

**GRAMPIAN
ORIENTEERS**

TELEGRAM

Jan
Feb
2013
Issue 183

Grampian Mountain Challenge:
Matthew Parkes* at Mount Battock



*Pretty sure this is Matthew but a lot of usually clean-shaven Gramps were seen sporting 'taches and more during November so could be somebody else in disguise.....

Photo: Fellow C Course runner Sarah Dunn



28TH JULY - 3RD AUGUST 2013

HAVE YOU ENTERED YET?

Enter early by 31st Jan to ensure you catch the **lowest entry fee bargain rates**

(but you can still enter up to June 30th and later)

www.scottish6days.com/2013

for details and online entries link

New to orienteering and not sure what the 6 Days is all about?

See page 7 where we'll give you umpteen good reasons why you should **enjoy a staycation in Moray** this year – great terrain, great scenery, big event atmosphere, socials, whisky – need I go on?

CHAIRMAN'S REPORT 2012

At risk of repeating myself from previous years, we've had yet another busy year of orienteering, maintaining a high number of events in a wide variety of disciplines within the sport:

Chronologically we've had:

1. A night league organised and competed for by an enthusiastic group of 'special' orienteers (apply your own definition of 'special' depending on your perspective of stumbling around in the dark!)
2. A forest sprint series – perhaps a bit of niche but again attracting a keen bunch
3. The backbone of our calendar, a summer series geared as much to attracting new people to the sport as it is to providing competitive training to established orienteers
4. An important role in the Scottish Championships/Jubilee 5 long weekend, including an MTBO event on our first purpose drawn MTBO map
5. An urban sprint series – another innovation that I'm certainly keen to see develop successfully
6. The 'traditional' Sunday morning forest orienteering events, including a very successful SOL at Forvie
7. And finally our own unique cross between long 'O' and Mountain marathon, the Grampian Mountain Challenge

And of course we're now back into the next night series already!

That variety and quantity of events we run places a great burden upon club members but I think is a great testament to the vibrancy and opportunity in orienteering and this is something to be celebrated. The more varied the sporting challenge, the more diverse and interesting the sport is to more people.

Perhaps recognising the sporting or competitive element of club activity is something I've not really majored on in my time as Chairman. I should, and indeed want to, offer my congratulations to those who've done really well in competitions this year and especially want to applaud the continuing development of Alexander Chepelin, a great talent who constantly does the club proud. What's even more worthy of recognition is Sasha's willingness to give something back as well, as seen in his recent commitment to Organising our Level C event at Scolty in February.

One area where there has been limited activity this year is in other 'Activities' as the British Orienteering Federation calls them – training, coaching, junior development, social or just filling in those Wednesday evenings between winter and summer when don't have a league event on.

We have a limited number of club coaches and frankly the club is struggling to generate momentum for junior development. Despite good and dedicated work by Kate, Ali, Anne Hickling, Ewen, Foss, Eric, Carolyn and Iain McLeod, we don't seem to have made consistent progress in recent years and this is an area where I'd like to see enthusiastic members coming forward, especially those with a bit of time to contribute to reinvigorating the junior scene within the club.

Whilst on the subject of recognising work by club members, I want to record my thanks and gratitude to all event officials, to my fellow committee members and to others such as Helen Rowlands, Mark Stockton and Helen and Stuart Anderson who take on important 'backroom' but non-committee roles within the club.

This word 'back-room' or 'back-office' always annoys me when I read of it in the newspapers. Politicians and others always equate this work with 'waste', 'red tape' or bureaucracy; you've heard them, 'We'll deliver X% of savings by cutting backroom staff – keeping the bobbies on the beat, nurses on the ward, teachers in the classroom' or whatever the current political flavour of the month is. They think it's great PR but the sad truth for these commentators, who rarely actually have to anything to do with the day-to-day delivery of services, is that no organisation, not least an orienteering club, can survive without those people who work in the background oiling the wheels. For example, without permission to use the land or without a good map of an area, we have no sport.

Sometimes we all get frustrated with the administration imposed on us by external organisations such as insurers, landowners like FCS or funding bodies and certainly with the latter group, we should never fall into the trap of doing work just to satisfy a funder when it has no benefit to the sport. But on the whole, most of the work undertaken by the club's own 'pen-pushers' is vital and without it the club would just not function.

Anyway, that rant is partly in order to ensure we all recognise how important these people are to the club but also to try to encourage those that don't already help the club in 'out of competition' ways to offer your services to the committee. And talking of the Committee, I'd like to make special thanks to Jayne MacGregor and Sean O'Sullivan, committee members who are stepping down this year.

In closing, I'd to finish with a little look into the future:

On two levels we have an interesting and exciting few years ahead – most immediately Moray 2013 is looming and many of us will have a busy 9 months ahead working with our colleagues in Moravian to deliver the most important Scottish 6 Days event for over a decade.

Next year's event is the Shop Window for the World Championships in 2015. There will be more facilities and activities than ever with significant support coming from Event Scotland. This is fantastic and a real opportunity to raise the profile of the sport in Scotland but brings along with it some added challenges – we're truly getting into the Big League of Scottish Event Management whilst remaining a largely voluntary and spare time management team and workforce. I'm confident we have our fair share of highly capable and motivated people within the club to make sure everything we're responsible for goes smoothly and, more than that, will deliver a 'quality' event that the 2015 team will have to work hard to live up to.

Closer to home, Jess Tullie, our RDO is now working to develop the club and the sport in Grampian; I've already written about the opportunities this gives the club but we must all remember that Jess is a facilitator – she will help make things happen but that can only be sustainable if we as club members support her and the work she is doing.

Ultimately, the true legacy I would like to see from the RDO is not solely an increase in club membership but a membership that is more inspired to develop the club and its members, a membership that is capable of taking on all the roles required for a successful club and a membership that gets satisfaction and enjoyment from all aspects of our sport. Now that's my say. No doubt, you have yours and I'm sure Sam, as new Chairman, and the rest of the committee will have theirs in the future.

I have one last duty to perform and a pleasurable one at that – the award of the Chairman's Quaich.

There is an increasingly long list of worthy names on the Quaich, which has now been awarded 10 times. There are again a number of other people I would be more than happy to award this to, those who have contributed a lot both in the last year and going back much further than that. The task is not an easy one.

This year's recipient is someone who has been involved in our sport for many, many years and contributed in many ways – his name is George Esson. I'm certain that well before I joined the club in 2001, George was contributing in no small way to the sport but in the last 10 years, I know that George has been involved as planner or controller in many major, and minor, events in Scotland. Beyond that he has played a very important role as Chairman of the Scottish 6 Days Company and represented the sport in other ways. Whilst he has stepped down from the Board of S6D, he has now stepped up to the mark and taken on the Event Coordinator's role for next year's edition.

Some may say it's a wee bit premature to recognise George for that, the event hasn't even happened yet but I disagree – the most important step in these things is the first and George was the only club member I know of prepared to take on this onerous task and as I said above, I have no doubt that under his stewardship the event will be a success. So, for this and all the work he has put into the sport over the years I award the Chairman's Quaich to George Esson.

Pete



A very warm welcome to new members:

Steven Robertson David Esson

And welcome back to Bruce Bricknell.

And also "Welcome!" To new Chairman: Sam Gomersall chairman @grampoc.com
And to new Membership Sec: Helen Anderson membership @grampoc.com

CLUB CONTACTS

* = committee member

| | | |
|-------------------------|-----------------------|------------------------|
| Chairman | Sam Gomersall* | 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 | Helen Anderson* | 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* | |

Recent changes shown in red

From: [legend @ngoc.org.uk](mailto:legend@ngoc.org.uk)

NGOC is again offering the orienteering board game "Forest Challenge" for sale and we would be very grateful if you would consider publicising it in your newsletter and/or website. All profits will be donated to the Woodland Trust – NGOC has recently given £300.

Also on offer this year is a booklet of amusing orienteering reports and poems done in the style of various well-known authors. This is being sold in aid of the S.W. Junior Squad.

Please email for details of the game and booklet.

Please contact me if you want any further information.

Thank you.

Alan Brown

NGOC "Legend" Editor



Never been to a Scottish 6 Days? Why not?

The Scottish 6 Days is no ordinary orienteering event and Moray 2013 will be no ordinary Scottish 6 Days. So what's so special? Firstly, for Gramp members it's very close to home – no venue more than a two hour drive from Aberdeen. Secondly, at a 6 Days you get all 6 days of top quality orienteering – and Moray has some of the best terrain in the UK, no massive climbs and generally pretty darn good underfoot. Then there's the feeling in the forest that you're part of a great sporting event – which you are. You'll see other people running about but even though there are 3000+ competitors the spread of start times over a four hour period means it will not feel crowded – and frequently the competitors you do see will not be going to your control!

That feeling that you're part of a great sporting event starts when you arrive and find marshals ready to park you and some 1200 other cars (or of course there is a bus option from the camp site). A short (at least at Moray) walk takes you to an Assembly bubbling with people visiting traders (food and orienteering suppliers), gathered round the run-in to cheer on their friends and fellow club members, looking at results or simply chatting to friends. Close by will be a string course with prizes and other activities to occupy younger members of the family (why not ask Granny and Grandpa – they'll enjoy going round with the wee ones too; and who knows, they might like to enter some of the colour coded courses on offer - White, Yellow, Orange, Light Green and Green). In short there's plenty to do before and after your run and to occupy non-orienteering members of your party while you're out.

If you can drag yourself away, Moray has so much to offer the holidaymaker. Dolphin watching, a whisky trail, mountain biking, golf, fishing and so much more (sorry, boys, I have to mention retail therapy – Moray is the home of Johnston's of Elgin (cashmere), Baxters of Fochabers (a wide range of food products), Walkers of Aberlour (shortbread), Brodie Countryfare and much more.

Then there's the social programme, with something on every night – dances, whisky tasting, talks perhaps, 5-a-side football, a quiz – and the local community are lining up to offer other activities too! Not to mention the traditional Gramp 6 Days Social when we all meet up for a BBQ and a blether or something similar.

With all this activity you'll welcome the rest day in the middle. Relax by all means, or try some of those great tourist activities, or try some of the activities associated with the Event – Trail-O, Mountain Bike Orienteering, or test yourself at the Sprint race at Lossiemouth Town against some of Europe's top orienteers. The sprint race will be the first of 3 events all to be held at Moray 2013 for the Euromeeting competition, which attracts competitors seeking selection for the 2015 World Championship which is to be held in areas round Inverness.



Not convinced yet? You should be! I've been to twelve 6 Days events so far and I wouldn't have done that if they were not great fun. So put the dates in your diaries now, and book that week for your holidays from work. It's Sunday 28th July 2013 to Saturday 3rd August. Get your accommodation sorted (although as it's so close it is possible to commute daily, but then you'll miss some of the fun) and for best value enter on-line shortly after entries open on 1st December 2012. Further details are on www.scottish6days.com/2013 (or you can link through the Gramp website). If you have no internet connection write to Adrian Will at 6 Bogbeth Road, Kemnay, Aberdeenshire AB51 5RJ for a paper entry form. Any queries email 2013@scottish6days.com or speak to me at any event.

George Esson

P.S. – Even if you cannot go to all 6 of the 6 Days why not plan to go to some of them? While we'll be delighted to see everyone there every day, it is possible to pick and mix which days you want to enter.

P.P.S. – If you've finished with the flyer I've enclosed give it to friends and invite them to have a staycation with a difference in Moray with you next year. Ed.

GMC 2012

Ace Organiser Sean O'Sullivan pulled in a lot of Scouting favours (again), Ali and Ian spent a lot of time wading through snowy heather planning and controlling (again) and a bunch of Gramps and others volunteered to help successfully put on the Grampian Mountain Challenge 2012 in Glen Dye in mid-November. A mixed bag of locals and incomers from as far away as York took on the challenge and braved the crisp, toe-snapping but sunny conditions to make their way through a short Light Green course at the southern end of Glen Dye before heading for Mount Battock on Day 1 then to the overnight camp, at the bothy at Charr in Glen Dye.

The camp was just as cosy and civilised as last time with heated marquee, furniture and copious catering courtesy of the Scout Leaders. Must have been a struggle to leave the party for bed but not nearly as much as forcing tired feet back into cold, wet O shoes on Sunday for another session threading back over the hills and heather, including Clachnaben this time, before a final Light Green forest section to finish.

Sean says: "Well done to all the runners for coping with the short days, long heather and freezing nights. While there were a few scratched legs everyone enjoyed themselves and enjoyed the glorious east coast weather at its best. Thanks to everyone who knew their limits and either dropped out or sped up! Everyone finished within the course cut off time on Sunday.

Thanks to all the marshals from Scouts, Gramp and Cosmic Hillbashers, and to Deeside and Gordon Scouts for the equipment and help setting up. Scout leaders again ran the catering and on their behalf we're pleased to donate £120 to the Braemar Pipe and Chanter group to help fund new instruments for their young pipers.

Thanks to Fasque Estates for permission to use their land and to all the companies who provided prizes: Haglöfs, Braemar Mountain Sports, Cotswold Outdoor and Tiso.

Watch this space for GMC 2014!!"

NAOC 2012

I work on a 40 days on/16 days off rotation on Romania so have been looking for novel places to go orienteering in the 2 weeks off while not losing touch with my girlfriend, friends and family. One of the recent events which gave me a chance to do orienteering, visit my sister in the middle of Pennsylvania and also claim my mum yet another random orienteering t-shirt (she likes to look well travelled without having the need to travel) was the North American Championships in mid October 2012.



Since I've started working in Romania I've always been a bit worried when I go on my time off that I would be better resting up in the UK and coming back to Romania fully refreshed without more travel. These feelings were quickly dispelled as I drove past the event areas on the long drive from Newark Airport to my sister's place in State College. Beautiful copper coloured forests as far as the eye could see made me realise I'd come to this part of the US at exactly the right time. Visiting the state forests close to State College with my sister and her fiancé confirmed this.

Being a Gramp was a benefit in this new orienteering setting with event bulletins asking for bright colours to scare away the brown bears that may be in the areas. While I am not one for garish kits, the red and white seemed to do the trick. There were plenty of deer out in the areas and some funny large rodents on the roads but nothing that was potentially going to eat me.

The event itself was about similar to the size of the Scottish Championships this year and had a similar feel with all three disciplines within 10 km of each other around the Delaware Water Gap border between Pennsylvania and New Jersey. There were 8 Brits, mostly in my age group and staying at the event so the social aspect was excellent.

One of the reasons I am writing about this event was to emphasise how an event doesn't have to have anything new or stand out to be the most enjoyable. In the last few years I've been to events with chairlifts to starts/night races in markets/100 controls in a row/advanced filming and loud PA systems etc. to make them stand out. What made this event great was that everything was done well and was well organised:

1. Maps – vegetation, contours were spot on and they chose areas with plenty of space so there were none of the butterfly loops/revisiting bits of the map over and over again common in some M21 courses
2. Travel – I didn't have to use the car for 3 days because everything was based from PEEC and they had school buses leaving every 10 minutes driven by volunteers from the local club. For those staying...
3. Accommodation - an outdoor centre where 60% of the competitors and nearly all of the Brits stayed. All food was provided and all presentations took place at mealtimes so that most people found out the winners

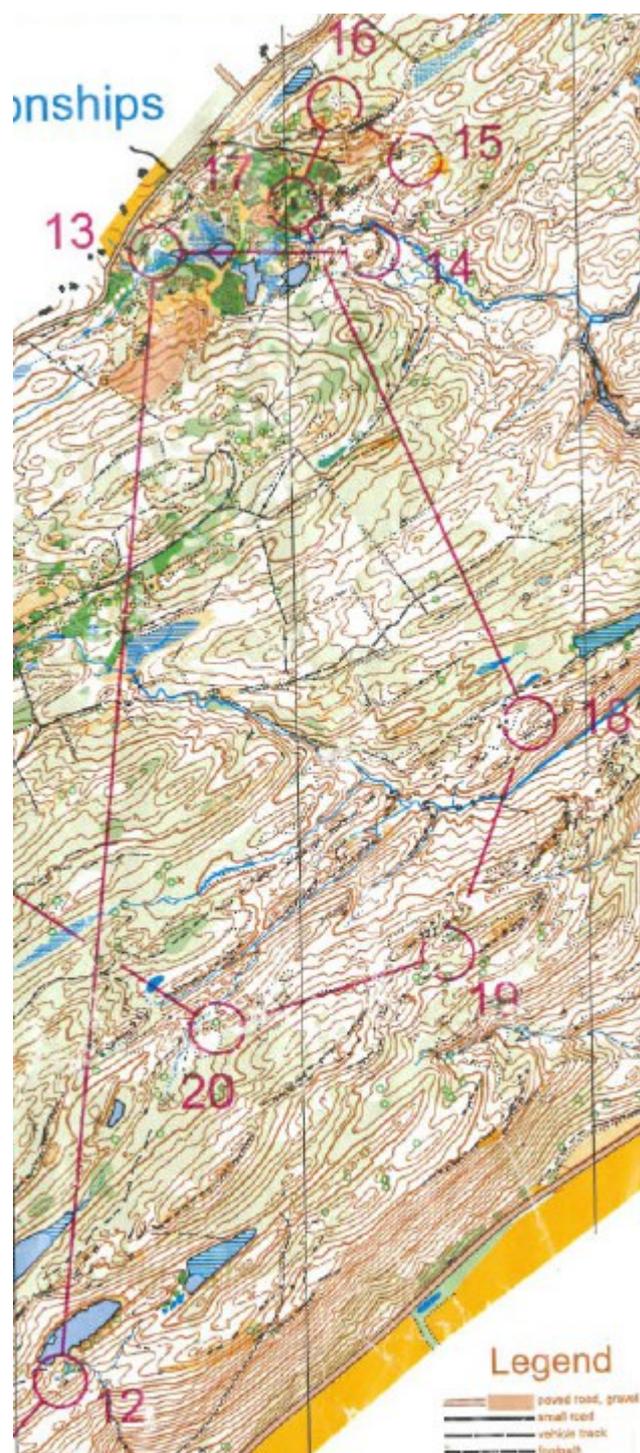
4. Profile of athletes – this was the best aspect - on the last day they had a sprint followed by a Canada v USA relay. My first thoughts about this was that it was a shame that we couldn't enter a British team but actually the way it was all hyped up with short legs/teams easy to identify and the handover area surrounded on all sides by the course/controls meant that it was one of the best spectacles I've ever seen in orienteering. The best idea was to keep athletes in a quarantine and sell \$10 packs containing all the courses and profiles of all the athletes. Because the relay followed on 2 hours after the sprint finished, the vast majority of people stayed to cheer on their countryfolk and because of the low number of athletes it was easy to follow

My own experience of the event was that while I had a great time competing I didn't set the forest alight with any of my performances. I managed to go over on my ankle on the way to the first control on the middle course (the first day) but most of my time wasting was due to rustiness and not wanting to risk tricky routes going straight but preferring easier longer legs going round paths. The long course had a lot of great long legs followed by tricky short legs, e.g. 12 to 18 shown right. I was reasonably solid but tired a bit towards the end which was expected due to my lack of serious long running while in Romania.

The sprint was probably the best race of the weekend. An early start for the M21E and W21E runners into quarantine allowed the organisers to put out controls around the accommodation/event centre. I think in the UK (with the strong exception of GRAMP and the Sprint series!) we've become obsessed with idea that all sprints have to be urban but the sprint was entirely forest/huts based and was extremely challenging with lots of mistakes particularly in the relays that followed.

Although my timing was very fortunate weather-wise (exactly one week later the event area was pummelled by Hurricane Sandy), I have to recommend trying an event in the US since it reminds me very much of the Scottish scene – small but friendly clubs with plenty of volunteers per competitor, great orienteering maps and courses that go on for miles and finding an event centre which makes the event accessible without sacrificing quality of orienteering.

Duncan Grassie



Taken from the BOF fixtures calendar and local clubs' websites as of end of December. 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

JAN

9th Wed MAROC Deeside Night Cup Glen O'Dee – see page 14

13th Sun MAROC Potarch Level C Opposite Potarch Hotel (JD)2C?
Reg: 10:30 – 12:30 EOD or pre-entry via EEE @marocscotland.org.uk
White to Brown www.marocscotland.org.uk

16th Wed GRAMP Deeside Night Cup Raemoir – see page 14

23rd Wed MAROC Deeside Night Cup Carlogie – see page 14

30th Wed GRAMP Deeside Night Cup Forvie – see page 14

FEB

3rd Sun GRAMP Scolty Level C signed from FC carpark (JD)2C
Reg: 10:30 – 12:30 EOD or EEE pre-entry via grampoc @gmail.com
White to Brown www.grampoc.com

6th Wed MAROC Deeside Night Cup Coull – see page 14

10th Sun MOR Loch na Bo, by Lhanbryde Level C
Reg: 10:30 – 12:30 EOD or pre-entry via oentries.com
White to Brown www.moravianorienteing.org

13th Wed GRAMP Deeside Night Cup Glen Dye – see page 14

17th Sun MAROC Birsemore CompassSport Cup Heat
www.marocscotland.org.uk

20th Wed MAROC Deeside Night Cup Inchmarnoch – see page 14

23rd Sat CLYDE Scottish Night O Champs venue ????

30th Wed GRAMP Deeside Night Cup Crathes Castle – see page 14

MAR

3rd Sun INT SOL 1 Gullane Dunes, Edinburgh <http://interlopers-edinburgh.org/>

6th Wed Level D Sprint race series starts

17th Sun FVO SOL 2 Rannoch <http://fvo.org.uk/events/2013/mar/17/rannoch/>
Races on Saturday too – see FVO website

24th Sun MAROC Redburn, nr Ballater Level C (JD)2C
Reg: 10:30 – 12:30 EOD or pre-entry via EEE @marocscotland.org.uk
White to Brown www.marocscotland.org.uk

GRAMPIAN ORIENTEERS ROLL OF HONOUR 2012

Club events: 4th in Jamie Stevenson Trophy
(Alexander, Jack, Struan, Lachlan, Keith, Paul Calum, Katrina, Kate, Josie, Naomi, Laura, Ailsa & Duncan)

Area Events: North Area 2nd in Junior Inter Area Championships (Calum, Katrina)

International Call-ups:

Scottish Vets for VHI – Scotland 2nd under Team Captain Rob Hickling, Dave Armitage

Scottish Junior Squad for JHI – Scotland 2nd Alexander Chepelin, Katrina McLeod

Scottish Junior Squad for Junior Inter Regional – Scotland 1st Alexander Chepelin, Katrina McLeod

European Youth Championships (GB): Alexander Chepelin

GB Talent Development Squad: Alexander Chepelin

Winners in Major Events:

Scottish Orienteering League (SOL)*: M55S Donald Grassie, M60L Dave Armitage, M65L Neil McLean, W12B Josie Gomersall, W55S Oonagh Grassie

*We also had lots of 2nd and 3rd places in this year's SOL:

SECONDS:

Lachlan Kirk M14B, Ali Robertson M35L, Mike Pearson M60S, Angus Aitken M80

Katrina McLeod W18, Margaret Aust W60S

THIRDS:

Pete Lawrence M45L, Rob Hickling M55L, Carolyn McLeod W40, Sonia Armitage W50L

Close but no cigar - 4th Matthew Parkes M35S, Bob Daly M55L, Kate Robertson W21S

JK (Sprint): M16 Alexander Chepelin

JK (Individual): M20L Tim Gomersall

Scottish Champs – Individual: M16B Rob Wilkinson, M50S Richard Oxlade, M60S Mike Pearson, M80L Angus Aitken

Scottish Champs – Relay: 11+ Handicap Doug Guy, Nick Hale, Evgueni Chepelin

17+ Handicap Mike Greenwood, Sonia Armitage, David Armitage

Deeside Night Cup: Mini Alexander Chepelin

Jon Duncan Junior Deeside Cup: W12 Naomi Lang

GRAMP Club Championships:

Junior Men: Calum McLeod

Junior Women: Kate Wilkinson

Senior Men: Ali Robertson

Senior Women: Seonag Robertson

Vet Men: Bob Daly

Vet Women: Carolyn McLeod

Trofeu Internacional Ciutat de Barcelona: W45 Rachel Scott

Mourne Mountain Marathon: B Class Sean O'Sullivan and Rob Hickling

LAMM: C Class Tim and Jack Gomersall

GMC: B Class Jack and Tim Gomersall

OLIVER AND MARGARET MUSGRAVE MADE HONORARY MEMBERS

They may not have heard the news yet (our out-going Chairman is a little demob happy still and has probably forgotten to send them the letter!) but Oliver and Margaret were made Honorary Members at the AGM in recognition of their key role in helping run Grampian Orienteers in the past and a hundred and one other things they've done for Scottish orienteering over the years.

Grid Cells – the animal equivalent of sat nav?

Ewen sent me a link to a recent article about the presence of grid cells being detected in primates' brains: <http://goo.gl/hqBPI>

Seems that scientists have known about these grid cells since Norwegian experiments back in 2005 and confirmed their presence in humans in 2010. "These specialised neurons are thought to be involved in spatial memory..." and "...represent where an animal is located within its environment, which the researchers liken to having a satnav in the brain. They fire in patterns that show up as geometrically regular, triangular grids when plotted on a map of a navigated surface."

Interesting that it's triangular and not square grids, eh? Maybe I've been too brainwashed by lat and long and OS Grid Refs all my life, but I would have thought the square option was the more obvious. If you want to read more about the human version, check out <http://www.sciencedaily.com/releases/2010/01/100120131201.htm>.

GRAMP CHAMPS AND JON DUNCAN JUNIOR DEESIDE CUP 2013

Check the website for the final GRAMP Champs and (JD)2C Rankings for 2013. The major winners are listed in the Roll of Honour on page 12 but there's a far bigger story behind that involving you all, so take a look at the results online.

Either use the Club Info and GJO menu options to navigate to them or type in "Champs" or "JD2C" in the search facility top right to see all Champs and JD2C posts.

Compass Sport Qualifying Round- Sun 17th Feb 2013 Birsemore

MAROC would like to invite you all to the Compass Sport Cup/Trophy Qualifying Round on Sunday 17th February at Birsemore near Aboyne in the Dee Valley. This annual competition pits large and small clubs against their peers from all over the UK and is sponsored by (can you guess?) Compass Sport magazine. For more details on the competition structure and rules check the [Compass Sport website](#).

Entries are now open on [O-Entries](#) and the closing date is Friday 8th February.

Final Details will be available on [MAROC website](#) on Tuesday 12th February, but if you want to know more then Craig Chapman's your man.

Deeside Night Cup 2012/13

Starts: 6-7pm

Courses close: usually 7.30 -8pm

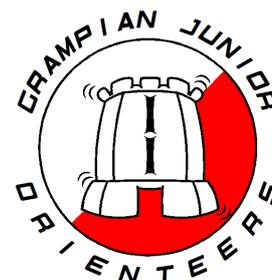
Seniors £4, Juniors/Students £2.50

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 | Tilquhillie 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 Helen Rowlands |
| 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 Ali RObertson |
| 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 Ian Hamilton |

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](mailto:richard.oxlade@btinternet.com).

GRAMP JUNIOR NEWS issue 24**Talking of Night O.....**

Some of the older GJOs are already Night O addicts and regularly beat most of the Seniors on the Short course ('snot fair!!) and we had some other GJOs come along to the Foggieton Night O training session (along with Mum/Dad/dog), including Ailsa Anderson, Paul Caffyn and Dan and Laura Smith.



I was talking to the Smiths afterwards and they said it was great fun but maybe a bit too easy as they know Foggieton like the back of their hand as they walk through it to school and play there. Apparently, Dan gave the rest of the family a bit of a guided tour "Oooh! This bit is where we built a den this summer...." kind of thing.

They said they'd love to do some more but maybe in area they didn't know as well to make it a bit more of a challenge.

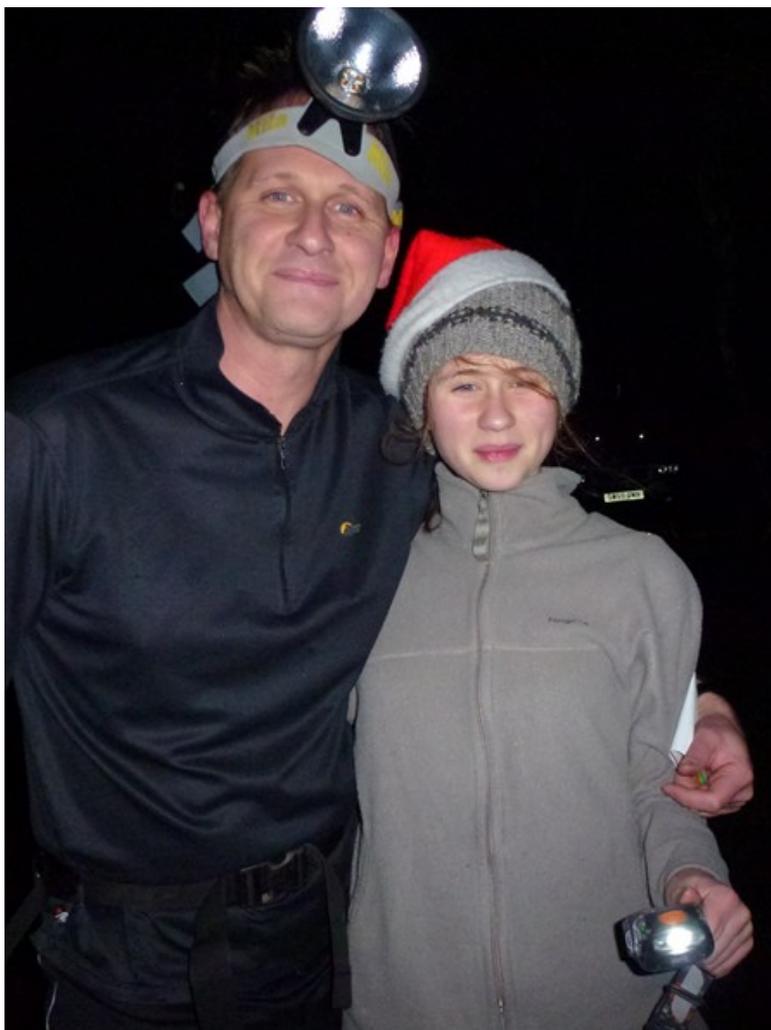
So..... I persuaded Sam Gomersall to lay on an extra Orange course at Tyrebagger just before Christmas and Carolyn sent you all an email inviting you to come along and some of you did. Even better some of you agreed to tell the rest of the GJOs about the experience:

I really enjoyed the course because I love doing things in the dark and because it was quite hard in parts although other bits were easy. I think the courses in the dark really push you to use all your map reading skills so the night O for children was really really good.

Laura S (aged 9)

PS Looks like I will have to invest in a better torch - one torch between two was a bit of a challenge. Mum.

I often wondered what dad was doing when he went running around the forest in the dark, supposedly doing "night orienteering", until he took myself along to the



kids session. Night orienteering is exactly the same as "day orienteering" apart from the fact you have a great big torch on your head. On this particular event that I did, it was in Tyrebagger, which I thought I knew quite well, but the dark makes even a place you know very different.

My dad shadowed me to make sure I didn't get lost in the woods and for the first few controls I got along fine, but I quickly got confused since, unless you have a powerful torch, you can only see a few feet in front of you. I really enjoyed night orienteering, since it was a whole different experience from normal "day" orienteering and I will tag along again in the future with my dad.

Laura B

Struan was too interested in the chocolates provided at the Finish by Carolyn to comment! (That's not fair – he probably had lots to say it's just that I didn't see him to ask.)

Keith Yardley romped round in 18.5 minutes closely followed by Euan Musgrave of Maroc ahead of Laura Barraclough and Laura Smith (unfortunately, Dan was too ill to come that night after all). Struan Kirk decided that Orange would be too easy and went round the Medium course with his Dad in an amazingly good time considering the length of his legs relative to the heather and bracken and the fact that that tinsel scarf must have been really itchy?!!



GRAMPIAN JUNIOR ORIENTEERS