

**GRAMPIAN
ORIENTEERS**

TELEGRAMP

May
Jun
2012
Issue 179



**Ian Hamilton in
action during the
Sprint Race in
Livingston at this
year's JK**

Reports on page 8

Photo: Wendy Carlisle

WANTED: VERY MUCH ALIVE

PLANNERS/ORGANISERS

Balmedie Wed 20th June (Summer Series)

Hazlehead Wed 11th July (Summer Series)

Crathes Sunday 19th Aug (Colour coded Level C)

Planner and Organiser still required

Balgownie Wed 19th Sep (Urban Sprint)

Seaton & Hillhead Wed 26th Sep (Urban Sprint)

?????? Sunday 9th Dec Post-AGM Novelty event

Format and venue entirely up to the organiser

Contact Helen Rowlands to put your name down hj_rowlands@yahoo.com

Advice and mentoring available

MAPPING COORDINATOR

The Griffs have gone back to Norway leaving bags of rubbish stuff for various club members in their shed and the post of Mapping Coordinator vacant. All of you love maps (you must do otherwise you'd be marathon runners not orienteers) so how do you fancy looking after the GRAMP map inventory?

You don't have to be an experienced mapper yourself as the main part of the job is administrative – arranging for updates and new maps, registering maps with BOF, keeping the club map files on Yahoo up to date, that sort of thing – but if you like mucking about with graphics software & fancy a bash yourself we can easily show you how.

Contact Pete to volunteer or get more details peter_lawrence@care4free.net

CHAIRMAN'S CHAT – MAY 2012

May is upon us and we're in full springtime swing for orienteering. For those who attended, this year's JK Festival based in Perthshire really was a feast of superb orienteering areas; GRAMP played its part by running the main Start for Day 3 at the top of the steepest climb ever experienced. The only saving grace was that at least it wasn't in the middle of our courses and you could stop halfway without disgrace. Thanks to Jayne Mac for corralling the troops and Sam G and family for humping all the gear up and down and keeping everything running smoothly on the day.

The level of club activity is rapidly increasing with events and training coming thick and fast for the next 5 months. Although this puts a big strain on those volunteers to run the events, it really makes for a sustained opportunity to get more people competing in our fantastic sport; we can all make the efforts of our fellow club members worthwhile by individually trying to get some mates and/or work colleagues to come along to our events.

My focus at the moment is turning to the next Major Event the club is involved in – the Scottish Relay Championships, part of the Jubilee 5 weekend. Your erstwhile Editor, Web manager, event organiser and Scottish Orienteering logo-maker-in-chief and I are Organisers and are beginning to sort out the tasks and logistics. We seem once again to have been given a bit of an inaccessible location – up another, not-so-steep hill but without vehicle access – but it is on the edge of Braemar, which means the Teashop is not too far away. We have some volunteers lined up and will need more but we're confident that we can sort things such that anyone from the club who wants to will be able to have a competitive relay run as well as help, so make sure you let Evgueni, the Club Captain know if you want a run - chepelin@talk21.com.

I've saved the really big news to last. The Scottish Orienteering Association and Roger Scrutton in particular have, after a load of hard work, managed to secure funding for the appointment of the country's first Regional Development Officers. The full time post is to be shared between Mike Rogers, who is based in Moray and Jess Halliday, who will cover the Aberdeen city and shire area. Jess doesn't officially start until August but I'm sure everyone will give her a warm welcome. The committee is developing a work plan for Jess and this will involve further work on schools orienteering but I'm really keen that we find ways to translate that work into orienteering at club level by children and their parents, so that will be high on Jess' list. If you think there are other things Jess should do to develop our sport, then please let me know and we'll see what can be done.

Pete

FROM OUR FOREIGN CORRESPONDENT

In September 2011, I travelled with my friend Lorna Goodday to spend 8 months living and working in New South Wales, Australia. Our hosts are members of the Goldseekers Orienteering Club and we took part in a variety of local events in and around Orange. These ranged from sprints around the local university to bush events with some interesting wildlife hazards including kangaroo dodging.

At the end of the year I participated in the Christmas 5 days in Cessnock from the 27th to the 31st December, the courses for which were located around 100 miles north of Sydney. It is a very relaxed 5 day orienteering competition with the courses being set by the New South Wales Junior Squad of orienteers. As I am not a very confident orienteer I decided to do the Women's F course which is in between orange and light green back in the UK. As it would be too hot in the middle of the day to run all of the runs were done between 8am and 10am, giving us the rest of the day to explore the surrounding areas with the junior orienteering team.



Proudly sporting GRAMP top,
Toblerone and tan

Day 1 was a 2.1 km sprint around Ourimbah University campus that was very flat which made finding the 23 points relatively easy, apart from one point hidden right behind a building in the corner behind a bush! It was a very easy run on mainly tarmac paths.

Day 2 meant an early start for us of 8.05am at Kitchener. This was the first bush event of the week on a 2.5km course with 11 controls. The area was again relatively flat and with little undergrowth making it easy to pick out features. I felt this was the easiest of the 5 courses.

Day 3 at Abernethy saw me tackle a 2.2km course with 9 controls. It was not so successful and I made a stupid mistake of reading the wrong description for the control I was looking which lost me valuable time. It was a very open area with a lot of ant and termite mounds to negotiate.

Day 4 took place at Kurri Kurri. It was to be a mass start which I was really worried about as I struggle to concentrate with a lot of people around me. I got off to a bad start on this 2.1 km course as where the course was set was where a lot of mountain biking took place so there were several tracks that weren't on the map. It took me about 10 minutes from starting to orientate myself and finally found the first of the 9 controls.

Day 5 Was the loops events where there was a pivot control. It was a fairly hilly 2.3 km course at Glendale and the 12 points were well hidden, but I enjoyed the course. As it was the last day, I decided to challenge myself and entered into the open competition and do the next hardest course, a 3.2km course with 12 controls that was about the equivalent of a light green. I found it quite challenging and it was embarrassing having to sprint finish in front of all the other participants as they had already started the presentations!

Overall I really enjoyed the week as it was a very relaxed competition, and with three firsts, one second and one third place finishes I won my class and was presented with a large Toblerone to enjoy when celebrating New Year in Sydney.

By the time you read this I will be getting ready to return to the UK just in time for the Gramp summer series.

Judith Anderson

On a related (warm) theme, I get emails from foreign event organisers inviting us to all sorts of things. Here's the latest from Italy. Ed.

1 - 5 September 2012 Gargano – Apulia – South Italy

“Week of the Sun - WRE Italian Championship LONG” Orienteering
Prize € 1,000

1st Bulletin: www.orienteingpuglia.it

We heartily recommend to book in advance because of the great flow of tourists in this area and in order to get the cheapest prices. As well as orienteering, many other activities are available before, after and during the Week of the Sun:

SEA, BOAT TRIPS, OLIVE OIL AND WINE TASTINGS, VISITS TO THE LOCAL TYPICAL FARMS, COOKING CLASSES (WITH HAND MADE PASTA), MUSIC CLASSES (WITH THE TRADITIONAL “PIZZICA”), CITY GUIDED TOURS ETC.

Includes forest races, a relay and (this sounds great but how would you resist all those ice cream shops and cafes en route?) two night races around the historic centre of Vico del Gargano and Carpino.

Anyone else fancy a GRAMP pizza night in Apulia??

Welcome!!

A very warm welcome to new members:

Donna Marie Stephen
Bjorn Atle Jacobsen

Jon Seim

CLUB CONTACTS

* = committee member

Chairman	Pete Lawrence*	chairman@ grampoc.com
Secretary	Ian Hamilton *	secretary@ grampoc.com
Treasurer	Kevin Reynard*	treasurer@ grampoc.com
Mapping	VACANT	mapping@ grampoc.com
Emit kit & club archive	Rob Hickling	historian@ grampoc.com

Fixtures		fixtures@ grampoc.com
Helen Rowlands (Fixtures Coordinator and Officials)		
Adrian Will (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*	
Social	Helen Anderson	
Publicity	Sam Gomersall*	

Or you can now use the contact forms on the website as well as these email addresses.

Have you spotted the "Follow" button bottom right on the new website where you can sign up to get new posts sent to you by email? And the search facility at the top?

members@ grampoc.com if you want to share something with the rest of us but keep it O related please – car sharing, second hand kit, news of events you think we'd enjoy....

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 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 unless you want to risk your iPad ;-)

Taken from the BOF fixtures calendar and local clubs' websites as of 25th February.
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 EEE = Early Email Entry

MAY

19th Sat Gramp Junior Training @ Tollo Hill 10:30 – 12:00

20th Sun MOR Culbin Level C GR NH 996614

White to Brown, Reg: 10:30 – 12:30, Starts: 11:00 – 13:00
moravianorienteing.org

27th Sun GRAMP Glen Dye Level C GR NO 649 891

White to Brown, Reg: 10:30 – 12:30, Starts: 11:00 – 13:00. £5/£2.50
EOD or EEE. GRAMP CHAMPS & (JD)²C

**16th Wed
Summer Series
starts at
Countesswells**

see page 14

JUN

2nd - 5th Jubilee 5 incorporating Scottish Champs 2012

<http://www.scottish-orienteing.org/soc2012>

17th Sun Jamie Stevenson Trophy – Good Luck GJOs!

23rd Sat MOR Saturday League @ Roseisle from Burghead Level D

Parking near Burghead harbour. Reg: 10:15 – 11:15, Starts: 10:30 – 11:30 EOD
Yellow ~2km and Long Orange/Light Green TD3-4 ~3km
£3.50/£2.50 moravianorienteing.org

24th Sun MAROC Sluie Level C GR NO 618988

White to Brown, Reg: 10:30 – 12:30, Starts: 11:00 – 13:00. EOD or EEE.
GRAMP CHAMPS & (JD)²C www.marocscotland.org.uk

JUL

14th Sat MOR Saturday League @ Hopeman Level D

Parking in Hopeman. Reg: 10:15 – 11:15, Starts: 10:30 – 11:30 EOD
The Whole Hog (Long Course) 4Km. The Half Hog (Short Course) 2 Km plus 'The Little Piggie'. 1 Km with about 25 controls! Colour coded courses: Yellow, Light Green, Score
All in a miniscule area! moravianorienteing.org

15th Sun INVOC Rogie Level C Near Strathpeffer

No other details available yet – check www.invoc.org.uk

AUG

19th Sun GRAMP Crathes Level C GR NO 653880

White to Brown, Reg: 10:30 – 12:30, Starts: 11:00 – 13:00. £5/£2.50
EOD or EEE. GRAMP CHAMPS & (JD)²C

26th Sun MAROC Balnagowan Level C GR NJ 522012

White to Brown, Reg: 10:30 – 12:30, Starts: 11:00 – 13:00. EOD or EEE.
GRAMP CHAMPS & (JD)²C www.marocscotland.org.uk

**29th Wed
Summer Series
ends at
Templars Park**

see page 14

Trail O at JK 2012

Trail O so tricky was on offer days 2 & 3 of the JK. If you did not find the time to give it a go you missed a treat - it was a real challenge.

In Trail O competitors travel along tracks (trails) where they have to study clusters of kites in the terrain. Kites are marked A-E from left to right and you try to work out which (if any) is the one marked on your map. You are allowed to travel up and down the track but can't approach the controls in the terrain and you get a maximum time allowed for the course. This makes it possible for able bodies and mobility impaired competitors to compete on equal terms. It's about accuracy, not speed.

It was amazing how fast time passed as I dithered over each choice. I realised I was receiving a few funny looks from passers as I was talking to myself "*Which one is it?!*" as I debated which kite was the right one or whether all the kites were wrong and I needed to punch a Z. The stress!

You also face a couple of timed controls which act as a tie breaker for competitors with the same number of correct controls. You sit at a table and are supervised by 2 time keepers and a recorder. "*Are you ready? GO*" I found this very hard as my mind went "*Eeek?!?!*"

Despite coming last at Faskally (well someone had to & being from Pitlochry clearly offered no advantage!) I enjoyed having a go both days and I'd love to try Trail O again soon. It is a really different challenge which made me realise I need to work on scale, control symbol recognition and making more use of contours. If you missed it at the JK you should make the effort to visit the open events at the [World Trail Orienteering Championships 2012](#), near Dundee, 6-9th June. Just make sure you have a look at "[Technical Introduction to Trail Orienteering for Experienced Foot Orienteers](#)" on the WTOC2012 website to get some tips before you go. Good luck!

Seonag Robertson

Red start at JK day 3: Tales of the impossible

Tuesday 3rd April; Jayne would like to take me up on my offer to act as team leader for the red start on day 3 of the JK. Day 3 was the 8th April, 5 days away, we were already away on holiday in Perthshire. The club had only been asked to help a couple of weeks earlier and Jayne did the good thing and volunteered.

So, where was day 3, where was the red start, how many people did we need, what needed doing, how would we sort it all out in 5 days?

Luckily for me Jayne had it all in hand. Club members already asked, maps of the route to the start, list of equipment needed, set up options in play. Unfortunately for us all, the red start was up a major hillside, some distance from the nearest car access, in a confined forest space, with a start kite situated on a 4ft drop and amongst a tangle of fallen trees! Some equipment was to be collected the afternoon before for set up, some early on the morning of the event; remaining equipment and clocks from the equipment team, SI equipment from the IT team, maps from the planner or controller all on the morning of the event. Confusion all round.

After an assault on the big hillside with equipment (after running on Day 2), using a lot of tape, and some major forestry work, set up was completed. There were a few tired Gomersalls and a Chepelin.

Day 3 started early (ask Josie). I needed to be in two places at 8:00; at Assembly to collect the remaining equipment and clocks, at the Cally car park to collect maps. Delegate map collection to Tim. There are no clocks, the van has not arrived; they were being recharged. The sound man is stuck in the parking field entrance; can we help tow him out with our 4*4 with towbar?

Collect remaining equipment, but no clocks yet. Pack car with helpers. Pull out sound man from the mud, collect maps (and squeeze Tim in the boot), drive up track as far as possible. Share out maps and equipment for the climb. Plan for contingency of not having clocks. Walk up big hillside again. Set up control descriptions, lay out maps, finalise set up. Loads of helpers arrive. Clocks turn up (yippee). Clocks don't work first time; after a couple of re-boots, we are all systems GO. Just need some competitors!

What did I learn? Anything is possible in Gramp with a few volunteers and some (enforced last minute) planning; steep hillsides don't make good routes to starts; Gramps pull together when things get difficult; 3 trips up the big hill in 24 hours is too many; collecting equipment can be a hit and miss affair; Jayne is good at organising things: Iain can speak good Norwegian especially to the elite female competitors; and Neil likes sitting in depressions. Thanks to everyone for helping, especially to Jayne.

Sam Gomersall

JK 2012

Having just returned from JK 2012, I wanted to say how much I enjoyed the event. There was great variety on offer from the short sprint in Livingston to the technical areas of Dunalastair and Craig a Barns (where I admit to ticking every feature off on the map as I crossed it in fear of getting totally lost.) Even the walk UPHILL to the red start for the **second time** on the Sunday was rewarded by the great organisation (thanks to Jayne and Sam), the friendly atmosphere and the willingness to help return all the equipment back to assembly. In fact it is a great big thank you to all the volunteers who make an event like this so successful.

Now for the negative part! Never having been a podium finisher (and never likely to be I hasten to add), I would be first to admit I have been guilty of leaving events before the final prizegiving and would probably have continued to do so if the other half had not become President of the SOA. This has meant that I have HAD to attend such ceremonies over the last 3 years if I want to guarantee my lift home! At the end of such a large and successful event as the JK it was a pity so few people remained to congratulate and celebrate the winners. It was quite noticeable the number of people actually leaving as they received their rewards. Surely an extra 15 minutes at the end of 4 days of superb orienteering is not going to considerably delay the return journey home (the rain even stayed off until the final prize was awarded.)

Of course there is another reason, I felt strongly enough to air my thoughts - Moray 2013 Prize Giving- my area of responsibility. Can anyone come up with some original ideas of how to create a Prize Giving Ceremony where people would actually WANT to stay to

congratulate the winners? (Sorry don't think we can afford any big bands like JLS or celebrities like Simon Cowell and there may be a mutiny if I lock the car park field until 4pm!)

Rant over so its back to report writing perhaps if I retired..... got to spend more time practising my orienteering skills maybe even a podium finish.... not likely but nice thought! Dream on!!!

Oonagh Grassie

People assume it's hillier up north

Give people a choice of two cross-country routes to the same destination, one more northerly, the other more southerly, but both covering similar terrain, and they'll tend to favour the southerly route, and to anticipate it being quicker and easier going. According to a new study, this is true for people who've been tested from regions such as Southern New England in the USA, where the north is more mountainous, but it's true too for people who live in regions such as Sofia in Bulgaria, where the south is mountainous and the north is flat. Tad Brunyé and his colleagues think this spatial bias may have to do with our life-long association of north with up (with additional connotations of being uphill) and south as down - as is the convention on maps.

Brunyé's team tested this idea with a series of implicit association tasks. Student participants from Tufts University in Boston looked at pictures of landscapes and categorised them as either flat or mountainous. They also saw aerial shots of geographic areas and had to indicate whether a star on the picture was located north or south. The main finding here is that the participants were quicker to respond during experimental blocks when the same keyboard response key was used for answering "north" or "mountainous" (and another key was for answering "south" or "flat") compared to the contrasting situation where the same key was used for indicating "north" or "flat" (and another key was for "south" or "mountainous").

This finding suggests that the participants implicitly associated the concepts of "north" and "mountainous" in their minds. The same result was obtained when the images for north vs. south consisted of a large compass in the middle of the screen (with a large N in the centre denoting north or a large S denoting south). Although most Tufts students are from areas outside of Southern New England, where the university is based, the researchers also repeated the study with a student sample based in Ohio, where there are mountains to the south east. Again, despite living in an area where the south is more hilly, the same implicit association of north with hills and mountains was exhibited by the students.

A final study measured participants' implicit associations and their more explicit associations. This latter task came in the form of a free association test - participants were given a word such as "north" or "south" and they had to write the first five words that came to mind (the researchers were interested to see if they'd mention words like "up" or "hilly"; past research has generally found that most people don't explicitly associate the north with a mountainous landscape). This study also involved the participants choosing between pairs of routes through similar terrain to the same destination - one more northerly, one more southerly. Once again the usual bias for southern routes was obtained (these were picked 62 per cent of the time); participants who showed a stronger implicit association of north with mountainous terrain, as revealed on the implicit association test, were more likely to pick the more southerly route.

"Given physical experiences associating upward mobility with relative difficulty, the north-south canonical axis becomes misperceived as indicative of physical effort," the researchers said. "Thus if participants misperceive northward areas as higher elevation (or 'uphill') then it logically follows that they would strategically avoid travelling through what they perceive as relatively demanding areas. Indeed, everyday colloquialisms such as heading down south or going up north may reflect how pervasive such associations are throughout cognition." The researchers added that their finding could have practical implications - for example, affecting driving behaviour within towns and cities and also over greater distances, which could be of interest to city planners and civil engineers.

Tad T. Brunyé, Stephanie A. Gagnon, David Waller, et al (2012). Up north and down south: Implicit associations between topography and cardinal direction. *Quarterly Journal of Experimental Psychology*,
<http://www.tandfonline.com/doi/abs/10.1080/17470218.2012.663393>

Spotted and flagged up by Ewen Rennie

Fessing up

"And now if you go to the new page you can see my GPS track - marvel at the "where the hell do I go now" hesitations, gasp at the schoolboy errors ("I'm at control 5, 9 looks like 6 when you look at upside down so I'll go there instead") and sympathise as I slog my way up that hill again... All good fun! "

I received the email above after letting Brian Povey know that we'd put up a Tyrebagger Green course on RouteGadget by special request for him and Ewen – both RG addicts and disappointed to find that the original version "wasn't the Green course I ran!!" It made me chuckle in sympathetic recognition so thought I'd share it with you all and try to get more of you – especially Green people – to join the fun.

More emails and it turns out that Brian's been experimenting with GPS tracking and RG and is impressed by the more realistic stop-start animation you get compared to a route plotted manually. He got the cheapest Garmin Forerunner 110 for ~£100 and it seems to work well.

So was it the geeky lure of shiny gadgetry that made him dabble or did he think he was really learning things about his orienteering?

One more email: "I was looking for a Christmas present idea, but I thought it would also give me the chance to be really clear about which way I went, rather than which way I thought I went. And as for what I'm getting out of it, it's just a chance to reflect and learn, I'm not sure I'm seeing any strong theme so far.

If you combine it with splits/Winsplits you can see legs you did badly on and (assuming there are enough other routes entered) compare your choices against others. Having said that, there often aren't a huge number of Greens being recorded, so it would be good to see more. I also quite like watching the dots wiggle round the map, but that just demonstrates how shallow and childish I am... "

Ed (with more than a bit of help and honesty from Brian)

Beginners at Bennachie

You never know what to expect when you advertise an 'Introduction to Orienteering' course.

So we got everything:- the young and the old, the halt and the lame, the quick and the dead –which was our fingers and toes after 10 hours in a freezing wood.

It looked for a while as if there was just going to be one family with 2 small children applying. However, with about 3 days to go, suddenly the email was hot with people wanting to do the course. So much so that even with 3 coaches and Neil kindly stepping in at the last moment to take the juniors and their attached adults off our hands, we had to start saying no to people.

Most of this influx was because of the poster that we had put up at the Bennachie Centre. The next surprise was that hardly anyone was from Aberdeen. They were variously from Fraserburgh, Peterhead, Inverurie, Lumphanan, Peterculter, Fyvie and Kingswells. So the Buchan Bermuda Triangle does have potential orienteers lurking within it.

As it happens, due to car problems and the sleet, the advertised numbers of 19 adults and 9 juniors had reduced to a less daunting 14 adults and 5 juniors.

Anyway we (Foss, Erik, Seonag and Neil) managed to organise the assembled multitude into manageable bunches for an assortment of introductory exercises and by the end of the morning they were all happily completing a short easy course. It must have looked fun because while we were doing all this, several members of the public asked us when the next training course would be held. (Gramp coaches please note – your turn now!)

The afternoon was much more relaxed as this was designed for Gramp members wanting various bits of technical training. This seemed to go quite well but maybe I shouldn't speak for them. I couldn't help noticing that the virtual course running exercise that we did indoors in the heated centre away from the sleet was very popular!

Of course not all the beginners will become orienteers, people sign up for courses for a variety of reasons but if you do see strangers running around the woods on a summer evening please speak to them and make them feel welcome.

Foss

Our coaches have been running Beginners, Improvers and Improvers+ sessions during April/May and they've been very popular so far judging by the response described above. Looks like they may need to run some 'Train the Trainers' courses soon to keep up with demand.

*Do you enjoy explaining things to people and watching them go from strength to strength with your help? Are you good at listening and decoding the "b****y map's wrong" mutterings into what really went wrong and want to help put it right?*

Would you be interested in joining the GRAMP coaching team?

Chat to Ali next time you see him to find out more or drop him an email. Ed.

GOLDEN TWEEZERS COMPETITION 2012

Haven't had any entries yet. (Maybe you guys just don't taste as good as me?) If you find a tick(s) after any event go to the GRAMP website and click on the GT2012 photo to remind yourselves of the rules and how to register your claims.



GOING ABROAD FOR AN ORIENTEERING HOLIDAY?

Are you going to any overseas orienteering events this year? Do you live or work abroad with orienteering contacts or know anyone who does who'd be willing to help?

We're looking to invite as many of our overseas orienteering friends as possible to Moray 2013, so need volunteers to help spread the word by taking a stack of flyers to overseas events. A little bit extra going out in your luggage will hopefully bring in a lot of benefits for Scottish orienteering. Could you help us? If so, please contact George Esson (george.esson@btinternet.com) so we can make arrangements to get a supply of flyers to you.

We have Norway and Croeso covered, but would love to get flyers out to the rest of Scandinavia and continental Europe.

Thanks in advance.

The Moray 2013 Team

TELEGRAMM

Your club membership fees used to just about cover the cost of printing and posting this unassuming little publication but now that the postage has gone up I'm looking for some smart ideas to help keep the costs down. I'd like to think you find it useful and entertaining so I'm not advocating we do away with it altogether and although I have a quiet campaign on the go for folk to take the electronic option (see page 6) there'll always be a demand for paper copies for a while yet at least..

Should we emulate Score and cut down the frequency?
Change the overall format to something simpler?
Simply limit the content to half as much as you get now?

Any volunteers to help with an in-house distribution plan (for Aberdeen addresses anyway) for the ones that don't get collected at events?

Any ideas or opinions? You know where I live.

Ed.

WANTED: VERY MUCH ALIVE 2

WEBSITE CONTRIBUTORS

I've been trying to to keep the website up to date and interesting, as well as being a resource for info of course, by flinging up the odd topical post and allowing comments on some of them. My theory is that when we direct folk to look at our website they'll see a vibrant, connected, chatty site and think "Hey! I'd like to join in with these people."

But it's not easy keeping on top of the local O and running scenes and breaking club news as there's only one of me and I'm often busy doing other things (sometimes exciting, more often boringly productive!) and so when you send me a tip off or snippet (ta! BTW) it sometimes takes a while to appear online.

Wouldn't it be great if you could post these items yourself?
And wouldn't it be great if it was as easy as sending an email?

Well – you can and it is.

Want to join my trusted band of posters? Ask me for the secret email address and get posting. (Naturally, I reserve the right to correct your grammar and punctuation as I may be aiming at chatty but one has to maintain standards!)

WEBSITE CO-ADMINISTRATORS

Occasionally I manage to escape the keyboard and country for a week or two and inevitably something needs posting on the website during my absence.

It would be great to have one or two other people trained up to cover these periods and help me out occasionally - folk who knew a little bit more about how the website functions and with the ability to go in and amend, delete, add posts or upload files etc.

If you can order your shopping online or have a Facebook account then you'll easily pick up how to use the website Dashboard to do all these things (and more if you get hooked on the power) as it's really a blog in disguise.

Think you might like to help out? Give me a shout.

Rachel flump@care4free.net

GRAMP SUMMER SERIES 2012

Every Wednesday pm in and around Aberdeen

Registration/starts from 18:30 – 19:30, courses close 20:30

£3 Seniors, £1 Juniors and Students

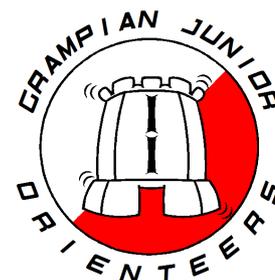
Short, Medium and Short/Long Technical courses available

Help for beginners so bring your friends and colleagues

Juniors and newcomers attending 3 or more events qualify for certificates and there will be prizes for Series winners (and anyone else we think deserves one!)

There are links to maps for all venues if you follow the GRAMP fixtures link on the website and then click on the Location tabs. Venues may have to be changed at short notice so keep an eye on the website but at the moment here is what's planned:

16th May	Countesswells	Parking in the main carpark opposite Loanhead stables
23rd May	Foggieton	Parking at Cults Primary School
30th May	Cheyne Hill	Head north out of Stonehaven on Slug Road ~2 miles
6th June	Tyrebagger	Opposite FC Christmas tree carpark
13th June	Crathes Castle	
20th June	Balmedie Beach	BYO food/drink for BBQ
27th June	Tollo Hill	From Bridge of Dee take South Deeside road for quarter of mile then take first left up hill
4th July	Duthie Park/Haddo House TBC	Very likely to change due to restoration works ongoing
11th July	Hazlehead Park	Parking in larger car park to south of golf clubhouse
18th July	Kingshill	Parking in Rotten O'Gairn carpark – SW corner of wood
25th July	Mulloch	Take A957 south towards Stonehaven – at narrow bridge keep straight on for Strachan for about 2 more miles
1st Aug	Dunnottar Woods	Parking at southern end of woods
8th Aug	Bennachie	Parking at main visitors centre
15th Aug	Scolty	Parking in main FC carpark signposted from Banchory centre
22nd Aug	Glen Dye	Parking TBC but likely close to AA box as usual
29th Aug	Templars Park	Take South Deeside road, turn right about half a mile after turning to Milltimber BYO food/drink for BBQ

GRAMP JUNIOR NEWS issue 20**Sasha picked for EYOC**

That's the European Youth Orienteering Championships in case you didn't know. He and the rest of the GB Team will be heading off to Bugeat, Limousin in France on June 28th for 4 days. Not entirely sure of the format but it involves Sprint, Long, Relays and a banquet which sounds very grand! I bet even now he's checking out Meymac on Streetview in preparation for the Sprint.

Take a look at the EYOC website for more info - it talks about GPS tracking so we may even be able to watch him online.

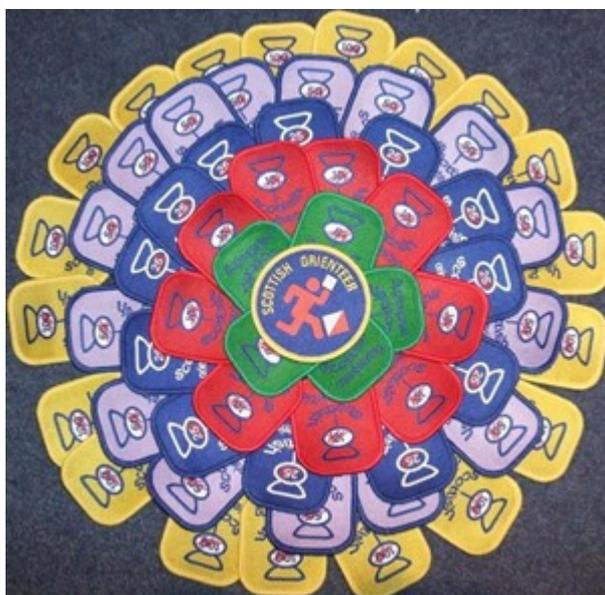
Have a good one Sasha!

JK 2012

The Jan Kjellstrom event, held in different places in the UK every Easter, is a biggie (several thousand people big!) This year it was just down the road and several GJOs went down with their families to take advantage of the short journey to get to some brilliant orienteering.

The weekend kicked off with a sprint race in a fiendishly complicated housing estate in Livingston. The overhead road signs on the way to assembly read "Livingston welcomes the JK Orienteering Festival". How's that for a personalised greeting? (And wouldn't it be great if you could phone in requests for other messages?!)

Congratulations to Sasha who won the M16 Sprint and well done too to the Junior Ws who did well considering their lack of experience of big events like the JK but kept it together on both days – Maya Reynard W10B 8th, Josie Gomersall W12B 5th and Chloe Raynard W14B 4th.

**Badges**

How are your event records looking? Oonagh will be ready with fistfuls of badges to give out at the first Summer Series event at Countesswells but you need to show her your list of events to qualify. Dig them out now and make sure they're up to date and you too could be the proud owner of a GRAMP top full of badges like Josie.