

**GRAMPIAN
ORIENTEERS**

TELEGRAM

Nov
Dec
2012
Issue 182



Don't think is quite what our coaches meant when they said "try relocating from a high vantage point", Sasha!

Photo: Wendy Carlyle

Deeside Night Cup 2012/13

Starts: 6-7pm

Courses close: usually 7.30 -8pm

Seniors £4, Juniors/Students £2.50

Two courses: Long ~5km and Short ~3km, both TD5

	Date	Area	GRAMP/ MAROC
Training	21 th Nov 2012	Foggieton NJ 882032 Primary School	G Rachel Scott
Training	21 th Nov	Dess NJ 571 003	M Jon Musgrave
1	28 th Nov	Tilquhuillie NO 712950 Parking area on track in forest .	M Keith Roberts
2	5 th Dec	Balmedie NJ 97618 Visitor Centre car park	G Dave Kirk +
3	12 th Dec	Birse NO 528975 Parking at track end, start at The Guard	M Drew Tivendale
4	19 th Dec	Tyrebagger NJ848110 Parking opposite FCS Xmas Tree car park	G Sam Gomersall
5	9 th Jan 2013	Glen O'Dee	M Andrew McMurtrie
6	16 th Jan	Raemoir NO694995 Parking behind Raemoir Hotel	G Dave Kirk +
7	23 rd Jan	Carlogie NO582996 Parking at track/road junction	M Evelyn Mason
8	30 th Jan	Forvie NK033289 Parking visitors centre	G ??
9	8 th Feb	Coull NJ518003 Parking on old road	M Andy Tivendale
10	13 th Feb	Glen Dye NO662911 Car park near AA box	G ??
11	20 th Feb	Inchmarnoch NO415972 Tracks off B976 South Deeside Road	M ??
12	27 th Feb	Crathes NO735968 Castle car park Derbar Curry House, Banchory for nosh and prizes	G Helen Rowlands

Keep an eye on the website for any last minute changes to venues/parking etc.

TRAINING: lowkey, no timing, just a chance to learn/practise bearings and other night tactics
FROM 28th NOV ONWARDS: Timed courses, both TD5 Green Standard so if you can't yet do a Green alone you'll need to ask an experienced night O officianado to shadow you.

TORCH HIRE: £2 per night, 2 torches available, contact Sam G/Iain M/Richard O.

DNC GRAMP COORDINATOR: Richard Oxlade richard.oxlade@btinternet.com.

CHAIRMAN'S CHAT

CHAIRMAN'S CHAT – NOVEMBER 2012

Well, so this is it – my last Chairman's Chat. Been in the job three years and still can't think of a snappier title than that. What does that say about my tenure? Answers on a postcard to...

You'll be relieved to read that I don't intend any grand farewell speeches or reviews of 'my time at the top', rather I'm just going to focus on a few key things that I'm really interested in at the moment.

Firstly, brilliant news to read about Sasha (or should we call him Alexander now he's growing up into a proper hero) Chepelin and his selection for the GB Talent Development Squad. Recognition from the biggest and best in UK orienteering that we really do have a potential future champion in our midst. No pressure, Sasha! Or maybe, Yes pressure? I guess that depends on how you approach these things and whether this sort of attention and expectation is a good thing for each individual. However things develop I know there is massive goodwill behind any club athlete who excels at whatever age and we'll do whatever we can to help things along.

Second, Jess Tullie is now beginning to sink her teeth into the Regional Development Officer job and we've set a few key areas for Jess to get working on. There's a piece later in this edition, so I won't spoil her thunder other than to say I think we've got a real asset here and it's up to us to support Jess to make a positive impact over the next couple of years.

Finally, mapping – this is an area where I don't feel we've made enough progress within the club over the last few years. We've now got Stuart Anderson in post to try and drive things on and so hopefully there will be good progress on updating existing maps and developing new coverage. There's a massive opportunity to expand our urban mapping portfolio and I'm sure we can get funding to do this if we put our mind to it. We shouldn't neglect opportunities to expand forest mapping too, so any ideas on potential terrain contact Stuart through the mapping@ email address. In relation to updating existing maps, I'd like to encourage some of our members either with existing mapping/OCAD skills or those with a yen to get into mapping to take 'ownership' of a few smaller areas and keep them up to date on an annual basis. If we take on, say 2 or 3 each, it wouldn't be that much work but would pay dividends in providing quality maps to competitors. I say 'we' because I'm prepared to take on Dunnottar, Cheyne Hill and Mulloch – any other volunteers?

So signing off now, if you want tears and grandiloquence, come along to the AGM where I'll no doubt end up a blubbing heap on floor as I hand over the keys to the well-stocked drinks cabinet to the new incumbent. (What's that? You didn't know that was a perk of the job? Well, too late now, I've already got someone lined up...)

Pete

CLUB CONTACTS

* = committee member

Chairman	Pete Lawrence – going, going....*	chairman@ grampoc.com
Secretary	Ian Hamilton *	secretary@ grampoc.com
Treasurer	Kevin Reynard*	treasurer@ grampoc.com
Mapping	Stuart Anderson	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)
 Mark Stockton (Fixtures Registration/Levy returns BOF)

Membership	Jayne McGregor – going, going.....*	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*	

AGM 2012

Going to be a bit of a flash mob event this year as we're still not sure where (watch the website) but...

- it will happen Saturday 8th Dec 2012**
- it will be in Aberdeen**
- it will start at 19:00 prompt**
- it will give you a chance to have your say**
- it will include Gramp Champs (+?) prize-giving**
- it will provide games to occupy the Juniors**
- it will be followed by a bring-a-dish supper**

- it probably won't include guest appearances by Olympic Champions, nor after dinner speeches by well-kent comedians, but it will be a great club social as well as the serious bits so put it in your diaries and do come armed with ideas and issues - or just with cake**

Taken from the BOF fixtures calendar and local clubs' websites as of 13th October.
 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

NOV**3rd Sat MOR Dyke, nr Brodie Saturday League Level D**

Long Orange/ Light Green winning time ~25min, Yellow ~ 2km Pre-entry req'd as includes Brodie Castle Tours and Moray 2013 Campsite unveiling - see moravianorienteering.org

4th Sun MAROC Cambus O'May Level C GR NO 404982 (JD)2C

Reg: 10:30 – 12:30 EOD or pre-entry via EEE@ marocscotland.org.uk

White to Brown www.marocscotland.org.uk

11th Sun GRAMP Raemoir Level C GR NO ?????? GRAMP CHAMPS & (JD)2C

Reg: 10:30 – 12:30 EOD or pre-entry EEE by sending email to grampoc@ gmail.com

White to Brown www.marocscotland.org.uk

11th Sun INVOC Littlemill Level C www.invoc.org.uk**17th/18th GRAMP Grampian Mountain Challenge Glen Dye**

See page 23 of last TG or our website

21st Wed GRAMP Night O Training Foggieton – see page 2**21st Wed MAROC Night O Training Dess** – see page 2**25th Sun MOR Quarrelwood (near Elgin) Level D**

www.moravianorienteering.org

28th Wed MAROC Deeside Night Cup Tilquillie – see page 2**DEC****2nd Sun MAROC Dess Level D GR NJ 566014**

Reg: 10:30 – 12:30 EOD www.marocscotland.org.uk

5th Wed GRAMP Deeside Night Cup Balmedie – see page 2**8th Sat GRAMP AGM** – check website for venue**9th Sun GRAMP Post-AGM Novelty Event venue TBC** (come to the AGM to find out!)**12th Wed MAROC Deeside Night Cup Birse** – see page 2**15th Sat MOR Dyke, Gordonstoun School Saturday League Level D**

Long Orange/ Light Green winning time ~25min, Yellow ~ 2km EOD

£4/£3 www.moravianorienteering.org

19th Wed GRAMP Deeside Night Cup Tyrebagger – see page 2**26th Wed MAROC Pudding Shaker Glen O'Dee** EOD www.marocscotland.org.uk**JAN****2nd Wed GRAMP Hogmany Hangover Handicap Venue TBC** EOD**19th Wed MAROC Deeside Night Cup Glen O'Dee** – see page 2**26th Wed GRAMP Deeside Night Cup Raemoir** – see page 2

AUTUMN URBAN SPRINT SERIES 2012

Another great little series again this year thanks to good planning and enthusiastic competitors with some very keen competition at the top of the league between various M18/M20/M21s and one or two older Ms with youthful legs. Calum McLeod and Naomi Lang had the Junior side sewn up and Carolyn McLeod met her match in newcomer to the sport if not the area, Ruth Crewe (Cosmics).

As well as the GRAMP Urban stalwarts we also had several incomers join the league half way through (studying or working in the area this year) and if they had been able to attend more events then the leader board would probably look vastly different. Unfortunately we can't really delay the start of the Urban Series to accommodate Uni term time as it's already pretty dark by 7pm even early October and we run the risk of becoming an Urban Night League (although I bet we'd get lots of takers for that anyway as everyone seems to enjoy it so much).

Borrowing heavily from the DNC, we decided to make it more competitive this year with your best 3 of 5 scores counting towards your total in pursuit of the traditional DNC-style lavish prizes (Maltesers this time).

The idea behind the competitive angle was to try and hook some of the more competitive folk from running clubs and the young professional scene in Aberdeen. Not sure whether the extra motivation helped but we still managed pretty good turnouts for most events but it would be nice to see a few more next year in particular family groups who can be incredibly competitive! The Chapmans from Maroc had a great time, taking it in turns to lead legs and Dad always gave the brikkie to the youngest with the fastest legs for the run in from the final control to the Finish.

Winners:

Best Junior M: Calum McLeod (GRAMP)

Best Senior M: Ali McLeod (EUOC)

Best Junior W: Naomi Lang (GRAMP)

Best Senior W: Ruth Crewe (COSMICS)

Best Newcomer: Stuart Smith (COSMICS)

Best Family: Chapmans (MAROC)

Spot prizes were also awarded for:

Best Blaggers:* Fiona, Fiona, June

Life Saver:** Rob Hickling

**The Blaggers* are three ladies – Fiona, Fiona and June (although they'll answer to anything as we had one of them registered as Catriona at one stage) - who would readily admit to being of a certain age and not terribly athletic and who'd never tried orienteering before but fancied a bash round Aberdeen as "it's easier underfoot and less scary than getting lost in the middle of a forest!"

When I first spoke to them at Westburn Park, one of them admitted she could never manage to get the hang of map reading and another claimed to be able to make compass needles twizzle madly. Despite this, they had so much fun getting lost and getting found again that you could hear them hooting with laughter from the other side of the busy road at one stage. In fact, I don't think they stopped giggling if not full-on guffawing for all 5 events. I grew to

quite look forward to hearing the tell-tale sound before rounding a corner to see them laughing and waving while stomping off in totally the wrong direction - again.

So why did they get the Best Blaggers award?

It was 19:20, just outside Tesco in Balgownie (at the far end of the map and probably not even on the map?), when the Blaggers checked their watches and suddenly realised they really ought to be heading back to Evgueni waiting patiently at Reg/Download back at the old 10 Pin Bowling place on Balgownie Road.

They tried to retrace their steps a bit and relocate. No joy.

They then resorted to wandering blindly in the hope that they'd stumble on a route through the various dead ends and cul-de-sacs. Still no joy.

They then collared a man standing by his car to ask directions and ended up blagging a lift back to base. It was only when they were safely inside and en route that they admitted that they did have a map and were supposed to be doing an orienteering event but that they'd bitten off a bit more than they could chew! Their knight in shining armour was all for keeping their embarrassing secret safe by pulling up just round the corner, out of sight, so that they could do the last bit on foot and pretend they'd done it all under their own steam.

Such obvious contenders for a spot prize it just had to be done.

***The Life Saver* award was for Rob's phone call to Pete at about 8pm the night before his (P's) Seaton park event reminding him gently that it was him up next not Ali McLeod as Pete seemed to think and would he like to come round and collect some controls.....?

This prompted some feverish late night planning and printing on the back of old maps as you can imagine, but Pete got away with it thanks to the Life Saver's just-in-timely reminder.

There was a second contender at the very last minute for the Life Saver award. Ali McLeod's housemate bailed him out by couriering the Aberdeen Uni maps round from his house after Ali had searched the car inside and out and had to announce to the growing queue of competitors that he only had 6 back up maps with him. The housemate had gone by the time the prizes were dished out but Ali did give them a bottle of wine as a big thank you for saving his skin.

Welcome!! A very warm welcome to new members:
Joonas Salminen and Alex Maclachlan

And farewell to Felix Spaeth who returns to Germany very soon.

John Nisbet

Longer-serving members of Gramp may not have picked up in the P&J the death of our former and long-time member Professor John Nisbet. John's daughter, and also a former member, is Liz Wallace who sends us the Forestry Commission periodic update and helps promote the Bennachie POC.

George Esson

If your plane gets lost you'd better hope there's an orienteer on board

Ewen Rennie spotted this in The Research Digest Issue 221 and it's scientific proof of what I call the parallel universe syndrome which occasionally strikes mid-O race where you can convince yourself you're somewhere on the map, by making certain features "fit", whereas in reality you're somewhere else that looks very, very similar - until you look hard enough to see the differences.

Andrew Gilbey and Stephen Hill gave dozens of time-served pilots a map with a "best guess" location circle on it and asked them to pick one geographical feature out of three alternatives that they would use to try and confirm their actual location.

"Over 82 per cent of the time, the pilots chose to focus on one of the three available geographical features that was present both in the best-guess location and elsewhere nearby. In other words, they sought confirmatory evidence to support where they thought they were located. They almost entirely failed to focus on the one geographical feature that was not present in the best-guess location (but was located elsewhere). That is, by failing to seek disconfirmatory evidence, they fell victim to the confirmation bias and missed the best strategy in this situation."

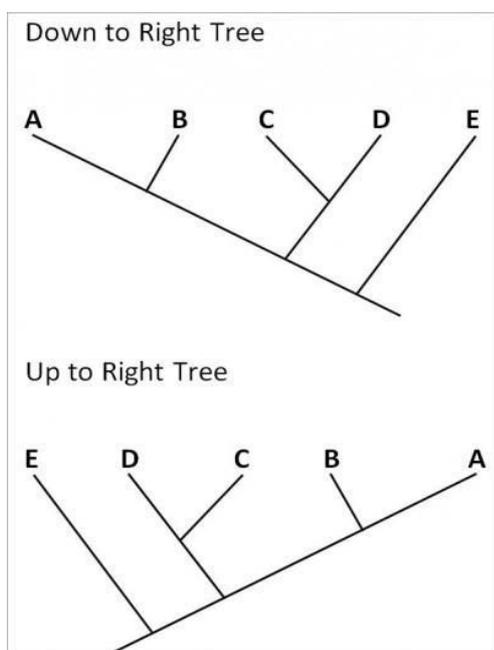
"Intriguingly, a group of 21 orienteers performed much better at the task, choosing the disconfirmatory evidence 67 per cent of the time."

Not so much intriguing as a case of once bitten, twice shy methinks!

<http://dx.doi.org/10.1002/acp.2860> if you want to read more.

Effects of Diagram Orientation On Comprehension

Ewen spots a lot of interesting things and next passed on a link to an article on the Science Daily website about a team of researchers at UC Santa Barbara, Vanderbilt University, and West Carolina University who have been researching how efficiently people can interpret the same information when presented in different ways.



They gave the example of two phylogenetic tree diagrams showing the same information in different ways:

"The way we interrogate the tree is first culturally based -- left to right -- and the strong diagonal line tends to make us flow one way or another," said Stull of UCSB. "But that combined effect influences the accuracy, or how we're able to use the tree [diagram] effectively."

Ewen didn't say why he'd sent me the link as it's not immediately obvious how this might relate to orienteers but it started me thinking.

What about handedness? Would a left-hander find the bottom diagram easier to interpret?

What if the “data” isn’t a series of letters that I expect to appear in a certain order but rather lines and symbols like on a map?

Do we orienteers find it easier to interpret a map based on whether our course “flows” in the “correct” direction depending on our cultural backgrounds?

Should I, as a right-handed Westerner, find it easier to interpret the relevant info on my map more efficiently if I’m doing a series of legs tending top left to bottom right across my folded map?

You can read the article in full at <http://tiny.cc/wid6lw>

Why do humans walk in circles?

While I was still mulling the tree diagram thing over, Ewen then sent me another email forwarding a copy of The Research Digest Issue 223 in which there was a bit about research by a French team, headed up by Emma Bestaven, into why humans are unable to walk in a straight line if unable to see their destination.

Try it? Close your eyes and try walking in what you think is a straight line for 20 paces then see how well you didn’t do!

This research took 15 volunteers (7 women) and blindfolded them, then let them loose in an exhibition hall having first measured their postural balance and vertical judgement and wired them up to measure muscle activity in each leg.

“Given six attempts to walk in a straight line, the fifteen blindfolded participants (7 women) in fact frequently veered off in one direction or the other, just as expected based on past research. Half the time they deviated off to the left, 39 per cent of the time to the right, and the remainder of the walks they managed to go straight. Six of the participants always veered in the same direction, the others mixed it up. There was no evidence of participants getting straighter with each attempt, but a faster walking speed was associated with a straighter trajectory.”

The muscle activity failed to flag up any noticeable effect on trajectory whereas the volunteers’ sense of balance, both vertically and horizontally, appeared to be the deciding factor. “Bestaven’s team said this suggests that our propensity to walk in circles is related in some way to slight irregularities in the vestibular system. Located in inner ear, the vestibular system guides our balance and minor disturbances here could skew our sense of the direction of “straight ahead” just enough to make us go around in circles.”

Again, this got me thinking. Is my propensity to execute the most spectacular banana bearings out in the forest not down to the ‘grain’ of the brash as I previously thought but rather to malfunctioning ears whose signals are drowning out the rest of my brain’s attempts to read the compass and stick to the bearing?

Again you can read the full paper at <http://tiny.cc/bvd6lw>.

Ting, ting, ting! Quiet please - Jess Tullie would like to say a few words....

I am the new Regional Development Officer for the Grampian region, mainly working with GRAMP and MAROC to increase participation and membership to the clubs. I started orienteering from a young age and was a member of OD (Coventry and Warwickshire based club) until I started university in Edinburgh. In EUOC, I held a different committee position each year, so had a flavour of lots of the different jobs that volunteers do. After university I did my teacher training year in Glasgow before heading to Oban for a year where I joined EckO.

Now living near Grantown-on-Spey I have turned my attentions to orienteering and how we can get more people out there enjoying our sport. I believe that in order to make this sustainable, the club members need to be involved. So to start with, I met with the GRAMP committee to put together ideas to formulate a plan of action. The 5 main ideas that will begin my endeavours are:

1. Increasing membership in the 21-35 year old age category through corporate packages, running clubs and links with the university.
2. Improving junior coaching (quality and regularity) and build on existing school links.
3. Increasing the number of people who hear about orienteering in Aberdeen through different ways of publicity (making use of the web).
4. Increasing the volunteer workforce, by encouraging current coaches to do more and also finding ways to attract more people to volunteer, whether to do coaching, organise events, plan courses etc.
5. Tie up all the series of events that are already in place so that there is some kind of orienteering happening on every Wednesday night of the year. Ideas at the moment are to introduce a street o' night after the DNC finishes and before the spring/summer series start.

If any of you have any ideas or advice then I would love to hear from you. Also, if you are keen to help out with any of the above projects then please do let me know. I can be contacted on jessica@scottish-orienteering.org

We plan to bring you updates on the progress of the ideas/campaigns above in future issues of Telegramp, so keep watching this space and more importantly get thinking now about how you can help Jess (and Gramp) achieve these aims and don't be shy in getting in touch if you have a brainwave or two or simply to volunteer local legwork and help.

For starters, can you give Jess the name and contact details of someone in your company HR Dept or Sports and Social Club so she can start talking to folk about corporate links?

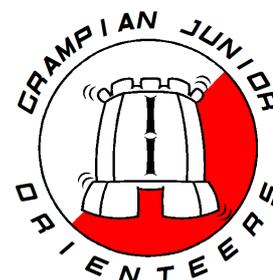
Ed.

HAVE YOU BADGERED YOUR MP, MSP OR MEP YET?

**HAVE YOU FORGOTTEN WHY YOU WERE SUPPOSED TO BE BADGERING THEM??
CHECK PAGE 21 OF SEP/OCT TELEGRAMPS AND GET WRITING/TYPING!!!
(Or pay for the consequences literally.)**

GRAMP JUNIOR NEWS issue 23**Sasha's been selected for the BOF Talent Development Squad 2012/13!**

Fantastic news on the BOF website that Sasha has earned a well-deserved place in the M16 group of the British Talent Development Squad. Congratulations!
(Gold post box next?)

**Sasha and Katrina help Scotland win 2nd at Junior Home Internationals**

Sasha and Katrina went waaaaaaay down south to Surrey to help the Scotland Team gain 2nd place at this year's Junior Home Internationals. It's a two day event with an Individual race on the Saturday – Sasha was 4th M16, Katrina 5th W18 – followed by a Relay on the Sunday where the age classes are mixed up - Sasha's team came 4th in the Mens and Katrina's 8th in the Womens.

Overall results: England 141 points, Scotland 106, Wales 62 and Ireland 51.

Full results and reports etc can be found at <http://www.moorenet.co.uk/seoa/wjhi/>

News closer to home

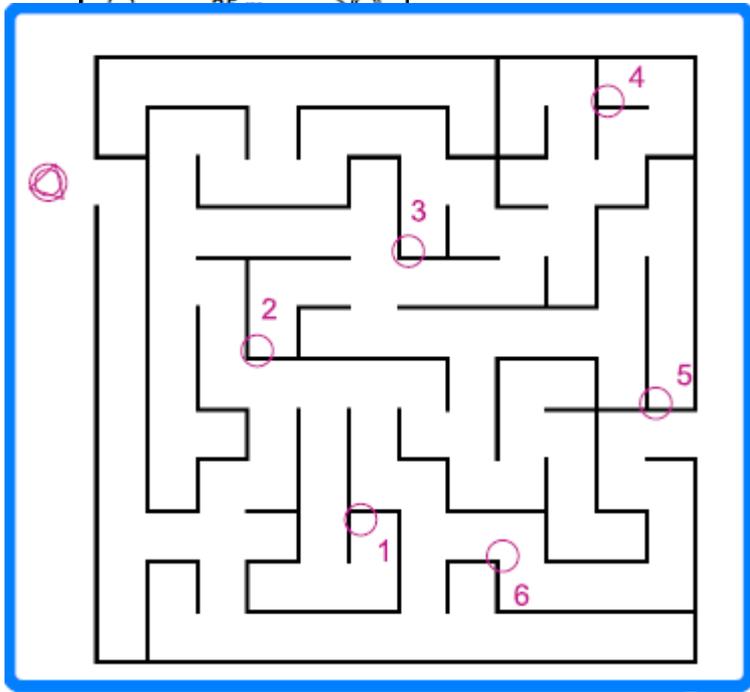
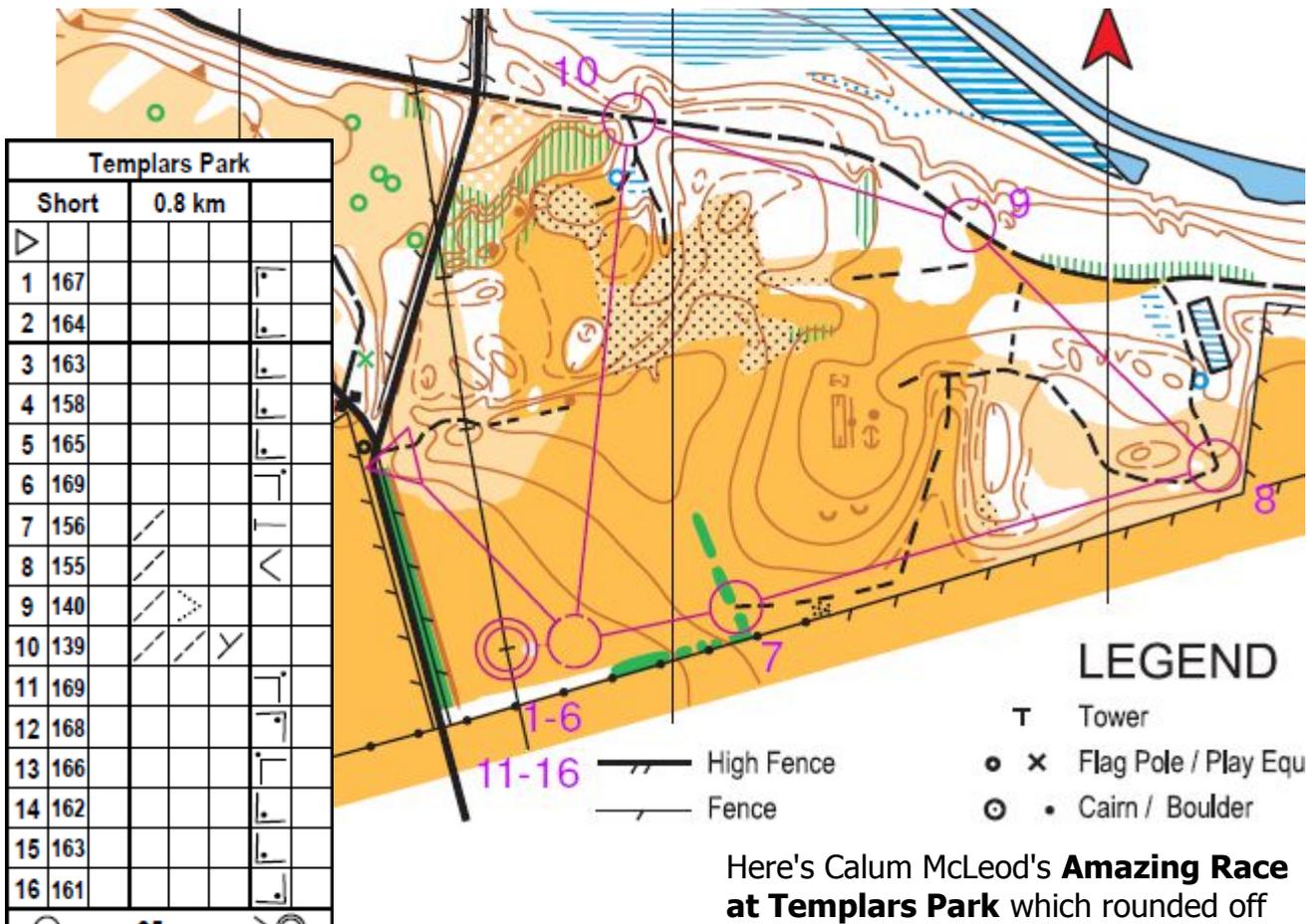
I feel that the same GJOs – Sasha, Katrina, Calum, Keith – keep dominating these pages (and for very good reasons too!) but it would be nice to catch up on what some of the rest of you have been up to, whether it's orienteering or not.

For example, I know that Ailsa Anderson tried her first Light Green course at Bogendriep and came 9th out of 19 which is really good, and that her sister, Isobel whizzed round the Short course at Templars Park and won in an a-mazingly quick time of 16 minutes and 6 seconds, which is also really good. I also know that Lachlan Kirk and Naomi Lang have proved how fast they are too by coming 3rd and 4th in a 10km race at this year's Stoney Stomp event. And that's 3rd and 4th overall by the way, not just Juniors!! Wow!

I'm sure the rest of you have also been doing great things but I can only report what I happen to see or hear, so you're going to have to help me by letting me know what you've been doing. Tell me, or tell your parents to tell me, at an event or email flump@ care4free.net. Thanks! Rachel

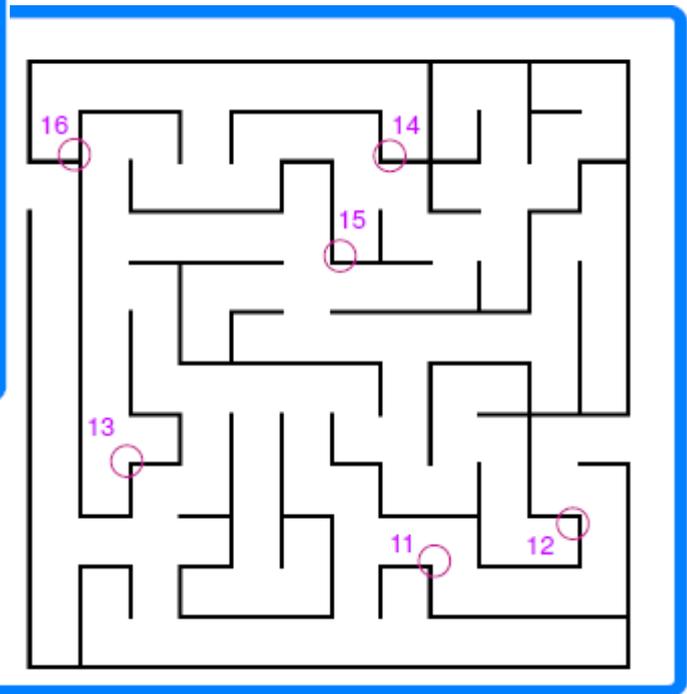
(JD)²C

You have one event left, Raemoir on 11th Nov, to boost your points for the John Duncan Junior Deeside Cup 2012. The latest set of results are on the Gramp website so you can check to see how you're doing so far.
Good luck everyone!



All courses started straight into the maze for a few twisty-turny controls, then out into Templars Park for a whirl round that, then finished off back in the maze.

The maze maps were printed on the back of the O maps. Fiendishly fun!



Here's Calum McLeod's **Amazing Race at Templars Park** which rounded off this year's Summer Series.

The maze was a labour of love with zillions of canes and bits of tape but worth the effort as cousin Ali said it was one of the best maze courses he'd ever done.