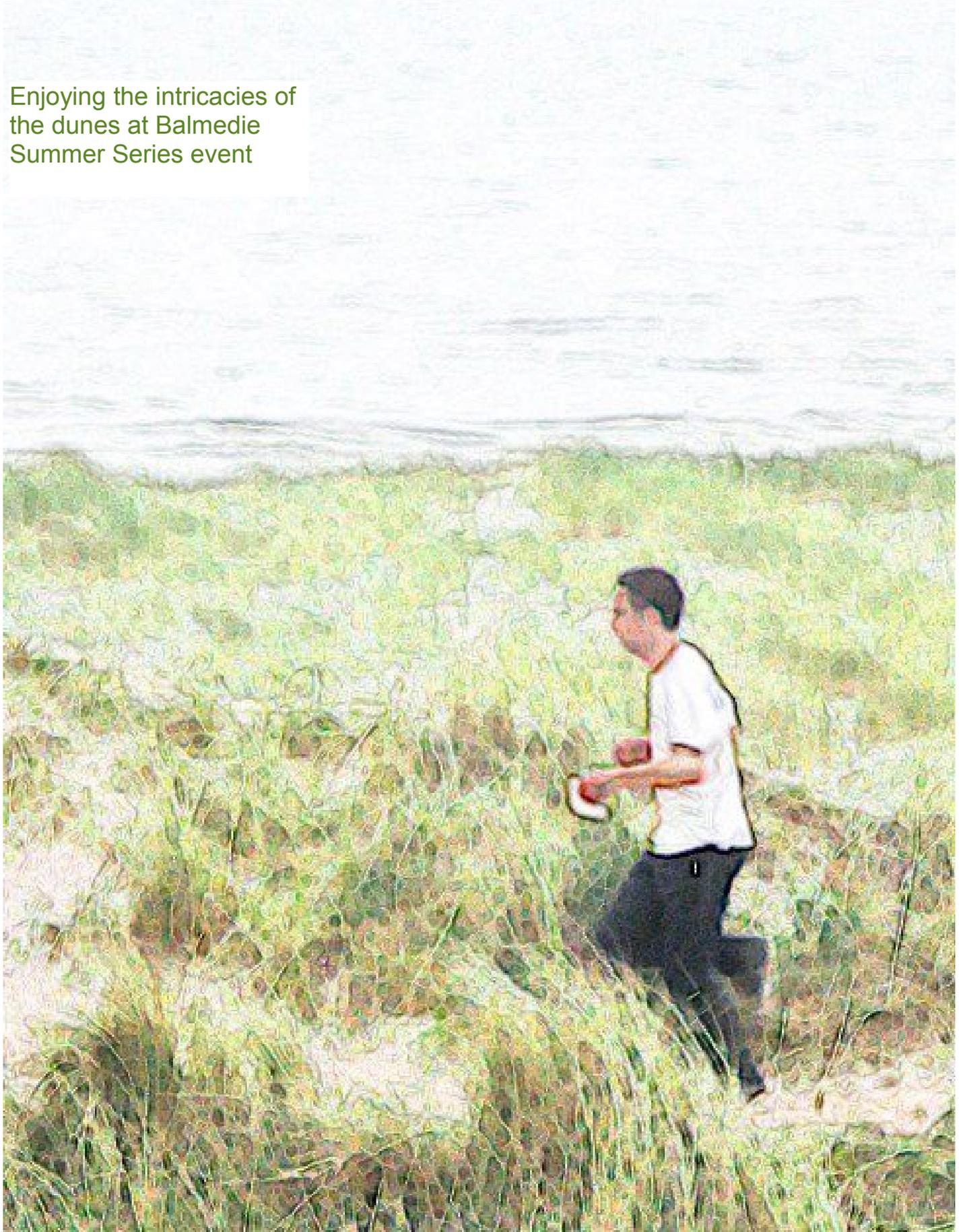


**GRAMPIAN
ORIENTEERS**

TELEGRAM

JUL
AUG
2013
Issue 186

Enjoying the intricacies of
the dunes at Balmedie
Summer Series event



HIP HIP HOORAY! SUMMER SERIES!

Seniors £3, Juniors/Students £1, groups welcome and we'll only charge you £1/extra map.

Come along and register between 6:30 to 7.30pm and ask advice if you need it. You can start your course any time you like but bear in mind we will declare courses closed and start collecting controls at 8:00pm (maybe earlier towards the end of summer and evenings get darker quicker.)

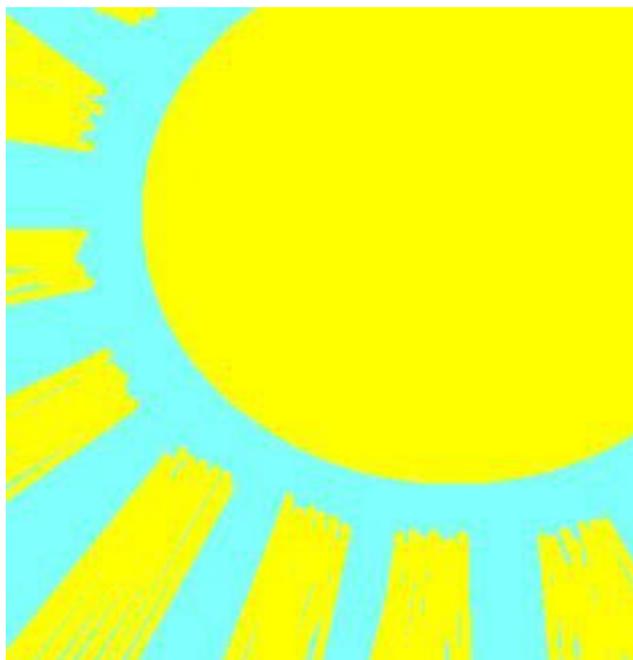
There are 3 or 4 courses on offer every evening:

EASY (Yellow Standard) approx 1.5 – 2km along paths, fences, streams and other linear features

MEDIUM (Orange Standard) 2.5 – 3km getting a bit more adventurous with controls a short way off the linear features and scope for cutting corners, 30 minutes running to 60 minutes walking, approx 2.5-3km

TECHNICAL COURSES (Light Green/Green Standard) 2.5 – 3km and 3.5 – 4.5km options for the experienced orienteers or those up for a challenge (but don't forget the 8pm cut off.)

8 th May	Countesswells
15 th May	Tyrebagger
22 nd May	Crathes
29 th May	Cheyne Hill
5 th June	Foggieton
12 th June	Balmedie + BBQ
19 th June	Dunnottar
26 th June	Kingshill
3 rd July	Hazlehead
10 th July	Glen Dye
17 th July	Tollo Hill
24 th July	Scolty
31 st July	No event - all at Moray 2013!
7 th Aug	Mullochsults
14 th Aug	Perwinnes Moss
21 st Aug	Bennachie
28 th Aug	Templars Park + BBQ*



Links to maps showing these locations are included in the SS2103 post on the website.

(Check the website every week just in case we have to make alternative arrangements.)
Bring your family and friends as these events are ideal for beginners.

*Bring your own nosh and drink – we'll do the rest. Can anyone do a homemade burger to rival David Esson's psychedelic creation as unveiled at Balmedie?

CHAIRMAN'S CHAT - JULY 2013

We will probably be into the Scottish 6 days by the time you receive/read this Telegram. The club and many individuals have put (and continue to put) a huge amount of effort into this event and I want to express my continued thanks to everyone involved. I look forward to competing and enjoying the social aspects of the week as well as all the effort involved with helping.

Carolyn arranged an excellent club dinner at Buchanan's Bistro with a very large turn out. This provided me with an opportunity to say thank you to two club members who have provided years of service in committee and non committee roles; Jayne McGregor and Pete Lawrence.

As past Chairman and eater of pies*, I took the liberty of delivering a short poem for Pete, entitled 'A man who runs on pies', reprinted here for the 'benefit' of those not present.

We are on N Uist while I write this piece. Whilst it is spectacular, hopefully the weather will be better by the time we get to the 6 days. Good luck with everyone's orienteering and enjoy the 6 days if you are going.

Sam

*Pete (and Rachel) survived for 3 days during Lesley's last Munro camping trip eating nothing but pies. That is pies for breakfast, lunch and dinner for the entire trip every day.

[Pete was offered the chance to reply but declined on the grounds that it's rude to talk with your mouth full.

Ed]

A man who runs on pies

Pete the Chairman said one day
 "It's time to step out of the fray,
 I wonder who could take the role,
 When I go, it will leave a hole,
 Maybe Sam will have a try,
 While I step down and have a pie"

He said to Sam one day at an event
 "Do the job or you'll not leave the tent."
 "I'll do it then on one condition,
 You fix the races, so as my opposition,
 You go slow, while I will fly,
 Then you can step down and have your pie"

"OK" said Pete, "I do agree.
 So long as you let no-one see,
 It cannot be a deadly sin,
 To fix the race so you can win."
 So now you know how and why,
 Pete stepped down and had his pie.

A few months on and things are wrong,
 Pete's still out to win the gong,
 Sam's still losing all the races,
 "I thought we had agreed the places?"
 So watch out for a man who runs on pies,
 With soggy bottoms and chicken thighs.

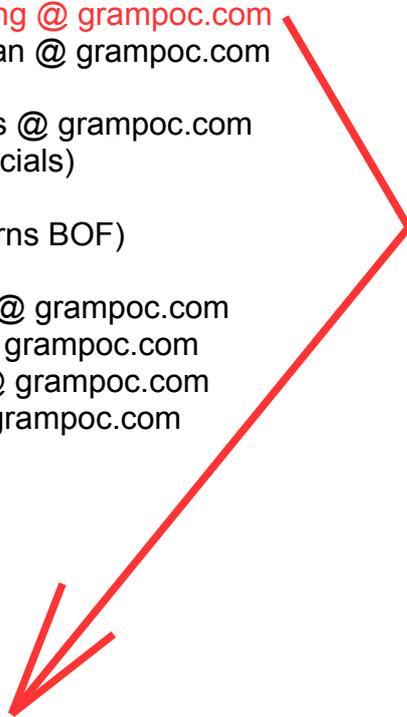
CLUB CONTACTS

* = 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*	coaching @ grampoc.com
Child Protection	Sean O'Sullivan	
Social	Helen Anderson	
Publicity	Sam Gomersall*	



ANY IDEAS FOR NEW AREAS???

Anyone have a suggestion for any new areas that could be mapped for orienteering events?

Large or small areas would be considered as would areas that may have been used in 'ancient' times that could be brought back into use. Send me details of the area suggested (OS references if possible would be helpful) along with a brief description of what the terrain is like and contact details for the landowner if known.

I will scout out any areas that are suggested and get agreement from the committee which ones we would like to use.

Thanks,

Stuart Anderson mapping @ grampoc.com

Welcome!!

A very warm welcome to new members:

Jennifer Simpson
Kegan Gilmore

Congratulations!!

We have 3 Scottish Champions for 2013! Well done to Sasha, Carolyn and Neil who all won their classes by several minutes at the recent Scottish Champs at Craigengillan Estate.

And Carolyn was also part of the successful Team McGramp, along with Iain and Calum, who took BOC 2013 Mixed Adhoc Relay Winners' Prize.

Know of anyone else in the club who has achieved something worthy of congratulations? Doesn't have to be O related.

Drop me an email [newsletter @ grampoc.com](mailto:newsletter@grampoc.com) and we'll blow their trumpet for them.

Thanks!!

Thanks to our main coaches who organised the Beginners and Improvers courses earlier this year – Foss and Erik, Anne Hickling and Ali Robertson all did stints and from what I've heard (they need trumpet lessons too!) they did a great job again.

It resulted in lots of new and keen faces at the Summer Series where the team was able to carry on with the good work but found that there simply aren't enough of them to offer the quality 1:1 service they'd like to. Would you like to join them and help out? Contact Ali Robertson coaching @ grampoc.com.

FOR SALE FOR SALE FOR SALE



I have two pairs of these shoes - happy to sell for £30 each o.n.o (cost ~£100 new)

Size 6 Falcon's (Orienteering Technology) - 11 metal tip studs in excellent condition (hardy used)

John Reeve

07826 707608 Mobile



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 £30 ono please.

Rachel 01569 766866

flump @ care4free.net

Taken from the BOF fixtures calendar and local clubs' websites as of end of April.
 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. EEE = Early Email Entry, OE = Online Entry, EOD = Entry On Day

JULY

WED 3rd GRAMP Summer Series @ Hazlehead (Level D) EOD

WED 10th GRAMP Summer Series @ Glen Fye (Level D) EOD

SAT 13th MOR Hopeman Gala Event @ Hopeman EOD

Details on www.moravianorienteering.org

WED 17th GRAMP Summer Series @ Tollo Hill (Level D) EOD

WED 24th GRAMP Summer Series @ Scolty (Level D) EOD

AUG

WED 7th GRAMP Summer Series @ Mulloch (Level D) EOD

WED 14th GRAMP Summer Series @ Perwinnes Moss (Level D) EOD

WED 21st GRAMP Summer Series @ Bennachie (Level D) EOD

WED 28th GRAMP Summer Series @ Templars Park + BBQ (Level D) EOD

SEP

SUN 1st MAROC Creag Choinnich (Level C) incorporating North Area Junior Inter-Area Championships (GJOs take note!) www.marocscotland.org.uk OE, some EOD

WED 4th GRAMP Autumn Urban Sprint Series @ Duthie Park (Level D) EOD

SAT 7th MOR Saturday & Schools League @ Buckie (Level D) EOD

Details on www.moravianorienteering.org

SUN 8th INVOC Abriachan (Level C) www.invoc.org.uk OE, some EOD

WED 11th GRAMP Autumn Urban Sprint Series @ Westburn Park (Level D) EOD

WED 18th GRAMP Autumn Urban Sprint Series @ Balgownie (Level D) EOD

SUN 22nd GRAMP Crathes (Level C) EEE or EOD

WED 25th GRAMP Autumn Urban Sprint Series @ Seaton and Hillhead (Level D)

OCT

WED 4th GRAMP Autumn Urban Sprint Series @ Aberdeen Uni (Level D) EOD

SAT 12th MOR Saturday & Schools League @ Darnaway (Level D) EOD

Details on www.moravianorienteering.org

SAT 5th MAROC SOUL 5 @ Banchory (Level C) www.marocscotland.org.uk OE/EOD

SUN 6th MAROC SOL 6 @ Wood of Easter Clune, nr Banchory (Level B) OE/EOD

SAT 19th/SUN 20th BASOC Highland Wolf Weekend incorporating Level C @ Loch Vaa, Urban Sprint at Grantown and SOL 7 (Sounds good!) www.basoc.org.uk OE/EOD

SUN 27th GRAMP Tyrebagger (Level C) EEE or EOD

TICKS

You can tell it's the start of the Summer O season by the number of references to ticks you see on websites and in event details. I received an interesting email from Xeroshield, a company who has been doing some market research on development of an effective removal tool and a service to test any ticks you remove and send them.

“A summary report has been prepared providing an overview of the key conclusions of the study. These include the identification of some potentially significant public health and economic benefits arising from the commercialisation of Xeroshield’s proposed technology:

- ✓ More effective tick removal leading to reduced risk of infection;
- ✓ Rapid testing of removed ticks for the Lyme disease organism, enabling quicker and more accurate diagnosis and treatment;
- ✓ Creation of a suitable test sample of ticks to enable an accurate estimate of the percentage of ticks in Scotland that are carrying Lyme disease and the geographical spread of the disease;
- ✓ Reducing the significant long-term cost of Lyme disease to the Scottish economy by ensuring rapid treatment and thereby reducing the number of chronic cases of the disease;
- ✓ Opportunities for the technology to be patented and developed in Scotland and subsequently to be exported across Europe and North America – as well as to other countries worldwide that are affected by life-threatening tickborne diseases.

The full summary report can be downloaded by visiting the following web address and clicking on the relevant link: www.xeroly.me.wordpress.com.”

I'm not telling you all this because I'm on commission or suggesting you should invest in the company but because I think you might find the contents of their report - follow the link above - interesting if you find time, in between removing ticks, to read it.

Rachel

PS Have you checked out the Tick Awareness poster on our website?

http://grampoc.files.wordpress.com/2013/05/be_tick_aware.pdf

BBQS

We're planning two club BBQs to which you're all welcome plus friends and family – just bring some food and drink and we'll do the rest.

Friday 2nd August: Roseisle

NB We can't get to the beach from the 6 Days car park so we'll have to decamp to the public car park round the corner – we'll circulate instructions somehow at the event if you don't know where that is

Wednesday 28th August: Templars Park to round off the Summer Series

HOW TO DECIPHER CONTROL DESCRIPTIONS

This info has been quickly copied from the Technical Info page on the GRAMP website, so apologies for the slightly grobby graphics in places but it's clear enough to give you a quick guide to which column means what and which to worry about when you pick up your next set of control descriptions.

A	B	C	D	E	F	G	H	A	Control number
2	225	↘	⊙	⊞	8x4	<	⤴	B	Control code
								C	Which of any similar feature
								D	Control feature
								E	Appearance
								F	Dimensions / Combinations
								G	Location of the control flag
								H	Other information

The most important columns to worry about are C, D and G:

D - shows which feature you're looking for and this case it's a clearing

C - you know that you're looking for a clearing but there are two shown in the control circle on the map - this column shows that it's the southeastern-most one you're looking for

G - as it's quite a large clearing this column shows you that the control flag is located in the western corner

Here are some common feature symbols you may encounter in column C:

	Re-entrant		Earth bank		Earth wall		Gully
	Small gully/dry ditch		Hill		Knoll		Saddle
	Large depression		Shallow depression		Pit		Cliff/crag
	Boulder		Boulder field		Boulder cluster		Pond
	Stream		Wet ditch		Linear marsh		Marsh
	Spring		Clearing		Thicket		Road
	Track/path		Ride		Bridge		Stone wall
	Fence		Building		Ruin		Tower
	Cairn		Special item		Vegetation boundary		

(N.B. These are all "classic" orienteering symbols – there are different ones for sprint/urban (ISSOM) maps and events which we'll cover another time but generally there are fewer commonly used ones of these so easier to remember.)

Re-entrant = like a mini-valley on the side of a hill

Saddle = the dip between two hills (and a hill in orienteering is fairly small-scale so think of the ice-house mound in Dunnottar Woods rather than Mither Tap)

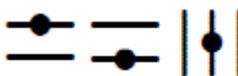
Knoll = a very small hill (think of the icehouse mound up by the cafe at Crathes)

Ride = a firebreak between two lots of trees – may or may not have a path or deer trod down the middle which can be confusing so the trick is to look up for an obvious strip of visible sky between the trees

Special item = these are the best and you never know what you're going to find until you get there! Can be anything manmade – sculpture, old car, bench.

Vegetation boundary = can be really obvious like the edge of a patch of gorse or more subtle like the change from larch to pine trees

The arrows in column C have already been explained but you might also come across:

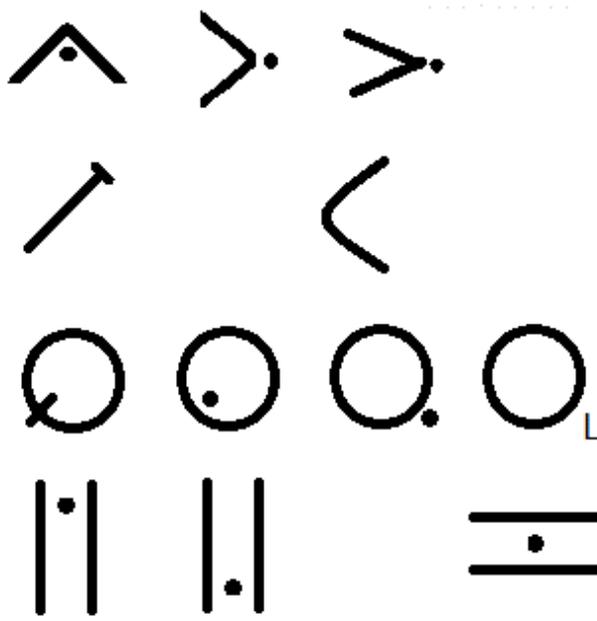
 Upper, lower or middle of several similar features shown within the control circle.

Column F can have figures, showing the size of a boulder for example, or you may see meaning either a crossing or junction of two linear features and the features in question will be shown by the symbols in Column D and E:



D	E	F	
			Path crossing

The location symbols in column G are fairly intuitive and different variations on these basics:



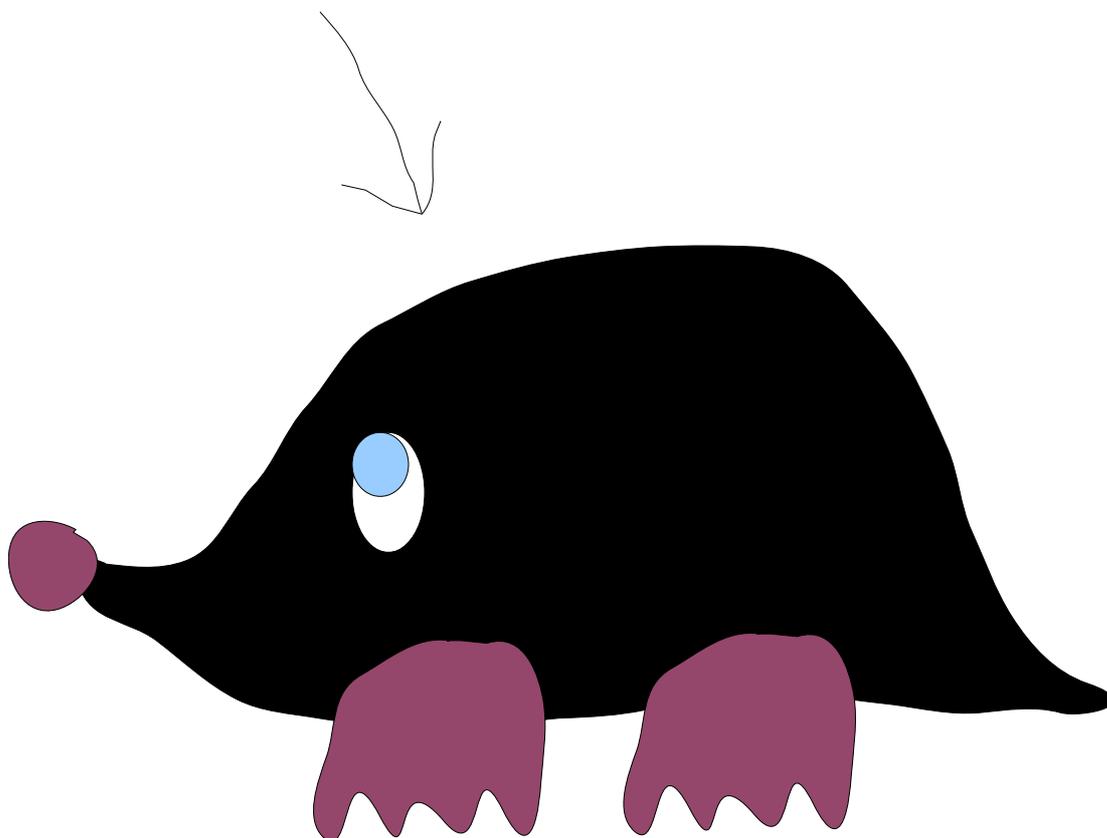
Inside the northern corner of the feature, e.g. a ruin
 Outside the western corner
 Outside western tip
 At the northeastern end of a linear feature, e.g. a ditch
 A bend in a linear feature, e.g. a path
 On the southwestern boundary of a feature
 In the southwestern part
 Outside the southeastern edge
 At the southeastern foot, e.g. hill
 In the upper part of a feature, e.g. a gully
 In the lower part
 Between two identical features, e.g. Knolls, (which type of feature will be shown in columns D and E.)

If you want some interactive practice on control description symbols, try the online quiz at <http://www.fortnet.org/icd/> where you can even time yourself or choose a foreign language to do it in if you want an extra challenge! It's a wee bit old now but the basics haven't changed much since it was put together.

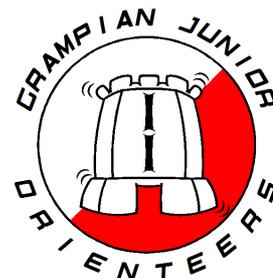
Freebie alert!

There are some brilliant downloadable files detailing all this info plus how it relates to the feature symbols on the maps, for both classic and sprint O, on Simon Errington's Maprunner website www.maprunner.co.uk.

Another Space Filling Mole



GRAMP JUNIOR NEWS issue 27

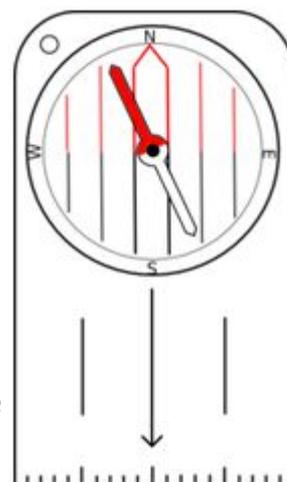


COMPASSES by Alex Lang

At school recently I did a project about compasses for a science fair. This is what I found out-

Inventors

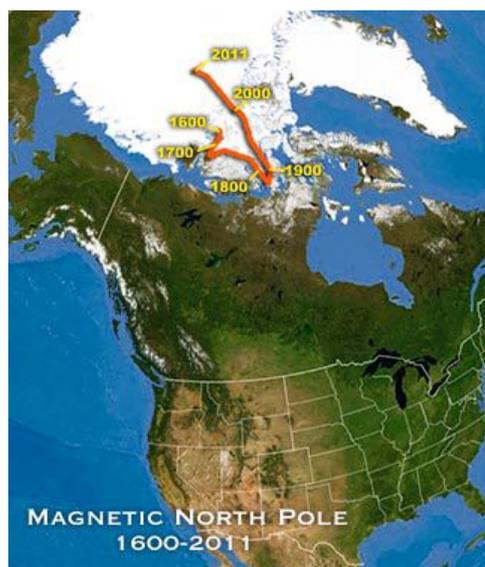
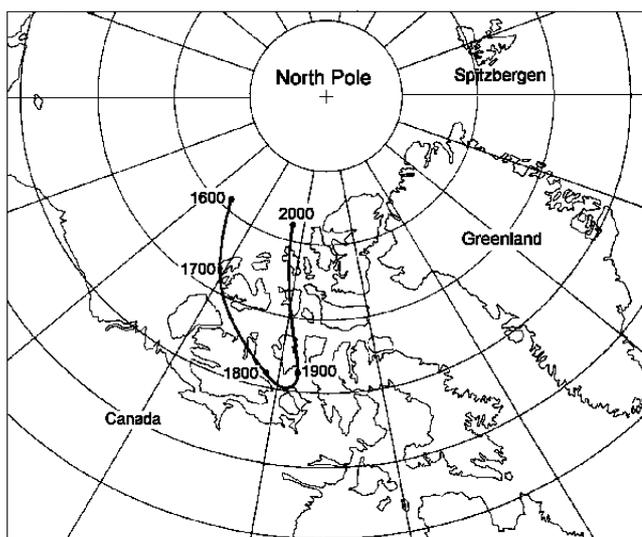
The compass was first invented in ancient China. In ancient China they used it for finding special stones. The Chinese made compasses by rubbing a lodestone [a naturally magnetized rock] on a spoon shaped needle, and suspending it. Compasses first came to Europe in the tenth century. Compasses were probably brought to Europe by traders from the Middle East. There are chances that ancient Greeks also knew about magnetism. During time compasses have changed loads. Compasses are used for tons of things like orienteering, navigation, and loads more.



How They Work

Anything that points north is a compass. Compasses can be a massive range of different things from I phones to magnets. Magnetic compasses work by lining up a magnetized needle with the Earth's magnetic field. The Earth's magnetic field is somewhere around the North Pole.

The magnetic pole moves around over the years.



(Not only did Alex find out some interesting stuff, he also did a bit of advertising for GRAMP at the science fair as he had to explain orienteering as well as compasses. Good work! Ed.)

Junior Badges update from Oonagh

Isobel Anderson has recently been awarded 2 badges: the SOA Participation award for doing 5 courses and the SOA colour coded award for the white course. She was given the awards at the Junior training organised by Carolyn at Tollohill on 11th May.

Another recent recipient was Keith Yardley who qualified for his Light Green badge. Well done to both!

Jamie Stevenson 2013

Maths question for you (oh nooooo!)...

Maya Reynard + Josie Gomersall + Katrina McLeod + Sasha Chepelin + Calum McLeod + Jack Gomersall + Paul Caffyn + Struan Kirk + Lachlan Kirk + Keith Yardley + Alex Lang = ?

Answer: Team GJO

Team GJO went down to compete at Kinoull Hill in this year's Jamie Stevenson Trophy and did very well finishing in 6th place overall.



Team Manager, Carolyn McLeod, sent this email to the Team afterwards:

"I just wanted to say a huge well done to you all for taking part in the Jamie Stevenson Trophy yesterday. I thought you all competed very well as there were some confusing indistinct paths out there! You were definitely a credit to Gramp. I very much enjoyed the day with you all.

A special mention goes to Maya and Alex – our two newcomers to the event who took it all in their

stride and ran very well on their yellow courses. Also congratulations to our two age group winners – Sasha and Katrina. It was a great way for Katrina to finish as this was her last opportunity to run for Gramp at the Jamie Stevenson Trophy.

It was a great day out helped by the excellent organisation from FVO. The spot prizes were a super idea – Maya being the lucky winner for Gramp winning a buff. We all enjoyed the Tunnocks tea cakes and shortbread handed out to each club at the end! Calum was out to win the prize for the fastest run in but alas slipped at the crucial moment losing that valuable one second! Also it was great to see Gramp members taking part in the "be friendly competition." Look out for some photos on the website.

Finally on behalf of everyone I would like to thank Evgueni again for taking time out to drive the minibus."