Aberdeen University

Parking TBC

## OCT

### 2nd Sun MOR Quarrel Wood GR NJ185635

Level C – White to Brown [www.moravianorienteering.org](http://www.moravianorienteering.org)

### 5th Wed Autumn UrbanSprint - Seaton & Hillhead

Parking in public carpark inside Seaton Park

### 8th Sat MAROC Birsemore VHI Individuals. Chance for us to run after?

### 9th Sun Coull VHI Individuals. Helpers needed – contact Paul Duley

### 23<sup>rd</sup> Sun ESOC Barry Buddon SOL 7 [esoc.org.uk](http://esoc.org.uk)

### 29th Sat MOR Hopeman

Registration from 1015 to 1115. Starts from 1030 to 1130. Courses close 1230.  
Long 4km and Short 2km – “nothing too difficult and fast running”  
£4/£3 [moravianorienteering.org](http://moravianorienteering.org)

### 30th Sun MAROC Inver, nr Ballater NB Date might be 11<sup>th</sup> Nov???

(JD)<sup>2</sup>C and GRAMP CHAMPS EVENT

8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00  
[www.marocscotland.org.uk](http://www.marocscotland.org.uk) EOD



## Deeside Night Cup 2011/12

We shall be teaming up again with MAROC to put on a series of twelve Night O events making up the Deeside Night Cup or DNC as it's usually called. We'll give you fuller details nearer the time obviously but for now here's the list of dates and venues. Richard Oxlade is in charge of the GRAMP side of things this year and is looking for volunteers to run the GRAMP events – first come, first served so email him asap to bag your preferred area [richard.oxlade@btinternet.com](mailto:richard.oxlade@btinternet.com)

	Date	Area	GRAMP/ MAROC
<b>Training</b>	<b>9<sup>th</sup> Nov 2011</b>	<b>Dunnottar Woods</b>	<b>G (Rachel)</b>
<b>Training</b>	<b>16<sup>th</sup> Nov</b>	<b>Hazelhead</b>	<b>G</b>
Training	16 <sup>th</sup> Nov	Dess	M (Jon Musgrave)
1	23 <sup>rd</sup> Nov	Birsemore	M
<b>2</b>	<b>30<sup>th</sup> Nov</b>	<b>Foggieton</b>	<b>G</b>
3	7 <sup>th</sup> Dec	Glen Davan	M
<b>4</b>	<b>14<sup>th</sup> Dec</b>	<b>Balmedie</b>	<b>G</b>
5	4 <sup>th</sup> Jan 2012	Sluie	M
<b>6</b>	<b>11<sup>th</sup> Jan</b>	<b>Kirkhill South</b>	<b>G</b>
7	18 <sup>th</sup> Jan	Ballogie	M
<b>8</b>	<b>25<sup>th</sup> Jan</b>	<b>Raemoir</b>	<b>G</b>
9	1 <sup>st</sup> Feb	Shooting Green	M
<b>10</b>	<b>8<sup>th</sup> Feb</b>	<b>Forvie</b>	<b>G</b>
11	15 <sup>th</sup> Feb	Cambus	M
<b>12</b>	<b>22<sup>nd</sup> Feb</b>	<b>Scolty</b>	<b>G</b>

You'll see that both clubs will be running training events prior to the series proper to give nervous novices a chance to see what Night O is all about and pick up some tips on how to approach it - like "get a REALLY **BIG** torch!"

## BENNACHIE SEMI-PERMANENT COURSES

Just a reminder to club members that the courses set out at Bennachie represent an excellent training opportunity. The maps are available free at the visitor centre and currently there are 3 courses. These courses are due to be changed around on 15<sup>th</sup> September for the launching of these at an Open Day on 17<sup>th</sup> September. Instruction is given that morning so you could bring along friends who you would like to introduce to the sport. The coffee at the centre is good and the centre has plenty to offer for kids.

**Get along before the 15<sup>th</sup> and do the current courses then come back on or after 17<sup>th</sup> and do a different course.**

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## TICKS AND LYME DISEASE



No apologies for using shock tactics - this is an important, and growing, problem that you should all be aware of.

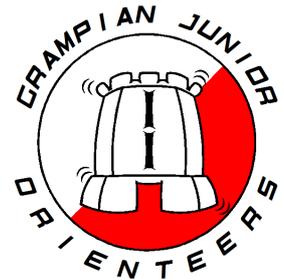
For some while we've known about tick-borne diseases, in particular Lyme disease, but have been fairly comfortable knowing that the West coast seemed to be far worse affected than the NE. Not so anymore it seems: 2 Gomersalls and a Kirk have recently had to consult their GP for a dose of anti-biotics following dodgy looking tick bites, probably acquired this side of the country.

Dave Kirk, who supplied the photo so that we know what to look for, says "I never saw the blighter, which I think I picked up at the Jamie Stevenson at Tentsmuir. I noticed the bullseye rash about four days later and went to the doctor the next day. After a two week course of anti-biotics I feel fine and am keeping my fingers crossed that nothing else comes of it."

**DON'T PANIC!** Not every tick bite will result in infection but better safe than sorry. Try to check yourself all over as soon as possible after orienteering or walking through undergrowth where deer tend to hang out.

Brush off any free range specimens and if you find one that's attached then prise it off either with a tick remover - O'Tom's are recommended by Ewen – or by trapping it between thumb and forefinger and gently pulling and twisting at the same time, taking care not to squeeze its innards out into you. Long finger nails and a delicate touch are good for doing this.

If the bite stays red or itchy for more than a few hours or starts to develop a rash or sometimes a bruised look, go to your GP straight away as Lyme disease is very nasty if allowed to develop.



## GRAMP JUNIOR NEWS issue 16

### Scottish 6 Days – Oban 2011

*Stuff happened.*

*Masses of people went orienteering for a whole week.*

*Oban was my first full 6 days – I went to days 1 and 2 of*

*Perth 2009 but only as entry on the day. I wanted to go to a full 6 days because of all the burger and sweet vans at the assembly/registration area!*

*I've got my orange standard badge so I entered class M12A which is supposed to be orange standard, but on Day 1 I took 63 minutes and on Day 2 I gave up after taking 35 minutes to not find control 4. The courses were much harder than I was used to. On Day 3 I changed class to M12B which is yellow standard. And what did I find, but a 1.7km course with smiley faces leading you round the whole thing and one easy control was even taped. I came second with a time of 15 minutes. The courses on the rest of the days were longer and better yellows and I came 3<sup>rd</sup> in the class overall. That's more like it!*

*Chloe Reynard in W14B also came 3<sup>rd</sup> overall and Erin Guy won the Yellow course on Day 6 – well done! The overall prizes were a really cool buff. Everyone who ran on the last day also got a slate coaster. Also there were certificates each day for the top three finishers in each class (downloadable if you didn't pick them up at the event), and special Oban 2011 cloth badges for gold silver and bronze standards on each course (if you could persuade your parents to give you £3). Lots of goodies! An extra bonus is that 6 events in one week really boosts your way towards your next participation award too (the badges for the number of events you've been to)!*

*Congratulations also to the MAROC juniors who finished on the podium: Alistair Chapman (1<sup>st</sup> M10A), Jennifer Ricketts (1<sup>st</sup> W14A), Grant McMurtrie (2<sup>nd</sup> M10B) – chased all the way by GRAMP's Sam Griffin who came 5<sup>th</sup> (and came 2<sup>nd</sup> on Day 2), Abigail Mason (2<sup>nd</sup> W12A), Jake Chapman (3<sup>rd</sup> M12A), Rhona McMillan (3<sup>rd</sup> W16A).*

*The funniest part of the 6 days was on Day 5 when the portaloo truck got bogged down in the assembly field and it took 2 tractors quite a long time to pull it out. Everyone was very relieved. A close second for entertainment value was at the GRAMP/MAROC BBQ when Tim Gomersall sat on a child's picnic bench and made the whole thing collapse on top of him!*

*What made the whole thing fun was that every day all the GRAMP people met up at the GRAMP tent and talked and laughed about their runs (I wasn't the only one who couldn't find some of the controls!). It meant I always had someone to talk to when my parents were still out. I can't wait till Moray 2013 ...*

*Keith Yardley*

*Gramp Junior Roving Reporter*

Noah, Sam and Maya helping advertise Moray 2013



Chloe in action  
3<sup>rd</sup> W14B overall



Kate on her way to W14A Bronze

# GRAMPIAN JUNIOR ORIENTEERS