

**GRAMPIAN
ORIENTEERS**

TELEGRAM

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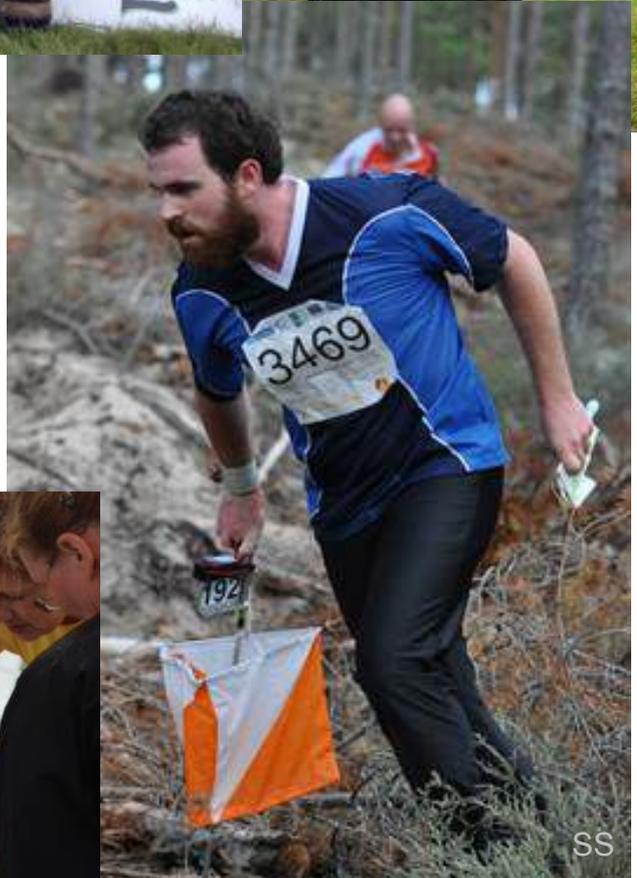
Everyone devised their own strategies to cope with the pressures of the 6 Days.

Kate settled on frequent visits to the gin tent interspersed with bouts of screaming which seemed to do the trick.



Photo: Rob Hickling

Anne saying a few words to close the event in front of the BIG screen



CHAIRMAN'S CHAT - SEPTEMBER 2013

For those of you involved with the 6 days, hopefully you have recovered by now. Thank you on behalf of Gramp to everyone who helped in any way, large or small. Some of the roles club members took on were all consuming and the effort was much appreciated. The event was a huge success and even the campsite seemed to work out OK.

As we move into Autumn, the Chairman naturally thinks about the committee and club volunteers for next year. I am looking for 1 or 2 new committee members for next year as well as a volunteer to take over the role of Telegram editor. If you are interested please get in touch.

We have a Curling night with supper coming up on Sat 9th November, with a limited number of places available. Let Lesley know if you are interested.

The AGM and Xmas social is planned for Sat 7th December: make a note in your diaries.

After the current Urban Series, we have a Sprint Series coming up on customised street maps, without controls, starting from various locations in Aberdeen. Whilst this is different to our other orienteering events it allows us to continue with Wednesday evening activities whilst the nights draw in (ie too dark for regular orienteering and not dark enough for Night O). It also provides an opportunity to maintain/develop some additional fitness or speed for use in the woods. Hopefully we can go straight from the Sprint series into the Night Series. If you have never tried Night O before, this is your year to try it. Once you have tried it you will be hooked.

Pass on the word and invite some newcomers to the Urban, Sprint or Night Series.

Sam Gomersall

Derek Nisbet

Although a move to Nairn and ill health had taken him away from orienteering in recent years, I am sure many Gramp members will remember and learn with sadness of the death of former Gramp Chairman, Derick Nisbet, in August.

George Esson

MORAY 2013 – How was it for you?

I asked folk to send me their best, worst, most interesting, tastiest, saddest, funniest, whateverest impressions to share with you all plus any photos. Read on....

Tales from the Moray 2013 Event Centre - Foss and Erik

Vladimir

Late on Registration day a Russian lad with little English turned up. He had no accommodation booked, nor camping gear, nor transport arranged. I confess that we metaphorically rolled our eyes a bit at this lack of planning and foresight. However, the local club members rallied round, found him a tent and space to pitch it at Brodie. As to transport we told him to stick a thumb out in the morning on the driveway at the castle and he would have no trouble getting a lift.

That evening, at the Event Centre, he reported in happily to say he was comfortably camped and that the first car to come by had picked him up and the driver had offered to be his transport for the rest of the week.

With time to chat we now discovered that he had flown in to Heathrow from Moscow and had spent the next 20 days cycling to Forres! He had expected indoor camping to be available as it apparently often is at European events. Until some other Russians arrived later in the week he came in every evening for a chat. We found him a fluent Russian speaker at the British Legion as well should he need it.

*

Lost Property

Have you had any shoes handed in?

Dad had put the daughter's newly purchased trainers on the roof of the car and then driven off. Much hunting of hedges and ditches had produced one sock. Sadly we didn't have the missing footwear and Dad was looking very glum and not a little sheepish.

Next evening everyone was all smiles as they had been back to the field to have another look around and found that a helpful orienteer had found the missing items and placed them on top of a post where they would easily be seen. All the family had to do now was remember where they had put the first sock!

*

The Newbie

This was his first big event, in fact he hadn't done much orienteering at all.

For encouragement, he had promised himself a bottle of malt whisky if he completed his run every day. He came in every night to report and as the week progressed, he upped his goal to being in the top 100 on his course.

Jubilation on the last night when he had succeeded.

*

More Russians

How can we get into the army base? This from a dark complexioned young man with full black beard, clearly worried that he and his friends would have trouble with security at Roseisle. This would be their first run so they hadn't got the vital race bibs which would get

them past the guards to assembly which was on the army base.

Apparently this would have been an issue at home and the mention of the military made them nervous. We were able to reassure them that there were arrangements in place for this contingency. They also had no money as they had spent it all on a taxi fare from Aviemore where they had been hill walking!

Again, hitch hiking, via a cash machine, was the answer to all problems.
What a good job orienteers are so friendly and helpful.

*

My most stupid mistake - Neil McLean

Day 5 and an early start. No problem, I know Roseisle, especially the start area, so well. I take 1 and 2 nice and clean then I hit some brambles. Lose my focus and forget to check my control description list, both for the feature and the code and mispunch without realising it. Between there and the finish I run clean but angry at 1 one small mistake late in the course --- really angry with myself when I learn of the mispunch. I could have been 2nd ! That was my first mispunch in 98 6 Day runs. You would think in my 40th year orienteering I would have learnt.

Donald and Oonagh's Moray 2013

Most welcome – rent a guest, Duncan, arriving for food, shower and bed although he had booked a place at the campsite.

Most proud – seeing the joy on Alison Lovie's face when she realised she had achieved her silver badge.

Worst – the 1 hour wait for food at the Tomintoul catering van on the final day as they cooked everything to order.

Most satisfying – the ice cream at the sprints (although the quality of ice cream at Jack in the Box was superior especially on day 2 after a hot and sweaty run)

Most intriguing – the number of competitors who became helpers to avoid the queues at the portalooos.

Most depressing- no inspirational music at assembly.

Most surprising – being out so long on the last day but still having a finishing time in the top 50% of competitors.

Most enjoyable – seeing the sense of joy competitors had in being reunited with their lost property (including lost wains!)

Most curious – 'A Cartographic Mystery' – the title of a new book yet to be published. Despite there being an abundance of maps printed, it was still necessary to print even more after the event.

Most bizarre – the competitor who lost his thumb compass down the portaloo and was convinced it was going to turn up in lost property. Unlikely I would have thought!

Vital stats from the Information tent – Helen Anderson

Best moment - Not just a moment – the camaraderie between helpers and all the new friendships made.

Worst moment – tent blowing away at end of day 6

Blonde moment – thinking someone was trying to hand their child in to lost property.

Most irritating question – where is the start? Competitors had to pass the signage to ask us this!

Most frequent answer – go to the entries tent.

Guilty moment – seeing Helen Greenwood under a table picking up paperclips.

Most fortunate lost property find – pair of o shoes found on the verge of A96 near Brodie, recognised by a passing orienteer. (Had fallen off car roof following an impromptu stop)



Most ridiculous request – to sort out the queuing system for the portaloos!

Handiest gadget – length of washing line used to dry wet gear (see picture)

Most surreal moment – the ‘pop-up’ gin tent.

Days to recover after the event – 10 (not as a result of the gin tent)

A few views on some aspects of the Moray 6 Days – Helen Greenwood

Congratulations and thanks to Geoge E & his 'troops' for doing a great job. Gramp seemed to work very hard – at all sorts of things. Many tasks are not visible ones, but still vital.

I enjoyed being part of the Information Team, especially 'handing out' at Registration on the Saturday. I was very glad that poly bags were available for competitors to put their bits and pieces in or else we would have been later plagued with a lot of “I've lost my XYZ – can I have another?” My thanks to the people who made up the numbered bibs/dibber etc envelopes and put them in order for us to hand out. It was great to see Peggy helping. She was a tremendous source of local knowledge.

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My most satisfying day was getting round my course at Culbin. Worst was Saturday – defeated by tiredness and over head high bracken. Of my two tick bites, both found after returning home, the second developed a red lumpy rash round it and I ended up with two weeks of antibiotics to counteract the threat of Lyme Disease. It was the tiniest tick; I had to use my magnifier to see & remove it.

The new portaloos are not as good as the old ones. The 'slope' is not right for conveying waste matter into the container below. The gentleman in charge said he had been complaining to his superiors about them, but they took no notice. Do they not test a prototype? I'm sure any biggish orienteering event would do a trial run for them. The number of portaloos seemed about right. Though there were long queues at times, I never had to wait more than 5 mins.

(Helen also added: Amend/abridge/ignore as necessary – except for my thanks to everyone who helped make the whole week go so well. Ed.)

Rachel Scott

Proudest: spotting 'my' polo shirts lounging in the sun outside the pub at Findhorn or 'my' sweatshirts foraging in Tesco at Forres – fly, my lovlies, fly!

Worst: trying to sell polos and sweatshirts from a leaky tent in the rain

Tastiest: Pete's whisky infused bread & butter pudding

Most tenuous link to royalty: we gave a lift to two young Swedes who told us they knew Scott Fraser (no -he's not the royalty in question) and that he's taught himself to play the bagpipes in just a few months and plays so well that he's in a band that was invited to play at the wedding of the Prince. Or was it the Prince's cousin? Anyway, royalty no less.

Most annoying: even on Day 6 people coming up and saying "So the design's on the back then?"

Funniest: have to say that there wasn't much fun for me this time – dominated by T-shirts, bad back, T-shirts, results posting, a cold and T-shirts.

Most diplomatic: negotiating with Maya, Noah and Sam for undisturbed use of the room in Brodie Castle with the router and hence the best signal for posting results and RouteGadget when it also had the MONSTER TV screen and the Smurfs DVD.

Most comfortable pair of O shoes: Josie's hastily borrowed on Day 2

Best: driving North after Day 6 for a rest climbing up a Munro!

Some contributions from Rowlands - Yardley household:

Funniest

At registration when a Swedish competitor came to ask for her bib. The bibs were arranged by surname and divided into cardboard boxes labelled with each letter. She asked at 'S' if this was where the Swedes collect their bibs, a reasonable question, given the box was also prominently labelled 'DICED SWEDE'. A nice friendly welcome for our foreign visitors!

Best

Keith - getting all 3 timed Trail O controls correct (unlike his mum and dad ...)

Gareth - Radio O. You're given a map with no controls marked and have to find them by triangulation from radio receivers that transmit for a minute once every five minutes. Quite complicated but great fun, here's a link to more info on the 6 days website <http://www.scottish6days.com/2013/radio-orienteeing-additional-information>.

Helen - beating both Keith and Gareth on Day 5 run-in

Tastiest

Keith - Burger vans every day!

H & G - The Classroom in Nairn

Best Shopping Experience

Keith - 6 Days Rock, followed by shoes that don't hurt toes (well, he will keep growing - mum)

Gareth - new O shoes with built-in ankle braces

Helen - very kind retailer (sorry, can't remember which) who rooted around in all sorts of places and eventually found me a replacement white plastic bit to hold my compass and magnifier together without swivelling everywhere, and for free. Unfortunately there still seem to be some problems with the user ...

Guiltiest

Seeing how hard so many Gramps were working all week, as well as all the preparation they'd done, as well as doing all the normal club stuff, as well as preparing for 2015 when all we managed was a few turns behind desks (and in the rain of Day 4, that was a real blessing). Will do more next time!

Most Annoying

Keith - mis-punching (but only once this time!)

Helen - finally succumbing to the phenomenon of going directly to a control, checking

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the number, deciding it is the wrong one, * re-locating, finding it again * (repeat from * to * several times), before finally checking control description more carefully and discovering it was indeed the correct control all along. There is doubtless some O speak for that, but I don't know what it is.

Most Frustrating

Not being able to do Routegadget on an iPad.

Are we sharing the whole of the bras and pants chucking thing with the whole of Gramp? Anonymous

Quotes from the campsite – Sam Gomersall

"Can I camp, I have booked a place to camp but do not have a tent"

"I am from Russia, I understand the event tomorrow is on an army base. I do not yet have my bib, which I understand needs to be shown to get in. Can you smuggle me in?"

Cyclists: "Can we camp here?"

Sam: "Are you orienteering?"

Cyclists: "What is orienteering? We are cycling and today have come from Evanton"

Sam's saddest moment: having to forgo an orienteering run on day 6, despite being able to run, for fear of making a sprained ankle even worse and getting in the way of marathon training.

Some 6 Days snippets from Lyndsey Esson

On the rough way to the Blue start at Roseisle, a Norwegian Gentleman said how nice it was to see that I was allowed to take part. He said in Norway people who are slow are discouraged from orienteering.

Some sport for all there!

In the long but worthwhile queue for venison burgers I heard a Welsh family wondering what venison was. I then told them what it was and how good and lean it was. When they later joined me at a table under a canvas cover and out of the rain I let the youngest girl try some of my venison. They were seen the next day tucking in. Last words to me from Venison van was see you at Tyrebagger in December (to buy our tree).

The joys of being a hanger-on.

One glorious February day the year before I accompanied George, Pete and Colin to review Assembly fields. What a glorious view we enjoyed from Day 4 Assembly. Pity you missed it with the rain.

GRAMP Helpers Roll of Honour (in no particular order and I've bound to have forgotten someone or something) just to show how much was involved at the event never mind the 2 or 3 years leading up to it. Phew!!

	Info	Entries	Social	Merchandise	Other
Anne Hickling	x				S6D Company Director
Neil Mclean	x		x		
Leena McLean			x	x	
Lesley Gomersall	x				Campsite
Evgueni Chepelin		x			
Josie Gomersall	x				Campsite
Laura Farquharson	x				
Fran Wilkinson	x				
John Wilkinson	x				
Oonagh Grassie	x			x	Prizes
Sheena Farquhar	x		x		
Lindsey Esson	x		x		George's PA
Geroge Esson			x		Moray 2013 Coordinator
Carolyn McLeod	x			x	
Ian Hamilton		x	x		Heavy lifter
Marnoch Hamilton-Jones		x			Heavy lifter
Iain McLeod	x			x	
Katrina McLeod	x			x	
Stuart Anderson	x	x	x		IT set up
Judith Anderson	x	x	x		Piper
Helen Anderson	Manager		x		
Sam Gomersall					Campsite Manager
Sasha Chepelin		x			IT set up
Jack Gomersall					IT set up Campsite
Calum McLeod		x			IT set up
David Esson					Equipment Team
Helen Rowlands	x	x	x		Photo spotter
Gareth Yardley	x	x	x		
Keith Yardley	x	x	x		
Audrey Wilson-Hay			Manager		
Rosalind Mitchell-Hay			x		

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Will Ball			x		
Ian Searle		x			Radio/clock charger & 2015 Launch Party
Alisdair Farquharson		x			Twin minder
Ali Robertson		x			
Rob Hickling		x			Technical Director
Jayne MacGregor		x		x	Daily Newsheet
Matt Parkes		x			
Maya Chillingworth		x			
Ewen Rennie		x			
Eric Lovie		x			Prizes
Alison Lovie		x			Prizes
Donald Grassie		x			Mapping & Sponsorship
Duncan Grassie		x			
Kate Wilkinson		x			
Rob Wilkinson		x			
Gen Jones		x		x	Buses
Foss & Erik					Registration Day & Event Centre Managers
Kevin Reynard					Treasurer
Pete Lawrence				x	Day Coordinator
Adrian Will		x			Computing Coordinator
Kate Robertson		Manager			Gin Slinger
Helen Greenwood	x				
Helen Anderson	x				Info Team Manager
Richard Oxlade				x	Programme and 2015 Coordinator
Jackie Reynard					String Course Coordinator
Maya Reynard					Prize giving
Chloe Reynard				x	

Paul Duley					Traders
Anne Hoy				x	
Rachel Scott				Manager	Results and Routegadget posting
Lesley Bromby				x	
Non-GRAMPS:					
Katie McGregor				x	
Katy Reynard				x	
Numerous friends and relatives					Babysitting & Sympathetic shoulders!

CAPTION COMPETITION

Foss was asked by Lidl to take some photos at the event centre for use by their PR folk so we were asked to pretend to be punters queuing up to collect bibs etc. But what is all the hilarity about? Answers to [newsletter @ grampoc.com](mailto:newsletter@grampoc.com) please.



Feeding the beast - the inexorable growth of the Scottish 6 Days

The recent S6D was, like most I can remember, a resounding success for competitors and the bank balance of the Scottish Orienteering Association and its clubs alike but was it a success for Scottish Orienteering in general?

Perhaps the view of one of the Central Organising team for this event, surely one of the most complex mass participation events in Scotland, soon after it's over is not necessarily one without bias but in my role I got to see how a large proportion of the most capable and dedicated people in our sport stood up to the challenge. Most, if not all, rose to the challenge but few I fear relished the whole experience and will not be rushing to put their names forward again. Why? Well, it appears to me that trying to meet increasing expectations and add more features to the event are having a cumulative effect on the overall amount of volunteer effort required to stage the event in a time when the pool of capable and committed officials is dwindling in proportion to the age profile of the competitors.

Any successful event like S6D is likely to fall foul of mission creep eventually and I think we are on the cusp of becoming unsustainable. The 'rest day' activities are a major example of expanding the scope of the event in response to demand/expectation of the competitors; where once they were a bit of fun, the sprint race in particular has now grown into a major event all of its own (bigger than any other event in Scotland outside the S6D). I know speaking to the organisers this year, it was touch and go whether it actually happened, largely because it was pulled together by a small group outside/on the coattails of the main S6D organisation.

One way to try to scale back the overall scope of the event would be to consider what to do with the sprint race. I see 4 options:

1. It stays an add-on, scrambling for resource and attention from the 'main event'. I don't think this is sustainable
2. The sprint on Wednesday becomes an integral part of the event (effectively becoming a S7D, albeit that it may not count to the overall) and is properly resourced and supported by the event. This doesn't reduce the overall volunteer workload and would probably increase it.
3. No sprint race on Wednesday – reduces scope of event, making it easier to deliver but disappointing the many who see it as a positive part of the week
4. Integrate the sprint into the 6 day event format and replace one existing days with a sprint or perhaps an Urban race as was done in the Welsh multi-day last year.

I would favour the last option as I think the S6D competition format hasn't changed with the sport or reflects the sustained interest in urban orienteering over the last 5 years. I would propose 4 'traditional' days, one sprint and one middle distance for all competitors. This would freshen up the format, make the whole event less physically demanding (I know a lot of people who are pretty jaded come days 4, 5 and 6) and would reduce the overall S6D effort with no evident downside. I appreciate it may be difficult to find suitable urban terrain every two years but where there is an opportunity we should use it.

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I don't envy Anne and the rest of the S6D directors and I know there has been (and no doubt will continue to be) much debate on the issue of volunteer burnout and sustainability, especially with the added demands of the World Championships in 2015. Equally, nothing I have said is derived from dissatisfaction or criticism of anyone in Scottish orienteering but rather that I feel we are in danger of becoming victims of our own success and Rachel needed some copy to fill out Telegramp.

So, if you don't want to read me navel gazing in a future edition, getting writing now!

Peter Lawrence

Curling Night 9/11/13



Doesn't matter if you've never done it before or consider yourself something of a pro having enjoyed it at one of our previous evenings, you are all invited to an evening of Curling with supper afterwards...

Curl Aberdeen, off the Lang Stracht
9th November 2013 7pm start

Cost £35 for curling and supper. Menu choices (see Lesley)

Limited numbers so book early. Booking closes 20th October.

No previous experience is necessary but participants must be over the age of 12.

To book your places call Lesley Gomersall 01224 314002 or
[gomersalls @ googlemail.com](mailto:gomersalls@googlemail.com)

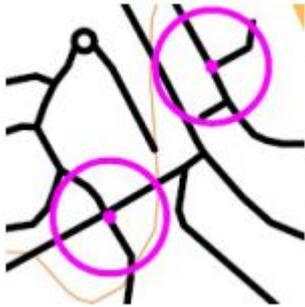
Anyone wanting some running training should come along to the Park Run at Aberdeen beach, every Saturday start at 09:30. Its a 5k timed run along the beach and back. You need to register and print out a bar code before showing up. Best of all its free!

www.parkrun.org.uk/aberdeen/

BREAKING NEWS: TELEGRAMPT EDITOR WANTS TO HANDOVER THE REIGNS
It's been a blast these past 5 years, but I feel it's time to handover the job to someone with some fresh ideas and different ears on different club grapevines now. Maybe time to rethink the format and frequency as well? Anyway, if you'd like to take over, contact me or Sam please. Ta. Rachel

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Street O – Wed 9th Oct to Wed 13 Nov



Autumn Urban Sprints flashing past and before you know it we'll be into the next series of Street O events. Really lowkey stuff this but good for keeping up the fitness levels and getting to see bits of Aberdeen you'd probably never go otherwise. No points, no prizes, no proper O maps even but strangely addictive still – bring friends along for a taster of running with a map.

Wed evenings Starts 6pm -7pm Finish by 7:30 latest (org will have gone home!) £1 per map

9th Oct	Beach Leisure Centre
16th Oct	Duthie Park
23rd Oct	Westburn Park
30th Oct	Aberdeen Uni
6th Nov	Garthdee
13th Nov	Johnstone Gardens

Look on our website for links to maps for the location of parking/starts for these events.

GRAMP CHRISTMAS AGM AND SOCIAL **7pm - Saturday 7th Dec**

Watch the website and the next issue of TG to find out where but put the date in your diaries now. Short AGM followed by Gramp Champs prizegiving, supper and games afterwards. Bring a dish to share for the supper please.

Everyone welcome – Juniors as well as Seniors – and we want to hear your views, ideas, gripes, suggestions on anything to do with GRAMP events and activities so don't hold back!

We're looking for a couple of new committee members for next year BTW – contact Sam to discuss.

FIXTURES

Taken from the BOF fixtures calendar and local clubs' websites as of mid-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 for details or ask a fellow Gramp to do so if you don't have access.

MAROC = <http://www.marocscotland.org.uk/>

MOR = <http://www.moravianorienteeing.org/>

BASOC = <http://www.basoc.org.uk/>

INVOC = <http://www.invoc.org.uk/>

EEE = Early Email Entry, OE = Online Entry, EOD = Entry On Day

SEP

SUN 22/9/13 GRAMP Level C @ Crathes EEE/EOD

OCT

SAT 5/10/13 MAROC Level C @ Banchory – urban incorporating SOUL 5 OE/EOD

[SAT 5/10/13 Junior Inter-area Relays @ Scolty \(closed event\)](#)

[SUN 6/10/13 MAROC Level B @ Feughside SOL 5](#) incorporating Northern Lights competition (FVO ineligible so we might win something!) OE/EOD

SAT 12/10/13 MOR Level D Saturday League @ Darnaway EOD

SAT/SUN 19th/20th Oct BASOC Highland Wolf Weekend OE/EOD

[SAT Morning: Level C @ Loch Vaa](#) Afternoon: Sprint/Urban @ Grantown

[SAT Evening: Ceilidh @ Nethy Bridge](#) SUN: Level B SOL 7 @ Inshriach

SUN 27/10/13 GRAMP Level C @ Tyrebagger EEE/EOD

NOV

SUN 3/11/13 MOR Level C @ Roseisle EOD

SUN 10/11/13 MAROC Level C @ Inver EEE/EOD

[SUN 10/11/13 INVOC Level C @ Coulmony](#) and Belivat OE(?)EOD

Welcome!!

A very warm welcome to new members:
Karen Maxwell (also RR and up in Aberdeen studying)

We also hope to be able to welcome a whole club to the NE soon as there are moves afoot to rejuvenate the Aberdeen University Orienteering Club. If you're asked to help mentor them please say yes and help get this club up and running again as it's great fun to have some extra orienteering neighbours to compete against and work with.

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Help needed to create Mammal Atlas for North-East of Scotland

The North East Scotland Biological Records Centre (NESBReC) plans to create a Mammal Atlas for Aberdeen City and Shire, Moray and the Cairngorms National Park in 2015. As orienteers who are out and about in the North East we need your help recording and reporting sightings of mammals.

Even if you have never looked at mammals before, it is easy to get started and get involved in recording wildlife.

A biological record consists of four basic pieces of information: What, where, when and who. For the Mammal Atlas, this means what species, where it was sighted (including a grid reference if possible), the date it was spotted and by whom.

The most common species are often overlooked and signs of mammals such as mole hills are equally important so start recording everything you see.

When the Mammal Atlas is completed, it will include distribution maps for individual species, together with species accounts written by local experts. Over 40 species of mammal are present in North East Scotland and they are an important part of our fauna.

You can email your mammal records to [mammals @ nesbrec.org.uk](mailto:mammals@nesbrec.org.uk) or download an electronic form from www.nesbrec.org.uk where you will also find out lots of information about the Mammal Atlas.

Look What the Cat Brought In



The new NE Scotland Mammal Atlas has very few small mammal records.

Can you help by recording the presents brought in by your cat?

Come and find out more....

28th September 9.30am–12noon or 1pm-3.30pm

Zoology Lecture Theatre, Aberdeen University,
Tillydrone Avenue, Aberdeen AB24 2TZ

Please bring any specimens or photos of small mammals and we will help identify them.

Free event but **booking essential:**
[mammals @ nesbrec.org.uk](mailto:mammals@nesbrec.org.uk)

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Well done to all the GJOs who competed at the 6 Days and also a big thankyou for helping the 'grown-ups' on information, entries, string course, prize-giving, campsite and much, much, much more. You are a credit to the club and yourselves and we're all very proud of you!

Junior Badges update from Oonagh

Kirsty and Morven Farquharson got their participation badges for completing 50 courses. Well done to both! And... Maya Reynard achieved her 100 participation award and was awarded her badge at Templars Park. Unfortunately nobdy had a camera ready but imagine the Cheshire Cat wearing a Gramp top and you're pretty much there!

Junior Home Internationals 2013

Sasha M16 and Calum M18 ran for Scotland in this year's Junior Home International which took place in South Wales, near Merthyr Tidfil over the weekend of 14/15 September. Results were a win for England, with Scotland 2nd helped a lot by Sasha's 3rd place in M16 no doubt, then Wales 3rd and Ireland 4th. Well done guys!

Junior Inter-area Competition coming up - 5th/6th October

Good luck to all GJOs running in this competition. GRAMP are organising the Relay at Scolty on the Saturday and then there's an Individual race incorporated into SOL 6 at Maroc's new area in Feughside on the Sunday which should be interesting as nobody under the age of 18 has ever run there before so itll be equally new and challenging for everyone.

Jon Duncan junior Deeside Cup 2013

Don't forget there are still a couple of events to go yet at Tyrebagger, Redburn and Forvie before it's all decided. Do your best to win one of those trophies and then if nothing else you'll be able to answer fiendish quiz questions like those set by Naomi and family at the last Summer Series at Templars Park!

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Ardersier followed by a rubarb vodka at the farm shop on the way home



Love is.... greeting your significant(ly sweaty) other after the 6 Days Sprint Race!

