

**GRAMPIAN
ORIENTEERS**

TELEGRAM

Sep
Oct
2012
ISSUE 181

Once upon a time
there were three bears
– Daddy Bear, Mummy
Bear and Baby Bear -
and they went to
Wales to go
orienteering for six
whole days so had to
do a lot of washing.....



Photo: Helen Rowlands

GRAMP AUTUMN URBAN SPRINT SERIES WED 5TH SEPT – 3RD OCT
See Fixtures page for more details

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!

CHAIRMAN'S CHAT – SEPTEMBER 2012

Chairman's Chat

I've just returned from the Scottish Orienteering League event at Forvie. It's the first race of the autumn season and what a way to start! A great area although I did find the grass/heather a bit of a struggle. I would really like to run a race here in March/April when I'm sure it would be quicker underfoot – I can't see that happening though as Scottish National Heritage embargo the area from January to August to protect ground nesting and roosting birds. The courses were great and the organisation like clockwork – brilliant jobs done by Richard Oxlade and Helen Anderson and helpers, thanks!

There was also a meeting today of the Regional Development Officers and club representatives. I'm pleased to say that Jess Tullie has now started work as 'our' RDO (shared with Maroc) and we've given her a list of tasks to get stuck into. Hopefully Jess will be a regular face at our events, please get to know her and what she's doing (there will be a little update from Jess in future newsletters).

The editor is being stingy with space this month, so I just have space for a couple of other things – firstly, thanks to the many organisers who put on another successful Summer Series and secondly, I'd like to remind you all that my term as Club Chairman ends at this year's AGM. I'll be looking for volunteers and tapping people up this coming month, so get in early with your offer!

There will be at least two vacancies on the committee this year too. After many, many years of invaluable contributions to the club, Jayne MacGregor is standing down from the Committee and Membership Secretary – thank you Jayne on behalf of everyone. Jayne has already produced an A-Z of Membership, so whoever takes over will have a great foundation to build on. Just get in touch with me or any committee member if you want to know more or put your name forward.

Pete

British Orienteering Association and Clubs Conference

BOF are staging their annual Association and Clubs Conference on 20th October in Sheffield. The agenda and supporting paper can be found on the following link:

http://grampoc.files.wordpress.com/2012/09/club-_association-_conference-_papers-_v2.pdf

The committee has discussed this and we don't really feel terribly excited by it or feel any great need to contribute, certainly not by sending a representative (and having to pay expenses). If anyone strongly disagrees with our position, please let me know and we'll discuss how to get your views aired at the conference or to BOF direct.

Scottish Orienteering Championships/Jubilee5 2-5th June 2012, Deeside

This short report is aimed at those organisations whose support enabled the event to go ahead in its ambitious format.

The event consisted of 5 orienteering events over 4 days:

Saturday 2nd June – Scottish Orienteering Championships at Glen Feardar, near Braemar

Sunday 3rd June – Scottish Relay Championships at Creag Choinnich near Braemar

Monday 4th June – Mountain bike event at Scolty Forest near Banchory

Monday 4th June – Urban sprint race in Banchory

Tuesday 5th June – Middle Distance Race at Inchmarnoch near Cambus O'May

In addition there was a training event, a range of evening social events and a specific campsite arranged in the Games Park at Braemar.

The Scottish Championships weekend has traditionally been a 2 day race but we wished to try for a more ambitious scale of event and the Jubilee weekend offered the chance to expand it to 4 days. One small problem was that some club members did not have a day off on the Monday, hence the choice of late afternoon starts for the Banchory urban race. We hoped that the increased scale of the event would attract more people from the south and England and in this we were encouraged by early comments on online blogs and bulletin boards. However against this we had to balance the fact that Easter 2012 saw another major British Orienteering event being held in Scotland (the “Jan Kjellstrom Trophy” event was held in Perthshire over the 6-9th April).

The orienteering events all were very successful. We had between 400 and 800 competitors at each event. The Saturday event was given extra kudos by being one of the UK's 4 annual “World Ranking Events”, this boosted foreign attendance and we had competitors from USA, Hong Kong and Russia as well as closer European countries. The three individual events were used by the British and Irish teams as World Champs selection races thus we had the cream of British and Irish elite runners, further boosting the events profile.

The numbers of competitors who entered were higher than we had budgeted for (on our break-even budget) therefore the event has made a surplus. This will be shared with the Grampian Orienteers (the City and East Aberdeenshire club who organised the relays and mountain bike events). Our share will be used to help develop our club training programme and fund new maps in Deeside for use at events and training sessions in the future, thus allowing us to spread the pressure on our existing mapped areas and provide fresh challenges to all club members.

The social events (all hosted at Braemar village hall) were not well attended, even though they had been well publicised. We were disappointed that the effort was not as well rewarded as hoped for and are not sure why this happened. However those who attended the ceilidh, quiz night and film night or just visited the bar were well satisfied with the activities and glad they had been provided. Perhaps in future a lower key less ambitious plan would be easier to manage and require fewer participants to break even.

The campsite was located on the Braemar Royal Highland Gathering Park (Games Park) and was very successful – it was full on the Saturday night and over the 4 nights (Friday to Monday) had approximately 800 person/nights. There was a mix of tents, caravans and campervans. This generated over £2400 income of which over £1000 was given to the

Braemar Royal Highland Society and £1200 was spent on hiring a 4 berth hot shower unit – much appreciated by all the campers!).

The landowners – Invercauld Estate for Glen Feardar and Creag Choinnich, Forestry Commission Scotland for Scolty and Glen Tanar Estate for Inchmarnoch were all very helpful with our requests for access. We also need to thank Dinnet and Kinord Estate for car parking on Inchmarnoch day and Aberdeenshire Council for their support during the urban event in using Banchory Sports Centre/the Academy/Primary site for assembly/finish, parking at Hill of Banchory School and the Scolty Centre for use as our computing and registration centre. Liaising with landowners is a standard part of all orienteering events and here in Deeside we are lucky to have very understanding and sympathetic owners whom we have developed contacts with over several decades of use of their land.

Local businesses and the wider Braemar community were very welcoming to the competitors and several businesses extended opening hours to cater for the increased demand. Members of the local community appreciated being advised about the programme from an early stage which allowed them to prepare on what was a very busy weekend due to the number of other events taking place. In addition to competitors family members also stayed over the weekend and the local accommodation providers, restaurants pubs and visitor attractions received a major boost from their spending. Based on figures in a report about the Scottish 6-day event in 2009 (by EKOS consultants, Glasgow) we estimate that over £200,000 will have been spend in the local area over the weekend on accommodation, travel, food, visitor attractions etc.

The support the event received from the Cairngorm National Park Authority, Marr Area Partnership and Fairhurst allowed us to commit to a major remapping of 3 of the maps and a completely new map of Banchory. Without this financial support we would have been forced to choose between skimping on the mapping work, charging higher entry fees or providing less equipment for the events (thus losing some of the big-event feel we wanted to create).

The main event officials (course planner, course controller and organiser) for each day spent a huge amount of time in preparing for the races to ensure that all aspects of the event ran smoothly and accurately.

Finally the members of Mar Orienteering Club and Grampian Orienteers are to be thanked for helping out at such a large event – especially those who were less experienced in major competitions and had to learn quickly on the job!

Jon Musgrave

CLUB CONTACTS

* = committee member

Chairman	Pete Lawrence*	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*	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 **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 unless you want to risk your iPad ;-)

Commentary and music at big events- straw poll results

37 folk took the time to fill in my website questionnaire regarding music and commentary at big events. Not sure how representative a sample of 37 can be deemed to be but here are the results anyway:

Questions:

YOUR AGE GROUP?

YOUNG (OR YOUNG AT HEART)	10
MIDDLING	19
BORDERLINE WRINKLY (AND PROUD!)	8

WHAT KIND OF ORIENTEER ARE YOU?

LEISURE ONLY	15
COMPETITIVE WHEN TIME ALLOWS ME TO TRAIN A BIT MORE	17
SERIOUSLY COMPETITIVE	5

DO YOU FIND COMMENTARY AT BIG EVENTS....

ENTERTAINING AND REALLY HELPS ME FEEL MORE INVOLVED IN THE EVENT AS A WHOLE	11
A BIT INTRUSIVE TO BE HONEST	6
50:50 - WOULD BE NICE TO BE ABLE TO "TUNE IN" WHEN I WANT TO	17
VERY INTRUSIVE - COULD EASILY DO WITHOUT IT	3

DO YOU LISTEN TO COMMENTARY ON THE RADIO OR TV AS WELL AS LIVE AT EVENTS?

YES - BUT NOT WHILE DOING ANYTHING ELSE	4
YES - EVEN WHILE DOING OTHER THINGS	11
NOT MUCH	4
NO	18

DO YOU FIND MUSIC AT BIG EVENTS....

ENTERTAINING AND REALLY ADDS TO THE ATMOSPHERE	11
A BIT INTRUSIVE TO BE HONEST	5
50:50 - DEPENDS WHAT'S PLAYING	14
VERY INTRUSIVE - COULD EASILY DO WITHOUT IT	7

DO YOU LISTEN TO MUSIC ANY OTHER TIME?

YES - WHILE DOING SPORT	9
YES - BUT NOT WHILE DOING SPORT	20
NOT MUCH	7
NO	1

WHAT SORT OF MUSIC WOULD YOU LIKE TO HEAR PLAYED AT BIG EVENTS?

UPBEAT, LIVELY, MOTIVATING	15
SLOW, CALM, SOOTHING	1
A MIX (AND MAYBE SOME COMEDY TOO?)	12
NONE	9

if you want to see a breakdown of the results of the commentary and music answers by age or competitiveness, complete with snazzy charts and bright colours, ask me for a copy of the spreadsheet but there's no huge surprises so not worth trying to shoehorn everything into these pages to show you.

In (very) broad summary, 75% seem to be in favour of both commentary and music at big events.

There was also a last question, "Where are the Olympics being held later this month?", designed to make sure I only counted genuine human responses. This elicited some interesting results, some answering that question with a touch of humour to prove their humanity, some using it as an opportunity to expand on their views on music/commentary and one demonstrating their intention to vote 'Yes' in the 2014 referendum I suspect!

"Helsinki?"

"Commentary only works if you have a clue who the protagonists are - apart from folk in the club I couldn't name an orienteer (possible exception of Scott Fraser). So commentary would be "unknown person A (possibly Scandinavian) is 3 seconds faster than unknown person B....." I'm prepared to accept that most people know far more about the elite end of the sport than I do....."

"Might as well be the moon given the availability of tickets."

"The music if you can call it that, at the Scottish Champs was dreadful. The country side should be peaceful not filled with loud music. It is very off putting when you can hear it in the competition area."

"The known centre of the universe: London"

Rachel

Welcome!! A very warm welcome to new members:

Will Ball, Findlay Rhind ,Hannah Will, Arek Lipinski and Baby Parkes

(Matthew was so busy explaining his sporadic appearances recently that he didn't give me a name – obviously too excited at getting a leave pass for Forvie!)

Bennachie Closing !

Having planned a change round of the SPOCourses for 8th September and, with Helen Anderson's help, sent off the courses to be printed by the Forestry Commission I got word back telling that the whole area was due to be thinned starting on 10th September.

The Bennachie Centre car park will be closed in mid October for about 2 weeks. Liz Wallace at FC recommended that all markers be taken in to avoid losing them. So sadly folks no SPOC at Bennachie until further notice. The map will need updating when the thinning stops.

Neil McLean

WTOC 2012

Like other Gramps Leena and I were willing volunteers helping Anne with various duties at WTOC in June. Rachel wondered as an aside, what the joke was that I shared with a competitor at Tentsmuir [see photo in issue 180].

Truth is, I shared jokes with more than half the competitors that day as by then I knew most by their first names having been on car parking and start call-up on Day 1, at the gate on Day 2 and call-up on Day 3. By then I knew who were serious and who were more relaxed about the whole affair. I had particularly good fun with the Italians, Poles, Hong Kong Chinese, Americans and the Irish. The Swedes and Finns were on the serious side, although some of them and folks from the other countries were appreciative of a relaxed welcome at the starts. Domestic commitments meant that we had to leave before the last day and I hope my replacement on call-up duty on the last day had as much fun as I had and helped the competitors relax.

Given the fairly high cost of the event centre, Leena and I chose to staying in our caravan and missed out on the socializing at the centre, however we were able to catch up with a good number of old friends at the events. It was interesting to note the large number of former BOF Chairmen and Councillors helping. I think I counted at least 6.

I'm still not a fan of Trail O. It demands an extremely accurate map - far more accurate than for other types of orienteering and if an event is to be fair then planners and controllers have to be very careful. At WTOC it was interesting that with all the controllers on duty a couple of controls had to be declared void after protests. Last Saturday I went to Moravian/ Active Schools Bike O event. The very basic map [probably mapped in a couple of days] was adequate for the event and dozens of competitors enjoyed a fair competition run by a handful of people. Being inclusive is meritorious, but in a sport run by volunteers we do have to manage our resources carefully.

Neil McLean

FOR SALE

Pair of Walsh PBs, Size 5 ½



Like comfy carpet slippers with grip
One careful owner (whose feet are slightly larger than she thought)
Retail at ~£60 so offers over £30 please

Pair Ice Bug SPWIDER-L olx, Size 6



Metal spikes for extra grip
One careful owner (whose feet are a different shape than she thought)
Retail at ~£90 so offers over £45 please

Both used twice. Actual condition may vary slightly from photos
but will pick off excess vegetation

Contact Rachel flump@care4free.net to arrange fitting

GRAMP CHAMPS WITH ONE MORE EVENT TO GO.....

Yellow shading = shadowed. Only members with any points are shown.

The "Weighted" column shows points adjusted by a fiendish system to try and compare Juniors with Seniors with Vets – to see the Weighted results, check the GRAMP website.

Junior Men													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Daniel Smith	M10	5016	2508	400		526		0		782	800	
2	Struan Kirk	M10	4550	2275			400	694		430	0	751	
3	Jan Barraclough	M10	1996	998						379	619		
4	Patrick Lang	M10	1634	817	193		224			0	400		
5	Duncan Will	M10	754	377					377				
6	Alex Lang	M10	744	372	372						0		
7	Sam Griffin	M10	548	274	200		74						
8	Oliver Robertson	M10	396	198				127			71	0	
9	Noah Griffin	M10	146	73			73						
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Lachlan Kirk	M12	6387	4258		800	800	800	*800	*800	973	885	
2	Keith Yardley	M12	6779	4519	768	0	791	701	0	0	1118	1141	
3	Fergus Rodgers	M12	300	200			200						
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Alexander Chepelin	M16	14979	11348		2800		3551	2800			2197	
2	Rob Wilkinson	M16	6369	5136	0	2000			1292		1844		
3	Jamie Rodgers	M16	1984	1600			1600						
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Calum McLeod	M16	21085	17004		3353	3295	3151	3205	4000	*2800		
2	Jack Gomersall	M16	15991	12896		3584	3186		3328		2798		
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Tim Gomersall	M20	7344	6800	2800				4000				
Senior Men													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Mark Stockton	M21	10900	10900	1991		2837		2766		3306		
2	Felix Spath	M21	7948	7948		3948		4000					
3	Gordon Hale	M21	6764	6764	4000				2764		0		
4	Bjorn Jacobsen	M21	6026	6026			2850	3176					
5	Sean O'Sullivan	M21	3547	3547	3547								
6	Arek Lipinski	M21	1600	1600					1600				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Ali Robertson	M35	19400	19400		4000	4000	3451	3949		4000	*2000	
2	Matthew Parkes	M35	10034	10034	1579	1482	2340	2515			2118		

Check the GJO pages on the website for a link to the latest (JD)2C rankings too.

Veteran Men													
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Brian Strachan	M40	3817	3817	1103		1455			1259			
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Gareth Yardley	M45	17660	16819	3652		3226	*2625	2881		3595	3465	
2	Kevin Reynard	M45	11811	11249	3658	2810	2781		2000				
3	Iain Barraclough	M45	9588	9131	1805		2517	2273			2536		
4	Murray Anderson	M45	8910	8486	1810			1803	2073		2800		
5	Jonathan Smith	M45	7091	6753	1719		1247	1220	1314		1253	0	
6	Dennis McDonald	M45	6549	6237	3437	0		2800					
7	Dvid Kirk	M45	7959	7580		1840			0	1055	2699	1986	
8	Brian Povey	M45	5223	4974		1799	818		931	1426			
9	Pete Lawrence	M45	4912	4678			0		2555	2123			
10	Allan Rae	M45	3675	3500					1500		2000		
11	Gary Morrison	M45	2811	2677				2677					
12	Doug Guy	M45	2100	2000		0	2000			0			
13	Nigel Robinson	M45	1767	1683	1683								
14	John Lang	M45	1461	1391			1391				0		
15	Gavin Hunter	M45	1346	1282	1282								
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Ian Hamilton	M50	17998	15650	3564	3180	0	2466	2908		3532		
2	Richard Oxlade	M50	15315	13317			2800	2000	2924	2800	2793		
3	John Wilkinson	M50	14224	12369	2470	2090	2593		2964		2252		
4	Nick Hale	M50	12851	11175	2314		3112	3059	2690				
5	Sam Gomersall	M50	15683	13637	2530		3349		3758			4000	
6	Evgueni Chepelin	M50	10602	9219		2556		2906		3757		0	
7	Kenneth Neil	M50	7865	6839	1940		1697	1502			1700		
8	Iain McLeod	M50	10302	8958	2304	1782			0	2730		2142	
9	Stuart Anderson	M50	3655	3178	1301		811		1066				
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Robert Daly	M55	20783	16626	3662	3254	*2772	2954	2915	3841			
2	Rob Hickling	M55	16483	13186	3186	3542	3388		3070			0	
3	Paul Duley	M55	13344	10675	3272	2930			2138			2335	
4	Donald Grassie	M55	4440	3552	1552					2000			
5	Norman Liley	M55	3675	2940	1443						1497		
6	Alan MacGregor	M55	489	391	212		179						
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	George Esson	M60	5597	3998			1519	1491	988				
2	Chris Aust	M60	7179	5128		1962			1509		1657		
3	Ewen Rennie	M60	6126	4376	1385	0	1006	804			1181		
4	Dave Armitage	M60	2828	2020		2020							
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Neil McLean	M65	2350	1469			1469						
2	Mike Forsyth	M65	1790	1119	1119								
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Erik Van Der Kam	M70	6674	3708	784	1299	677	948					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1		M75											
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9
1	Angus Aitken	M80	5552	2776			603	1286	887				

Junior Women														
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Isobel Anderson	W10	2322	1161	345		280		200	136	200	<i>Oct 2012</i>		
2	Morven Farquarson	W10	1426	713	156		177			200	180			
3	Kirsty Farquarson	W10	1420	710	161		178			191	180			
4	Laura Smith	W10	1358	679							679			
2	Hannah Will	W10	738	369			106		263	0				
5	Maya Reynard	W10	394	197			197							
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Naomi Lang	W12	6854	4569	637		751			1581	1600			
2	Ailsa Anderson	W12	4898	3265	800		570	*495	558	537	800			
3	Laura Barraclough	W12	4851	3234	713		615	672		588	646	0		
4	Josie Gomersall	W12	2676	1784	348	400	*205	400	400			236		
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Kate Wilkinson	W14	7499	5681	1600	1734	0		1351	0	996			
2	Maya Chillingworth	W14	576	288			88	200						
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1		W16	0	0										
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Katrina McLeod	W18	10743	9261		1913	2498	2679					2171	
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Judith Anderson	W20	1384	1193					1193					
Senior Women														
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Kate Robertson	W21	2625	2625							1433	1192		
2	Heather Hale	W21	1175	1175	1175					0				
3	Hazel Clyne	W21	914	914			914							
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Seonag Robertson	W35	1512	1512				1512						
2	Nicola Kennaway	W35	1112	1112	1112									
Veteran Women														
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
5	Lynn Smith	W40	951	951							951			
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Carolyn Mcleod	W45	17828	16979	3725	*2905	3127		3152	3032		3943		
2	Helen Rowlands	W45	9408	8960	*1300	*1394	1645	1784		2061	1819	1651		
3	Laura Farquharson	W45	7919	7542			2077		1575	2173	1717			
4	Fran Wilkinson	W45	5902	5621	1264	1578	1195		993		591			
5	Rachel Scott	W45	3634	3461	1507		1954		0					
6	Zoe Griffin	W45	1784	1699	1699									
7	Helen Anderson	W45	1757	1673	0		719		954					
8	Kate Anderson	W45	1356	1291	1291					0	0			
9	Jackie Reynard	W45	1343	1279	1279				0					
10	Marianne Lang	W45	1025	976						0	976			
11	Suzanne Reid	W45	534	509			509							
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Lesley Gomersall	w50	10344	9851	2000	*1662	2233	2135	1734				1749	
2	Anne Hoy	W50	7175	6239	1018	1600	806	1502				1313		
3	Alison Lovie	W50	1670	1452							1452			
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Oonagh Grassie	W55	9940	7952	1542			1600	*1341	1600	1610	1600		
2	Anne Hickling	W55	4363	3490		1485	832		1173					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Foss Foster	W60	7438	5313	1422	1867	992	1032						
2	Genevieve Jones	W60	5582	3987	0	1231		749	981		1026			
3	Margaret Aust	W60	4473	3195		1467			1013		715			
4	Lindsey Esson	W60	2310	1650			457	573	620					
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Sheena Farquhar	W65	1418	886			886							
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1		W70	0	0										
Posn	Name	Class	Weighted	Total	1	2	3	4	5	6	7	8	9	
1	Helen Greenwood	W75	2124	1062	535				527					

New Equipment for Organisers

In 2012 the committee agreed to buy various new items of kit which are available for event organisers:

◆ “Pop Up” Khyam Tent

Screendome



£162.99
~~RRP £239.99~~
SAVE £77.00



Add to basket

Simply a Flexidome version of the Screenhouse. Light and more compact, the Screendome is a great accessory for the compact camper or dog show enthusiast.

A quick and simple way to add living space on you pitch or display space on your stand. Ideal for dog shows, fetes and car boot sales.

Can be used for Cross Country running events as changing rooms. Excellent Sports shelter for Rugby or football games.

[Click here to see dimensions](#)

OTHERS ALSO PURCHASED



Screenhouse Tent Carpet -
Size 3 x 3 mtrs
£49.99
RRP £25.00



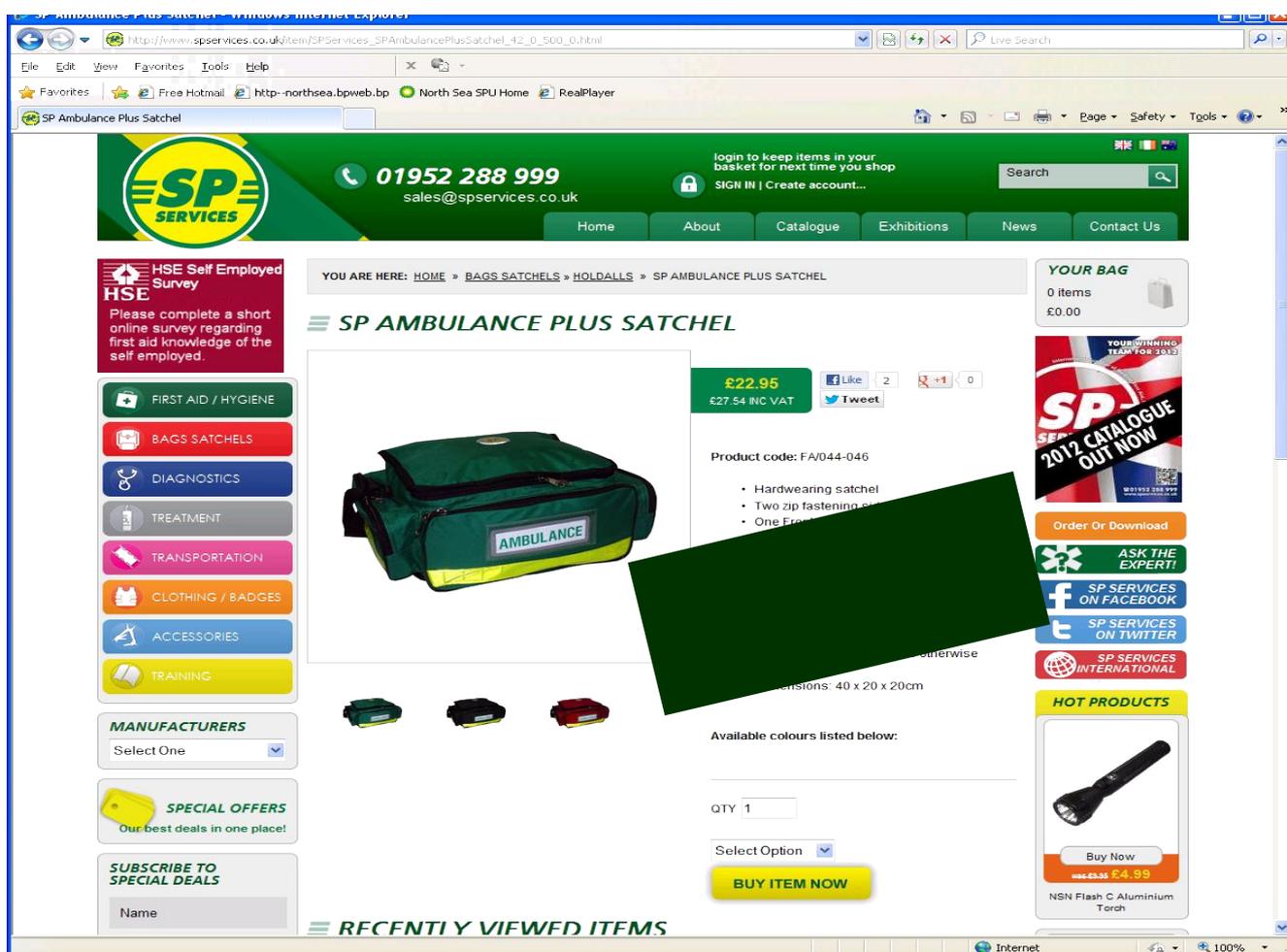
Screenhouse Screendome
SPS Groundsheet
£29.99
RRP £20.00

This tent can be put up by one person even in windy conditions (poles are on the outside and are integral to the tent). There are instructions attached to the bag but in brief this is how to erect.

- ✦ Take tent out of bag and drop on ground
- ✦ Look for round disk covered in fabric and pull up
- ✦ Find upper 'elbow' (on each leg in turn) and straighten poles such that end of pole slips into 'cup' ensuring fabric is not 'caught'
- ✦ Do the same for the lower elbow on each leg and tent should be fully erect.
- ✦ Peg bottom of tent and guys as appropriate. One of the door flaps (doors on 2 opposing sides, windows on the others) can be made into an awning using additional poles

To de-rig the tent just follow the above steps in reverse but at each 'elbow' the 'cup' needs to be unscrewed. This is easier if the tension on the leg is reduced by pushing 'elbow' joint towards tent

✦ Large First Aid Kit



There are a lot of different items packed into the main body and 3 side pockets. If you can't find what you are looking for, there is a laminated sheet ticked inside the top flap with a pictorial guide.

If any items are used such that few or none of each type remain either let Jayne know (so the used items can be replaced) or refill the bag from the box of supplies in the shed

Eye Wash Eye Pads Large Dressings	Trauma Dressings		Bandages	Ice Packs
	Tape Swabs Wipes Triangular Bandages		Dressings Plasters	
	Cotton Wool	Air ways	Crepe Bandages	
Spays Foil Blankets Scissors Gloves				

◆ **Magic Whiteboard**

This product (as seen on Dragon’s Den) comprises an A1 sheet of plastic film (to be torn off a roll) which can be used (when attached on one of the many boards in the store) as a notice board. Useful if a) you don’t have access to a large plotter and/or b) if there are any last minute notices to be produced eg safety notices about new paths or wind-blow etc.

The manufactures claim that

- it will stick to anything but there are clips or sellotape in the organisers box
- anything written on it can be wiped off and the sheet re-used – please use the whiteboard markers supplied and wipe the sheets down before returning them to the box

If any items of equipment require refurbishment or replacement just let me know and remember when you return equipment to the4 shed please stow it tidily preferably back from whence it came.

Jayne (membership@grampoc.com)

NB At every event organisers must ensure that any non-BOF members fill in their contact details – even if they have done so at a previous event (we need to know they were at yours!!) After the event please give or send (paper or scanned) the forms to Jayne

Croeso 6 Day, This summer's Welsh multi-day event

British summer orienteering has started to form a very tasty pattern for those of us who seek multiday events in good terrain and without having to dust off the passport. The Scottish Six Day forms the backbone, of course, and the Lake District and Wales alternate in the intervening years. My impression is that the Welsh event, always enjoyable, has come on significantly and is now a seriously well-organised affair with good land, fine scenery and easy daily travel. Participation levels have grown and this year there were more than 2000 starters.

I have fond memories of the Welsh 6 day of 8 years ago with a Gramp 'magnificent Seven' (self-styled) of Foss and Eric, Kenny and Sharon, Mike Trees, Donald Grassie and myself. No club tent or the like but some good banter and socialising made it one to remember.

This year Gramps were out in force, 20 of us making this part of their summer holidays. Kenny Milton, now of Clyde, was back along with some club mates sharing accommodation with Adrian and Ali Robertson who had a 'pink ticket' for the week as Katie did the maternal thing.

Format for the week was 4 classic long races sandwiching a middle distance event and then a sprint event on the last day. On a personal note I had never tried a middle distance event before and am in no rush to repeat the experience. If you have to go through the same logistical hoops to get to the start line as any other day then I feel short-changed to have a course with a winning time of about 30 minutes. (Of course this view is not at all influenced by my determination to take as long on this day as every other day.) The scoring system for the week is another statistical exotic designed to keep the mathematicians happy, although the usual suspects seemed to take the honours.

The terrain was up to the same high level as previous Welsh multi-days, particularly day 1 which was technically very challenging. A jewel of an area which I hope to get back to at some stage. And they borrowed Scottish Six Day weather which always helps.

Some kind souls brought the club tent which allowed some respite from the beating midday sun and gave a gathering point. For the 3 M55Ls it was a bit like attending a SOL in that Martin Dean and Donald Pettrie were in attendance with predictable achievements. Gramp Results were solid rather than sensational although I can report fine performances by Oonagh Grassie, 2nd in W55S and Will Ball, 2nd in M21V. Future Trail O star Keith Yardley managed 15th in M12A.

So don't be put off by thoughts of 'wet Wales'. It is a worthy member of the multi-day world and from a Scottish perspective it is nice to enjoy all this without having to turn a hand to the wheel.

Paul Duley

(Gentle Readers - For proof of the GRAMP "socialising and banter", read on..... Ed.)

CROESO Part 2

My first event as part of Gramp just happened to be my first with any team. That's right, as a new-comer to orienteering I made my competitive debut at the Welsh 6 days. Firstly, the week itself was brilliant fun. The Ceredigion coast and it's moors proved tough in parts but we're ultimately rewarding. The bogs, brambles & tussocks were more than made up for with spectacular views. Even the long walks to our starts weren't disheartening due to some abnormally sunny weather given the track record of this year's "summer".

My first taste of a large event came last year in Oban, where I completed a couple of long orange courses. This time around, I signed up for M21V (very short) and managed to come 2nd. Unfortunately only three people were in my class for the whole week but a silver medal is nothing to sniff at.

Finally, I must extend my thanks to the other Gramp members there who gave me a warm welcome and even a few helpful pointers along the way. As someone from south of the border, I was made to feel at home.

Will Ball

"Pa ffordd wnaethoch chi fynd 5-6, yna, Dad?"



Photo: Helen Rowlands

GRAMP SUMMER SERIES 2012

FINAL AWARDS AFTER TEMPLARS PARK (29 August)

GOLD:

Paul Caffyn	Graeme Campbell
Lachlan Kirk	Ondrej Masek*
Ali McLeod	Calum McLeod
Ross McMurtrie	Connor Ogg

SILVER:

Ailsa Anderson	Isobel Anderson
Nick Caffyn	Andrew Campbell
Finlay Cooper	Jack Gomersall
Josie Gomersall	Struan Kirk
Naomi Lang	Patrick Lang
Katrina McLeod	Grant McMurtrie
Damon Ogg	Jennifer Ricketts
Bob Sheridan	Dillon Thomson
Joseph Wright	Keith Yardley

BRONZE:

Richard Amies	Dylan Anderson
Laura Barraclough	Daniel Birch
Calum Bowie	Iain Campbell
Sasha Chepelin	Kirsty Cooper
Josh Dudley	Kirsty Farquharson
Morven Farquharson	Amber Graham
Luke Graham	Marnoch Hamilton-Jones
Alex Lang	Abigail Mason
Evelyn Mason	Jessica Mason
Cara McMurtrie	Birgitte Nilsen
Alexander Povey	Maya Reynard
Megan Ricketts	Callum Roberts
Ian Shanks	Danny Skinner
Katie Skinner	Leo Thomson
Frances Wright	Estera Zak

Awards are open to all juniors, and adults who are not a member of any orienteering club. If you weren't at Templars Park for the maze event of the year and the prize giving, then Anne Hickling has your certificates and (edible) medals.

*Onrej Masek attended every single one of the 15 Summer Events this year. We think this is a club record.

Taken from the BOF fixtures calendar and local clubs' websites as of 8th September. 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

SEP

12th Wed GRAMP Urban Sprint Series Level D Duthie Park and Ferryhill

Reg/Starts: 18:00- 19:00, courses close 19:30

TD3 approx 3-4km £3/£1 check www.grampoc.com for location map

16th Sun MAROC Pannanich Level C GR NO 378961

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

White to Brown www.imarocscotland.org.uk JD2C and GRAMP CHAMPS(?)

19th Wed GRAMP Urban Sprint Series Level D Balgownie

Reg/Starts: 18:00- 19:00, courses close 19:30

TD3 approx 3-4km £3/£1 check www.grampoc.com for location map

23rd Sun STAG SOL 5 Errochty www.stag-orienteing.co.uk

26th Wed GRAMP Urban Sprint Series Level D Seaton Park and Hillhead

Reg/Starts: 18:00- 19:00, courses close 19:30

TD3 approx 3-4km £3/£1 check www.grampoc.com for location map

29th Sat MOR Miltonduff, nr Elgin Saturday League Level D

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

£4/£3 moravianorienteing.org

OCT

3rd Wed GRAMP Urban Sprint Series Level D Aberdeen Uni Kings Campus

Reg/Starts: 18:00- 19:00, courses close 19:30

TD3 approx 3-4km £3/£1 check www.grampoc.com for location map

7th Sun MAROC Bogendriep Level D GR NO662910

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

www.imarocscotland.org.uk

7th Sun INVOC Anagach, Grantown on Spey Level C GR ??????

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

20th Sat FVO SOUL 6 Dunblane www.fvo.org.uk

21st Sun CLYDE SOL 6 Fairy Knowe and Doon Hill www.clydesidorienteers.org.uk

27th/28th TINTO TWIN - night/day event to be held on the Tinto Laird's Estate and ???

www.tintoorienteers.org

NOV

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

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

£4/£3 moravianorienteing.org

4th Sun MAROC Cambus O'May Level C GR NO 404982

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

White to Brown www.marocscotland.org.uk

Proposal for Forestry Commission to Introduce Charges for Orienteering Events

Some of you may know that since the introduction of the Land Reform (Scotland) Act many years back Scottish Orienteering (SOA) has had an access agreement with Forestry Commission Scotland (FCS) for the use of our forests. I say 'our' deliberately as the FCS land is publically owned and managed by FCS on our behalf. The access agreement, which provided free access to forests has now lapsed and FCS are now attempting to enforce a charging scheme. SOA has been negotiating hard and has to date succeeded in reduce the rate to be charged and the scale of event it could apply to. The committee discussed this recently and we believe that the principle behind charging for use of our forests is wrong, a position reinforced by the installation of parking meters on at many of the forest we use frequently.

We support SOA in seeking to negotiate the best deal and we know that SOA are trying to lobby widely to get the principle overturned but we feel this is an occasion where we as a club and individually should add our voice to this campaign. As a result, I have drafted a letter to send to all MPs, MSPs and MEPs in our region and would encourage you to do the same. In particular, MSPs should be contacted as this is a devolved matter and they have the influence to stop FCS changing its current approach. On an even more specific level, you may wish to contact Mark MacDonald MSP, who when a Councillor at Aberdeen City Council was part of their team at an Activity Mix event and who enjoyed the event and was positive about the sport. The template letter follows and I would ask that as many of you personalise it in some way and send it to as many as you can. Probably the easiest way to contact your MSPs (both 'List' or regional, such as Mark MacDonald, and Constituency) is by email and you can get their details from this part of the Scottish Government Website:

<http://www.scottish.parliament.uk/msps/177.aspx>

UK and EU Parliament websites have similar, easy ways to find your representatives.

Pete

"Dear ,

I am writing to ask for your help in addressing a serious concern for me as an active sportsperson in Scotland. I understand that Forestry Commission Scotland (FCS) is seeking to introduce access charges for the use of forests by my sport, Orienteering.

Orienteering is a sport that ticks so many public policy objectives - encouraging physical exercise, providing recreation opportunities in beautiful parts of our country, enhancing knowledge and understanding of our countryside and is a great way to develop important life-skills in young people such as independent thinking, problem solving, risk assessment and individual responsibility.

The imposition of charges by FCS for us to use our own forests appears to be a narrow-minded bid to increase income, justifiable in any other way and contrary to wider Scottish

Government policies on health education and the environment. The Land Reform (Scotland) Act 2003, permits land owners to make a charge for use of their land to cover costs incurred but we find that most private landowners do not make charges for most events. How ironic is it that a public body is seeking to break this consensus and make substantial charges against a totally voluntary sport with the aim only of providing good competition for the thousands who take part each year?

Please use your influence to prevent the imposition of charges which, I believe, will have a continuing and widespread adverse impact on the sport I love,

Yours sincerely,

“

WANTED - COMMITTEE MEMBERS

(NEW ONES THAT IS, NOT THE ROGUES LISTED ON PAGE 5)

After umpteen years (we've lost count) tirelessly serving GRAMP in a variety of roles, both official and self-inflicted appointed, Jayne MacGregor has decided it's time to step down from the committee. We've said it before but it's worth saying again - she has played a huge part in keeping the GRAMP machine on track and her quiet competence and safe pair of hands will be sorely missed.

So, we know it's a big pair of shoes to step into (metaphorically speaking) but we need somebody or bodies to join the committee please.

Can you spare a few hours every so often to help chew the fat over what the club should be concentrating on in the coming years, as well as some of the day-to-day stuff? Remember we have our new RDO champing at the bit to help us so now's your chance to bend her ear and help shape GRAMP into your kind of club.

Contact any of the current committee members if you want more info on what's involved or to put your name forward for election at December's AGM. (No hustings required, no scary TV debates – just accept graciously on the night.)



The Grampian Mountain Challenge is Back!

17-18th November 2012

Following on from a successful debut in 2010, the Grampian Mountain Challenge is pleased to welcome runners to North East Scotland for another unique blend of harsh weather, comfort, physical challenge and mental challenge in November 2012. The same organisation team are back with new ideas to bring the classic event format to a new location, 1 hour from Aberdeen.

This event combines forest orienteering and mountain navigation/running over two days in the Deeside area, with a remote campsite. The event format will be the same in 2012 as it was in 2010. For those not familiar with the format, the key points are:

- Competitors find their own way from point to point with a map given to them at the start (map exchange at transition between orienteering and mountain running),
- A, B and C courses available,
- Prepare for snow – this is November! (Note that distance/height gain is similar to other MMs, but allowances are made for the time of year).
- No GPS allowed, altimeter OK,
- Remote campsite – but kit bags are transported for you,
- Competitors must carry minimum kit (see separate list),
- Pairs or solo runners accepted,
- Minimum age and experience requirements (see rules),
- Hot evening meal supplied on Day 1 and a light meal at the finish,
- Breakfast available to purchase and hot water urn available overnight,
- Marquee at remote campsite with “heating” and music.

For more information, visit www.grampoc.com. To enter, visit www.sientries.com

Minimum Kit:

Full waterproof body cover, thermal upper body cover, thermal bag (i.e. foil bag, not blanket), head torch, hat, gloves, personal first aid kit, personal food plus emergency food. Must carry long trousers if running in shorts.

Minimum ages:

Solo entry: 18 years

Pairs: 16 years. The second competitor must be 18 years or older.

Minimum experience:

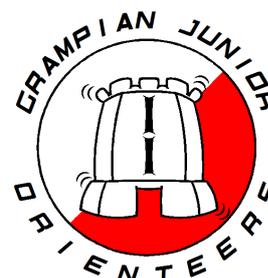
Successful completion of the OMM, LAMM or HMM (C class or above), or

Successful completion of 2+ category A fell races or 2+ long orienteering events, with experience of walking/running in UK hills in winter.

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School Essay – What I did in the Holidays

My family and I had a 'holiday' which consisted of getting wet, muddy, tired, lost and (surprisingly) sunburnt! We went to the Welsh six days of orienteering around Aberystwyth which is a town/small city in mid Wales.



It was very similar to the Scottish six days I went to last year; three days of orienteering, a rest day, and three more days of orienteering but, unlike the Scottish six, the last day was an urban race around the Aberystwyth university campus (on this day, I was shocked to find, there was no burger van!). Another difference was that days 4 and 5 both used the same map and the same finish location but used different parts of it on each day. Most of the orienteering areas were open hillside, or moorland which made an interesting change to the forests that we are accustomed to. I found it meant I needed to look at the shape of the land more (good because you can see it, but bad because contours are tricky things). My favourite day was day 5 because it was my best day – I navigated well and I didn't mispunch anything!

There was also a spot-the-photo competition around Aberystwyth which was a really fun activity for us to do and, while we were out spotting, we saw plenty of other people doing exactly the same thing! You were given a street map of Aberystwyth and you had to find the thirty six 'controls' on the map, and match them up with the correct picture (the one that was taken from the spot marked on the map) and, once you had them all, submit it to try and win £100 of vouchers! There was one particularly difficult one that was a picture of a blue house at the end of a street; the problem was that the house had been sandblasted between when the photo was taken, and when we went to look for it. However, there was a sign on the scaffolding that said "This house was blue last week, honest!".

The rest day was better than last year. Instead of 'resting' by going up a munro we went to see the red kites being fed. About 50 kites went to the reserve where food is put out everyday. It was great to see them all swooping down and you can get really close, a bit more impressive than the handful in Peterculter (although ours are redder).

GJO Roving Reporter (aka Keith Yardley)

PS - A joke to share:

If it wasn't for Venetian blinds, it'd be curtains for all of us.

Junior Home Internationals 2012

Congrats to Katrina and Sasha who have been selected for the ScotJOS team for the JHIs and will travel to Surrey to represent Scotland on the weekend of 13th/14th October – don't forget the Apache banner guys and good luck!